

Issue 9 Summer 2016

Client's Newsletter



The days have been getting warmer, the nights have been getting lighter and the people we support as usual have been doing some amazing things.

Read all about some action packed days out, fun filled holidays, healthy lifestyle changes, how talented the people we support are with their crafty makes, the recreation of a culinary television programme and how our football team The Wirral Diamonds are doing in the league

Also we have some tasty, healthy recipes for you to try at home, a puzzle page for you to solve and learn how to make beautiful decorations for your home, last but not least we have the return of "Pets Corner"



Chester Zoo by day and by night on pages 5 and 14

Whose pet is in Pets Corner?
Find out on page 32



Martyn the mountain climber on page 10



Come Dine with Us on page 16



Chocks away on page 15



Birthday girl
On pages 20 and 21



Deeside Dragons on page 2 and 22

Making candles on page 7





Deeside Dragons



Ice Hockey is an exciting sport that is on the up and up and becoming more popular. Rob Jones, Richard McLellan, Vicky Griffiths, Leon Pendergast, Sarah Bebbington, Liam Holman and Tom Nelson went along to Deeside to see The Deeside Dragons play at their home rink.

It was a thrilling evening because along with watching the ice hockey match, Richard won the raffle and Vicky and Sarah were treated like VIPs by presenting the prize to the man of the match



Healthy eating at Traynor Court

By Manager of Traynor Court Nicky Burton

Since the First week in January, we at Traynor Court have decided on a change. This includes no more takeaway Fridays and less eating out and energy drinks are banned!

We have a huge cork board in our communal lounge where staff and tenants can put up healthy recipes and ideas for everyone to enjoy.

We have two tenants who have joined the gym last week with Invigor8 and a couple of tenants have started Fit Camp, swimming is a great way of keeping



fit and Slimming World and Weight Watchers may also help!



We have also started Come Dine with Me with [Oliver Carden](#), [Liam Holman](#) and [Tom Nelson](#), this was very successful and mostly healthy.

This will be done each week and scores given. All good fun.



Everyone is enjoying the new healthy living and gradually each tenant will get their own weekly menu.

As everyone knows it's not just about the diet, it's also about doing some form of exercise even if it's just walking around the block.

We are already planning some garden games for the dry days, swing ball, bat and ball, gardening, it's all moving around, hoola hoops is great and some may struggle doing this but if everyone joins in it could be fun.

Well this is what we are doing to improve our time at Traynor court to watch our weight and keep fit!



Chill Factor

By James Claxton



My day started by getting the train to Manchester Piccadilly and then a bus ride to the snowy attraction



Chill Factor. When we got there we picked up the equipment we needed for our time on the slopes. We spent a good three hours skiing and I thoroughly enjoyed myself. We still had some time after our skiing adventure so we decided



to go to The Trafford centre for a bite to eat. After that we got back on the bus to take us to Manchester United's stadium. We had a little look around, taking in the sights before we had to get back on the bus to take to the station to catch our train home, it was a great day and I had a fabulous time.



Time Lord



Jordan Forrester has been excelling in his studies at college. Recently he was awarded a certificate and is now qualified to make a clock. Here we see **Jordan** with the spectacular camel shaped clock he created.

Fabulous work **Jordan**!



Lanzarote



Whilst the rest of us were in cold and rainy England, **Richard McLellan** was sunning himself around the pool in Lanzarote on a fabulous holiday.



It looks like he had an amazing time!



Chester Zoo

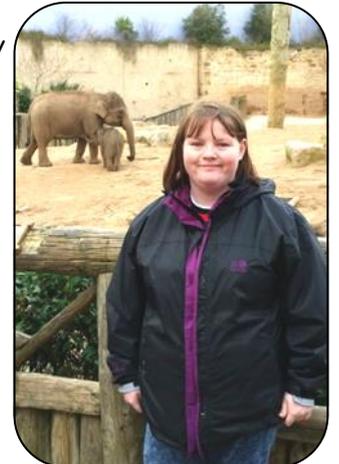


Chester zoo is such a great place to visit for the day as **Kerriann Woolley** found out when she went recently. With over 20,000 animals and set over 125 acres of award winning zoological gardens to cover, it was a busy day from start to finish. **Kerriann** tells us she was feeling brave that day and went into the bat cave where visitors can go in alongside the bats and share their space. You can travel through the darkened forest with them as they go about their nightly business, deftly avoiding people as they fly.



After lunch **Kerriann** went on the monorail around the rest of the zoo to take in the sights from the comfort of her train carriage.

Kerriann said the highlight of her day out was seeing the meerkats and the elephants.





Tranmere Rovers

By Carrie Thomas

On Saturday 30th January, I along with staff member Steve Murphy went to Prenton Park to watch Tranmere Rovers play against Torquay United.



