

## Spring Newsletter



A year ago, on 24<sup>th</sup> of March 2020 we were asked to:



**Stay at home**



**Protect the NHS**



**Save lives**

None of us knew what this meant at first but we soon learned! With total commitment from Helping Hand Homecare, all carers were equipped with their usual PPE but with the addition of: masks, visors, soaps, wipes and sanitisers. This enabled them to keep everyone as safe as possible, including themselves. A year on and carers have received their first vaccine, and will be receiving the second one in April. Nothing has really changed since the pandemic, we are still very cautious, we know COVID-19 has not gone

away, all of our staff will continue to have weekly COVID-19 tests until the Government say that they no longer need to.

Everything will get back to normal, but it will take time. We know from some of you, that you have faced far worse situations in your lifetime and that you have come out the other end stronger than you were. You are the ones that give us the strength to carry on!

We know how difficult it has been, not being able to see loved ones, hug someone, or even hold a hand. We hope that our Newsletter helps us all feel part of the Helping Hand community and as always, we strive to support you all in any way we can.





It is so lovely when our clients want to contribute to our Newsletter as it makes us feel like a Helping Hand community - this is needed now more than ever.

Here is a recipe shared by Mrs HS - we can't wait to try it!



I used to do a lot of baking for my family. Now I live on my own I still enjoy a piece of cake with my cup of tea.

The children and grandchildren used to pop in and help empty the cake tins but COVID has temporarily put a stop to that so I have had to adjust my bakes.

I have several favourite very easy recipes all of which are what we used to call 'cut-and-come-again cakes' i.e. good keepers which don't go stale. Most of them are great with a generous helping of butter on each slice.

Here is one you might like to try -

### Sheila's Boiled Milk Cake



Preheat oven to 160 °c/Reg 2 or 3

Lightly grease 3 small loaf tins (or equivalent)

#### Ingredients

1lb (450g) plain flour

1/2lb (225g) hard baking margarine

1 teaspoon bicarbonate soda

1/2 lb (225g) brown sugar

1lb (450g) dried fruit

1/2 pint (275ml) of milk



Sheila's Boiled Milk Cake continued...

1. Rub margarine into flour.
2. Add all the other dry ingredients and mix in.
3. Bring the milk to the boil and add to the mixture, mix **quickly** and put into the tins.
4. Bake for 1 – 1 ¼ hours until firm and golden brown.
5. Cool slightly before removing from the tins onto a cooling rack.
6. Store in an airtight tin/container.

Slice...butter... enjoy!

Thank you so much for sharing Mrs HS! We would love to hear about any other popular recipes you all have.

