

Hextol

happenings

1 April 2020

**THE
HEXTOL
FOUNDATION**
FOR WORKING OPPORTUNITIES

Welcome to the first edition of Hextol Happenings. It's a great title – credit goes to our Gardening Services Manager, Jo Butler, for suggesting it. Nice one, Jo!



We are aiming to publish every week or so while we are in lockdown.

These are strange times for all of us. At Hextol we aim to reduce social isolation and to give people a reason to get out and about and mix with others. The complete opposite of what we have to do now! We just aren't used to living this way and it's tough!

We are still in the office most days, so if you want to speak to us, give us a call or email us or message via Facebook. Let us know what you're up to and if you like we can put it in a future edition. We'd love to hear from you!

And keep an eye on our Facebook and Twitter for news of what we're up to and for further editions of Hextol Happenings.

Stay safe – we can't wait to see you all again.

Bruce

Remember to keep safe during Coronavirus and follow the advice from the Government!

- ◆ Stay at home
- ◆ Only go outside for food, health reasons or work (but only if you cannot work from home)
- ◆ If you go out, stay 2 metres (6ft) away from other people at all times
- ◆ Wash your hands as soon as you get home
- ◆ Do not meet others, even friends or family
- ◆ *You can spread the virus even if you don't have symptoms*

What have YOU been doing to keep busy during the lockdown?

Jo Dickinson has been busy in her garden, planting seeds. Send us an update, Jo - we can't wait to see what they will grow into!



Let us know what you have been doing. Have you seen a good film that you'd like to tell us about? Perhaps you have done some crafts - send us a picture of the things you have made!

***Send your pictures and ideas to Nicky at:
contact@hextol.co.uk***

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The Hextol Foundation
The Hextol Tans



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We want everyone to stay safe and healthy, both by avoiding the virus but also by keeping happy. How can you do that? The experts say some of these help:

- Take some exercise - you don't have to go outside - dancing around the kitchen is great, believe me! And there's loads online as well. And if you can get out safely, then take a walk.
- Have a laugh - find something on TV which makes you laugh, or tell each other jokes. Share your best jokes with us!
- Eat healthily and enjoy cooking. Now we have time on our hands it's a great opportunity to try new recipes. Why not try Harry's Carrot Cup Cakes? The recipe is below.
- Stay in touch - with family, friends, everyone. We've never been as connected as we are today. Use social media to keep in touch with friends, swap stories, have online parties, take part in quizzes - it's all out there. But remember – stay safe online.
- Enjoy the fact it's springtime. We have light nights, birdsong, flowers and trees in blossom and leaf. Even if you just open the window and listen to the birds, it will do you good.

Most of all, talk to someone.

If you are feeling down or unsure about things, it's fine to ask for help.



Harry's Carrot Cup Cakes

Claire's son Harry has been busy making these carrot cup cakes. Don't they look delicious? We bet they didn't last long in the Smith household!

Ingredients

175g butter or marg
175g caster sugar
175g self raising flour
2 tsp mixed spice
2 large eggs
grated zest of 1 orange and 1 tbsp juice
2 medium carrots (peeled and coarsely grated)
50g walnuts (optional)
100g sultanas or raisins

Frosting

200g light cream cheese
2 tbsp icing sugar
1 tbsp orange juice

1. Preheat the oven to 160C. Place 12 bun cases in a bun tin.
2. In a large mixing bowl, beat together the butter and sugar until they become pale and fluffy.
3. Sift the flour and mixed spice into the bowl. Then add the eggs, orange juice and zest. Whisk together until all the ingredients are completely combined.
4. Put the grated carrots and nuts (if you are using them) into the mixing bowl.
5. Divide the mixture equally between the cases using a dessert spoon.
6. Bake for 18-20 mins in the middle of the oven until risen and golden brown. Remove from the oven using the oven gloves, and place on a cooling rack to cool completely.
7. Beat together all the frosting ingredients with a wooden spoon. Spread the frosting over the cooled cakes.
8. Then enjoy!!

