



Weekly Newsletter from Hamelin Trust

11th June 2020

We hope you are all keeping well.

Information sharing section.

Please remember:

Do not leave home if you or someone you live with has any of the following:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste
- Check the NHS website if you have symptoms

Essex Welfare Service is able to support with:

Being a FB Friend

Being a Phone Friend

Collecting / Delivering Medicines

Dog Walking

Exercise

Food Shopping

Gardening

Healthy Lifestyle Advice

IT Support

Outside Maintenance

Posting Mail

Supporting a Carer

Transportation

Call on 0300 303 9988 or there is an online form or please let us know and we can make a referral for you if you need assistance with any of the above.



We will be sending out a survey shortly to find out views on the phased reopening of services in line with government guidelines. Please take the time to complete this, as this will help us structure the process.

Sharing together section

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

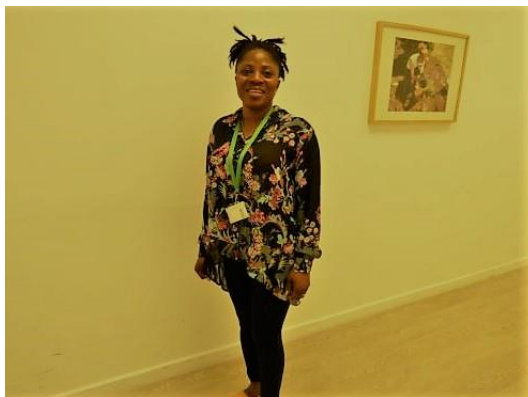
Please e-mail your topic suggestions to us@ francescallaghan@hamelintrust.org.uk or post your comments on the discussion pages already started.

This week we had our first zoom session with Kellie and Nicole. We hope you enjoyed making the mocktails.

Next week's zoom session will be on Wednesday 17th June at 1.30pm please see activity section for activity equipment and joining code - you are welcome to join us even just for a chat

Any suggestions for zoom sessions please email Frances.

Meet the staff



Jenny works in Day Opportunities and has been working in our Interim Service.

Activity section

Our next zoom session will be on Wednesday 17th June at 1.30pm. Here are the joining instructions:

Topic: Hamelin Trust's Zoom Meeting

Time: Jun 17, 2020 13:30

Join Zoom Meeting

<https://zoom.us/j/94446106576?pwd=eG9VcTluUTBzWEFXMDZWUIR1T2JpQT09>

Meeting ID: 944 4610 6576

Password: 3zQm9u

Only Hamelin Trust clients will be accepted on the session.

We will be showing you how to make bird cakes for garden birds.



This is what you will need:

- Bird seed
- Raisins, Grated cheese or peanuts - optional
- Lard - enough to fill your yoghurt pots (lard will need to be at room temperature)
- Empty yoghurt pots
- String
- Mixing bowl
- Scissors



To make at home



Marshmallow Lollies

Ingredients

- 50g white chocolate



- 50g milk chocolate



- selection of cake sprinkles
- 1 bag marshmallows (about 200g)
- 1 pack lollipop sticks or skewers

Method

1. Heat the chocolate in separate bowls over simmering water or on a low setting in the microwave. Allow to cool a little.
2. Put your chosen sprinkles on separate plates. Push a cake pop or lolly stick into a marshmallow about half way in. Dip into the white or milk chocolate, allow the excess to drip off then dip into the sprinkles of your choice. Put into a tall glass to set. Repeat with each marshmallow.



Disney Quiz



What is the name of Anna and Elsa's kingdom in Frozen?



"Pull the lever Kronk" is a line from which Disney film released in 2000?



What is the address of the dentist office in which Nemo is kept in Finding Nemo?



What is the name of the prince Ariel falls in love with in The Little Mermaid?



Who was the first Disney princess?



Who was the voice of the iconic role of Genie in Aladdin?



Where is Lilo and Stitch set?



What is the name of the villain in Tarzan?



What is the name of Andy's sister in Toy Story?



In the original 1994 Disney Lion King, which characters distract the hyenas with a Hawaiian luau?

Have a good week and hope we see you at our zoom session.