

Welcome to issue 11, our final bulletin. We would like to thank all of you who have read these, despite our typos and grammatical errors (!), and participated in keeping them running during the lockdown. We couldn't have done it without you. We have loved seeing what you are doing at home with your families. We wish you all the best as you return to schools and work in September. If you need any support, please continue to call the Helpdesk on 01372 377701 and they will direct your call. Please also remember we have a counselling service available to you all.

## Upcycled DIY Bunting

Now if your sewing skills are not up to scratch, like mine, or you just don't have the time, we have made some bunting from old packaging that would otherwise be thrown out. We have decorated ours quite simply, but you could colour & decorate them any way you please-stickers, photos, fabrics, potato printing etc. and of course glitter!

You will need:

- Old packaging
- String or ribbon
- A hole punch/or skewer
- Scissors
- Paint
- Any other decorations required

1. Draw and then cut out bunting shape from cardboard. We have chosen a simple triangle but it can be any shape you like.
2. Using the first shape as a template, cut out as many bunting pieces as you like from the cardboard you have.
3. Decorate each piece as desired.
4. Put holes in each top corner (take care if using a skewer).
5. Tie each piece together with string or ribbon (you could use one continuous piece of string but the shapes do tend to slide together).
6. Add longer string to each of the end shapes and tie wherever you want to hang them. These are pretty all year round-not just special occasions.





# Simple Strawberry Jam (Soft Set)

This can be made in large or small quantities. Just use the same weight of sugar to strawberries and 1 teaspoon of lemon juice for each 200g of fruit. This can be made with any berries that you have. If using frozen fruit, you will have to boil for a lot longer to reduce the liquid. Given the high temperature of the jam, this may be a recipe for older teens & adults.

## Ingredients

Fresh strawberries (hulled, washed & drained)  
Sugar (same weight as you have in strawberries)  
Lemon juice (1 teaspoon for every 200g of fruit)

## Equipment

Jam jars (reused jars are fine)  
Large saucepan  
Wooden Spoon  
Potato masher

## Method

- Put saucer into freezer
- Sterilise jars (wash well with soap and water and then place on tray in oven at 140degrees for 20 mins).
- Put strawberries into saucepan and squash with potato masher-leave bigger chunks if desired.
- Add sugar and lemon juice and heat gently, stirring with wooden spoon, until all sugar is dissolved.
- Increase the heat & bring to a rolling boil for 7 minutes-stirring occasionally.
- Remove saucer from freezer and drop a small amount of jam onto it-place in fridge for 1 minute.
- Remove and run your finger through it. If it crinkles and is sticky, then your jam is ready. If not, return to boil for another minute or so and retest.
- Pour or spoon into sterilised jars.
- Leave to cool.



## Staff News

Congratulations to Anna Barnes who is now a qualified Habilitation Assistant. She will be joining the CYPS Habilitation team from September, working with Carol Perryer, Senior Habilitation Specialist. We are very sad to see her go from Recreation but I have no doubt we will see her around quite a bit. We welcome Fi Brandford to the role of 11UP Activities Worker. Fi has been with SFS a good few years on the adult team and is looking forward to a new challenge within the CYPS department. Joining us too is Rosie Green. Rosie will work on the recreation team whilst also training to become a Habilitation Specialist. Hopefully you will get to meet them soon!



Drying out Sunflower seeds to eat or replant next year.  
Please follow link [here](#).

We found a simple face mask tutorial using only basic hand sewing.  
Click [here](#) for details.

## Joke of the Issue

Why should you never tell  
jokes about pizza?

*Because they're too  
cheesy!*

## Useful links

[Surrey County Council Single Point of Access SPA](#)

[Thomas Pocklington Trust-School SEN advice](#)

[RNIB](#)

[Look.org-for young people with a VI](#)

[Tom's Life-VI young person's YouTube channel](#)

[Surrey Family Voice](#)





Some of our 11Up Families braved the storms and we managed to get together for a socially distanced walk and picnic when it stopped raining. It was nice to see some familiar faces in person rather than over Zoom.

### 11UP Zoom get togethers

Anna, Polly, and Michelle have really enjoyed seeing our 11UP young people every week on Zoom. We have been truly impressed (and sometimes intimidated!) by your quiz questions. We hope that you have enjoyed seeing each other too. We have all certainly learned a lot about each other and have definitely increased our general knowledge. We wish you all the best returning to your schools, some of which are new to you. We hope to be able to see you at activities over the autumn/winter term, whilst following all social distancing rules. Thank you for all your input and enthusiasm over the last few months.

We have had a request from a GCSE student, Matthew Paul, who is designing a product to assist those with a VI in day to day life. If you would be willing to complete his short questionnaire you can find it [here](#). Thank you.



Look at this map bowl made using our feature in Issue 9. Well done to the Cottrill family. We love it!





