

Issue 10 Winter 2017

Client's Newsletter



Welcome to the winter issue of the newsletter. As always we have had an action packed few months.

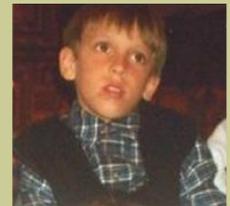
We have had days out to exciting places, visits to the theatre to see musicals, comedians and bands; achievements and certificates galore and the generosity of the people we support with them taking part in many charitable events and raising money for deserving causes



Summer Lights garden party at Traynor Court on pages 6 & 7

Who is this as a youngster?

Find out on page 13



Tommy braves the shave on page 8

Thai Boxing on page 4



Slimmer of the year On page 10



Pink Floyd The Wall on page 16



Race for Life on page 19



Laura in Bonnie Scotland on page 15



King Elio on page 31



When Sara Matamalas celebrated her Birthday, the chaps at Overpool threw a party to mark the occasion.



Many Happy Returns Sara!

Barry Manilow



Barry Manilow hit the road on his "One Last Time" tour in June and Laura Churchman and Mark Stockton were there to see him when he played at the Echo Arena.

Being a huge fan...ilow, Laura knew all the words to every song and sang along to them all. The concert fell on the same day as Barry Manilow's 73rd



Birthday, so Laura brought a Birthday card for him.

What a lovely thought Laura



THE ZOO



The gang at Traynor Court had a great day at Chester zoo, seeing all the animals



Thai Boxing



be most welcome

Traynor Court's newest member of staff Jerome is a Thai Boxing champion and runs a gym with his Dad. As part of their healthy living plan, [Liam Holman](#) and [Richard Morris](#) have been going with Jerome and training with him. [Liam](#) and [Richard](#) tell us that they really love it and that if any other tenants would like to join in, they would



Well Done Leon



[Leon Pendergast](#) works alongside Dave Mills, helping out with gardening chores.

A very important part of his job role is how to use a mower correctly and safely and recently he was awarded a certificate to show that he had passed his mower proficiency test.

Congratulations [Leon](#), carry on the good work

Fire Station Open day



Ellesmere Port Fire Station invited all local residents to attend the Station's annual open day, which showcased the ways in which firefighters



work to help and protect the public.



Elio De Julio and James Claxton went along to the event which included a range of activities including a safety demonstration on the dangers of using chip pans and a driving simulator where you could test your reaction times.

