



The Wren

Issue 4

29th January 2021

.HAPPY.
New Year



Together Everyone Achieves More

www.jennyruth.co.uk



@JennyruthW



@jennyruthworkshops



@JennyruthWorkshop

Message from our Chief Officer

Hello everyone and welcome to our first edition of 2021.

I hope you are all keeping well and finding plenty to do to keep busy during this latest lockdown. Most of the staff are busy working from home and I hear that last week's Masked Singer Zoom was fabulous. The Wren is packed full of news from the Workshop including an update on the progress of our new toilet block. Lots of activities and a few ideas for those of you who celebrate Valentine's Day.

This month sees another of our wonderful volunteers in the spotlight and an introduction to Ben Haywood-Noble; the Specialist Learning Disabilities Liaison Nurse at Harrogate Hospital. He is looking forward to visiting us all at the Workshop once restrictions ease.

Our campaign to raise awareness, Small Fish....Big Pond is gathering pace; if you haven't filled the survey in yet, please do and please pass it on. You will find an article all about it on page 5.

Take care and stay safe.

Nicky

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Feature of the Month

Small Fish - Big
Pond....Help us help
them

**Cover Photo courtesy
of Richard Naish**

Our Amazing WOW's

Every week we celebrate the incredible achievements of one of our workers. This month Ryan, Lucy, Rebekah and Rachael received Worker of the Week (WOW).

WOW



Ryan Hearfield
Worker of the Week
4th January 2021

- For working so hard on all his Christmas painting last year
- For the high-quality painting and the brilliant detailed work
- For his wonderful contribution of dancing to the Christmas video

WOW



Lucy Newell
Worker of the Week
11th January 2021

- Her careful and neat painting
- Joining in the Zoom groups
- Her fantastic contribution to the Christmas Video

WOW



Rebekah Evason
Worker of the Week
18th January 2021

- Joining in lots of Zooms
- Working from home and doing a lot of painting
- Remembering everyone's birthdays and posting beautiful cards onto our Facebook group

WOW



Rachael Addison
Worker of the Week
25th January 2021

- Being so cheerful on Zooms
- Joining in with the Jennyruth quiz

News from the Workshops

Valentines Cards



'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



Available to purchase
www.jennyruth.co.uk/shop

Building Works

Our new toilet block is underway.



4.

Feature of the Month

Small Fish - Big Pond...Help Us Help Them

Over the past year Covid has had a detrimental impact on many day services and social enterprises. Our local authority funding has not been affected, in fact our local authority has ensured we are able to keep operating, albeit remotely, by continuing to fund us. They have recognised the importance of what we do and how important it is that we survive the economic impact of Covid. There is however a large deficit caused by cancelled fundraising events and sales events.

'This important aspect of adult health and social care support is much overlooked in general and hasn't had a sufficiently high enough profile in the media during the pandemic in my opinion and therefore can be 'hidden from' the general public. Adults with learning disabilities, their carers and the providers of care services can then become 'forgotten about'. And that is not okay!'

– Anonymous.



We recently shared a survey to find out about the opportunities available for adults who have learning disabilities on a national level. We've since had an overwhelming response from over 100 people. Our aim is to share the survey results in a press release to highlight how small independent charities across the country often get forgotten and how important it is that sponsorship/support/donations reach grass root level where it is very much needed and makes a massive difference.

We are hoping that by doing this we can attract support from the private sector direct to the smaller charities themselves.

If you are a small charity supporting adults who have a learning disability and would like your name mentioned in our press release, please do get in touch as this affects all of us and together we can achieve more.

We will have a page on our website with details of everyone who wants to get involved and details of how people can make donations direct to them.

We are hoping that this survey followed by the press release will highlight how important it is that social enterprises not only survive but thrive.

Volunteers' Spotlight



Keith enjoys working at Jennyruth's wood workshops so much that when it wasn't safe to work there due to the virus he asked Richard to take one of the scroll saw machines to his house, well into his garage actually, so that he could carry on cutting out bears, gnomes and other creatures for others to paint.



