Weekly Newsletter from Hamelin Trust

29th May 2020

We hope you are all keeping well.

Information sharing section.

From phone call queries from some families please can we clarify that Gowlands, Day Opportunities (including Roots and Shoots, Reuse and Recycle and SewMuchFun) and Community Support are still temporarily suspended. Our interim service is still in place to support you as best we can.

Essex County Council is working with providers of day opportunities to look at a way forward and we will advise families when any decisions have been made and agreed with our senior management team and our Board of Trustees. Any decisions will be based on safe practice under current guidelines, in order to maintain as safer level of working as possible for both service users and staff, through social distancing as far as possible, environmental assessments and infection control practises.

Please be aware we do not come under the same advisories by the government as schools and colleges.

As previously discussed you can help be prepared by teaching your family the social distancing practice for friends by keeping 2metres apart when communicating to each other and the hand wash procedure. There are lots of resources available to support learning and information we have sent to you.

Groups of up to six people from different households will be able to meet outside in England from Monday, Prime Minister Boris Johnson has announced. They can meet in gardens - in addition to parks - as long as households keep two metres apart. We hope this will help for people to feel less isolated and be able to see friends and family.

Sharing together section

Please join in with our conversation topics on our blog page on our website - https://hamelintrust.org.uk/blog/

Our current topics for you to join in with include The A Word, Exercise, Anxiety and Communication.

Meet the staff

We would like to introduce you to Dee who is our administration assistant who works hard to keep all our records up to date and keeps us organised!

Activity section

- Clear glass jars, cups or small clear vase
- Fresh Celery stalks with leaves. Preferably the lighter leafier stalks near the centre.
- Water
- Food Colouring

Steps

- Separate and select stalks of celery with leaves. Cut about a quarter inch off the bottom. The lighter stalks near the centre will show the most colour.
- Put about 8 ounces of water into glass jar or vase.
- Drop 3-4 drops of food colouring into jar.
- Place stalks into the water and using stalk stir very gently until food colouring is dispersed evenly.
- The leaves will change colour – which one is the brightest?

Harry Potter	The Incredibles	Avengers	Ice Age	Rio
Home	**The Good Dinosaur**	**Alvin & The Chipmunks**	**Turbo**	**Inside Out**
Toy Story	**Pixels**	**Minions**	**Shrek**	**Cinderella**
SpongeBob Squarepants	**Shaun the Sheep**	**Hotel Transylvania**	**The Lego Movie**	**Mr Peabody & Sherman**

Hope you enjoyed our film quiz last week – above are the answers – well done to everyone who gave it a go!

Lee and Nicole have made a star wars quiz for you – have a go! Lee is our expert on everything star wars! Thank you Lee.

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Test your knowledge and see whether you are a real Jedi..

Q 1 – Who are the two characters who are in all the Star Wars films? (2 marks – 1 for each)

Q 2 - Who created Star Wars? (1 mark)

Q 3– Which furry animal lives on the Forest Moon of Endor? (1 mark)

Q 4 – How old was Yoda when he died? (1 mark)

Q 5 – Which weapon is used by the Jedi Knights? (1 mark)

Q 6 – Which planet was Luke Skywalker raised on? (1 mark)

Q 7 – Who is Chewbacca's dad? (1 mark)

Q 8 – What killed Yoda? (1 mark)

Q 9 – Who is Luke Skywalkers mentor? (1 mark)

Q 10 – Who is known as the chosen one? (1 mark)

Q 11 – What did Luke Skywalker lose in his fight with Darth Fader? (1 mark)

Q 12 – What is the colour of C-3POs arm in Star Wars: The Force Awakens? (1 mark)

Q 13 - What is the birth name of Darth Vader? (1 mark)

Q 14 – Who is Luke Skywalkers mum? (1 mark)

Answers –

Q1 – C3PO and R2D2 Q2 – George Lucas Q3 – Ewok Q4 – 900 years old Q5 – Light-saber Q6 – Tatooine Q7 – Attichitcuk Q8 – Guilt or old age, natural causes

Q9 – Obi-Wan Q10 – Anakin Q11 – His right hand Q12 – Red Q13- Anakin Skywalker Q13 – Padme Amidala

0-5 POINTS–

YOU ARE YODA

“Do or Do not. There is no try.”

6-10 POINTS

YOU ARE ANAKIN SKYWALKER

“Someday I will be the most powerful Jedi ever.”

11-15 POINTS –

YOU ARE LUKE SKYWALKER

“I am a Jedi like my father before me.”