

Hello from Jennyruth Workshops



Sign of the Week

20th - 26th July 2020

This week's sign is Outside!

Join in with our Sign of the Week. Make and share your own video using the hashtag #wefalkmakaton to appear on our video wall on wefalkmakaton.org



Outside



Outside



The Rainbow Miles

Number of rainbow miles walked so far	1117
Current amount raised	£2,522

<https://www.gofundme.com/f/the-rainbow-miles>



THEMED WEEKS

For the next two weeks we are having a change to our online programme with two themed weeks.

Next week is TIME CAPSULE week.

We sent out an email with the schedule earlier this week. NB the morning meeting is at its regular time of 9:15.

All activities will be posted on our private Facebook page and will be added to the Workers' Zone on our website.



Week commencing Monday 3rd August we have a week of SUMMER SURPRISES – more details will be sent via email during Time Capsule week.

BULLETIN NEWS

The bulletins are now going to be fortnightly with any important news and photos sent the alternate weeks.

The next bulletin will be out on Friday 7th August.

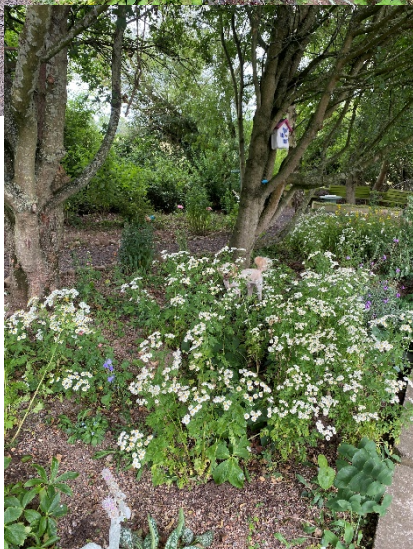
NEWS FROM NICKY

Nicky would like to congratulate Victoria Matthews-Patel on her successful completion of the Volunteer Management course. Victoria is now taking on the role of Volunteer Manager at Jennyruth Workshops and will be in touch

with all volunteers soon to say hello and to get up to date contact information etc.

AT THE WORKSHOPS

The new pond and our gorgeous garden



Contributions from the workers

This week we have an amazing piece of writing from Alex Arnall about her experience of lockdown.

ALEXANDRA'S Corona Virus Lockdown

I came home to Bruniquel in France on Friday 13 March 2020. This was in the early stage of the Corona Virus in France.

I was a bit confused at first; wearing masks and keeping away from people was not what I was used to. Within a few days of me arriving, we were told by the French Government to stay in our house and only go out for one hour of exercise a day in our village, and we had to take a piece of paper, called an 'Attestation' with us. Mummy and I were asked to show our Attestation to two policemen whilst we were out walking one day - they were very friendly but I was still a bit worried by the situation.

I have been involved in a number of special projects whilst being at home in lockdown:

- Helping to redesign part of our garden
- Planting new seeds and plants
- Making strawberry boxes
- Redecorating my bathroom

Each day I am in charge of certain jobs around the home, this has helped me to have a routine which I like. These jobs are:

- Make my bed when I get up
- Lay the table for each meal. Sometimes this is outside in the garden or under the logère
- Feed my cat Rémy
- Empty the dishwasher each morning
- Take the empty bottles to the bottle bank for recycling
- Put out the recycling box for collection each Monday and Thursday morning
- Water the plants at the front of the house. Water the strawberry boxes and check for ripe fruit each day. Water the other plants and rockery on the edge of the field at the bottom of our garden

Sometimes it has been very difficult to adjust to being away from all my co-workers, staff and volunteers at Jennyruth Workshops. I miss everyone so much and just want us all to be back together.

I really, really like all the activities and Zoom meetings the staff and volunteers at Jennyruth have organised for us all during the Corona Virus lockdown. It has helped me to see and talk to all my friends and take part in workshops and socialise every day! It was a bit tricky getting used to the times of everything at first because in France the time is one hour ahead of you all in the UK.

I have done lots of things which were organised by Jennyruth but I wouldn't normally have a chance to do! This has been great fun! Especially good are:

- Baking the recipes Anna posted, with Mummy
- Taking part in Don's Quiz every week with Mummy
- Making an Easter card
- Taking lots of different photographs to send to Jennyruth
- Makaton time with Anna and Joy
- Zoom meetings in the morning and afternoon where I get to see, hear and talk to everyone

I absolutely love the Jennyruth Workshops Facebook Page and the Weekly Bulletin! I have kept a file for all the worksheets and bulletins since they started and I often sit and look through them. I even have a laminated copy of the Weekly Schedule which I look at all the time to make sure I don't miss anything!