There were also modern

and vintage fire engines as well as the kitchen safety vehicle



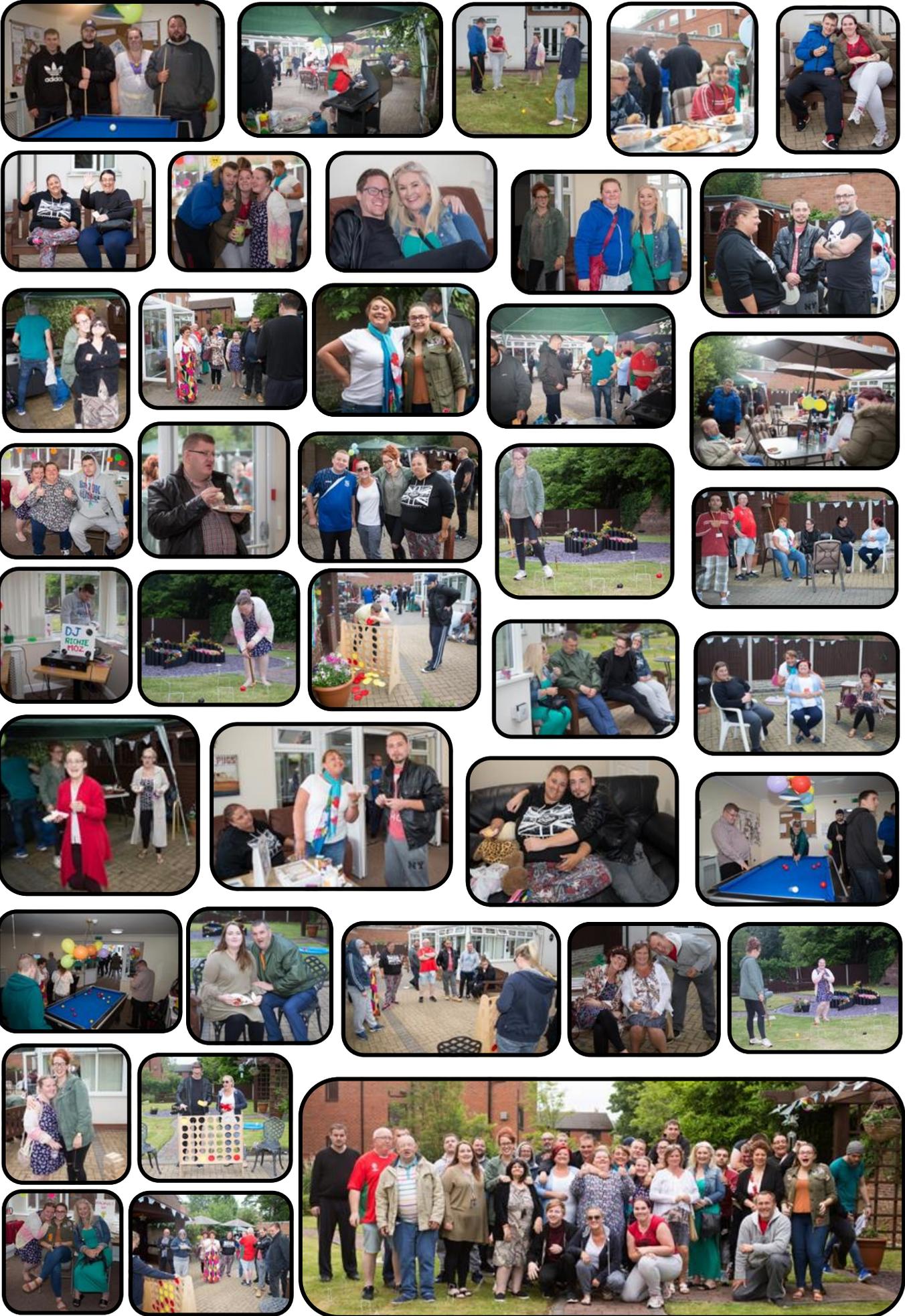
SUMMER LIGHTS FOR MACMILLAN

This year marked the first year that the Macmillan Summer Lights event took place and Traynor Court decided to join in the fun and hold a Summer Lights garden party to raise money for Macmillan Cancer Support.

Jam jars were decorated to create beautiful lanterns to adorn the garden. Cakes were baked, a barbeque was set up and DJ Richie Moz provided the music.

Luckily the rain held off and the day was a huge success with everyone having a wonderful time and raising a whopping £241!





BRAVE^{THE} SHAVE

Tommy Abrams took the plunge and shaved his hair off for charity. There was lots of fun and joking during the shave and Tommy raised an impressive £194



Before



Going...



Going...



Gone!!

CATS



Blythe were there to see it when it visited the Liverpool Empire.

With an amazing musical score that includes the timeless *Memory*, spectacular set designs, stunning costumes and breath-taking choreography, CATS is a magical musical like no other.

One of the longest-running shows in West End and Broadway history, CATS has enchanted audiences in over 300 cities around the World and Tom Nelson, Laura Churchman, Kerry Cliffe, Amanda Graham, Mark Stockton and Sharon



CAMPING



Kieran Mahon, James Claxton, Elio De Julio and Martyn



Royle had a taste of the great outdoors when they went on a camping trips to beautiful scenic Wales



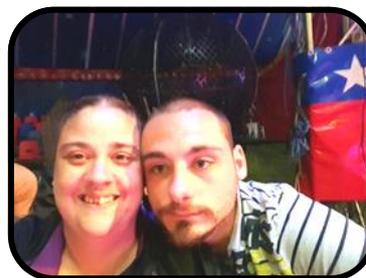
CIRCUS



Rob Jones, Amanda Graham, Sharon Blythe and



Mark Stockton enjoyed all the thrills and spills of the Big Top when they visited the circus





Carrie Thomas joined Slimming World in November 2015 and after an initially slow start, **Carrie** really got into the swing of things preparing weekly meal planners and activity planners with staff.

She has been at Slimming world for over 7 months and up to now has lost an amazing 3stone 11lb.

She averages a loss of 3-4lb a week and some weeks it is a phenomenal 6lb!

Carrie has received slimmer of the week award for several weeks running and has also received her "Club 10" award. This means that **Carrie** has lost 10% of her body weight.

And most recently she was awarded the Woman of the Year certificate for her achievement, which **Carrie** tells us she immensely proud of.

Towyn market



Towyn market is a great place to go for a day out as **Gary Long, Amanda Graham, Tom Nelson, Liam Holman, Chris Smith and Brian Whelan** found out when they went for the day.



Many bargains were had in the market place and they all enjoyed a delicious roast dinner on the way home.

A great day was had by all we are told

dancing queen



Dancing Queen is an action packed show featuring all the greatest hits from Abba, Grease and the biggest hits from the 70's and [Kerriann Woolley](#) booked tickets to go along to see this disco extravaganza.



Featuring songs such as *Dancing Queen*, *Waterloo*, along with *Summer Nights*, *Grease Lightening*, *Car Wash*, *YMCA*, *Boogie Nights* and *Love is in the Air*, Dancing Queen is the ultimate party show that had [Kerriann](#) up dancing along all evening.

[Kerriann](#) tells us she had a fantastic evening



Pamper day



We girls love nothing better than a girly pampering day to make us feel relaxed and beautiful and to



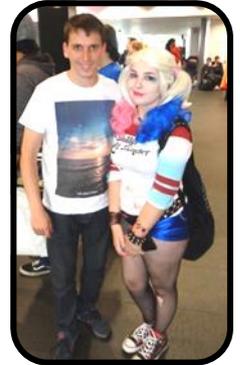
ease away the stresses and strains of the day.

[Judith Hill](#) enjoyed such a time when she went for a spa day. She was treated to luxurious beauty treatments had a spot of delicious lunch to round off a lovely day



Action Man James Claxton shows us what he has been up to lately





Did you guess who this youngster was on the front cover?