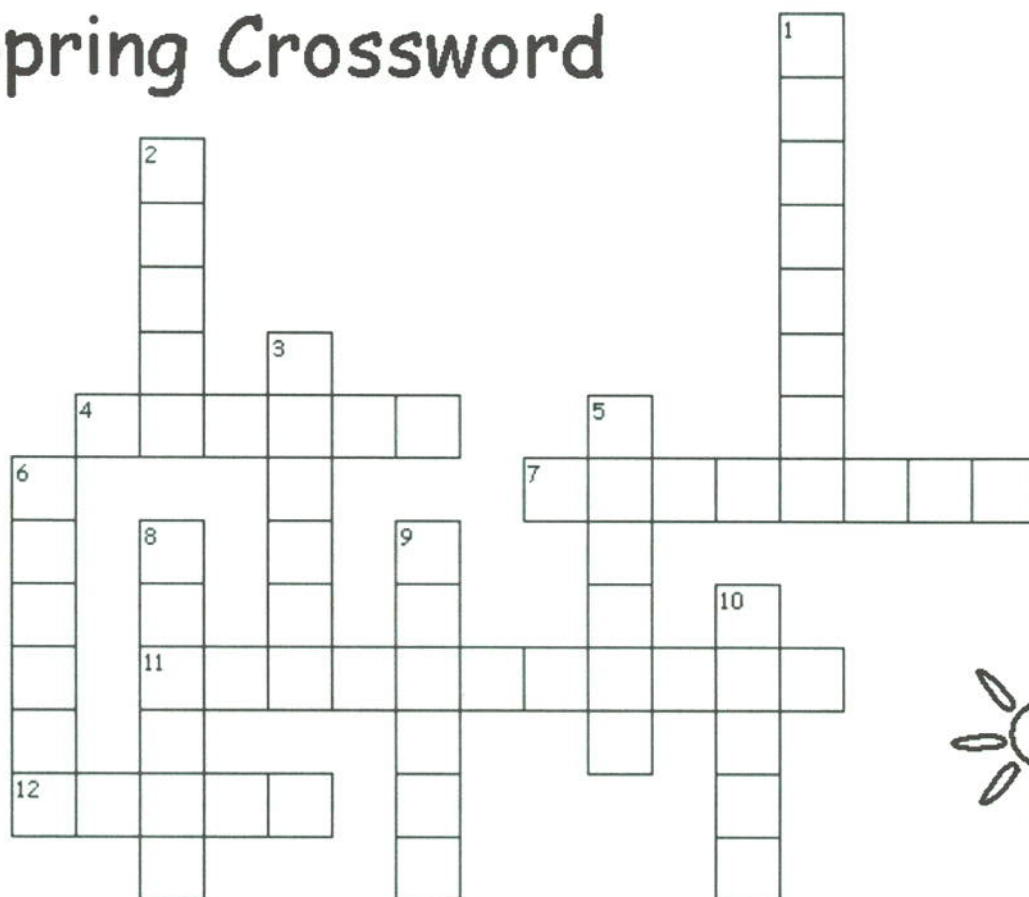
Due to previous popularity, we thought you may enjoy some of the following activities.

4		1	2	9		7	5
2			3			8	
	7			8			6
			1		3	6	2
1		5				4	3
7	3		6		8		
6				2		3	
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Remember to ask our carers if you would like to borrow some books or jigsaws.



# Spring Crossword

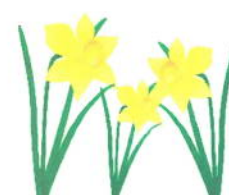
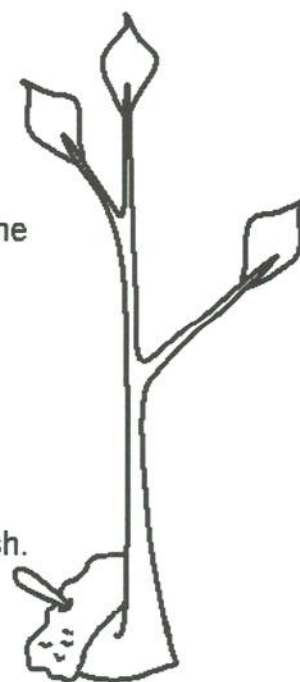


## Across

4. To begin to grow and give off shoots or buds.
7. Baby duck.
11. Larval form of a butterfly.
12. Sow these in the ground in spring to get a harvest in the autumn.

## Down

1. Yellow flower that makes a nice spring bouquet.
2. Dutch springtime flower.
3. Wear this on your head to fancy picnics or parades.
5. A small pool of water.
6. Fragrant bunches of purple flowers that grow on a bush.
8. Wear this to keep warm
9. The season between winter and summer.
10. Break out of an egg.





Our Helping Hand Team (even the camera-shy ones!) feel very privileged to have had our COVID-19 Vaccinations. We are delighted to hear that so many of you are also having your vaccinations too. Hopefully this will be the first step back to some sort of normality and everyone will be able to get out and about again if they wish.

**How many Spring daffodils can you find in our newsletter? Answer on the last page.**



We are continuing with our 'Getting to know you' section as we hear you like to find out a little bit more about our amazing team.



Angie Bolland - Home Care Assistant

**How long have you worked at Helping Hand?**

16<sup>th</sup> December 2019

**What is your favourite book or film?**

Elf, because it is just Christmas and funny.

**Do you have any hobbies?**

Cross stitch, reading, relaxing, chilling out.

**If you were stranded on a desert island what would be your luxury item?**

My dog, because I think the world of him.

**What is your favourite meal?**

Roast dinners, you cannot beat them

**Do you have any pets?**

Barney, my miniature Dachshund



**Which three words best describe you?**

Calm, because I do not get flustered.

