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ISSUE: 18

6th Sept 2020*Enabling people to reach their full potential*

Over the last five months we have produced a weekly activity newsletter with ideas and activities to support your well-being at this time. Due to the return to building base services this will be the last activity newsletter. We hope you have found the ideas useful and enjoyed seeing each other in photographs. For ongoing information on the services that we provide please take a look at our website or follow us on Facebook/Twitter. We would like to take this opportunity to congratulate Jordan for growing the tallest sunflower at STEPScic at a height of 12ft 3 inches and with which he won the Golborne in Bloom competition. A fantastic achievement.

Cooking and Baking

This week's recipe is Italian favourite spaghetti bolognese.

Spaghetti Bolognese

							
400g spaghetti	1 carrot Peeled and chopped	1 apple Peeled, sored and chopped	1 onion chopped	0.5 Red pepper chopped	1 clove garlic crushed	2tbsp tomato ketchup	4tbsp tomato puree
							
400g Tin chopped tomatoes	250ml Beef stock	500g mince	1tbsp olive oil	0.5 tsp dried oregano			

1. Peel and chop the vegetables and apple. Crush the garlic



2. Heat the oil in a large frying pan and sauté the vegetables, apple and garlic for 10 minutes, until soft. Transfer to a blender and add the tomatoes then whiz until smooth.



3. Wipe the pan out with a piece of kitchen paper then add the mince and fry over a medium-high heat, breaking the mince up with a wooden spoon, until browned.



4. Add the tomato and vegetable sauce to the mince then stir in the tomato puree, ketchup, stock and oregano. Bring to a simmer and cook for 30 minutes, until the sauce is thick. Season to taste with salt and pepper.



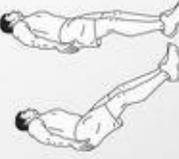
5. Add pasta to a large pan of slightly salted boiling water, return to the boil. And cook for 9-11 mins according to Taste. Drain and serve with your sauce.



Sport and Leisure

daily workout

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes

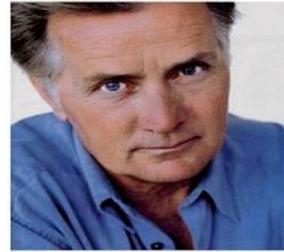
 10 jumping jacks	 5 squats	 5 push-ups
 10 climbers	 10 plank jump-ins	 10 high knees
 5 knee pull-ins	 10 cross crunches	 10 leg raises

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>

Who Am I?



Answers can be found on page 6



Photography

Wigan Street Scenes



Street photography is about capturing life in public areas. People are usually present in street photography but if not, discarded objects and shadows may suggest that someone was there.

Take a look around your local streets, what can you capture?

Art

Draw Your Own Hand



- Trace around your hand onto a piece of paper.
- Look carefully at your upturned palm, notice the lines and creases.
- Add the lines and creases that you can see onto your tracing.

You will need:

- Paper
- Pencil
- Rubber

Cirque du Soleil - Mystere

Mystere is one of six resident shows in Las Vegas, residing at the Treasure Island Hotel. This must see production combines high energy acrobatics and dramatic dance. Click on the link below to experience this 60 minute special of Mystere..

<https://www.youtube.com/watch?v=EVY1-nH-fvU&list=PLpmwWulh57wY66Jq06lauzKw> EU iFGAs



Gardening



Top 10 jobs this month

- 1 Divide herbaceous perennials
- 2 Pick autumn raspberries
- 3 Collect and sow seed from perennials and hardy annuals
- 4 Dig up remaining potatoes before slug damage spoils them
- 5 Net ponds before leaf fall gets underway
- 6 Keep up with watering of new plants, using rain or grey water if possible
- 7 Start to reduce the frequency of houseplant watering
- 8 Clean out cold frames and greenhouses so that they are ready for use in the autumn
- 9 Cover leafy vegetable crops with bird-proof netting
- 10 Plant spring flowering bulbs

September is generally a cooler, gustier month than August and the days are noticeably shorter. While there's not as much to do in the ornamental garden at this time of the year, if you have a fruit or vegetable patch, you'll be busy reaping the rewards of harvest. It's also time to get out and start planting spring-flowering bulbs for next year and you can collect seeds for next summer's colour too. Make the most of the remaining warmth while you can!





