

Weekly Newsletter from Hamelin Trust

18th June 2020

News recap from this week:

- The Highstreets are back, shops are opening up again.
- Forming a support bubble, as of this week the government are allowing single adult households to join one other household for support and overnight stays.
- Public transport requires mandatory face covering. If you need to use the public transport please take with you a face covering, scarf, mask, there is special circumstances information at the end of the news letter regarding exemptions from this.
- Also you will be required to wear a face covering when entering a hospital for appointments.

Please look back at the newsletter from 11.06.20 for a list of resources available to you in Essex. We can help you access the resources of the NHS volunteer service.

Sharing together:

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 francescallaghan@hamelintrust.org.uk or post to the discussion pages that are already started.

Meet the staff:

Meet Lucy, a relatively new addition to our team. Lucy works in Community support and has been a part of our interim service from the start.



Zoom Meeting:

Feedback from the Zoom Mocktail Class has been received. Charlotte made the Hamelin surprise and really enjoyed using a blender to wizz all the ingredients together. She said "the drink was fun to make and the best bit was tasting it at the end." Another said "the activity was great" and he really enjoyed seeing friends, adding "it was delicious!"



This week we made Bird feeders using recycled yogurt pots and yummy bird treats. It was so lovely seeing so many faces that we miss. Our lovely hosts Included Nicole Bowen and Kellie Lappage. We look forward to hearing your reviews and it would be great if you can send in photos of the bird feeders in use.

Next week's Zoom meeting will be a Music Quiz on Wednesday 24th June at 1:30pm.

There will be more opportunity to catch up with each of you and if you would like to join us please follow the steps below.

Topic: Hamelin Trust's Zoom Meeting

Time: Jun 24, 2020 13:30

Join Zoom Meeting

<https://zoom.us/j/95267932473?pwd=enJ5T2Q0RGNkWWtVNHPqYkIDcGhsUT09>

Meeting ID: 952 6793 2473

Password: 4X4kPX

Only Hamelin Trust clients will be accepted on to the session.

To make at home:



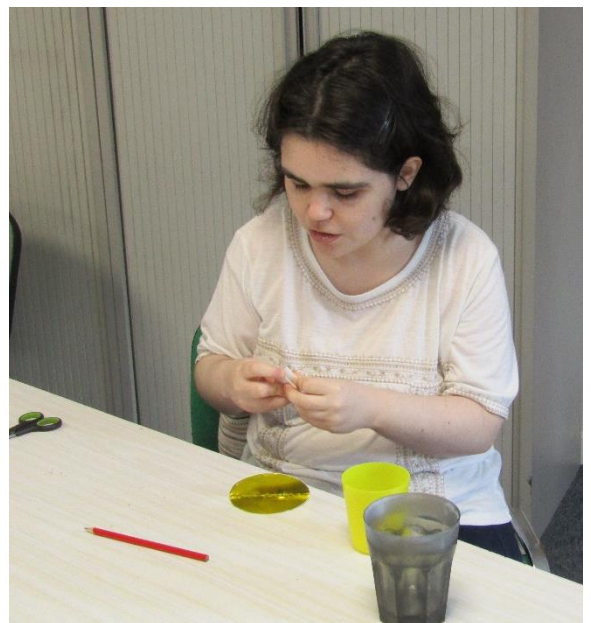
Butterfly paper crafts

You will need:

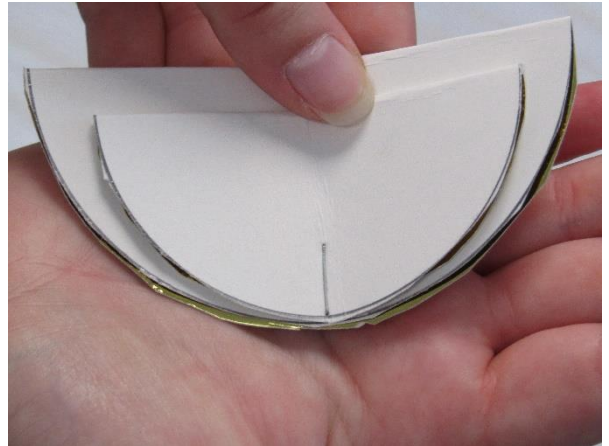
- 2 cups of different sizes
- Pencil
- Paper (with design if possible)
- Scissors
- Stapler

Method:

1. Draw around the cups on the paper using a pencil.
2. Cut out the two circles.
3. Fold the circles in half to make a semi-circle.
4. Fold the semi-circle in half again to make a quarter circle.
5. Unfold the quarter circle back to a semi-circle.



