

Peoples Choice Group

6

# newsletter

Staying Healthy and Happy



**Welcome to our new Springtime Newsletter.**

It is all about staying Healthy and Happy. We hope you enjoy it.

If you would like to help us make our next newsletter please contact us.

Our contact details are on the last page.



# Springtime

How to stay healthy and happy

happy  
reading!

## Welcome Springtime!

In this Newsletter, we will give you some **top tips from our members for staying cheerful!** We will share a special **birdwatching quiz** from the RSPB (The Royal Society for the Protection of Birds). We will share **some special diary dates** and explain what they are. If you are a lover of Chocolate, read on because we have a **healthy Hot Chocolate** recipe to share! And a new **Spring Word Search**. And a special **Easter Competition with prizes!**



## Love Spring!

**There are many reasons to love Spring. Here are a few things to think about.**



**More Daylight** - the days get longer and the nights get shorter. So we have more hours of daylight!

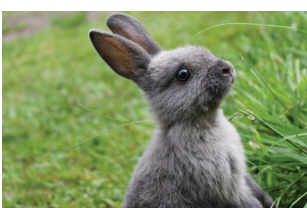
**Warmer temperatures** - on some days!



**Fresh Air** - on warmer days get the windows open

**Vitamin D** - from sun. This keeps our bones healthy

**Flowers Bloom** - look out for the colourful flowers



**Animals** - when Spring is here Animals start to appear again! Some have been hiding during the cold months. Look out in Spring for baby rabbits, lambs, birds and squirrels!



# Staying cheerful!

Top tips from some of our members



**It might be early Spring but it can still be very cold. The weather can change. One day it might be sunny with a bit of heat. And it can actually snow!**

Here are some top tips from our members to stay cheerful in the cold weather.



**Paul** - Smile to make yourself feel better.

And get some exercise outside - like sweeping up leaves.

**Tom R** - Cross your fingers for snow so you can go sledging!

**Tracey** - Go for a walk in the fresh air

**Debbie** - watch out for the spring flower bulbs coming up

**Katie** - have a hot chocolate

**Helen** - wrap up in warm clothes

**Martin** - Have a nice hot brew!

**Liz** - See your friends and go for a walk together

**Leigh** - Have a snow day even if it does not snow!

Sit in front of the fire and put your feet up and get cosy

**Aidan** - get moving. Go for a walk or run in the morning

**Tom S** - Stay warm at home, put the heating on, and get the tea and biscuits out - or come for tea and a biscuit at our Friendship Group!

**Tina** - Hug a whippet! Or your dog, friends or family!





# RSPB Birdwatching Quiz

What is that bird? Colour chart challenge!



	1	2	3	4	5
A					
B					
C					
D					
E					



How did you do? To find out the answers visit:

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/garden-birds-quiz/>



# Spring cleaning

It is good for your health!



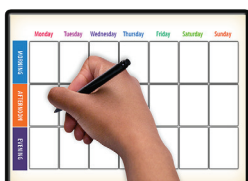
**Did you know that Spring cleaning at home is actually good for your health!**

Yes! A clean home can support your immune system and help you avoid nasty illnesses. Your immune system is all the cells and organs in your body that fight off infections and diseases. A tidy house can also reduce stress and depression as well as help to avoid injuries!



## Some ideas for cleaning at home

- Dust the legs of furniture
- Dust picture frames and mirrors
- Dust tops of lamps and lights
- Wash skirting boards, window frames and window sills
- Hoover all rugs, floors, carpets
- Mop the floor
- Remove cobwebs from curtains and ceilings
- Wash all bedding and blankets
- Take off your shoes at the door to avoid carrying in dirt and dust from the outdoors throughout your home.



Try and do one thing everyday

Make a list at home to share all the chores

### Top tip:

Put on your favourite music to listen to while you clean!



# Special Diary Dates

Awareness Days and what they mean



Our **Friendship Group** in Winsford have been working on a list of **special dates** for this year. They will work on some crafts to celebrate these. We wanted to share their list for the next couple of months. And tell you a bit more...

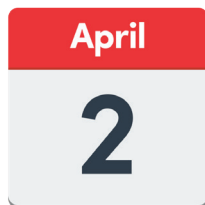


## Saturday 26 March 2022

### World Purple Day - Epilepsy Awareness

Purple day is a time to get people talking about epilepsy, raise awareness of the condition and raise vital funds.

Find out more: <https://www.purpleday.org/>



## Saturday 2 April 2022

### World Autism Awareness Day/Week

Autism is a lifelong developmental disability which affects how people communicate and interact with the world.

