



The Wren

Issue 10

30th July 2021



Together Everyone Achieves More

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Message from our Chief Officer

Hello and welcome to July's issue of the Wren.

We've all been very busy since last month. Our stall at Harlow Carr Flower Show was a resounding success, a big thank you to everyone involved.

July has seen us welcome most of the workers back in person at the Workshop... we are absolutely delighted to have them back 😊

Our team have excelled themselves again and produced a thoroughly wonderful edition packed full of news and ideas for you all.

Thank you to the Magazine team for all your hard work and a special thanks must go to Alex, our European Correspondent for a brilliant set of articles about her summer in France so far.

Looking forward to the next edition already.

Take care and keep safe.

Nicky

Editor Anna Smith

Deputy Editor Izzy Spencer

Head of Photography Ryan Hearfield

Art Director Matthew Evason

European Correspondent Alex Arnall

Senior Journalist Hannah Rollings

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Our Amazing WOW's

Every week we celebrate the incredible achievements of one of our workers. This month Ben, Christopher, the whole team and Alex have received Worker of the Week (WOW).

WOW



Ben Evason
Worker of the Week
5th July 2021

- For participating more on zooms
- For his excellent painting of birdboxes at home
- For doing really well making a birdbox and using the drill driver on his re-orientation day here at Jennyruth Workshops



Nicky

Chief Officer

WOW



Christopher Stanfield
Worker of the Week
12th July 2021

- For working very well at home building birdboxes and planters
- On his re-orientation day, for making a fantastic box to stand on to wash his car
- For designing this box himself



Nicky

Chief Officer

WOW



All our Workers are
Workers of the Week
19th July 2021

- For returning to work with such joy and energy
- For being brilliant with the new rules and routines
- For making us all smile and laugh this week



Nicky

Chief Officer

WOW



Alex Arnall
Worker of the Week
26th July 2021

- For continuing to join us on Zooms
- For being our international correspondent in the magazine group
- For her enthusiasm for all the zooms including the well-being group and the quiz



Nicky

Chief Officer

Reunited

Hannah interviewed several workers to ask them how they felt about being back at Jennyruth Workshops.



Happy and pleased
Daniel

Happy
William



Excited, pleased, honoured and happy
Jamie A





Great to be back
Martin



Strange but so happy to see all my friends
Emma



International Report



BRUNIQUEL
82800 - FRANCE

by Alexandra Arnall,
European Correspondent



Montauban (the nearest city to our village of Bruniquel)

Montauban is known as “The City of Art”. Here you will see lots of beautiful bronze statues all around the centre of the city. Montauban is also the home of the **Ingrès Museum**. This houses many impressive works of art and has regular exhibitions.

Montauban has the **River Tarn** running through the middle of it. There are three road bridges which transport all traffic from one side of the river to the other.

Montauban is situated on the main railway line leading from the South of France right up to Paris.

There is a market every Saturday morning in the centre of the town selling every type of fruit, vegetable, meat and cheese you can imagine!

I like to go to **La Place Nationale**; a beautiful square in the old part of the town where I regularly enjoy a capuccinno coffee! At the moment there is an archaeological dig taking place under the cobblestones of the square. Old artefacts from Roman times have been detected recently.

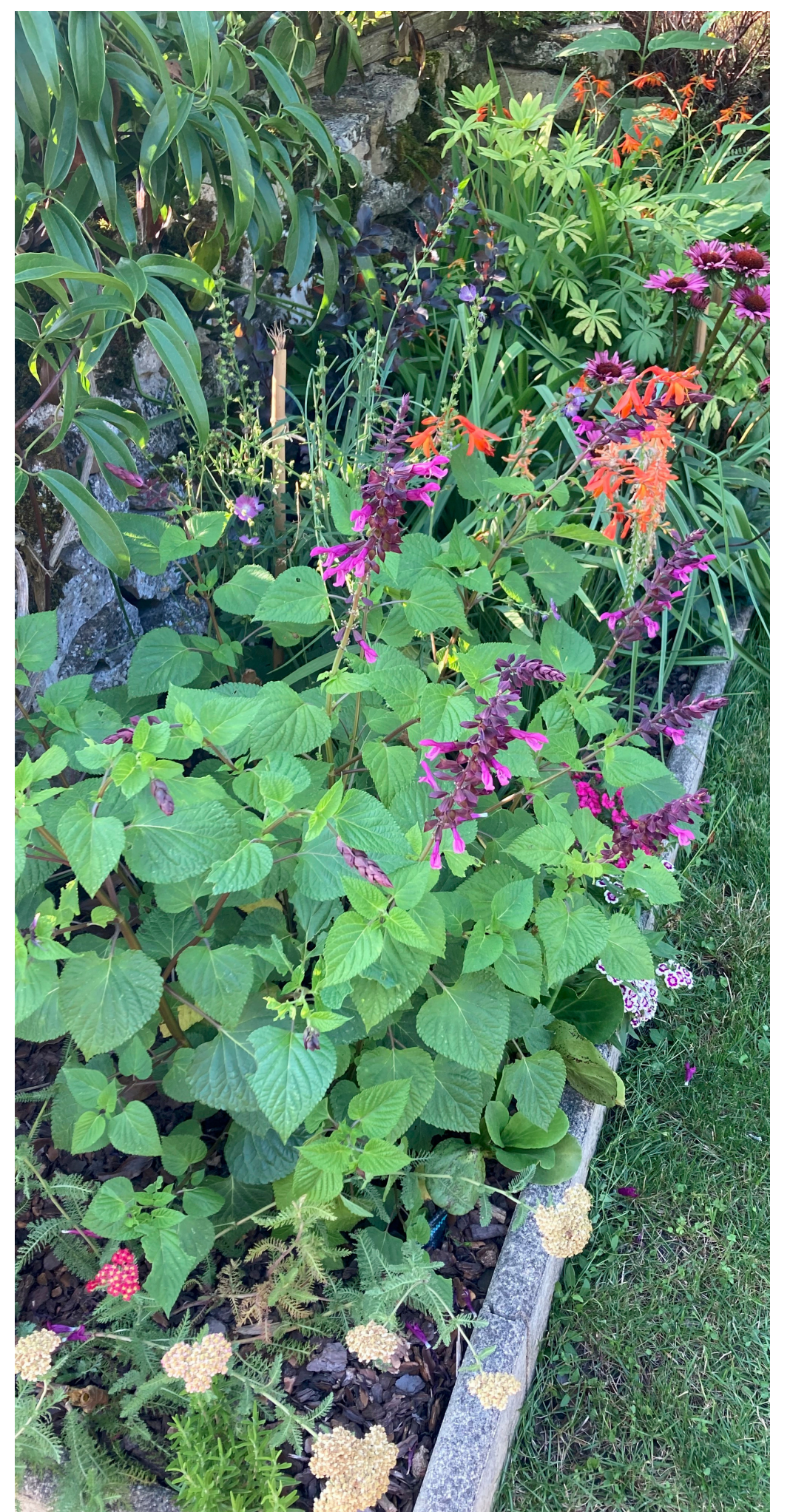
My favourite restaurant for lunch in Montauban is **Spring Time**. Here all the food is very healthy; they serve many different types of salads.

