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ISSUE: 9

21st June 2020

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. Covid-19 has meant that we have spent several months not being able to see our friends and family as we would have done previously, so it's always a pleasure to be able to give peace of mind by sharing photographs in this newsletter.

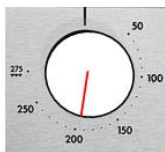
Cooking and Baking

This week's baking is a simple, delicious muffin recipe to which you can add chocolate or fruit.

Chocolate Chip/Fruit Muffins

							
2 Medium Eggs	250g Golden Caster sugar	250ml semi skimmed milk	125ml Vegetable oil	400g Self raising flour	0.5 tsp Vanilla extract	100g Chocolate chips/fruit	1 tsp salt

1. Pre-heat the oven to **200°C** /**180°C** fan gas mark 6.



2. Line **2 muffin trays** with paper muffin cases.



3. In a large bowl lightly beat **2 medium eggs**



4. Add **125ml of vegetable oil** and **250ml of semi skimmed milk** and beat until just combined.



5. Add **half teaspoon vanilla extract**



6. Add **250g golden caster sugar** and whisk until you have a smooth batter.



7. Sift in **400g of self-raising flour** and **1 tsp of salt** then mix until just smooth. Be careful not to over mix the batter as this will make the muffins tough.



8. Stir in **100g of chocolate chips** or **fruit**.



9. Fill muffin cases two thirds full and **bake for 20-25 mins**, until risen, firm to the touch and a skewer inserted in the middle comes out clean.



10. Leave the muffins in the tin to cool for a few mins then transfer to a wire rack to cool completely.







Sport and Leisure

15-minute bodyweight workout



When you're short on time or don't have access to any equipment, try this easy-to-follow 15-minute bodyweight workout

Instructions			
	Warm up by jogging on the spot for 3 minutes.		Perform each of the 5 exercises below. Complete as many reps as you can in 40 seconds, then rest for 20 seconds before moving on to the next exercise.
	Repeat the circuit twice.		Cool down by stretching for 2 minutes.



Although these exercises are designed to challenge your body, you shouldn't feel pain when performing them. If you do feel pain, talk to your doctor or physiotherapist. They will make sure you're doing them correctly or may suggest a different exercise.

