Hello!!!!

We are all missing you.
Here are some activities to help you keep your mind sharp and help you stay occupied.

Also on the DVD you will find some of Nick’s workouts that you can do to stay healthy, plus some great videos made by members at Heathlands.

Have fun
Easy-peasy Chocolate Cake!

It's great fun bringing you all these recipes, but how do I know they work? Well because while in isolation I'm making them too! With my little helper of course.

This week I wanted to find a recipe that our daughter could do, with the very bare minimum of help from me. So; no weigh chocolate cake it is!

You will need:

Ingredients:

- 1 cup of Self-raising Flour
- 1/3 cup of Cocoa Powder
- 1 cup of Caster Sugar
- 1/3 cup of Butter softened
- 1/2 cup Milk
- 2 Eggs beaten

Equipment:

- Cup
- Mixing Bowl
- Whisk
- Cake Tin
- Grease Proof Paper

Method:

1. Gather all of your ingredients and preheat your oven to 170°C.
2. Melt your butter and measure out your ingredients and put them in a large bowl. There is no need for sifting or sorting.
3. Whisk the mixture well.
4. Line a tin with greaseproof paper and pour in.
5. Bake for 30-35 minutes. Let it cool and enjoy!
Cheats Sausage Rolls

How to make sausage rolls at home - this recipe will make 5-6 sausage rolls depending on how thick you make them.

Ingredients:

- Pre-made puff pastry *
- 6 Sausages you like
- 1 Egg *
- Flour * for dusting
- Optional: black onion seeds or poppy seeds for decorating

Method:

1. Preheat your oven to 190°C.
2. Remember; you should ALWAYS wash your hands before and after cooking. This is very important as you are handling raw meat.
3. Remove the casings from your sausages and whisk the egg in a bowl.
4. Roll out your pastry sheet onto a dusted surface to stop it sticking. Add your sausage meat in a line, leaving enough space to fold over the pastry and egg wash next to it.
5. "Crimp" the edges of the pastry with a fork and cut to desired length. Slit the tops, egg wash and decorate with seeds if you want to.
6. Place on a non-stick baking sheet or line a baking sheet with greaseproof paper. Bake at 190°C for 20 minutes, allow to cool a little and enjoy!
Heathlands Staff - Word Search

andrew
dean
helent
janette
maggie
paula
susan
caroline
donna
helenw
jonny
mike
shaun
thea
clive
eleanor
jane
katherine
nick
spiff
Heathlands Areas - Word Search

artcabin
cafe
conservatory
gardens
ict
kitchen
logcabin
polytunnel
simonsbench
woodlandwalk
Bakery - Word Search

biscuit bread cake
cutter flour mixer
oven pastry pie
prover rollingpin scone
spatula sugar yeast
Heathlands Activities - Word Search

art  baking  boccia
cooking  curling  diy
film  gaming  gardening
ict  literacy  maths
music  photography  signlanguage
textiles  sports  tablecricket
social  walking

Heathlands Activities

Art
Cooking
Film
Ict
Music
Social
Textiles
Baking
Curling
Gaming
Literacy
Photography
Sports
Walking
Boccia
Diy
Gardening
Maths
Signlanguage
Tablecricket
Mike has lost his keys.... again!!!!!
Can you find your way through the crazy maze to reunite Mike with his lost keys?
Colour in this Heathlands rainbow

BE SAFE BE KIND
Colour in this Heathlands Sunflower

This was made from a Rag rug sunflower made in one of our CLAS art sessions at Heathlands.
Design you own Heathlands Chicken sign

If you think you design is amazing, then why not send it to us at Heathlands.

We may end up using your design for one of our actual chicken signs.
Spot 12 Differences

Answers on back page.
Here’s how to transform some old magazines and a bit of cardboard into a beautiful decorative wreath.

**You will Need:**

- Cardboard
- Pencil
- Two plates, one bigger than the other
- Old Magazines
- Scissors
- Glue
- A piece of string or ribbon

**Step 1.**

Use the pencil to draw round the larger of the two plates on your piece of cardboard

**Step 2.**

Place the smaller plate inside the circle you’ve just drawn and draw round it to give you two circles
**Step 3.**

Cut out the circles so that you have a cardboard ring

**Step 4.**

Tie a piece of string or ribbon onto the ring so that you can hang the wreath

**Step 5.**

Select green pages from your magazine (if you want green leaves, you could have any colour) and cut out lots of leaf shapes. Try and make them slightly different sizes.

We made ours by folding the magazine pages in half and cutting half a leaf shape which we could then open out, giving us a more 3D effect.

**Step 6.**

Start gluing your leaves onto the cardboard ring. Tuck them underneath each other and work your way around. We only glued the ends of our leaves so that they would stick up a bit and not be too flat

Work your way all around the ring
Step 7.

Cut some petal shapes and small circles from your magazines to make flowers.

Step 8.

Glue your petals and centres on top of the leaves. Think about how many flowers you’d like and where you’d like them. I put a few on one side.

Step 9.

When you’re happy with the arrangement hang your wreath up and admire your handiwork! Don’t forget to show us how you got on.
Here’s how to make magic pictures, they’re great for experimenting with water-colour paints and they make lovely cards.

You will need:
- Paper
- Water based paints (poster paints or water colours are ideal)
- Paint brush
- Wax candle or white wax crayon
- Water

Step 1.

Use the wax crayon or candle to doodle a design on your paper; I know you can’t see it but don’t worry!
Step 2.

Start painting over your doodle with very watery paint, the wax will resist the paint and your design will magically be revealed! You can use several colours on each piece if you want to.

Step 3.

Let your design dry and then, if you want to, you could make it into a card to send to someone you’re missing at the moment.
Have fun and try lots of different designs, don’t forget to let us know how you get on!

Spot the difference answers…..

Did you find all 12?
Useful Links

If you have access to the internet, here are some useful links.

You will need to type them into your internet browser.

https://www.heathlandscumbria.org/

https://www.heathlandscumbria.org/news.html

https://www.facebook.com/Heathlands.Cumbria/

Also why not try out the new **Heathlands at Home** section of our website!
We will be keeping it up to date with activities, videos, information and useful links to keep you busy while you’re at home.

https://www.heathlandscumbria.org/heathlands-at-home.html