My three favourite shops to visit in Montauban are:

Galerie Lafayette (The famous French department store)

Jardiland (A French national gardening superstore with rabbits and small pets etc!)

Marie Blachère (A fantastic boulangerie with the most gorgeous croissant, pain au chocolat and fruit tarts for sale!!)



Summer weather report for Tarn et Garonne, France.

Over the course of the summer our area of France has had very mixed weather, including:

Thunderstorms
Lots of sunshine
Clear starry night skies





SUMMER POND PROJECT

At the end of spring/the beginning of the summer, we started work on creating a pond in the garden at **La Maison Rouge** (my home in Bruniquel).

We decided to transform a large raised bed in the centre of our garden into a pond! We had to dig out all the soil first. Next we cemented any rough areas of the inner walls of what would become the pond. We then laid a very thick plastic sheeting to act as a waterproof lining for the pond. We then laid new border tiles around the edge of the pond using a special type of cement/grouting material.

The fun part then came when we filled the pond with water! It took quite a long time to do this..... We used a long hosepipe leading from our outdoor water tap through the garden and into the pond.

I really enjoyed going to **Jardiland** to buy special plants to put into the pond. There are two levels in the pond. We had to make sure we chose plants which were appropriate for each level. We also had to buy oxygenating plants. These help to keep the pond clear once they become established.

I am pleased to say, all the plants we put in the pond have now become established and are growing well. We have even had flowers in the pond this summer!

The best thing of all about the pond for me is, we have our very own frog! We have called him **Kermit the Frog**! He loves to sit on the edge of the pond and watch the world go by! He is difficult to spot but I often hear the plop of him as he jumps in the water!



FERME DE RAMIER - FÊTE DES SAVEURS



This **fête** takes place each summer on the **Ferme de Ramier** on the outskirts of Montauban. It is very well attended by thousands of people from all around the region.

There are lots of food producers with stalls selling their produce and meals to eat at picnic tables all around the beautiful farmhouse and gardens.

There are also vineyards selling their wine, honey farmers selling their gorgeous jars of honey! There is also delicious home-made ice-cream too in lots of scrumptious flavours to try!

Caussade is a small town near **Montauban** which is very famous for hat-making which has been carried out there for hundreds of years. One hat-making company was at the **fête** showing how the different hats are made and the different processes involved. My Mummy bought a beautiful straw hat at the **fête** this year.

I was able to go inside the milking parlour of the farm and see all the cows being milked and looked after - there is a special electric brush system for cleaning the bottoms of the cows before they are milked!! It is like the big bushes you see in a car wash!!

I also saw lots of calves who had just been born within the last few weeks! They looked adorable and were very friendly too.

CAMPING EXPEDITION IN MONTPEZAT DE QUERCY



In the second week of July this year, we went on a camping trip to a very small site called **La Faillal** in a beautiful village called **Montpezat de Query**, in the **Lot département of France**.

This village is not far away but the scenery and landscape are quite different in the **Lot** than in **Tarn et Garonne**.

We had a large tent to put up with two separate enclosed bedrooms (to keep out the mosquitoes!) It was fun putting the tent up and fixing it to the ground with all the hooks. We took a camping stove, a mini fridge and a barbecue with us. The weather was brilliant!

I enjoyed swimming in the pool, playing table-tennis and **pétanque** (this is a game played with metal balls – I am rather good at it!)

On the Sunday we walked into the old village of **Montpezat de Quercy** for a special lunch at a restaurant called **La Table de Cardinale** – it was gorgeous!. I had:

Fish gazpacho
Veal
Trio de Chocolat

We did a very interesting walk around **Le Lac Vert**. The water in the lake was a most stunning colour of green! We were able to walk all the way around it looking at all the beautiful wild flowers and watching the many species of fish jumping and swimming in the lake.

Whilst I was away camping, my lovely **Siamese** cat called **Rémy**, went to stay at **Le Pension** (cattery) with his friends the Maine Coon cats – these are huge cats the size of a labrador dog!!



TOULOUSE AWAY-DAY

In June this summer, my step-Daddy, Malcolm, and I went to **Toulouse** for the day.

We used public transport for the whole trip! During the summer months there is a mini-bus which comes to our village of **Bruniquel** and then travels to the railway station in Montauban. Here we caught a train into the centre of **Toulouse**, which is known as the '**City of Pink Brick**'.

Toulouse is one of France's five major cities and has the **River Garonne** running through it. It is also famous for its **Rugby Football Team**. It has a food speciality called **Toulouse Sausage**!

Malcolm and I had lunch at my very favourite restaurant called, **L'Entrecôte**. This is a very famous restaurant known throughout France. There is no menu! Their speciality is steak!! It is not possible to book a table, you have to queue outside and wait for a table. The restaurant is run totally by ladies too!

My step-Daddy is a very keen chef and he likes to cook **Indian food**.

As **Toulouse** is such a cosmopolitan city with many nationalities of people living there, Malcolm likes to visit an **Indian** food supplies shop run by **Indian** staff, where he can buy everything he needs including fresh curry leaves which are very important in authentic **Indian** cooking!

I love my time here at my home in France and I look forward to bringing you further reports in the future. However, I am lucky enough to have had my second **Covid** vaccination whilst I have been here in France and so look forward to seeing you all back at **Jennyruth Workshops** at the beginning of September **2021**.

A bientôt!

Alexandra Arnall

Volunteers' Spotlight

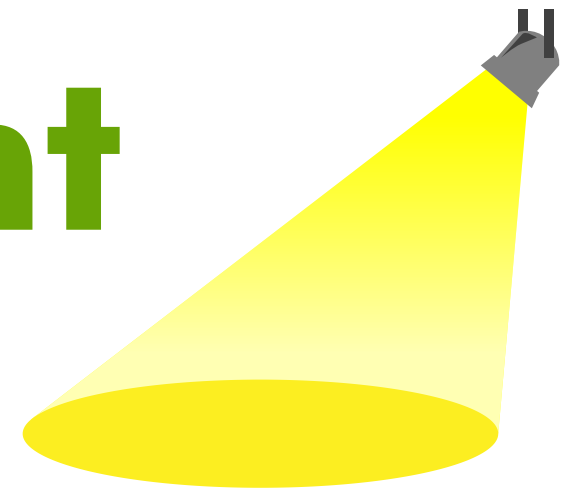


Photo by Ryan Hearfield

I caught up with our new volunteer Izzy and this is what she has to say about volunteering at Jennyruth.

