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Enabling people to reach their full potential

Welcome to our weekly newsletter with activities and ideas to support your wellbeing at this time. We hope you have been enjoying the lovely weather, it's been great to see the seeds that we sowed back in March benefitting and seeing a lot of growth. If you need to discuss service provision or require any further information then please don't hesitate to contact us.

### Cooking and Baking:

These delicious cookies are easy to make and taste just as good as Millie's Cookies.

#### Chocolate Chip Cookies

							
<b>1</b> Egg Lightly beaten	<b>125g</b> Caster sugar	<b>125g</b> butter	<b>100g</b> Light Brown soft sugar	<b>225g</b> Self raising flour	<b>1 tsp</b> Vanilla extract	<b>200g</b> Chocolate chips	<b>0.5</b> tsp salt

1. Pre-heat the oven to **180°C** gas mark 4.



2. Cream the **butter** and **sugar**  
Then combine in the **egg** and  
**vanilla**



4. Sift in the **flour** and **salt**, then  
the **chocolate chips**



5. Roll into walnut size balls.  
and place on ungreased baking  
paper.



6. Cook for 10 mins until just  
golden around the edges.



7. Take out of the oven and leave  
to harden for a few minutes before  
transferring to a wire cooling rack



These are great warm and they also store  
well, if they don't get eaten straight away!



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full potential

CALL US ON:  
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## Sport and Leisure

# 30-DAY PLANK CHALLENGE

DAY 1.	20 sec	DAY 16.	2 min
DAY 2.	20 sec	DAY 17.	2 min
DAY 3.	30 sec	DAY 18.	2 min 30 sec
DAY 4.	30 sec	DAY 19.	REST
DAY 5.	40 sec	DAY 20.	2 min 30 sec
DAY 6.	REST	DAY 21.	2 min 30 sec
DAY 7.	45 sec	DAY 22.	3 min
DAY 8.	45 sec	DAY 23.	3 min
DAY 9.	1 min	DAY 24.	3 min 30 sec
DAY 10.	1 min	DAY 25.	3 min 30 sec
DAY 11.	1 min	DAY 26.	REST
DAY 12.	1 min 30 sec	DAY 27.	4 min
DAY 13.	REST	DAY 28.	4 min
DAY 14.	1 min 40 sec	DAY 29.	4 min 30 sec
DAY 15.	1 min 50 sec	DAY 30.	5 min



The plank is a strength training pose that works all major abdominal muscles, while also strengthening your shoulder, chest, neck, glute, quadriceps, and back muscles.

Have a go at the 30-day plank challenge, keep practicing, with time you will become stronger and steadier.

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>

**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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## Picture Movie Quiz

Name the film from the picture



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



13.



14.



15.



16.

Answers can be found at the bottom of page 6

## Photography

### Photo Booth

Find a space inside your home and create a backdrop. i.e. pattern, colour linen or fabric.

Light the space with lamps/torches.

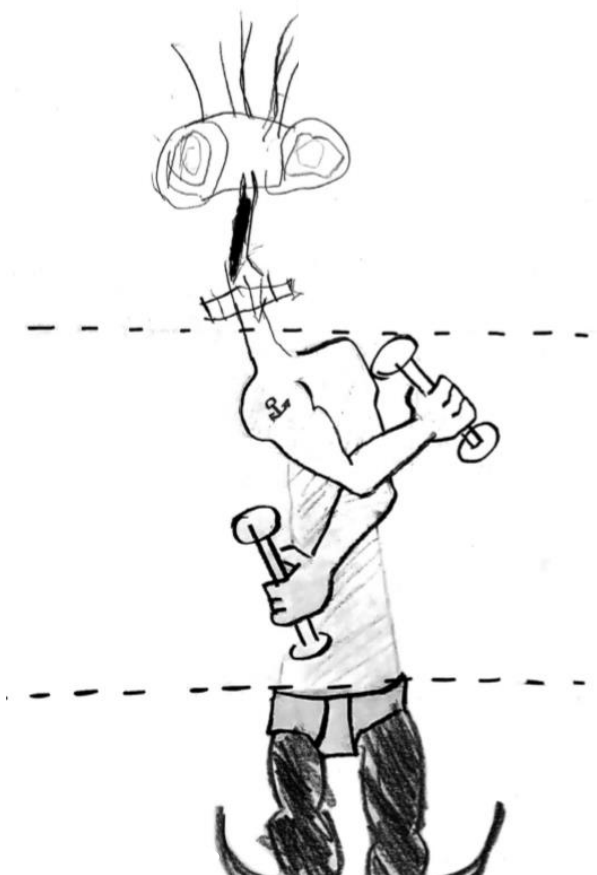
Create props i.e. Found objects from around the house e.g. Scarf, umbrella, costumes. Or you could create props using paper e.g. Hat, moustache, glasses etc.

