

Welcome to our weekly activity newsletter with ideas and activities to support your well-being at this time. It's fantastic to see our attendees benefitting from the new garden and patio area, complete with polytunnel and raised beds, that we have created at our Ashland House base in Ince. The investment we have made has ensured that even with the restrictions imposed by Covid-19, we are able to continue to provide gardening and outdoor social activities in a safe, secure and socially distanced manner. We are also in the process of extending another area of our service and will bring you more information on this exciting development in the near future.

## Cooking and Baking

This week's recipe is this easy to make chocolate fudge cake.....Mmmm delicious!

### Chocolate Fudge Cake



150ml Sunflower oil	175g Self-raising flour	2 tbsp Cocoa powder	1 tsp Bicarbonate Of soda	150g Caster sugar	2tbsp Golden syrup	2 large eggs	150ml Semi-skimmed milk
For the icing							
100g butter	225g Icing sugar	40g cocoa powder	2.5 tbsp milk (a little more if needed)				

1. Pre-heat the oven to 180°C/160 fan/gas 4 and grease the tin.



2. Oil and line the base of two 18cm sandwich tins.



3. Sieve the flour, cocoa powder and bicarbonate of soda into a bowl. Add the caster sugar and mix well.



4. Make a well in the centre and add the golden syrup, eggs, sunflower oil and milk. Beat well with an electric whisk until smooth.



5. Pour the mixture into the two tins and bake for 25-30 mins until risen and firm to the touch. Remove from oven, leave to cool for 10 mins before turning out onto a cooling rack.



6. To make the icing, beat the unsalted butter in a bowl until soft.



7. Gradually sieve and beat in the icing sugar and cocoa powder, then add enough of the milk to make the icing fluffy and spreadable.



8. Sandwich the two cakes together with the butter icing and cover the sides and the top of the cake with more icing.





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to reach their  
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## Sport and Leisure

### 60 Second Challenge Super Slalom Run

Can you try  
and run as fast  
as possible?

#### The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.



#### Equipment

A safe space and  
3 objects.

This activity is best  
played outside,  
where you have  
lots of space.