I began by asking Izzy when she started at Jennyruth and she told me it was at the beginning of June. I then asked her what she enjoys about working at Jennyruth and she said "I love the accepting environment and I'm really enjoying getting to know the workers since they've come back."

I asked our Paintshop Supervisor, Phe Morris, why she likes having Izzy as a volunteer and she said "She is very enthusiastic and she is a delight to work with. She is really good supporting the Jennyruth workers."

By Hannah Rollings, **Senior Journalist**

Garden Gnowledge

In our gardening session we've been doing about insects and flowers. We have been doing research on different wild insects and counting all the insects that we can find in the garden to look close up at the colours and shape.

We watched a video about all different kinds of butterflies that we can find. We also used a flower press and have picked different flowers for it.

By Jamie Allen

Insects and Wildlife

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SPIDERS
HONEY BEES
BUTTERFLIES
MOTHS
COCKROACHES
POND SKATERS
MILLIPEDE
WORMS
CATERPILLARS
GRASSHOPPER
WASP
CENTIPEDE

Bonkers barking

A collection of poems by Ryan, Rachael, Daniel and Victoria.



I wag my tail when I get some mail,
I wag it most when I eat the post!

I bury my bones in the garden then,
I like to dig them up again!

I love to sit and chew,
On my favourite bone or a nice new shoe!

Sleeping on the furniture and
rolling in the chair,
Is just the nicest thing to do when
nobody is there!



I'm told I'm very naughty when I roll in
something dead,
But I just love the whiff it makes around
my ears and head.
I then just try and share it on your
trouser leg,
And don't know why they shout at me
and send me to my bed!

I've peed around the lamp post and on the garden gate,
And up the wall and on the flowers and even on my plate!
My mum was not too happy, got no cuddle and no kiss,
Or any treats or nibbles when I piddled in my dish!!



I love my toys, I love my bed, I love the neighbour's cat,
I love to drag my blanket round and rolling in the grass,
I like to curl my tail up whilst running all around,
And cause a great commotion doing 'zoomies' up and down!!



I am happy, feeling happy,
Cos I've eaten all the cake.
It was chocolate, now I'm thinking,
Have I made a big mistake?!!
Cos I'm sitting in the car and we're going to the vets,
Nothing happy ever happens when I get to this address!!

Nice ears, flappy,
Nice face, happy,
Big noise, yappy,
Big teeth, snappy!!!



My favourite pastimes are.....

Chasing squirrels,
Playing ball,
Sniffing bums
I've done it all!!!

Puddle jumping,
Catching sticks,
Rolling in things,
Learning tricks.

River swimming,
Soggy splashing,
Rabbit hunting,
Doggy, dashing.

Digging holes,
Muddy puddles,
Sleeping, snoring,
Smelly cuddles...zzzzzzzzzzzz



Ryan's Reels

Our Head of Photography Ryan's favourite snapshots from this month

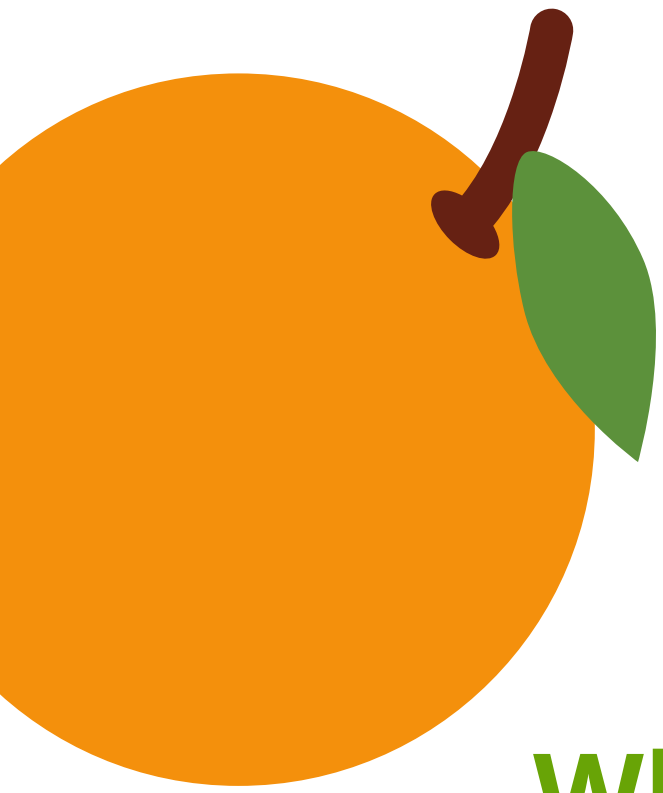


Jamie's Jokes



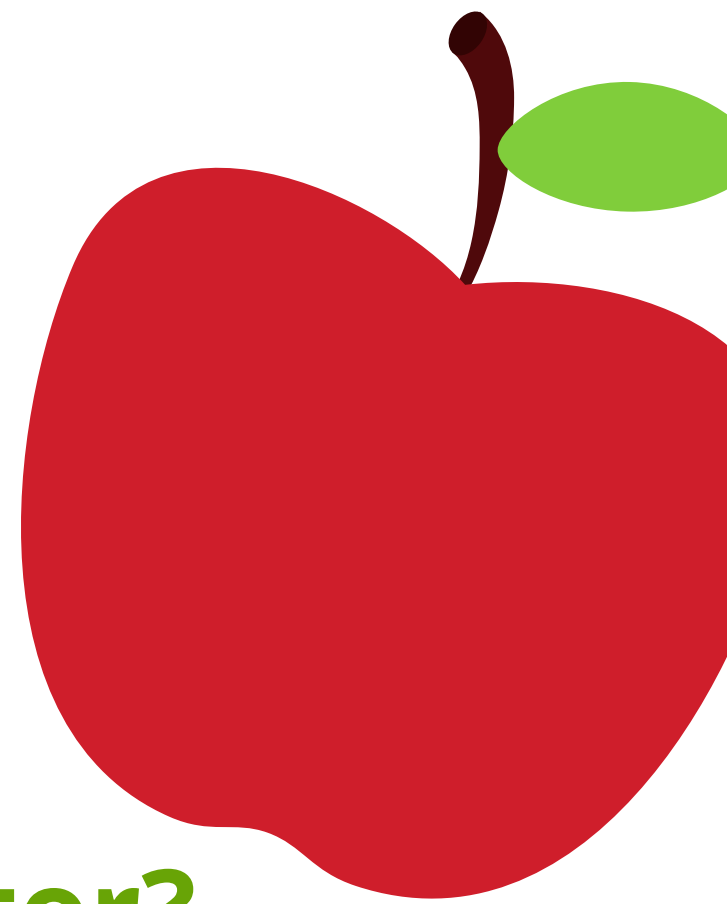
What's purple and swings through the trees?

