

Weekly Newsletter from Hamelin Trust

9th July 2020

News and Information:

As we are working on reopening our services we will discontinue weekly phone calls to families as from today. If you do want to contact us with any issues please call us on 01277 314236 or email francescallaghan@hamelintrust.org.uk

We will continue to help families and be there to answer any queries you have. Please keep an eye on our website for new information as well.

- As of the 4th July, many places have been able to begin re-opening. This includes hotels, places of worship, libraries, community centres, restaurants, pubs, bars, cafes, hair salons, barbers, cinemas, theatres, museums, out-door gyms, playground and indoor amusement centres. All establishments are expected to follow COVID-19 Secure guidelines.
- The link below is a story that explain what a pandemic is and how the steps being taken help to keep people from getting sick.
<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
- 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.

Lots of entertainment facilities are reopening as the government eases restrictions and many of them have strategies to keep people safe. While we are not out of the woods yet, we are optimistic for the future and we hope to be getting back to visiting our usual shops, cafés & cinemas soon.

With this good news on the horizon, this is a good time to remind everyone about the CEA Cards. They are a fantastic tool that helps keep our cinema trips more affordable. The card allows a support worker to accompany a service user free of charge at participating cinemas. It costs £6 to get one and you can apply for it online. While it is not required to get one, it could help keep costs down.

<https://www.ceacard.co.uk/>

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 Meeting:

Feedback from last weeks Zoom Meetings. One participant said they found the activity fabulous. "it was fantastic, and I did not find it hard finding all the objects." Another said it was relaxing and no rush was great! I really enjoyed it. Mum adding it was so inclusive and the most my child has interacted with a zoom activity. We would love to hear what more of you think when you join in with the meetings. Please send to francescallaghan@hamelintrust.org.uk.



This week we made no bake cereal cakes on Wednesday and had a Superman dance party on Thursday. It was lovely seeing you all and we hope to see you on the next zoom meeting. Our lovely hosts Included Kay Court, Kellie Lappage, Mandi Nicholson and team. Next week's Zoom meeting will be Guess the Sounds quiz on Wednesday 15th July at 1:30 pm. We will only be having one zoom next week so please all join in on Wednesday.

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

Topic: Hamelin Trust's Zoom Meeting

Time: Jul 15, 2020 13:30

Join Zoom Meeting

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

Meeting ID: 923 2910 0475

Password: 4v8mcy

Only Hamelin Trust clients will be accepted onto the session.

To make at home:

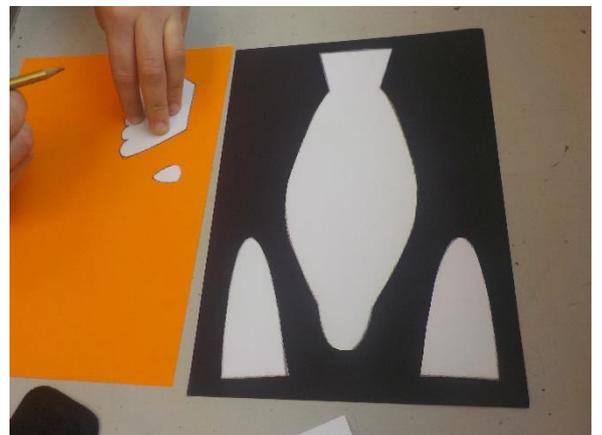
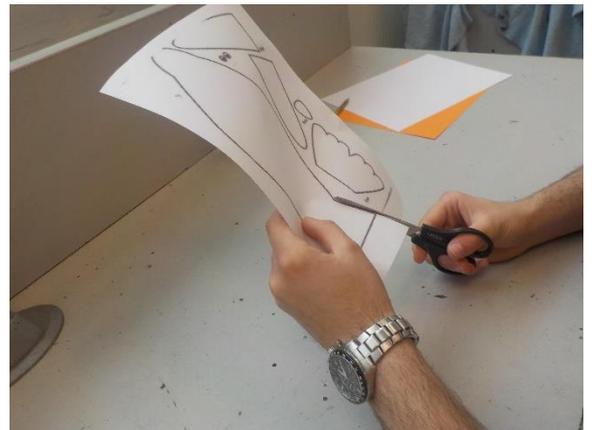
Bouncing Penguin:

You will need:

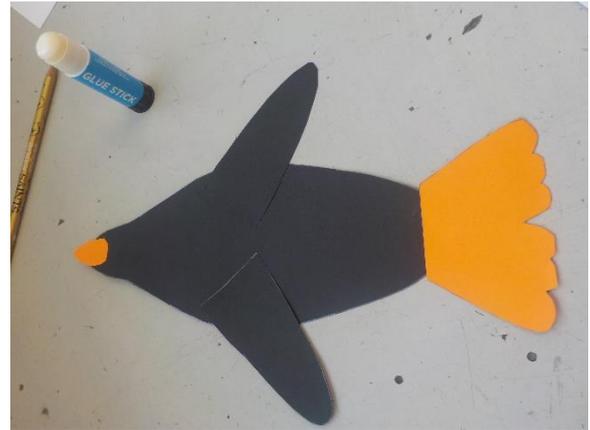
- The template (at the bottom of the newsletter)
- 3 sheets of coloured A4 paper- black orange and white (or 2 white sheets of A4 and colour in your pieces after cutting out the template)
- Scissors
- Glue
- Pencil
- Optional: googly eyes

Method:

1. Print out your template and cut out the pieces or free draw the shapes directly on to your paper and then cut them out. The arms and body pieces should be in black paper and the feet and beak in orange paper.
2. Take the white paper and fold it in half length ways. Unfold and cut along this line. Then fold each piece length ways again, unfold and cut along this line. You should now have all the pieces in this photo.

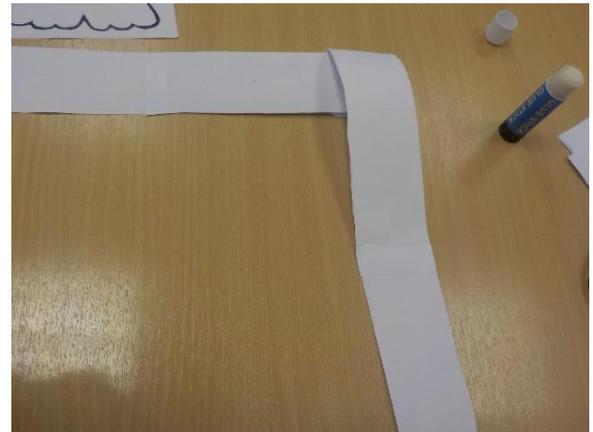


3. Next lay the body out, with the round end at the top and glue the feet to the bottom of the body.

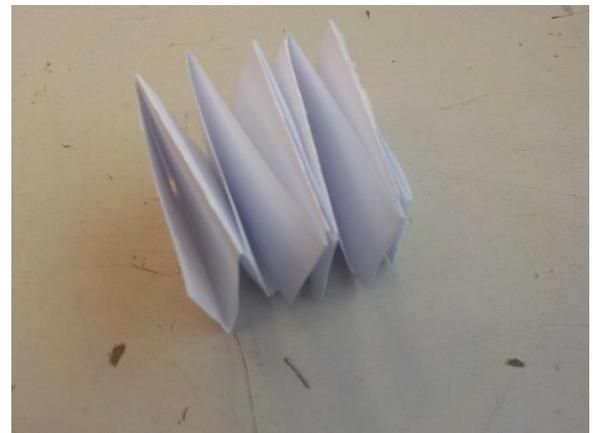


4. Add the beak to the body with glue, so it hangs over the edge by at least half of the beak. Add the arms to each side of the body roughly in the middle and angled up towards the beak.

5. Take your 4 white strips and glue two together to make two long strips of paper. Glue them together at right angles from each other.



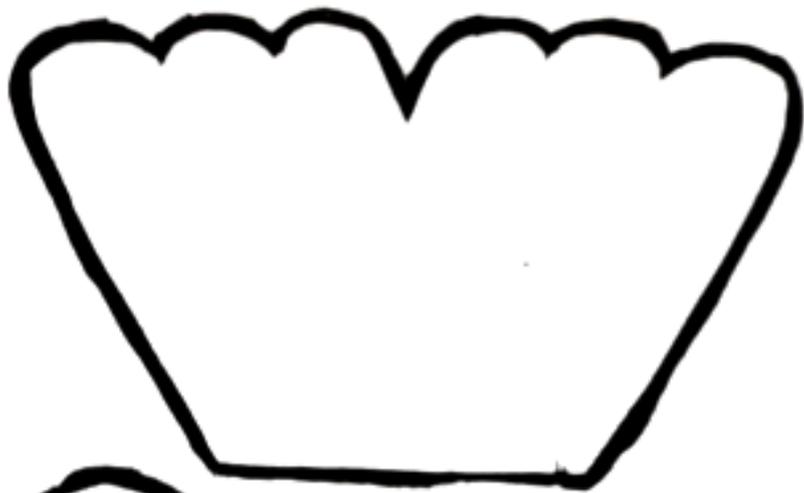
6. Now fold them over each other to make a square spring. Glue the bottom of the spring to the body over the join of the feet.



7. Put glue on the top of the spring and bend (with out folding) the head of the body over the spring and attach just above the arms.

8. For the finishing touches, glue on googly eyes or add little white circles to make eyes for the face and you can use the pencil to curl the arms for extra character.





