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Enabling people to reach their full potential

Welcome to our weekly activity newsletter with ideas and activities to support your well-being at this time and also includes photographs of some of our attendees accessing their interests. As restrictions continue, we will carry on providing outreach service along with controlled access to our bases, this is to ensure that support is carried out safely whilst meeting the needs of the individual. If you need to discuss service provision, please don't hesitate to contact us.




Cooking

This week's recipe is a traditional braised beef stew with thick, rich gravy.

Beef and Vegetable Casserole

850g Stewing Beef	2 large Carrots	1 Onion	2 Celery Sticks	1 tbsp Vegetable Oil
2 tbsp Tomato puree	2 beef stock cubes crumbled	1 tbsp butter	2 tbsp Plain flour	2 tbsp Worcester sauce

- Heat oven to 160/140 fan gas 3 and put the kettle on.
- Carefully chop onion and chop carrots and celery into chunky pieces. 
- Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots in a flameproof **casserole dish** with 1 tbsp vegetable oil and 1 tbsp butter. 
- Soften for 10 mins 

- Stir in 2 tbsp plain flour until it **doesn't** look dusty anymore, followed by 2 tbsp tomato purée, 2 tbsp Worcestershire a. sauce and 2 crumbled beef stock cubes. 
- Gradually stir in 600ml of hot water
- Tip in 850g of stewing beef and bring To a gentle simmer 
- Cover and put in the oven for 2hrs and 30 mins then uncover and cook for 30 mins -1hr more until the meat is really tender and the sauce has thickened. 



Sport and Leisure



30 DAY SQUAT CHALLENGE goodNes

Day 1: 20 Squats	Day 16: Rest!
Day 2: 25 Squats	Day 17: 100 Squats
Day 3: 30 Squats	Day 18: 105 Squats
Day 4: Rest!	Day 19: 110 Squats
Day 5: 40 Squats	Day 20: Rest!
Day 6: 45 Squats	Day 21: 115 Squats
Day 7: 50 Squats	Day 22: 120 Squats
Day 8: Rest!	Day 23: 125 Squats
Day 9: 60 Squats	Day 24: Rest!
Day 10: 65 Squats	Day 25: 130 Squats
Day 11: 70 Squats	Day 26: 135 Squats
Day 12: Rest!	Day 27: 140 Squats
Day 13: 80 Squats	Day 28: Rest!
Day 14: 85 Squats	Day 29: 145 Squats
Day 15: 90 Squats	Day 30: 150 Squats

NOTE: Depending on how strong you're feeling, you can break them into sets throughout your day if you need to!

Including squats in your workout will enable you to develop strength and power.

Benefits include:

- A stronger core, knees and joints.
- Builds muscle and burns fat
- Can be done without any equipment.

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>

Before They Were Famous



Match the number to the name:

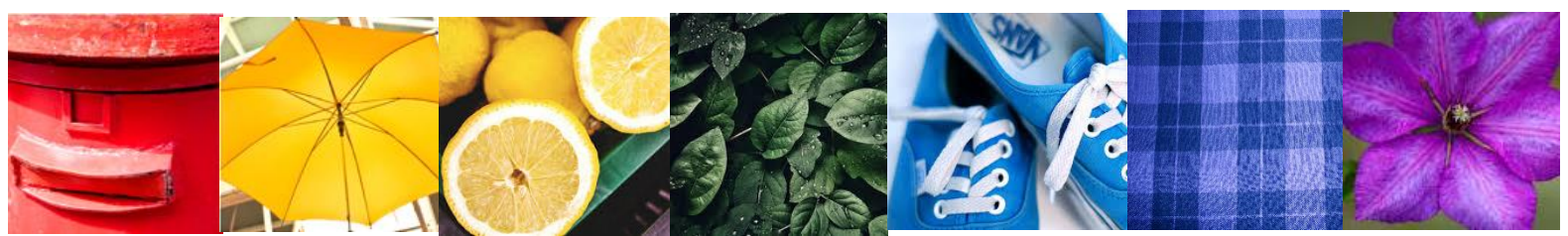
Mark Hamill	David Hasselhoff	Ferne Cotton
Sacha Baron Cohen	Britney Spears	Lewis Hamilton
David Beckham	David Tennant	Kylie Minogue
Kristin Davis	Ewan McGregor	Ross Kemp
Zoe Ball	Ben Stiller	Russell Brand