Tarzan of Grapes



Why did the apple turnover?

Because it saw the swiss roll



Why did the orange go to the doctor?

Because it wasnt peeling well

What lives in apples and is a keen reader ?

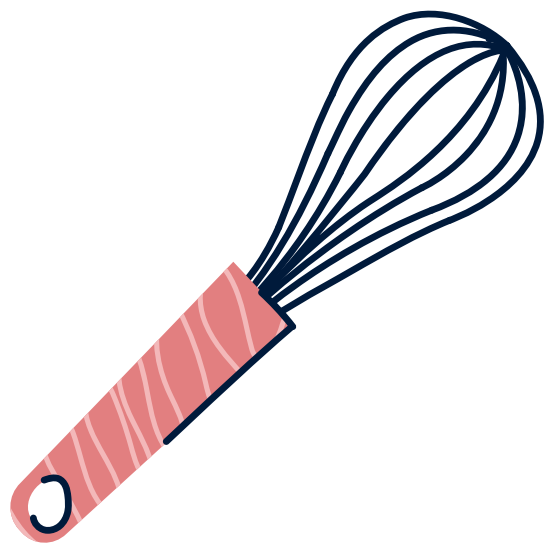
A Bookworm



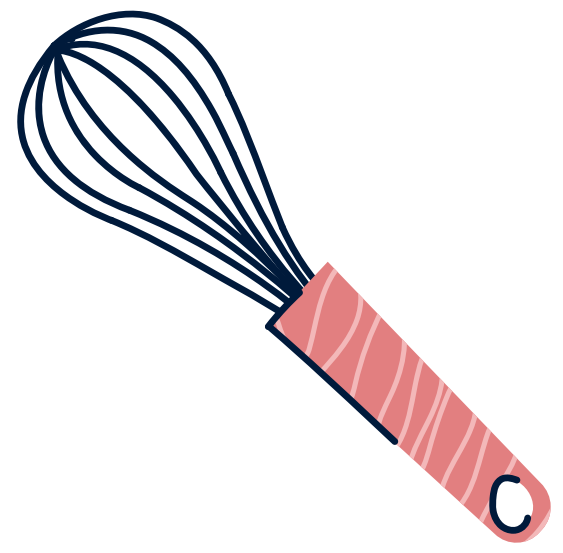
Why are strawberries lazy?

They spend their lives in beds





Cooks' Corner



100g butter , melted, plus extra for the tin

200g digestive biscuits

2 gelatine leaves

50g raspberries

50g caster sugar , plus 2 tbsp

350g strawberries

500g full-fat soft cheese

250ml double cream

few drops red or pink food colouring

1 tbsp vanilla bean paste

50g white chocolate , melted



STEP 1

Butter and line the base and sides of a 20cm springform tin. Blitz the digestives in a food processor until you get fine crumbs, or bash in a sandwich bag with a rolling pin. Transfer to a bowl and stir in the melted butter until it looks like damp sand. Tip into the prepared tin, and smooth the mixture with the back of a spoon to make an even base, then chill.

STEP 2

Soak the gelatine leaves in cold water. Put the raspberries in a food processor or in a jug using a stick blender, and blitz to a smooth purée. Sieve out the seeds. Warm the raspberry sauce in a small pan with 1 tbsp sugar until just starting to steam, then pour over 1 drained gelatine leaf in a bowl and stir to dissolve.

STEP 3

Blitz 3 (about 65g) of the strawberries in a food processor, and warm through with 1 tbsp sugar in the same way. Tip into a bowl and stir in the other drained gelatine leaf.

STEP 4

Whisk the soft cheese, cream and caster sugar until it just starts to thicken. Divide between three bowls (about 260g per bowl). Fold the strawberry purée into one with a few drops of food colouring to make it light pink, the raspberry mix with the gelatine into another with more food colouring so it's dark pink, and the vanilla bean paste into the third.

STEP 5

Spoon the raspberry filling over the biscuit base, smoothing the surface so it's flat. Next, add the strawberry filling, gently smoothing over without disturbing the bottom layer, then repeat with the vanilla mixture, using a clean spoon to level the top. A spatula or knife might help with this to keep from dragging the below layers. Chill for 4 hrs or overnight.

STEP 6

Run a knife around the sides of the cake tin between the cheesecake and the parchment, and loosen the base. Transfer to a cake stand, and smooth the sides, using a palette knife, to neaten the layers. Mix the chocolate with a few drops of lemon extract, if using. Pile the remaining strawberries, some sliced, some whole, on top, and drizzle over the chocolate to finish.



400g black beans , drained
2 large handfuls baby spinach leaves , roughly
chopped
500g heritage tomatoes , chopped into large
chunks
½ cucumber , halved lengthways, seeds
scooped out and sliced on an angle
1 mango , peeled and chopped into chunks
1 large red onion , halved and finely sliced
6-8 radishes , sliced
2 avocados , peeled and sliced
100g feta , crumbled
handful of herbs (reserved from the dressing)

For the dressing

large bunch mint
small bunch coriander
small bunch basil
1 fat green chilli , deseeded and chopped
1 small garlic clove
100ml extra virgin olive oil or rapeseed oil
2 limes , zested and juiced
2 tbsp white wine vinegar
2 tsp honey