We set off in a taxi and got to the ground at 2.30pm. I got our tickets and we made our way to our seats. Just before 3pm both teams came running out of the tunnel on to the pitch and we cheered for Tranmere Rovers.

The signal blew for the kick off and I cheered very loudly for Tranmere, halfway through the first half Tranmere scored a goal and the crowd went wild!

At half time, Steve and I went to get a coffee to warm us up. The second half started 10 minutes later and Torquay United scored a goal which made all the Tranmere fans boo, including me. All was not lost though as a few minutes later Tranmere scored again which meant they were winning 2-1.

After a tense second half, the final whistle blew and Tranmere had won the game! I loved every minute of this exciting match and I can't wait to go to more Tranmere home games.



The Wirral Way

For over 70 years from the height of the Victorian era onwards, a busy railway linked Hooton on the main Chester-to-Birkenhead line to West Kirby 12 miles away at Wirral's tip. But in 1962 the line was closed. For a while the track lay derelict. But in 1973, backed by money from the Countryside Commission, and after a great deal of work, the old railway line was opened as Wirral Country Park. A Green Flag award winner, this was the first designated Country Park in Britain.



Rob Jones recently took a bike ride along it's route and took in the wonderful scenery



Candle Factory



What a fun morning Kerriann Woolley and John Carr had when they went to the Candle-work factory in Chester. They used their creativity to choose colours for their candles which they made all by themselves by dipping the wicks into



melted wax. They also painted holders to put their fabulous creations in. The imagination and creativity didn't stop there though; they also made some badges and keyrings and had a go at painting ceramic models of a car and an aeroplane.

After a busy, waxy morning, they enjoyed a McDonald's meal and made their weary way home. Both John and Kerriann said they really enjoyed their time in the candle factory.



Our reporter Rob Ellis gives us the lowdown on what he has been up to recently



I work at Oxton Gateway designing a menu for elderly people who come to a luncheon club every Monday. I have just completed a Level 2 food safety in catering which enables me to work in the kitchens.

I have to prepare an 8 week menu and I have found that the butcher "Malamb Meats" is excellent for fat free meats and the prices are cheaper than Asda. I also emailed The Cheshire Ice Cream farm and secured 2 tubs of their delicious ice cream for The Gateway free of charge. I had a budget of £2.50 per person and 40 people to cater for. At the moment they have a three course meal in the residential home but this will be moving to the church soon.

This is very rewarding and if you would like to volunteer too, please speak to staff to phone Oxton Gateway on [0151 200 0815](tel:01512000815) or email them at office@oxtongateway.org to organise a meeting with them, and I hope to see you there.

I went to Southport for my friend's Birthday to watch Chester v Southport which was a local derby. The night before the game we went out and had a great time.

The day of the game, we had a walk around and saw all the sights in Southport and had a couple of drinks in the pubs. We met up with more people that evening as we were staying over for 2 nights.

I had a really great weekend and it was well worth saving up for.



I organised a meal over the Christmas period for all the tenants at Tudor Court, it was a great success, the food was lovely and we all sang Christmas songs outside. After this we all went to The Shrewsbury Arms for a Christmas tippie.



Everyone had a lovely time





I had a busy time over the Christmas period as I also prepared and served a Christmas meal for my Parents and family.



I saved for a while beforehand to buy the food and I treated them to a 7 course meal which consisted of canapés, soup, scouse, chocolate pudding, coffee with a mince pie, a cheese board and fresh fruit salad. Our belts were popping but we all really enjoyed the delicious food.



Whilst I was with my family over the Christmas period, I had a lovely surprise from them. I got 5 envelopes, when I opened the first envelope it had a note inside which said that I was going to miss my football team Chester playing a game.

The second envelope contained a note which said "we have booked some flights" and it had a picture of an American airlines aeroplane.



The third envelope contained some American dollars

The fourth envelope contained a picture of some poker chips and a note that said "you may need some of these"



I was so intrigued and could hardly wait to open the fifth envelope to see what it said. I was thrilled when I read the note inside, it said "yes, it is Las Vegas"



I am so excited and really looking forward to April which is when my family and I are going to take this fantastic trip to Las Vegas, it is one of my favourite destinations to go to

What's Cooking



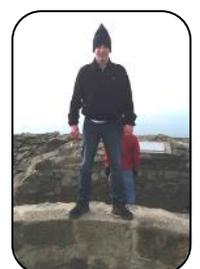
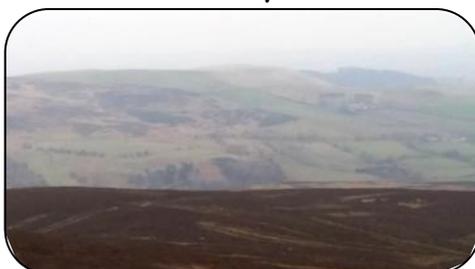
The gang at Traynor Court had a splendid time at Christmas when they went over to The Albert Dock to have a delicious celebration meal at What's Cooking



Action Men



Action men Elio De Julio, James Claxton and Martyn Royle recently took up the challenge of climbing Moel Famau in North Wales, they reached the top in an impressive 2 hours and 30 minutes. They took in the spectacular views whilst they enjoyed a spot of lunch and then made their way back to the bottom



Yum Yum



Our resident baker **Tomas Lavelle** has worked his magic in the kitchen again. He made these delicious cookies and Oh My Goodness they tasted amazing!