Answers can be found on page 6

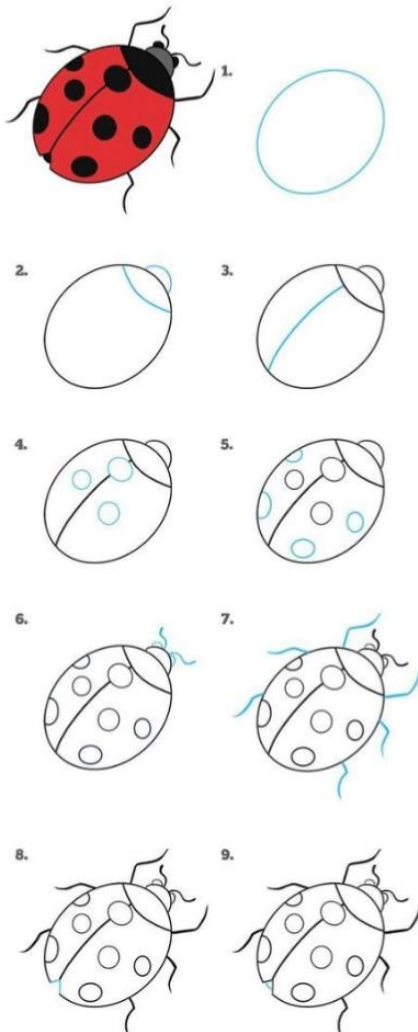
Photography

Task

Look for items that match the colour of the rainbow i.e. red, orange, yellow, blue, indigo and violet. Take close-up photographs of the items using your camera or mobile phone as shown in the example below.



Art



Ladybirds can be seen in gardens, parks, meadows and woods from early spring until autumn. There are more than 40 species of ladybird in the UK with different numbers of spots and colour variations.

Task

Follow the step by step instructions in blue to draw your own ladybird.

NB: You just need a pencil or a pen and something suitable to draw on i.e. paper, newspaper, wrapping paper, cardboard, brown paper.



Virtual Zoo

Chester Zoo is home to 3500 animals and although its doors may be closed to visitors at the moment you can still experience the sights and sounds of Chester Zoo live from your living room. Click on the link below to watch the recent virtual zoo days.

<https://www.youtube.com/chesterzoo>



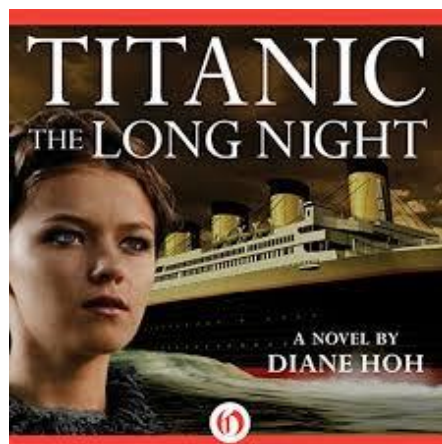
Free Audio Books

This weeks book is Titanic- The Long Night by Diane Hoh.

This action packed book focuses on the lives of several young passengers onboard the ill fated Titanic.

Click on the link below to hear the story for free.

https://stories.audible.com/pdp/B00BBL5J80?ref=adbl_ent_anon_ds_pdp_pc_pg-1-cntr-0-29



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



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Health and wellbeing

Laughter is good for your health. It boosts the immune system, relaxes your body, reduces stress and promotes an overall sense of wellbeing.



Don't go a day without laughing, give yourself opportunities to laugh e.g. Watch a funny movie or TV show, share a good joke or funny story with someone else, do something silly or draw upon a favourite memory that always makes you smile.

Laughter will enable you to view the world from a more relaxed, positive and joyful perspective.

Quote of the week



Before They Were Famous Answers:

01= Ross Kemp	02= Kylie Minogue	03= Ewan McGregor
04= Ferne Cotton	05= David Beckham	06= David Hasselhoff
07= Zoe Ball	08= Ben Stiller	09= Kristin Davis
10= Russell Brand	11= Mark Hammill	12= David Tennant
13= Sacha Baron Cohen	14= Britney Spears	15= Lewis Hamilton

Here's a few photo's sharing some of the things that we have been doing.



