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Staying at home and being unable to see our friends can be very difficult. Finding new ways to pass the time or trying something new may help whilst also creating talking points when we speak to each other over the telephone or by video calls. Thank-you to all those who have sent in photographs of what you have been doing to keep yourselves busy over the last few weeks. It's fantastic to see you looking well and exploring so many interests, therefore please find a selection of familiar faces at the end of this newsletter.

Cooking

For all those bake-off champions, please find below a delicious recipe for fruit scones:



Fruit Scones



225g self-raising flour	50g butter	25g caster sugar	125ml milk	50g dried fruit



1. Heat the oven to 200C

2. Lightly grease a baking tray.



3. Mix the **flour** and **butter** together. Stir in the **sugar** and the **dried fruit**

4. Add the **milk** to and mix to get a soft dough.



5. Turn on to a floured work surface and knead into a ball.

6. Put flour on a rolling pin and roll flat.



7. Use a cutter to stamp out rounds and place on the baking tray.

8. Brush tops of scones with **milk** before putting in the oven for 12-15 minutes.



9. Cool on a wire rack and serve with butter and jam.

Sport and Leisure Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

1min YOGA

30-Day Challenge

Hold the pose of the day for 60 seconds in total.

© darebee.com

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
18	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Challenge

Hold the pose of the day for 60 seconds. How many poses can you achieve over the 30 days?

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

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

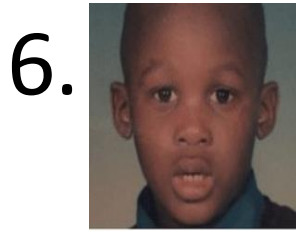
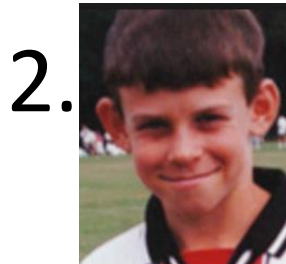
<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/?tabname=fitness-guides>

Who's Who?

Below are some photographs of famous footballers when they were young. Can you match the correct number to the name?

The answers will be in the next issue of the newsletter.

Sergio Ramos		Sergio Aguero	
Manuel Neuer		Kevin De Bruyne	
Neymar		Jurgen Klopp	
Luis Suarez		Cristiano Ronaldo	
Gareth Bale		Romelu Lukaku	
Andres Iniesta		Paul Pogba	
Eden Hazzard		Pep Guardiola	
Philippe Coutinho		Jamie Vardy	



Photography – ‘At The End of a Storm There’s a Rainbow’

Rainbows have begun appearing up and down the country as families and households work to stay positive during the lockdown. Maybe you have a rainbow in your window. Using your camera or mobile phone try to capture the locations of where you have seen different rainbows e.g. In windows, on walls, on lamp posts and keep a look out for those in the sky.



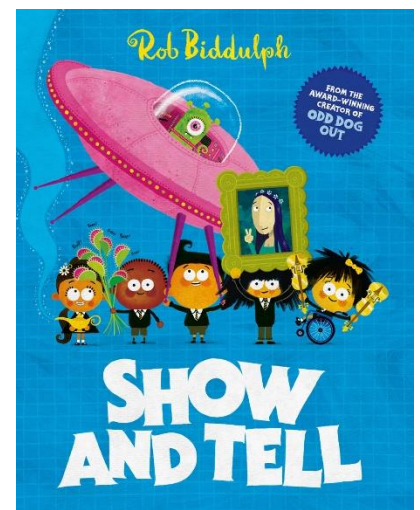
Art - Illustrations

Rob Biddulph is a bestselling award winning children’s book author and illustrator. Rob is currently showing you how to draw some of the characters from his books with step by step instructions just like we do in our art workshops at Ashland House.

Click on the link below and choose the character you would like to draw.

<http://www.robbiddulph.com/draw-with-rob>

You do not need any special materials, just a pencil or pen and any piece of paper or cardboard. Don’t forget to photograph your work and send it to us.



Gardening

How to Make a Bird Feeder



Different types of feed and feeder will attract different species of birds. The homemade feeder shown in the video below is a quick, cheap seed feeder which can attract a wide range of common garden bird species. Bird species present in UK gardens change throughout the year, but there will always be some birds around looking for a tasty snack. A feeder can be great fun for getting to know different species and watching how they behave.

Click on the link below for step by step instructions.