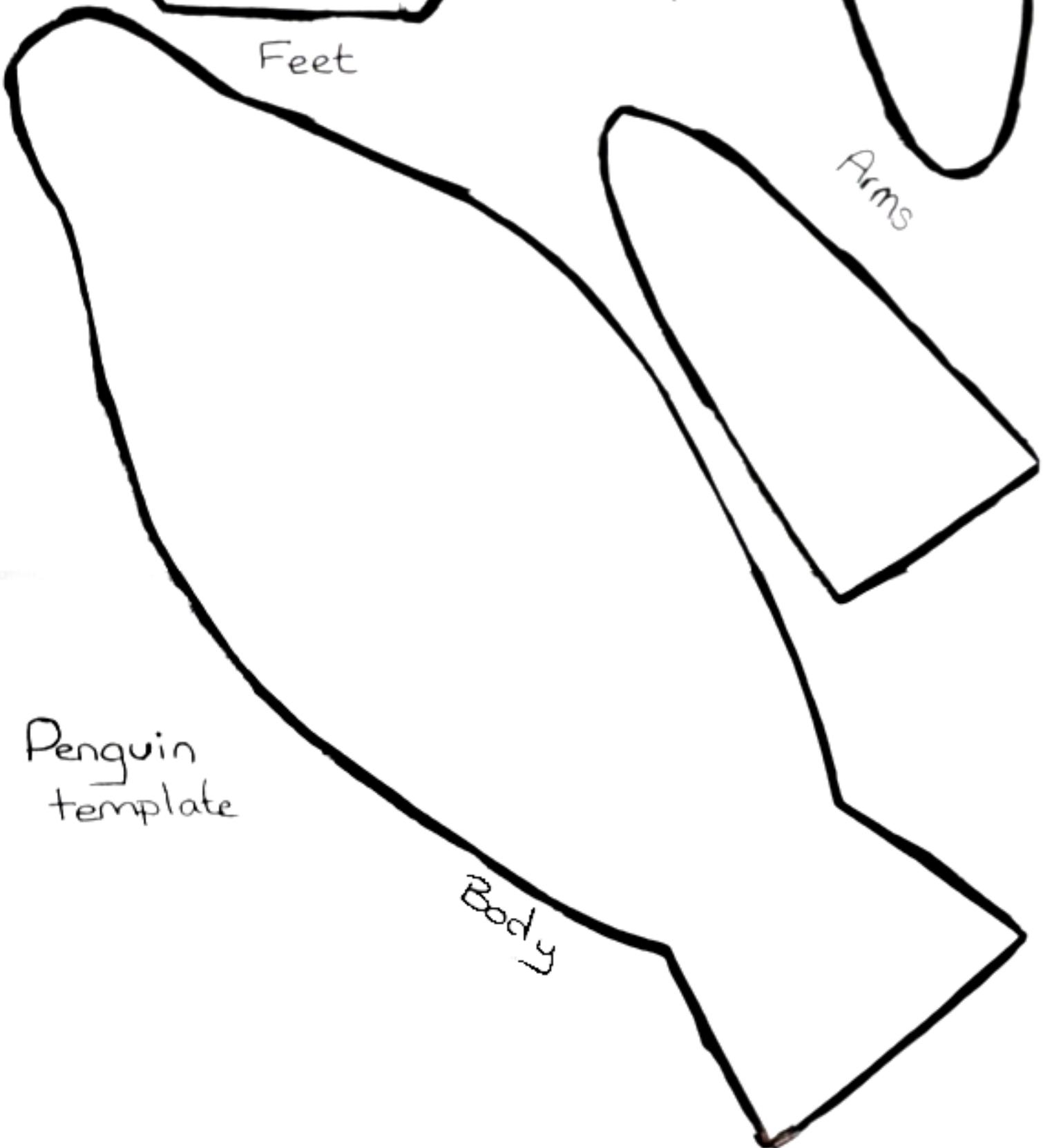
Feet



Beak



Arms



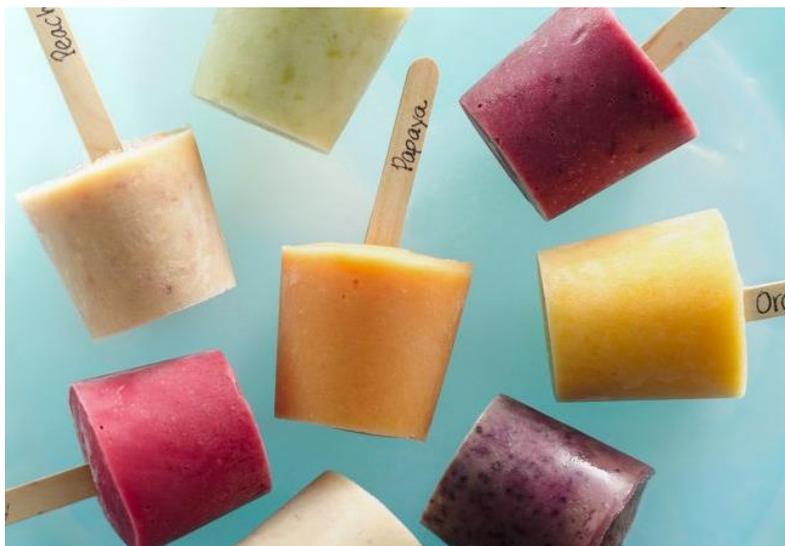
Penguin
template

Body

No Mould Ice Lollies

You will need:

- Big ice cube trays, clean yoghurt pots, silicone muffin cases, small paper or plastic cups (even a loaf tin works, though you'll have to do a bit of chopping once the lollies have set).
- Lolly sticks, rigid plastic straws or any similar handles for holding your lollies
- Cling film
- Freezer bag (for storage after)
- Freezer space



Finally, you will need to choose your ingredients:

The simple recipe involves a base (such as water, milk, cream, yoghurt or non-dairy equivalents) mixed with a fruit and a sweetener (usually sugar, however you can use honey, agave nectar and other sugar substitutes if you wish).

Bear in mind that your ice lolly mixture will taste sweeter than the frozen result; beware though, too much sugar will stop the lollies freezing properly!

To minimise the amount of sugar you may need to add to your lollies, choose the very ripest fruit you can. Experienced lolly makers look for the overripe fruit being sold off cheaply at the greengrocers - a few bruises and a bit of mushiness are fine, just avoid any mould!

The basic ice lolly Method:

1. Fill your moulds with the ice lolly mixture, leaving space for the mix to expand when it freezes. Don't add the sticks yet. Simply cover the exposed top with cling film and place into the freezer.

2. After a couple of hours, remove your half-frozen lollies and pierce a small hole in the cling film where you want your 'handles' to fit. Insert the lolly stick through the hole and then place back into the freezer.
3. When your lollies are fully frozen, place the base of the mould in a shallow bowl of warm water for 30 seconds or until the ice lolly slides out cleanly.
4. Wrap each lolly in a freezer bag and freeze again for at least half an hour or until you're ready to eat them! Wrapped up in this way, your lollies will last about a month before they start to lose their flavour.

Recommended Ice-lolly mixture flavours:

Banana and blueberry oat smoothie lollies

