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ISSUE: 15

2nd 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 would like to say a huge thank you to Julie and Gareth Edwards, for their kind donation of £226. They raised this money by making masks and selling them locally at Oliver's Newsagents on Belle Green Lane Ince. We will be using the money to make products for our new polytunnel and gardening area. Please note there will be no activity newsletters for the next two weeks.

Cooking and Baking:

This week's recipe is sponge cake, perfect for afternoon tea.

Sponge Cake

							
225g Self-raising flour	225g Butter	225g caster sugar	4 eggs	1tsp baking powder	Jam	Double Cream	Icing sugar

1. Preheat the oven to 180°C

2. Mix the flour, butter, sugar, eggs and baking powder together in a large bowl.



3. Pour the mixture into two 7 inch tins and put them in the oven till golden brown 15-25 minutes.

4. Carefully lift the sponges from the tin and cool on a wire rack



5. Use a whisk to whip the cream



6. Spread the cream on the top of one sponge and Jam on the top of the other

7. Place the sponges carefully on top of each other so the Jam and Cream are in the middle.



8. Mix the icing sugar with some water and mix until stiff

9. Use a knife to spread the icing on the top of the sponge.



10. Place the sponge in the fridge to cool.



Sport and Leisure

60 Second Challenge

Burpees

Do you keep trying even when you want to give up?

The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.



Equipment

Just yourself and enough space on the floor!

If you find it tough do not perform the leg extensions.

Achieve Gold 30 burpees	
Achieve Silver 20 burpees	
Achieve Bronze 10 burpees	

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



FIND US ON SOCIAL MEDIA

Name the tree from the leaf

Can you identify which tree each leaf has come from?

1.



2.



3.



4.



5.



6.



7.



8.



9.



Answers can be found at the bottom of page 6

Photography

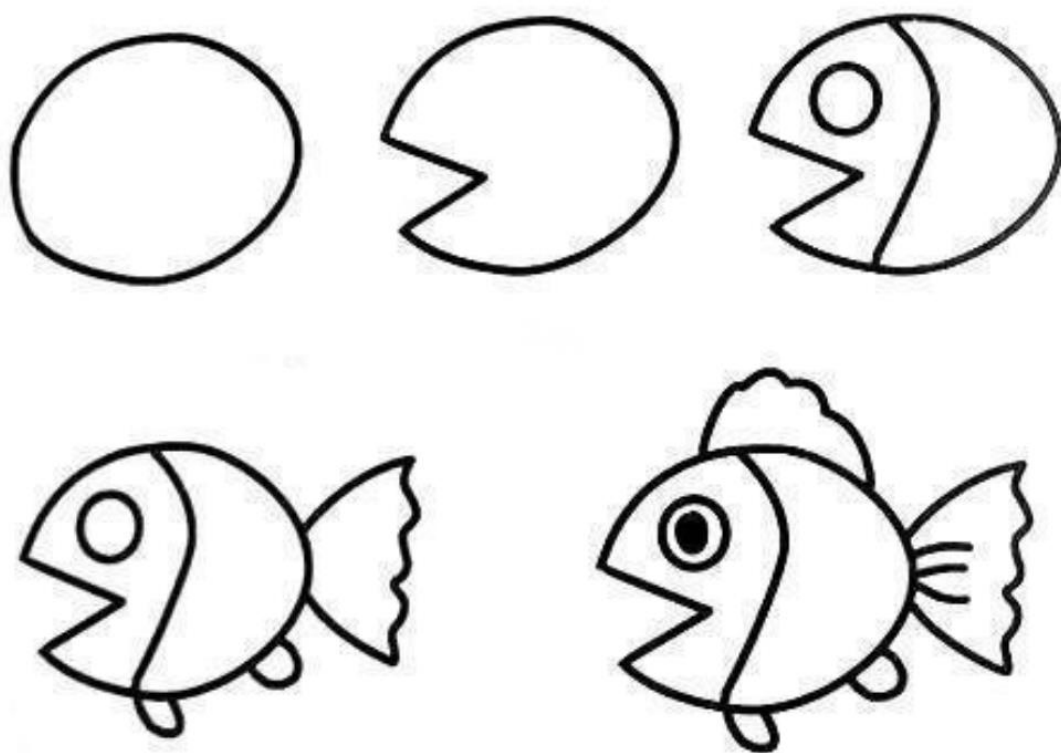
August's 30 day photo challenge is a fun way to expand your photography skills by exploring a range of subjects and themes.

Explore one theme each day and choose your best shot that illustrates the theme. The challenge does not need to be done on consecutive days.



Art

Follow the visual instructions to draw a fish. You will need paper, pencil and rubber. Remember to draw lightly then you can rub out any mistakes or lines that you don't need. You may want to add colour or pattern to your fish or even draw yourself a full aquarium.



What ducks can you spot in your local park or along the local waterways?

Duck detective



Mallard



Tufted duck



Gadwall



Pochard



Pintail



Shoveler



Goldeneye



Teal



Wigeon



Eider



Health and Wellbeing

A fantastic way to improve your overall physical and mental health. Learn the dance moves to some popular songs by clicking on the link below to a Just Dance video. Workout and have fun!