I am very lucky to be at home with my family here in France and to be able to get out and about perhaps a bit more than everyone in the UK, but the thing I want most of all is to be back at Jennyruth Workshops in my normal routine.

It is very frustrating when life is disrupted and it is very puzzling and difficult not knowing when life will be back to normal.

My family is very important to me, and Jennyruth Workshops and all the people related to it are what make my life really wonderful.

Thank you to everyone at Jennyruth for being so supportive to me during the Corona Virus, and for giving me lots of work and social activities to be involved with each day.

Alexandra, 19th June 2020

24th July 2020

We sent long distance hugs through the post.



24th July 2020



We want to say a HUGE **thank you** to:

Emma Schofield for raising an amazing £138.30 for the Rainbow Miles fundraiser through cash donations from friends and family, and for bringing us some super tasty biscuits!

Delicious
We send birthday wishes to:
Sam Manning



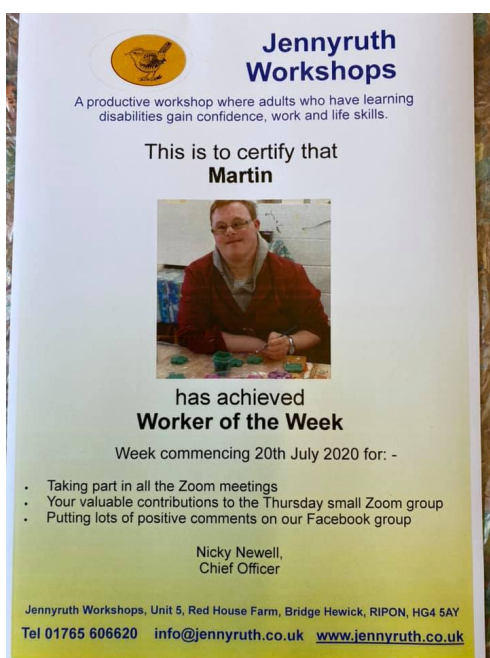
MEET THE TEAM



Anna Smith	
How long you have worked at Jennyruth Workshops?	About 4 ½ years in a variety of roles.
Your favourite thing about Jennyruth Workshops	The people.
Your favourite place to go on holiday	South Africa
Have you ever lived in a different country?	No
Your favourite place to visit in the UK	Probably London - to see my friends and go to the theatre
Your favourite food	Anything cheese related or mash potato or shellfish
Your favourite film	The Greatest Showman and Singing in the Rain
Your favourite TV programme	Dads Army
If you could be any celebrity who would you be?	Reese Witherspoon
What is your favourite place to go to lunch?	Cote Brasserie for Mussels or Dirty Bones in London – they do the most amazing parmesan truffle fries
What would your last meal on earth be?	Canape: Scallops wrapped in bacon. Starter: A baked camembert with red onion marmalade and crispy French bread. Main: bangers and mash. Pudding: Vanilla cheesecake with a raspberry coulis. Not that I've thought about it much.
What is your favourite pudding?	Cheesecake
What are you frightened of?	Spiders
Do you have any pets? If yes, what animals are they and what are their names?	Lots of chickens and a black Labrador called Bluebell
If you were an animal what would you be?	Maybe a dolphin – I like the idea of being able to swim in the ocean all day and they're very intelligent so that would be useful.
How many brothers and sisters have you got?	2 brothers – Henry and Angus
Something we may not know about you	I recently qualified as a teacher HURRAH!
Have you got a secret skill?	I can do the splits and eat an entire camembert but not at the same time.
Have you tried any new activities while staying safe at home?	Running and making pesto
What have you missed while staying safe at home?	Being able to go shopping in FatFace, going out to dinner with my friends and going to my aerial hoop and hammock classes.
What do you do that makes you feel happy?	Cooking, chatting on zoom to all of you lovely people, watching funny tv shows on Netflix and cuddling Bluebell

AN ACTIVITY FOR YOU TO DO AT HOME





So many smiley faces in this week's PHOTO GALLERY



24th July 2020



*Well done to everyone who entered our
Christmas Decoration competition.*

*1st Prize – Daniel with his Holly and
Mistletoe bunting*

*2nd Prize – Lucy with her Elf tree
decoration*

*Special Mention to Rachael for her
wonderful Christmas picture*