Fantastic work
Tomas



Salisbury Court





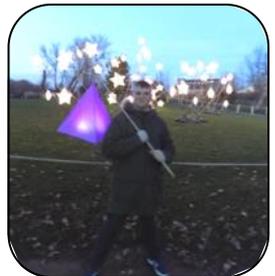
Lantern Magic at Chester Zoo



A special event was held at Chester Zoo over the Christmas period and [Emily Jones](#), [Laura Churchman](#), [Tom Nelson](#), [Liam Holman](#), [Mark Stockton](#) and [Amanda Graham](#) went along to see the zoo in a whole new light.



When they arrived at the zoo, the sun was just starting to go down and they went on a magical lantern lit tour, what a wonderful experience!





York Air Museum

On 24th February **Scott Battisson**, **Paul Baker** and **Mark Stockton**



visited the York air museum. There were numerous aircraft there including, a Hurricane, Spitfire and other WW2 aircraft, a Harrier mk3 fighter, Victor nuclear bomber Nimrod spy plane and other modern aircraft. There were also lots of RAF support vehicles including a Green Goddess fire engine and a tow truck.



They were able to visit the control tower and watch displays of WW2 operations. There was a barrack block where the French pilots

stayed during WW2. There were lots of exhibits about the aircraft stationed there and an exhibit of aircraft engines

including the Rolls Royce Merlin which powered aircraft like the Spitfire.

Overall it was a very enjoyable day.

Tally Ho!!!!!!





COME DINE WITH ME



As part of Traynor Court's healthy living programme Tom Nelson, Liam Holman and Oliver Carden made their own version of the popular television show "Come dine with me" but with a special twist, all the food they prepared was a healthy option.



The menu consisted of a chicken and turkey rasher salad with a fat free dressing. The main course was delicious tacos with homemade wedges and this was followed by bread and butter pudding which was made with brown bread and skimmed milk as a healthier treat.



In the true spirit of the show each of the contestants gave their scores which gave the night a fun edge



Greenacres



There is so much to see and do at Greenacres Animal Park as Rob Jones, Ian Grain, Sonia Parker, Alan Price, Darren Harris, Phil Johnson and Richard McLellan discovered when they went there for the day. They met a range of domesticated zoological and farmyard animals and got up close and personal to a range of animals in pets corner. They also got to feed some baby goats.



What a fantastic experience!

Puzzle Pages



Sue and Angela at The Lodge have dropped all their papers with the names and addresses of the properties and got them all muddled up.



Can you help them find them?