Use a camera/phone to capture the moment.

Have fun!



## Art



### Drawing Game (for 3 or more players)

- Each player starts by drawing a head on a sheet of paper, then folds the paper so that the head is covered but the outlines of the neck remain visible.
- Pass the sheet to the next player clockwise.
- Starting from the outlines of the neck he/she will draw the body, arms and hands folding the sheet further so that the outline of the hips remain visible.
- The sheet is passed on again clockwise for drawing bottom, legs and feet.
- Unfold

## In the Garden

As June arrives so does summer and the extra light and warmth encourages a burst of growth in the garden. Weeds will also sprout up so keep on top of them by hoeing regularly in dry conditions

Remember to keep yourself well hydrated and wearing suntan lotion when working outdoors in the sun.



## Top 10 jobs this month

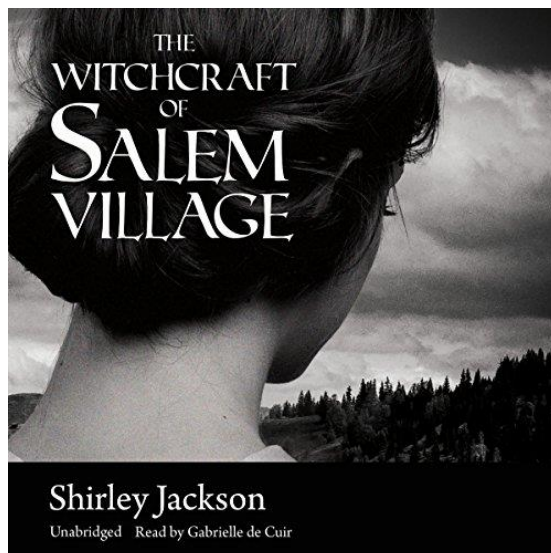
- 1 Hoe borders regularly to keep down weeds
- 2 Be water-wise, especially in drought-affected areas
- 3 Pinch out sideshoots on tomatoes
- 4 Harvest lettuce, radish, other salads and early potatoes
- 5 Position summer hanging baskets and containers outside
- 6 Mow lawns at least once a week
- 7 Plant out summer bedding
- 8 Stake tall or floppy plants
- 9 Prune many spring-flowering shrubs
- 10 Shade greenhouses to keep them cool and prevent scorch

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## Free Audio Books

This week's book is 'The Witchcraft of Salem Village' by Shirley Jackson. Author Shirley Jackson examines in careful detail this horrifying true story of accusations, trials, and executions that shook a community to its foundations.

[https://stories.audible.com/pdp/B00OYASV44?ref=adbl\\_ent\\_anon\\_ds\\_pdp\\_pc\\_pg-1-cntr-0-14](https://stories.audible.com/pdp/B00OYASV44?ref=adbl_ent_anon_ds_pdp_pc_pg-1-cntr-0-14)



## Health and Wellbeing

A good night's sleep is vital to our physical health and emotional wellbeing. The benefits include reducing stress, improving your mood and strengthening your ability to fight infections. Click on the link below with tips on getting a good night's sleep.

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>



## Quote of the Week



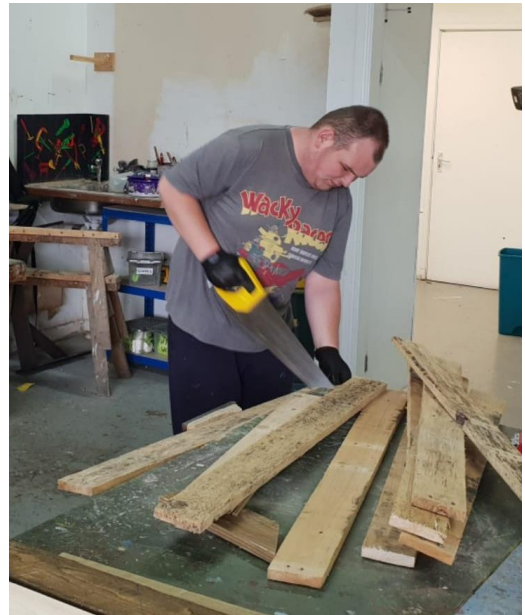
## Name the movie quiz answers

1. Harry Potter
2. Incredibles
3. The Avengers
4. Jaws
5. Pixels
6. Shaun the Sheep
7. Mr Peabody and Sherman
8. Grease
9. The Shining
10. Ice Age
11. Stephen Kings IT
12. The Goonies
13. Gremlins
14. Maleficent
15. Home Alone
16. The Hunger Games

