

The Wren

Issue 4

26th February 2021



Together Everyone Achieves More

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Message from our Chief Officer

Hello Everyone

Welcome to our February Edition of The Wren, packed full of features, updates and activities for you all to enjoy.

We've been very busy (well, the workmen have) at the Workshop over the last month as you will see from our photos. The new toilet block is coming along nicely and we have just taken delivery of the new staircase to create proper access up to our storage area to keep stock for the website organised.

We continue to receive lots of orders for bespoke products which include a pizza board, a personalised clock and a bespoke shoe rack and even a box to disguise a campervan toilet.

I'm delighted to hear that many of you have now had your first vaccination; a big step forward for us all. It has been lovely on the Zooms to see those of you who have already had your vaccines reassuring those who haven't yet.

Do check out Emma's poem on page 9; Emma composed this whilst on the phone to Anna the other day...Truly amazing! William has also sent us a train video which is a must, please do take a moment to watch it, it really will move you!

That's all from me for this month except to say, thank you all for continuing to support us from home; we couldn't do it without you 😊

Take care and stay safe.

Nicky

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Feature of the Month

Our Wonderful Workers



Our Amazing WOW's

Every week we celebrate the incredible achievements of one of our workers. This month Ben, Victoria, Jamie and Daniel received Worker of the Week (WOW).

WOW



Ben Evason
Worker of the Week
15th February 2021

- His lovely bird box painting, he has painted them very carefully
- The excellent quality of his work at home
- Always being cheerful when we speak to him and on zooms

Nicky

Chief Officer



WOW



Victoria Thomis
Worker of the Week
22nd February 2021

- Being really engaged in her zoom sessions, asking questions and remembering in the office skills zoom
- Her contributions to the Friday zoom and playing Idun in our Norse story
- Being brilliant in the literacy zoom

Nicky

Chief Officer



WOW



Jamie Allan
Worker of the Week
1st February 2021

- His amazing work, concentration and memory in the office skills group
- His excellent painting on the new owl jigsaws
- Hosting Karen's zoom when her internet cut out

Nicky

Chief Officer



WOW



Daniel Allen
Worker of the Week
8th February 2021

- His great interview with Sunnybank Trust radio
- His enthusiasm and his wonderful painting at home
- His amazing contributions to the zooms, particular the Friday social zoom as Daniel the Weatherman
- Baking buns for the staff and volunteers at Jennyruth Workshops

Nicky

Chief Officer



News from the Workshops



'Life in Lockdown' Project

We are asking for your help from the Community Action Group at Jennyruth Workshops to become involved in a project to add stories to a book that will become an archive for future generations. The book will contain stories about how lockdown has affected as many people as possible in the Ripon district.

All the stories will be anonymous!



Have you learnt a new activity?
Have you missed your friends or family?
Have you been bored?
Have you been exercising?
Have you been working or volunteering?
Have you felt lonely?
Have you made any new future plans or holidays?

This exciting project is for people of all ages to take part in. You can post your stories in this post box, post them to us at Jennyruth Workshops or email them to us.

