



## Newsletter Winter 2021



### Happy New Year to all our members, carers and support workers

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

- lots of activities to keep you busy, including news about the exciting 'Big Garden Bird Watch'!!
- ideas for getting out and about in a safe way.
- information about support and advice which is there for you and your family and carers
- things to do when you are feeling a little sad.
- healthy, easy to make snack recipes

### 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).

## Help from National Mencap - Staying Active, Keeping Busy and How to Find Help and Support during COVID-19

On the Mencap website you can find lots of information and support and most importantly, ideas about fun things to do and how to stay active and well when we can't go out and about and enjoy all of the things which we normally like to do. It's important to try to stay positive and understand that Mencap are there, online, to help you. 😊 😊 😊

- Activities to help you stay positive and keep busy

<https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19/coronavirus-ways-keep-busy>

### Staying Active, Keeping Well and Having Fun!



There are so many things, other great activities, on the Mencap website which will help you stay active, keep well and have fun!

- **Mencap Sport.** Lots of ideas here for physical activities including lots of things which you can still do safely during COVID-19. All activities which get you up and out and about are good and this includes walking and armchair / wheelchair exercises:

<https://www.mencap.org.uk/about-us/what-we-do/mencap-sport>

- You can also take part in online fitness classes, join in with virtual fitness challenges, get involved with Mencap's 'Round the World' challenge and download 'Sports Cards' which help you start different COVID-safe activities:

<https://www.mencap.org.uk/about-us/our-projects/mencap-sport/round-world-challenge>

## Mencap TV

If you tune in to Mencap TV on YouTube there are lots and lots of great videos to watch which have been made by adults with a learning disability, for, adults with a learning disability:

<https://www.youtube.com/channel/UCSiocetlJtiJvtZkCOxrJ6g>

• **Making, Colouring and Crafting Activities.** There are lots of things to make, colour-in and have a go at here, including:

- Spot the Difference
- Colouring in Cards
- Music Challenge
- Word Search
- Recipes
- Fortune Teller Game



We are going to be talking more about staying active and looking after your well-being between now and the Spring. We will also be talking about health and fitness in our Zoom sessions. So, try to get out and about, in your garden or for walks in the park and try to do something which you find enjoyable every day. Look after yourselves and stay positive!

## Justin's Fitness Sessions



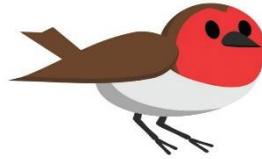
Hello everyone.

My name is Justin and I am really excited to be joining you, Becky and your volunteers at your Zoom meetings to run some fitness sessions. I am really looking forward to meeting you all and helping you to get fit for the Spring. It's going to be such a lot of fun.

Very much looking forward to seeing you soon, *Justin*



## A Wellbeing Idea!!



### Bird Watching in your garden and observing birds in nature

Bird watching can help reduce levels of anxiety, depression and stress by keeping your mind calm, active and entertained. Watching birds and helping to feed and look after them can help you feel relaxed, which in turn helps to reduce your stress and help you stay healthy. We can watch birds in nature, in our own back gardens, in the park, or when out for a walk.

You can even watch the birds from inside your home if the weather is bad. If you hang a bird feeder in your garden near a window in your lounge, you can sit and watch the birds as they come to feed. You will have to sit very still though! If you don't have a bird feeder, you can just put a dish of bird seed outside.

