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ISSUE: 16

23<sup>rd</sup> August 2020*Enabling people to reach their full potential*

Welcome to our weekly newsletter with activities and ideas to support your wellbeing at this time. We are pleased to be able to announce that all attendees who were working towards qualifications through Open Awards this year have been successful. Attendees have been working towards nationally recognised qualifications in Skills for Further Learning and Employment and Independent Living. We are extremely proud of the work that the attendees have put into their awards and would like to congratulate everyone on their success. Certificates will be awarded in due course.

### Cooking and Baking:

Enjoy this gooey cheese and chicken pasta bake for the ultimate weekday family dinner. Serve straight from the dish with a fresh green salad

Chicken Pasta Bake

							
4 tbsp Olive oil	1 onion Finely chopped	2 garlic cloves crushed	quarter tsp chilli flakes	2 x 400g Chopped tomatoes	1 tsp Caster sugar	6 tbsp mascarpone	4 skinless Chicken Breasts Sliced in strips
							
300g penne	70g mature cheddar grated	50g Grated mozzarella	Small bunch parsley Finely chopped				

1. Heat 2 tbsp of oil in a pan over a Medium heat and fry the onion gently. Add the garlic and chilli flakes and Cook for 1 min.



2. Tip in the tomatoes and sugar. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.



3. Heat 1 tbsp of oil in a non- stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.



4. Heat the oven to 220C/200C fan/ Gas 7



5. Cook the penne following pack instructions. Drain and toss with the remaining oil.



6. Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the sauce.



7. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling.





## Sport and Leisure

Football has always been popular at STEPScic, with a number of our attendees enjoying football training.

Continue to practice your ball control skills at home using this 60 second challenge.



## 60 Second Challenge Fast Feet

Can you keep going even if you lose control of the ball?

### The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.



### Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

#### Achieve Gold

24 dribbles around the marker and back



#### Achieve Silver

18 dribbles around the marker and back



#### Achieve Bronze

12 dribbles around the marker and back



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

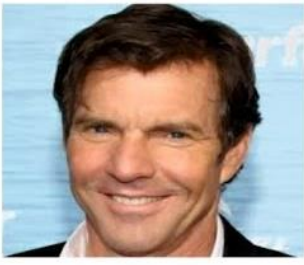
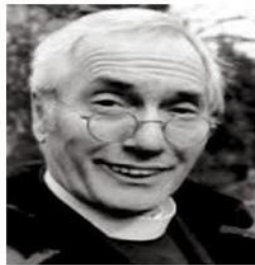
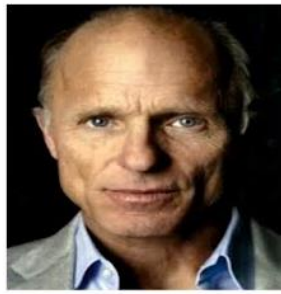
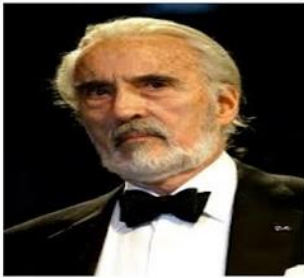
Unit 12, Golborne Enterprise Park, Kid Glove Road, Golborne, WA3 3DP



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## Who Am I – Picture Quiz



Answers can be found at the bottom of page 6

## Photography

### Catching People Unaware

Take photo's of your friends and family members when they are behaving naturally with other people, with objects or within a specific place. Experiment with shooting from low and high angles.



## Art

### Butterfly Painting

Follow the instructions below to make a beautiful print. Don't forget to experiment with shape and colour.

#### You will need

- Water-based paints



- Brushes



- Pastel coloured sugar paper



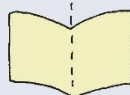
- Marker pen



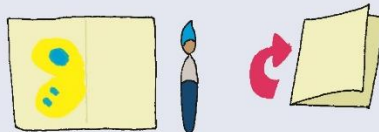
- Plenty of newspaper (to cover tables!)



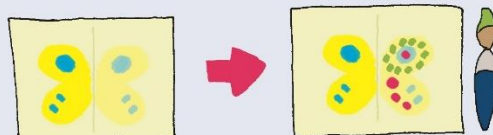
- 1 Fold a piece of sugar paper in half, side to side, and open it out.