STEP 1

Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

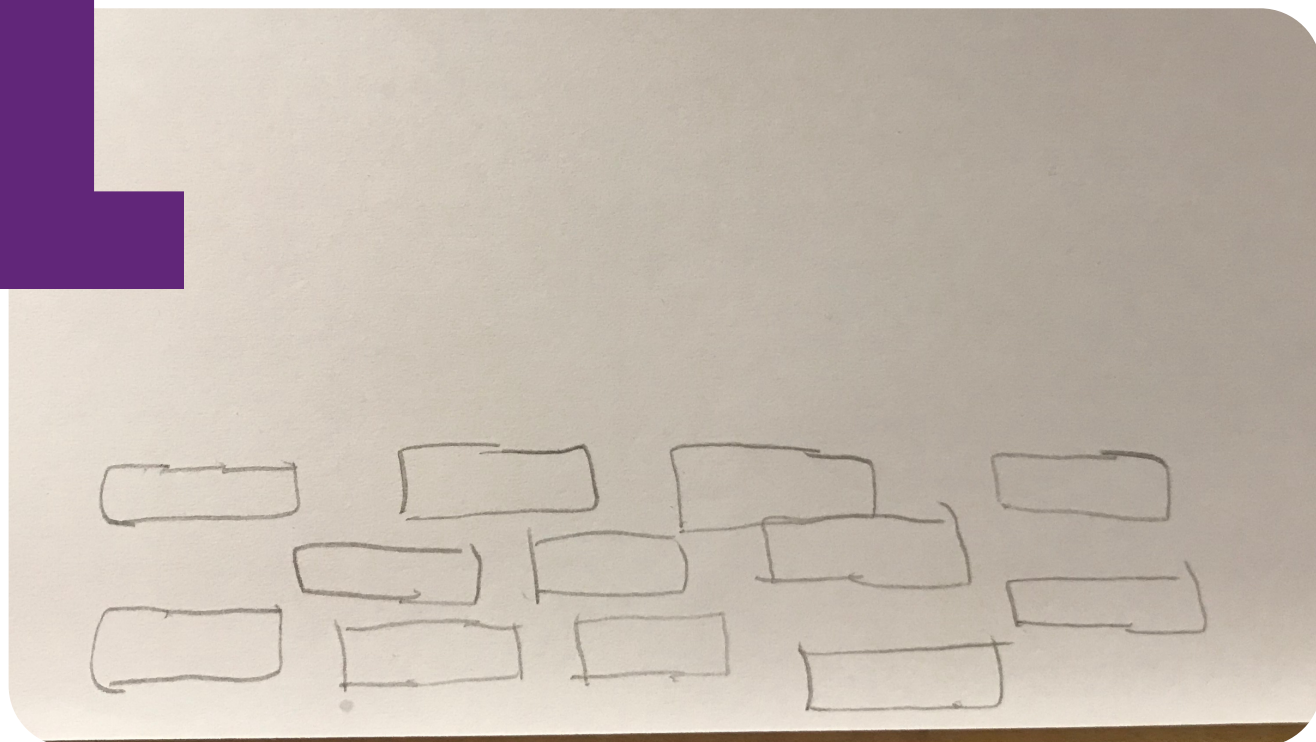
STEP 2

Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.

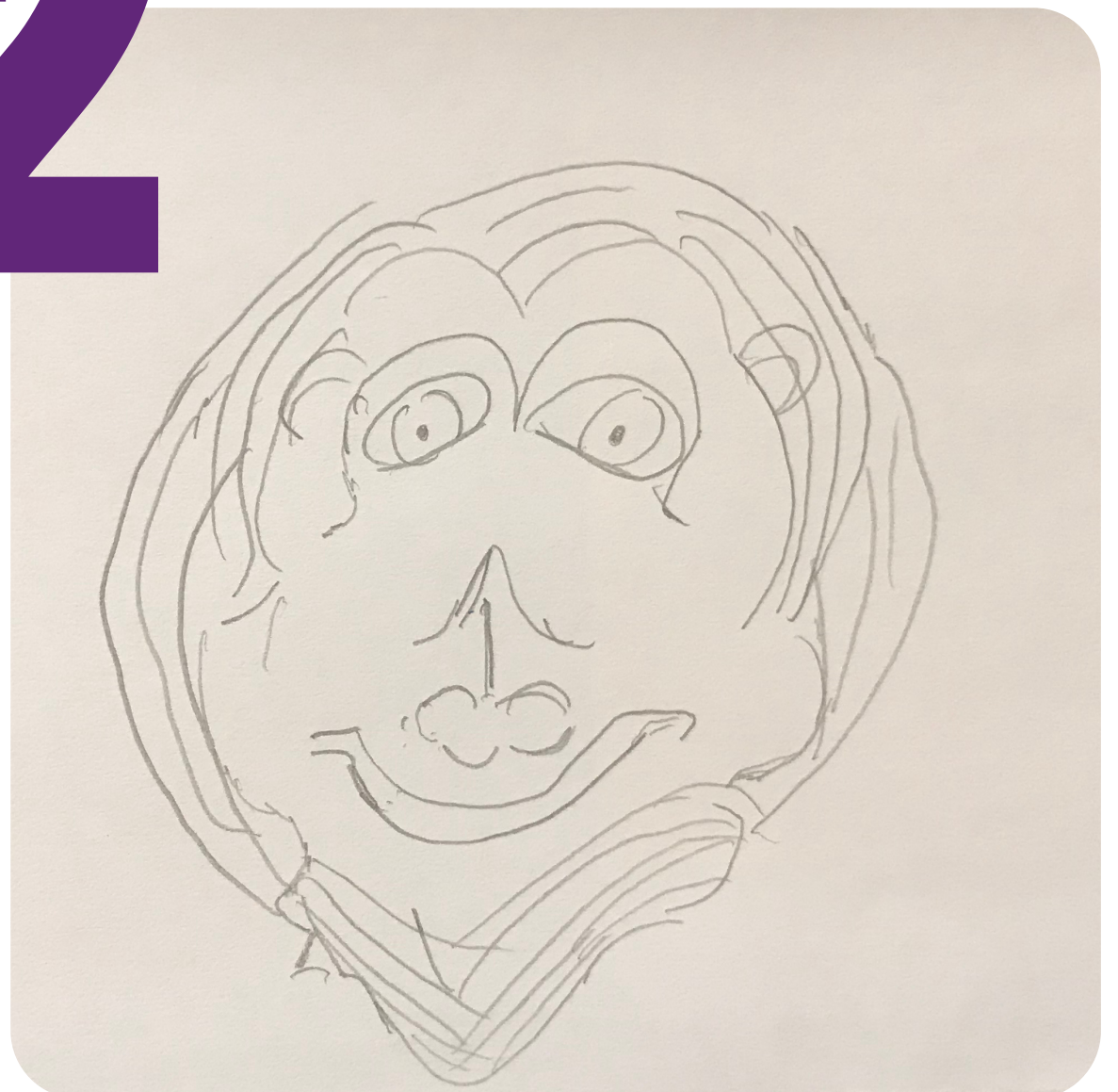
Rainy Day Relaxation

Can you guess the films that
Ryan has drawn?