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,

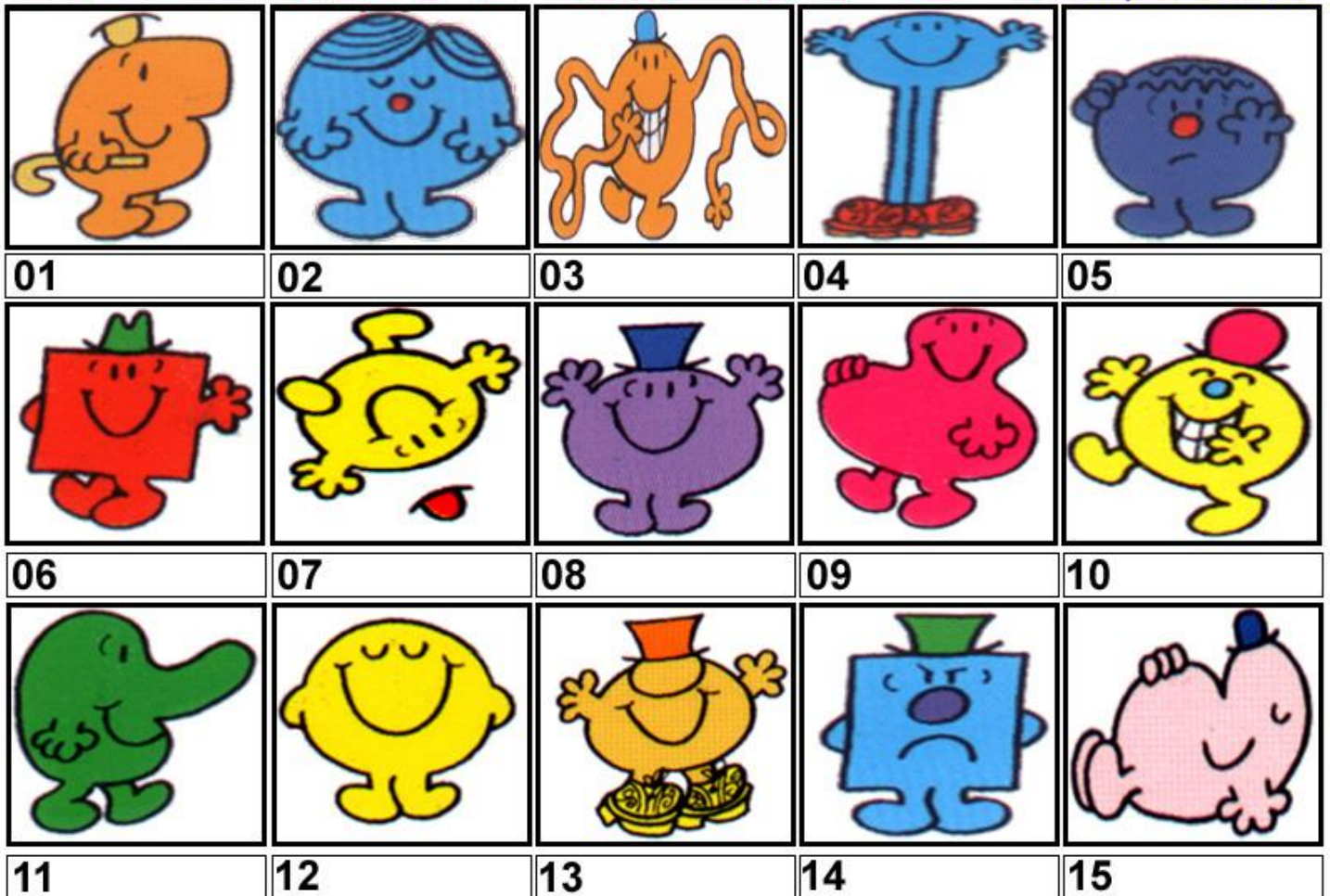


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Mr Men

The Mr. Men characters created by Roger Hargreaves are an enduring favourite with generations of readers. How many can you correctly identify?

MR MEN



Answers can be found on page 6

Photography – Faceless portraits

Take a photograph of different people (family/housemates/friends) without including their face in the frame.

Use the environment, the lighting, colours, props other parts of their body - particularly their hands - to reveal their character.



Art

Design Your Own Jigsaw

Frances Disley's exhibition features specially made jigsaws printed with pictures of plants. Jigsaws can help people to relax and feel calm.

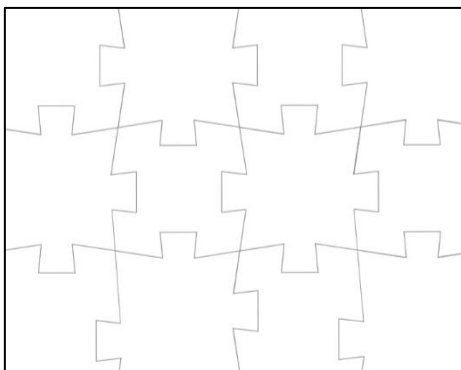
Can you use the template to design your own jigsaw?



Instructions

Please note: A printable template of the jigsaw is at the end of this newsletter.

1. Print the jigsaw design. No printer? no problem! Use a ruler to draw out a light grid on a piece of paper. Add different shaped tabs onto the side of some of the squares.
2. Glue it onto a piece of card
3. Draw your design on the template
4. Cut along the lines with scissors



In the Garden - Birdwatching

Can you spot any of these common garden birds? Make a note of what you see.



Robin



Goldcrest



Wren



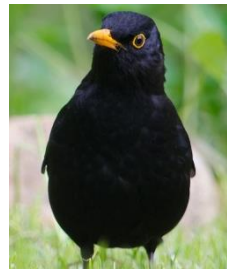
Goldfinch



Chaffinch



Blue tit



Blackbird



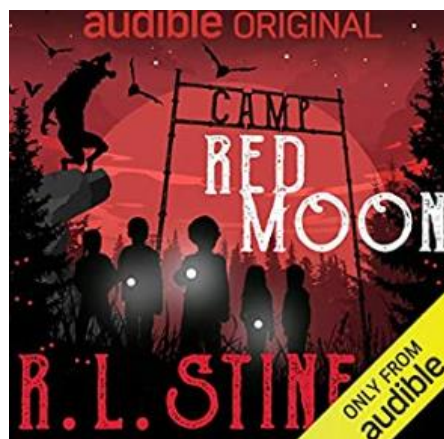
Magpie

Free Audio Books

This week's book is Camp Red Moon by R.L.Stein. A collection of four short stories all set at a camp where strange things happen, creepy fun by the master of the scary story.

Click on the link below to hear Camp Red Moon for free.

https://stories.audible.com/pdp/B07WK4PSH1?ref=adbl_ent_anon_ds_pdp_pc_pg-1-cntr-0-4



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Health and wellbeing

Listening to music is a popular way to cope with difficult times. For example, it can sometimes express how we are feeling or vent difficult thoughts and emotions for us. You may be able to relate to the music and find comfort from the words in a song. Sometimes you may find yourself singing and dancing along to what you are listening to.