#### Achieve Gold

20 Slalom Runs



#### Achieve Silver

18 Slalom Runs



#### Achieve Bronze

12 Slalom Runs



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

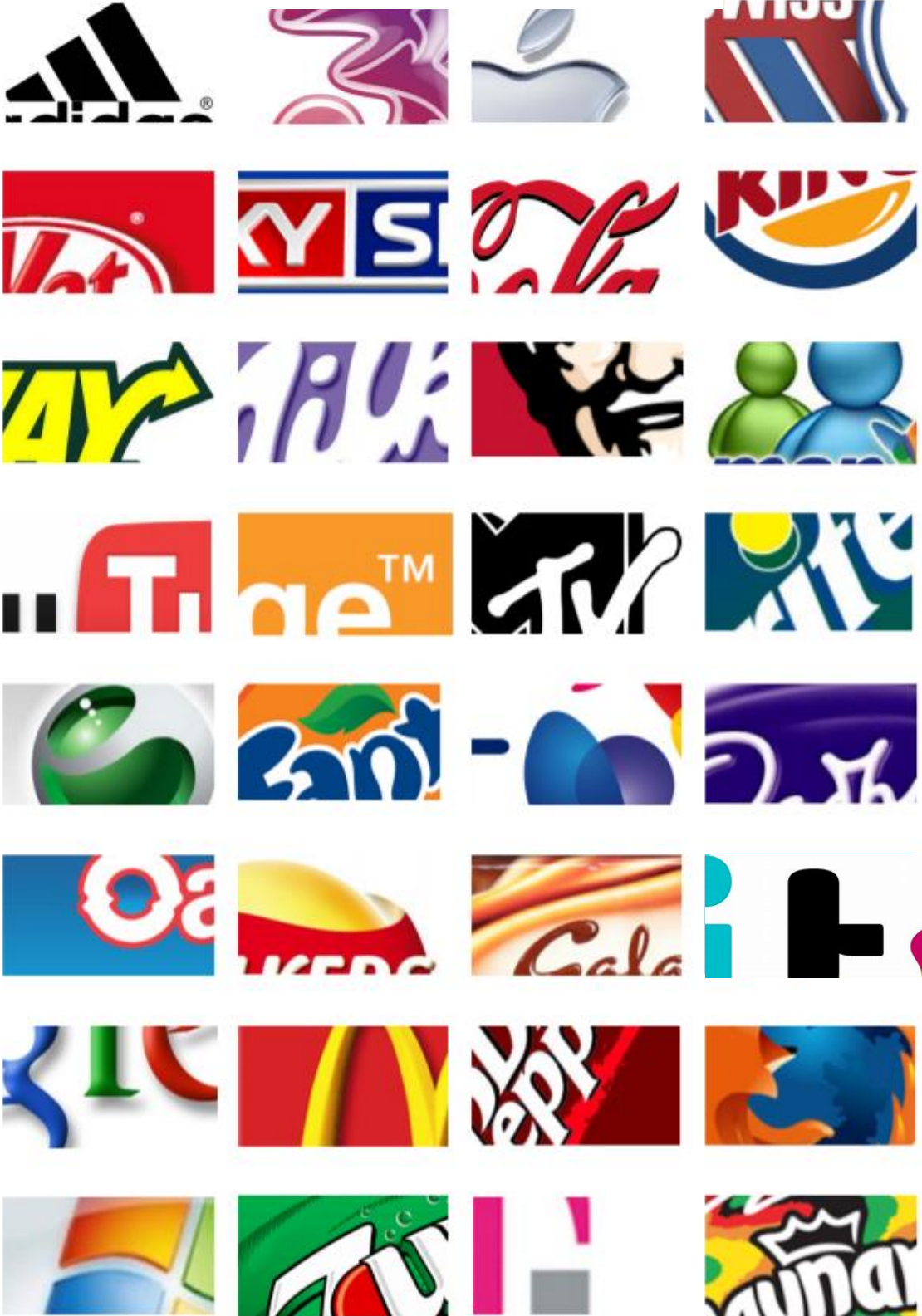
#### and

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



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## Logo Quiz



Answers can be found on page 6



## Food Photography

### Photography



Professional food photographers can help restaurants increase sales and new customers. How appetizing can you make your food appear?



#### Top Tips:

- Consider your choice of tablecloth/surface, plate and cutlery
- Decide on your angle i.e above, low
- Don't let the food sit around for too long
- Turn off the flash.

### Art and craft

#### Paper Bird

Follow these step by step instructions to make a bird with paper.

You will need,

Coloured paper, scissors, pencil, glue, a circular object to draw around

- Cut out a large circle from a coloured paper sheet.
- Cut a smaller one from a different colored paper.
- Cut the beak and the tail for the paper craft bird from the same colored sheet as the smaller circle is cut from.
- Fold the circles in half.
- Stick the beak and tail on the larger circle.
- Stick the smaller circle atop the beak and the tail on the larger circle.
- Add an eye for the bird.



## Theatre - online for Free

### Tangled













A special presentation of Disney Cruise Lines 'Tangled the Musical'. Click on the link below to watch this performance for free.

[https://www.youtube.com/watch?time\\_continue=1&v=XFiQWzU5wSQ&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=XFiQWzU5wSQ&feature=emb_logo)



### Gardening

Explore your environment and use this spotter sheet to identify common weeds growing.

<b>1</b>  <input type="checkbox"/> Buttercup	<b>2</b>  <input type="checkbox"/> Dandelion	<b>3</b>  <input type="checkbox"/> Groundsel	<b>4</b>  <input type="checkbox"/> Spurge
<b>5</b>  <input type="checkbox"/> Bittercress	<b>6</b>  <input type="checkbox"/> Daisy	<b>7</b>  <input type="checkbox"/> Shepherd's purse	<b>8</b>  <input type="checkbox"/> Red dead nettle
<b>9</b>  <input type="checkbox"/> Pink bindweed	<b>10</b>  <input type="checkbox"/> Oxalis	<b>11</b>  <input type="checkbox"/> White bindweed	<b>12</b>  <input type="checkbox"/> Rosebay willowherb





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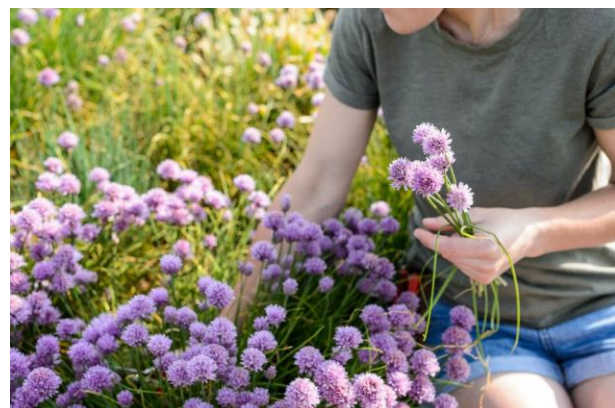


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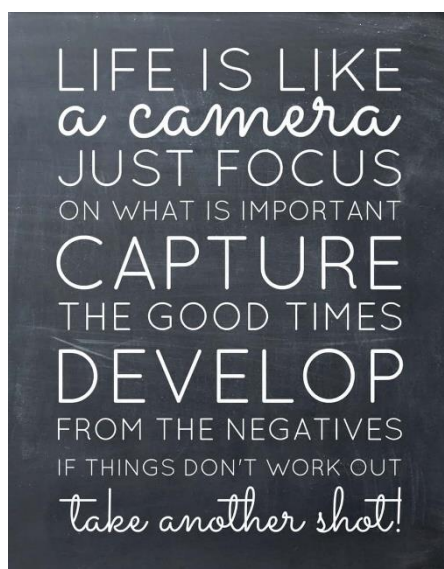
## Health and wellbeing

Gardening and being among nature has been shown to improve mental and physical health.

Enjoy the benefits of gardening by weeding, moving the lawn, sowing seeds and growing plants, flowers and vegetables.



