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ISSUE: 10











28<sup>th</sup> June 2020*Enabling people to reach their full potential*

Welcome to our weekly newsletter with activities and ideas to support your wellbeing at this time. This week has seen us take advantage of the lovely weather as well as celebrating Armed Forces Day by painting pebbles and leaving them around Ince for others to find and re-hide. For more information about service delivery at this current time, please don't hesitate to contact us.

## Cooking and Baking:

This week's delicious recipe to tempt your tastebuds is shepherds pie.

### Shepherds Pie

				
500g Lamb Mince	2-3 medium Carrots chopped	1 large Onion chopped	Large splash Worcester sauce	1 tbsp Sunflower Oil
				
2 tbsp Tomato puree	500 ml beef stock	85g butter	900g potatoes Cut into chunks	3 tbsp milk

1. Heat 1 tbsp sunflower oil in a medium saucepan, then soften 1 chopped onion and 2-3 chopped carrots for a few mins.



2. When soft, turn up the heat, crumble in 500g lamb mince and brown, tipping off any excess fat.



3. Add 2 tbsp tomato purée and a large splash of Worcestershire sauce, then fry for a few mins.



4. Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.



5. Meanwhile, heat the oven to 180C/ fan 160C/ gas 4, then make the mash. Boil the 900g potato, cut into chunks, in salted water for 10-15 mins until tender.



6. Drain, then mash with 85g butter and 3 tbsp milk.



7. Put the mince into an ovenproof dish, top with the mash and ruffle with a fork.



8. Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges.



9. Leave to stand for 5 mins before serving.



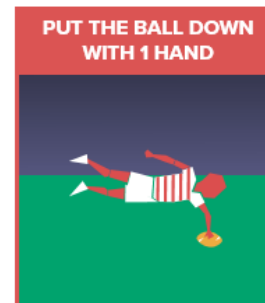
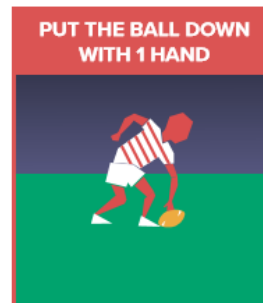
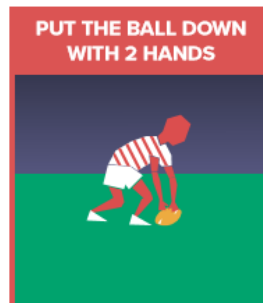


## Sport and Leisure

We may be missing our rugby league at the moment but we can still practice our skills.



### WEEK 1



- Can you pick up a ball using 2 hands?
- Can you score/put a ball down using 2 hands?
- Can you score/put a ball down using 1 hand?
- Can you score/put a ball down whilst both feet are in the air?

#### Task:

- Complete 10 two handed pick-ups and put downs
- Complete 5 one handed pick-ups and put downs

Click on the links below to see these skills in action.

<https://www.youtube.com/watch?v=UszQGSUiTdg&feature=youtu.be>

<https://www.youtube.com/watch?v=7oxM4gcUK3M&feature=youtu.be>

<https://www.youtube.com/watch?v=xqBikEfnPu0&feature=youtu.be>

<https://www.youtube.com/watch?v=dgpMeJd2XYQ&feature=youtu.be>

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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## Name the Flower

1



2



3



4



5



6



7



8



9



10



11



12



Match the picture to the correct name:

rose		bluebell	
poppy		daffodil	
tulip		lily	
dahlia		jasmine	
sunflower		orchid	
iris		daisy	

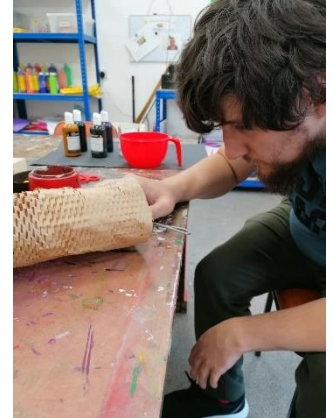
Answers can be found at the bottom of page 6

## Photography

This week in photography Jack has experimented with the effects of photographing through a tube and has achieved interesting results.

### Task

1. Using your camera/smartphone look through a toilet roll and take a photograph of your chosen object.
2. Cover the inside of the tube with tin foil and take more photographs, notice the effect achieved with the tin foil.
3. Experiment using different coloured papers, sweet wrappers and cling film.