It was of course James Claxton



The chaps at The Farm had a treat in store for them. After a hard day's graft, the barbeque was set up and they tucked into a delicious selection of burgers, sausages and kebabs



Jimmy Carr



Funny man Jimmy Carr recently did a gig at The Floral Pavilion in New Brighton and [James Claxton](#), [Elio De Julio](#), [Paul Jennings](#) and [Jason Galloway](#) went along for the evening. After having a bite to eat beforehand they took their seats for the start of the 8 o'clock performance and enjoyed two hours of hilarity.

[James](#) tells us "we had a cracking night out, we really, really enjoyed the show, he was so funny and we would love to see him again"

◆ EDINBURGH ◆



Laura Churchman had a bonnie old time when she went on Holiday to Edinburgh.



With plenty to see and do, including the many interactive exhibits in The National museum of Scotland, Laura had lots to keep her occupied



THE WALL



Beneath a blaze of lights and lasers, Wallasey based band "Vesbim" took to the stage at The Floral Pavilion to perform their version of Pink Floyd's iconic album The Wall.

Amanda Graham, Sharon Blythe, Mark Stockton and Kerry Cliffe went along to watch

the spectacular show. They told us they had a fantastic night and the music was amazing



√ Festival



Celebrating its 21st Birthday, The V festival took place on 20th and 21st August and Sonia Parker was there to watch the acts take to the stage

COMICCON

Chester



Mark Furlong and Jordan Forrester were supported to Chester comic



con Dressed as Bane the evil Batman villain and Batman himself.

Staff also got into the groove with Steve Williams (as you can see Steve could have himself a new career in crime fighting!) and Mel Nuttall going as Batman and



Thor.



They both thoroughly enjoyed the day meeting up with some brilliant comic characters including The Joker, Batman himself, Stormtroopers and Daleks. Mark was even nearly taken prisoner by two evil looking female comic characters!



After hours of meeting the superheroes and browsing the stalls and even meeting up with S2i's own serial activity attender James Claxton, the lads called it a day but promised themselves they would attend next year's event.



Chester Raft Race



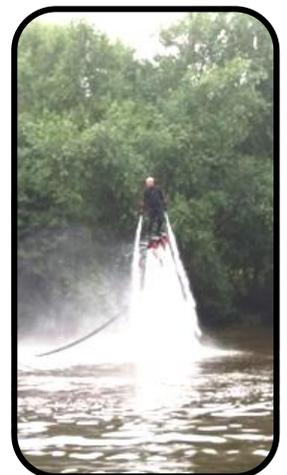
There were splashing scenes on the River Dee for the annual Chester Raft Race.

Huge crowds gathered on the banks and bridges of the Dee to get a glimpse of the spectacle and **Elio De Julio** and **James Claxton** were there to see it too

Valiant sailors donned their life jackets and tried their best to avoid a cold dunking if they capsized. The weather stayed dry for those who managed to keep upright.



Among the rafts were a Back to the Future-inspired DeLorean, a Roman themed ship and fly-board champion Jay St John, who used his jets to soak the competition throughout.



Race for Life



More than 2,000 women put on their running shoes for the annual Race for Life event in Birkenhead Park, raising £110,000 for Cancer Research UK.

Women of all ages dressed head to toe in pink joined in the fun to raise money for pioneering cancer research and

Kerriann Woolley took part in the race too.

Well done Kerriann, what a great cause



Donkey Sanctuary



Amanda Graham volunteers 3 days a week at Tallulah's donkey & horse sanctuary.

Her favourite is looking after the baby donkeys who love cuddles.

Apparently Dennis is the

naughty one!

She's doing an amazing job and loves it there!



In this issue, our roving reporter is Julie Bebbington who gives us the info on what she has been up to lately, including The Fusion Festival, Blackpool and an unbelievable trip to The Magic Kingdom of Disneyland Paris



Our journey started with a short flight to Paris. When we arrived at the hotel in Cheyenne we went for a bite to eat.

We then made our way to the park to go on a few rides which were really good and we stayed to watch the fireworks display which was spectacular.

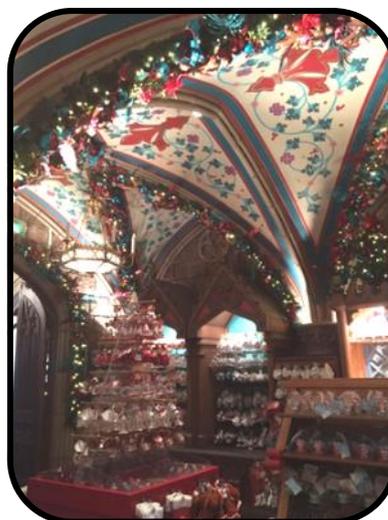


We got up early on Saturday morning to make the most of the day. My favourite ride was Space Mountain and we watched the Disney parade.

Going back to the hotel for a bite to eat and to freshen up, we met a few Disney characters. We then queued up to see Minnie Mouse. We were in the queue for two whole hours but when I get to see her it was worth the wait. I nearly cried when I saw her and had my picture taken with her.



