

The Wren

Issue 16 Animal Special
March 2022



Together Everyone Achieves More

www.jennyruth.co.uk



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@JennyruthWorkshop

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Message from our CEO

Hi everyone

Welcome to another exciting edition of the Wren.

This month has seen the Workshop being very busy again with lots of visitors, events and new projects.

The magazine team have picked a heart-warming theme and have had a wonderful time putting everything together for us.

A relaxing read for a rainy day...

Enjoy 😊

Take care

Nicky



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Editor Anna Smith

Deputy Editor Daniel Allen

Creative Director Rebekah Evason

Features Editor and Food Director Victoria Thomis

Head Reporter Emma Laycock



Our Amazing WOWs

Every week we celebrate the incredible achievements of one of our workers. Last month Ellen, Rebekah and Matthew received Worker of the Week (WOW).

WOW



Matthew Evason
Worker of the Week
14th February 2022

- For his lovely, neat painting
- For excellent stencilling on birdboxes
- For his good woodwork skills



WOW



Ellen Hirst
Worker of the Week
7th February 2022

- For her fabulous stencilling skills and stencilling a beautiful birdbox
- For her neat, even painting which has improved so much recently
- For cheering us up and making us laugh every week, just what we all need.



WOW



Rebekah Evason
Worker of the Week
21st February 2022

- For being a Ray of Sunshine
- For her fantastic painting and excellent stencilling
- For being Phoebe's Boogie Buddy



News from the Workshop



Thank you Trevor and Janet Chapman, Mayor and Mayoress of Harrogate, for coming to visit us.

We loved showing you around and telling you all about the wonderful Jennyruth Workshops.

A few weeks ago Sarita and her team at Realitea put on the most incredible tapas night for their annual charity fundraiser. This year we were lucky enough to be their chosen charity so we just wanted to say a huge thank you.



A big welcome to Chris who has joined the team as one of our new workers.

He has already developed a talent for bird box painting and showing off his skills in woodwork.

Welcome to the team Chris!



Being longtime friends of ours, it was wonderful to see Councillor Stuart Martin and April Martin this month at the workshop.

Jonathan said "It was very nice to talk to them and show them around the building. They were very interested in our work and were pleased that I was painting the trugs."



We are currently working on a very exciting but top-secret project with a local business!

We can't give away any hints just yet so we'll have to leave you guessing



Mind in Harrogate

Mind in Harrogate District have established a new outreach service in Boroughbridge, Masham, Ripon and Pateley Bridge to help support local people with their mental health. The aim of this service is to improve and facilitate local access to information, advice, support and training opportunities via a weekly mental health hub in each area.

Mind in Harrogate District are a local independent charity and are part of the national Mind federation. Based at the Acorn centre in Harrogate they deliver a variety of services across the district to promote mental wellbeing.

They are now offering one to one appointments in each of the aforementioned areas for support and signposting.

Community Development Worker Kirsty will be available at Boroughbridge Community Library on Thursdays and Masham Community Office on Wednesdays, and her co-worker Ruth will be available at Ripon Library on Fridays and Pateley Bridge (Nidderdale Plus) on Tuesdays. Appointments are available between 10am and 12noon and can be arranged by contacting Kirsty or Ruth directly. Flexible packages of mental health awareness and education sessions are also available, as well as formal Mental Health First Aid training, to assist local businesses, organisations and schools.



Mind in Harrogate District also deliver a mental health support programme at the Acorn Centre which includes activities and groups such as arts and crafts, music, walking, mindfulness and relaxation. Some groups and activities are also able to be accessed online. Furthermore, as part of the Route 1 to Wellness partnership with Claro Enterprises, Orb Community Arts and Wellspring Therapies, Mind in Harrogate are aiming to develop additional groups/activities to take place locally in Ripon, Boroughbridge, Masham and Pateley Bridge. Other services available through Mind in Harrogate include telephone support (8.30am-5pm weekdays), a mental health befriending service and access to affordable counselling services which are accredited by the British Association of Counselling and Psychotherapy.

