

12.02.2021

Ideas to Share—Spring in Sight

February and March

February is the month where we see some of the worse winter weather but also see those first signs of spring, with bulbs pushing through the snow to heavily pregnant sheep grazing in the fields, the days are getting longer and the sun when it does shine is higher in the sky so we don't get quite so blinded when driving to and from work.

It's a good time to discuss the Spring months and to find out from your residence what they would like to do in the coming months. Maybe plan out the jobs in the garden and make a list of what seeds you need to start getting, its always good to put a list up in reception or on your Facebook page and request seeds & soil to be donated by friends and family. We have a Get Growing Kit (HBGG) and also a Winter Vegetable Kit (WVGK) or Aromatic Herb Kit (AHGK) with all you need in there to get you started.

I hope you have all had fun celebrating Chinese New Year, Valentines Day & Pancake Day. Did anyone try any savory Pancakes, or hold a Pancake Tossing Race? Let us know if you did. As you are more than likely to have had these events covered, I did stay clear of them and thought I would instead cover St Davids Day preparations with you as this falls on the 1st March.

Decorate for St David

Clay dragons

Make these lovely glitter hanging dragons and place around the home, or get a coat hanger and tie them at different lengths to create a hanging light catcher.

Roll out the clay, cut the dragon shape, you can score the clay for an eye, wings and claws, make a hole where you are going to hang them and then leave to dry. Once dry paint with the glitter paint or your own decorations, attached the hanging ribbon or twine and hang. I have put together a kit to make it easier for you if you do not have any of the items needed.

Code: SDDD - £24.99

1 x 1kg Air-Dry Clay, 4 x Glitter Paint (Red & Green)

1 x Hanging Ribbon, 1 x Dragon Cutter



All about Wales Collage

I saw this once when I went in to a Care Home and took a picture of it and am glad to share it with you. You will need someone that is good at drawing dragons! If you need any extra pieces for it I have listed the items we stock that will bring this lovely piece together. Also attached is a few stencils for you to print off and use.

Green Card – ART230

White Card – Art28

Red Card – ART229 – (or you would use red table clothes and cut them up – REDTC

Pearl Paint – set of 5 – P5PP

Mirror Card - ART93

Glitter Paint – 4Pk – XGPS4

Small white pom-poms - XMS13

Tissue Paper – CTP

Foam Sheets – 40pk -Art15



Feast for St David

A warming recipe for your celebrations is Cawl, a Welsh Stew made with lamb and root vegetables and slow cooked until tender and then served the next day! A good one for the residence to help prepare all the root vegetables.

Ingredients

Serves: 4

1.8kg (4 lb) lamb neck or chops (I use a mix of both)

salt and pepper to taste

4 white potatoes, cut into large chunks

2 carrots, cut into large chunks

1 parsnip, cut into large chunks

1/2 swede, cut into large chunks

2 leeks, sliced (green and white parts)

1 to 2 vegetable stock cubes, to taste

Put in a slow cooker and leave to stew – easy.



Celebrate for St David

Have an afternoon tea with these lovely Welsh Cakes – have a Bake Off Challenge. Recipe attached. Then have a sing and dance with Tom Jones, follow the link to YouTube and see Tom's live Glastonbury 2018 appearance -

https://www.youtube.com/watch?v=WUVmW0sgKYU&list=RDWUVmW0sgKYU&start_radio=1&t=132

Then to finish off your day, have a quiz night based around Wales. Look up pictures of famous Welsh Celebs like Charlotte Church, Sir Harry Secombe, Ruth Jones, Richard Burton, Catherine Zeta – Jones, Shirley Bassey, Ryan Giggs to name just a few. Name a famous landmark, see how many can be named. You can do these games just sat round relaxing and passing a leek – as you pass the leek you have to say the name of the celeb or landmark or anything related to Wales – even Gavin & Stacey passes, see how long it goes on for. It will make a few smiles that's for sure!

Enjoy your weekend, keep safe, keep warm and keep smiling. 😊

