



Newsletter Summer 2021



Happy Summer 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 summer-related activities to keep you busy
- a special summer dessert recipe
- a unique outdoor summer activity

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).

Our Members Have Been Keeping Busy during Lockdown
A big Thank You to you all for your contributions!



Monday Club Member Laura – very happy after completing her puzzle!

And below is a very lovely poem that Laura has written about **SUMMER.**

Summer

Sunrise the dawn chorus of birds singing.

Up in the trees creatures flock and flowers bloom.

Many days are warm and dry.

Moments of fun and laughter echo all around.

Eating ice lollies to keep you cool.

Resting on a beach waves lapping up against the sunshine.



Our wonderful member Georgia after completing her beautiful Faerie Dell puzzle.



Lovely Lauren having so much fun with her karaoke disco deejaying and dancing!



A most wonderful mermaid in the sand, created by Kathryn Elvin.



Ben standing next to his sunflowers – could they be the tallest ones?



Welcoming New Support Team Members



Ruth Adkin – Chair of Trustees



Hello! My name is Ruth, and I am really excited that I have joined Bath Gateway Out and About as the new Chair of the committee. I live in the countryside just outside Bath and I enjoy riding horses, walking, and reading; and I am very much looking forward to meeting all you soon.

Our Board of Trustees is looking for a new **Secretary** - if you are interested in applying, please check out the Volunteers' Vacancies page on our website.

New Volunteers and Team Members



Harvey: Hello everyone! My name is Harvey, you may have spotted me in your Monday/Wednesday club meetings, I am a newbie. I am absolutely loving getting to know everyone and hanging out with you all, the best singers and dancers in Bath without a doubt! I grew up in busy London, and very recently moved to Bath – I miss London, mostly my dog, but I have always loved visiting beautiful Bath, so it is great to be here. My favourite sport is rugby, if the weather keeps up, we should all get out in the sun together when we can and throw a ball around. I look forward to getting to know you all better and seeing you all face to face soon hopefully!



Summer Jokes!!!



What do you get when you cross an elephant with a fish?
Swimming trunks!

Do fish go on vacation?
No, because they're always in school!

Why don't oysters share their pearls?
Because they're shellfish!

What kind of sweets do you get at the airport?
Plane chocolate!

What travels all around the world but stays in one corner?
A postage stamp!

Why do fish like to eat worms?
Because they get hooked on them!

Why should you never blame a dolphin for doing anything wrong?
Because they never do it on porpoise!

Why are fish never good tennis players?
Because they never get close to the net!

Why do fish swim in saltwater?
Because pepper water would make them sneeze!

How can you tell that the ocean is friendly?
It waves!

Summer Puzzles

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

Bee Maze

Help the bee find its way through the maze to the flower.



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



Find the Differences!



(There are at least 18 differences)

Summer Word Search

Find twenty words to do with Summer in the grid below.

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

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

BARBECUE

BEACH

BEEES

BUTTERFLIES

FLOWERS

FRISBEE

HEAT

ICE CREAM

LEMONADE

OUTDOORS

PARK

PICNIC

SANDALS

SHORTS

SUN CREAM

SUNGLASSES

SWIMMING

TAN

VOLLEYBALL

WARM

Quick Recipe: Meringues with Summer Berries!



Before you start, it is important to remember to wash your hands and clean your kitchen work tops. (You can buy all the ingredients in any supermarket.)

INGREDIENTS

- 400ml of freshly whipped cream
- 100g strawberries
- 100g blueberries
- Juice of half a lemon (or a small amount from a bottle of lemon juice)
- Chocolate sauce or raspberry coulis (optional, to add extra sweetness)
- 4 ready-made meringue nests
- 100g raspberries
- 4 tablespoons of caster sugar

INSTRUCTIONS

1. To prepare the fruit simply wash them in water, then remove the green leafy bits from all the berries.
Then add the lemon juice and then sprinkle with caster sugar, and then set the berries to one side.
2. Top each meringue nest with freshly whipped cream.
Then arrange the berries on top.
3. Drizzle with chocolate sauce or raspberry coulis. (Optional).

a b c d e f g

Outdoor Alphabet Challenge!

All members – please go outdoors safely during the summer and see if you can find things whose names start with each letter of the alphabet (A to Z)!

For example, for the letter **A** you might be able to find an **Ash Tree**. >>



Or for the letter **S**, maybe it could be a **Squirrel** on a tree!
<<



Or for the letter **C**, it could be any kind of **Car** (no matter how old or out of date!) – e.g., see the very old Ford **Cortina** car here. >>



But the **main thing** is, we would like you to **photograph** yourself next to the thing you've found, or do a **sketch** or **drawing** of it, and



then please send it to us! (Our email and postal address are shown on the last page of this newsletter.)

We'll be really impressed if anyone manages to find anything starting with the really difficult letters, like **Q**, **X** and **Z**!

And we will be awarding prizes later to all of the members who have found the most things in the alphabet!

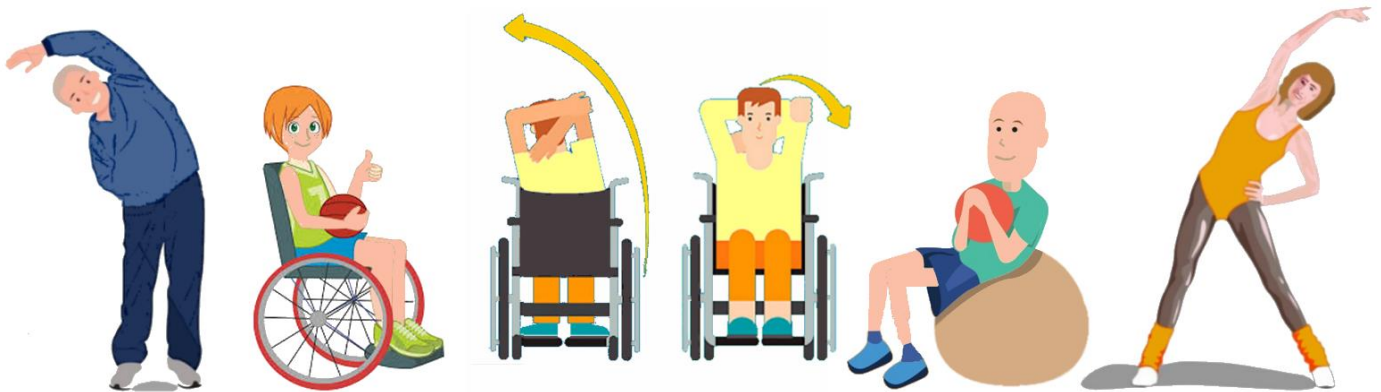
s r q p o n

Fundraising News

**MAGIC
LITTLE GRANTS**



Good News! We have been awarded a £500 **2021 Magic Little Grant**, which will support us in providing **keep fit and exercising** sessions during the rest of this year.



Magic Little Grants are paid via LocalGiving and get their funds via sponsorship from the Postcode Local Trust, funded by players of the People's Postcode Lottery.

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 are welcome to make contributions – all club members, volunteers, carers, parents or supporters. But please can you make sure your contribution reaches us by Friday 3rd September!

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 fun 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 need to click on them:

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

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

 **Find us on Facebook** <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 collecting subscriptions during COVID, and people within our clubs 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

We will still be running our weekly Club get-togethers on Zoom until further notice. Look out for the emails from Becky & Paul, and check your junk mail regularly, so you don't miss any!!

In the meantime, if you want to know what we have planned for upcoming sessions, check out our Facebook page and web site, which are updated with the Zoom info every week.



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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