Finally, as a small local charity they are always looking for new volunteers and fundraising opportunities. Volunteering has been shown to benefit both the volunteer and the recipient in terms of their overall mental health and enables individuals to make a real difference in their community. For more information or to make an appointment please contact:

Kirsty on 07305 049296 or email kirsty@mindinharrogate.org.uk

Ruth on 07305 049223 or email ruth@mindinharrogate.org.uk

Or for more information on the full range of services and opportunities please visit www.mindinharrogate.org.uk

Outreach Support

Mind in Harrogate District provide a mental health hub in key market towns. The outreach service provides local access to mental health support, information, advice and training opportunities.

Individual appointments are available between 10.00-12.00 and should be pre-booked directly.

Ruth

Community Development Worker

E: ruth@mindinharrogate.org.uk

M: 07305 049223

**Nidderdale Plus, Pateley Bridge -
Tuesdays**

Ripon Library - Fridays

Kirsty

Community Development Worker

E: kirsty@mindinharrogate.org.uk

M: 07305 049296

Masham Community Office - Wednesdays

**Boroughbridge Community Library -
Thursdays**

Please call us on 01423 503335

Email: office@mindinharrogate.org.uk

www.mindinharrogate.org.uk

Shop our Animal Themed Products

Set of 3 Whales
£10



Set of 3 Elephants
£15



Woodland Animals
£10



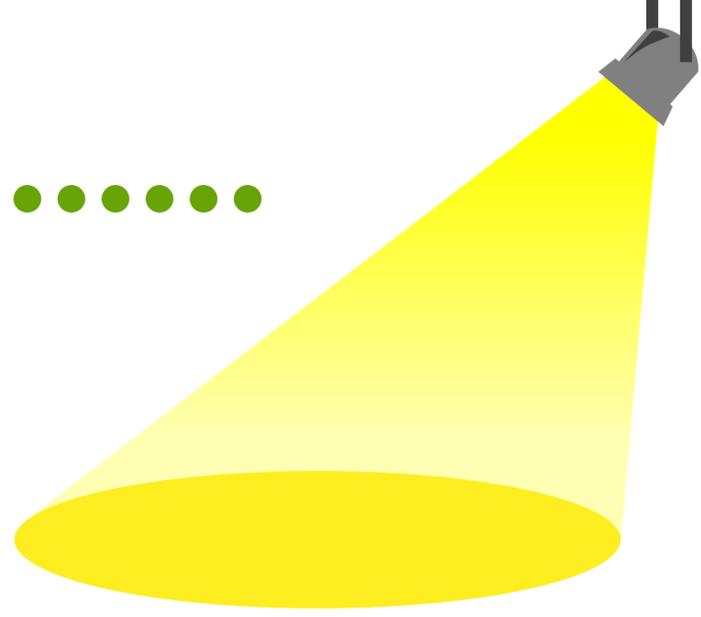
Moon Gazing Hare
£6



Bear Hugs
£8



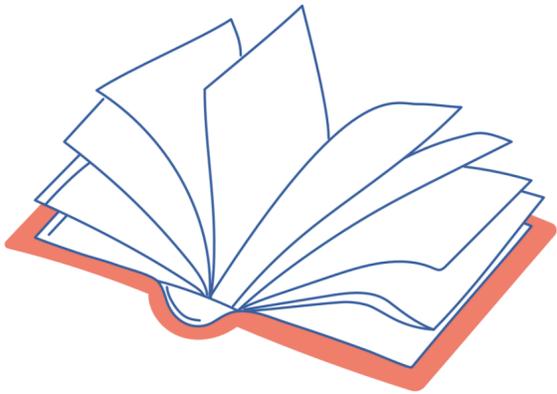
Spotlight On.....



Victoria's interview with Simon (Staff)

What job did you do before you came here?

Worked in the deer park at Fountains Abbey looking after the herds of deer.



Do you have any pets?

