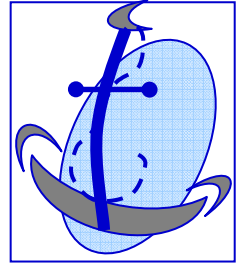


# Spring Newsletter 2015

## Moray Anchor Projects



### *Welcome to our Spring Newsletter*

#### **Snap Happy - Camera Club**

Spring has most definitely sprung and Snap Happy camera club have been bursting with ideas. Last month our theme was 'A Splash of Colour' which everyone more than stepped up to the mark. The whole



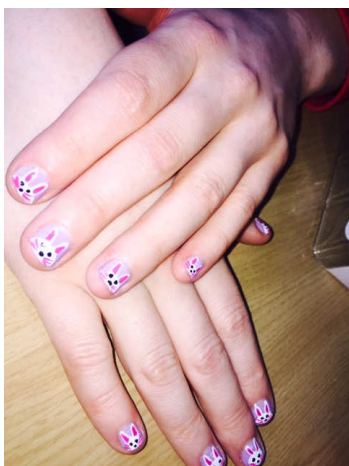
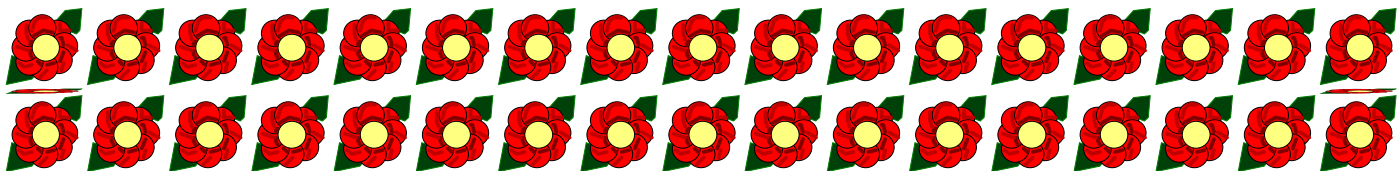
building was filled with our photographs as part of our new monthly competition, in which everyone was invited to vote for their favourite pic. Our photographer of the month was Steve and here he is with his winning photograph Well done Steve!! All of our photographers were truly inspiring and brightened our way into Spring. Recently two members of Moray Camera Club very kindly visited our group to pass on some tips and advice, including how to compose a photograph for competition standards, as we are hoping this is



something we are going to be doing in the future. Also, we were shown how to mount a photograph properly which makes a world of difference to the presentation of a photograph. We would like to say a big 'Thank you' to them and we hope that they would be kind enough to visit us again. We have also had some requests from organisations to contribute some of our work and thoughts to raise awareness on Mental health and wellbeing. **Camera Club**

#### **Blooming Horizons' Garden Project**

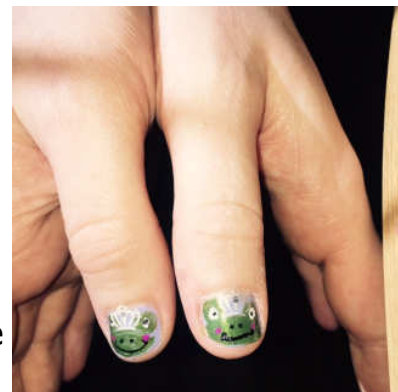
At the end of the winter while it was still too cold to start in the garden we sat down to plan what we would be doing. We decided growing a mixture of bedding plants (Livingstone Daisy, Sunflower and Petunia) as well as carrots and tomatoes would be suitable for our resources. As the extreme cold passed we tidied out the greenhouse, hanging baskets, borders, rock garden and pots ready for new plants. We have planted seeds for all the plants and vegetables and have been picking and potting those seedlings that are ready. Over the next few months we will be potting on all the seedlings and plants till they are big enough to plant out. We are planning to remove the pond and replace it with a flower bed as this will be easier to maintain and bring a lot of colour to the garden. In May we will be planting out the flowers in the borders and other parts of the garden, as well as giving them regular maintenance. We are looking forward to a warm summer so many people can enjoy being outside, helping with the general maintenance of everything in the garden such as weeding, deadheading and edging the lawn. **Gardening Group**



## Pampering Paradise

Every Wednesday at Horizons we offer a pampering haven which includes having your nails filed and polished, hand massages, having your hair done and some nail art. The Easter bunny nails and tiger print went down a treat this month.

This is a very relaxing social day which can boost your confidence and self esteem. Come along and we will do our best to meet your needs. **Pampering group**



## Broadening Your Horizons

### Shopping Trip

A group of us had a shopping trip in April. We met up at Asda for lunch. It was very busy but a good conversation was held. We all headed upstairs, with one client being helped by another upstairs in the lift. The girls looked at some lovely clothes and the boys looked at the bedding. One of our group bought really cool bedding with lions on it. He bought pyjama bottoms with the Muppets on. After ASDA we went over to the Springfield shopping area. Two of the group went to see the rabbits which were nonexistent much to their disappointment. Then we all went to New Look, Sports Direct that had many bargains. Then we all went along to Home Bargains then Matalan. Everyone had a great time and were very tired by the end. **Shirley, Volunteer.**

