



01237 479380 enquiries@carewise.org.uk

NEWSLETTER MARCH & APRIL 2011

IN THIS EDITION:

**NEWS ON UPCOMING TRIPS
AND DROP INS!**

**PHOTOGRAPHS FROM
GO KARTING & CALVERT 2010.**

**CAREWISE CONTACT INFORMATION,
DATES AND OTHER ITEMS OF
INTEREST...**

DON'T FORGET look at the back page
for details of your local 'Drop In'.
Activities include: Arts and Crafts,
Gaming, PCs, Board games and lots
more or if you prefer just sit and chill
out!!



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Trips in March!

10's and over

Sunday March 20th

**BOWLING AND KARAOKE AT
LET'S GO at Barnstaple**



This exciting complex has something for everyone and you all get the chance to do both activities
Ten pin bowling and Karaoke.

DONT FORGET-SEND IN CONSENT FORMS ASAP!
REMEMBER JIM CAN'T ACCEPT YOUR BID
WITHOUT IT!

CAREWISE



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Trips in March!

Under 10's

Saturday 26 March

The Eden Project



The Eden Project is an exciting attraction where you can explore your relationship with nature, learn new things and get inspiration about the world around you.

DONT FORGET-SEND IN CONSENT FORMS ASAP!

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Trips in April!

All Ages:

Saturday 30 April

DEVON'S CREALY ADVENTURE THEME PARK

Experience Devon's legendary attractions, combining **magic** and **myths**, **wild rides** and **exciting adventures**. Explore the **Toddler Zone** in the Magical Kingdom, with its masses of **crazy adventures**! Brave the exciting rides of the Maximus Rollercoaster and Victorian Carousel.



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Why not have a go at the this recipe for delicious **Chunky Banana Bread**. This should take you about an hour.

YOU WILL NEED:

- 1 ripe banana
- 3 dessert spoons sunflower oil plus a little for greasing
- 50g golden caster sugar
- 110g plain flour
- 1 level teaspoon baking powder
- 1 egg
- 3 rounded dessert spoons of raisins
- 1 teaspoon vanilla extract

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Step 1

Before cooking, wash your hands put an apron on. Weigh and measure all the ingredients. There should be enough for 6-8 helpings using the quantities shown.

Step 2

First peel the banana and put it into one of the bowls. Use the fork to mash up the banana. Add the sunflower oil. This is now called the 'wet bowl'.

Step 3

In the other bowl, put the golden caster sugar and mix together with the flour and baking powder to make a 'dry bowl'.

Step 4

Break the egg in the cup and beat with the fork then add it to the wet bowl. Add the raisins too.

Step 5

Measure the vanilla extract into the wet bowl. Stir all of the wet ingredients together. Now tip the 'dry bowl' into the 'wet bowl'. Give your mixture a big stir.

Step 6

You may need to ask an adult for help with this part. Oil a loaf tin with sunflower oil and pour in the mixture. Now put it on a baking tray and into a pre-heated oven at 180°C fan/200°C/Gas 6 for 30-40 minutes, or until completely cooked through.

Step 7

Once the chunky banana bread has cooled down, carefully cut it into slices and eat it!!
Serving suggestions: delicious warm with yoghurt and fruit as a pudding. Can be frozen for up to one month.

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Out & about with Carewise!

DURING NOVEMBER 2010 A GROUP OF YOUNG CARERS ENJOYED A RESIDENTIAL WEEKEND AT THE CALVERT TRUST ON EXMOOR.



HORSE RIDING

ACTIVITIES INCLUDED...



CANOEING.



CLIMBING

IN DECEMBER THE OLDER GUYS TOOK TO THE TARMAC AT THE BARNSTAPLE KARTING CENTRE.