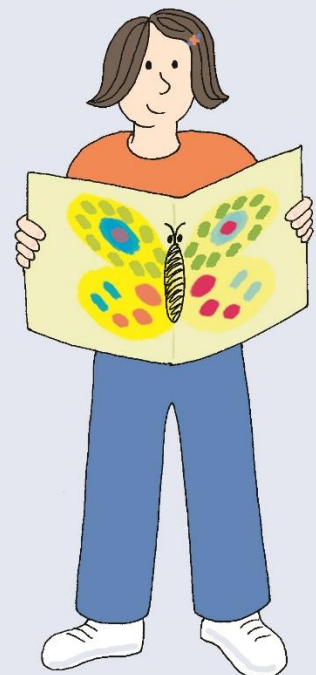
- 2 Paint the shape of butterfly wings on one half. Fold the paper over again and press it down.



- 3 Open out the paper and add more colours to one side. Refold and press.



- 4 When the butterfly wings are dry, add a body and antennae with a marker pen.





## Pond Dipping

### Be Prepared

Wear old clothes and wellies

Cover all cuts and scratches with waterproof plasters.

Go with friends or family.

Take a spotter sheet with you and record what you find – Please find one below

### You will Need

A net, shallow tray or washing up bowl, jam jar

You may also want to take a camera or use your phone to photograph what you find.



## Pond Dipping

Which creatures have you found? (tick the circles)



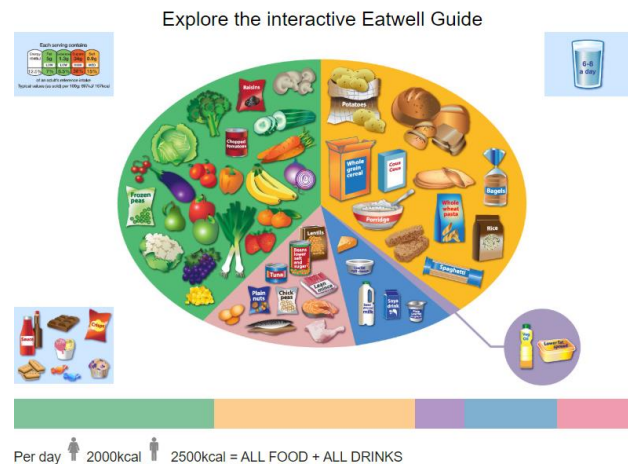
## Health and Wellbeing

A balanced diet is important for many reasons, not least to ensure you have enough energy to keep active throughout the day and maintain a healthy weight. Ensuring you have the relevant nutrients in your diet for growth and repair will also help you to stay well and prevent diet-related illness.

Click on the link below to explore the interactive Eatwell guide which will help you achieve a healthy, balanced diet. The site also contains recipes and tips.

Can you make healthy food choices?

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>



## Quote of the Week

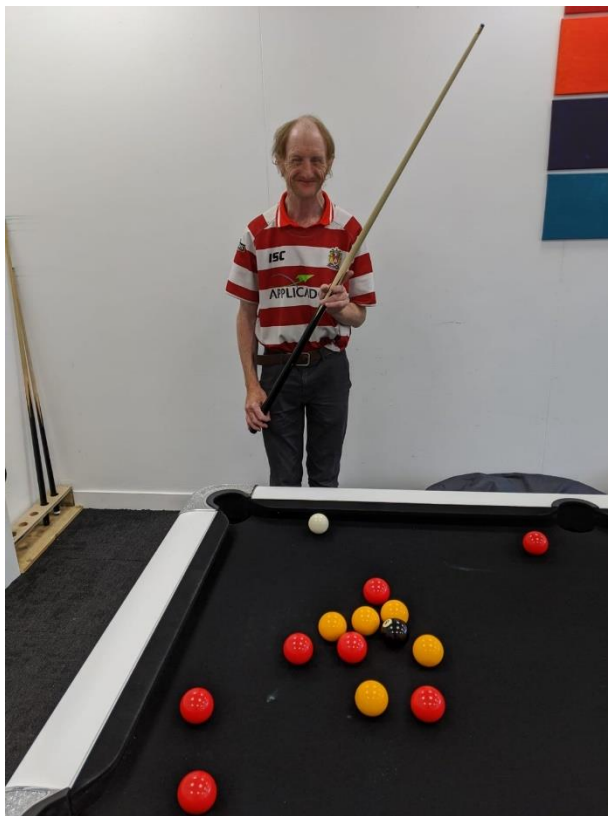
*A little  
progress each  
day adds up  
to big results*