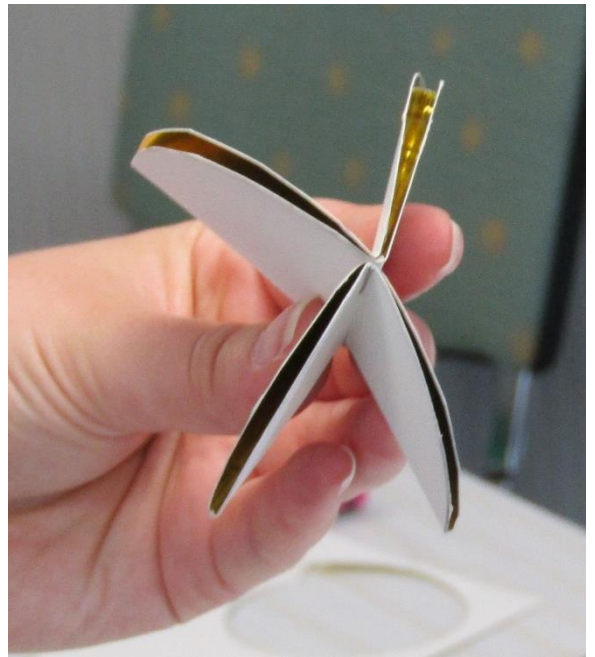
6. Line up the two curved edges of the semi-circles so that the middle crease lines up with each other.



7. Staple the two circles together along the crease line.

8. Fold the smaller circle down over the top of the staple.

9. Fold the larger circle up over the bottom of the staple.
(Your circles should be folded in opposite directions.)



10. Open up the folded circles and use your fingers to spread the sections in to a cone shape (forming the butterfly wing sections).

11. Take a small strip of paper, fold it in half and attach it between the larger wing sections with another staple.



Tactile Balloons



You will need:

- Balloons
- A water bottle with a small opening
- Pen
- Some of the suggested materials for this project:
- Marbles, rice, water, corn-starch and water mix, syrup, sugar, salt, coffee beans, hair gel, flour and beads.

Method:

1. Put the material in to an empty water bottle.
2. Stretch the balloon.
3. Blow up the balloon about halfway.
4. Attach the balloon to the top of the bottle.
5. Tip the material from the bottle in to the balloon.
6. Take the balloon of the bottle and slowly let the air out of the balloon.
7. Tie a knot in the balloon.
8. Repeat for each material

Additionally, you can add a smile face with pen and tie wool thread around the knot for hair.

Hamelin Trust Word search

Name: _____

Hamelin Trust

C R W O O D W O R K S H O O T S Z K
G O W L A N D S W P C R A F T S E P
F C K R X O V E X C I T I N G B K D
U D A Y O P P O R T U N I T I E S Z
N N Y L A U G H O U T R E A C H F F
Y A N O R I G B A D V E N T U R E U
H A M E L I N T R U S T U H E B W P
B S L B U N G A L O W R O O T S N F
F R I E N D S P L R E S P E C T Y C
B S B C H A R I T Y R E C Y C L E U
M S H Q E O S E W M U C H F U N M U
H Y D R O P O O L D L R E U S E K P

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

ADVENTURE
BUNGALOW
CHARITY
CRAFTS
DAYOPPORTUNITIES
EXCITING
FRIENDS

FUN
GOWLANDS
HAMELINTRUST
HYDROPOOL
LAUGH
OUTREACH
RECYCLE

RESPECT
REUSE
ROOTS
SEWMUCHFUN
SHOOTS
WOODWORK



Father's day idea

You will need:-

Coloured card

Ribbon

Glue

Paints, buttons or whatever you have to decorate.

What to do:-

Cut your coloured card into the shape of a tie (template included for guidance)

Fold the top over, placing the ribbon under the fold and glue (make sure there is enough ribbon to tie and make a bow round Dad's neck).

Decorate your tie anyway you like!

Mask exemption information:

Click on the link below and then go to 'covid-19 learning disability information cards for going out' to find these please do not shout at me cards and other information to help you when you go out.

<https://www.challengingbehaviour.org.uk/information/covid19information.html>

