CATTERICK LOCKDOWN

AWS - COMMUNITY SUPPORT

ISSUE:2

Welcome to your weekly lockdown leaflet!

Designed to offer you and your family some fun activities, local information and much more each week.

We may not be able to see you all face to face right now but we hope this leaflet will offer ideas and inspiration to help support you through lockdown!

Got a question or think we can help with anything? You can contact us on **RC-AWS-E-Catterick-CSMailbox@mod.gov.uk** and a member of the team will be in touch.

Community Support Team Catterick

WHO ARE WE?

The Community Support Team is a pillar within the Army Welfare Service

We work with the whole community - families, young people, children, schools and the local authority to provide a range of high quality projects and sessions. **Look out for our newsletter to find out more and meet the team!**

ART & CRAFT

MAKE YOUR OWN BIRD FEEDERS

YOU WILL NEED

- Bowl
- String & Scissors
- Spoon
- A mould/ empty yoghurt pot
- Lard to bind ingredients togethe
- Mixed seeds,
- Nuts (unsalted),
- Raisins
- Hard cheese

Make a small hole in the bottom of your mould or yoghurt pot.

Thread string through the hole and tie a knot on the inside. Leave enough string so that you can tie the pot to a tree or your bird table.

If using lard, allow the fat to warm up to room temperature, but don't melt it. Then cut it up into small pieces and put it in the mixing bowl.

Add the other ingredients to the bowl and mix them together with your finger tips. Keep adding the seed/raisin/cheese mixture and squidging it until the fat holds it all together. This bit can get quite sticky!

Fill your yoghurt pots with bird cake mixture and put them in the fridge to set for an hour or so.

Hang your speedy bird cakes from trees or your bird table.

Watch and wait for the birds to arrive...can you identify some of the birds you find? Check out www. rspb.org.uk for more information about birds and wildlife.

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Army Welfare Service

Need more info? E-mail the team at

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LOCAL WALK

This week we are staying local to the Garrison and taking a short walk through *Bramble Wood, Hipswell Habitat*.

The site is accessible on foot from most areas of the Garrison. If you do need to drive, there is lots of parking along the drive way and behind the Army Welfare Service building. You can find Bramble Wood opposite 1 RMP Unit Welfare Office, behind Army Welfare Service, Richmond Rd, DL9 3AX.

This short circular walk is just under 1 km and offers a perfect opportunity to wander round the woodland if you're short on time. The pathways are fully boarded (damaged in places) so make the woodland pushchair/wheelchair friendly. There are a few unique spots to enjoy as you go. Look out for the face carved in the tree, story-telling seats, musical play equipment and the small stream and bridge...is there a troll underneath?

A short walk can be great to focus on nature. What sounds can you hear? Can you smell anything? How do the seasons and weather affect the plants and trees? Are there any insects/animals you can spot? We've added a couple of checklists from Twinkl below to help you keep track of what you might find on your walk! E-mail us on the address below with your findings!

A little bit of history....

Hipswell Habitat is a nature walk and wildlife area that was established in 2008. A natural habitat for wildlife and nature this is a beautiful area to walk, look out for wildlife, and relax in. Funded by the big Lottery in partnership with Springwatch the woodland was opened up with additional plants, trees and a footpath. Everybody is welcome and the Bramble Wood area is open at all times.

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My I Spy Scavenger Hunt

Before this activity, you may wish to discuss with children the dangers of touching/ eating berries and how to look for small creatures without disturbing/hurting them.

smooth Leaf	spiky leaf	twigs on the ground	rocks
soil	smooth bark	rough bark	nuts or seeds
fruit or berries	red flowers	yellow flowers	white flowers
flying insect	ants	caterpillar	butterfly
spider	web	snail	nest
feather	bird flying	footprints	animal droppings

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My Five Senses Scavenger Hunt

Something smooth	Something rough	Something that makes a noise
Something round	Something yellow	Something that came from a plant
Something that has a smell	Something long	Something man-made
Something soft	Something you can eat	Something red

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TAKE TIME OUT

Self-care during a global pandemic may seem like a difficult task but it's important for our physical, emotional and mental wellbeing that we take time out to take care of ourselves.