<https://www.nhm.ac.uk/discover/how-to-make-a-bird-feeder.html?gclid=EAIaIQobChMIsvmq9Jul6QIVD-d3ChOYLA IEAAYASAAEgJw2PD BwE>

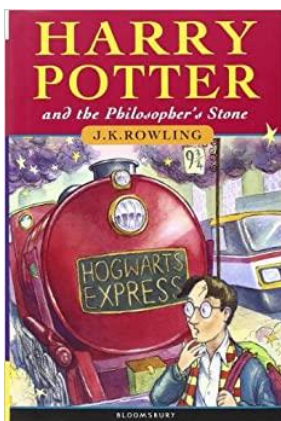
Please note: Take care when cutting into plastic bottles. Sharp plastic can cause cuts, both for you and the birds you'll be feeding. Feathers can also get caught on jagged edges, so try to make the holes in the bottle as smooth as possible.

Free Audio Books

The book of the week is 'Harry Potter and the Philosopher's Stone' Book 1.

A fantastic story written by J K Rowling and narrated by Stephen Fry. Click on the link below to hear the first book in the Harry Potter series for free.

https://stories.audible.com/pdp/B017V54W60?ref=adbl_ent_anon_ds_pdp_pc_pg-1-cntr-0-0



Health and Wellbeing

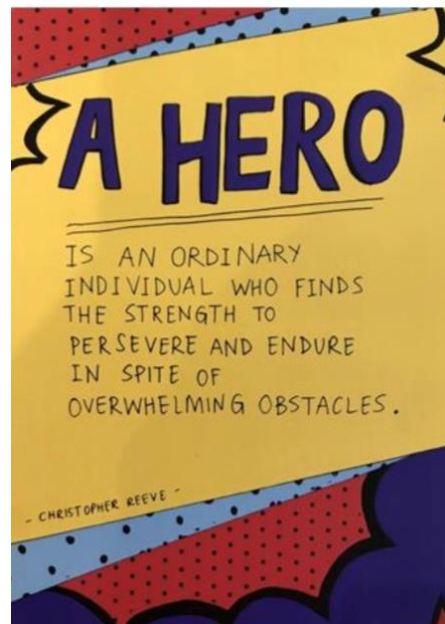
Practising relaxation techniques has been known to reduce stress levels. One way to do this is controlled breathing. Controlled breathing can promote feelings of calm and relaxation and can be done anywhere.

Click on the link below for a 5 minute breathing exercise with meditation music.

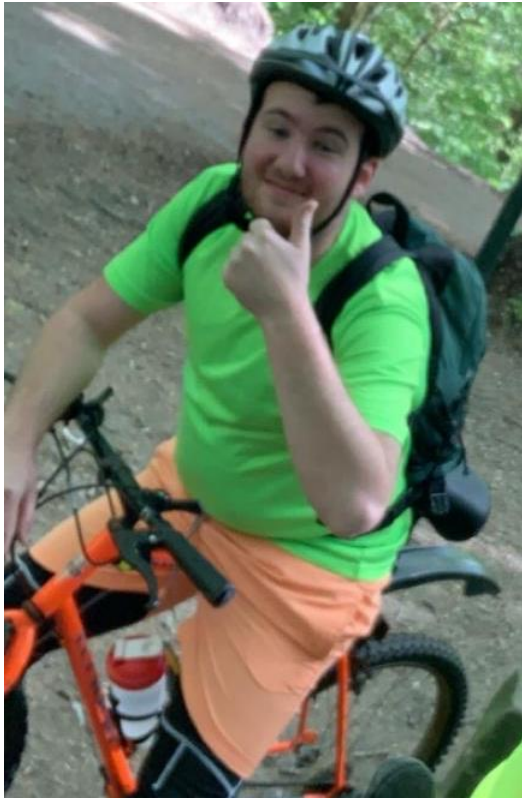
<https://www.youtube.com/watch?v=04PgJqJGLQc>



Quote of the Week



Although we may not be able to see each other face to face at the moment, it's important to let each other know that we are doing ok. Here's a few photo's sharing some of the things that we have been doing.



Jason A has been enjoying cycling



Lewis T has been enjoying walking



Ryan D has been enjoying walking



Gareth E has been busy using the sewing machine to make bunting for the garden





Robert H has been enjoying both the spring sunshine and the April showers



Joseph M has been making bird boxes



Steven S has been enjoying baking and creating art.

Andrew G has been enjoying walks through the woods



We are located at:
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and
Unit 12, Golborne Enterprise Park, Kid Glove Road, Golborne, WA3 3DP



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