



07722 584131



www.stepsic.co.uk



terry@stepsic.co.uk



ISSUE: 4

17th May 2020

Enabling people to reach their full potential

This academic year has seen a number of our attendees working towards Entry Level 3 awards in Independent Living and Skills for Further Learning and Employment with the majority completing before lockdown commenced. For those who hadn't completed, arrangements had been made to enable safe completion and we are pleased to announce that these have now been carried out. A huge congratulations to all attendees and staff involved.

Cooking

This week we have a special treat, Terry Mann's famous lemon drizzle recipe:



Lemon Drizzle Cake

225g butter	225g caster sugar	225g self- raising flour	4 Eggs	1 Lemon Finely grated zest	1.5 Lemon Juice for drizzle topping	85g For drizzle topping

1. Heat Oven to 180C/fan160/gas 4.



2. Beat together butter and caster sugar then add 4 eggs, 1 at a time, slowly mixing through



3. Sift in self-raising flour



4. Add the finely grated zest of lemon and mix until well combined.



5. line a loaf tin with greaseproof paper and spoon in the mixture.



6. Level the top with a spoon.



7. Bake for 45-50 mins until a thin skewer inserted into the centre of the cake comes out clean.

While the cake is cooling

8. Mix together the juice of 1.5 lemons and caster sugar to make the drizzle.



9. Prick the warm cake all over with a skewer or fork, then pour over the drizzle.



10. Leave in the tin until completely cool then remove and serve.

Sport and Leisure

Table tennis is a fun way to spend the afternoon with your family or housemates and it offers great mind-body simulation, aerobic exercise and social interaction.

Click on the link below to watch an incredible 41 shot rally.

<https://www.youtube.com/watch?v=ahOnhEvMgg0>

Challenge yourselves, how long can you and a partner keep a table tennis rally going for?

Healthy Hearts

How to play:

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?



Can you complete the circuit with a partner, encouraging each other?

Can you keep trying even if you feel tired?

Please also find below links for free fitness and wellbeing activities;

<https://watch.lesmillsondemand.com/free-content>

<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/?tabname=fitness-guides>

Name the chocolate Bars...

Can you name the chocolate bars that are pictured below?



Photography

American Photographer Suzanne Saroff Creates fractured and skewed images of common foods as seen through vessels filled with water and glass objects.

Task -Collect different size vessels in your home and fill with water. Place objects i.e. fruit, Vegetables, Flowers behind the vessels, notice how the objects distort. Take photographs to record your observations.



Art - Wallace and Gromit by Nick Park

Wallace and Gromit is a British stop-motion comedy animation series created by Nick Park.

Click on the link below to follow step by step instructions given by Nick Park as he shows you how to draw Gromit. Draw at your own pace by pausing the video as you work through each step.

<https://www.youtube.com/watch?v=74NhZbn9IGk>

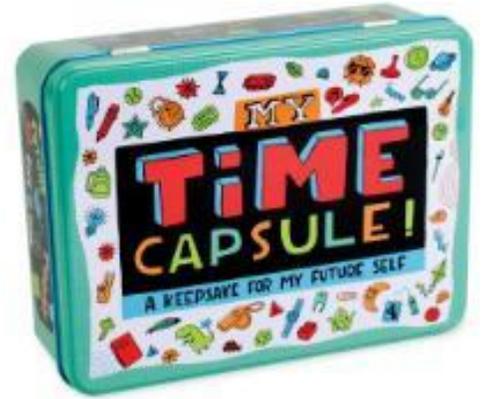


In the Garden – Make a Covid-19 Time Capsule

A time capsule is a historic collection of goods or information, usually intended as a deliberate method of communication with future people.

Task- Create a time capsule informing future people what life was like during the Covid-19 pandemic.