He only stopped production in the garage when it got far too cold to carry on. In the meantime his wife, Christine, has enjoyed painting some of the smaller items indoors in time for selling at Christmas.

Keith and Christine both look forward to the time when they meet up with other volunteers and our lovely workers when Jennyruth workshops is able to return to normal working and we can all enjoy working together again with our super staff.

Workers' World

A very special edition of Worker's World that focuses on Health and Safety.

Who is the Learning Disabilities Nurse?



There is a learning disabilities nurse in the hospital. You can talk to this nurse about your care



This nurse is called Ben Haywood-Noble.

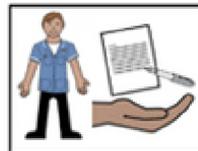


The nurse works Monday to Thursday 08.30am until 4.30pm



The nurse works at Harrogate Hospital

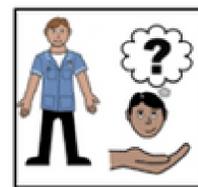
What does the Learning Disabilities Nurse do?



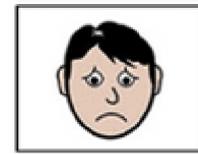
The nurse can help to make plans for when you come into hospital



The nurse might come to see you when you come into hospital



You should be in control of your own care. The nurse can help you to make choices.



You can talk to the nurse if you are not happy with your care in hospital

Who might the Learning Disabilities Nurse talk to?



The nurse will talk to you.



If it is ok with you, the nurse will talk to your family or carers



The nurse will talk to doctors, nurses and other health professionals about your care and treatment.



The nurse may talk to other people that work with you. For example your social worker or community nurse

Ben Haywood-Noble is a Learning Disability Nurse at Harrogate Hospital.

He has very kindly shared lots of information regarding support that is available for you.

Harrogate and District 
NHS Foundation Trust

You matter most

Hospital Passports



The nurse can give you a hospital passport to fill in and keep.



You can bring this into hospital with you.



The hospital passport gives staff in the hospital information about you.



You can have a paper passport and fill it in by hand



You can have a copy to fill in on a computer.



You can contact Ben on the phone, email or letter.



01423 553690



benhaywood@nhs.net

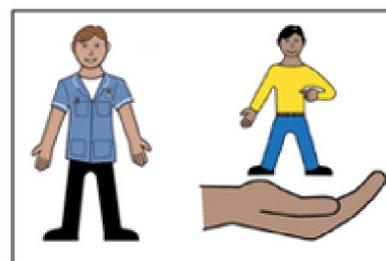


Harrogate Hospital
Lancaster Park Road
Harrogate
HG2 7SX

Learning Disability Acute Liaison Service

Do you have a learning disability?

Do you need help in hospital?



The learning disability service might be able to help

These can all be found in the Workers' Zone under 'Important Information'.

We understand that Zoom sessions and Social Media have been a wonderful asset during the current pandemic.

But in order to STAY SAFE ONLINE we need to remember a few things!

