



ORCHARD PLACE WORKSHOP NEWSLETTER

ISSUE 29

MAY

2011

SOMETHING NEW FOR YOU IN BROMSGROVE

In this time of cutbacks and cost cutting it's nice to hear of a success story about a service actually expanding, and one that's available to the whole community.

Epic (a Community Interest Company) was set up in 2008 to 'empower people within communities to influence and engage in the better delivery of public services.', and has recently been awarded a grant by Worcestershire County Council to provide a broader range of services.

Based at 'The Trunk' in Humphrey Avenue, Charford they provide a valuable service to the community offering Courses ranging from IT to First Aid to Nail and Beauty. Also available are several community groups such as older persons, youth club, Job club as well as

promoting volunteering opportunities. For those wanting to get fitter and healthier there is a 'Stop smoking' clinic, as well as 'Healthy Lifestyles'.

Recently opened is the 'Starlight' Internet café, where you can rent the use of a computer, or just enjoy the wide range of food and beverages on offer. And for those who like more traditional pursuits the mobile library visits

once a month.

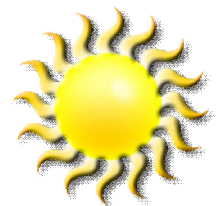
You can also make an appointment to see a representative from the Citizen's Advice Bureau.

If you want further information about any of the activities mentioned you can call them on 01527 878722, or see Steff in the Assembly workshop.



Bank holiday

The Workshop will be closed on
MONDAY 30TH MAY



Have fun!

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DAYTRIP



Friday 5th August 2011

See Deb or Steff in the Workshop for more details and to book your place.

HAVE YOUR SAY!

Have you got something to say, or want to have something included in the next issue?

(Due JUNE 14TH 2011)

Contact

Steff or Marlene by

Email:-

stephanie.spencer@worcsmhp.nhs.uk

Telephone:- 01527 488738

Or use suggestion box in the Corridor by Assembly.

Looking After You

GOOD MOOD FOOD

ASIAN PORK LETTUCE CUPS

Supplied by Steff Spencer

Serves 4

INGREDIENTS

Sunflower oil or Frylight spray
250g (9oz) lean pork mince
3 garlic cloves peeled and finely chopped
1 red chilli deseeded and finely chopped
1 tbsp fish sauce (nam pla)
1 tbsp dark soy sauce
1 tbsp caster sugar (or sweetener)
5 spring onions
8 fresh mint leaves



To serve

2 baby gem lettuces separated into leaves
Thai sweet chilli sauce
Juice of 1 lime

METHOD

Heat the oil in a large frying pan over a high heat, add the pork mince and fry for 2-3 minutes or until the mince is tender, breaking the mince up with a spoon as it cooks.

Add the garlic and chilli and fry for a further minute,

Add the fish sauce, soy sauce and sugar/sweetener and stir through, frying for another minute until you have a good colour on the meat.

Finally add half the spring onions, mint and the lime juice and fry for 1-2 minutes until the spring onions are just tender. Remove from the heat and allow to cool until just warm.

Place 1 heaped tablespoon of the aromatic pork in each baby gem lettuce leaf, top with a drizzle of Thai sweet chilli sauce and a garnish with the remaining spring onions and mint.

Mental Health Awareness

Week
23-30 May
2011:



Every year the Mental Health Foundation works with the public and organisations across the UK to raise awareness of mental health and wellbeing.

This year, their year-long campaign is **Sleep** and this month sees the centrepiece of the campaign during **Mental Health Awareness Week**.

An important topic for everyone, they will be delivering talks, contacting GPs, schools, universities and local authorities, as well as releasing information through their wide **Facebook** and **Twitter** followings to raise awareness about the importance of sleep to good mental health.

There are four main factors that affect the quality of your sleep:-

HHealth
Environment
Attitude
Lifestyle

To read more or to access their free resources including our **Sleep Matters report**, a **Pocket Guide to better sleep**, **Personal Sleep Diary** and a **Sleep Relaxation MP3**, please visit their **website**.

www.mentalhealth.org.uk

CLASSIFIEDS

SALES

WOOD for burning £2.50 for 10kg. See Assembly workshop

GREETINGS CARDS Personalised for anybody and any occasion. See Deb or call 01527 488738

PICTURE FRAMING. Made to measure 1000's of combinations. See Steff in Workshop or call 01527 488738


BIRD BOXES, FEEDERS AND TABLES. Finished to your specification. See Rick or Conrad in the Wood Workshop or call 01527 488701

WANTED

White toilet cistern and White wash basin.
Wanted Contact Denise in Card Making
01527 488738

HA! HA!

VINCENT VAN GOGH AND A MATE ARE DRINKING IN A PUB, Mate says "What do you want Vinnie?" Vincent replies "It's ok ta, I got one 'ere"

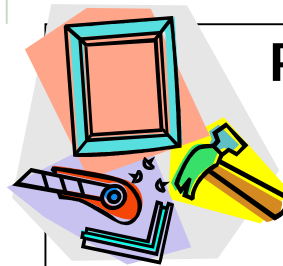


SWAPS

HAVE YOU GOT SOMETHING YOU COULD SWAP? Advertise HERE

FREE

MENS SHOES—Black size ten and a half. Free to good home! See Steff or Deb in Assembly.



PICTURE FRAMES AND MIRRORS

Made to Measure
Thousands of combinations of frame and mount available to YOUR specification.

ASK FOR MORE DETAILS

Call Steff on 01527 488738



ORCHARD PLACE GOLF TOURNAMENT

Open to all levels of players (stroke handicap to match your skill level)

Clubs and balls supplied

At Studley Pitch and Putt with award presentations at The Railway Pub after.



Date to be decided, please register your interest on Poster in Assembly workshop

£3.50 entrance fee

Winner receives a specially commissioned Trophy, with cash prizes for the top three.

HAVE YOU GOT A LOG BURNER, OPEN FIRE, OR CHIMINEA?



PAPER BRIQUETTES FOR SALE



made in Orchard Place Workshop from Recycled paper

ONLY £1.00 for 10

FIREWOOD FOR SALE

ONLY £2.50 FOR 10kg

SCRAP WOOD— WHILE STOCKS LAST.

ASK IN THE ASSEMBLY WORKSHOP FOR DETAILS

Unique hand finished

FATHERS DAY

From Only **CARDS**

£1

100s of styles to choose from See Debbie in I.T.U



FATHER'S DAY SUNDAY 19TH JUNE

REMEMBER, THIS IS YOUR Newsletter!

We want to include any news and information, that is relevant to you and your time here at Orchard Place.

That includes Forthcoming trips and meals out, Courses that will be coming up, shutdown dates, plus upcoming interesting articles or TV programmes, jokes (clean ones!), cartoons, poems, short stories, items for sale and anything else you think would be of interest.

If you have something that could be included in the next newsletter, or would like to be involved in the compilation or printing of it, see Steff or Marlene for further information.

Just for fun!

'Race for Life' WORDSEARCH

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

WORDS TO FIND GOOD LUCK!

- BACK SIGN
- CANCER RESEARCH UK
- CHALLENGE
- CURE
- DONATION
- EXERCISE
- FUNDRAISE
- JOG
- LADIES
- PINK
- RACE FOR LIFE
- RUN
- SPONSOR MONEY
- SUNSMART
- SUPPORT
- TESCO
- TRAINERS
- TRAINING
- TUTU
- WALK
- WATER