

Weekly Newsletter from Hamelin Trust

3rd July 2020

News recap from this week:

- From 4th July Social Distancing measures are changing - you should keep a 2m distance where possible but where not possible it is advised that you keep a 1m+ (mask or Perspex screen).
- From 4th July 2 households can meet with unrestricted numbers indoors or outdoors and overnight (with social distancing).
- From 4th July Pubs, Bars, Restaurants, Cinemas, Museums, Galleries, Outdoor playgrounds and Hair salons can open (2 households can meet in these locations as well as homes and public spaces).
- From 6th July shielding individuals can meet up with up to 6 people outside (with social distancing).
- From 6th July shielding individuals can form a support bubble with 1 other household.

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.

Zoom Session Wednesday 8th July non-bake cereal cakes



You will need:

Cereal

Chocolate (for melting)

Cake cases

Microwave or saucepan, bowl and spoon

Zoom Meeting:

Feedback from last week's quiz has been received. One participant described it as "really great fun" and added, "They were interesting questions, and I wish there had been more"

This week we had a find the object game. We had real fun and lots of laughter. We enjoyed seeing so many faces that we miss. Our lovely hosts Included Rebecca Nolan and Kellie Lappage. We look forward to

hearing your reviews and any ideas you have for other zoom meetings. Please send your ideas to francescallaghan@hamelintrust.org.uk.

Next week Hamelin will be hosting 2 zoom sessions per week Wednesday which will be non-bake cereal cakes and Thursday a sensory session so hopefully there will be something for everyone to participate in and enjoy.

Next week's Zoom meetings will be non-bake cereal cakes on Wednesday 8th July at 1:30 pm and a superman dance on Thursday 9th July at 1:30 pm.

If you would like to join us please follow the steps below.

Topic: Hamelin Trust's Zoom Meeting

Time: Wednesday Jul 8, 2020 13:30

Join Zoom Meeting

<https://zoom.us/j/92329100475?pwd=ZmhleDc3OXB2RXFyYkFsOXpVRmxPZz09>

Meeting ID: 923 2910 0475

Password: 4v8mcy

Topic: Hamelin Trust's Zoom Meeting

Time: Thursday 9th July 2020 13:30

Join Zoom Meeting

<https://zoom.us/j/94558070054?pwd=LzhTKzFoaVRXdkFod2xtVnA0OEI6QT09>

Meeting ID: 945 5807 0054

Password: 0HunSX

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

Send us photos of your finished cakes or of you enjoying your zoom activity – we'd love to see them!



Questionnaires

Also just a quick thank you to all those who have returned the completed forms regarding the resumption of Hamelin trust services. If you haven't yet returned your questionnaire could you please do so at your earliest convenience? Many Thanks.

Meet the staff

This week we introduce Kellie Lappage, who normally works as part of the Outreach team.



To make at home:

Paper Plate Dream Catchers – you will need:

- A paper plate per child
- Scissors
- String or wool (if wanted in different colours)
- Beads
- Feathers or felt

Begin by cutting out a circle from the centre of your paper plate. Try and keep the bit you cut out “whole”, because you can then reuse part of the paper plate to cut out a heart or star shape.

Hearts were MUCH easier to thread, stars are fiddlier and a bit more of a challenge. Take a hole punch and cut even holes into the rim of your paper plate dream catcher.

Then fill the spaces in between evenly. 12 – 16 holes are best.

Cut some wool – it needs to be quite long. Knot your wool to one hole and then lace it through the heart and then the next hole along. Always lace in the same direction – e.g. over the heart and under the hole. Don't pull the thread too tight. Keep it loose (approx. 4-5cm), as you get towards the end it will naturally tighten.



You may wish to repeat with a second or third colour and make a really colourful Paper Plate Dream Catcher!

Now it is time to make your “dangly bits”. Thread some more wool through the bottom 3-4 holes of your dream catcher. Tie at the back. Again use tape at the bottom of your wool for thread.



Thread on your beads. If need be, add some little knots under the beads to keep them in place.