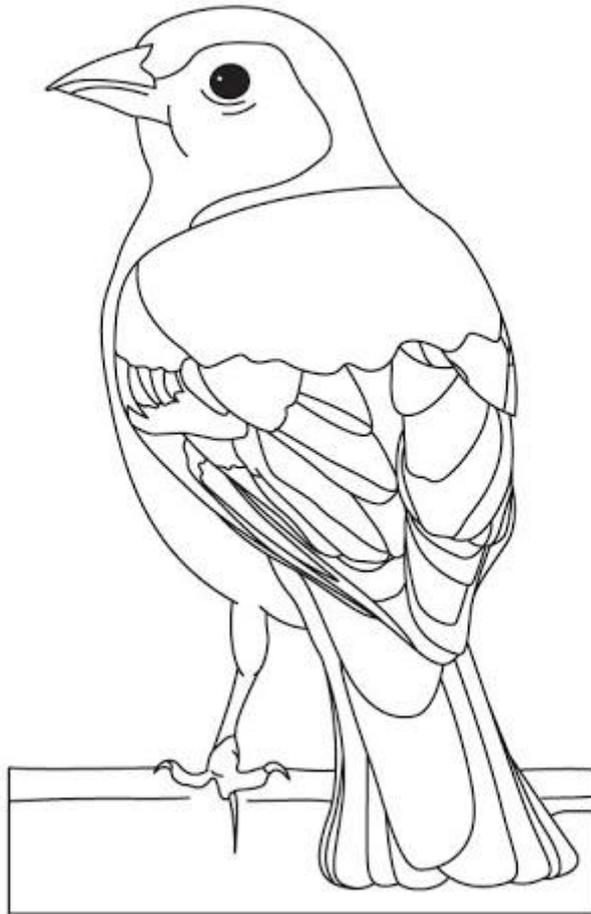
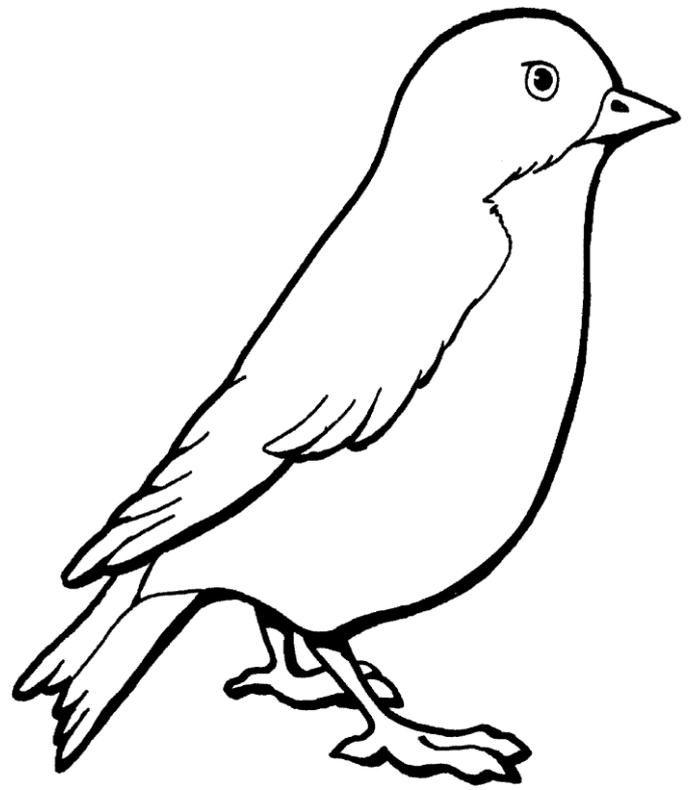
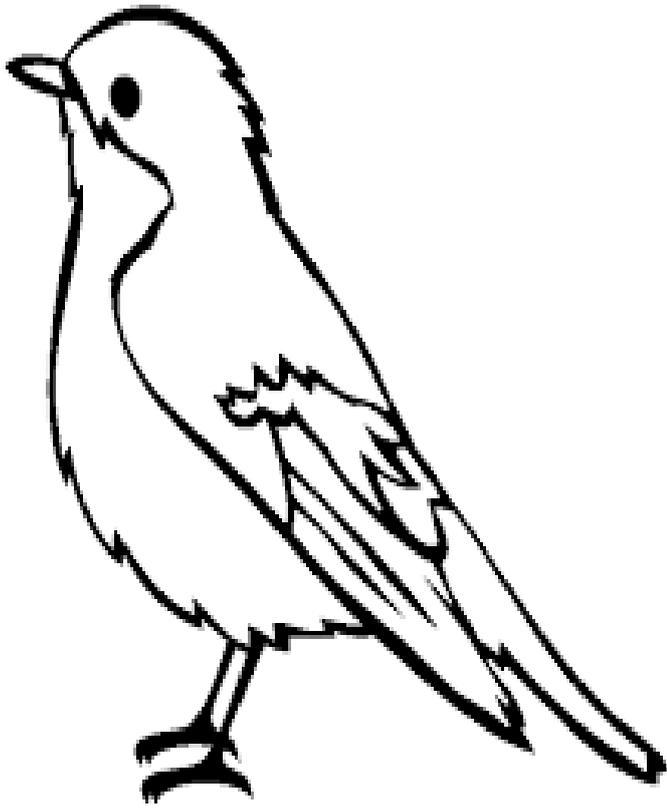
The **Royal Society for the Protection of Birds** (RSPB) website has all sorts of information and ideas about watching birds in nature and looking after and feeding garden birds. You can also find out how to make your own bird feeders and identify all of the different birds which visit your garden. This is a link to their website:

<https://www.rspb.org.uk/birds-and-wildlife/>

This is a link to the '**Big Garden Birdwatch**'. You can register on their website and they will send you a pack to help you get started with watching birds in your garden. Here is a link to the Big Garden Birdwatch:

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>





**We hope you enjoy colouring in these garden birds!**

## How to make a simple bird feeder from an empty plastic drinks bottle

### Stay safe!!

**Don't do this if you are allergic to nuts and be careful with the scissors. Please ask someone in your family, or a carer, to help you make the holes.**

You will need:

- A plastic drinks bottle
- String
- Scissors
- Bird seed
- A stick (like a lollipop stick, a wooden skewer)

**These pictures will help you!**



Cut a small feeding hole in the side large enough to allow the birds to take the seed. Then make a small hole on each side of the bottle so that you can poke the stick through. This is for the birds to stand on when they are feeding.

