

May 2021



# Activity Pack

from Workbridge



## Super skills!

We've been learning lots of skills at Workbridge.

AND in May we opened the  
NEW Workbridge Shop & Studio.

We can't wait to show you around  
when you come back!





# Gardening

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

BED	GROW	SOIL
BUSHES	HOE	STEM
DEAD	LEAF	WATER
DIG	PLANT	WEEDS
DIRT	ROOT	WILT
FLOWER	ROSE	WORM
GARDEN	SEED	YARD





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



BACON	EAT	OLIVES	PIZZA
CHEESE	FRIES	ONION	SAUCE
CRUST	GARLIC	ORDER	SLICE
DELIVERY	LET'S	PEPPER	THIN
DOUGH	MUSHROOMS	PINEAPPLE	TOMATO



# CRAFTS & TASTY RECIPES

## Lemon Tuna & Asparagus Salad Box



**Prep: 5 mins**

**Cook: 8 mins**

**Easy**

**Serves 2**

A healthy and tasty alternative to a sandwich for your lunch. This new take on a classic salad Niçoise is a healthy salad made from store cupboard cannellini beans, boiled eggs and asparagus flavoured with lemon and fresh basil

## **Ingredients**

2 large eggs

200g asparagus woody ends snapped off and spears halved

160g can tuna in spring water drained

1 small red onion finely chopped

125g cannellini bean from a can, drained

zest and juice of half a lemon

1 tsp extra virgin olive oil

**Tip: Add some fresh herbs like basil for extra flavour or some shaved fresh parmesan cheese.**

## **Method**

### **STEP 1**

Put a pan of water on to boil. When boiling lower the eggs into the water and cook for 5 to 7 mins. Steam the asparagus for 7 mins.

### **STEP 2**

Meanwhile gently toss all the other ingredients together and arrange in a rigid containers. Plunge the eggs into cold water to cool, then peel and quarter. Add the eggs and asparagus to the tuna salad. This will keep in the fridge for 2 days.

## Stuffed Jacket Potatoes



Prep: 20 mins

Cook: 1 hr and 15 mins

Easy

Serves 4

A healthy and tasty baked potato recipe. Easy to follow and great for a hot lunch or dinner

### Ingredients

4 medium size potatoes

100g strong cheddar, grated, plus bit extra for topping

100g sweetcorn

100g diced mixed pepper

A small handful of fresh herbs such as oregano, basil or coriander

**Tip: you can use fresh or defrosted frozen veg**

### Equipment you will need:

Medium mixing bowl, small mixing bowl, spoon, fork, baking tray, grater, oven gloves.

## STEP 1

Heat the oven to 200C/180C fan/gas 6 and bake the potatoes for about 1 hr until cooked and the skins are crispy. Leave to cool completely. This can be done up to 1 days ahead.

## STEP 2

Cut the potatoes in half using a spoon. Carefully scoop out the middle of the potato, leaving the skin unbroken (like a boat). Place the scooped potato into a mixing bowl.

## STEP 3

Using a fork, mash the potato until there are no lumps. Add the cheese, sweetcorn and peppers and mix well. Gently pick the leaves from your chosen herbs. You can tear the larger leaves into smaller pieces. Stir the herbs into the cheesy potato mixture.

## STEP 4

Using a spoon carefully scoop the mixture back into the potato boats. Sprinkle with a little extra grated cheese on top of your filled potatoes and place on a baking tray. Using oven gloves place the tray in the oven and bake on 200C/180C fan/gas 6 for 10-15 mins until golden. Serve with a fresh side salad.

## **Sun Catchers Made from Recycled CD's**

Take a look at this super easy outdoor decoration for you to make and either give as a gift or put in your garden this summer! They are made from old CD's. It's easy and fun to make and adds a bit of sparkle and colour to your garden. They look amazing with the light bouncing off them.

You may need to buy some suitable glue if you don't have any at home and maybe some craft embellishments. You may already have some different coloured buttons at home. Why not get creative with your materials and upcycle as many things from your home: stones, beads, pearls and any other embellishments you can think of.



### **Materials you will need**

Unwanted Cd's or dvd's

Glue (Gemstone glue called Gemtack or clear Gorilla glue)



Craft Gems or rhinestones, sequins, old buttons etc.

Ribbon, bracelet wire or Fishing line



## How to Make Your Sun Catchers:

Apply your glue onto your Cd with a paintbrushes where you would like to decorate it with a small spot of glue and then place your gem or button onto the glue spots.

