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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. It has been a pleasure this week to celebrate 72 years of the NHS with some of our attendees creating stunning floral displays that we have presented to the Learning Disability Team, W A Salter Chemist Ince and Claire House Surgery Ince. Photographs can be seen on Facebook, Twitter and STEPSic website.

### Cooking and Baking:

#### Pancakes

					
<b>100g</b> Plain flour	<b>2</b> Eggs	<b>300ml</b> Milk	Golden Syrup	Lemon Juice	Sugar

1. Whisk the flour and eggs together until smooth.



2. Gradually add the milk and carry on whisking.

3. When the batter is lump-free, put some oil in a frying pan and put on a medium heat.



4. Pour some batter into the pan and tilt to move the mix around the pan.

5. Cook for about 30 seconds until golden, then flip over and cook on the other side.



6. Serve the pancakes with Golden Syrup, Sugar or Lemon juice.

Learn a skill for life with this week's pancake recipe. Create perfect pancakes every time – elaborate flip optional!



## Sport and Leisure

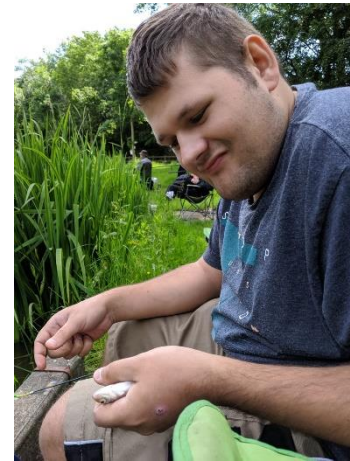
### Fishing

Fishing is a popular pastime with an estimated 2.9 million anglers enjoying the sport in the UK.

It is seen as an effective means by which to improve your mental and physical wellbeing.

The pictures opposite show Jason, Jack and Jack with some of their catches from the last fishing season at Widows Fisheries.

How big will your catch of the day be?



Click on the link below to see a compilation of some of the biggest catches by Jeremy Wade from River Monsters.

<https://www.youtube.com/watch?v=JJ6VBSrS210>



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



## Guess who?

Below are photographs of staff when they were young. Can you guess who they grew up to be?

1.



2.



3.



4.



5.



6.



7.



8.



9.



Answers can be found at the bottom of page 6

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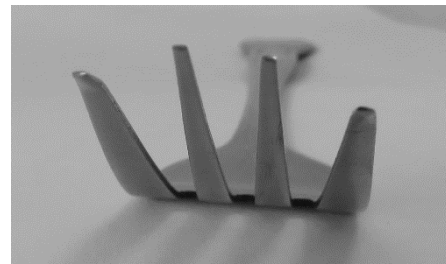


## Photography

'Puzzled'em' is a game in which players are asked to look carefully at the cards, each of which is a photograph of an object viewed from an unusual angle. Players who identify the most objects correctly are the winners.

### Task

Create your own 'Puzzled'em' game by photographing a selection of objects from unusual angles. How many will be guessed correctly?



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## Art

This week Sean has created an eye-catching cactus and pot. Follow the visual instructions below to have a go at Sean's project. You will need – 2 toilet rolls, scissors, sellotape, tissue paper, sand, ribbon, pebbles and paint.



## Floristry



## Sunflower Competition

Prior to lockdown some of our attendees planted sunflower seeds and we were going to compete as to who could grow the tallest sunflower. During lockdown the sunflowers got distributed so that they could continue to be looked after as demonstrated by Jordan and Steven. When your sunflower flowers, please measure the height of your sunflower and let us know how tall it has grown. We will give a prize to the person who can grow the tallest.





## Health and Wellbeing

Music can have a huge effect on your wellbeing and dancing to your favourite tunes is the ultimate feel good exercise.

Zumba is a popular workout that feels like a party as you groove to the beats of salsa, flamenco, and merengue music.

Click on the link below to join the zumba party.