# HAB Corner

## “Learn how to identify this bird by its song?”

For our 11th Bulletin I have chosen one our most energetic garden birds...the Blue Tit!

Listen to the Blue Tit Song [here](#)

Here are a few facts you may find interesting:

The Blue Tit is a small, very acrobatic little bird, often known as the “Tom tit”  
It is 11cm from its bill to its tail  
It has a bright blue cap, wings and tail.  
The upper parts are primrose yellow and there may be a narrow black line down the breast. Another black line edges the white cheeks, passing past the eye giving the bird what looks rather like a pair of glasses. The male is brighter in colour than the female  
For food it enjoys peanuts, fat balls, seeds and insects – especially aphids and caterpillars.  
Blue Tits start searching for a safe place to build their nest in January. If you are planning on putting up a nest box for a Blue Tit, it is best to do this in the autumn.  
It nests in tree holes, next boxes or a crevice in a wall. The female collects moss, grass, hair and wool as nesting material and then lines it with her own feathers to make it soft and cosy.  
Early May is an exhausting time for the female – she lays one egg a day (usually first thing in the morning) and can lay up to 16 eggs! This is one of the largest of clutches of eggs of any bird, though most females lay somewhere between 8-15.  
The incubation is about 14 days by the female only. Once hatched, each chick can eat 100 caterpillars a day, so to feed a brood of ten chicks the adults need to find as many as 1,000 caterpillars a day!  
Like many of our garden birds it has more than just a song, it has a call for it's chicks to encourage them out of the nest and an alarm call.  
It stays in Britain all year round

**I hope you have enjoyed listening to the songs of 10 of our garden birds as much as I have! I wonder which ones you have heard in your own garden? It’s a real skill to be able to identify different bird songs and if you have enjoyed it and managed to identify some in your own garden - WELL DONE! Keep it up and see how many more you can learn about to add to your growing list!!**

**Enjoy the rest of the summer!**

**Alison**

## Cooking with Carol

### Chocolate Fudge Celebration Cake

#### Ingredients

250g Plain Flour  
2tsp baking powder  
1tsp bicarbonate of soda  
Pinch of salt  
100g dark chocolate  
3 tbsp. cocoa powder  
100ml very hot water  
175g butter/stork  
250 caster sugar  
3 large eggs  
200ml natural yoghurt (full or low fat)

#### For the icing

100ml double cream  
50g milk chocolate  
50g dark chocolate  
Sprinkles or any kind to decorate, or smarties/ maltesers etc

#### Equipment

22cm spring form cake tin  
Greaseproof paper  
Scales  
Sieve  
Large bowl  
Small bowl x 3  
Wooden spoon x 2  
Electric whisk (not essential)  
Spatula  
Small saucepan  
Knife/spatula  
Serving plate

#### Method

1. Preheat the oven to 160/Fan140/Gas 3
2. Grease cake tin and then line the tin bottom with greaseproof paper.
3. Set a sieve over a small bowl and tip the flour, baking powder, bicarbonate of soda and salt into it. Carefully sift these ingredients into the bowl. Set the bowl aside.
4. Break up the dark chocolate and put it into a large heatproof mixing bowl.
5. Mix in the cocoa powder. Pour on the very hot water, leave for one minute then gently stir with a wooden spoon until the mixture is very smooth and melted. Put to one side.
6. Break the eggs into a small bowl.
7. Put the butter and sugar into a large bowl and beat well with an electric whisk or wooden spoon; gradually add the eggs into the mixture and beat really well until very smooth.
8. Pour the melted chocolate mixture into the bowl and mix well.
9. Spoon in the yoghurt and tip in the flour mixture and mix well.
10. Spoon the cake mixture into the prepared tin ( a spatula may help with this), then spread the mixture evenly so it is smooth.
11. Place the cake into the oven and bake for 55 minutes. To test the cake is cooked push a knife into the centre; if the knife comes out clean the cake is ready. If not cook for another 5 minutes and test again.
12. Remove cake from the oven and place on a wire rack to cool down (it may sink a bit).
13. After 5 minutes run a pallet knife or round bladed knife around the inside of the cake tin and remove the cake from the tin to cool completely.

#### To make the icing

Once the cake is totally cooled, the icing can be made.