That evening we went to the Disney Village for a girlie night out and had our very own mocktails which were delicious and we did a bit of shopping before heading back to the hotel for an early night in preparation for our trip to the city of love the next day.





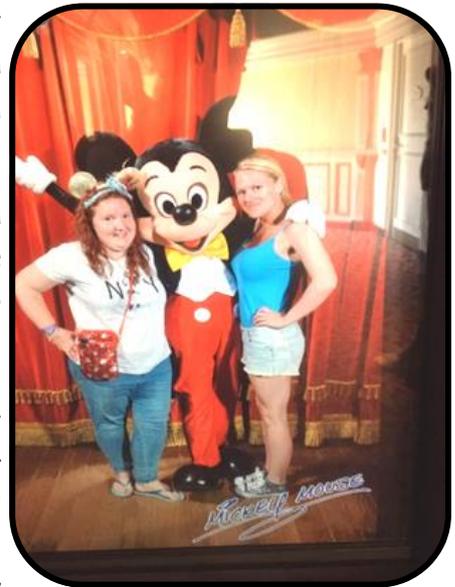
On Sunday we took a trip to Paris and took a stroll around the city, taking lots of photos of all the sights including the Eiffel Tower, Notre Dame and the Arc De Triomphe. We went on the Metro which was really fast and reminded me



of the London underground. We went to the famous cathedral called Notre Dame which was spectacular and was just as beautiful inside and was just like the film The Hunchback of Notre Dame. The stained glass windows were stunning.



After a busy day sightseeing, we went back to Disneyland to meet the main man himself Mickey Mouse. I got a hug from him and had my picture taken with him.



Finally my holiday had come to an end and the Disney coach took us to the airport and we made our way back home.

I had the best time of my life and I would like to say a huge thank you to Stacey Hamilton for accompanying me and I would also like to say thank you to Billy Thomson for helping me organise my holiday.



BLACKPOOL



I went on a day trip to Blackpool with [Richard Morris](#), [Rob Austin](#) and [Paul Baker](#). We set off around 1.30pm and when we arrived in Blackpool we went for a walk and had something to eat in the chippy which was really good.

We went over to the arcades and had a look around the gift shops to pick up a few souvenirs and I got myself some lovely things. We went to a karaoke bar and had a drink and listened to a few people sing, they were really good.



We headed back over to the car as it was getting dark and the lights were about to come on. The lights looked amazing all lit up and also the horse and carriages were lit up too and they looked nice and colourful.

By Julie Bebbington



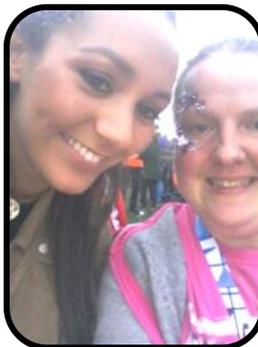
Fusion Festival



Billy Thomson and I got the train over to Liverpool and then another train to Aigburth station, we then walked down towards Otterspool promenade to the Fusion festival which was hosted by Capital FM. We got to the festival on time for the main acts which were Lawson, Ella Henderson, The Vamps, Busted, Nathan Sykes, DJ Fresh and the main person himself Ollie Murs.



We had a look around all the different food and drink stalls. There was also a funfair; Billy and I played on an air machine on one of the stalls which was really good and we had such a laugh. I got my face painted which cost £10 but it was worth it.



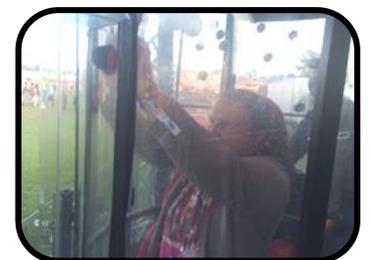
We saw [James Claxton](#) while we were there and he told me he was having a good time.

We then went back over to the stage for the main event and I met some of the Hollyoaks stars and had my photo taken with them which made me so happy. I met Jess Ellis who plays Tegan Lomax, Nadine Rose Mulkerrin who plays Cleo McQueen and Alice Barlow who used to play Rae Wilson, I even had a tweet off her to say Thank you!



I was so excited to see Ollie Murs and he was just amazing, he did a few of the songs I like and I videoed some of the songs as he was that good.

It was the first time Billy had been to the festival and he said he really enjoyed it. I would like to say a big thank you to Billy for taking me



Pirate Festival



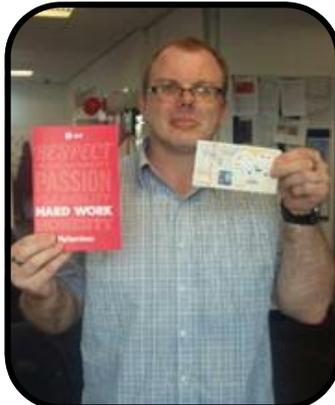
Elio De Julio and James Claxton raised the Jolly Roger in the Albert Dock and became pirates for the day. They joined a whole host of seadogs, buccaneers and mermaids for a splashing time

Yo Ho Ho me hearties!