## Art

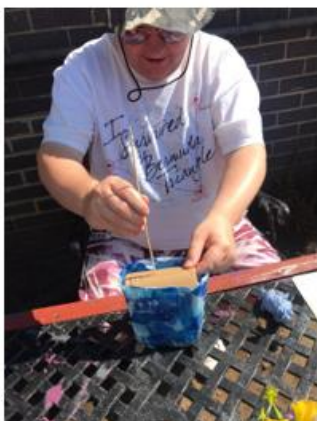
Learn how to draw a cartoon face with a huge smile. Click on the link below to watch a video with step by step instructions.



[https://www.youtube.com/watch?v=dBXahqS\\_kFA&t=259s](https://www.youtube.com/watch?v=dBXahqS_kFA&t=259s)

## Floristry

Make your own vase just like Paul, to display either real or paper flowers. You will need: An empty, clean milk bottle, scissors, ruler, pen, PVA glue, glue spreader, paper to decorate.



## Health and Wellbeing

Origami has the power to be as therapeutic as other wellness activities and relaxation techniques. It is also great in developing hand-eye co-ordination, fine motor skills and concentration. Have a go at making this paper box.



## Quote of the Week



## **Name the flower answers:**

1	Lily	7	Poppy
2	Sunflower	8	Orchid
3	Bluebell	9	Iris
4	Rose	10	Daffodil
5	Daisy	11	Dahlia
6	Tulip	12	Jasmine

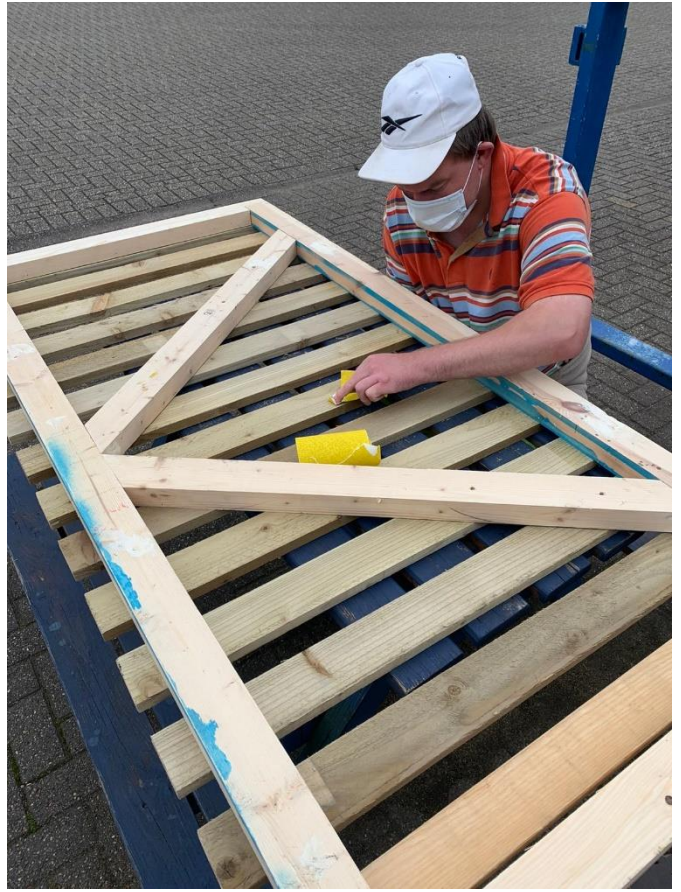
It's great to see everyone looking well and keeping busy:

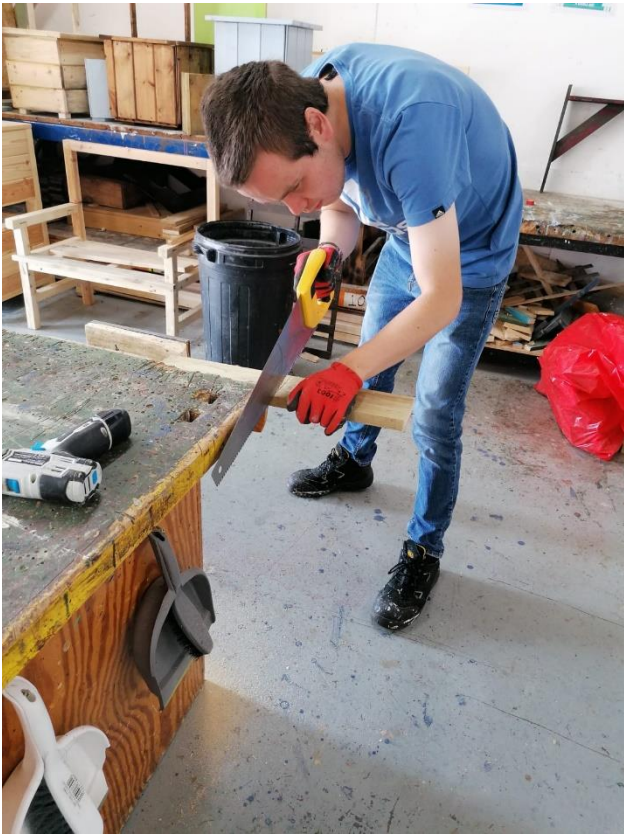


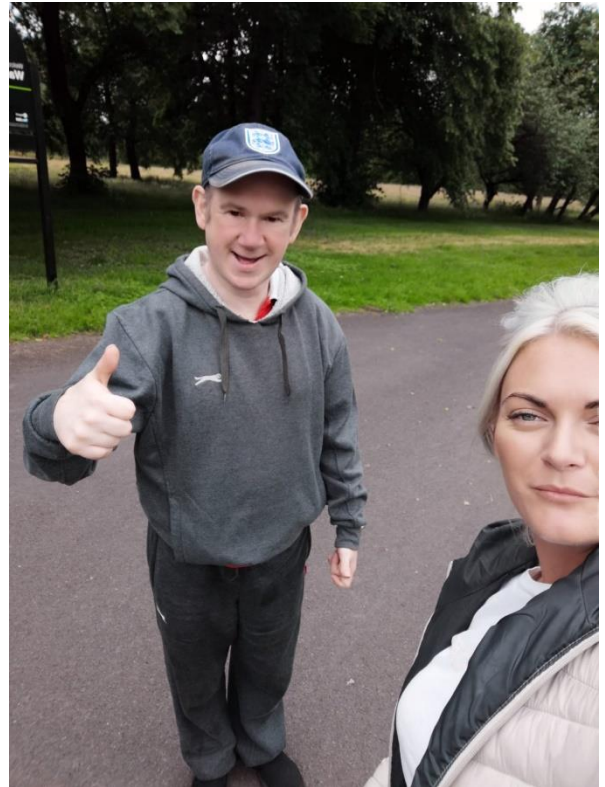
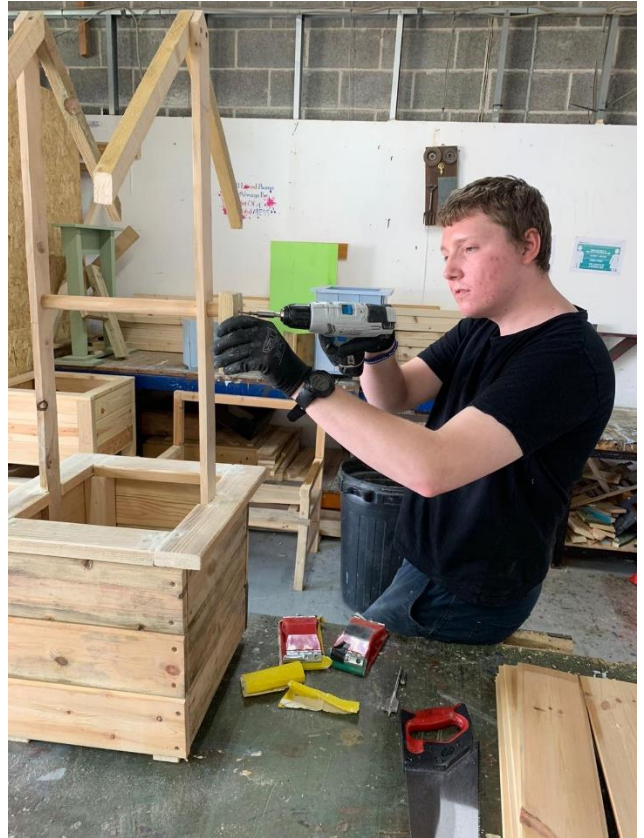












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