

J U N E 2 0 2 0



RIVERSIDE ACTIVE LIVES NETWORK

Promoting independence for people with physical and sensory disabilities



To our Members, Families and Friends of Riverside Active Lives Network

Hello everyone

Some three months down the line from when the centre was last open, I know that you will be all wondering when we can once again open our doors.

The government are slowly allowing us all a little more freedom, but unfortunately they have not yet given the go ahead for day centres to reopen. The main reasons I guess are connected to potential medical difficulties and of course social distancing.

We are continually looking at ways of adapting how we do things to allow us to open safely as soon as we possibly can, but until we receive firm guidance that it is safe to do so, we will I am afraid have to wait a little longer,

I know from speaking to some of you that you are missing your friends and are extremely bored and we all share in these frustrations with you.

Continue to stay safe and please be assured that you will be the first to know when we have some exciting news to share!

TAKE CARE, STAY ALERT AND BE READY !

If you are struggling to get food or medication deliveries please contact the below number...

**GRAVESHAM
BOROUGH COUNCIL:**

01474 337070



CORONAVIRUS ADVICE 

Stay at home for 7 days if you have either:

- a high temperature
- a new, continuous cough

Use the NHS111 Coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

Do not come to the hospital - follow the above advice

Getting your essentials...

Stay connected...

Gravesham Community Essential Shop Box

Each box is just £25.00 and includes: Pint of milk, 6 eggs, freshly baked loaf of bread, 2 large chicken breasts, 4 large butcher's sausages, 250g steak mince, 1 packet of sliced cheddar (10 slices), 100g of butter, 1 packet of shortbread, tea bags, sugar and a selection of seasonal fresh fruit and vegetables. Free delivery.



For telephone orders call Melanie on: 07768712973

Morrisons

Morrisons are still offering next day delivery on their food boxes, Ranging from £22-£45 They also provide recipes inspired by the contents of your chosen Box.

<https://www.morrisons.com/food-boxes/boxes>

or you can call **0345 611 6111**

Broadditch Farm Shop

Are doing contactless free deliveries of various different produce. Ranging from food boxes to more specifics meats, breads and vegetables.

<https://www.broadditch.co.uk/orders-for-delivery/#>

or call 01474 834161 to place your order



Lots of people are finding the current situation difficult, so staying in touch could help them too

GROUP VIDEO CALLS:

Zoom: App for Smart Phones or online. You can invite as many callers as you like for 40mins.

<https://zoom.us>



Talk about your worries

It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too.

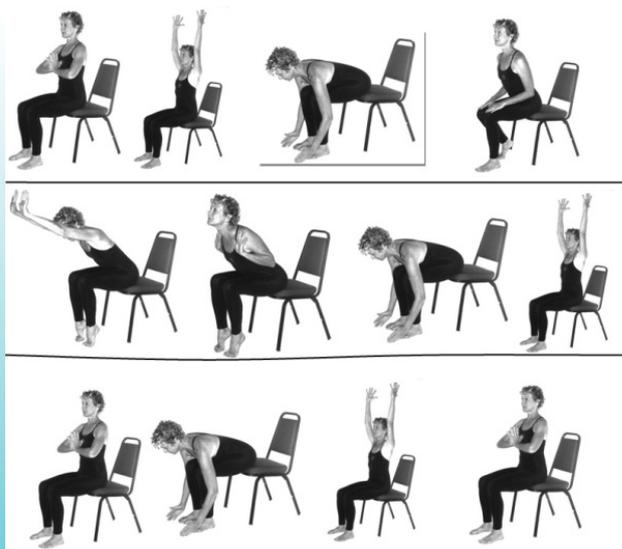
If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try instead

Samaritans: Phone: 116 123 (free 24-hour helpline)