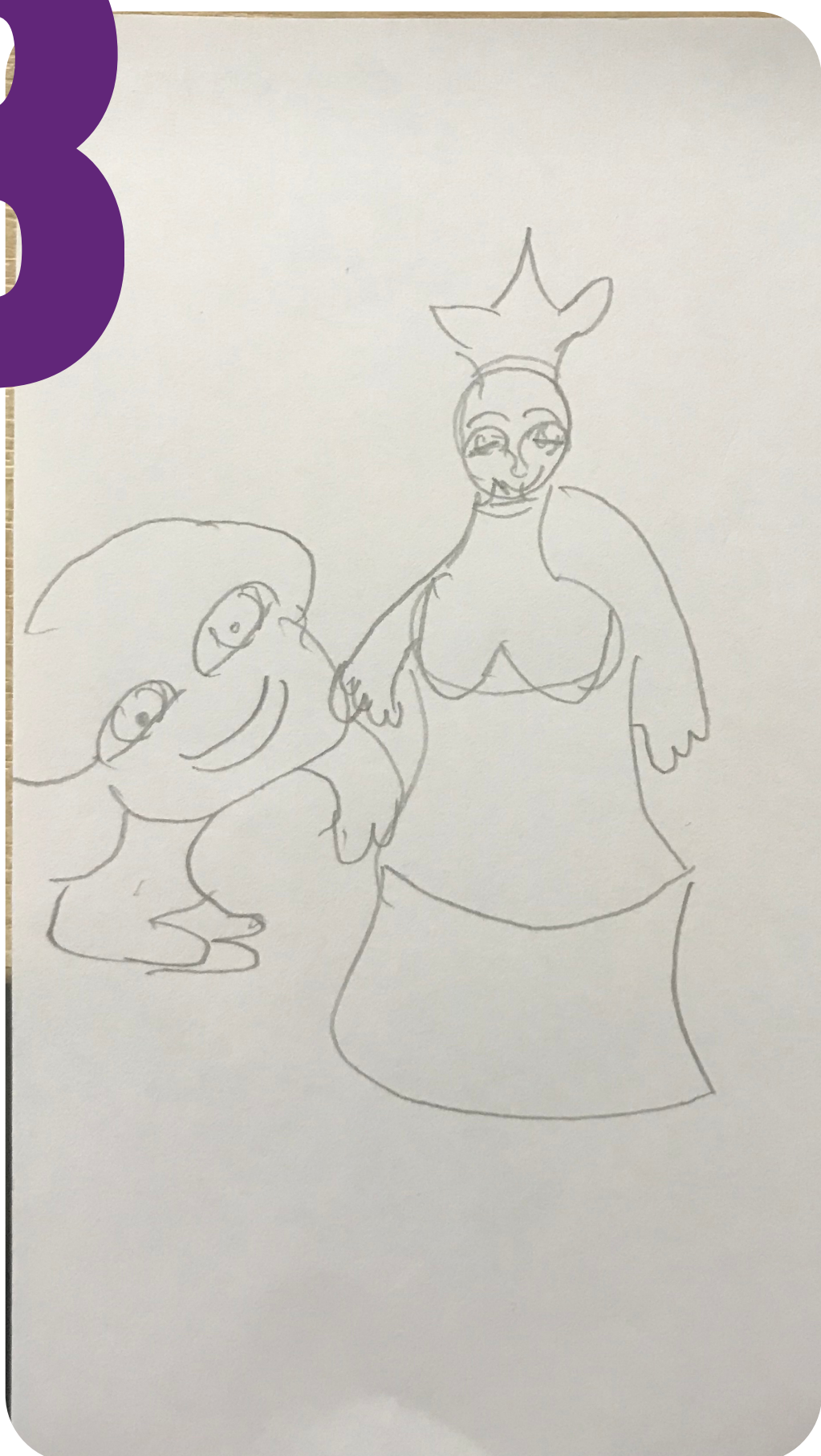
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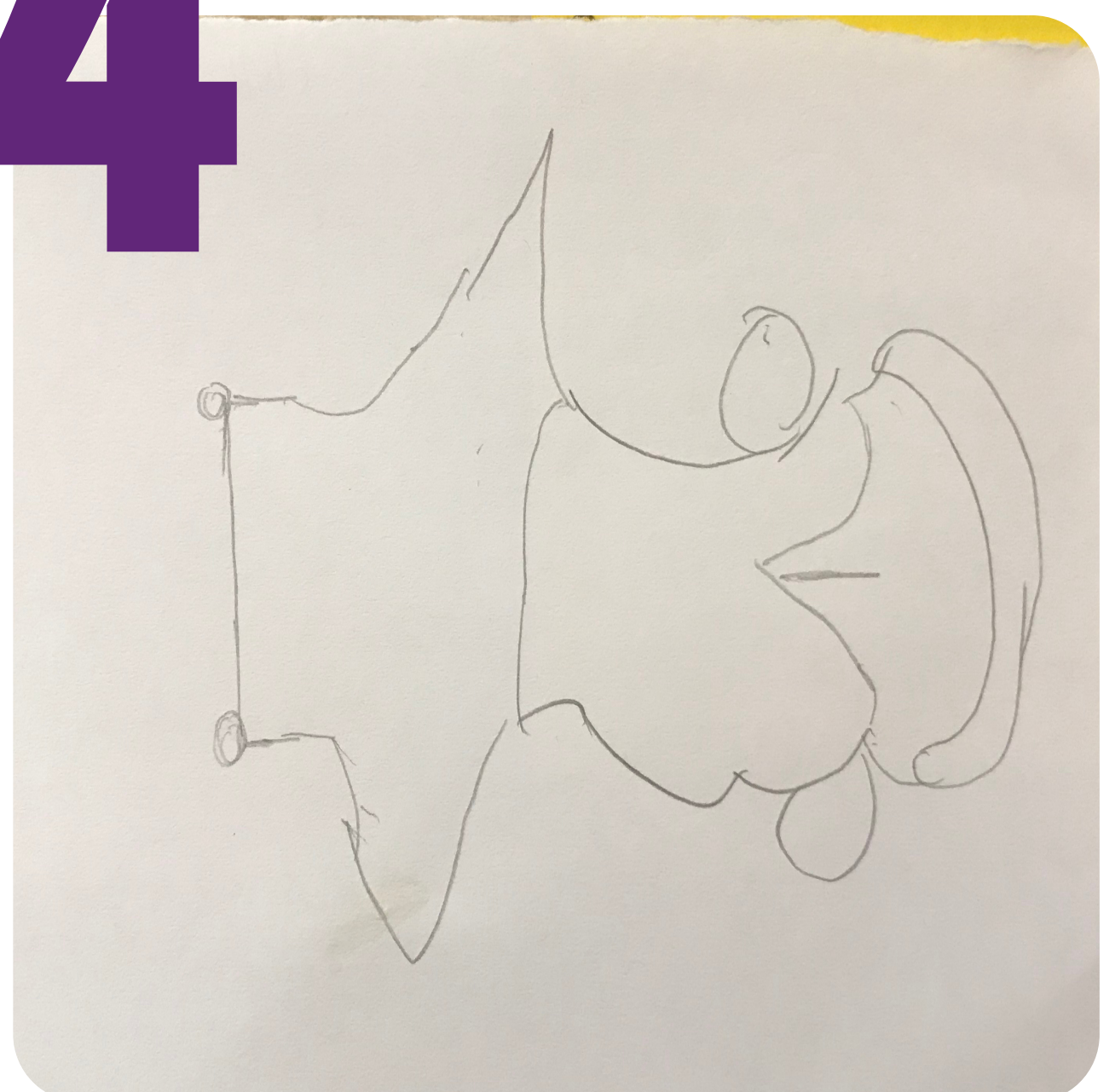
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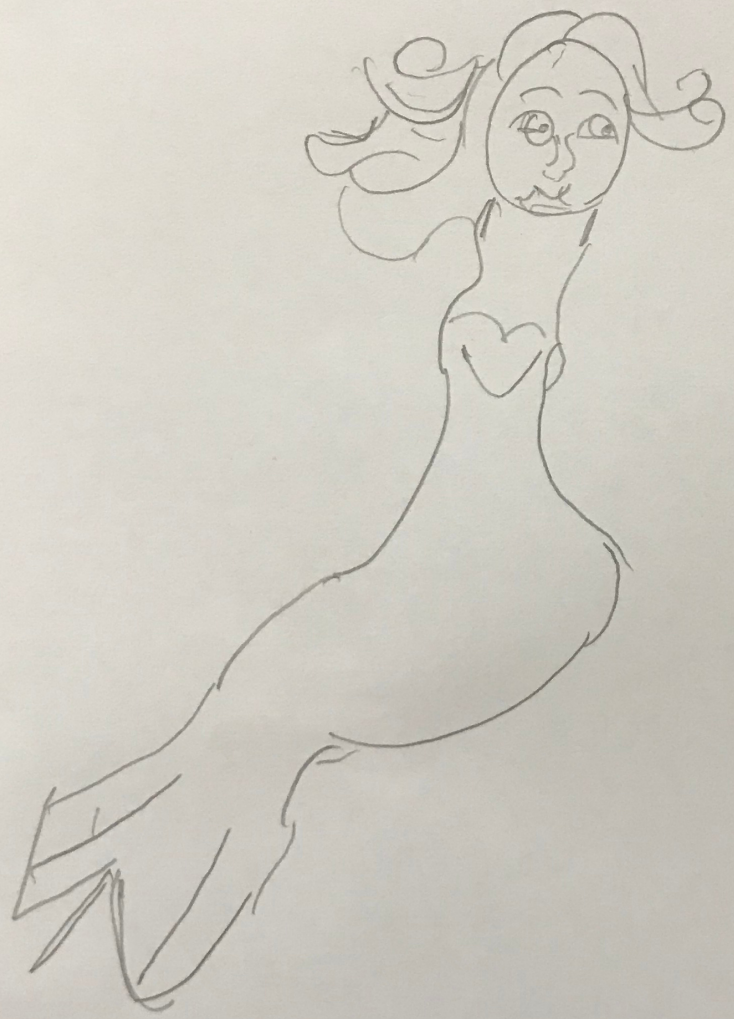
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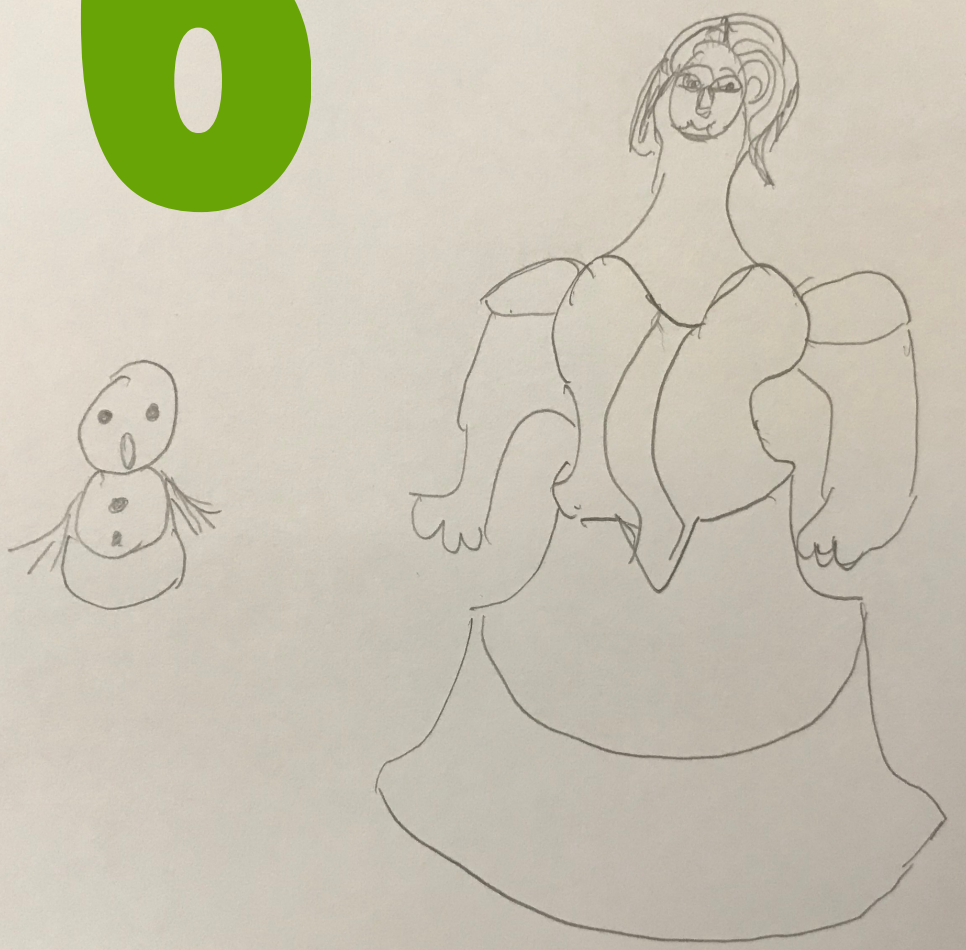