No.



Do you have any hobbies?

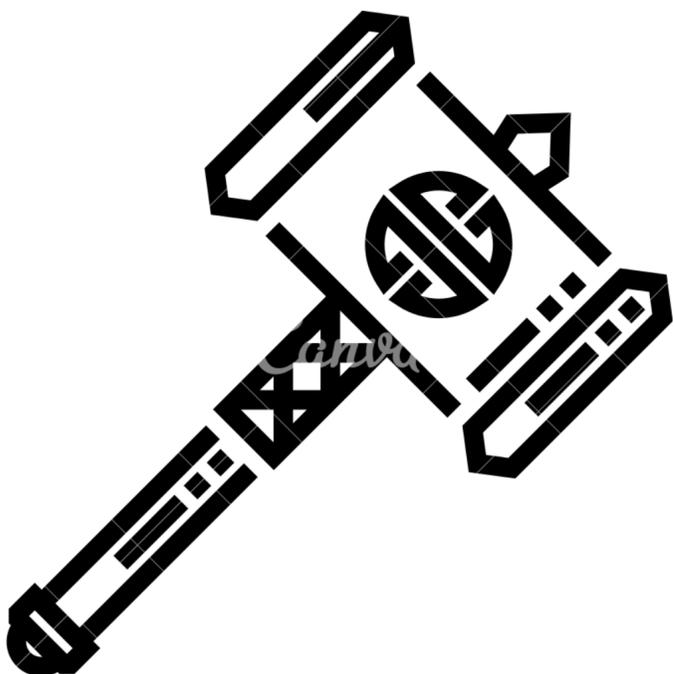
Listening to music and reading and fell walking.

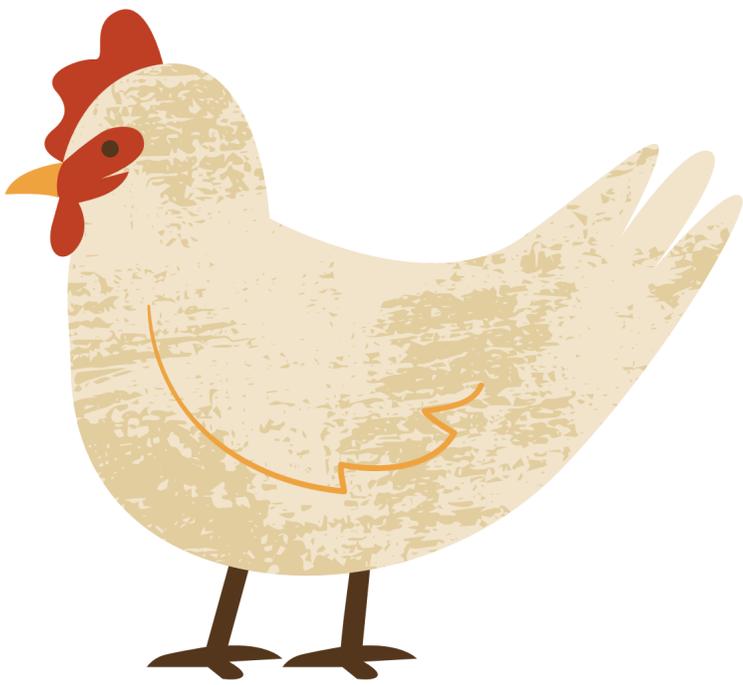
Do you like reading books about Norse Gods?

Yes, who doesn't!

If you ruled the world for a day, what would you do?

Gather all guns/bombs and knives and melt them all into farming tools.





Emma's interview with Linda (Staff)

What job did you do before you came here?

Co-ordinator for voluntary drivers.

Do you have any pets?

Yes, 1 dog called Paws, 1 cat called Eric and 5 chickens.

Do you have any hobbies?

Looking after my hens.

If you ruled the world for a day, what would you do?

Eat cake! Everyone eats cake and be happy!

Do you have a favourite tv programme?

Miss Marple.