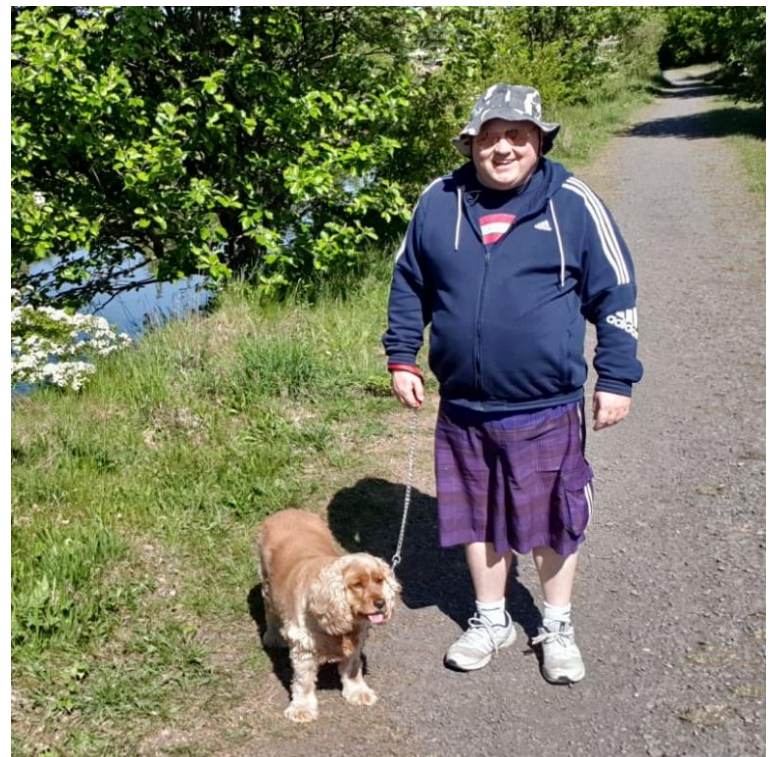
Robert H has been enjoying floristry



Mark W has been practicing his football skills



John Y has been feeding the ducks



Paul B has been dog walking



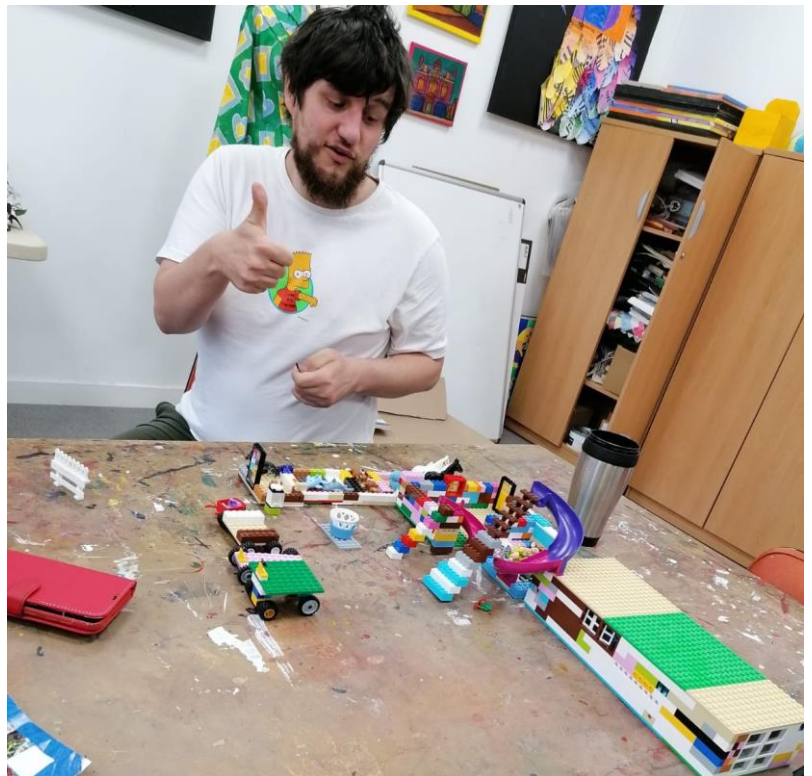
Shania A has been enjoying walking



Steven S has been enjoying walking



Ryan D has been working with wood



Jack P has been creating with Lego



Sean M has been working with wood



Jordan F has been enjoying taking photographs on his walk



Erol D has been changing his hairstyle and the dogs!





Sean U has been enjoying walking



Abigail B has been playing badminton



Daniel K has been working with wood



David H has been doing art



Jordan F has made Terry's famous lemon drizzle cake



Alex W has been staining a gate



Joe M has been working with wood



Lewis T has been enjoying walking in the woods



Michael W has been enjoying walking



Sean J has been working with wood



Gareth E has been enjoying walking

We are located at:
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and
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