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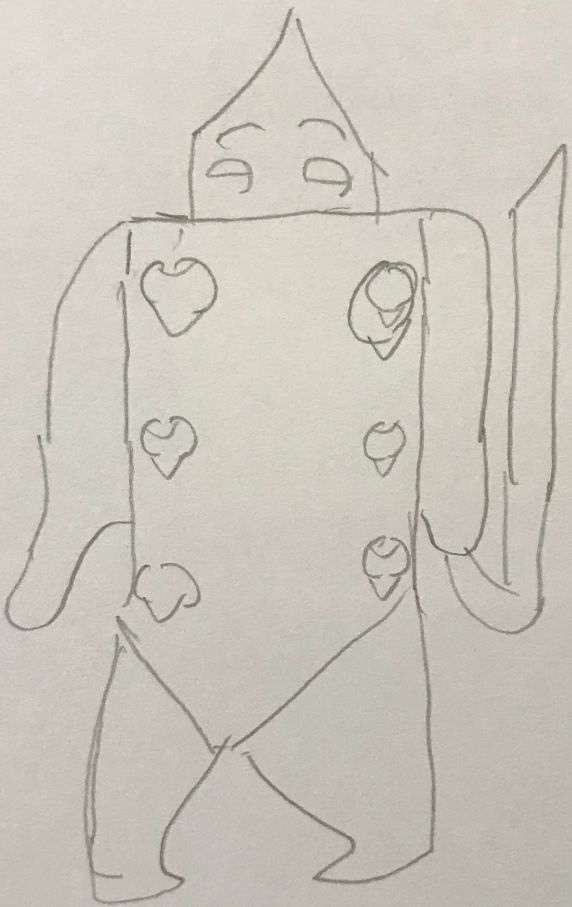
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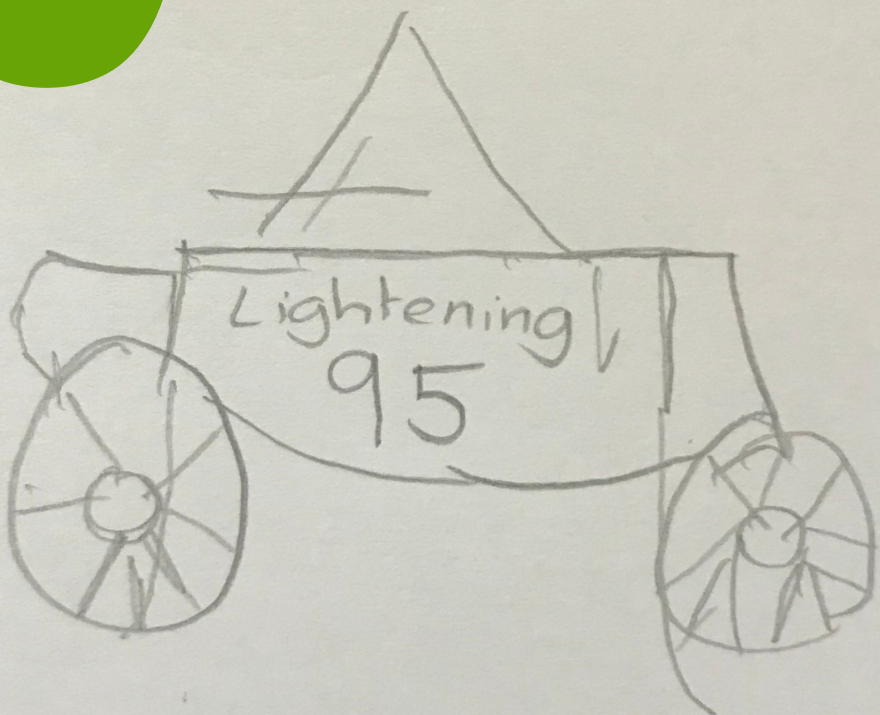
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8