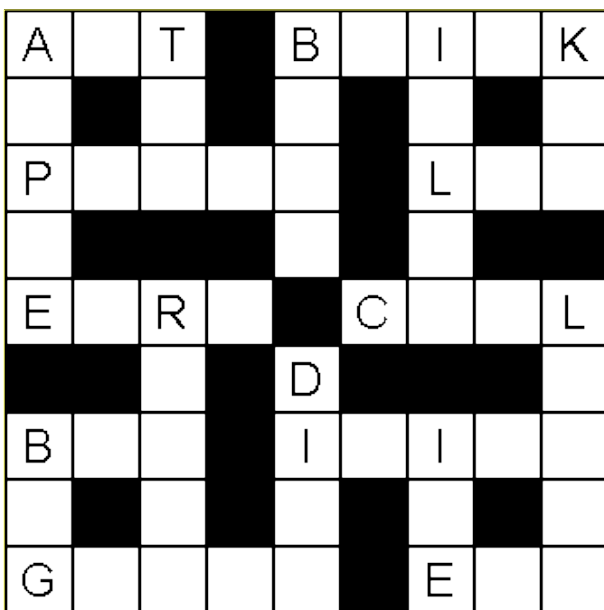
VICTORY CELEBRATIONS GRAND PRIX STYLE!



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Try one of our puzzles:

The first letter of each answer appears next to its clue in alphabetical order. All the first letters have been entered into the grid. Can you complete the puzzle?



- A. Small insect (3)
- A. Fruit (5)
- B. Somewhere to sleep (3)
- B. Flying insects (4)
- B. Large (3)
- B. Building block (5)
- C. Type of fuel (4)
- D. US coin (4)
- E. Used for listening (4)
- E. Snakelike fish (3)

- G. Worn on hand (5)
- I. Frozen water (3)
- I. Cake topping (5)
- I. Ice hut (5)
- K. Young goat (3)
- L. Lawful (5)
- L. Top or cover (3)
- P. Part of something (5)
- R. Something to listen to (5)
- T. Part of the foot (3)

Solution on page 5

WORD SEARCH - TOPIC - FISH Can you find the hidden words? They may be horizontal or vertical



- | | |
|-----------|---------|
| BARRACUDA | MARLIN |
| BASS | MULLET |
| BREAM | PERCH |
| FLOUNDER | PIRANHA |
| GOLDFISH | SALMON |
| GROUPE | SARDINE |
| GUPPY | SHARK |
| HAKE | TROUT |
| HALIBUT | TUNA |
| HERRING | |

BOOKING YOUR TRIP WITH CAREWISE

1. PHONE AND PUT YOUR NAME FORWARD FOR CONSIDERATION (REMEMBER IT'S NOT FIRST COME FIRST SERVED).
2. SEND IN YOUR CONSENT FORM-JIM CAN'T ACCEPT YOUR BID WITHOUT IT.
3. THE TEAM WILL DECIDE WHO GETS TO GO...NOT ALWAYS THE EASIEST JOB AS WE TAKE MANY FACTORS INTO CONSIDERATION.
4. YOU WILL RECEIVE A FLYER EITHER CONFIRMING YOUR PLACE OR THAT YOU ARE A RESERVE.
5. IF YOU NEED TRANSPORT LET JIM KNOW.
6. JIM WILL ALWAYS RING YOU WITH FINAL DETAILS...SOMETIMES 24 HOURS BEFORE.



Drop - Ins



BIDEFORD AT THE WINGS HALL
14 & 28 March and
11 & 26 April (Tuesday)
FORTNIGHTLY MONDAYS
3.45-5.45PM

BARNSTAPLE-THE YOUTH HOUSE
8 & 22 March and
5 & 19 April
FORTNIGHTLY TUESDAYS
4.15-6.15PM



**TRANSPORT TROUBLES?
CALL JIM
01237 479830**

HOLSWORTHY- MISSION CAFE
FORTNIGHTLY THURSDAYS 4-6PM
March 3, 17 & 31
April 14 & 28

ILFRACOMBE-THE VERVE
2, 16 & 30 March
13 & 27 April
FORTNIGHTLY WEDNESDAYS
3.30-5.30PM

HOW TO CONTACT THE CAREWISE TEAM!

01237 479380

E:enquiries@carewise.org.uk



Jim Harvey (Trips & Drop ins): 07800871869

Deborah Hurley-Simmons (Volunteering & Mentoring): 07814740055

Marion Welch (Family Support Worker): 07875914302