

Active Learning News

Keeping You In Touch



Adult & Community Learning

Friday 24th April 2020 Issue 3



A warm welcome to all our learners. We want to keep in touch with you, help you stay active and keep learning!



In this edition, we will learn about:

- the benefits of meditation
- taking photos of sunsets
- making a bug hotel
- cooking a pasta dish

And are you ready for the ACL word search?



We want this newsletter to be about you. Let us know what you are doing to stay active at home, Send us your tips, ideas and photos. Email us on:

lucywhittington@warwickshire.gov.uk

COVID-19 THE FACTS



You can find lots of useful information and advice on the Mencap website:

www.mencap.org.uk





Learn from Home



Have a go at Photography

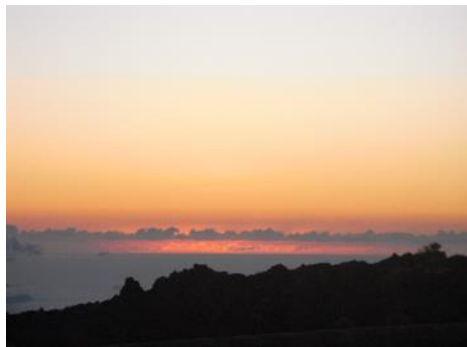
You can take sunset pictures on your phone, iPad and camera.



Here are a few pictures of a sunset that Kelvin took on holiday in Tenerife at Mount Teide.



In your gardens or whilst exercising, we challenge you to take some sunset or sunrise pictures of your own.



Please send your sunset or sunrise pictures in to us and we can put them in a future issue of the newsletter.

Easter Sunday sunrise in Abbey Fields, Kenilworth. Taken at 6.15am by Alison. Someone was up early!



Email your pictures to:
lucywhittington@warwickshire.gov.uk



Into Nature



Make a Bug Hotel



Bugs are very important for:

- pollinating our plants
- eating insects that attack our plants
- providing food for animals such as hedgehogs and birds



You will need: one empty 2 litre fizzy drink bottle, scissors, string.

Plus any of the following: strips of wood, twigs, straw, moss, dry leaves, pine cones, bamboo canes, hollow stems, and any other natural materials you can find.



1. Carefully cut both ends of the bottle off and recycle those end bits.
2. Cut the remaining bottle into two sections.



3. Pack both sections of your bottle tightly with a variety of the natural materials you have collected.
4. Place in a sheltered spot on the ground or tie string around the outside and hang it against a fence or shed.

Watch who moves in!





Cooking Corner



Spaghetti Carbonara

You will need:

175g spaghetti or linguine
 65g diced pancetta or streaky bacon, cut into pieces
 1tsp olive oil
 1 garlic clove, crushed
 1 egg, plus 2 yolks
 25g grated parmesan
 Salt and pepper



1. Boil the pasta, following the instructions on the packet, in a large pan of boiling, salted water.



2. While the pasta cooks, add the oil to a frying pan and fry the pancetta until crispy. Add the garlic and fry for 1 minute before turning off the heat.



3. Lightly whisk the egg and yolks with the parmesan cheese and add some salt and pepper.



4. Drain the pasta when ready, saving a little of the water.



5. Add the egg mixture and 1tbsp of the water to the pasta, mixing until all the pasta is coated. Stir in the pancetta and garlic and serve with the remaining cheese on top.



Delicious



Melissa's shortbread

Melissa has been busy baking, and sent us a picture of her delicious shortbread. Thank you Melissa!



Lucy's sunflower

When she saw our page on planting sunflowers, Lucy decided to have a go, and this is one of her seedlings. I wonder how tall it will get?

Welcome

Come and join us in the Zoom Café!

Every Tuesday afternoon at 2pm, Michelle and Kelvin will be hosting the Zoom Café. Bring a cuppa and meet other learners for a chat! If you would like an invite, email Lucy on lucywhittington@warwickshire.gov.uk



Health and Well-being



How Meditation Can Help You



Meditation is a mental exercise to help you relax, focus and be more aware of what you are thinking. It helps to control thoughts and give a sense of calm.



It reduces pain and helps your immune system.

It slows your heart rate and increases blood



It helps with feelings of depression, anxiety, anger and confusion.



It gives you more energy and relieves stress.

Why not try out meditation using an online video? There's lots around, but one of my favourites is: https://www.youtube.com/watch?v=taxs_vh1xgs



The Islamic holy month of Ramadan begins tonight.

Ramadan is a very important time in the Islamic calendar, and Muslims all over the world will be preparing to take part.

During the month of Ramadan, Muslims won't eat or drink between dawn and sunset. This is called fasting.

Fasting is important during Ramadan as it allows Muslims to devote themselves to their faith and come closer to Allah, or God.



PUZZLE TIME



Amazing ACL Word Search!



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



See if you can find these words:

ART	DRAMA	LIFESKILLS
CAKE	ENGLISH	MATHS
COKE	FUN	MUSIC
COOKING	GARDENING	PHOTOGRAPHY
COMPUTERS	HAPPY	TEA