9



10



Happy Birthday

July

Jane Willoner
Jamie Allen
Rebekah Evason
Sally Chighell
Angie Shield
Lynda Blackburn
Sam Manning



July 100 Club Winners

Thanks again to Jamie for announcing the winners.

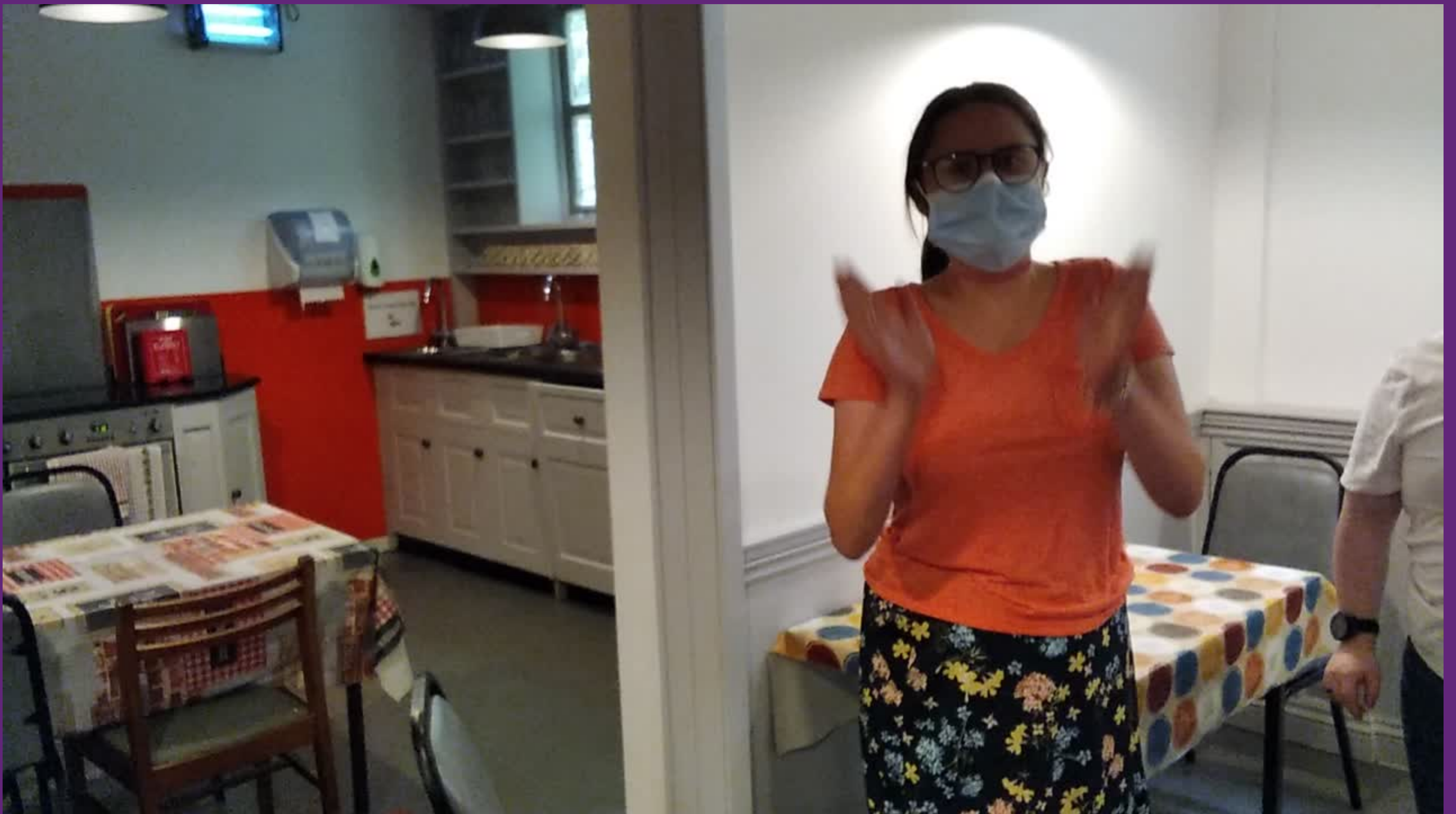
1st prize – No 87

2nd prize – No 12

3rd prize – No 43



A Message from the magazine team



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