



Newsletter Easter 2021



Happy Easter to all our members, carers and support workers!

As we are all still in Lockdown, we understand this is a difficult time for you all. We want you all to stay safe, happy & well in the coming weeks, so read on for:


- lots of Easter-related activities to keep you busy
- a special Easter biscuit baking recipe
- a unique spring activity – a special sunflower growing competition!

How to hear our Newsletter read aloud



Did you know that if you have one of our Chrome Books, you can switch on 'text to speech' mode which will allow your Chrome Book to read the Newsletter to you! It is called **CHROMEVOX**. Most new models of computer and laptop will now do this for you and if you don't have a Chrome Book, Google can tell you how to do it. Here are the instructions for switching on Chrome Book 'Text to Speech':

Hear text read aloud

1. At the bottom right, select the time, to bring up the settings menu. Or press Alt + Shift + S.
2. Select Settings (this is the symbol which looks like a gear). 
3. At the bottom of the screen, select Advanced.
4. Scroll down the "**Accessibility**" section, select Manage **accessibility** features.

Under "**Text-to-Speech**," turn on Enable ChromeVox (spoken feedback).

Welcoming New Support Team Members



James Slater – Chair of Trustees



In 2020, I retired after nearly 40 years' public service in the Police and NHS all over England. I am now focused on volunteering closer to my family home in Bath. I am delighted to be appointed as Chair to work with my fellow Trustees, Becky, Barry and our team of volunteers to steer Bath Gateway Out and About and its members and their families through the challenges of 2021 and beyond.

Barry – Administrator

I have recently joined the team and shall be working as the new Interim Administrator until at least the end of May, helping Becky and the Charity with various behind-the-scenes administration tasks.



Marilena – Creative Graphic Designer



I've recently joined the team as the groups' new creative graphic designer and look forward to getting a chance to meet you all and hopefully challenge some of you with some puzzles and activities in the future.

I hope you're all staying safe and happy!

Our Board of Trustees is now looking for a new **Secretary** and a **Treasurer**. If you are interested in applying for either of these positions, please check out the **Volunteers' Vacancies** page on our website.

New Volunteers and Team Members



Eleanor: I have lived in Bath for six years and love the city. I like going for long walks, seeing bands, upcycling furniture, and visiting museums and art galleries. During the lock down I have been learning photography. My favourite kind of food is Japanese food. I can't wait to meet you all.

I think a lot of the joy of volunteering comes from the people you meet and work with. There is the satisfaction of knowing that you are having a positive effect on your local community and I have also learnt many new skills volunteering over the years, but I think it always comes back to the people.

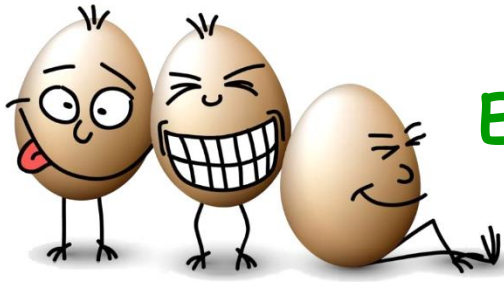
Katie: I came to the UK from California three years ago to enjoy the beautiful history of Bath and pursue new career opportunities. People often ask me if I miss California, and I always answer the same: I miss friends more than places. The pandemic made it more apparent to me than ever just how important social contact is to our lives. I love what the Monday/Wednesday Club is doing to keep people connected and I am very excited to be a part of engaging with club members in existing and new, creative ways to keep the fun going. I can't wait to meet you all!



Sheryl: My name is Sheryl and I am a new volunteer, you may have met me on the Monday club session or the second Wednesday club session. I am really enjoying the club sessions and it's great meeting you all, thank you to everyone for making me feel so welcome!

A bit about myself – I love being outdoors and going for walks, I enjoy arts and crafts, and I love animals. Here is a picture of me with a lamb at the farm I used to work at. Keep a look out for lambs when you're on your Spring walks! See you all on the weekly club sessions!





Easter Jokes!!!



Why shouldn't you tell an Easter Egg a funny joke?
Because it might crack up!

What do you call a rabbit with fleas? Bugs Bunny.

What did the Easter Bunny say to the carrot? Nice gnawing you.

Why did the Easter egg hide? It was a little chicken.

What did one Easter egg say to the other?
Have you heard any good yolks today?

What kind of jewellery is the best Easter gift?
A 14-carrot gold necklace.

How does the Easter Bunny keep his fur in place? With hare spray!

Why was the Easter Bunny so upset? He was having a bad hare day!

What do you get when you pour hot water down a rabbit hole?
A Hot Cross Bunny.