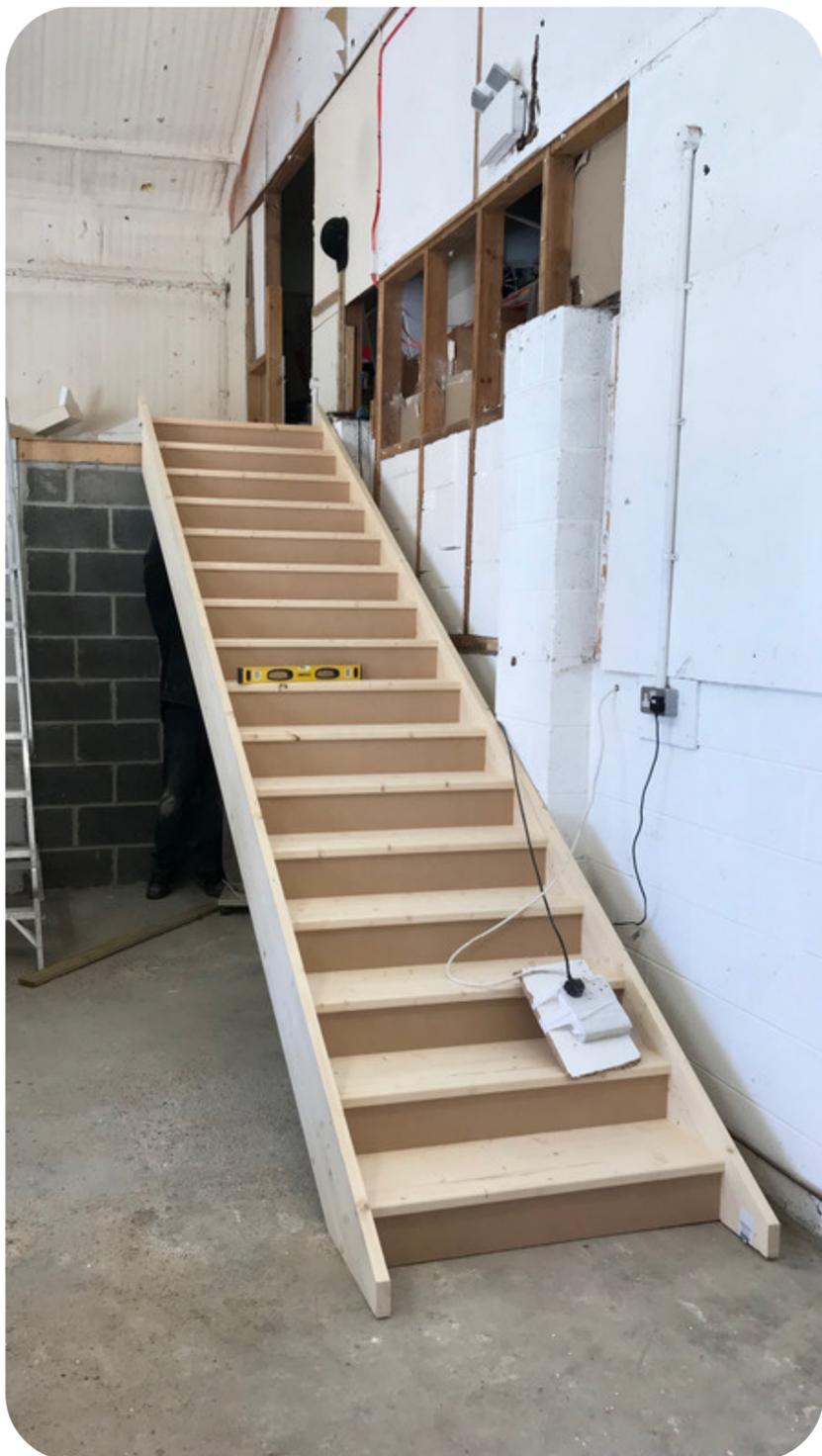
c/o Community Action Group
Jennyruth Workshops
Red House Farm
Bridge Hewick
Ripon
HG4 5AY

c/o Community Action Group
Info@jennyruth.co.uk

Thank you and stay safe.
Lucy, Victoria, Beth, Jamie and Rebekah
Community Action Group



Building Works Update



With the new toilet block well underway, Tony and Mark have started work on putting in the new staircase that leads to the now boarded loft space.

We will be using the upstairs space to organise and store stock for the website and stalls. Mark is thrilled that after 15 years he won't have to climb the ladder anymore to go upstairs. This is only the beginning of the work as a corridor has to be constructed around the staircase so that it all meets fire regulation. Once this and the toilets are complete we will be moving on to phase 2 of the building work which we will tell you all about in the next edition of the Wren.

