



## Weekly Newsletter from Hamelin Trust

5<sup>th</sup> June 2020

We hope you are all keeping well.

### Information sharing section.

- A little reminder these are the updated guidelines:
- Stay alert
- We can all help control the virus if we all stay alert. This means you must:
- stay at home as much as possible
- work from home if you can
- limit contact with other people
- keep your distance if you go out (2 metres apart where possible)
- wash your hands regularly
- Do not leave home if you or anyone in your household has symptoms.

If possible in addition to the handwashing technique it would be helpful to be for everyone to be able to social distance appropriately with their friends - this means keeping 2 metres apart. Maybe draw a line in the garden to show 2 meters or practise keeping 2 arms lengths apart

### 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.

Please e-mail your topic suggestions to us@ [francescallaghan@hamelintrust.org.uk](mailto:francescallaghan@hamelintrust.org.uk) or post your comments on the discussion pages already started.



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## Meet the staff



*We would like to introduce you to Rowena who is one of our dedicated and hardworking support workers.*

## Activity section

This week we would like to invite you to our first zoom activity. Mandi and Emily will be showing you how to make our special "Exchange Extraordinaire" mocktail and our "Hamelin Surprise" so you will need the following ingredients to prepare.

### Exchange Extraordinaire:

6oz /180ml apple juice

4oz/120ml cranberry juice

1oz/30ml lime juice

Sugar

Equipment - a blender or a cocktail shaker or a large jug and spoon; a measuring jug; a glass or cup to drink from, straw, umbrella and a slice of cucumber and any other decoration you like.

### Hamelin Surprise:

1oz cucumber

10oz/300ml lime juice

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## 2oz/60ml apple juice

Equipment - a blender or a cocktail shaker or a large jug and spoon; a measuring jug; a glass or cup to drink from, straw, umbrella and a slice of cucumber and any other decoration you like.

We look forward to seeing you on zoom for our activity and a chat after. Here are the joining instructions:

Topic: Hamelin Trust's Zoom Meeting

Time: Jun 10, 2020 11:30 AM London

Follow the link to join our Zoom Meeting

<https://zoom.us/j/99891591997?pwd=akNEKyswR3hOSHU3d1NnNGFkZ3JhUT09>

Meeting ID: 998 9159 1997

Password: 7eeWHH

Only Hamelin Trust clients will be accepted on the session.

Also, check out Facebook and watch the video of Kay, Mandi and John chair boxing, have a go yourself!



## Activity 2

It's World Environment Day on Friday 5TH June and so here's a project for you



to try at home. \_\_\_\_\_

### Earth mobile:

You will need-

Paper plate

String/wool/ribbon

Coloured pens/pencils or paints

Green tissue paper

Card

### Method

Colour your paper plate blue using paints, pens or pencils.

Cut or tear small pieces of green tissue paper and stick on, to form countries and islands around the globe.

Punch holes at the base of your 'Earth' and one at the top to hang your mobile when finished.

On card, design your own recycling/environmental tips and colour in, punching holes in the top.

Thread wool/ribbon or string to your finished pieces and put together as shown in the above mobile.



**Try our music quiz compiled by our music master Karl.**

1 Which band sings "Seven Nation Army"?

2 Which band is famous for singing "Smells Like Teen Spirit"?

3 Which band sings "Paradise City"?

4 Which band sings the power ballad "Nothing Else Matters"?

5 Which band, led by Dave Grohl, sings the 1997 anthem "Everlong"?

6 Which Aussie band sing "Highway To Hell"?

7 Which legendary band sing "You Really Got Me"?

8 Which Liverpool band sing "Twist And Shout"?

9 Which Braintree dance outfit sang the 2009 classic "Omen" taken from their album *Invaders Must Die*?

10 Which American band sings the 2015 song "Stressed Out"?

11 Which British band sings the 2008 anthem "Underdog"?

12 Which American band, led by Hayley Williams, sing the 2007 song "Hallelujah"?





## **Answers to Rock Music Quiz**

- 1. Seven Nation Army**
- 2. Smells Like Teen Spirit**
- 3. Paradise City**
- 4. Nothing Else Matters**
- 5. Everlong**
- 6. Highway To Hell**
- 7. You Really Got Me**
- 8. Twist And Shout**
- 9. Omen**
- 10. Stressed Out**
- 11. Underdog**
- 12. Hallelujah**

**Thank you Karl - great quiz!!!!**