There's no definitive list for self-care, the general rule is, do the things that make you feel happy and calm. Each week we will share some of our self-care ideas and inspiration .

Free Writing Exercise

It can often feel like we have too many tabs open in our brain. Navigating our way through another lock down can feel like we're making our way through a never ending to do list.

Journalling can be a great tool to help relieve stress as well as help to organise our thoughts.

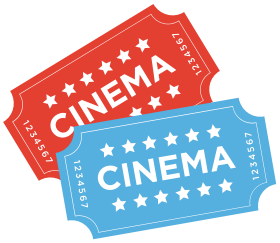
1. Set your timer for two minutes.
2. Put pen to paper and write, do not stop, keep writing!
3. Keep your pen on the paper throughout the set time.
4. Try and make time for this each day.

FAMILY ACTIVITY

FAMILY MOVIE NIGHT

Bring the cinema home by turning your sitting room into a movie theatre for the evening.

1. Decide on your film and create your own cinema tickets.
2. Using cardboard boxes, some tape and coloured pens create your own seating.
3. Getting popping in the kitchen and make your own popcorn, experiment with different flavours such as maple syrup.



THIS WEEK WE LOVE

THE BOY WHO GREW DRAGONS

When Tomas discovers a strange old tree at the bottom of his grandad's garden, he doesn't think much of it. But he takes the funny fruit from the tree back into the house - and gets the shock and delight of his life when a tiny dragon hatches! This is the first book in the series by author Andy Sheperd.

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EASY CHEESE & TOMATO PASTA BAKE

Prep time: 30 mins | Cooking Time: 20 Mins | Serves 4

A simple but super tasty recipe for all the family, add in meat and extra veg or enjoy it as it is.

INGREDIENTS

- 2 x 400g cans chopped tomatoes
- 2 garlic cloves (chopped)
- 1 tsp of Italian mixed herbs
- 1 oinion diced or chopped
- 2 tbsp of balsamic vinegar
- pinch of chilli flakes (optional)
- Few splashes of Worcester sauce
- pinch of sugar
- 2 tbsp olive oil
- Grated mozzarella (optional)
- Grated cheddar (optional)
- 400g penne pasta
- Crusty bread

METHOD

1. Heat the oil in a pan and fry the onion, add a little water if the onions begin to burn, you want them to be golden.

2. Add the chopped garlic, and stir well.

3. Mix together the tomatoes and the sugar then add to the pan with the garlic and onions, bring to the boil and add the Worcester sauce.

4. This is now your basic tomato sauce, depending on how many you are cooking for you can either use it all or freeze some for future meals.

