



## INS, helping in these uncertain times September 2020



### ***Supporting the older community in Stevenage and the surrounding areas”***

When lock down started we all believed it was only going to be for a few weeks; how wrong we were. We have all missed spending time with family and friends, but as we look at where we are now compared to a month ago we can see things are getting better.



We have started our exercise classes and bingo sessions again and even though they are smaller, so we can maintain social distancing, they have brought so much joy to people. To be able to reconnect with each other and spend some time in each other's company has really lifted our spirits.

We are planning on increasing our exercise classes and continuing our bingo sessions until we can reintroduce some more of our social events,. We will also be starting our line dancing classes again, the groups will be smaller and we will be asking people to book in so we can maintain social distancing. We are also having our Men's Club and our 1:1 IT classes back, we will also be starting a Tea and Chat afternoon which will enable our members to meet up with friends in a safe way. So please contact us if you would like to attend any of our activities even if you haven't been along before. Full details of these activities are on the back page.

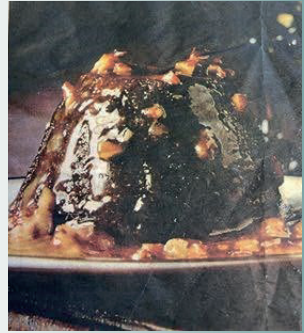


Our remote craft group are doing some fantastic work and we are regularly donating to the Lister hospital who are very grateful, we have some very talented members as you can see from the Twiddle Muffs above!

As always, our priority is our members, and we understand that coming out of lockdown is difficult as it can be confusing to understand what is going on and what we are allowed to do, so do ring if you need anything or just want someone to talk to.



# Recipe: Dorothy's Sticky Toffee Pudding



## Ingredients

175g chopped and stoned dates  
175ml boiling water  
1/2 tsp vanilla essence, 2tsp coffee essence, 3/4 tsp bicarbonate of soda  
75g butter, 150g caster sugar, 2 eggs, 175g sifted self raising flour

## Sauce

175g soft brown sugar, 110g butter, 6 tbs double cream, 25g chopped pecan nuts

## Method

Pre-heat the oven to 180 degrees, gas mark 4.

Put the chopped, stoned dates in a bowl with the boiling water. Add the vanilla essence, coffee essence and bicarbonate of soda and then put to one side.

Using a large mixing bowl cream the butter and then adding the caster sugar beating (preferably with an electric whisk) until the mixture is pale, light and fluffy. Gradually add the beaten eggs a little bit at a time and beat well. Carefully fold in 175g sifted SR flour with a metal spoon. Then fold in the date mixture including the liquid (it will be quite sloppy but that helps with the lightness).

Divide the mixture into 8 x 3in/ 7.5cms oiled ramekin dishes on a baking tray into the oven for 25mins.

Leave then to cool for 5 minutes. Then turn them out on to a large glass heat proof dish.

Make the sauce. Combining the sugar, butter, double cream and pecan nuts in a saucepan heating gently until the sugar has melted and the crystals have dissolved.

Preheat the grill, roughly pour over the sauce, if any nuts are on the top, move them further down to prevent burning for about 8 minutes.

## Craft in our Community

We have such a abundant wealth of talent among our members and they have been busy knitting, crocheting and card making. The knitting is helping not only the NHS premature baby unit but various care homes and local groups. We send out card regularly and are very grateful for the extremely beautiful ones that have been made by our members.

Please get in touch if you would like to be involved in any of our

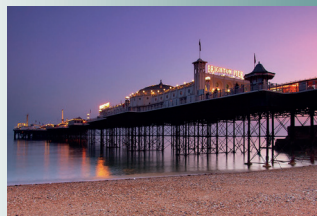


craft activities or would like a pattern to work from or have any other craft suggestions as we are always open to new ideas from our members.

We will be starting our craft workshop back as soon as possible so if you would like to join the group please contact the office and we will put your name down on the list.

# Word Search – Holiday Places

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



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|----------------|--------------------|
| BEXHILL        | LYMEREgis          |
| BLACKPOOL      | MARGATE            |
| BRANCASTER     | NEWQUAY            |
| BRIGHTON       | SKEGNESS           |
| CLACTON ON SEA | SOUTHEND ON SEA    |
| CROMER         | SOUTHWOLD          |
| EASTBOURNE     | ST IVES            |
| GREAT YARMOUTH | WALTON ON THE NAZE |
| HUNSTANTON     |                    |

Can you guess the four UK seaside places in the pictures?

## A Big Thanks to our Amazing Volunteers!

We would also like to take this opportunity to thank our amazing volunteers, they have provided so much support to our members through phone calls, emotional support and even practical support in the form of arranging for shopping to be delivered and bills to be paid.

Since lock down started, we have made over 3000 phone calls to member and we know how much this is appreciated, our volunteers have risen to the challenge and once again been the backbone of everything we are trying to achieve – so a big thanks to all our volunteers.



# Activities During Lockdown

All activities adhere to Government guidelines, social distancing is always maintained and masks need to be worn as required. If you are interested in attending please do contact us and we will explain the procedure and book you in.

## Line Dancing

This is a fun and easy going activities. Due to restrictions we are not teaching any new dances at the moment, we will be line dancing to the ones we already know.

## Tea & Chat

This is temporarily replacing our Tea Dances and Social afternoons. This activities is designed to help members meet up with their friends that they have missed over the last few months. Tea, coffee and biscuits will be served but there will be no live music yet.

## Bingo

Our Bingo afternoons have been a huge success, we have reduced the numbers of people attending but increased the amount of sessions we have so we can accommodate all.

## Friendship Group

This group is for our more vulnerable members, places are limited and there is a waiting list, so please contact us if you would like to attend

## 1:1 IT Classes

We have seen recently how important it is to stay in touch and lockdown has highlighted that many people need to understand technology a bit more. So if you would like help with IT or even your phone, please do get in touch.

## Exercise Classes

Everyone is welcome to this fun class. It is a gentle chair based exercise class for all abilities, you only do what you are comfortable doing.

## Men's Club

A men's only social club, where members spend time with friends playing Poker and Dominos.

## Benefit and Money Advice

Our volunteer is back helping people claim entitlements, save on utility costs and helping ensure our members are in the best financial position they have be in.

## Contact Us

Sherma Batson Centre, 10-12 Exchange Road, Stevenage, Herts, SG1 1PZ.

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