Answers on page 37

TRAYNOR

SALISBURY

MAYFAIR

CARRIGEEN

TALBOT

OVERPOOL

TUDOR

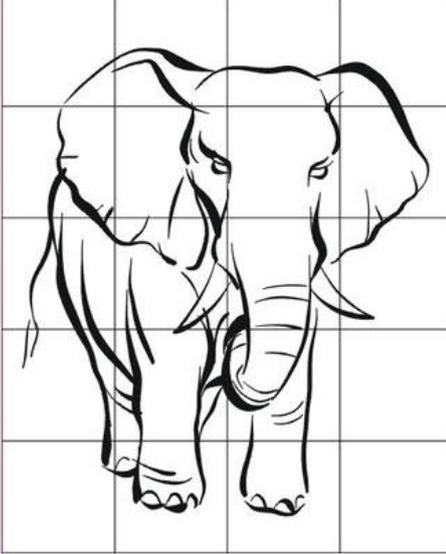
KINGSMOUNT

MATHER

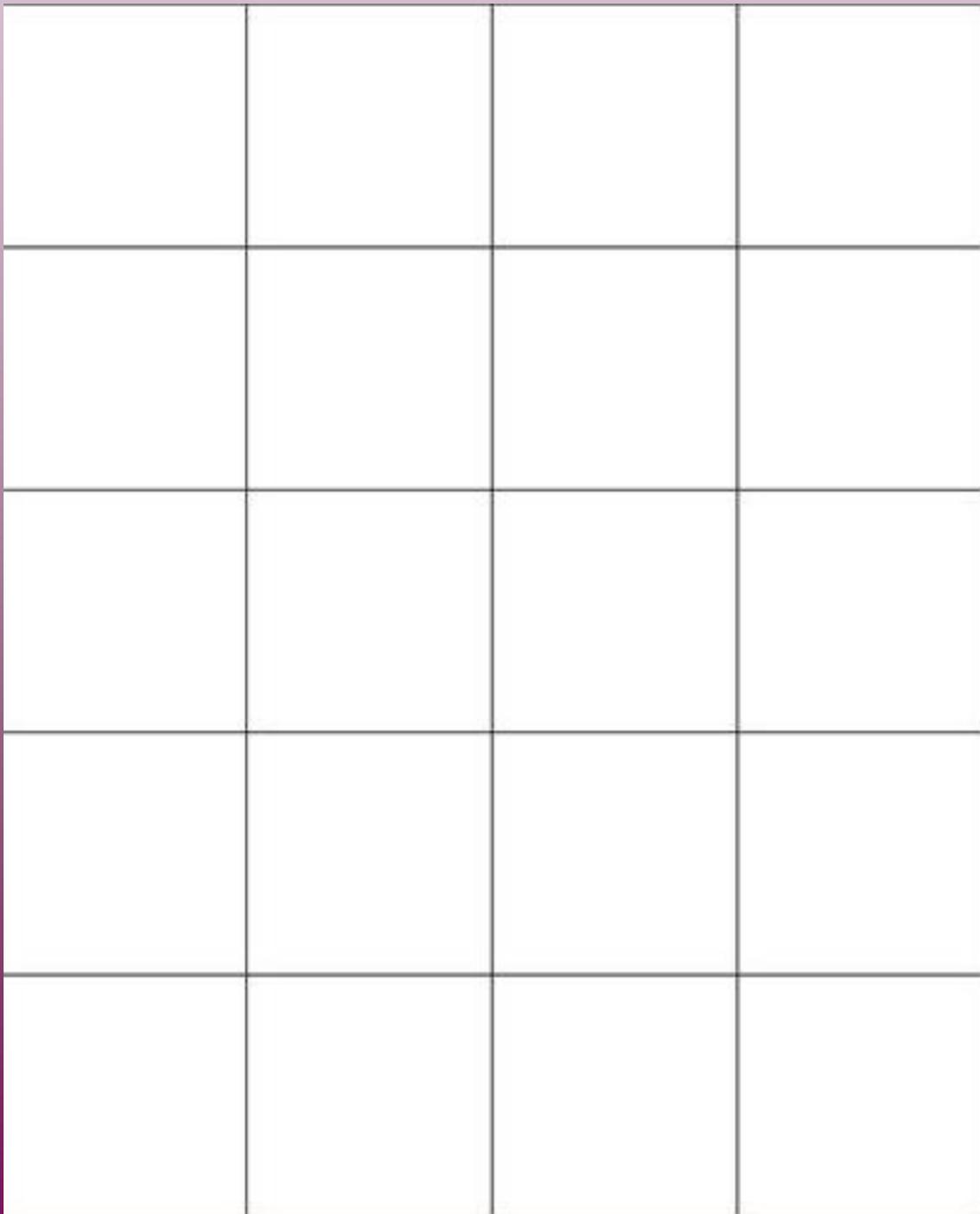
BERESFORD

EGERTON PARK

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



Copy the picture of the elephant into the larger grid using the grid lines as a guide. You may find it easier to copy one square at a time. Count the squares carefully!



Birthday Girl



Laura Churchman recently celebrated her 40th Birthday, and to mark the occasion she threw a special Hollywood themed party and invited all her friends and family along to help her celebrate.