New Job



Chris Smith has recently started a new job in the Contact Company in Birkenhead. He is doing so well that already he has received a staff reward for all his hard work.



Well done Chris, keep up the good work!

Flying through the air

By James Claxton



Mark Wallace and I left Overpool at 7 o'clock in the morning to make our way to Blaenau Ffestiniog in Wales.



When we arrived at Zip



World, we had to get changed into jumpsuits and had a safety briefing; after this we got into a mini bus which took us to the top of the mountain, where we were strapped in to do the first of 3 zip wires, which was absolutely amazing. We then did the other 2 zip wires which were amazing too. I really enjoyed this and felt like I was flying through the air.



After our zip wire adventure we got changed and went to Betws-y-Coed for lunch, after which, we had a stroll around the shops and had an ice cream.



In the afternoon, we had a drive around the Welsh countryside and stopped off at The Rhug Farm shop. They have lots of bison on this farm and we were amazed at how big they are.



We finished our day in Wales at The Ponderosa café on The Horseshoe Pass, where I had a delicious hot chocolate to drink.



I had a really great day and enjoyed myself so much.



Staff v Tenants Football



The third annual staff v Tenants football match took place at The Birkenhead Boys club, the usual venue for this event. There was a great turnout for both the staff team and the tenants' team, with staff looking forward to avoiding the mulling they received from The Wirral Diamonds a number of weeks earlier.



The staff dominated the first half being 5-0 up by half time, playing some nice football. After a few changes to the tenants' team, they came out in the second half and had a real go, soon reducing the arrears to 6-4. Staff



however did manage to keep their noses in front and ran out 9-6 winners in the end. Oh.....and staff also managed to win the penalty shoot-out afterwards.

Once the match was complete, everyone returned to Talbot house to enjoy the barbeque organised by Anthony Hurley who sacrificed his place in the staff team to prepare the barbeque.....again. What a Trojan!!



The Wirral Diamonds' Manager Dave Hughes then awarding the tenants their participation medals and all in all, everybody, staff and tenants had a great day.

Roll on next year!!





FareShare Merseyside redistributes surplus food to over 100 charities and community groups working with vulnerable people across Merseyside and the Wirral. their reach includes breakfast clubs, women's refuges, homeless hostels and luncheon clubs for older people.



Last year, countrywide they redistributed enough food for 18.3 million meals. But it's about more than meals. The organisations they supply food to - from breakfast clubs for

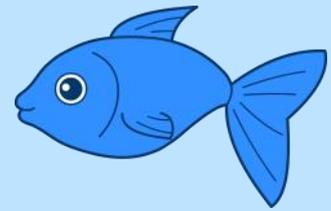
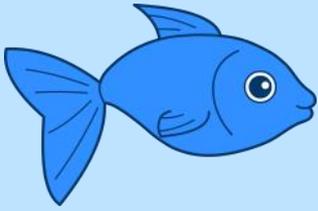
disadvantaged children, to homeless hostels, community cafes and domestic violence refuges - are places that provide life changing support, as well as lunch and dinner.

By making sure good food is not wasted, they turn an environmental problem into a social solution.

[Laura Churchman](#) has become one of FareShare's volunteer "food heroes" and each week she sorts through and packs up the donated food ready to be distributed to people in need and community projects, and in the process has made some wonderful friends.

This inspirational charity is looking for more volunteer "food heroes" . If you would like to be part of this then please get in touch with Debbie Sharkey from Traynor Court and she can help you get involved.





Here we see Rob Austin on his first sea fishing trip at Egremont promenade.



For a first timer, his catch was very impressive, we are told he caught 14 fish in all (whiting and small cod).



And while he was there he even got to watch a gun ship go out of the Mersey



COMIC CON

Preston

Saturday 6 August saw a very colourful array of science fiction cult characters and celebrities attending the Preston Comic Con event held at the Guild Hall in Preston.

The event featured a host of stalls, exhibits and guest appearances from stars of sci-fi films and comic books.



Former Dr Who Colin Baker was among the guests, as well as Hannah Spearitt from Primeval and Elio De Julio and James Claxton were there to mingle with the weird and wonderful characters who attended.



Elio became King of Westeros for the day when he got to sit in The Iron Throne from the popular TV series Game of Thrones



NICKELBACK

By Scott Battison



On Saturday 22nd October 2016 I, along with Paul Baker and Julie Bebbington and staff went to see Nickelback at the Echo arena.



The concert started at 7.30pm with a heavy rock band called Monster Truck and they played until 8.30pm when Nickelback came on stage.



The arena was quite literally rocking!

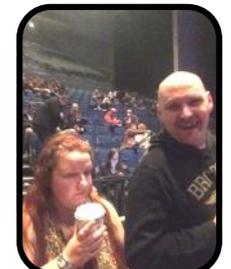


Some of the songs they did were: Someday, Hero and You look cute. They finished with Rock Star and got several members of the audience up on stage to sing with them.

We were right by the stage so we could see them very clearly.



We would definitely go and see them again.





The people we support have a variety of amazing talents and Kerry Cliffe is no exception. We recently found out that she is a gifted poet and has had a selection of her poetry made into a book.

Kerry has kindly let us share one of her poems for you to enjoy.