Feature of the Month

Our Wonderful Workers

The Zoom meetings with our workers are a real joy and brighten up every working day. They encourage one another with updates on their work and other activities and have coped so well with all the changes they have had to deal with this year.
- Karen



A special thanks to all the Wednesday Quizzers! Everyone is so good with your answers and an extra special thanks for laughing at my awful jokes. It's the highlight of my week.
- DON

I have worked full time at JRW for over a year. From the start I was impressed by the workers enthusiasm for the work they do at the workshops. Their humour and positivity is infectious. In particular I worked with Ben and Christopher on woodwork and it is this vital element that we've all missed since the first lockdown. The workers deserve credit for their contribution in taking part in all online activities and for making it a success.
- Richard



You've all been so supportive of each other during this difficult time. Thank you for adding sunshine and laughs to our zoom sessions :) You've gone above and beyond with supporting the workshops from creating promotional videos to fundraising and not to mention the amazing painting work you've all been doing from home.

- Anna



To all in the Tuesday morning Zooms. Thank you all for brightening up my Tuesday morning on Zoom! I love seeing all your smiley faces and having a catch up. It is the highlight of my week!

- Shelley :)



Warm Wonderful Workers are the reason behind Jennyruth Workshops. They make the place come alive with their chatter, smiling faces and enthusiasm. The workshops are so quiet without them but to see them on zoom and sending virtual hugs make my day!

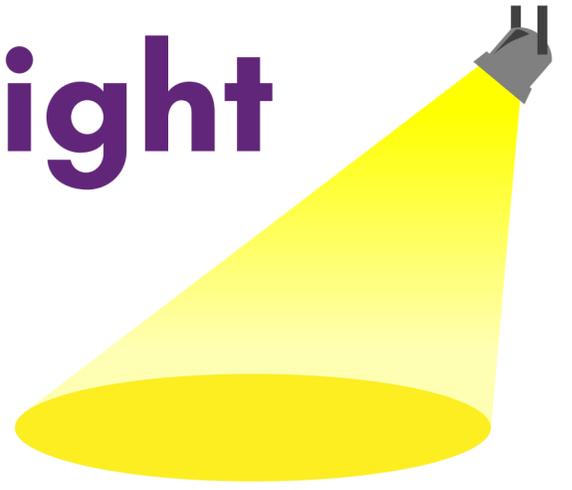
- Linda



I take my hat off to all the Jennyruth Workshops Workers. The way you have been so enthusiastic about keeping going you are all truly amazing. Well done.

- Mark

Volunteers' Spotlight



Peter Boyle volunteers at Jennyruth Workshops on Wednesdays. He always produces very high quality work with whatever he is asked to make, having originally trained as a cabinet maker.

In the past few weeks, Peter has produced all of our bird tables which have sold very well through the winter.

Peter is a great asset to the workshops, taking on an important part of the workload.

Workers' World

Welcome to the Workers' World. In this edition we've got a beautiful poem written by Emma and some cracking jokes from Jamie.

We've also got a little message from the Sunnybank Trust, a charity based in Surrey. They have their own radio show called The Sunny Sessions that Ryan, Jamie and Daniel were interviewed for this month.



Winter Poem

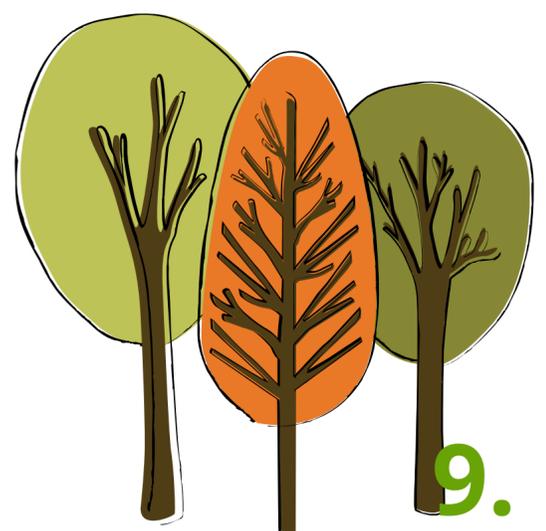
Some of the trees are green
The leaves are loose on the ground,
and they're blowing around

The birds are singing to each other,
and the buds are coming up on the trees

You can see the squirrel running up and down the trees



By Emma Schofield



Hello to everybody at Jennyruth Workshops, warmest greetings from Surrey.