Emma's Skeldale News

By Emma Laycock

I went to work with my sister Zoe who is Head Nurse at Skeldale. I helped with a kitten that was stuck in a car bonnet because they really like the warmth.

I also saw a cat with hepatitis and it was very yellow.

I enjoyed going to work with my sister it is very interesting and fun especially when I help deliver puppies.



M
MEDIVET
ALWAYS THERE

Emma's interview with Ilaria Vescarelli (Vet)

How many labradors come into the practice?

We see lots and lots of labradors, they usually love coming in to see us and enjoy having fuss and treats too!

Do you like what you do?

Yes, I love being a vet, my favourite part of being a vet is doing Surgery and helping animals when they are sick.

Have you ever had to rescue an animal?

Yes, lots! Cats, pigeons, hedgehogs and even a Woodpecker.



How many wild animals do you get into the vets?

We get lots into the practice, the wild animals we see the most are definitely hedgehogs.

What made you interested in becoming a vet?

My passion for animals and wanting to help them when they are sick.



All About Dogs

By Victoria Thomis

Canine Evolution

The earliest ancestors of today's wild dogs date back over 40 million years in the fossil record, to the late eocene era. These early carnivores more closely resembled mongooses than contemporary dogs. They lived in North America, with the first example being called Hesperacyon - a slender short-legged creature with a long snout and tail, growing to about 0.8m(25ft) overall. Little is known about its habits, but it probably fed on small mammals, scavenged and ate some fruit. The first example of a canid that closely resembled a modern member of the family was the North American Cynode Smus.



Herding and Working Dogs

Many dog breeds like the Alaskan Malamute had a vital role in moving people and supplies. between the remote isolated communities in this part of the world.

In cold countries like Scotland and abroad, Huskies are used for sled racing and carrying supplies for explorers who go to Alaska.

Facts about African Wild Dogs

- African hunting dog is on the danger list.
- They can run up to 440 miles per hour like a greyhound.
- They use abandoned warthog dens to give birth in.



Dog Breeds

P	O	O	D	L	E	H	E	I	K	U	L	A	S
G	S	Z	R	P	C	I	N	O	C	F	C	G	B
R	H	L	P	B	H	O	O	D	D	R	A	O	E
E	E	A	B	A	O	Z	N	A	G	E	N	R	A
Y	E	B	U	S	W	R	I	C	U	N	E	D	G
H	P	R	L	E	C	O	P	H	P	C	C	O	L
O	D	A	L	N	H	B	S	S	L	H	O	N	E
U	O	D	T	J	O	S	N	H	U	B	R	S	S
N	G	O	E	I	W	T	A	U	R	U	S	E	H
D	O	R	R	R	R	A	I	N	C	L	O	T	A
E	C	N	R	S	S	F	L	D	H	L	C	T	R
O	E	D	I	N	T	F	A	S	E	D	R	E	P
D	S	L	E	L	E	I	T	F	R	O	S	R	E
A	D	U	R	O	G	E	I	R	E	G	E	H	I

ITALIAN SPINONE
 FRENCH BULLDOG
 GREYHOUND
 SHAR PEI
 BULL TERRIER
 STAFFIE
 LABRADOR
 POODLE
 BASENJI
 DACHSHUNDS
 CHOW CHOW
 SHEEPDOG
 CANE CORSO
 LURCHER
 GORDON SETTER
 SALUKI
 BORZOI
 BEAGLE
 PUG

Garden Gnowledge

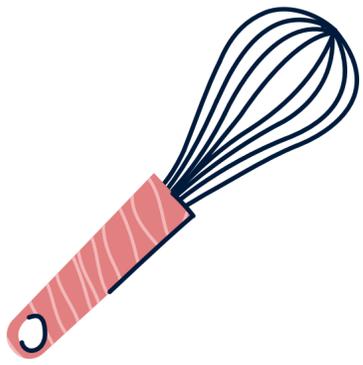
Flower of the Month

Tulips are Spring flowers that bloom throughout the region.