### **Who Am I – Picture Quiz Answers;**

- |                  |                     |                    |                       |
|------------------|---------------------|--------------------|-----------------------|
| 1. Edward Norton | 2. Doris Day        | 3. Dean Martin     | 4. Dr Hibbert         |
| 5. Ed Sheeran    | 6. Christopher Lee  | 7. Renee Russo     | 8. Pete Postlethwaite |
| 9. Millhouse     | 10. Katherine Heigl | 11. Ed Harris      | 12. Kevin Spacey      |
| 13. Dick Emery   | 14. Dennis Quaid    | 15. Miley Cyrus    | 16. John Goodman      |
| 17. Ian Ogilvy   | 18. Guy Pearce      | 19. Frankie Vallie | 20. Elle Macpherson   |



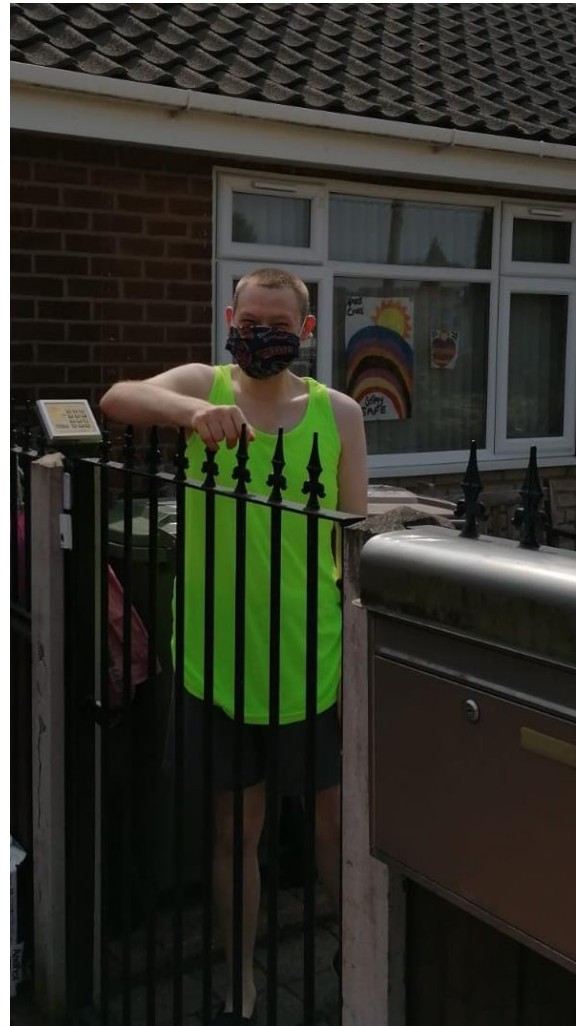
It's great to see everyone looking well and keeping busy, images have been taken over the last couple of weeks:



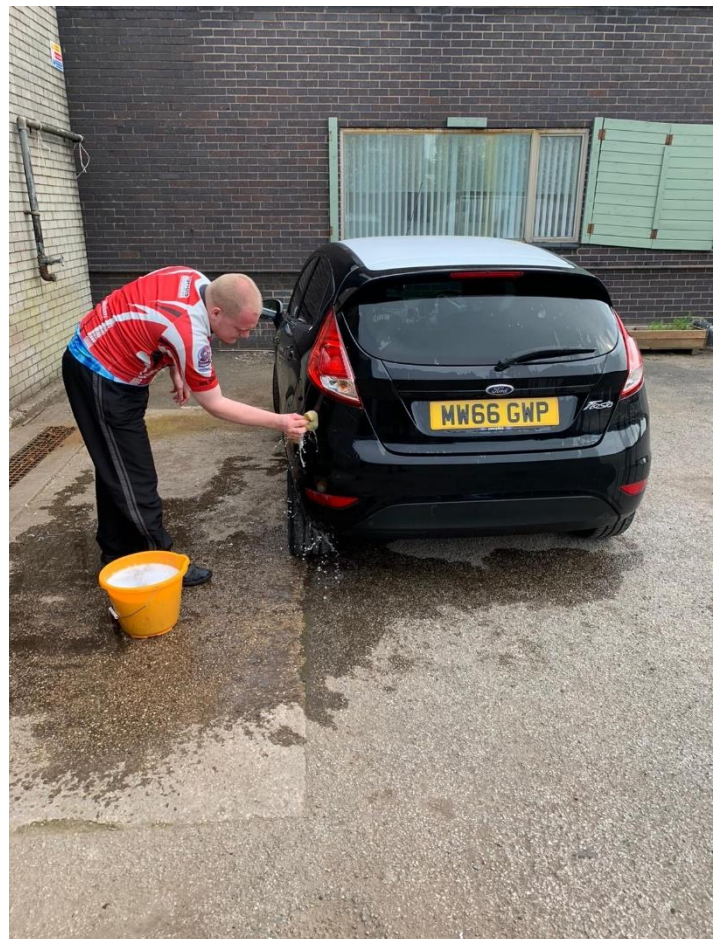
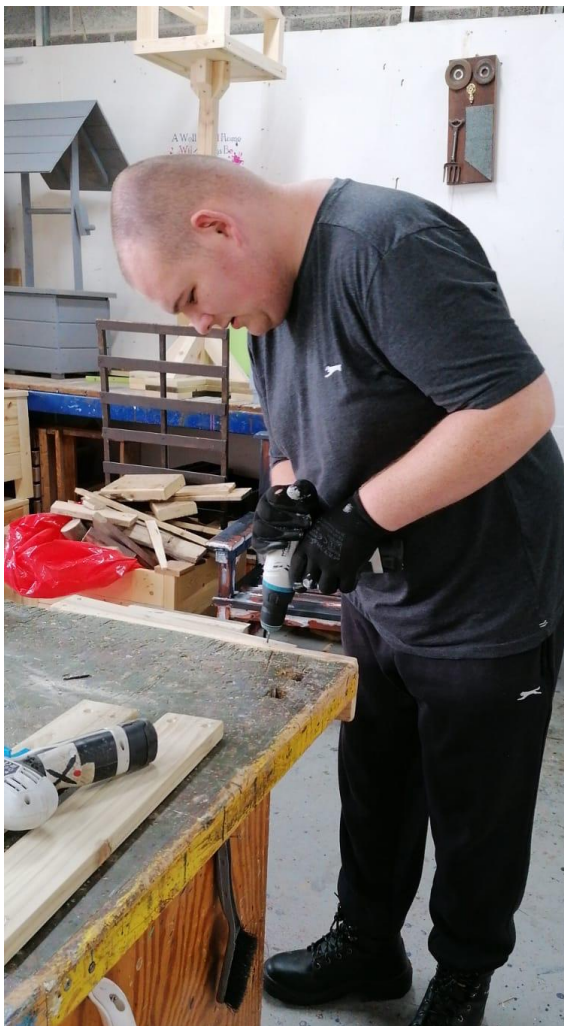




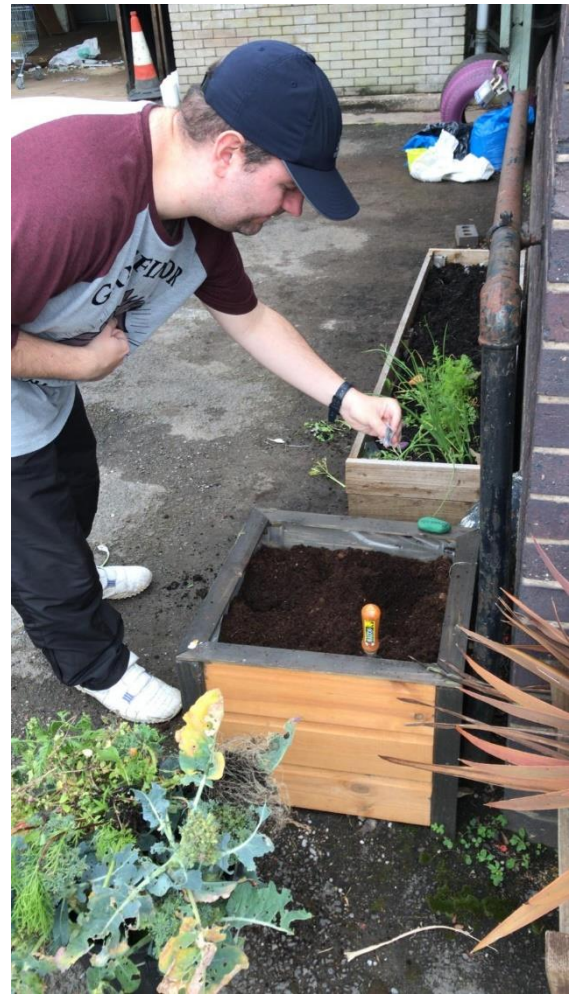




















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