What day does an Easter egg hate the most? Fry-days.

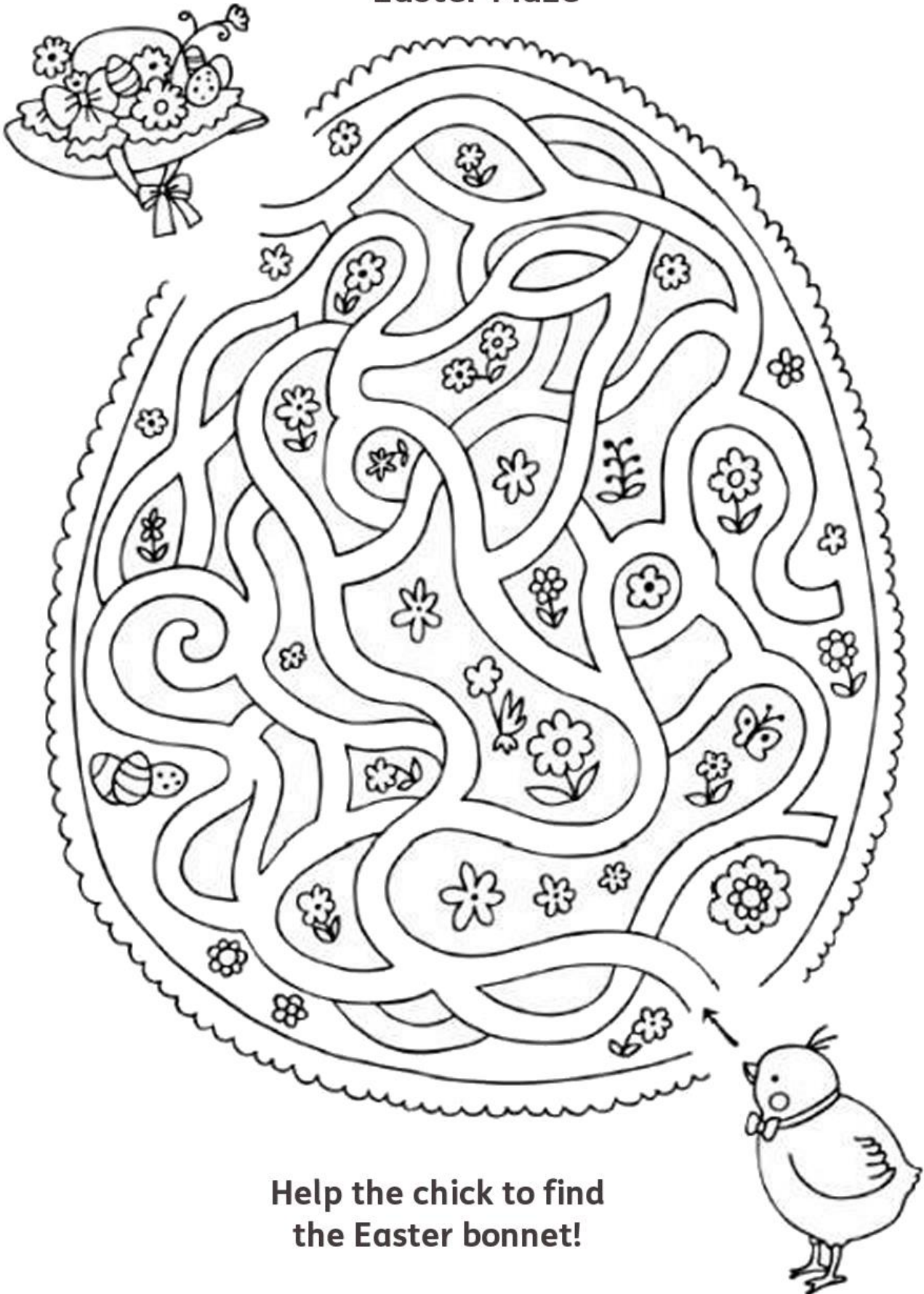
How does the Easter Bunny dry his fur? With a hare dryer!

How can you tell where the Easter Bunny has been?
Eggs mark the spot!