Spots

I hate you spot,
The way you grow on my face,
I wish you'd go away,
And grow in another place.

You can't be small,
Where no one can see,
You have to be huge,
And shout "look at me!"

When people talk to me,
They look at you,
I wish they wouldn't,
But I'm afraid they do.

You sit there comfortably,
Waiting to burst,
But when I squeeze you,
You just get worse.

You don't come on your own,
You have to bring your mates,
But when you're around,
I can't get dates.

I hate you so much,
You make me sick,
People look at you,
And take the mick.

I wish you'd go,
And leave me alone,
But you seem to think,
My face is your home.

Red and pink spots,
Yellow and black,
Please go away,
And don't come back.

You always appear,
When I plan a trip out,
On that very day,
You just happen to sprout.

Do you think it's funny?
Is your visit planned?
If I had my way,
Spots would be banned!

You stay a while,
But in the end you go,
I really hate you,
And I want you to know.

Spots come and go,
Upon your skin,
It just isn't fair,
I think it's a sin.

I really hate you,
I hate you lots,
Who needs horrible
Blotchy spots!



Down on the Farm



Once upon a time, The Farm was full of rubbish, weeds and overgrown trees and bushes. The stables that the horses lived in were in bad condition. They were cold and draughty and not good for the horses.



But now, thanks to the hard work and dedication of the team the rubbish has been cleared, the weeds are gone and the trees and bushes have been trimmed.



The horses now have a new stable block so they are now warm and dry and are much happier as a result

Well done Chaps, you have done an incredible job!

Thank You Board

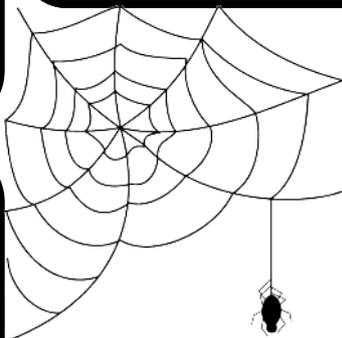


Traynor Court's Thank You board has become very full in the past six months.

Some of the cards are from tenants thanking staff for organising activities, employment or for their wonderful support and some are from tenant's families letting staff know they are appreciated.

The staff at Traynor Court think it is so kind and thoughtful and would love everyone to see

Halloween Spooktacular

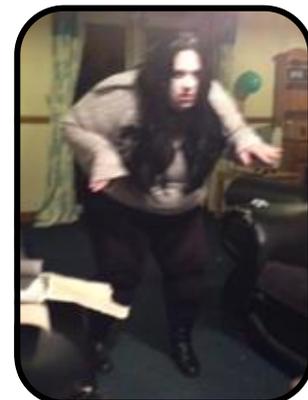


The chaps at Salisbury Court got into the Halloween

"spirit" with a spot of spooky pumpkin carving, before partying the night away.



By all accounts, a ghoulish time was had by all!



Tudor Court

By Carrie Thomas

On Halloween, Tudor Court had a Halloween party, it was so much fun and everyone had a good time.

There was a karaoke, music and a buffet.

Stephen Lloyd was our DJ for the night and the tenants all helped dressed up with help from the staff.

Jennifer Tarry dressed as a witch, John Car was a devil, Joe Potter was Ozzy Osbourne, Kerriann Woolley was a dead doctor and I dressed up a zombie from The Walking Dead.

The communal lounge was decorated by staff to make it look scary and they made the food. Everyone took it in turns to go on the karaoke and danced to the music.

By the end of the night, everyone was tired but had had such a good time and really enjoyed themselves.

We would like to thank Stephen Lloyd and all the staff at Tudor court for organising the party for the tenants.

Traynor Court



There was a ghoulish parade of ghosts and witches at Traynor Court too when they held a spooky party.

Debbie Sharkey made a huge pan of chicken curry, which went down a storm as there was none left at the end of the evening.



Matthew Corcoran's Mum baked a selection of the most beautiful cakes for everyone to enjoy and there more sweets and chocolate than in Willy Wonka's factory!

Farmageddon

Farmageddon has been terrifying thrill seekers for the past ten years, along with scare houses The Meat Locker, Terror on the Farm, Contagion and The Foundry there is an interactive zombie paintball experience where guests climb aboard a Zombie

outlaw protection wagon which is armed with the latest bio-shock weapons and head out into the darkness to hunt zombies. Elio De Julio and James Claxton have been going to Farmageddon for many years and when the tickets went on sale they were first in the queue.

Here we see Elio and James braving the ghosts and ghouls that roam the farm in the dead of night.

What brave souls they are!



LEGO



Built for Lego fans, Bricklive is the UK's biggest celebration of Lego with enormous sculptures and three million Lego bricks all under one roof.

Tom Nelson, Liam Holman and Matthew Corcoran went along to The NEC in Birmingham to experience the convention.