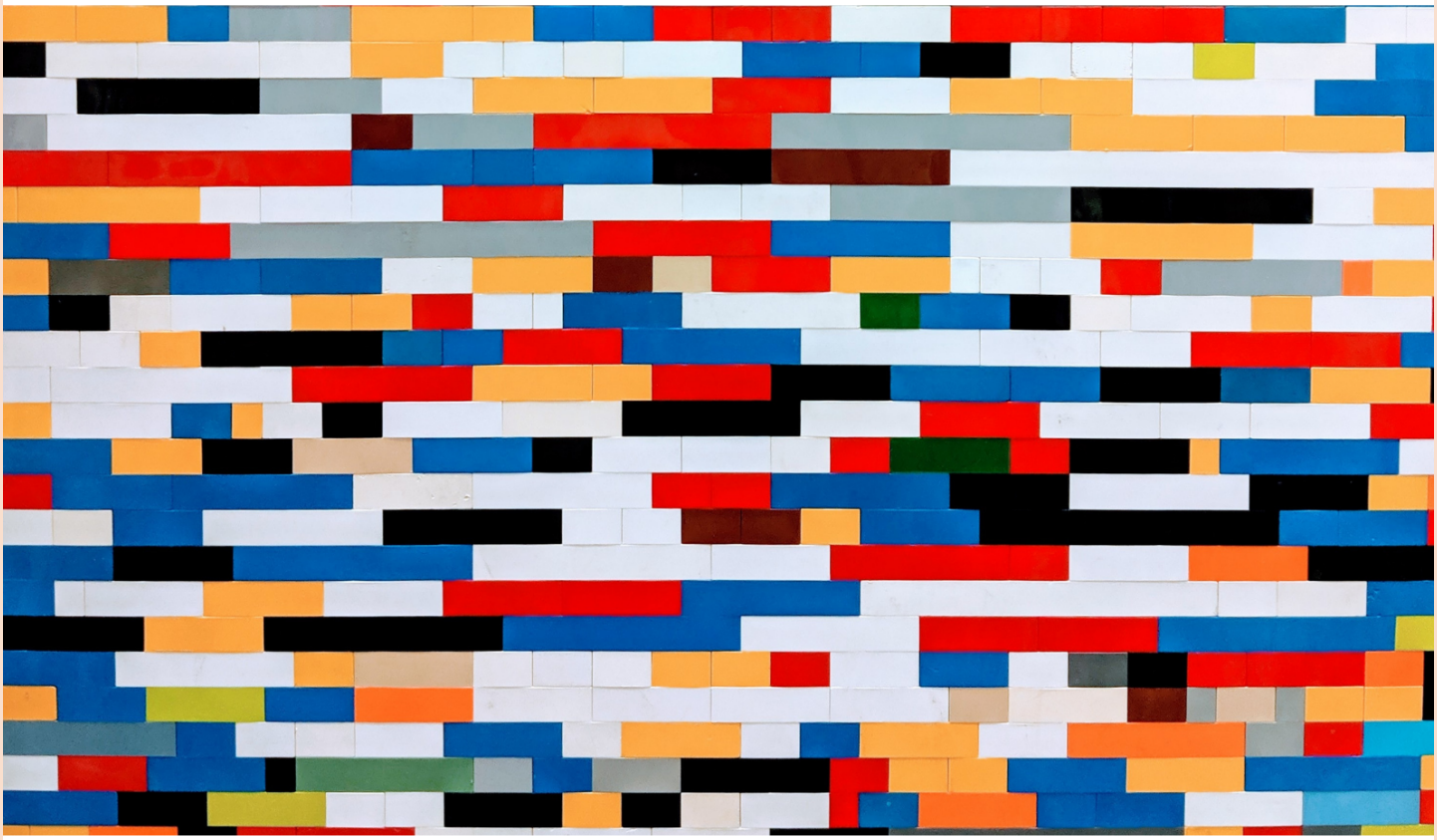
5. Boil your pasta to your preference, once cooked and drained stir the pasta into the sauce.

6. Whizz the crusty bread into breadcrumbs using a food processor or a grater will do. Add to the cheese, sprinkle on top and add some dried oregano.

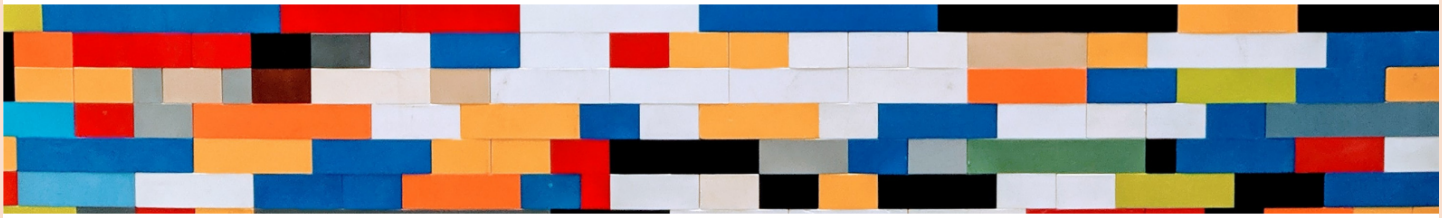
7. Serve with crusty bread, garlic bread or a side salad.

NEW SESSION

AWS BRICK BUILDERS



Join other brick builders and show us your skill via zoom on Thursday's @ 5pm Starting 4th February



For more details or to book your space

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