

Weekly Newsletter from Hamelin Trust

24th July 2020

News and Information:

As we are working on reopening our services, we have discontinued weekly phone calls.

If you have any queries please direct these as from last week. If you do want to contact us with any issues please now direct these to the specific services you attend:

For Community Support: outreach@hamelintrust.org.uk

For Gowlands: gowlands@hamelintrust.org.uk

For Day Opportunities: exchange@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.

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 this week's Zoom Meeting, we would love to hear what more of you think when you join in with the meetings. Please send to francescallaghan@hamelintrust.org.uk

It was lovely seeing you all, it was great fun and we hope to see you on the next zoom meeting.

This week we had a "show and tell" on Wednesday, hosted by the lovely Kellie and Nicole. A lovely time was had learning about each other's favourite things.



Next **Wednesday 29th July** we will be having a 'memory game' zoom meeting. We can't wait to see you all. We look forward to seeing how many things you can remember and what special items we have in store.

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

Topic: Hamelin Trust's Zoom Meeting

Time: **Jul 29, 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:

Growing cress



It's really easy to grow cress at home. You can use different containers found around the home, egg boxes, yoghurt pots, paper plates, even unbroken egg shells. The basic things needed in addition to these items are:-

- Cotton wool
- Packet of cress seeds (can be bought from any garden centre or some supermarkets)

Decorate your pot of choice in any way you wish.

Place some wet (not soaked) cotton wool in the bottom and sprinkle your seeds on. Place on a windowsill, or surface near sunlight and water daily, but do not soak.

Watch how quickly the cress grows. Once the cress is green cut, rinse and enjoy on salads.

Here are some ideas for your cress planters.



No bake treats to make at home



Ingredients

- 2-1/2 cups halved pretzel sticks
- 2 cups shreddies cereal
- 1-1/2 cups M&M's
- 1/2 cup butter
- 1/3 cup smooth peanut butter
- 5 cups miniature marshmallows

Directions

- In a large bowl, combine pretzels, cereal and M&M's. In a large saucepan over low heat, melt butter and peanut butter. Add marshmallows; cook and stir until marshmallows are melted and mixture is smooth.
- Pour over pretzel mixture; stir to coat. Press into a greased 13x9-in. pan. Cool until firm; cut into squares.

We would love to see your creations! Please send in your pictures to be featured on our webpage.

ANSWERS TO LAST WEEKS QUIZ

General knowledge

1. Which bird is the tallest in the world? **Ostrich**
2. What name is given to the nut of an oak tree? **Acorn**
3. What was a Penny-Farthing? **A Bicycle**
4. What is the yellow part of an egg called? **Yolk**
5. How many years are there in a millennium? **1000 years**
6. In which continent is Italy, Germany and Spain? **Europe**
7. Can you name the three primary colours? **Red, green and blue**
8. Do penguins live in the North Pole? **No**
9. Which colour is associated with Ireland? **Green**
10. Which book tells the story of a pig named Wilbur and his friendship with a barn spider? **Charlotte's web**
11. Can you name the biggest ocean in the world? **Pacific Ocean**
12. What colour is a giraffe's tongue? **Black, blue or purple**
13. What is the 10th letter of the alphabet? **J**
14. What hard white material are elephants' tusks made out of? **Ivory**
15. Which wizarding sport played on broomsticks does Harry Potter play? **Quidditch**

Pop quiz

1. In the film *Muriel's Wedding*, Muriel was obsessed with the music of which pop group?
2. *The Halcyon Days Tour* is the second tour by which English pop singer and songwriter?
3. Adam Richard Wiles' debut studio album *I Created Disco* was released in June 2007 - how is he known professionally?
4. The most expensive paparazzi photo ever sold was of which bald pop star?
5. 'Gangnam Style' refers to a lifestyle associated with the Gangnam District of which capital city?
6. What was the name of Amy Winehouse debut album released in 2003?
7. Which guitarist composed 'Stairway to Heaven' with vocalist Robert Plant?
8. 'Reggatta de Blanc' is a 1979 musical composition by which band?
9. Who has had number-one singles with 'R.I.P.' and 'How We Do (Party)'?
10. Name Britney Spears' debut pop single?
11. Who released the albums 'Around the World in a Day' in 1985 and 'Parade' in 1986?
12. How is artist Robyn Fenty better known?
13. Peter Hernandez is professionally known by his stage name?
14. What is the real last name of will.i.am?

See how much you know about Pop music! See next week's newsletter for the answers.