Liam is a keen Lego enthusiast and had a hard time choosing what to buy from the hundreds of stalls, but in the end made some great choices





LONDON By Rob Austin



At Halloween I went to London. I travelled by Virgin train, leaving Liverpool Lime street on the Thursday lunchtime, finally arriving at the hotel in Woking late Thursday evening. In the hotel



reception was Jenson Button's F1 racing car which was so cool. Friday morning after the hotel buffet breakfast, I went to Thorpe Park for the day. I went on some of the rides which were



a bit scary and I spent time in the arcades. I really enjoyed the day as I like going on the rides at theme parks. The next day I



was up early and went sightseeing in London, getting the train on the tube, I saw loads of sights including, The London eye, The



Thames, Big Ben, The Houses of Parliament, Buckingham Palace, The Mall and much more. I picked up some nice souvenirs and did

some clothes shopping. I also went to Harrods in Knightsbridge and saw some really amazing cars



including Lamborghinis and Ferraris, and had my picture taken with them. I had tea out every

evening, drank a number of different cocktails and had a great time. Now I want

to go away again



ILLUMINATIONS



What better way to cheer up a dreary cold day than to wrap up toasty warm and go and visit the Blackpool illuminations.



This is exactly what [Emily Jones](#), [Claire Unsworth](#), [Tom Nelson](#), [Richard Morris](#) and [Kerry Cliffe](#) did.



They had a great day walking up and down the prom and then enjoying the lights as the sun went down

Judith's new job

[Judith Hill](#) has a new job and wants to tell the world!

She has become a playmate at the RSPCA. She goes along every week to keep all the orphaned kitties company; she brings them treats and spends time with them giving them cuddles and lots of love.



Here are some of her new friends; [Mavis](#), [Percy](#), [Albert](#) and [Walter](#).

Hopefully they will find their forever homes soon



Birthday! Girl



The gang at Traynor Court love to throw a party and **Claire Unsworth's** Birthday was the perfect excuse to get the party banners out.



A tasty buffet was laid out, a fantastic handmade banner was hung on the wall and Traynor Court's resident DJ **Richard Morris** brought his decks down to spin some tunes to get everyone in the party mood.



Everyone had a splendid time, and we are told that **Claire** was thrilled as this was her first ever Birthday party.



Happy Birthday **Claire!**





Tom Nelson has been attending the men's group through Mencap the past few months. He has been working on allotments learning how to plant and grow. He has now graduated and is over the moon with his certificate and plants!

Flower Girl

Here we see Vicky Griffiths with the beautiful flower arrangement she made at a group she attends called Tomorrow's Women.

What stunning flowers Vicky



Harry Potter



Sharon Blythe, Emily Jones and Laura Churchman climbed aboard the Hogwarts Express for a magical adventure at Harry Potter World in London.



They arrived in London and spent the afternoon in the museum district and then had a lovely overnight stay with dinner, bed and breakfast at The Ibis hotel.



On the Sunday, it was time to climb aboard the Knight Bus and spend the day in Harry Potter World.



As their visit was at the start of the festive season, the studio tour was a winter wonderland, with snow, Christmas trees and twinkling lights.



A little bird tells us that Hogwarts was a breath-taking sight that they will never forget and the girls were lost for words on seeing it.



This was Sharon's first ever holiday, and what a holiday it was!



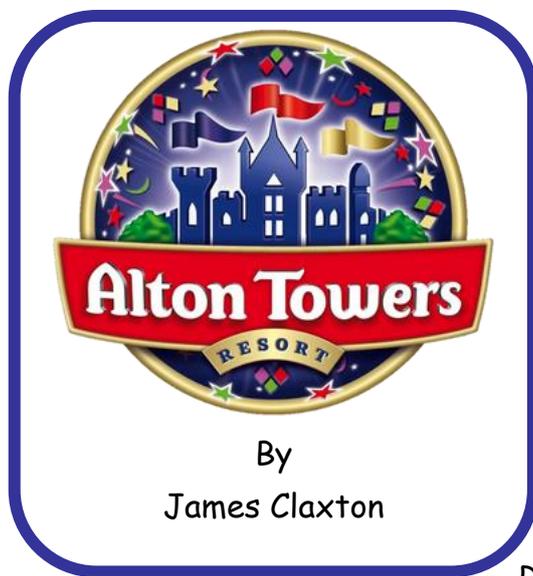


Staff members Mel and Amy from Traynor Court have been working really hard promoting healthy eating and

getting fit as part of Traynor Court's health and wellbeing programme. Takeaways have been banned from the communal lounge and Angela from The Lodge made some posters from Mel and Amy's ideas which have been pinned up in the communal area.

Traynor Court has a healthy eating session each week, complete with food planners and healthy shopping lists and they have a weigh in to check progress.

Everyone has been doing fabulously so far



On 27th July 2016 I along with Stephen McCarthy, Jason Galloway, Elio De Julio, Sara Matamalas and Paul Jennings went



to Alton Towers. We left site early to get the coach from Bromborough at 8.45am and arrived at 10.30am. Whilst we were there we got to go on all the rides like Oblivion, Nemesis, Galactica, Sonic Spinball, The Rapids, The Runaway Minetrain, Rita and many more.



The highlight of the day being getting soaked in The Rapids. We returned home safely at 8pm, so it was a very long day! It was an awesome day out. Hopefully we can go again with more people from across S2I.