1. Don't send friend requests to staff, volunteers or trustees.



2. On our public Social Media pages, don't type peoples FULL NAME in the comments.



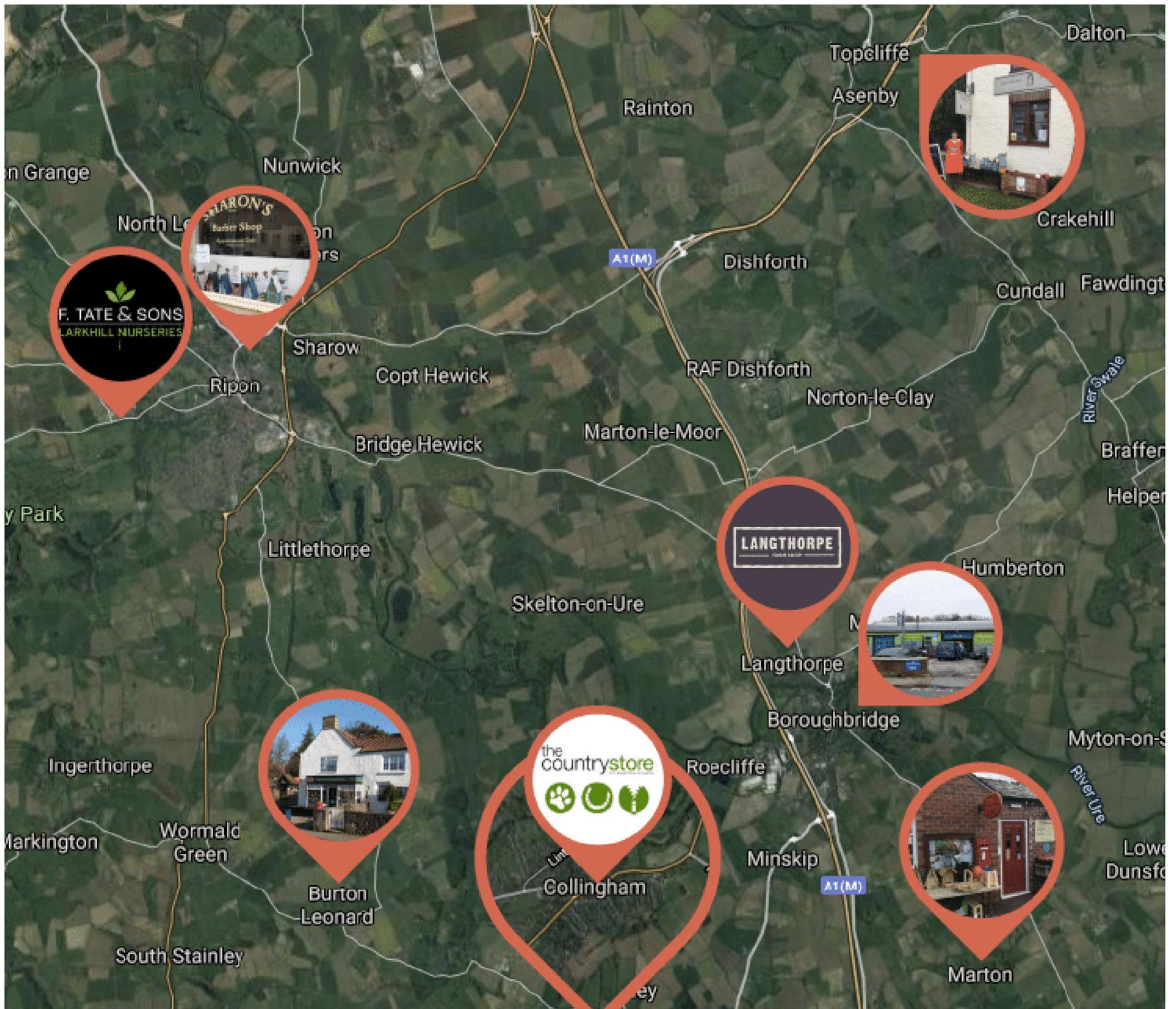
3. Be kind online, think before you type.



Thank You



A big thank you to all of our wonderful outlets for their continued support with selling our products.



If you would like to join our family of outlets then drop us an email: info@jennyruth.co.uk.

A big thank you for the donation which was used to buy our new belt sander.

Richard says 'Our new belt sander allows us to sand much bigger work which makes the production of most things much quicker. We make most of our products out of 8" x 1" rough sawn boards which need smoothing on the sander. This took much longer on the old belt sander which is alot smaller.'



The sander can be used flat and can also be set at any angle up to 90° to the horizontal. This makes the new sander a lot more versatile, allowing pieces of wood to be sanded to a specific angle.

We use the sander on most pieces of work and it has made a huge difference to how we work in the machine shop.

We would also like thank Howdens Joinery in Ripon for donating 3 Fire Doors complete with frames and closures.