Find out more: <https://www.autism.org.uk/>

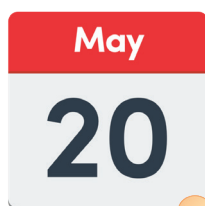


## Thursday 21 April 2022

### National Tea Day

Get drinking your favourite tea and celebrate!

Find out more: <https://nationaltoday.com/national-tea-day/>



## Friday 20 May 2022

### World Bee Day

We love Bees. Did you know that one Honey Bee makes about 1 twelfth of a teaspoon of honey in its life!

Find out more: <https://www.buzzaboutbees.net/how-do-bees-make-honey.html>





# Hot Chocolate

A healthy and quick recipe!



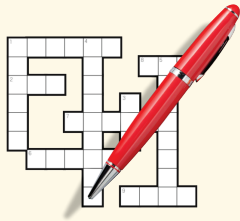
**Hot Chocolate** is tasty in cold weather, or any weather! But the ones you buy pre-packed, **are not full of goodness**. They are made with things called artificial preservatives and additives. These are usually chemicals which are not good for your body. Especially if you are wanting to be **more healthy** and **make good food choices**.



- Healthy Hot Chocolate ingredients:**
- Unsweetened Almond Milk - (enough to fill your mug) (or any unsweetened dairy-free milk of your choice. Like Oat Milk, Soy Milk or Coconut Milk)
  - Unsweetened Cocoa Powder - (try 3 teaspoons) (or Cocoa powder, which is raw chocolate powder. This might be bitter so use more natural sweetener)
  - Honey or Maple Syrup - (try 1 teaspoon) This will sweeten it up to your choice!
  - Vanilla Extract - (try 1 teaspoon) This will make it a bit more special!



All you need to do is warm enough milk in a pan. Get help if you need to measure this. Be careful when using the stove. Mix together all the ingredients and pour into your favourite mug. You could even top it with whipped coconut cream and some sprinkles of dark chocolate or cinnamon. Yummy!



# Spring Word Search

Have a go - how many can you find?

a	s	y	r	e	t	s	u	l	b
s	g	s	s	s	s	u	s	l	a
u	n	p	s	s	m	s	o	s	u
b	i	r	d	e	a	s	e	s	t
c	l	e	a	n	s	s	s	s	g
a	k	r	s	o	t	u	a	e	n
t	c	s	m	s	s	a	s	s	i
s	u	s	s	h	s	s	r	s	r
s	d	e	e	s	t	n	a	l	p
o	u	t	s	i	d	e	u	l	s

**Blustery** winds still happen in the **Spring** / Beautiful Cherry **Blossoms** bloom  
Springtime is a good time to **plant seeds** / **Ducklings** are born / Spring **Clean**  
Make a **Bird** feeder for your garden but keep it away from the pussy **Cats**!



Now for our

# members corner!

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In this Newsletter you will read about our Iris Folding project. You will hear from Martin, Katie, Helen, Liz and Irene. And our special Easter competition!

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The lovely image on our cover is by Irene :)

## Iris Folding

Our crafters at our Friendship Group have been working on Iris folding pictures. It is a craft using folded paper strips. It is a bit fiddly until you have practiced a bit but it gets easier. You just need some card and coloured papers and scissors and sticky tape.

This video made by Craft with Sarah shows you how to do it - ([www.craftwithsarah.com/iris-folding](http://www.craftwithsarah.com/iris-folding))

There are also lots of free patterns on her website so you can choose your own picture. This daffodil one looks nice for a spring card. [daffodil-iris-folding\\_craft-with-sarah.pdf](http://daffodil-iris-folding_craft-with-sarah.pdf) ([craftwithsarah.com](http://craftwithsarah.com))



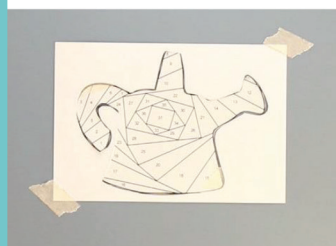
The video shows how to make this watering can picture. The basic steps are -



1) Print your template on plain white paper. Then cut the shape out using scissors.

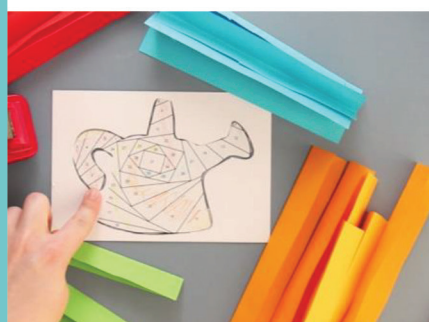
2) Choose a piece of card to be the background of your picture. Turn it over so that the back of the card is facing up.