## Quote of the week



## Logo Quiz Answers

1. Adidas 2. 3 Mobile 3. Apple 4. K Swiss
5. Kit Kat 6. Sky Sports 7. Coca Cola 8. Burger King
9. Subway 10. Milka 11. KFC 12. MSN Messenger
13. You Tube 14. Orange 15. MTV 16. Sprite
17. Sony Erikson 18. Fanta 19. BT 20. Cadbury
21. Oasis 22. Walkers 23. Galaxy 24. ITV
25. Google 26. McDonalds 27. Dr Pepper 28. Firefox
29. Microsoft 30. 7 Up 31. T Mobile 32. Maynards Wine Gums



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



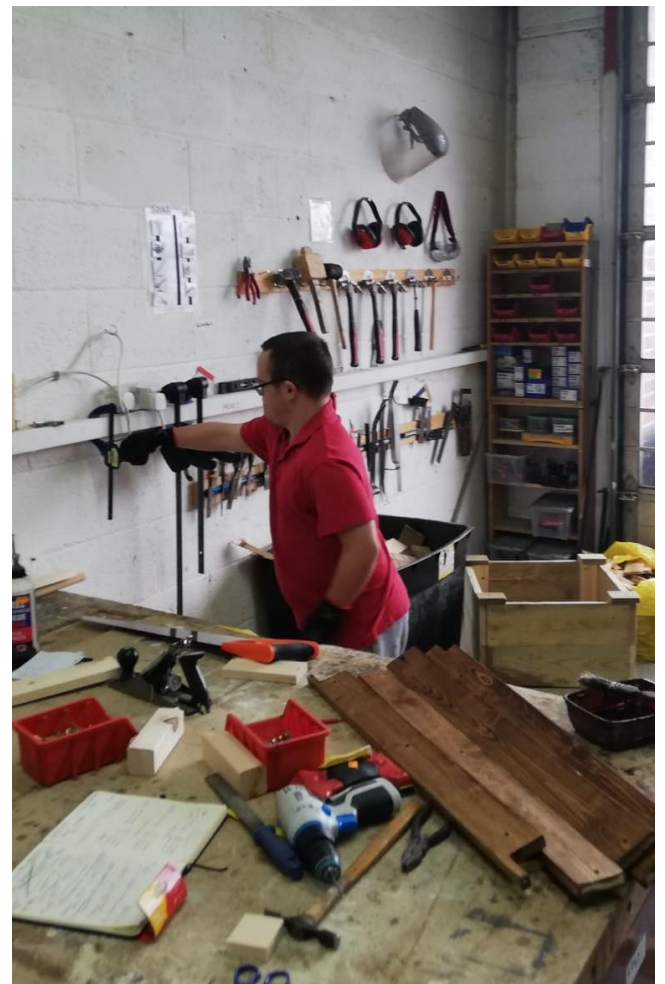
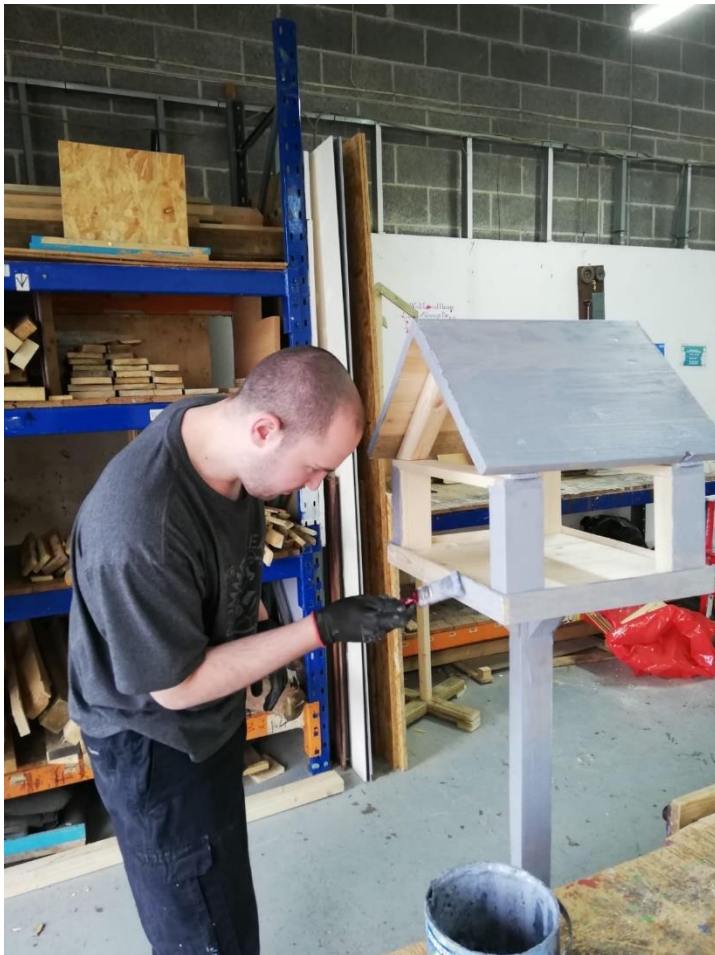
















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