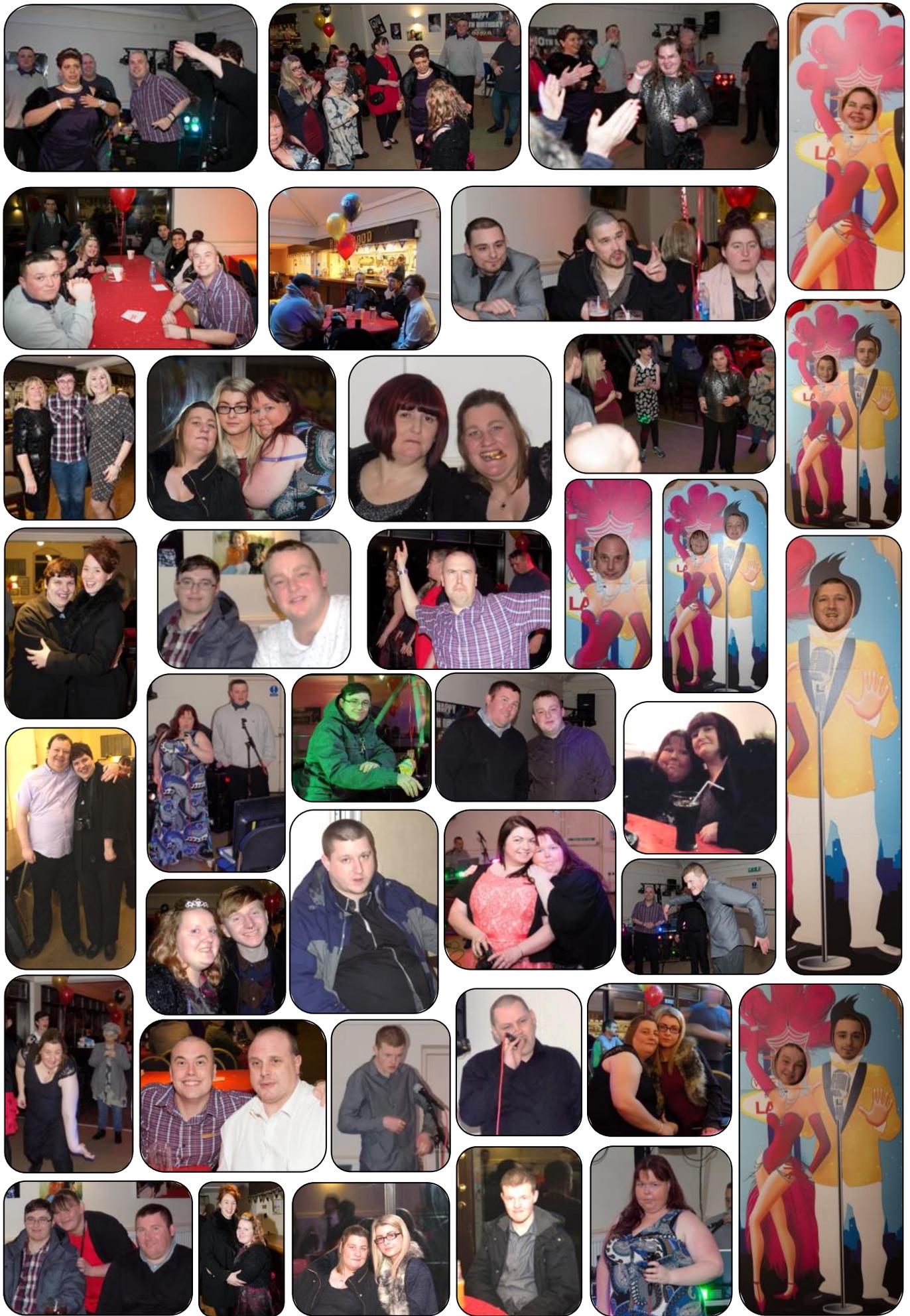


Laura looked like a Hollywood starlet in a stunning purple dress with fur cape and diamond accessories.



Along with a delicious buffet, there was a hilarious cut out of a Vegas showgirl and singer for people to have their picture taken and a karaoke for all the singers to get up and perform a song and in true S2I style there was lots and lots of dancing





Circus of Horrors



The show that stormed into the finals of Britain's Got Talent "Circus of Horrors" came to the stage at The Floral Pavilion in New Brighton and Elio De Julio and James Claxton were there to see it in all its



gruesome glory. The story centres on a carnival full of killer clowns, sword swallows, death defying acrobats and limbo dancing under fire with songs from Dr Haze and the Interceptors from Hell.



Ice Ice Baby



Our favourite Ice Hockey team Deeside Dragons were back on the ice for the last game of the season against local rivals Widnes Wild. A win under their belts meant that they became League Champions. Alan Price, Richard McLellan, Leon Pendergast, Sarah

Bebbington, Sonia parker and Emma Byrne were there to help the Dragons celebrate!

You're Hired



Hiring new staff is a very important role and **Richard McLellan** rose to the challenge and came along to The Lodge to help in the interview process.

Rose Reid, our Human Resources Officer tells us how impressed she was with **Richard**. "He was very professional and had prepared his own questions to ask the candidates, which we thought brought a new dimension to the interviews, his friendly manner went a long way to put the candidates at their ease and relieve any nerves they may have had. **Richard** helped a great deal in us choosing people who are suitable"

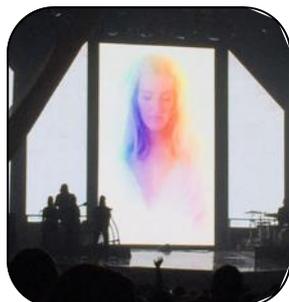
Ellie Goulding



When Ellie Goulding came to the Echo Arena in March **Anna Kermode** jumped at the chance to go and see her.

Anna tells us she had a wonderful evening singing and dancing along to Ellie.

Her favourite part of the night was when Ellie sang **Anna's** favourite song "Love me like you do"



Butterflies



The butterfly house in Chester zoo is the largest zoo based butterfly house in the UK with free flying butterflies and moths in a tropical environment.