<https://www.youtube.com/watch?v=yQ4fTl4wbko>



We would like to wish happy birthday to those with birthdays in August

Joe M

David H

William B

Terry M – 50 this month

Quote of the Week

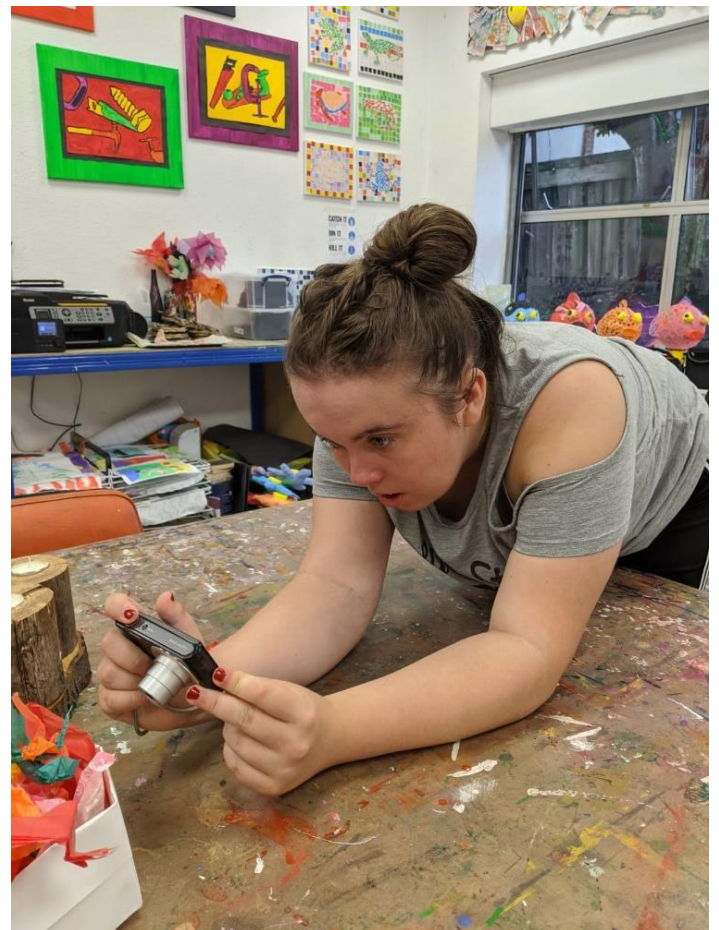


Name the tree from the leaf, answers:

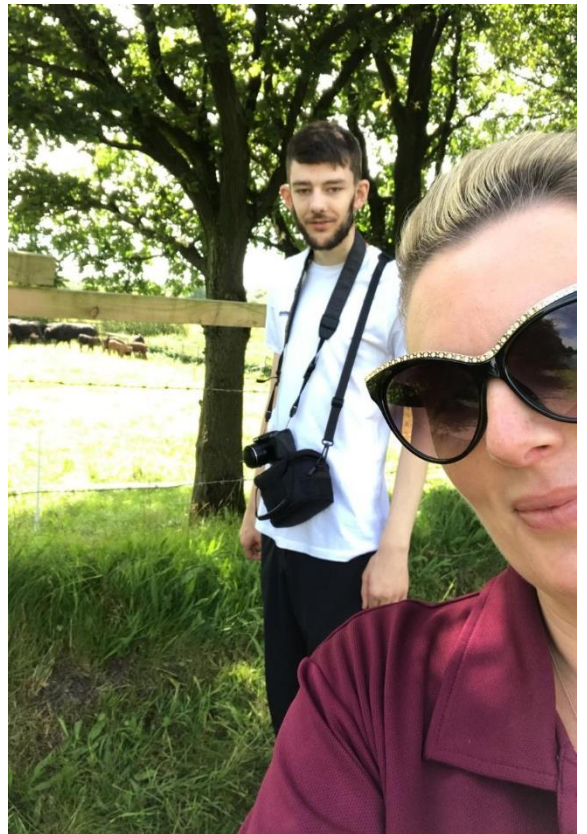
1. Oak 2. Ash 3. Horse Chestnut 4. Sycamore 5. Beech 6. Hawthorn
7. Silver Birch 8. Holly 9. Ivy

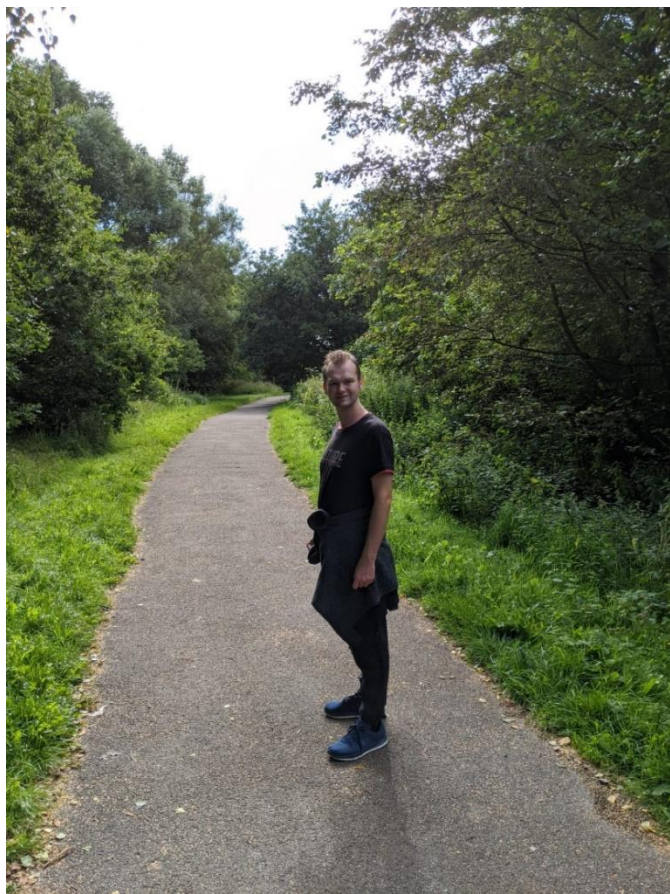
It's great to see everyone looking well and keeping busy:











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