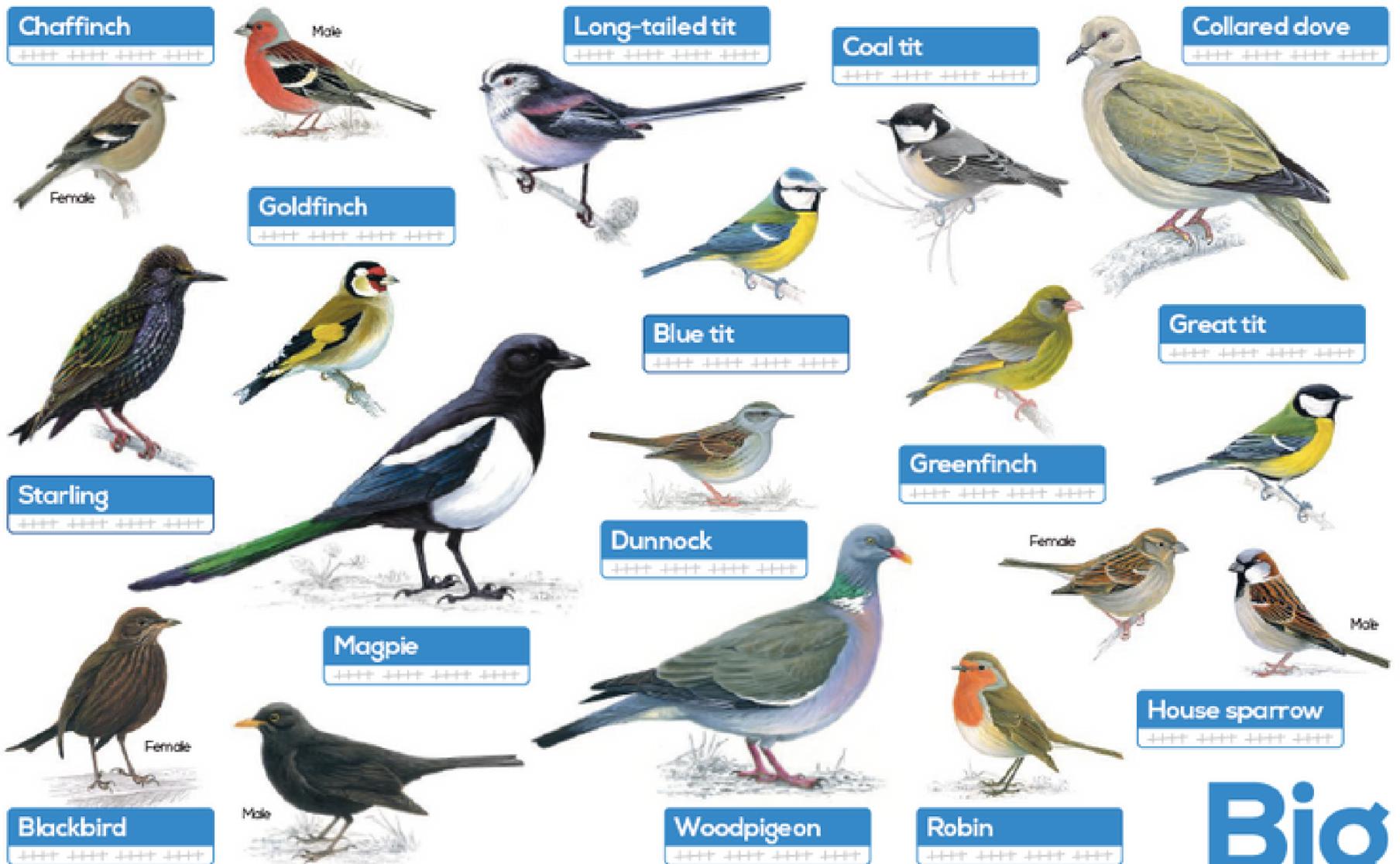
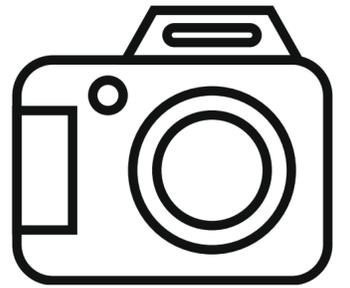
These will be for a brand new toilet block.