Alan Price, Ian Grain, Sonia Parker and Richard McLellan got up close



and personal with more than 30 species of butterflies including The Blue Morphos which can be seen on Alan's hand, The Giant Owl which we see has landed on Sonia's head, Swallowtails, Glass-wings and the spectacular Atlas moth which can



have a wingspan of up to 30cm across



Animal Magic



Elio De Julio and James Claxton went to Blackpool Zoo for the day. They had a fun day walking around the enclosures and seeing the animals. They got to see The silver back gorilla which was huge!



The weather was not on their side and it rained all day, James tells us the funniest part of the day was when Elio ran in the rain and fell on his backside. Luckily he was okay and saw the funny side.



James told us his favourite animal was the tiger.



At the Races



For the past 5 years Stephen McCarthy has been working at Chester Racecourse.



Throughout the

summer months he goes to the racecourse on the bus and he works all day until the last race has finished.



Nanocon



Following the massive success of Nanocon last year, Nantwich's Comic Con returned for its first event of 2016. May Bank holiday saw Nantwich Civic Hall packed with guests, Super Heroes, Vehicles, including 'Lightening McQueen', Cosplay Competitions, numerous stalls of geeky goodies, and so much more.



Elio de Julio and James Claxton went along to meet the weird and wonderful characters there.

Elio de Julio and James Claxton went along to meet the weird and wonderful characters there.



Volunteering



Jordan forester has started doing work experience as part of his college course with the life works cafe based in Oxton.

He goes around one day a week with volunteers helping the elderly and other vulnerable adults with their gardens



Fishing



Andrew Francis is a keen angler and whatever the weather you can find him perched at the waterside patient waiting for a catch.

One of Andrew's favourite places to go is a place known as The Brickies, a former clay pit and now a popular angling spot in Moreton.

Here we see Andrew with a couple of examples of the size of fish he catches.



Wirral Rocks



In May Prenton Park hosted an amazing two day festival to raise money for St John's Hospice called Wirral Rocks. **Judith Hill, Laura Churchman** and **Sharon Blythe** went along on the



Saturday night and rocked along to The Christians and legendary rock band Status Quo.

Judith, Laura and **Sharon** said that they had an amazing time and danced all night long. We are also told that our little songbird **Laura** had sang along so loudly that she had lost her voice the next morning!



Cake sale



Kerriann Woolley recently decided to raise money for Cancer Research by making and selling cakes.

She lovingly baked a selection of delicious cakes and went around all the properties selling her wares with the money raised going to the charity

Park Life



Birkenhead Park is World famous for being the first publicly funded park and the inspiration for Central Park in New York. **Tom Nelson** volunteers every Tuesday and helps with litter picking, gardening and doing other jobs to help keep the park looking it's best.

Tom tells us that he really enjoys his new role as he loves being outdoors and keeping busy.

What an excellent job you are doing

Tom



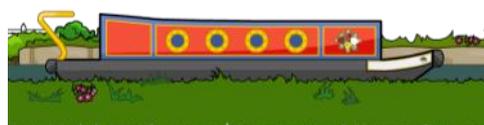
Narrowboat Trip



A relaxing cruise along the Shropshire Union canal was on the cards for Jennifer Tarry, Andrew Francis, Mark Furlong, Carrie Thomas and John Carr when they climbed aboard a narrowboat for the day.



Everyone had a lovely time and Carrie and Mark even had a go at steering



Pleasure Beach



Blackpool Pleasure Beach has been attracting thrill seekers for over a hundred years and **Matthew Corcoran, Mark Stockton, Amanda Graham, Richard Morris, Tom Nelson, Emily Jones and Laura Churchman** went along for the day.



Action adventurers **Matthew, Mark, Amanda** and **Richard** went on the big rides and **Emily, Laura** and **Tom** had fun on the more sedate rides.



They ended an exciting day with a delicious meal at a pub on the promenade and made their way back home to Traynor Court.