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



Joe M has completed his planter



Sean M has been working with wood



Jack M has been erecting the football nets



John Y has been cycling



Gareth E has been walking and making face masks with the sewing machine



Robert H has been cleaning cars



Daniel K has been working with wood





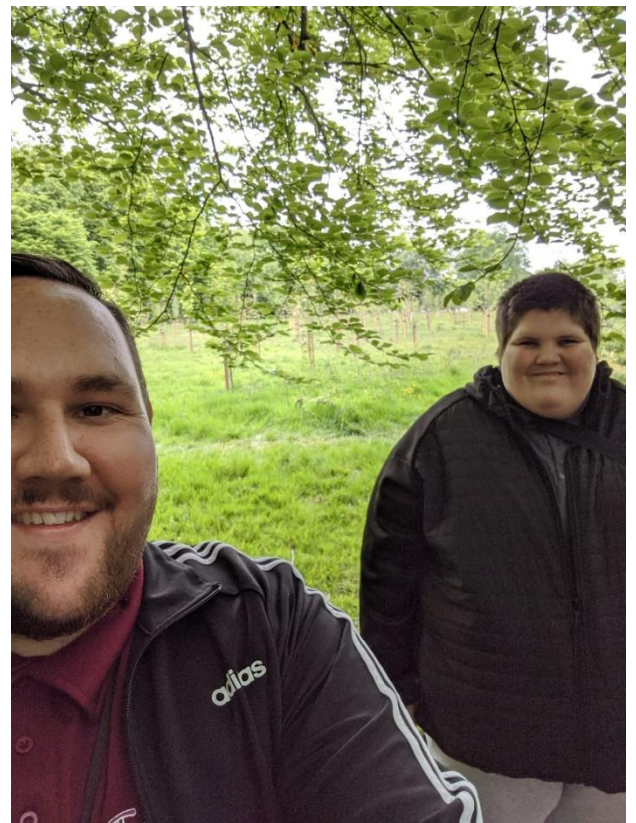
Mark W has been walking



Andrew G has been walking in Haigh Hall



Stephen R has been doing photography.





Paul B has been doing photography



Jack P has been doing floristry

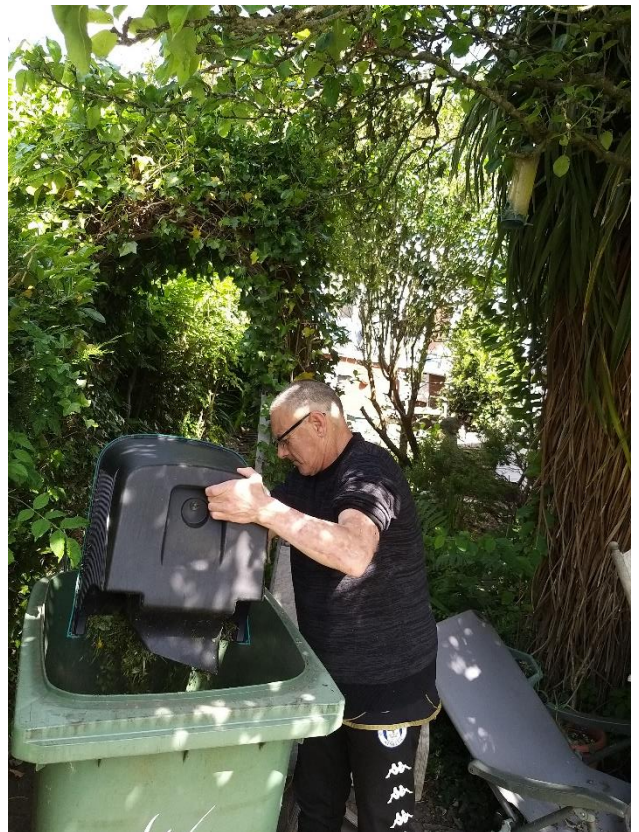




Sean U has been walking



Lewis T has been doing art



David B Has been working in the Garden



Mike W has been walking



John R has been making Terry's famous lemon drizzle cake



Stephen S has been sowing seeds



Daniel C has been creating a rainbow on fabric for the collaborative textile project

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