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 Gnowledge

The Big Garden Bird Watch
29th - 31st January



These are some of the birds that you might see. You can use the tally to help you count. You'll find lots of tips on identifying birds as well as their calls at [rspb.org.uk/birdwatch](https://www.rspb.org.uk/birdwatch)

The RSPB is a registered charity in England and Wales 207076, in Scotland SC037654.

Illustrations by Mike Langman (rspb-images.com)

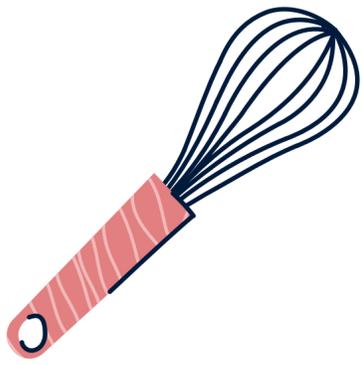
Big
Garden
Birdwatch
29-31 January 2021

Why not practice your photography skills by taking photos of some of the birds that you see.

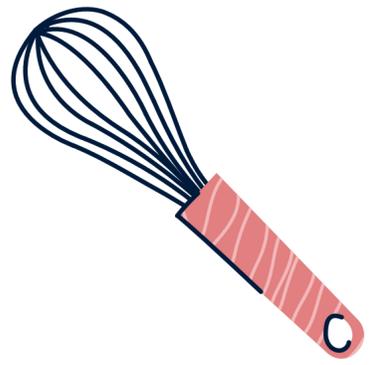
Don't forget to send us your photos.

12.





Cooks' Corner



Valentines Hearts

- 100 g Butter
- 125 g plain flour plus extra for dusting
- 100 g caster sugar
- 1 egg yolk
- 6 tbsps raspberry jam



1. Preheat oven to 180°C, 160°C fan oven, Gas mark 4.
2. Cut the butter into small pieces.
3. Sieve the flour into a large bowl and then add the sugar, egg yolk and Stork. Mix with a wooden spoon, hand mixer or cold hands quickly to create a firm dough (mix thoroughly but not for too long).
4. Wrap the dough in foil and leave in the fridge for 30 minutes. Dust the work surface with a little flour and roll out the dough until it is about 4 mm thick. Use the large cookie cutter to cut 24-30 hearts from the dough.
5. From half the hearts cut out a small heart shape from the middle to obtain a heart-shaped hole. Place the hearts (the small ones too) on the greased baking sheets. Fold any dough scraps together, roll them out again, and cut more hearts out.
6. Bake in the preheated oven for 15-20 minutes until cooked and golden brown. The cookies are still soft when they come out of the oven but will harden up as they cool. Leave the cookies to cool on the baking sheets.
7. Spread the big hearts without holes evenly with raspberry jam. Lay the hearts with holes directly on top. The extra baked mini hearts you can eat as you go along or use as a topping on a dessert.

Chocolate Bowls

- 300g chocolate – any type**
- 4 Balloons**



STEP 1

Break the chocolate into small pieces. Put in a bowl suspended over a pan of simmering water and leave to melt. Remove from the heat and leave to cool for 5 mins. Meanwhile, blow up your balloons – you want each bowl to be about 10cm wide, so try to pick small balloons and don't blow them up too much. Tie with a knot.

STEP 2

Line a baking tray with parchment. Holding the knotted end of the balloon, dip it into the melted chocolate to create your bowl shape. Stand it on the tray and hold the balloon for a few secs until the chocolate pools around the base allowing you to let go of the balloon. Continue with the remaining balloons. Chill for at least 30 mins or until set.

STEP 3

When the chocolate has set, pop the balloons and carefully peel them away from the bowls. Fill with your chosen dessert – ice cream is good because it keeps the bowls cold.

Happy Birthday

January



William Scrope
Adam Chapman
Josephine Mitchell
Margaret Crosfield
Brenda Cussons
Lucy Newell
Jonathan Evason
Richard Naish



January

100 Club Winners

Thanks again to Jamie for announcing the winners.

1st prize – No 86

2nd prize – No 6

3rd prize – No 59

15.



A message from Matthew



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Bridge Hewick
Ripon
North Yorkshire
HG4 5AY**

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