



07722 584131



www.stepscic.co.uk



terry@stepsic.co.uk



ISSUE: 7

7th March 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. This last week has seen us take advantage of the lovely weather and make lots of improvements around Ashland House. If you need to discuss service provision or require any further information then please don't hesitate to contact us.

Cooking



Egg Noodles Sri Lankan Style



12oz egg noodles	1 carrot (sliced)	1/4 cabbage (sliced)	1 Leek (sliced)	1tsp ginger paste	1tsp garlic paste	2tbsp tomato ketchup	1tbsp soy sauce



1. Cut the cabbage, leeks and carrots into thin slices.

2. Cook the noodles.



3. Heat some oil in a large pan. Fry the ginger and garlic until soft.

4. Add the carrots, cabbage and leeks.



5. Add the tomato sauce and Soy Sauce. Add salt and pepper.



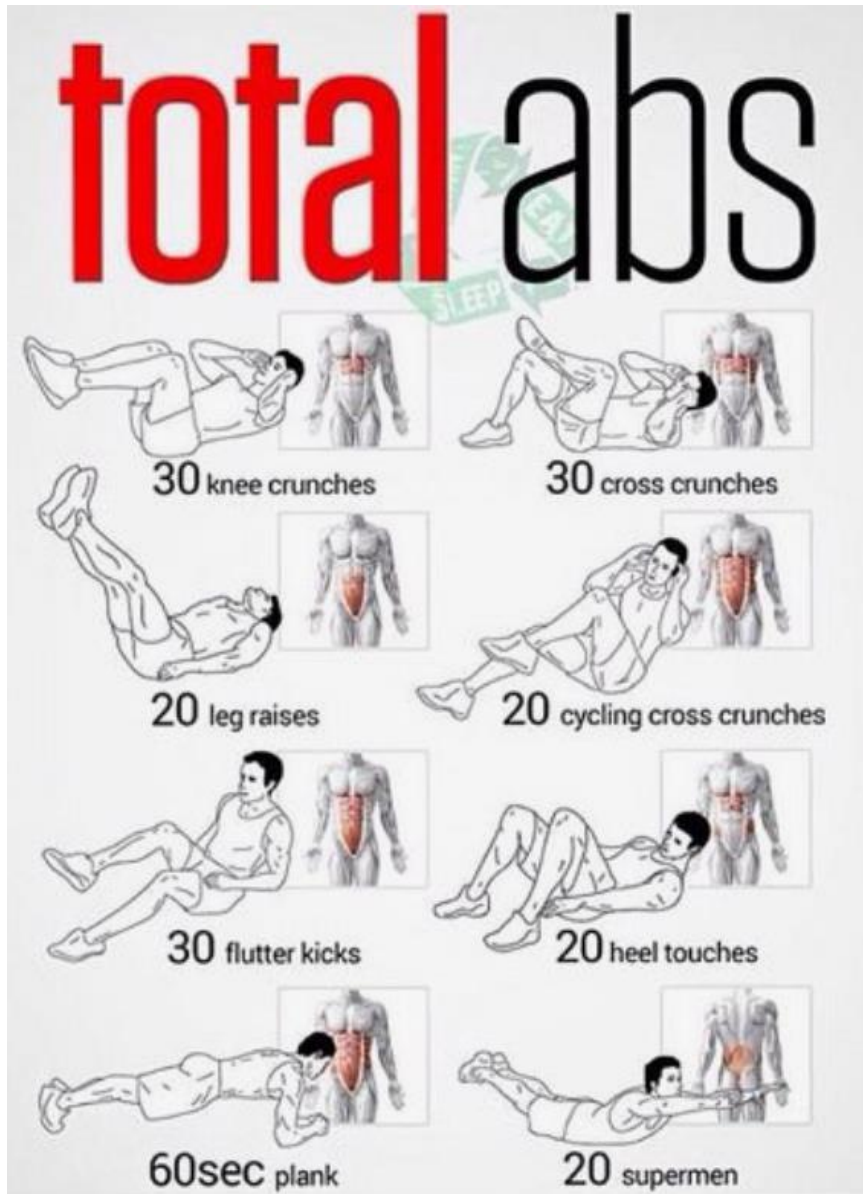
6. Cook for about 5 minutes.

7. Add the cooked noodles. Stir and cook for two minutes.



8. Put into a foil tray and put on the side to cool.

Sport and Leisure



Stronger core muscles will improve your balance, stability, movement, injury prevention and energy.

Strengthen your core muscles by doing this ab workout.

If you prefer to work out to a video click on this link to do a 10 min ab workout

<https://www.nhs.uk/conditions/nhs-fitness-studio/body-blast-abs/>

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,



FIND US ON SOCIAL MEDIA

Guess the Biscuit



1



2



3



4



5



6



7



8



9



10



11



12

Answers can be found on page 6

Photography



Your kitchen is the ideal place to shoot a macro project (big close-up shots).

Choose a selection of objects and take close-up photographs. The objects above i.e. A fork, a bowl of cereal and coffee granules were all shot from a similar angle.