Easter Puzzles

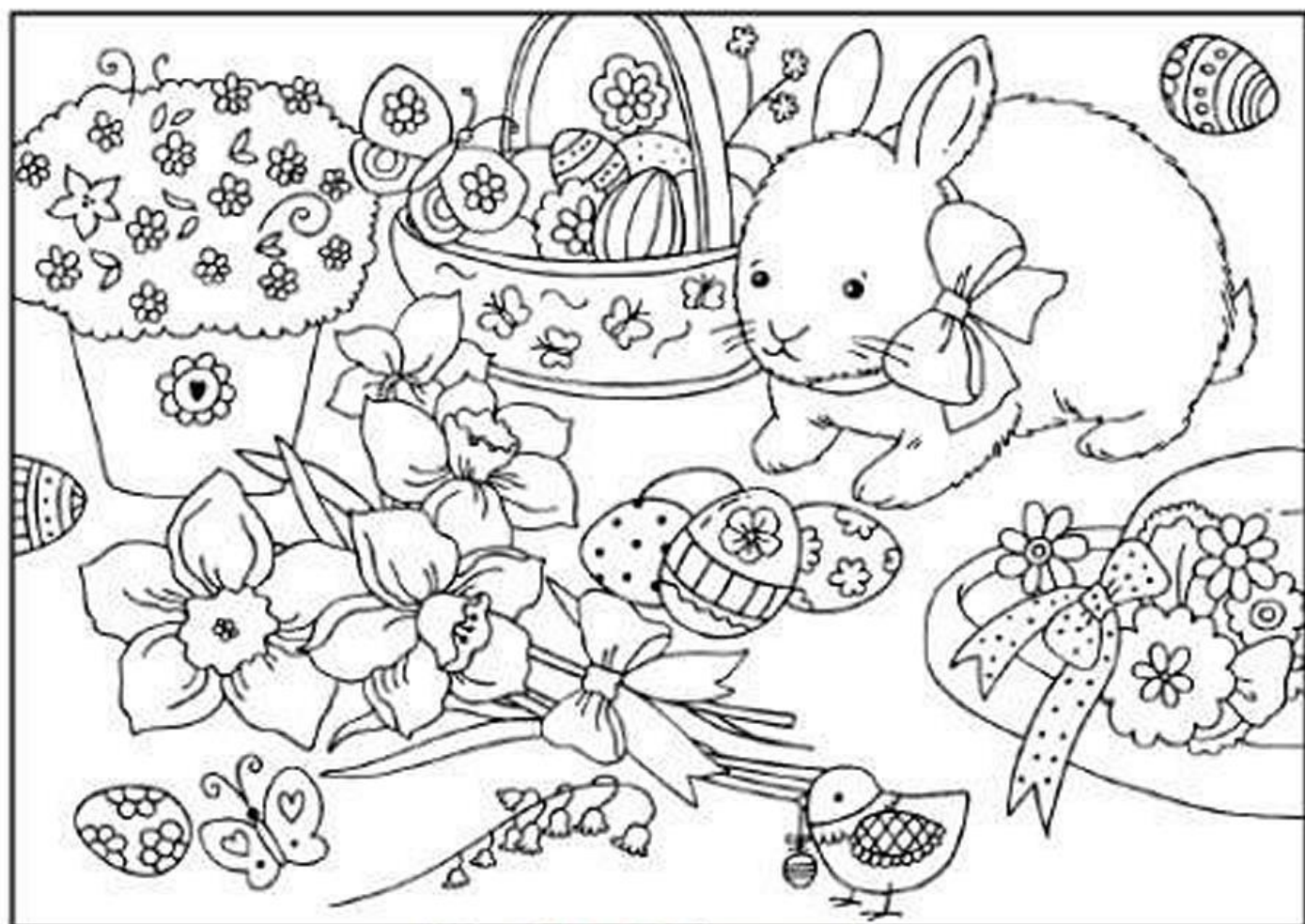
On the next few pages are some fun activities and puzzles for you to try.

Easter Maze



Help the chick to find
the Easter bonnet!

After you've solved the puzzles, you can have more fun colouring in the pictures!



Find The Differences!



(There are at least 12 differences)

Easter Word Search

Find eleven words to do with Easter in the grid below.

The hidden words run either down or across left to right.

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

HOT CROSS BUNS

CHOCOLATE

CHICKS

HUNT

SPRING

EGGS

DAFFODIL

LAMBS

EASTER

RABBIT

BONNET

Make your own Easter Biscuits!



Before you start, it is important to remember to wash your hands and clean your kitchen work tops. **Also please make sure that you have someone else to help you if you are using sharp knives/cutters or hot pans and ovens or grills.**

INGREDIENTS

- 285g (10 ounces) of plain flour
- 115g (4 oz) of caster sugar
- 1 teaspoon of nutmeg
- 225g (8 oz) of unsalted butter
- 55g (2 oz) of currants
- 1 teaspoon of cinnamon

NOTE: Before you start, make sure the butter is soft (so leave it in a warm room for at least half an hour after taking it out of a fridge).

You'll need 1 baking sheet (lightly greased with butter), or greaseproof paper.