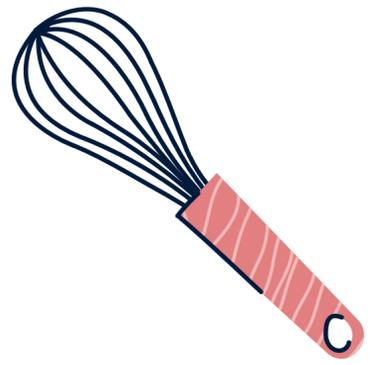
They come in many different colours.

This photo was taken on Jamie's trip to Holland. Where the photo was taken there are 7 million bulbs.

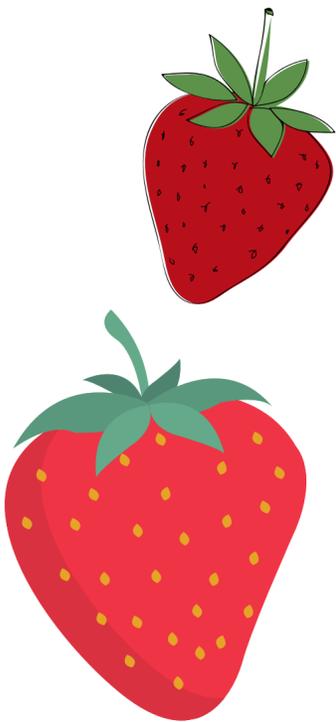




Cooks' Corner



Rebekah's Victoria Sponge Recipe



200g caster sugar
200g softened butter
4 eggs, beaten
200g self-raising flour
1 tsp baking powder
2 tbsp milk

For the filling

100g butter, softened
140g icing sugar, sifted
drop vanilla extract (optional)
half a 340g jar good-quality strawberry jam
icing sugar, to decorate



STEP 1

Heat oven to 190C/fan 170C/gas 5. Butter two 20cm sandwich tins and line with non-stick baking paper.

STEP 2

In a large bowl, beat 200g caster sugar, 200g softened butter, 4 beaten eggs, 200g self-raising flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.

STEP 3

Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon.

STEP 4

Bake for about 20 mins until golden and the cake springs back when pressed.

STEP 5

Turn onto a cooling rack and leave to cool completely.

STEP 6

To make the filling, beat the 100g softened butter until smooth and creamy, then gradually beat in 140g sifted icing sugar and a drop of vanilla extract (if you're using it).

STEP 7

Spread the buttercream over the bottom of one of the sponges. Top it with 170g strawberry jam and sandwich the second sponge on top.

STEP 8

Dust with a little icing sugar before serving.

Rainy Day Relaxation

Animal wordsearch

I	G	U	A	N	A	E	N	G	N	A	E	A	N
O	P	U	L	L	A	R	M	A	O	O	E	A	A
S	E	A	L	K	A	A	R	D	V	A	R	K	X
T	N	K	I	T	I	G	E	R	A	R	T	Z	R
R	G	Q	U	E	E	N	B	E	E	S	E	E	A
I	U	J	A	C	K	D	A	W	T	H	S	B	Y
C	I	R	G	O	R	F	D	A	B	E	R	R	B
H	N	E	C	V	T	N	K	O	Y	D	O	A	I
E	E	N	U	E	D	R	I	E	G	N	H	W	R
L	K	E	N	E	E	A	K	A	N	G	I	D	D
A	C	W	A	E	S	N	A	K	E	E	E	I	Z
H	I	T	M	E	O	U	N	I	C	O	R	N	K
W	H	W	K	M	I	K	O	A	L	A	N	W	X
N	C	I	N	E	L	E	P	H	A	N	T	R	R

SNAKE
JACKDAW
GOAT
NEWT
QUEEN BEE
ZEBRA
OSTRICH
TIGER
XRAY BIRD
WREN
PENGUIN
MONKEY
LLARMA
HORSE
AARDVARK
ELEPHANT
KOALA
IGUANA
FROG
UNICORN
MEERKATS
CHICKEN
DOG
WHALE

Movie Magic

Since we've gone for a bit of an animal theme with this edition of The Wren, we thought we'd share our favourite animal films!