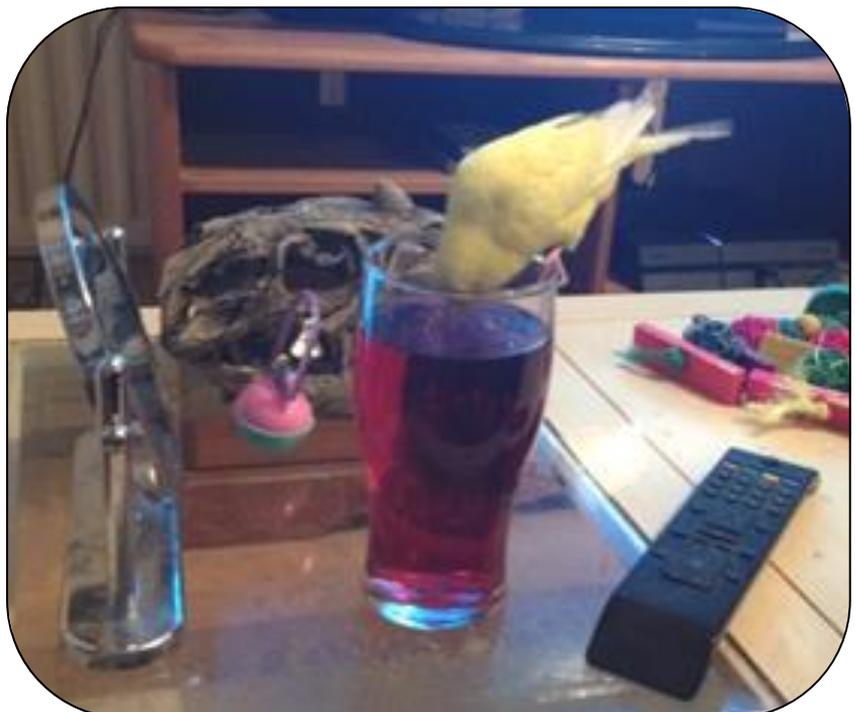
Pets Corner



In this edition of Pets corner we introduce Chloe. She belongs to Andrew Francis, she is such a tame bird but a very cheeky little lady who likes to have a little nibble of Andrew's food and a sip of his drink. Here we see her sharing

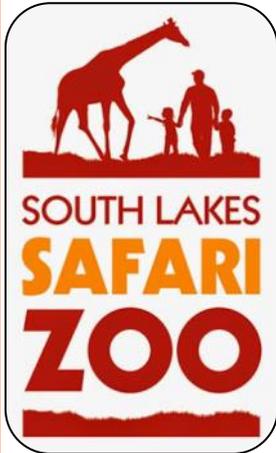
Andrew's drink, what an adorable little character she is!

Do you have a pet that you would like to feature in an edition of Pets Corner? If so then write a little description of your pet (name, age, breed etc.), how you look after your pet and what your pet likes and send it into The Lodge along with your name and a clear photograph.



South Lakes Zoo

By Vicky Griffiths



On Bank holiday Monday a group of us went to South Lakes zoo. We set off at 9 o'clock in the morning as it would take us two hours to get there.

South Lakes zoo is in the Lake District and as we were travelling there we saw some amazing views and scenery which were breath-taking. When we arrived at South Lakes we all cheered.



There was a massive queue to get into the zoo and when we finally got in we sat down to have our lunch and something to drink before setting off to explore the zoo.

We saw many animas including tigers, ring tailed lemurs, monkeys, rhinos, and wolves etc.

As it is a big zoo we did a lot of walking so by the time we arrived home we were all very tired and ready for bed.

We all really enjoyed ourselves and would like to say thank you to Danielle Arnold, Sam Woodworth and Zara Timmis for taking us on our day out.



Congratulations



Congratulations to **Tommy Abrams** who recently passed his manual handling course whilst working at The Farm.

Here we see **Tommy** receiving his certificate from Mark Furlani



Wirral Diamonds



The Wirral diamonds have just completed their first season competing in the Merseyside all abilities league, which is ran from The Archbishop Beck centre in Liverpool.

The Diamonds began the season in terrific form, beating all those who came before them and led the league after the first two rounds of matches.

The next three rounds saw a dip in fortune which affected the confidence of the team; despite this The Diamonds remained competitive and when it came to the final round of matches, they lay second with an outside chance of winning the league. With a return to form, The Diamonds managed to secure runners up spot in the league to Sefton who proved to be the strongest team throughout the season and were worthy champions.



The Diamonds secured their runners up spot playing some great football at times and were well worth their second place in the final league table. The players picked up their medals at the awards ceremony on the day, immediately after the final games had been completed.

The grand finale to the season was a knockout competition called The Kevin Pollack Memorial cup. The Diamonds just failed to make to make the final, but did manage to achieve what is now the record score for any match, a 9-1 mauling of FC Liverpool, who were the eventual runners up in the Kevin Pollack memorial cup.



Again the players received their participation medals at the awards ceremony after the competition was complete.



But that was not all.....Oh No!!!

The Wirral Diamonds won the fair play trophy, awarded to the team who have played the game in the right spirit throughout the season, voted for by the other teams and their coaching staff.

All in all considering this was the Wirral Diamonds first season, it has turned out to be an amazing success. The team has grown as a unit together, and with a couple of quality additions have shown they have a fabulous chance of winning more trophies next season.

Special thanks have to go to Chris Baines, whose original idea has come to fruition, the support staff, particularly Dan Payne who have been with the players on match and training days, Our amazing Manager Dave Hughes, whose passion, support and encouragement has got the Diamonds to where they are now, and of course the players themselves, who quite rightly should be immensely proud of what they have achieved.