1 large banana, 300 g frozen mixed berries, 50 g porridge oats, 400 ml apple juice and honey mixed in a blender. (will make approximately 12 ice lollies)

Strawberries and cream lollies

150g strawberries, 90g caster sugar, 1 tsp vanilla extract, 500g tub of natural yogurt mixed in a blender (will make approx. 8 -10 lollies)

Experiment with different recipes if you like and send in pictures of your "cool" creations.



Word Search

Summer Fun

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

KITE FLYING
WALKING
CANOEING
BEACH
SCAVENGER HUNT
GARDENING
FRISBEE
PICNIC
PADDLING POOL
WATERMELON
CAMPING
BUG HUNT
SINGING
FOOTBALL
CIRCUS
BBQ
ICECREAM

<https://thewordsearch.com/puzzle/1298082/summer-fun/> - follow this link to play the word search print free!

Animal Quiz Answers

1. What food makes up nearly all (around 99%) of a Giant Panda's diet? **Bamboo**
2. True or false? Mice live for up to 10 years. **True**
3. What is the name of the phobia that involves an abnormal fear of spiders? **Arachnophobia**
4. What is the largest type of 'big cat' in the world? **Tiger**
5. True or false? Crocodiles have no sweat glands so they use their mouths to release heat. **True**
6. Are butterflies insects? **Yes**
7. What are female elephants called? **Cows**
8. True or false? Bats are mammals. **True**
9. Bees are found on every continent of earth except for one, which is it? **Antarctica**
10. True or false? Cats spend an average of 13 to 14 hours a day sleeping. **True**
11. What is the fastest land animal in the world? **Cheetah**
12. A 'doe' is what kind of animal? **Deer (a female deer)**
13. True or false? Cougars are herbivores. **False**
14. Groups of lions are known as what? **Pride**
15. Is a dolphin a mammal? **Yes**
16. What is the largest land animal in the world? **Elephant**
17. True or false? Snakes have slimy skin. **False**
18. What is the only continent on earth where Giraffes live in the wild? **Africa**
19. How many pairs of wings does a bee have? **Two pairs**
20. What type of animal is the largest primate in the world? **Gorillas**
(Eastern Gorillas can be up to 6.2ft. and weigh 450lbs)