Homeward Bound

Cats

Babe

Beethoven

Bambi

Aristocats

Dumbo

Old Yeller

101 Dalmations

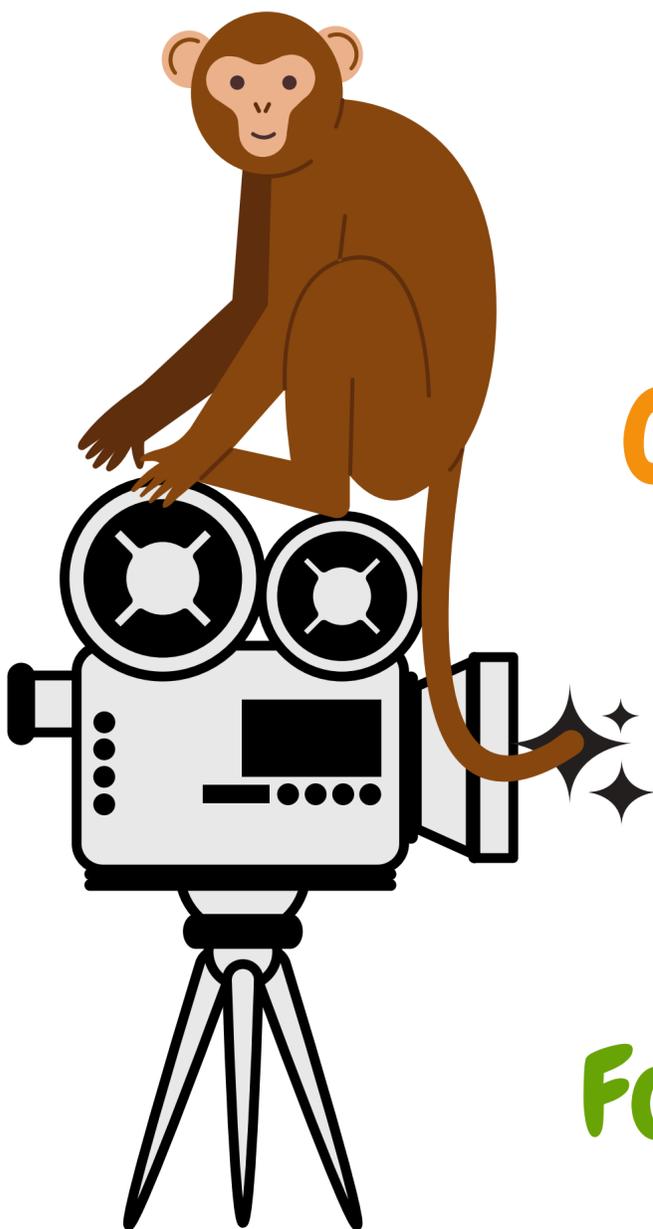
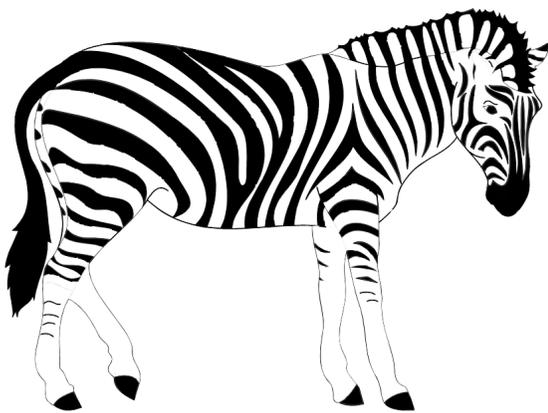
Charlotte's Web

Lion King

Madagascar

Ratatouille

Fox and the Hound



Jamie's Jokes

Why does a dog go Woof Woof?
Because he is Stuck On The Roof.