Experiment with the reflective surfaces in the kitchen.

Create a series of 3 images.

These can result in a piece of fantastic wall art for the kitchen.

Art



You will need:

- A white T-shirt
- Elastic bands
- Gloves
- Fabric dye – yellow, red and blue
- Plastic bag



Make a pinch in the centre of your damp prewashed t-shirt & twist.



Twist until the whole t-shirt is in a spiral. You can even out the ridges as you twist if you like.



Put 3 rubber bands on to hold the shape together. Try to place them evenly like pieces of pie.



Dye 3 pieces of pie (or 1/2 the t-shirt) Yellow. When you turn it over later, dye yellow in the same place.



Next dye 1/2 Magenta. Overlap 1 of the yellow pieces of pie to make an orangey colour.



Dye the last 1/2 Turquoise. Overlap 1 piece of yellow to make green & 1 piece of magenta pie to make purple.

1. Protect your surfaces.
2. Start with a **damp** T-shirt.
3. Make sure you wear gloves before beginning to dye.
4. Follow the instructions opposite to create a rainbow spiral.
5. Place your dyed fabric in a plastic bag for 24 hours.
6. Over the sink and wearing gloves remove your project from the plastic bag.
7. Remove elastic bands.
8. Rinse with lots of cold water until the water runs clear.
9. Wash in the washing machine then air dry.
10. Run an empty load in your washing machine to rinse it out.

Wildlife

Springwatch 2020 is currently being broadcast across the UK and can be viewed Tuesday's through to Friday's on BBC2 at 8pm. Live wildlife webcams are rolling 24 hours a day with the best of the action being shown through the website, iPlayer and on BBC Youtube.

Click on the link below to watch the Springwatch wildlife cameras -Live 24/7 until 12th June.

<https://www.bbc.co.uk/events/e5pd2m/live/cxgrbp>



Free Audio Books

This week's book is White Fang by Jack London. In the desolate, frozen northwest of Canada, a lone wolf fights a heroic daily fight for life in the wild. But after he is captured and cruelly abused by men, he becomes a force of pure rage. Only one man sees inside the killer to his intelligence and nobility. But can his kindness touch White Fang?

Click on the link below to hear the story of White Fang for free.

https://stories.audible.com/pdp/B002V8MC7S?ref=adbl_ent_anon_ds_pdp_pc_pg-1-cntr-0-9



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



FIND US ON SOCIAL MEDIA



07722 584131



www.stepscic.co.uk



terry@stepsic.co.uk



Enabling people to reach their full potential

Health and wellbeing

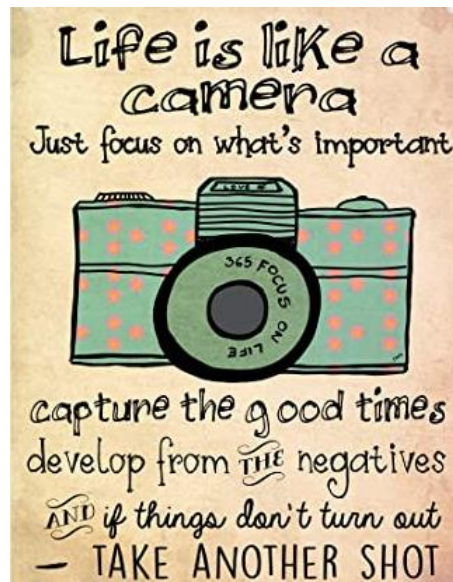
Have fun and feel good by getting out a board game and playing with your family or housemates.

There are many benefits of playing board games which include bringing people closer together, increasing laughter and reducing stress.

Pick out your favourite game and have fun!



Quote of the week



Answers: **Guess the Biscuit**

- 1 Chocolate digestive
- 2 Party ring
- 3 Hob Nob
- 4 Ginger nut/snap
- 5 Garibaldi
- 6 Viennese whirl
- 7 Fig rolls
- 8 Shortbread
- 9 Malted Milk
- 10 Custard Cream
- 11 Bourbon
- 12 Rich Tea