3) Put the iris folding pattern into the middle of your card and draw round the edge. Cut the shape out of the middle very carefully - you won't be using the shape itself just the window cutout.



4) Use sticky tape to stick the paper pattern to your work surface so that it doesn't move round.

5) Put your cut-out card window on top of the pattern and line it up so that the cut out in the card matches the shape of the pattern. Use more sticky tape to stick the card to your work surface too.



6) Next make some coloured paper strips to make your picture. Thin paper works best. Whatever design you choose will show you how many different colours you need. The daffodil card uses two colours and this watering can uses 4. Your design will also show you how thick the paper strips need to be. You fold them in half length wise so only the folded half shows. So it doesn't matter if your strips have jagged edges where you have cut them out.

**more on the next page...**

You can cut strips of all the different colours you will need and place them on to make this even easier, you can colour the pattern with the colour of the paper strips that you intend to use for each section. You can also colour in the paper in the middle if you want to make it easier to remember where the colours go.

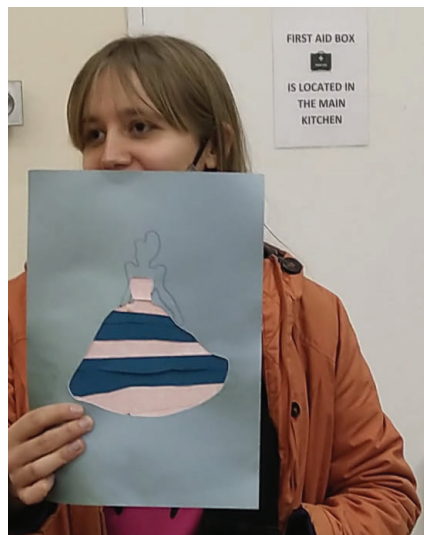


You have finished all the preparation now!

7) Find number 1 on your pattern. Cut a length of the right colour folded paper so that it's just longer than the space on the pattern. Place the paper over the pattern so that the folded edge sits along the straight line next to the Number 1. Use sticky tape to stick the coloured paper strip to the card.

Keep going with strips 2 the 3 till the end. Switch colour when you need to. You will be left with just the shape in the very centre of your card. You can cover that with whatever colour you like.

8) You can trim off any bits of coloured paper that stick out over the edge of your card. Remove the tape sticking your card to the table and turn it over to have a look.



**Some beautiful Iris Folding from Helen, Katie and Liz!**

**We love this red car by Martin!**



**And snowflake colouring by the Winsford Friendship Group!**



IRNO





Irene

# EASTER COMPETITION

## Design an Easter Bag!

Create your design using 5 colours.

Use an A4 page for your design. Do not draw the handles.

The winning design will be printed onto the front of the bag.

Winner will get their bag with an Easter Egg of their choice!

Keep for yourself or give as a gift!

Send designs to us by: Friday 25th March

Email:

[ali.peopleschoicegroup@gmail.com](mailto:ali.peopleschoicegroup@gmail.com)

Mobile (text or whatsapp):

07596 322854



For those with a learning disability, difficulty or autistic spectrum condition in Cheshire West and Chester.



# Thank you for reading!

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Hello,  
We are the  
Peoples Choice  
Group!

We hope you have enjoyed issue number six.

The Peoples Choice Group is for adults with learning disabilities, difficulties and autistic spectrum conditions across Cheshire West and Chester.

Membership is free. We link into the Learning Disabilities Partnership Board meetings to help give people a bigger voice on important issues. We support people to speak up about things that matter to them in their local communities.

We also work to stop people feeling isolated. Our social sessions are running again. Some of these are different than they were before Covid. We are working within government guidelines to keep everyone safe. Please get in touch if you would like more details.

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## **If you would like more information:**

Chester / Ellesmere Port areas  
email [ali.peopleschoicegroup@gmail.com](mailto:ali.peopleschoicegroup@gmail.com)  
or call 07746 422 282



Northwich / Winsford areas  
email [jackie.peopleschoicegroup@gmail.com](mailto:jackie.peopleschoicegroup@gmail.com)  
or call 07596 322854



Please leave a message and Ali or Jackie will call you back.

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The Peoples Choice Group is a project run by See Communications CIC funded by Cheshire West and Chester Council.

**see**  
communications

[www.peopleschoicegroup.co.uk](http://www.peopleschoicegroup.co.uk)  
[www.see-communications.co.uk](http://www.see-communications.co.uk)

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