You can also make a small hole in the bottom of your feeder to allow any rainwater to drain away. This will stop the seed from going mouldy.

Hang it with strong string from a tree or your washing line. Make two tiny holes at the top of the bottle and thread the string through. Remember to keep your feeders well stocked, especially in winter.

## Healthy Snack Ideas

For a healthy diet it is important to try to eat 5 portions of fruit and vegetables every day. Here are some ideas for yummy and healthy snacks. **Please make sure that you have someone else to help you if you are using sharp knives or hot pans and ovens.**

**Before you start, it is important to remember to wash your hands and clean your kitchen work tops.**

### **Cheese and tomato toastie – 93kcalories**

Simply chop the tomato and spring onion, sprinkle them over a slice of crispbread, cover with grated cheese and place under a pre-heated grill for a couple of minutes.

- 1 wholegrain crispbread: 39kcal
- 15g grated 30%-less-fat mature cheese: 47kcal
- 40g tomato: 7kcal
- an optional sprinkling of chopped spring onion



### **'3-fruit' fruit salad – 102kcal**

This is very refreshing and easy to make. It includes tinned pineapple and provides two and a half portions of your recommended 5 A Day.

- 50g seedless black grapes, cut in half: 30kcal
- 50g diced apple: 26kcal
- 100g chopped tinned pineapple in juice: 46kcal



### **Baked beans on toast – 99kcal**

This is the best comfort food for chilly winter days. You can still enjoy it as part of a healthy diet and it makes a great lunch.

- a 22g slice of toasted wholegrain or wholemeal bread: 48kcal
- 60g baked beans: 51kcal
- optional sprinkling of chives



## The Batheaston Baker Boys

Some of you might recognise Harry and Jon in these photos. With the help of their support worker Emma, they have been keeping themselves busy during Lockdown by baking delicious cakes and pies for staff and key workers at Royal United Hospital in Bath. They call themselves 'The Batheaston Baker Boys'. Here they are baking chocolate pie and blueberry muffins. Yum!!

A massive well done to Harry and Jon for staying positive and doing this wonderful thing for our fantastic key workers. We are very proud of you both!!



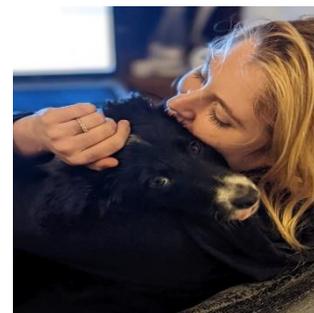
## Layla and Maude

Monday club members will know our lovely volunteer Layla and her gorgeous little dog Maude. Layla has sent us some pictures and news about what they have been doing together for you all to see.



First photo - Maude's first walk. Maude very much enjoyed her very first walk on my birthday. She could hear the swans from the canal and was desperate to have a peek. She is so little that her dad had to hold her up! I don't think the swans would have liked to have met Maude, so it was good that she couldn't get to them.

Second photo - The only thing Maude likes more than walks is distracting her mum whilst she is working from home, by being cute and asking for a snoozy cuddle. Maude then enjoyed celebrating our engagement with a glass of champagne!



**Layla**  
Monday Club Volunteer

## How to cheer yourself up and lift your mood during Lockdown

Sometimes we feel a bit sad and we need to find ways to cheer ourselves up. Lockdown is hard for everyone! Here are some great ways to put yourself in a happy mood when you are feeling sad.



1. Listen to your favourite music, play something that makes you feel happy or put the radio on. Then sing along and have a dance too!



2. Ring a friend or have a Zoom call with people who make you laugh. It is important to still talk and share when we can't visit friends and do all of the things which we usually do to make us happy.



3. Do something nice for someone else. Being kind to others is a great way to cheer yourself up and make you feel better.

4. Go for a walk and get some fresh air, even if the weather isn't very nice. Physical exercise is a wonderful way to cheer yourself up and stay fit and healthy. Remember to take your mask, stay away from busy places and give your hands a good wash when you get home.





5. Think a happy thought. Sit down somewhere quiet and think about times when you have had lots of fun and people or places have made you smile. Think about happy memories.

6. Go into your garden and look at the sky, the trees, plants and garden birds. Getting in touch with nature can help you feel calmer and more relaxed.



7. Play with your pets and cuddle and stroke your dog or cat. This can also help you to relax and feel calm.

8. Play a board game or do a puzzle with someone you live with or in your support bubble. Board games and jigsaw puzzles are a good way to take your mind off things and have some fun.



9. Watch your favourite programme on the television and watch out for programmes which you can sing and dance along to.

10. Do a creative activity that you haven't done before, make something, draw something, paint something. You could then show it at your weekly Zoom meeting or email a picture to Becky to go into the next Newsletter!



**Remember, during Lockdown, we are only allowed to see the people that we live with, or who are in our support bubble. We are not allowed to visit friends or go into other people's houses.**

## 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 said in the last Newsletter; 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 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/](https://www.facebook.com/Bath-Gateway-Out-and-About-297355700455247/)

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