Or make a design or pattern onto your Cd for example in a swirled or spiral pattern in glue all over your Cd (see photo below) and then placed the gems and buttons in a circular pattern starting at the inside of the disk and working your way to the outer edge.

Simply cover the surface of your cd or dvd with assorted colourful craft gems and buttons.

TIP: you can place your decorations randomly all over the cd or you may want to create your own patterns or design.

# How to Draw a Dog Step by Step

## Step 1 - Draw the Dogs nose



Start by drawing the dog's nose. Draw the top section with a sort of split near the bottom. Add bottom section with just one curved line.

Position the snout so you have enough room for the head above and plenty of room for the dog's body below it.

## Step 2 - Draw the Head



Draw the head starting from the halfway point of the top part of the nose. Make it a little wider towards the bottom and narrower towards the top.



## Step 3 - Draw the Body & Front Legs

To add the dog's legs and body draw two curved lines going from the top part of the nose down to where the feet are as in above picture. Next draw two more curved lines for the inner part of the legs. Then draw the feet and connect the legs with a curved line to show the bottom of the dog's body.

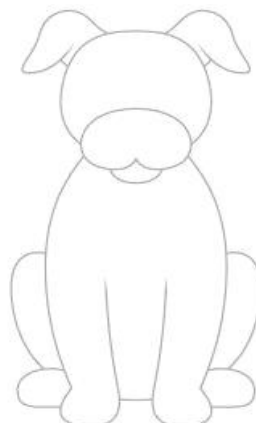
#### **Step 4 - Draw the Back Legs**



Add the back legs sticking out from behind the front legs and body. Draw the upper part of each back leg with just one curved line. They should point slightly away from the dog as they go towards the top.

Next add the back feet as a sort of oval shape with a flattened bottom partially hidden behind the front legs.

#### **Step 5 - Draw the Ears**



Draw the ears with this “^” shape. Make them wide near their base (where they grow from the head) and narrow towards the tips.

### **Step 6 - Draw the Tail & Toes**



For this step draw the tail with just two curved lines and afterwards draw some splits into the feet to show each toe.

### **Step 7 - Draw the Eyes, Nose & to Finish the Drawing**





Finally draw the dogs face. Make the shape of the nose similar to a triangle with rounded corners. Draw the outer part of the eyes starting from the top of the nose with oval like shapes. Draw the inner part of the eyes the same way but smaller. Above the eyes add two small curves for the eyebrows.

Finally fill in the centre of the eyes and the nose with black.

### **Step 8 - Colour your Dog**



You can make the dog any colour you like, in this example brown for most of the dogs body and lighter colour for the nose.

## Lifting UK's Coronavirus Lockdown

Lockdown restrictions are easing further.  
Here is a roundup of what people  
are allowed to do from **May 17<sup>th</sup>** in England.



From Monday, 17 May:

- you can meet who you like outdoors

**30+** 

- but you can't meet people in a group of over 30 people.



- you can choose if you socially distance from family and friends you don't live with

If you want to hug, you can



Restaurants, cafés and pubs will be able to serve people sitting at a table inside.



Other indoor places will also open, like cinemas, children's play areas, hotels and bed and breakfast places.



Some larger outdoor sports and shows will be able to have people watching.



Up to 30 people will be able to go to weddings, funerals and events to remember someone.

## Step 4



If all goes well, step 4 will start on Monday, 21 June.



We hope to remove all the remaining rules that are stopping people from getting together.



Nightclubs will open and large events will be able to take place.



# Staying safe



We won't be able to get rid of COVID-19 altogether.



We will have to carry on:

- washing our hands often
- being careful not to touch our face
- giving people extra space
- letting fresh air in
- getting tested
- getting the vaccine when we can.

## Activities at Irchester Country Park

### Wildlife & Wellbeing

Monday May 24<sup>th</sup>, 10:30am - 12:00 midday



Join the park's nature based sessions for adults with learning disabilities and their carers. Each session will include a ranger led walk, followed by a nature themed craft activity.

Booking essential. Email:

[educationrangers.ncc@northnorthants.gov.uk](mailto:educationrangers.ncc@northnorthants.gov.uk)

Cost: £10.00 per session including parking.

One free carer place per participant.

### Walking for Health

Tuesday May 25<sup>th</sup>, 1:30pm - 2:30pm



Walking is a great way to get fit, explore the country park with one of its rangers and make new friends on a friendly guided walk.

Group size currently restricted to 15 people, with spaces allocated on a first-come-first-served basis.

Booking advised. Email: [educationrangers.ncc@northnorthants.gov.uk](mailto:educationrangers.ncc@northnorthants.gov.uk)