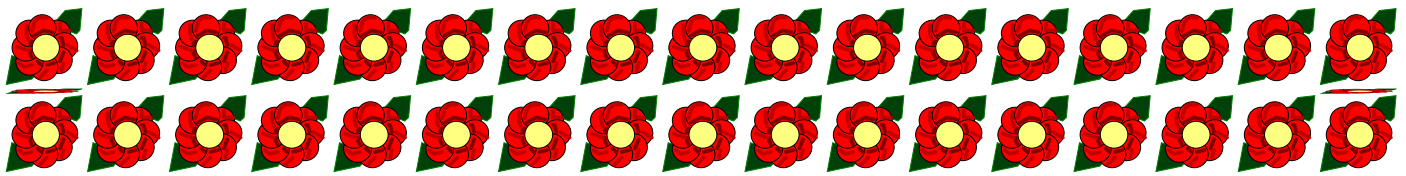
Our monthly outings are proving really popular at Horizons. We have been to the cinema to see 'Malachi' starring Johnny Depp, the afternoon session at the bingo which included lunch, and back by popular demand the Chinese buffet at Jimmy Chung's. These outings are an excellent way to enjoy a sociable event, safe in the knowledge that there is the extra support of two of Horizon's staff and the company of the friends you have made at Horizons. The outings are discussed and decided at the monthly client forum. Shirley, one of our new volunteers at Horizons has written about the shopping trip that a group of clients went on in April. For one of our service users this was the first shopping trip he had been on for a very long time.

### Step Forward

Wednesday 19th August  
Open Day

Teas, Coffee and light snacks supplied.  
10am – 1pm





## Kitchen Capers

Every Friday we enjoy cooking activities in the kitchen which include preparing and making soup, our all time favourite cheese scones, fruit scones and double white choc chip and cherry scones. Our Friday activity is a very popular day where clients can help with all the preparation and learn some basic cooking and hygiene skills. Lately we have also introduced theme days. We celebrated St Patrick's Day when we made Irish stew and made some cupcakes decorated with shamrocks, followed by an Irish quiz. **Kitchen Capers**



## This year's Mental Health Awareness Week is highlighting Mindfulness.....

and more broadly the positive steps people can take to increase mental resilience. Mindfulness is a positive response to the pressures of modern lifestyles- in particular stress, anxiety and depression. While awareness of mindfulness has grown, so has the evidence to show it works. There is now also a growing body of evidence that shows practising mindfulness, taking time to focus on the present rather than analysing the past or worrying about the future, can help maintain good mental health.



### What is mindfulness?

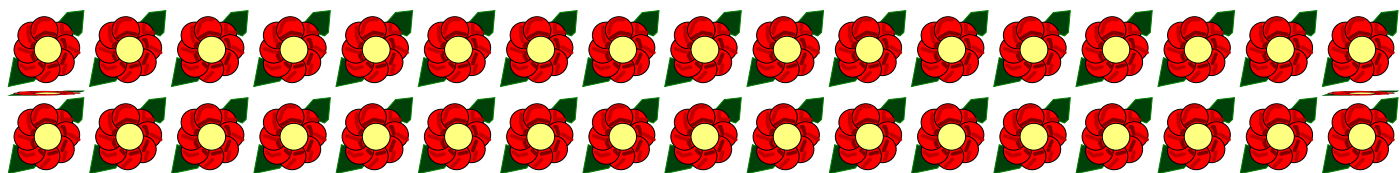
Mindfulness is paying attention to the present moment, without getting stuck in the past or worrying about the future. You can practice mindfulness for 5 minutes or 5 hours – that's the great thing about mindfulness, you can tailor it to suit your own needs. What you may be surprised to hear is that you have probably been mindful at some point in your life and didn't even know it...

Have you gone for a long walk, breathing in the crisp, fresh air and then suddenly realised that several hours have passed? Have you listened so intently to a song that for a moment, you weren't thinking about anything but how beautiful the melody was? That's mindfulness!



### How can mindfulness help?

Contrary to popular belief, mindfulness isn't about emptying your mind of thoughts and 'zoning out'. It can mean different things to different people. At the heart of it, mindfulness helps people observe the way they think and feel about their experiences, whether good or bad. You can do this by learning to meditate but also by practicing tools of mindful living. This can really change the way you manage and react to stressful situations, giving you a valuable tool to stay mentally healthy, and an ever-expanding body of evidence shows that it really works. During Mental Health Awareness Week we will have a display about Mindfulness and information about Living Mindfully in Horizons.



## Easy Blueberry Muffins

Ingredients

Makes: 12 muffins

110g butter

250g plain flour

250g caster sugar

2 eggs

125ml milk

2 teaspoons baking powder

1/2 teaspoon salt

225g fresh blueberries

Preheat oven to 180 C / Gas 4. Grease and flour a muffin tin or line with paper cases. Sieve flour, baking powder and salt

together and set aside.

Cream butter and sugar until light and fluffy. Add eggs and beat well. Add milk and flour mixture. Beat until combined. Stir in blueberries.

Fill muffin tin 2/3 full. Bake at 180 C / Gas 4 for 25 to 30 minutes.



## Volunteering with MAP

We aim to recruit a wide and diverse range of people who can bring their own knowledge, skills and experience to a variety of volunteering roles at both Step Forward and Horizons. Volunteers offer creative social and emotional support to individuals. They can assist individuals to take part in activities to help them improve and build their confidence and motivation.

If you would like to find out more contact us.

**01343 545232**



## Spring Word Search

O	M	G	Q	R	A	I	N	B	O	W	S	T	H	G
E	N	I	H	S	N	U	S	F	Z	Y	P	E	S	Y
J	D	A	L	V	B	N	J	C	K	S	O	K	A	S
G	N	I	T	L	E	M	I	P	V	T	R	C	L	P
E	M	I	T	G	N	I	R	P	S	O	D	A	P	R
G	A	D	A	F	F	O	D	I	L	O	N	J	S	O
G	N	L	S	E	I	Y	W	Z	H	B	I	M	E	U
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daffodil  
flower  
gardening  
green  
growth  
jacket  
melting  
puddle  
rainbow



raindrops  
rubberboots  
seeds  
splash  
springtime  
sprout  
sunshine  
tulips  
umbrella