We are The Sunnybank Trust, a charity supporting adults with learning disabilities to live the life they choose. We are based in Surrey and have recently enjoyed welcoming those further afield to join in with our online activities and radio show.

As well as providing essential Advocacy services to those who need our help and offering a full menu of online activities to help keep spirits up during lockdown, we have launched our very own radio show called The Sunny Sessions.

The show airs every Monday and Wednesday and is hosted by our fabulous DJ Jon who puts lots of positive energy and fun into the shows. Each show is themed and gives listeners the opportunity to request shout outs and their favourite songs. As well as creating a safe and fun space for adults with learning disabilities to have fun, DJ Jon keeps our audience updated with important Covid information in an easy-to-understand format.

Since Sunny Sessions launched last year we've had some very special celebrity guests join us on air. At Christmas DJ Jon supported one of our listeners who is an aspiring radio DJ to interview 80's popstars Suzzi Quattro and Lemal. This was a particular highlight for us and a great example of how we are supporting and encouraging our listeners to get involved with the shows and learn new skills along the way.

Listen to our Sunny Sessions radio show every Monday and Thursday at 11am: www.surreyhillsradio.co.uk

If you would like to get involved in the show, request a song or shout out for a friend, contact DJ Jon by emailing info@sunnybanktrust.org

Find out more about our online activity groups here: www.sunnybanktrust.org/stay-home-stay-safe

Jon Andrews

Producer of the Sunny Sessions Show broadcast on Surrey Hills Radio Monday & Thursday at 11am



Jamie's valentine jokes

What do you call a very small valentine?

A valenTINY

Knock knock, who's there?

Howard. Howard who?

Howard you like to be my valentine ?

What kind of valentine present is never on time?

ChocoLATE

10.

Thank You



A big thank you to William Scrope for his wonderful train video which you can view above. He has combined his passion and knowledge of trains with his skill for editing to create this video.

To everyone who has made a donation to Jennyruth Workshops this month we want to say a big thank you for your continued support and generosity!

Garden Knowledge

This month we will be profiling the beautiful little wren. We have been looking more closely at different birds in our gardening zoom and the workers are trying to look closely at the birds and describe what they look like so they can recognise them in their own gardens.



The wren is one of our smallest birds yet is has an astonishingly loud song. No wonder we use the lovely jenny wren as our Jennyruth logo, we may be small but we can shout out proudly about all we do and achieve. You can listen to the wren song here <https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/bird-a-z/wren/>, the video of the little wren singing further down the page is a delight to watch. The wren will be singing loudly now to protect its territory and find a mate, a female wren.

You can recognise the wren by its small, round, plump shape and its distinctive small and upright tail, and see it flitting close to the ground in the hedgerows and between shrubs in your garden. The adult wren weighs about the same as a £1 coin.

The male wren builds many nests each spring, often between 6 to 12 nests! He then attracts a female or two to the nests and hopefully she will choose one and line it with feathers, leaves and moss. If she doesn't like them, he will have to build more!

Wrens eat spiders and insects which they find while hopping and dashing along the ground and probing in crevices with their long thin bill.