Happy (most of the time!)

Considerate, I always put other people first.



Becky Pinfold - Home Care Assistant

**How long have you worked at Helping Hand?**

March 2020.

**What is your favourite book or film?**

Pride & Prejudice, the first book I read over & over again!

Film Dirty Dancing, I knew the full script off by heart by the age of 12!

**Do you have any hobbies?**

Cooking & baking, just love it. Gardening, following after my mum,  
Crosswords, following after my dad and finally reading.

**If you were stranded on a desert island what would be your luxury item?**

A boat so that I could sail away.

**What is your favourite Foods?**

Mexican, I like spicy but fresh tastes.

**Do you have any pets?**

"Chip" my black & white Springer and Chilli" Caramel Shiatzu.

**Which three words best describe you?**

Compassionate, Empathetic, Humorous.

**Anything else that people might be interested to know about you?**

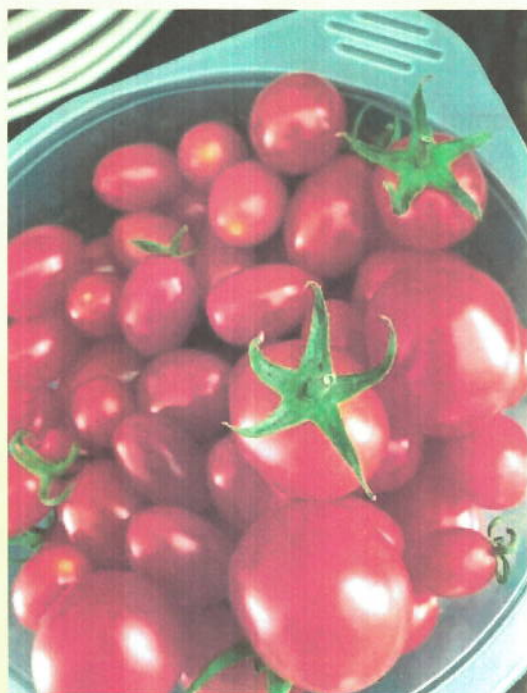
I once served Diana Ross with Tabasco sauce!





Special request from one of our clients Mrs YW - she is wondering if anyone has the recipe for 'Melting Moments' made with Be-Ro flour?

## Tomato Plants



Back by popular demand are the tomato plants grown by our company director. They did very well last year and produced some delicious tomatoes for many of our clients. If you would like a plant this year please let your carer know and we will get one to you. Here are some of the success stories from last year!





# EASTER QUIZ!



Easter Quiz - There will be a 'delicious' prize for our winning entry. If you are our winner, this will be with you just in time for Easter.

Please return your completed quiz on the back page to the office before Tuesday 30<sup>th</sup> March 2021. Good luck!



From all of us at Helping Hand



How many daffodils? answer: 23





### Helping Hand Easter Quiz 2021

Please give this quiz to one of our carers to return to the office before Tuesday 30<sup>th</sup> March - Good Luck.

Name: \_\_\_\_\_

1. Who plays Hannah Brown in the 1948 American musical film *Easter Parade*?

\_\_\_\_\_

2. Where is the venue of the most famous Easter egg roll in the world?

\_\_\_\_\_

3. Easter Island belongs to which country?

\_\_\_\_\_

4. Which country introduced the concept of the Easter Bonnet Parade?

\_\_\_\_\_

5. Which of these ingredients is not traditionally in hot cross buns?

- a) Ginger
- b) Saffron
- c) Coriander
- d) Nutmeg

6. How many Creme Eggs do Cadbury make each day?

- a) 100,000
- b) 500,000
- c) 1 million
- d) 1.5 million

7. On average how many Easter Eggs are sold in the UK every year?

- a) 4 million
- b) 8 million
- c) 80 million
- d) 120 million

8. Which country/countries created the first Easter Egg?

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9. In 1873 which company introduced the first chocolate Easter egg in Britain?

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10. Where did the Easter Bunny legend begin?

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Which is your favourite type of chocolate?

Milk Chocolate

White Chocolate

Dark Chocolate

Thank you for taking part and we hope you enjoyed this little bit of fun.