Mind: Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Look after your body





Kristine's Kitchen



1. When you fancy something sweet but don't feel like doing any serious baking.
 - Preheat your oven at 180°C
 - Take a few slices of bread (preferably white thinly sliced), spread butter or margarine thinly on both sides and put them on a baking sheet.
 - put some topping on your bread slices, this can be slices of peeled cored apples or pears, chopped fresh rhubarb, or even slices or pieces of any tinned fruit you've got at home.
 - Sprinkle with sugar (brown sugar adds some more depth to the flavour, but white sugar also works well) and cinnamon.
 - if you feel adventurous you can pour a tablespoon of crème fraiche on top of each slice. I leave it to your own discretion though.
 - Place the baking sheet into the preheated oven and bake at 180°C for 10-15 min or till they are slightly golden but not burned! The temperature and time is only a guide, different ovens may perform differently!

Savoury Salad.

In Latvia we eat a big variety of savoury salads - the ones that taken with a slice of bread and a hot drink can replace a meal.

While most of them would seem a bit too unusual for you I will share a few ideas that you may actually feel like trying (i hope)

I've seen pasta salads here and what they basically are is cold pasta and either tomatoes, ham or tuna. Plus olive oil or mayo.

I want to encourage you to think what else you can add depending what you've got in your fridge or cupboard to add variety and cut on food waste. Here are some ideas -

- broccoli or cauliflower florets;
- tinned garden peas or sweet corn;
- small cubes of cocktail sausages, cooked chicken, prawns, cheese;
- small cubes of sweet pepper, sliced olives, capers.
- don't forget the fresh greens, it's not just basil you can add to your pasta salad, try also parsley, dill, chives, cilantro, lettuce, spinach, young pea shots, young beetroot leaves, baby spinach, rocket - any you have bought or grown.

And last but not the least, try making those savoury salads by using cooked rice, couscous, quinoa or even pearl barley instead of pasta. Give it a try you might discover a new combination of flavours you will enjoy!



Find us on Facebook.....

Riverside Active Lives Network @RALNKent

Please give us a LIKE and feel free to Share also



Send us pictures, videos or messages of what you are up to, and we can re post them for everyone to see ☺

If you do any shopping on AMAZON please use this link



<https://smile.amazon.co.uk/ch/1158529-0>

or you can find the link on our Facebook page.

0.5% of all purchases are donated directly to us.



And if you shop at Co-op...

Become a Co-op Member

To get involved in the next Big Co-op Payout, sign up to become a member for £1 and choose a local cause to support in your community.

You'll also get 5% of what you spend on selected Co-op branded products and services back to spend on your next shop.

Please choose Riverside Active Lives Network, and 1% of your shopping gets donated to us. ☺

