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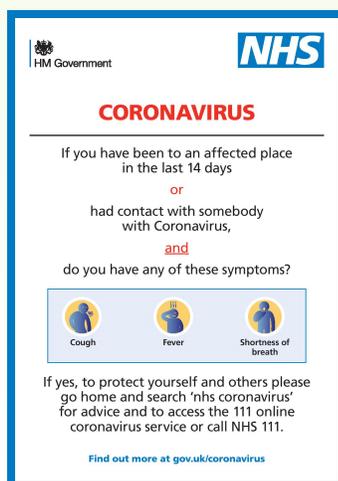
RIVERSIDE ACTIVE LIVES NETWORK

Promoting independence for people with physical and sensory disabilities



BEWARE

We have been notified that some of you have received a letter reputedly to be from KCC, inviting you to apply for a Government Infection Control Grant. Whilst this grant does exist it is only available to organisations and care providers, not individuals. The application form asks you to provide your Direct Payment number and of course KCC would not ask you to do this, as they have your DP number already. Could we please suggest that should you receive one of these letters, you destroy it !



Hello again everyone

Can you believe it Autumn is almost upon us and where did Spring & Summer disappear to?

Kirsty and I have been going into the day centre for the past couple of weeks, making plans, buying PPE, moving minibuses all in preparation for a safe return to the day centre.

Staff will be coming into the centre on 15th September for training and familiarisation in the new way of safe working for us all. Once we are happy that we have everything in place for a safe return for you all, we will then be taking the next steps to try and put us in a position where we can finally start to invite everybody back.

As you will understand, your health and safety is paramount to us and because of this, we will not be rushing into any rash decisions. We realise that you are all keen to get back to the centre and nothing will please us more than being able to open the doors again.

Please bear with us a little longer. As soon as the staff are back I will be contacting you again as it is important that everyone is involved in what will be a somewhat different and sometimes difficult journey ahead for us all.

TAKE CARE

STAY ALERT

AND BE READY !

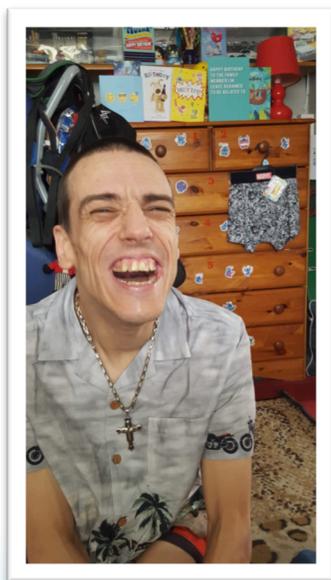
Pressed Flower Wall Art



When you go out on your next walk, why don't you pick some flowers? (Wild.... Not from peoples Gardens ☺)
 When you get home...Press them in between some heavy books for a couple of weeks (Pop some paper either side, so not to ruin the books)
 Next, Get 2 picture frames that are the same size. (Poundland sell some lovely ones if you don't already have some)
 Take the glass from both frames and take away the backing.
 Leave yourself with one frame with 2 pieces of glass and no backings.
 Display the now dried flowers on one of the pieces of glass that's in the frame.
 When happy with arrangement put the other piece of glass carefully over your pressed flowers
 Pinch the frame shut.
 If You find the flowers move, dap a tiny bit of PVA onto them to hold them in place.. Only small dabs as you don't want to see the glue.
 Then replace glass and close up again

You have now made a wonderful gift from some old frames that cost you next to nothing and a walk out picking wild flowers.

Please Send Kirsty your creations, we would love to see.



Here is Paul on his birthday last month, we hope you had a lovely day



Gary enjoying a trip to Herne Bay with his family

Happy Birthday to...

- Mike Farr
- Lee Burton
- Marie Sullivan
- Barry Coaker
- Nina Vane
- Barry Pessell