Who is a dog's favourite composer?
Bach!

What do cats have for breakfast?
Mice Krispys

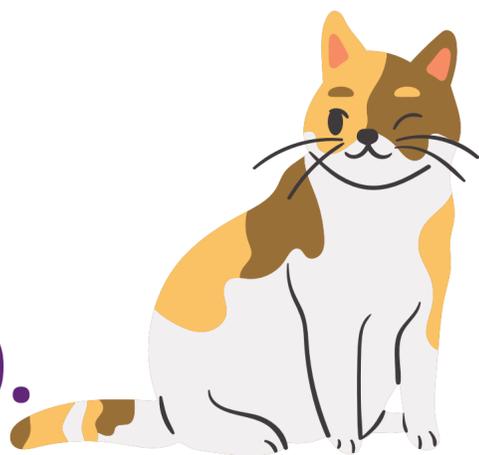


What do you call a dog magician?
A labracadabra

What's a frog's favourite drink?
Croak a Cola



20.



What's a cat's favourite song?
Three Blind Mice

Happy Birthday



March

Mel Milnes
Avril Crack
Sue Evason
Tim Newell
Jackie Grant
Janet Slater



March 100 Club Winners

Thanks again to Jamie for announcing the winners.



1st prize - No 49

2nd prize - No 87

3rd prize - No 61

Upcoming Events

Save the Date!

SIGHTS and SOUNDS
of RIPON

11am - 2pm

A free family-friendly day
full of activities for all ages



Join us at Ripon Cathedral, the Library,
the Arts Hub and the Workhouse Museums

A partnership initiative by:
my neighbourhood
your community.



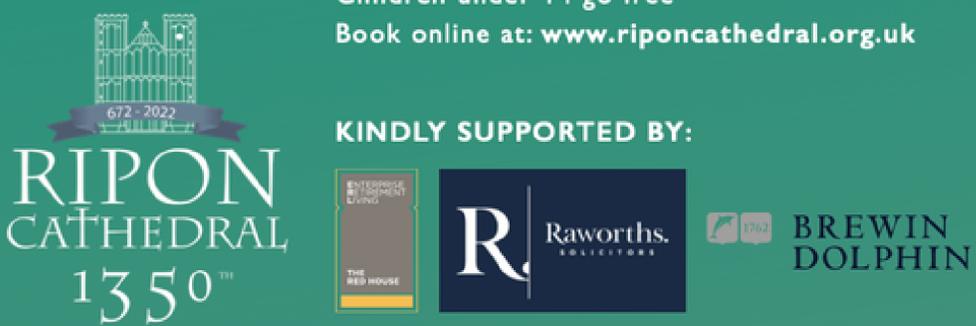
SPRING FOOD, HOME AND GARDEN SHOW

SATURDAY 9 APRIL 10AM - 4PM

60+ INDEPENDENT TRADERS | PETTING FARM
PUTTING GREEN | CHOCOLATE TOMBOLA
LIVE MUSIC | POP UP CAFE | PLANT STALL

TICKETS AND FURTHER DETAILS:
Advance tickets: Adults £3 (plus booking fee)
On the door: £5
Children under 14 go free
Book online at: www.riponcathedral.org.uk

KINDLY SUPPORTED BY:



Happy Retirement Mark



As most of you will already know, Mark retired this month.. He joined the Workshop in its infancy and worked tirelessly alongside Barrie in setting up and establishing the wonderful place we all know and love today. I'd like to thank Mark for his dedication and the positive impact he has had on so many lives during his time here.

We had a bit of a do for him at the Workshop; he was bowled over by everyone's generosity, especially the Stained Glass Course he will attend, combining two of his passions.

We will all miss him greatly but it is not goodbye, just au revoir!

I'm sure you will join me in wishing Mark a healthy and happy retirement...we look forward to hearing about all his new adventures when he pops in.

Love and best wishes

The Jennyruth Workshops family xxxxx

A Message from



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