

Weekly Newsletter from Hamelin Trust

31st July 2020

News and Information:

As we are working on reopening our services.

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 last week's Zoom Meeting – one of our service users really enjoyed showing her doll collection to her peers and staff. 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 had a “memory game” on Wednesday, hosted by the lovely Natalie and Mandi. A great time was had by all trying to remember which items were missing from the tray.

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



Next **Wednesday 5th August**

Our zoom session will be another fun dance medley!

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

Topic: Hamelin Trust's Zoom Meeting

Time: **5th August 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.

This week's 'make at home' projects!

Tornado in a Bottle

Can you make a glitter tornado with only one bottle? With a little muscle and centripetal force you can!

Make your own bottled cyclone with this fun and easy science experiment.



Supplies Needed

- Empty Glass Bottle with Lid
- 3-4 tablespoons Glitter (the more glitter the better!)
- Funnel
- Water

Experiment Instructions



Step 1 – Use the funnel to put 3-4 tablespoons of glitter in an empty glass jar.

Helpful Tip: The more glitter you use, the better you will be able to see the tornado. After all, you can never have too much glitter, right?



Step 2 – Next, fill the jar about 3/4 full of water.



Step 3 – Put the lid back on the jar and make sure it is really tight.



Step 4 – Turn the bottle upside down and quickly move the bottle in a circular motion for 10-15 seconds.



Step 5 – Finally, set the bottle down on the table and observe the tornado that has formed.

Tip: It will take some practice to get the tornado to show up as much as the one in the picture above. However, even with a little shaking, you should be able to get the water and glitter to spin around in the bottle.

Plastic bottle planter



Instead of throwing your empty plastic bottles away, turn them into an eco-activity. Cut the top off your bottles and turn them into planters with some fun designs. To help keep the soil drained, poke some holes in the bottom and use a jar lid as a water dish (or choose a plant that's in a pot small enough to fit inside your planter). Remember to recycle your off-cuts.

Tools and materials:

- Tacky glue
- Buttons and/or googly eyes
- Acrylic paint
- Paint brushes
- Permanent marker
- Hobby knife or scissors (under adult supervision)

Pop quiz answers

From last week

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

This week's quiz

Do you know your soaps?



1. Which EastEnders character is mum to twins Riley and Chatham?
2. What year did EastEnders start?
3. Who was the biological father of Kat Moon's son Tommy in EastEnders?
4. Who became landlord of EastEnders pub the Queen Vic on Christmas Day 2013?
5. What was the name of Yasmeen Metcalfe's first husband in Coronation Street?
6. In Coronation Street, what was the name of Asha and Aadi Alahan's late mother?
7. Which Coronation Street character made their first appearance in 1974, and is the fourth longest-serving cast member?
8. Name the much-loved Coronation Street pet dog who was put down in April 2020 after 14 years on the cobbles.
9. Prior to the infamous plane crash in 1993, what was the village where Emmerdale is set known as?
10. Ephraim Monk are the fictional brewery supplying beer to which famous soap pub?
11. In 2019, which Emmerdale character discovered their long-lost father was a wrestler called Bear Wolf?
12. In Emmerdale, what is 'Chas' short for in Chas Dingle?