Roll on season 2016/2017

C'mon The Diamonds!!!!!!





Tom Nelson and Laura Churchman have joined the fundraising team at Mencap.



They joined in at Tesco in Bidston, raising money by packing bags and chatting to

the shoppers, between them they raised a massive £997.22 which we are told is a record!



Laura also manned the Mencap stall at the Wallasey Summer fete and raised an amazing £325.

We are told that Laura and Tom are going to appear in the Regional Mencap newsletter because their astounding fundraising efforts.

Well done chaps!

Disneyland



At the beginning of June Anna Kermode took a trip across the channel to France and her journey took her to the Magical Kingdom of Disneyland Paris.



Anna tells us that the

weather wasn't too nice but it certainly did not let it dampen her spirits as she had an amazing time and even got to meet Mr Mickey Mouse himself!



Puzzle Page Answers



Phew, what a relief! Sue and Angela now have all the addresses for the properties in the right order.

See below for the answers, were you right?



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

Yarn Birds

You will need

Scissors

Card

Craft Glue

Yarn 3 colours

Craft Wire or pipe cleaners

2 Beads



Step 1 You will need to cut 3 pieces of card. The width of the card should be around 4-5 cm. Two pieces of card should be 9 cm and the other one 12 cm. Take different coloured yarn and wrap them around the card lengthwise. Keep wrapping them until they are thick enough (1cm thick in each side).

Hold the yarns on the card firmly and cut any one side. You will get a group of yarn strands.



Step 2 Take the 12 cm long yarn group (dark coloured) and place it on a flat surface horizontally. Take the light coloured group of yarns and place it on the longer group of yarns vertically, right in the middle, creating a cross.

Fold the dark coloured yarns into half, wrapping the light coloured yarn group.

Take a small piece of dark coloured yarn and tie it around the half folded yarn group tightly.

Step 3 Now fold the light coloured yarn group into half, take a small piece of light coloured yarn and tie it around the half folded yarn group tightly.

Make sure that the edges of both half folded yarn groups are levelled.

Take the mixed yarn group and place it below the tied yarns from the previous step. The dark coloured yarn groups knot should be facing up.



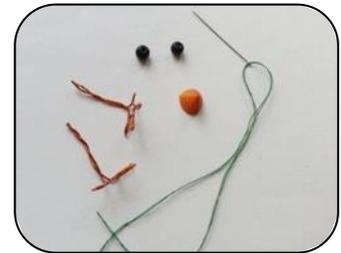
Step 4 Take a small piece of paper (half of A4 sized paper). Crumple the piece of paper and squeeze it to make it small. The size of the bird's body depends on the crumpled paper size. Place the crumpled paper in between the 3 group of yarns as shown in the 2nd picture of this step.



Step 5 Hold the open ends of the yarn groups together tightly. Take small piece of any coloured strand and tightly tie it around that end to join all the yarn groups together. Trim the end of the yarn groups to level them.

Step 6 Make a small cone from orange coloured cardstock paper for the beak.

Use craft wire or pipe cleaners to make the legs.



Step 7 Simply attach 2 black beads on both sides of the bird's head using needle and matching thread.

Attach the legs by bending the open ends of the legs and inserting it through the yarns of the lower part.

And finally Glue the beak to complete the bird. Done!

Use different coloured yarns to make a whole flock of different patterned birds.



Tuna Sweetcorn burgers

Ingredients

85g white bread, torn into pieces
198g can sweetcorn
drained
2 x 185g cans tuna
in water, drained well
25g grated cheddar
3 spring onion
, finely chopped
1 egg
, beaten
2 tbsp vegetable oil

Whizz the bread in a food processor to crumbs, tip into a bowl, then whizz half the sweetcorn until finely chopped. Add the chopped corn, remaining whole corn, tuna, cheese, spring onions and some seasoning into the bowl with the bread and mix well. Add the egg, bit by bit (you may not need it all), until the mixture is sticky enough to be shaped into four even-size burgers. Heat the oil in a non-stick pan, then cook the burgers for 5 minutes on each side until golden and hot through the middle. Stuff into wholemeal buns with some lettuce and a dollop of your favourite burger sauce



Baked Peaches

Ingredients for 4 people

4 large ripe peaches, cut in half and stone removed
150 g Philadelphia Light
25 g caster sugar
50 g amaretti biscuits, crushed
75 g fresh raspberries

bake in a preheated oven, Gas Mark 5, 190 °C for 10 minutes.

Remove the foil, bake for a further 10 minutes and serve warm.

Place the peach halves into an ovenproof dish. Mix together the Philadelphia and caster sugar until well blended and then fold in the biscuits and raspberries.

Top each of the peaches with a spoonful of the Philadelphia mixture, cover with foil and