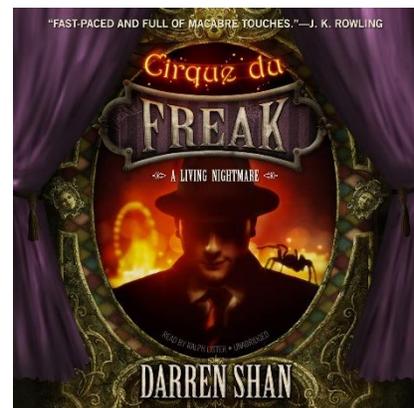
1. Choose your container – anything that can hold your items and is weatherproof.
2. Collect all the items you would like to include in the time capsule e.g. newspaper, photographs, copy of the government letter, artwork, hand gel, toilet roll, diary entries etc.
3. Seal the container and bury in the garden.



Free Audio Books

This weeks book is Cirque du Freak – A Living Nightmare: The saga of Darren Shan book 1.

When Darren ‘falls in love’ with Madam Octa, an enormous tarantula from a freak show, he decides to steal her and train her to perform amazing deeds. But the spider bites his best friend, Steve, and Darren is forced to sell his soul to an evil vampire for the antidote.



Click on the link below to hear the brilliant, fast-paced, macabre tale for free.

https://stories.audible.com/pdp/B00DW7BSUE?ref=adbl_ent_anon_ds_pdp_pc_pg-1-cntr-0-6

Health and Wellbeing

Give yourself a break and enjoy the benefits of doing a jigsaw puzzle. Because your mind is focused, you'll find yourself concentrating on the puzzle, which empties your brain of the stresses and anxieties that you face every day, promoting calmness and inner peace.



Quote of the Week



Last weeks Super Hero quiz answers:

1. Wonder Woman
2. Dash
3. Deadpool
4. Darkman
5. Wolverine
6. Captain America
7. Thor
8. Green Lantern
9. Superman
10. Flash
11. Aquaman
12. Hulk

Chocolate Quiz answers:

1. Bounty
2. Lion Bar
3. Mars Bar
4. Reeses Nut Bar
5. Double Decker
6. Topic
7. Star Bar
8. Kit Kat Chunky
9. Yorkie
10. Peppermint Aero
11. Wispa Gold
12. Boost
13. Snickers
14. Milky Way
15. Fudge
16. Toffee Crisp
17. Cadbury's Caramel
18. Turkish Delight
19. Picnic
20. Crunchie

It's great to see everyone looking well and keeping busy;



David H has been car valeting



Andrew G has been enjoying walking



Stephen R has enjoyed doing jigsaws



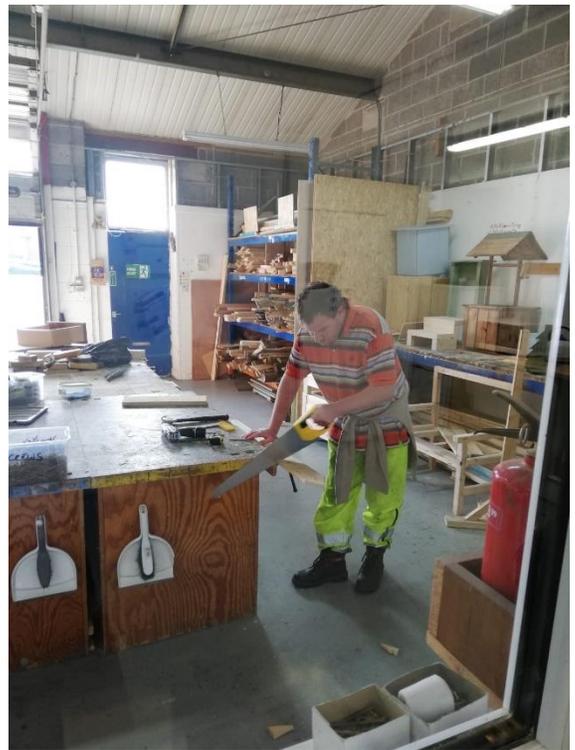
Daniel K has been working with wood



Jordan F has been enjoying photography and cooking fajitas



Shania A has been enjoying walking



Alex W has been working with wood



Robert H has been enjoying gardening



Jack P made bunting and then decorated his house for VE Day. He has also made a rainbow out of Lego.



Sean U has been creating artwork for his window for VE Day





Andrew G has worked with his housemates and staff to create a rainbow wall outside his property.