INSTRUCTIONS

1. Add all the ingredients except for the currants to a bowl.
2. Using your fingers rub the softened butter into the dry ingredients until the mixture starts to bind together smoothly.
3. Now add and mix in the currants.
4. On a surface/worktop dusted with caster sugar, roll out the dough to half a centimetre thickness (this is about the thickness of two £1 coins).
5. Using a knife, cut out as many biscuits as you can in any shape you like – e.g., you could make a bunny shape, or if you prefer round biscuits you could use a small glass to place on the flattened dough and cut around it. After you have cut out as many shapes as you can, remove the scraps around the shapes, then re-roll the scraps and cut a couple more.
6. Place all the shapes on the baking sheet, then put into an oven pre-heated at 190°C/375°F (gas mark 5) for 8-10 minutes until just golden brown.
7. Remove from the oven, sprinkle with caster sugar and leave to cool.

Competition Time – Grow the Tallest Sunflower!



In the photo on the left is our Monday Club member Luke holding a small pot with a young sunflower plant that he has started to grow from a seed.

Following Luke's example, we would like you all to try and grow your own sunflower from a seed.

We will be giving prizes for the tallest sunflower!

Please read on for instructions.



Sunflowers need plenty of sunlight and good soil to grow well; and once they have started to grow, they also need water regularly.

1



Put some damp soil in a small pot so it almost comes up to the top.



Then poke your finger in the soil to make a hole for your seed.

2



Drop a sunflower seed into the hole.



Cover it with a little soil.



Spray a bit of water on top of the soil.

3



Put your pot in a sunny place – a bright windowsill would be perfect.



Spray the soil with a bit more water whenever it feels dry.

Please be patient and keep your pot in a sunny place, and keep watering the pot when it gets dry – it may take 1 or 2 weeks before your plant starts to grow!



4



Keep on spraying your new young growing plant with water every day.



When your plant grows **too big** for your first small pot, as shown, you might **need to plant it in a bigger flowerpot.**

5



Fill up your new larger pot with soil about three quarters of the way up, as shown above.



Carefully get hold of your sunflower plant from your old pot, and grab all of it (with roots & soil).



Now put your plant into the new larger pot, making sure that you bed down all the roots properly.

You'll have to wait for quite a while (two months) before you see any flowers – but we're hoping that you will see your sunflower showing in June this year!



Justin's Keep Fit / Healthy and Exercising Coaching



Justin will be continuing with his keep fit and exercising instruction for us on Zoom every other week for Monday Club and Wednesday 1st Club, until soon after Easter.

But remember that, to continue to keep healthy and fit, we all also need to watch what we eat (our diet). **For a healthy diet, we all need to try to eat at least five portions of fruit and vegetables every day.** Please keep on writing down what healthy options for food you have eaten, and then tell Justin about them in the future Club sessions when we meet Justin online on Zoom.



Contributions for our next Newsletter



Please send us any stories or photos of anything that you have been doing, e.g., arts and crafts, or baking, or pictures of yourselves enjoying outdoor activities – and we will try to include as many as we can in our next newsletter! All contributions will be welcomed – so please email them or post them to Becky Morgan at the address provided on the last page of this newsletter.

Anyone and everyone can make contributions – club members, volunteers, carers, parents or supporters. Please make sure your contribution reaches us by Friday 11th June.

Donations and Subscriptions to the Club

Following Becky's email about donating to the club during the current Covid-19 restrictions, we have been pleased to receive some generous donations which will help keep us going and allow us to re-launch with lots of activities when we are allowed to do so. If you would like to donate; you can do this on our charity sites online; the links are listed below, and you just have to click on them:



<https://localgiving.org/charity/gatewayoutandabout/>



<https://uk.virginmoneygiving.com/donation-web/charity?charityId=1008807>



<https://www.facebook.com/Bath-Gateway-Out-and-About-297355700455247/> (click Donate button near top of page)

Or you can send a cheque made payable to Bath Gateway Out & About, to Becky at the address provided below. As we said in previous Newsletters; other clubs have continued to collect subscriptions during COVID and several people within our clubs had suggested that we should be doing the same. However, it is of course up to you to decide how you would like to respond and what you feel is appropriate.

Weekly Zoom Meetings

Paul is now very successfully running the 2nd Wednesday Club on Zoom at 7pm. Look out for more information from him and check your junk mail regularly, so you don't miss his emails!!

In the meantime, if you want to know what we have planned for upcoming sessions, check out our Facebook page which is updated weekly.



Don't forget to keep in touch with our Facebook Page. Search for us and give us a like to join in with the chat and to share your photos.

www.facebook.com/Bath-Gateway-Out-and-About-297355700455247/

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