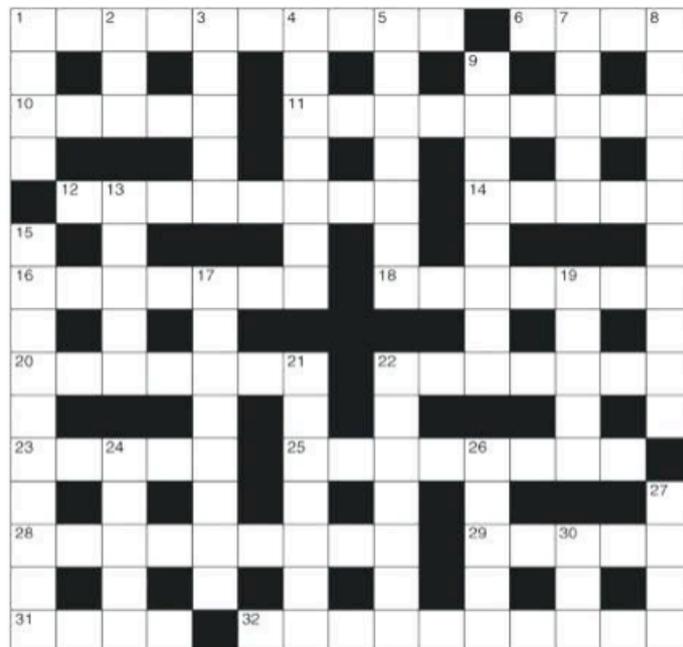
Keep your Brain Busy

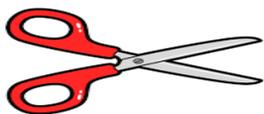
ACROSS

- 1. Talkative person
- 6. Motorway off-ramp
- 10. Cathedral, ... Dame
- 11. Slanting lines
- 12. Ticketed
- 14. Japanese seaweed roll
- 16. Pierced with fork
- 18. Every evening
- 20. Annoyed
- 22. Nuclear process
- 23. Vanilla slice topping
- 25. Railway bridges
- 28. Take apart
- 29. Was gloomy
- 31. One-on-one fight
- 32. Carry out (crime)

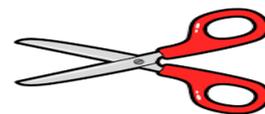
DOWN

- 1. Dollar division
- 2. Appropriate
- 3. Here, ... & everywhere
- 4. Overrun (with disease)
- 5. Continually (2,3,2)
- 7. Bone photos (1-4)
- 8. Giving evidence
- 9. Delivers (goods)
- 13. In existence
- 15. Tolerant (4-6)
- 17. Weight unit
- 19. Discredit (reputation)
- 21. Dedicated admirer
- 22. Sudden outburst (5-2)
- 24. Agenda item
- 26. Unfulfilled
- 27. Rim
- 30. Ham & ... soup





Nicola's Crafty Corner



What you will need

- Any box** could be shortbread tin / smelly box / hat box / sweet container anything preferable with a lid
- Paper wrapping** wallpaper / newspaper / old maps / decorate your own paper
- Glue** ideally print stick
- Scissors**
- **Ruler**
- **Extra Accessories** any ribbon (even off clothes that you are suppose to use to hang your clothes up with) Fabric, lace anything pretty even buttons

Now you got this lot what do I do now?

Well the easiest and tidiest way is to take each side measuring the width and length. Including a bit extra to round over the top .

Once you have measured, apply these measurements to your wrapping paper and cut out.

Glue each side on. (For example with a square box that has 4 sides and a lid and bottom to cover, you will have 4 stripes, a top and a bottom).

When sticking push from the middle and flatten to the outside

Check all round make sure all bits are glued.

Now you have a pretty box covered

Add any extras. Play with it see what You like and go for it!

Give to some one as a wrapper with your own pressie inside or just keep yourself and admire

Take a picture and show us all what you did

Last thing well done. You have not only created something from nothing but You forgot about any worries and enjoyed it



BIRTHDAYS

Happy Birthday to....

