

February Newsletter

The month of love, friendship and more
importantly pancakes!!

PANCAKE WEEK COOKING SESSIONS

During the week around pancake day we decided it would be interesting to make a multitude of different types of pancakes in the different sessions, with students not only getting the opportunity to make the different pancakes but also to have a discussion about what pancakes are their favourites.

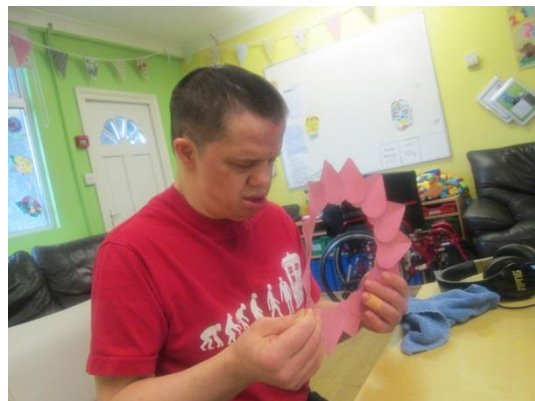
In the different sessions we made French crepes, American pancakes, banana and oat healthy pancakes, chocolate pancakes and we also made spinach and ricotta pancake cannelloni!

The truth is by the end of the week we didn't have a favourite - we loved them all!!!!!!



This is Anthony making French Crepes

The month of Valentines





GROWING FOR LIFE

Once a week the students in the Growing for Life department have been participating in outdoor cooking sessions. So far they have made Jacket Potatoes, Chilli and Roasted Butternut Squash. This is definitely one of those sessions where the students get a great deal of enjoyment through the afternoon and are extremely proud of what they cook. As you can see from Tim's face they definitely enjoy sampling what they have made!





Feeding wild birds as part of our wildlife/nature session

Helping garden birds can be as rewarding for us as it is for them. By using bird tables and hanging feeders at the day centre we can bring wild birds right up to our window!

If like us you like to feed the wild birds below is a list of what you could use.

- Suitable seeds and grains (like nyjer, millet, oats, and sunflower seeds).
- Only feed peanuts if they're unsalted, fresh and sold for human consumption or by a reputable feed shop. To protect chicks from being fed whole nuts and choking, provide peanuts in good quality mesh feeders.
- Cooked pasta or rice, boiled potatoes, cheese, uncooked and unsalted bacon rind, raisins and sultanas.
- Net-free fat or suet balls attract a wide range of species and provide a great boost of calories.
- Apples, pears and soft fruits are popular and are a great autumn food.
- Insects such as mealworms or waxworms.



Access Coffee Morning

Wednesday 14th March

Tea, Coffee & Cake

10.00am – 12.00pm

We look forward to seeing you!

Beautiful handmade Easter gifts for sale

Family Fun Day Caribbean theme Tuesday 7th August

**Tea room, Tombolo, Raffle, Games, Buffet lunch, Ice cream van, drumming group
Featuring a performance by Andy and the Red Hats
Full details will be sent out nearer the time!**



CAN YOU HELP ONE OF OUR STUDENTS?

Georgia attends the day centre one day a week and also volunteers at Brightlives - they are trying to win a share of £1000 - please see the poster below to see how you could maybe help!



Please vote for us at any of the following stores

Mersea Road
Wimpole Road
Old Heath
Harwich Road
Greenstead
Wivenhoe
Rowhedge

Bright Lives Social Enterprise

**WE HAVE BEEN CHOSEN AS PART
OF THE EAST OF ENGLAND CO-OP'S
TOKEN SCHEME**

Visit your local co-op
and cast your vote



We could collect
a share of
£1,000

Have your say when you
Pop to the Co-op

ACCESS CLOSURES FOR 2018

Closed Friday 30th march 2018
Re-opens Tuesday 3rd April 2018

Closed Monday 7th May 2018
Re-opens Monday 14th May 2018

Closed Monday 28th May 2018
Re-opens Tuesday 29th May 2018

Closed Monday 2nd July 2018
Re-opens Wednesday 4th July 2018

Closed Monday 27th August 2018
Re-opens Monday 10th September 2018

Closed Monday 24th December 2018
Re-opens Thursday 3rd January 2019



Essex Care Consortium Ltd are looking for Support Workers, Night Awakes and 1:1 Support Workers to work in their four different Residential Homes. If you know anybody who would like to work with us or if you would like an application form or further information please contact our Head Office on 01206 330308 or 07746603757



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