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December 2016

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# The Heathlands Project

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[www.lbtuk.org](http://www.lbtuk.org)

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Hello!

Welcome to The Heathlands Project festive newsletter. We wanted to share some of the festive activities we've been up to and to take this opportunity to wish you all a very Happy Festive Season and a peaceful New Year.

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## Kitchen

As ever the kitchen teams have been cooking up a storm and they have got a lovely flapjack recipe to share with you so you can have a go at home.

## Festive Flapjack

400g Oats  
200g Butter  
200g Soft Brown Sugar  
200g Honey  
100g Dried Cranberries  
150g Chopped Hazelnuts  
1tbsp Cinnamon

Line an inch deep square / rectangular cake tin. Approx. 8 x 12 inches.

Melt the butter, sugar and honey gently in a large pan.

Add the fruit, nuts, oats and cinnamon and mix well.

Press into prepared tin.

Bake at 180 degrees C for 20 minutes.

Mark out sizes while soft, allow to cool and cut.



## Festive Opening

We will be closed on the following days:

Monday 26<sup>th</sup> December

Tuesday 27<sup>th</sup> December

Monday 1<sup>st</sup> January

## Date for the Diary

Friday 16<sup>th</sup> December:  
Christmas Jumper Day



**Sammy Henderson and Joanne Rudd working on the Christmas cakes**

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If you have any comments or something you'd like included in the next newsletter please email it to [helen.walsh@lbtuk.org](mailto:helen.walsh@lbtuk.org) by January 20<sup>th</sup>.

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## Literacy

The Literacy group have been working on poems recently and have written this lovely poem especially for the newsletter.

### Christmas Begins

Sitting by the fire on Christmas Eve,  
Hanging stockings up above,  
Excitement drifts all around,  
My family here, I feel the love.

Sister drinking wine,  
Brother eats mince pies,  
Mother in the busy kitchen,  
Grandad resting his eyes.

Dad putting presents beneath the tree,  
Lights spark up like a star,  
Fairy perched atop,  
Admired from afar.

Waiting for Santa to arrive,  
Promise of presents due,  
Glass of whiskey in the porch,  
Cookies and carrots too.

Butterflies in the stomach,  
Bells chiming in the night,  
I drift slowly into a dream,  
Children sleep till the morning light.

By Marion Smith, Joy Crosby, Lizzy Kerr, Nigel Hayman, Caroline Thompson, Paul Major and Emma Davidson, Brian Jefferson

## Art and Textiles

The Textiles group have been busy working on a Winter inspired hanging and the Art groups and OCN Art Group have been busy making lots of decorations and making the whole site look festive.

## Maintenance

The Maintenance group have been working really hard keeping the site looking good and safe, more about that in the next newsletter!



**Decorations up in the Art Room**



**Work in progress on Thursday morning Textiles 'Winter' hanging**



**Well done to Heather Dovaston who got a certificate for showing the most improvement in fitness in the Sports and Games group**

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