[https://www.youtube.com/watch?v=8DZktowZo\\_k](https://www.youtube.com/watch?v=8DZktowZo_k)



## Quote of the Week

LEARN from  
Yesterday  
LIVE for Today  
HOPE for  
Tomorrow

-Albert Einstein

## July Birthdays

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

Gareth E  
Sean M  
Pau B



Baby/Toddler pic answers:

1. Jaime Young
2. James Whinnet
3. Terry Mann
4. Louise Mann
5. Emma Young
6. Jayne Shaw
7. Brandon Holcroft
8. Ian Young
9. Vicky O'Neil



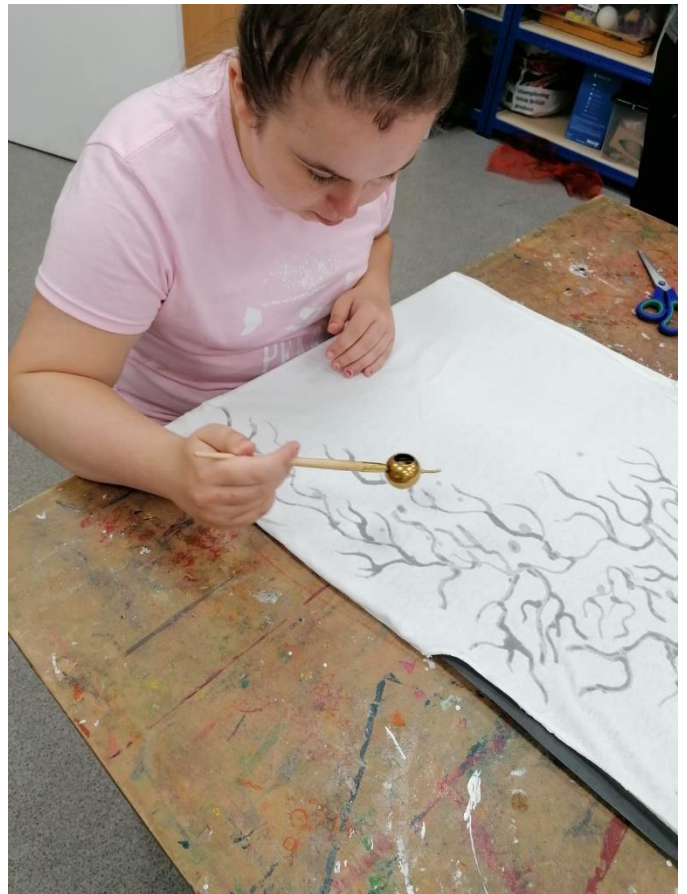
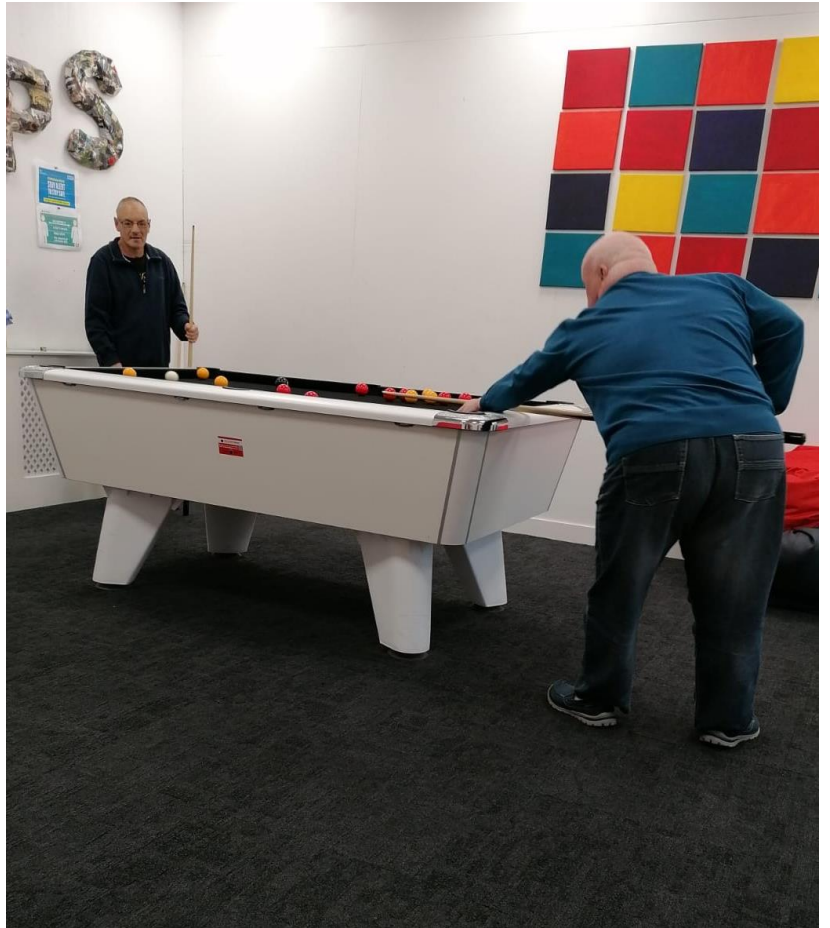
It's great to see everyone looking well and keeping busy:



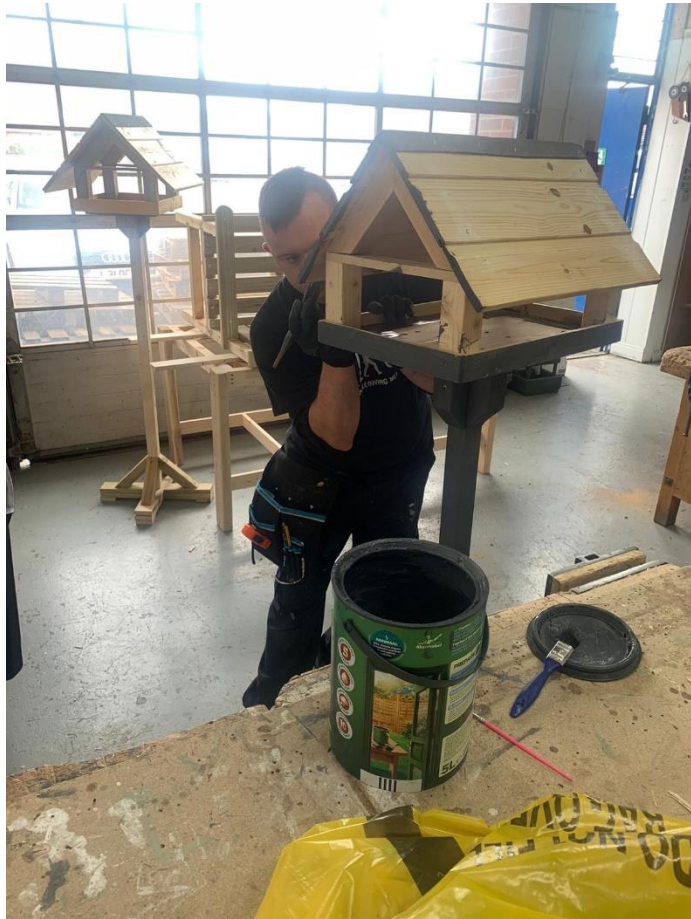




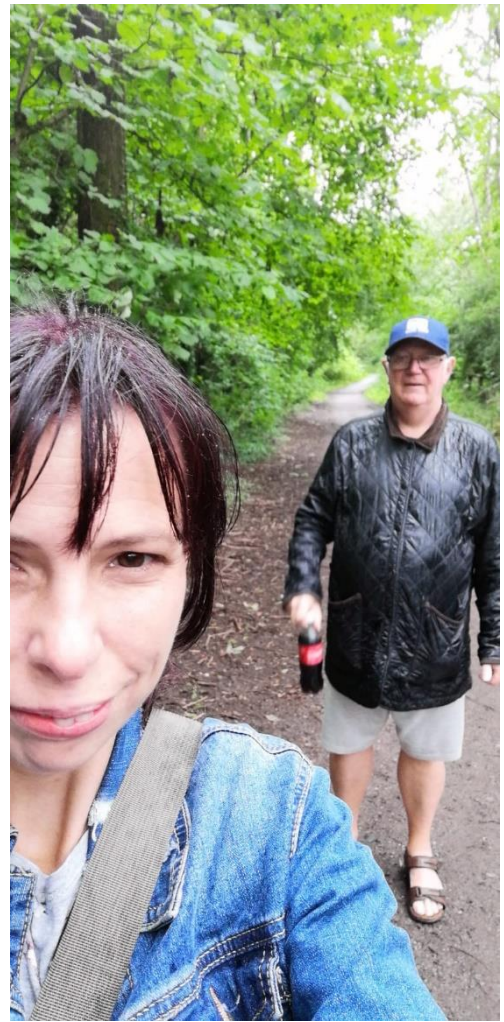
















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