Learn how to weave



Step 1: what you'll need:

Yarn, scissors, large plastic or metal needles, cardboard, a ruler

Step 2: make your loom

You can really make this any size you want! Draw a line 1/2 inch in on every side of the loom. These will be your guides and will make holding it a little easier. Now, you'll draw the lines for the notches! In most cases you want these to be 1/4 inch apart. However, you can make them as big as you want. The wider they are the easier the weaving will be. Start at the 1/2 inch line, and make marks every 1/4 inch (or your chosen width) all the way across the top and the bottom of the loom. Cut on the marks, stopping at the 1/2 line you've drawn.



Step 3: stringing the loom



Choose a thinner, smooth yarn for this part.

With the marked side of the loom facing up, thread a bit of yarn into the first notch on the upper left side. There should be a tail of a few inches on the back side of the loom. Tape this to the back of the loom. Carry the thread down to the bottom left notch on the loom and pull it into that notch. Bring the thread back over to the front by bringing it up through the notch directly to the right of the leftmost bottom notch.

Continue doing this all the way across the loom - the pictures will explain this better. The front side of the loom will have yarn going from notch to notch, the back side of the loom will just be small segments of yarn looped around the notches. Leave a tail of the end of the yarn and also tape that to the back of the loom.

Step 4: weaving!

Now for the fun part!

Cut a length of yarn (shorter is easier to work with at first - no more than 2 feet) and thread the yarn through the needle. I like to make a knot so that it stays in the needle - it has a tendency to fall out if you don't.

You'll be using the needle to guide the yarn through the loom in an under-over pattern. (Under the first string, over the second, under the next, etc.) Once the needle has passed through all of the strings, pull the yarn through and leave a tail of a few inches at the end. Push the yarn up on the loom so that it's about 1/4 inch away from the notches.

Bring the needle and yarn back through the loom from the side you just exited using an over-under pattern that's the opposite of your first line and pull the yarn through. (If your first line of yarn goes under the last string to the right, it needs to go over the last string to begin the second row.) Just don't pull too hard on the yarn - you don't want to warp the strings on the loom!

Push the second line of yarn up to meet the first.



Step 5: continue + introducing new yarn once you run out

Continue each row, alternating the over-under pattern, making sure not to pull the yarn too tight. Every few rows, it's a good idea to use your thumbs to push the yarn up the strings so that it looks nice and uniform.

When you get to the end of a colour, take it to one edge of the loom and leave a tail of a few inches hanging off to the side. You can either cut a length of yarn that is the same colour or introduce a new colour.

Take your new length of yarn, and insert it into the same side where your ending tail is. You'll be following the same over-under rules as before. So if the tail of the yarn ended going under the last string, you'll start your new yarn going over it. Pull your yarn through and make sure to leave a tail at the end.



Step 6: tucking in all the loose ends

So you've filled up your loom, but now you've got lots of crazy yarn ends everywhere. We're going to use the needle to tuck these ends down into the sides of the weaving.



Step 7: taking it off the loom

Remove the tape from the long strings on the back of the loom. Release the top loops first, and then the bottom. Hold the weaving near the top, and pull up on the top loops.

You want to pull the string through the weaving, so that the bottom loops are brought up to be flush with the bottom of the weaving, and the top loops gain extra length.

Once the weaving is scooted down to the very bottom of the strings, you can cut the top loops in the middle and tie those off.

We'll take care of the long strings in the next step.

Step 8: finishing it up!



After tying off the loops, you'll still have two long strings to take care of. We're going to deal with them like we did with the loose ends in step six.

The only difference here is that you will want to bring the string over the first row of the weaving and then push it through the side. By looping it over the top row of the weaving, you keep the string from getting pulled completely out of the weaving. You have to anchor it in there.



And now you're done!
Enjoy your coaster,
placemat, or other
completely awesome
thing you've just woven.



Inside out Chicken Kiev



Serves 4

Ingredients

4 skinless, boneless chicken breast
25g garlic butter, softened
25g crispy breadcrumbs

Method

Place the chicken on a baking tray, rub with a little of the butter, season and cook under the grill for 15 to 20 mins, turning once until cooked through.

Mix together the remaining garlic butter and breadcrumbs. Remove the chicken from the grill and top each breast with a smear of the breadcrumb crumbed butter. Return to the grill and cook 3-5 mins until the breadcrumbs are golden and the butter melted. Serve any buttery juices, alongside new potatoes and veg or a delicious salad.

Easy Cheesecake



Ingredients

4 shortbread biscuit
300g tub soft cheese
zest and juice of 1 lime
3 tbsp icing sugar
 $\frac{1}{2}$ a 380g pack of frozen mixed berries, plus a few extra to serve

Method

Put the shortbread biscuits into a plastic bag and bash with a rolling pin until broken. Divide between two dessert glasses. Beat together the soft cheese with the zest of a lime and 2 tbsp icing sugar until smooth. Put this on top of each biscuit base and smooth out with the back of a spoon.

Take the mixed frozen berries, defrost and blend half with 1 tbsp icing sugar and the juice of the lime. Pour this on top of each cheesecake and scatter with a few extra whole berries. Serve or sit in the fridge for a few hours before serving.