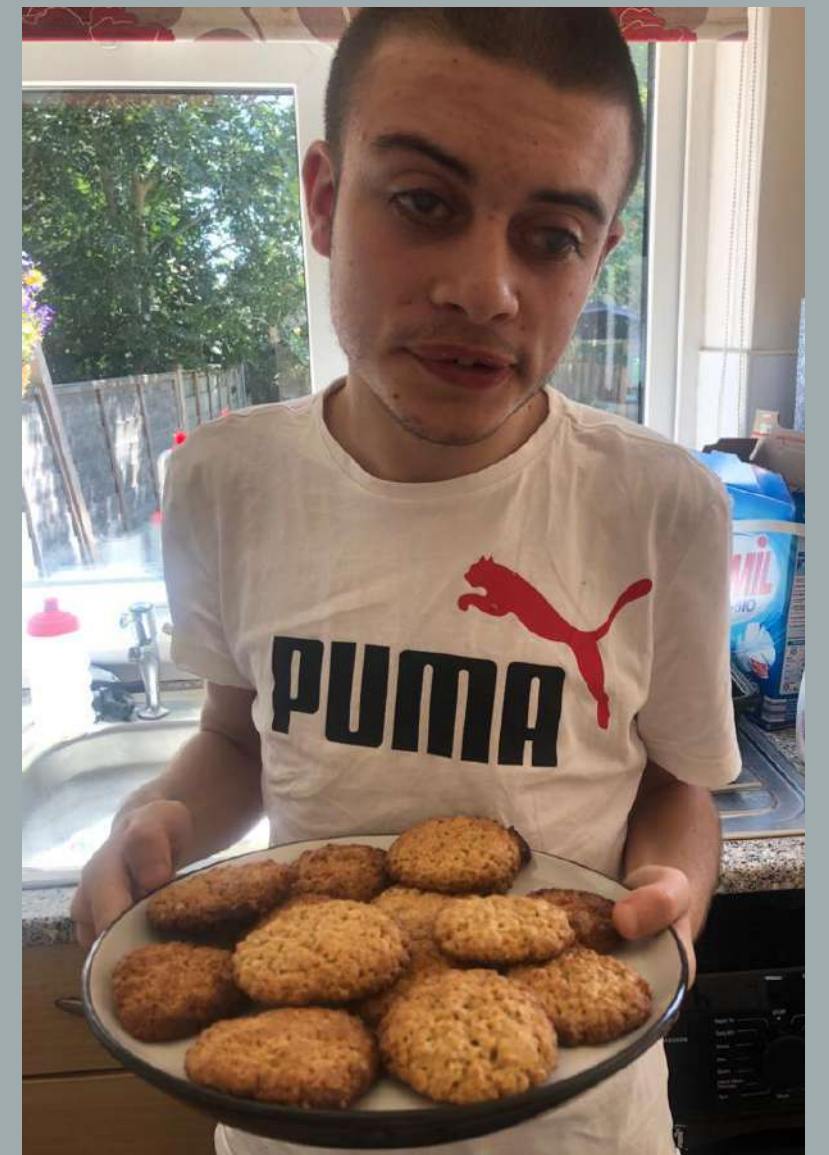
1. Break up the two kinds of chocolate into chunks Place the cream in a saucepan, heat until very hot but not boiling and then remove the pan from the heat.
2. Add the chocolate into the cream, leave for about 2 minutes then stir until smooth. Leave to cool.

#### To decorate

1. Set the cake upside-down on a serving plate
2. Spread the icing on the top and sides of the cake to cover completely use a pallet knife or spatula to help with this.
3. Cover with your choice of edible decorations.
4. Leave in a cool place until it is firm before you cut it. Store in an airtight container and eat in 5 days.



Here are a few of our favourite photos sent by you during Lockdown.







## Message from Children in Need-one of our funders

Being money-smart is a key basic skill for everyone and like so many lessons, the earlier we get to grips with it the better it is for each of us in the longer-term.

This is why we wanted to let you know about BBC Children in Need's exciting new partnership with HSBC UK. They have been investigating the relationship children and young people have with money, and want to help improve their understanding of looking after their finances. Whether it's pretend money, pocket money or wages from a first job, it is so important for children to understand where money comes from and how to look after it.

To help get the message across, HSBC UK have produced three videos for different age groups, all under 12 years old, with engaging stories and fun tasks to support them. The videos use stories to explain the difference between 'want' and 'need', the importance of working to make money, and how to protect yourself, your online identity and your money. As part of our partnership with HSBC UK, we are able to offer these resources to you and our other funded projects.

As well as the videos there are some activities that simply require a pen and paper but there are worksheets attached if you have access to a printer.

There's no obligation to use the resources but if you do, it would be fantastic for us to gain better insight into the needs of children today and how to engage them.

It will only take a few minutes to respond to 5 feedback questions which will be used to shape future resources:

<https://www.smartsurvey.co.uk/s/FinancialLiteracyEng/>

Even if you decide not to use them, it would be really helpful to have your thoughts about them. Please send any feedback before Monday 7th September.

Overviews of the videos and sessions are attached, along with some other resources. They are split into three age groups and to access the lesson simply follow the link in the attachment:

Fairer Tales – is most suited to 4 – 6 years old

Antarctic Adventure – is aimed at 7 – 9 years olds

Fraud – is for older children between 10 – 12 years old.

We do hope that you and the children find them useful and enjoyable. Please get in touch if you have any questions:

Bethany.major@bbc.co.uk

*Please note attachments are in the email sent with this bulletin.*