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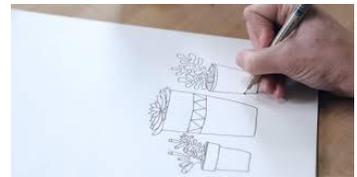
Health and wellbeing

Learning new skills can improve your mental wellbeing by boosting self-confidence, raising self-esteem, helping you to build a sense of purpose and helping you to connect with others.

Some of the things you could try include;

Cooking, DIY projects, trying a new sport or learning to draw.

Find activities that you enjoy and make them a part of your life.



Quote of the week

You can't go back and change the beginning, but you can start where you are and change the ending.

C.S. LEWIS



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

Jack H

Stuart S

James G

Who am I? answers;

1. Sarah Jessica Parker
2. Orlando Bloom
3. Ryan Reynolds
4. Ronald Reagan
5. Nicolas Cage
6. Matthew Broderick
7. Martina Navratilova
8. Martin Sheen
9. Matt Le Blanc
10. Mae West
11. Gwyneth Paltrow
12. Nicole Kidman
13. Mark Wahlberg
14. Glen Close
15. George Peppard
16. Sandra Bullock
17. Natalie Portman
18. Johnny Lee Miller
19. Halle Berry
20. Katie Holmes

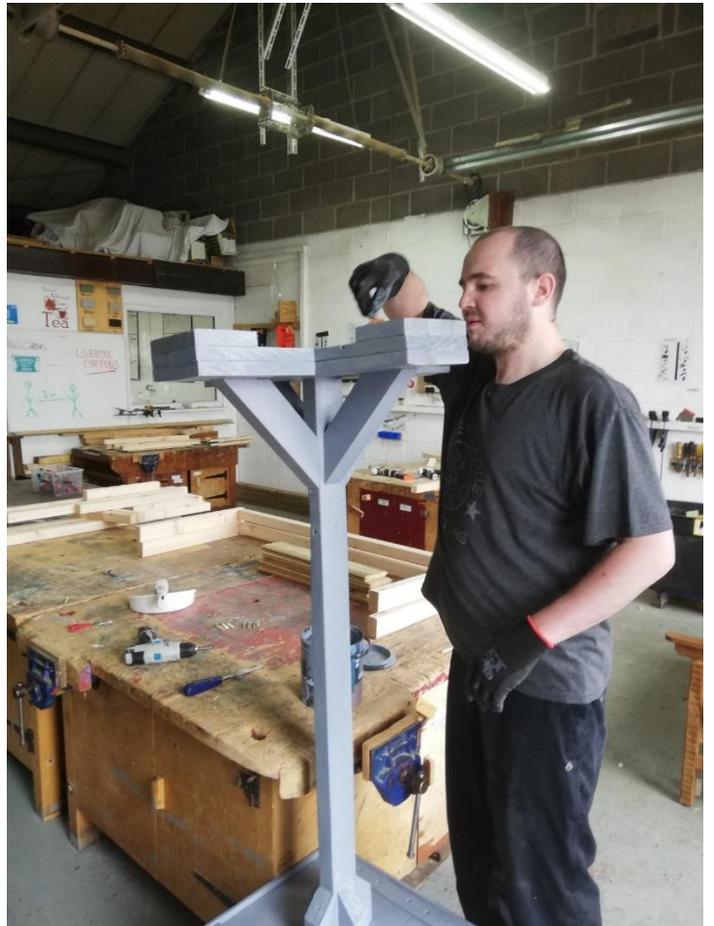
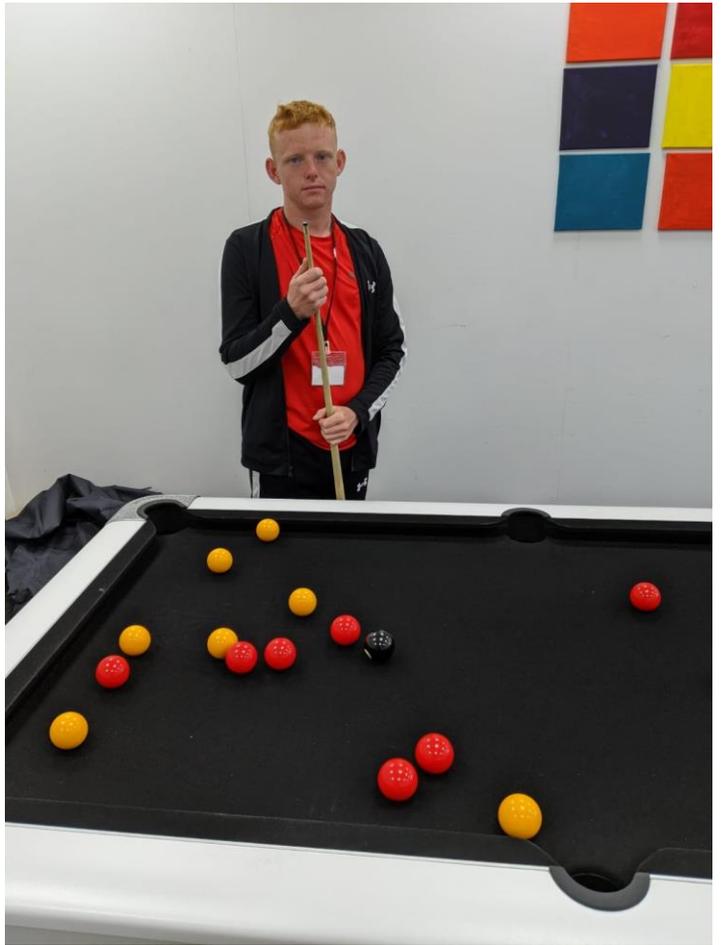


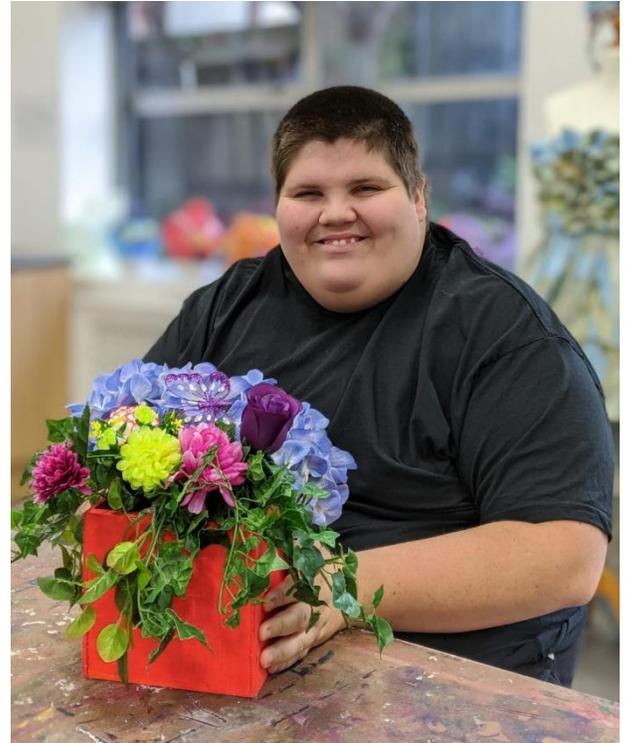
FIND US ON SOCIAL MEDIA

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









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