Abigail has been creating some artwork



Lewis T has been enjoying walking



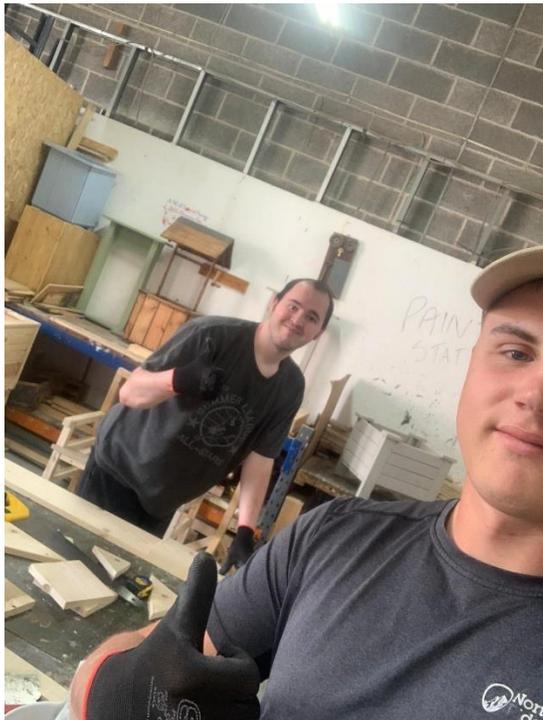
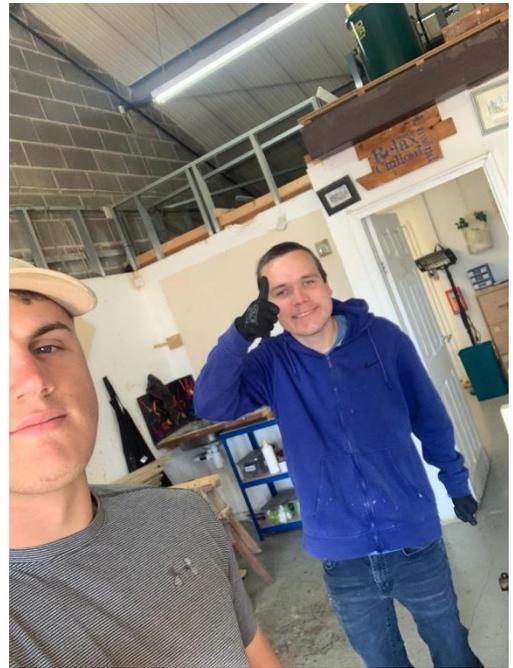
Robert H has done some planting in the garden for his Open Award qualification



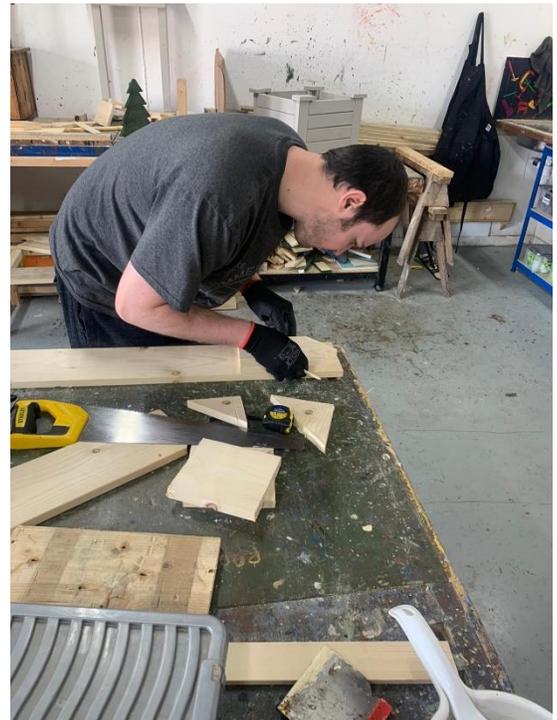
Stephen D has done some planting in the garden for his Open Award qualification



Ryan D has been working with wood



Sean J has been working with wood



We are located at:
Ashland House, Dobson Park Way, Ince, Wigan, WN2 2DX

and
Unit 12, Golborne Enterprise Park, Kid Glove Road, Golborne, WA3 3DP



FIND US ON SOCIAL MEDIA