

Weekly Newsletter from Hamelin Trust

07/08/2020

News and Information:

This will be our last Newsletter for a while as we are getting our services ready to move forward. We hope you have enjoyed them. Your response has been amazing and we have loved seeing pictures of all the arts, crafts and quizzes you have completed from them.

If you do want to contact us with any issues, please 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 – everyone that joined enjoyed the party dances, particularly Lesley our Day opportunities manager, who then needed to sit down to cool off!

This was our last Zoom meeting for the time being, thank you all for participating and making it fun, it has been wonderful to see you all.



Sewing project to do at home

Glove monsters



- gloves
- stuffing (I used some from an old pillow)
- sewing machine (or by hand)
- needle/thread
- buttons, felt etc. for decorating

Turn the glove inside out and sew a U-shape from the top of the thumbhole to the other side of the glove leaving a 1" hole at the top. I used my sewing machine but this can be done by hand.

Turn the glove right side out.

Tuck the cuff inside.

Stuff with batting, making sure to get batting to the end of each of the 4 fingers. It takes only a couple handfuls of stuffing.

Hand stitch the 1" hole shut.

Cut facial features out of felt and hand stitch felt, buttons, etc. in place. Be mindful of choking items if making for a small child.





Don't forget to email us your pictures if you make a glove monster!

MOVIE QUIZ

Can you identify all 12 movies from this tricky emoji quiz?



Answers on the next page so no cheating! 😊

Answers

1. Silence of the Lambs
2. Four Weddings and a Funeral
3. Castaway
4. E.T.
5. The Sixth Sense
6. Edward Scissorhands
7. Blood Diamond
8. Psycho
9. Les Miserables
10. Brokeback Mountain
11. Moneyball
12. King's Speech

Easy strawberry sundae recipe



Ingredients

- 225g strawberries hulled and cut into pieces
- 100g raspberries
- 100g blackberries
- 1 tsp runny honey
- 150ml whipping cream
- 150g carton low fat natural yogurt
- 1 small meringue, broken into small pieces
- Few mint leaves to decorate

Method

- Put the strawberries, raspberries and blackberries, reserving a few of each for decoration, into a bowl.
- Add the honey and wine and stir well. Set aside.
- Whip the cream until it forms firm peaks, then stir in the yoghurt and mix together until well combined.
- Put a spoonful of fruits into 4 serving glasses.
- Add a spoonful of the cream, then a layer of meringue.
- Repeat until you have used up the fruits, meringue, and finish with a layer or cream.
- Decorate the top of each glass with the remaining strawberries, raspberries and blackberries.
- Top each with a mint leaf. Chill until required.