Gill Sinclair
Sue Leech
Tom Munds

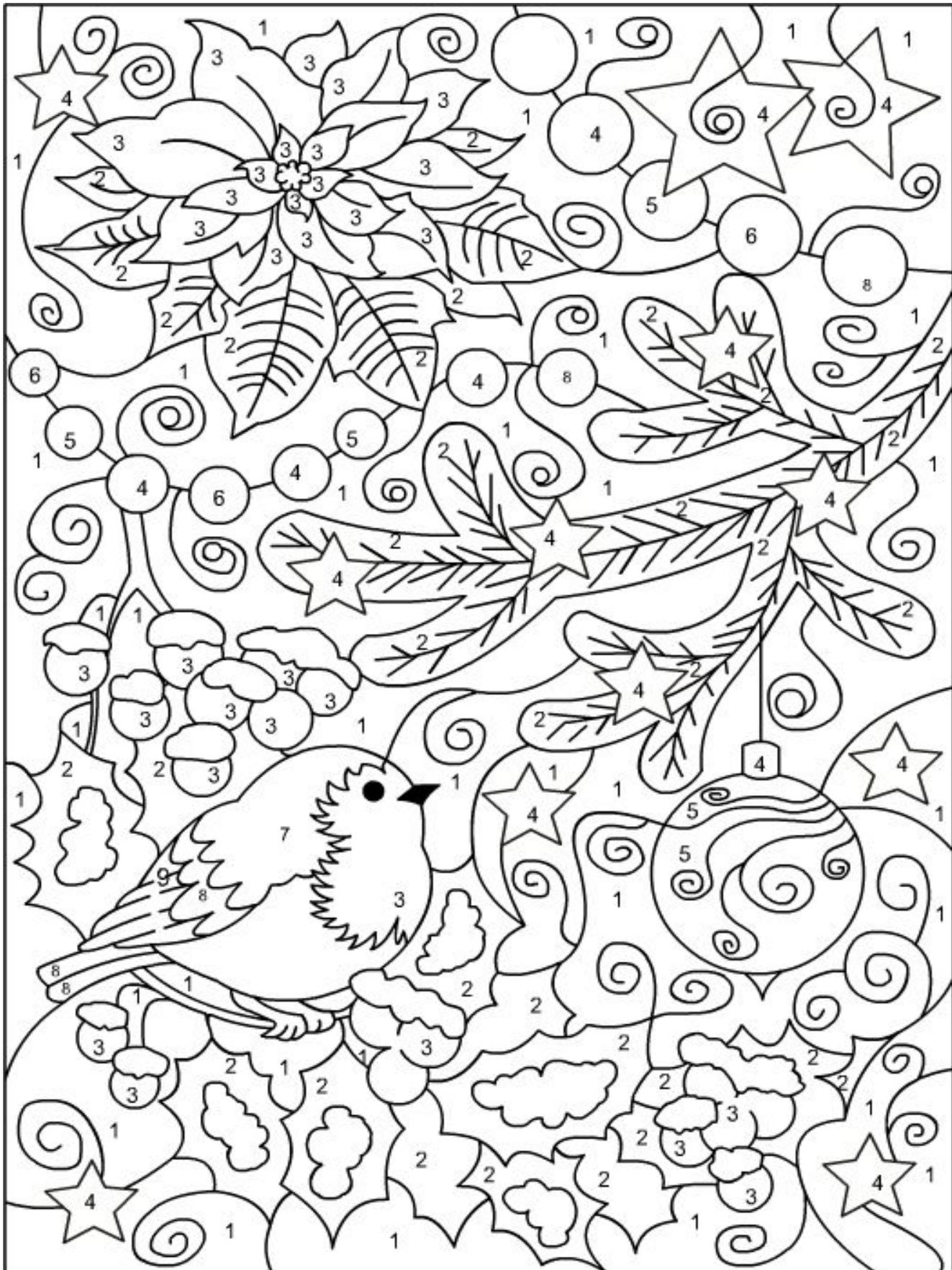
Caroline Hawkett
Peter Wright
Gina Lindsey

Maureen McCollum
Lesley Sleeman
Bikram Singh

Mick Lynch
Kirsty Durrant-Tye
Kelly Smith

From all the staff and your friends at Riverside Active Lives Network

Colour by numbers



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

A Message from Marie...

Riverside, a saviour for us all
 The bubble was burst
 When it came
 The call,
 Covid 19 has closed the club down
 The members faces change
 From a smile to a frown, 😊😞😞

What will we do with ourselves
 How will we get through,
 No arts and crafts or painting to do,
 No bingo or knitting
 Or queue for the loo,
 No chatting or banter
 Or lunch in the hall,
 The whole situation is completely awful. 😞

But
 I would just like to say something to all of the staff
 Which I hope will probably make you laugh,
 You cannot get rid of us that easily
 We will be back
 You wait and see,
 You help make Riverside what it is
 Us members think that Riverside is the BIZZ 😊😊😂❤️

Please Keep your pictures, poems and stories coming; we love seeing what you are up to 😊

Stay Safe



Members (and friends) in Lockdown