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



Abigail B has been making a picture frame



Jack P has been gardening



Steven S has been enjoying playing pool and gardening



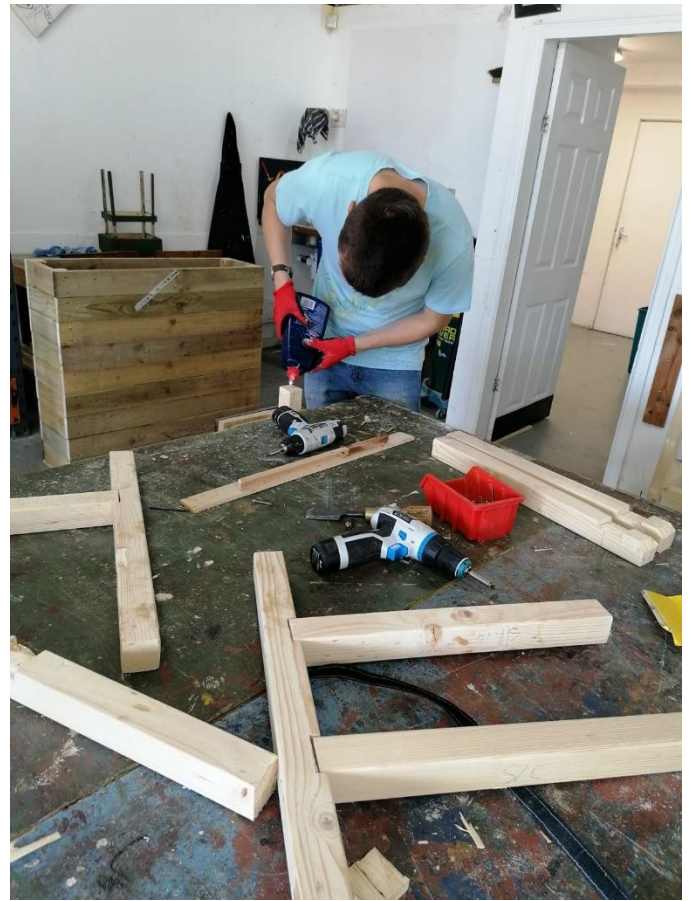
Mark W has been de-mantling pallets



Robert H has been enjoying a picnic at Haigh Hall



John R has been enjoying walks by the canal



Ryan D has been working with wood



Alex W has been working with wood



Jack P has enjoyed walking



Andrew G has been enjoying walking in Haigh Hall plantations



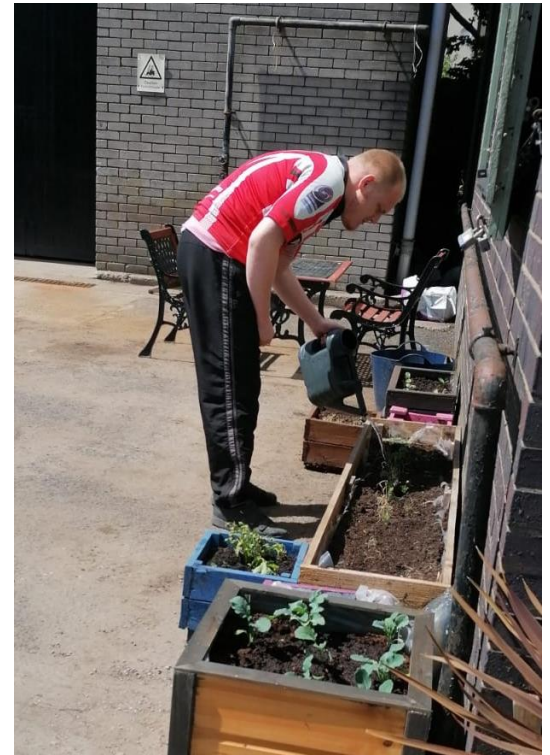
John Y has been doing photography



Stuart S has been baking scones



Sean U has enjoyed walking



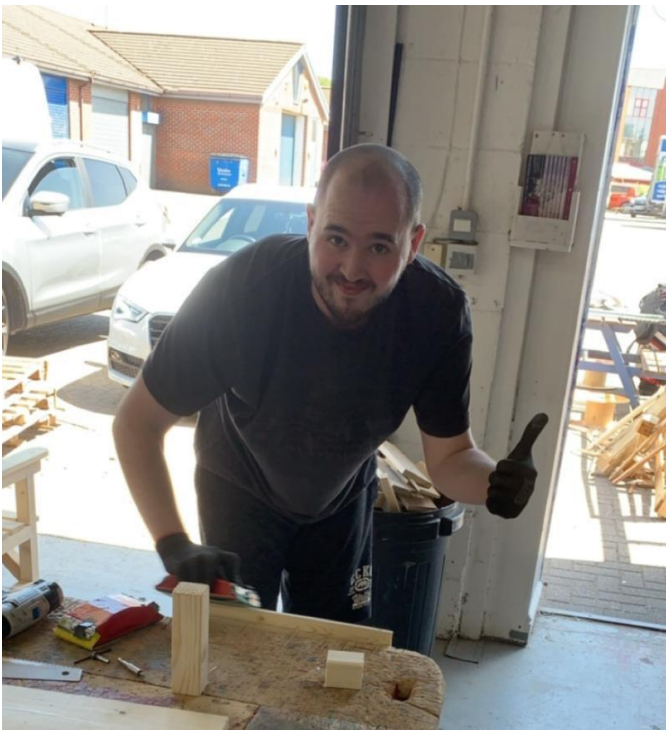
Lewis T has enjoyed watering the plants



Sean M has enjoyed washing cars and clearing foliage at Ashland House.



Jordan F has enjoyed photography whilst on a walk.



Sean J has enjoyed working with wood



Stephen R has enjoyed walking



Paul B has been tidying the grounds around Ashland House



David H has been tidying the grounds at Ashland House

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



FIND US ON SOCIAL MEDIA