Why not have a go at creating different playlists for different emotions i.e. music to energise you, music to help you relax, music to vent your frustrations etc.



Quote of the week



June Birthdays

We would like to wish all those with birthdays in June a fabulous day

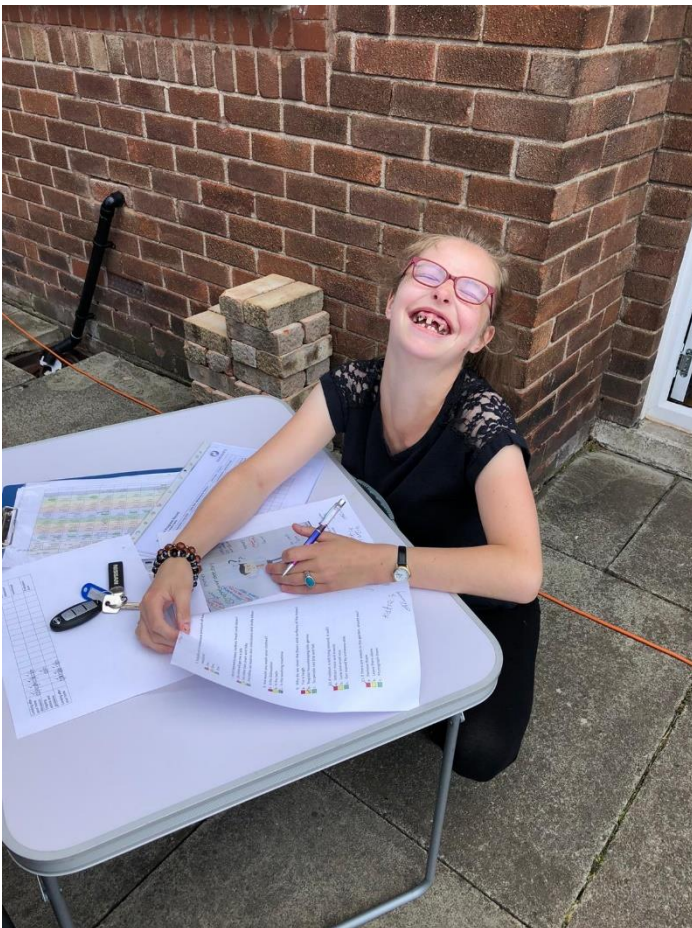
- Robert H
- John Y
- Abigail B
- Steven S
- Jordan F
- Jason A
- Jayne S
- Jackie K



Mr Men – Answers

- | | | | | |
|--------------------|---------------|------------------|---------------|-----------------|
| 1. Mr Topsy Turvey | 2. Mr Perfect | 3. Mr Tickle | 4. Mr Tall | 5. Mr Worry |
| 6. Mr Strong | 7. Mr Bounce | 8. Mr Impossible | 9. Mr Greedy | 10. Mr Mischief |
| 11. Mr Nosey | 12. Mr Happy | 13. Mr Silly | 14. Mr Grumpy | 15. Mr Lazy |

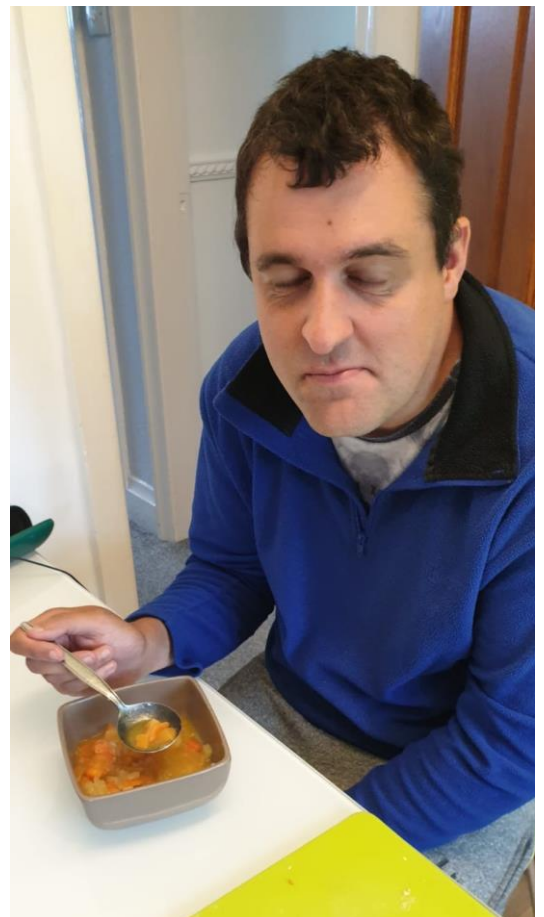
Here's a few photo's sharing some of the things that we have been doing.













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