Wrens will use open-fronted and tit nest boxes for nesting and winter roosting (up to 60 have been recorded in one box). You can watch wrens roosting in a bird box here <https://www.facebook.com/watch/?v=2097455057000753>



Beautiful drawings
by Emma

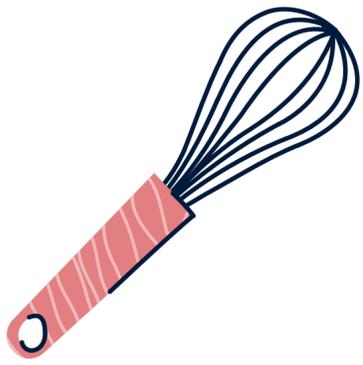




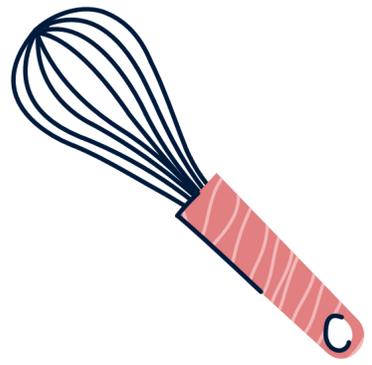
Our volunteer, Janet Willoner, found this lovely story about the wren.

The trickery and cunningness of the wren has been popular since the day it was titled as 'The King of Birds'. The story goes that all the birds gathered to choose the king of the birds. Each species had some or other power which made it difficult for them to choose the best so it was decided that the bird who flew the highest would be chosen as the King.

As soon as the birds took off into the air, the little wren hid herself in the feathers of the eagle, for she knew the eagle could fly the highest. The eagle flew higher and higher to a point where it thought no other bird could fly further. As the eagle started to come down confident and happy that it had achieved the title, it heard a voice from the sky above chiming 'I am the king, I am the king!' and this was the little wren who had been hiding in the feathers of the eagle. She took a little flight above the eagle without exhausting herself unlike the rest of the birds who tried to fly high but could not beat the eagle.'



Cooks' Corner



We're going savory this week with Martin's favourite pasta recipe **Spaghetti Carbonara**

400g dried spaghetti

Small handful of fresh chives, finely snipped

4 eggs

4 tbsp fat-free natural fromage frais

6 back bacon rashers, visible fat removed

2 level tbsp grated fresh Parmesan

1. Cook the spaghetti according to the pack instructions. Drain well and return to the saucepan.
2. Meanwhile, place a large non-stick frying pan over a high heat. Add the bacon and dry-fry for 2-3 minutes, then turn off the heat.
3. Lightly beat the eggs, season lightly and stir in the fromage frais, 1 level tbsp Parmesan and most of the chives.
4. Add the bacon to the drained spaghetti and mix well over a low heat, then remove from the heat and stir in the egg mixture. Toss thoroughly so that the eggs thicken in the residual heat, making a sauce that coats the pasta.
5. Divide the spaghetti between 4 bowls, then divide over the remaining Parmesan and chives. Serve hot.

Rainy Day Relaxation

February 2021

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

- RAINBOW
- BEE
- SEEDS
- LAMBS
- SPARKLING
- SNOWDROP
- WEATHER
- CHICK
- DAISY
- DAFFODIL
- DUCKLING
- FLOWERS
- GROW
- GARDENING
- WARM
- UMBRELLA
- RAINCOAT
- SHOWERS
- EGGS
- GREEN
- SPRING
- CROCUS

Y	G	I	N	G	S	P	A	R	K	L	I	N	G	O	H	S	I	S	E	
S	M	I	R	M	S	A	R	M	A	R	M	A	R	M	A	R	M	A	R	M
L	U	M	K	K	H	L	A	H	L	A	H	L	A	H	L	A	H	L	A	
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S	M	L	R	A	I	N	C	O	A	T	W	S	D	K	S	E	D	S	G	

Happy Birthday

February



Daniel Allen
Jenni Kipling
Sue Turner
Janet Allen
Annie Pybus
Ben Evason
Denise Carrigan
Mark Scott
Matthew Evason



February 100 Club Winners

Thanks again to Jamie for announcing the winners.

1st prize – No 63

2nd prize – No 89

3rd prize – No 42



A message from Jamie



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