Either use natural feathers for the bottom part of your paper plate dream catcher or make some out of felt. The felt feathers are SUPER EASY to make – simply cut a leaf shape in the desired colours – snip into the side of the leaf and add a little line with a felt tip pen. Snip a tiny hole at the top of your feather. Thread a bead and then your feather and tie a knot at the back. For the real feathers, we just tied the wool around the end of the feather and hidden the knot with a bead.

Your dream catcher is complete - now just hang up. Sweet dreams!

French bread pizza

Ingredients

- 1 loaf French Bread
- Pizza sauce homemade or store bought
- Shredded Mozzarella cheese
- Your favourite pizza toppings

Instructions

1. Preheat oven to 400 degrees F/200 degrees Celsius
2. Slice French bread loaf in half lengthwise and place on a large baking sheet. Evenly spread pizza sauce over the bread. Top with cheese and desired toppings.
3. Bake for 10-12 minutes or until cheese is melted. Cut and serve!
4. Note-you can cut the French bread into 4 pieces. This is fun for the people in your family. Everyone can make their own pizza with their favourite toppings!



- French bread pizza is so easy to make because you use store bought French bread as the pizza crust.
- To make the French bread pizza, sliced a loaf of French bread in half, lengthwise, and top it with your pizza sauce, mozzarella cheese, and your favourite toppings. You can use whatever toppings you want! Feel free to add mushrooms, spinach, artichokes, pepperoni, pineapple, fresh basil, and tomatoes, whatever pizza toppings you love!
- Bake the pizza until the cheese is melted. Slice the French bread pizza and serve warm. Kids and adults love this easy pizza recipe! It is perfect for busy weeknight dinners or easy entertaining.



Participate in our animal quiz – good luck!

1. What food makes up nearly all (around 99%) of a Giant Panda's diet?
2. True or false? Mice live for up to 10 years.
3. What is the name of the phobia that involves an abnormal fear of spiders?
4. What is the largest type of 'big cat' in the world?
5. True or false? Crocodiles have no sweat glands so they use their mouths to release heat.
6. Are butterflies insects?
7. What are female elephants called?
8. True or false? Bats are mammals.
9. Bees are found on every continent of earth except for one, which is it?
10. True or false? Cats spend an average of 13 to 14 hours a day sleeping.
11. What is the fastest land animal in the world?
12. A 'doe' is what kind of animal?
13. True or false? Cougars are herbivores.
14. Groups of lions are known as what?
15. Is a dolphin a mammal?
16. What is the largest land animal in the world?
17. True or false? Snakes have slimy skin.
18. What is the only continent on earth where Giraffes live in the wild?
19. How many pairs of wings does a bee have?
20. What type of animal is the largest primate in the world?



BADGER SPOTTING!

Thank you to one of our service users who sent us these wonderful pictures of all the badgers that visit his garden at night.



Fun Badger Facts

Badgers are amazing animals – here are a few badger facts!

- There are several species of badger living around the world. Badgers found in the UK are European Badgers.
- Their scientific name is *Meles meles*.
- Badgers are thought to have got their name because of the white mark – or badge – on their head.
- Another old name for badgers is 'brock', meaning grey. You can often see the word brock in street names. Brock is also the name of a character in the Pokémon TV series!
- A badger's home is called a sett.
- A group of badgers living together is called a clan.
- Badgers are fast – they can run up to 30km per hour (nearly 20 mph) for short periods.
- Badgers are omnivores, they eat vegetation, earthworms and insects, but can also eat small mammals and birds, as well as fruit and nuts.
- A badger is on the badge of Hufflepuff House in the Harry Potter books and films!
- Famous fictional badgers include Badger in *Wind in the Willows*, Clive Badger in *Fantastic Mr Fox* and Friar Tuck in Disney's *Robin Hood*
- Badgers can grow to around 70cm in length, and weigh about 12kg.

Have a look around your garden at night to see if any badgers, or any other wildlife visit your garden! Please send us any photos, we would love to see them and share them on our next newsletter.