



# The Wren

Issue 1

Date 25th September 2020



Together Everyone Achieves More

[www.jennyruth.co.uk](http://www.jennyruth.co.uk)



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@jennyruthworkshops



@JennyruthWorkshop

# Message from our Chief Officer

Hello and welcome to our brand new monthly magazine 'The Wren', packed with lots of exciting things.

It's a lovely opportunity for us to share news, photos and activities with you all whilst you are working from home.

If you have a story you would like us to feature in a future issue please let us know.

I hope you enjoy reading The Wren as much as we have creating it. A big thank you to Anna for all her hard work putting it together.

Nicky

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### Feature of the Month

Our exciting new products



# Our Amazing WOW's

Every week we celebrate the incredible achievements of one of our workers. This month Lucy, Daniel, William and Jonathan received Worker of the Week (WOW).



**Jennyruth Workshops**  
A productive workshop where adults who have learning disabilities gain confidence, work and life skills.

This is to certify that  
**Lucy**



has achieved  
**Worker of the Week**

Week commencing 31st August 2020 for:-

- Making up lots of packs of cards perfectly
- Taking part and contributing to Zoom meetings and courses
- Painting beautiful butterfly and bird boxes

Nicky Newell  
Chief Officer

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**Jennyruth Workshops**  
A productive workshop where adults who have learning disabilities gain confidence, work and life skills.

This is to certify that  
**Jonathan**



has achieved  
**Worker of the Week**

Week commencing 21st September 2020 for:-

- His valuable contributions to and enthusiasm for the gardening Zoom
- His wonderful painted pebbles decorating our JRW garden
- Being an excellent foreman at South Grange

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Chief Officer

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**Jennyruth Workshops**  
A productive workshop where adults who have learning disabilities gain confidence, work and life skills.

This is to certify that  
**William**



has achieved  
**Worker of the Week**

Week commencing 14th September 2020 for:-

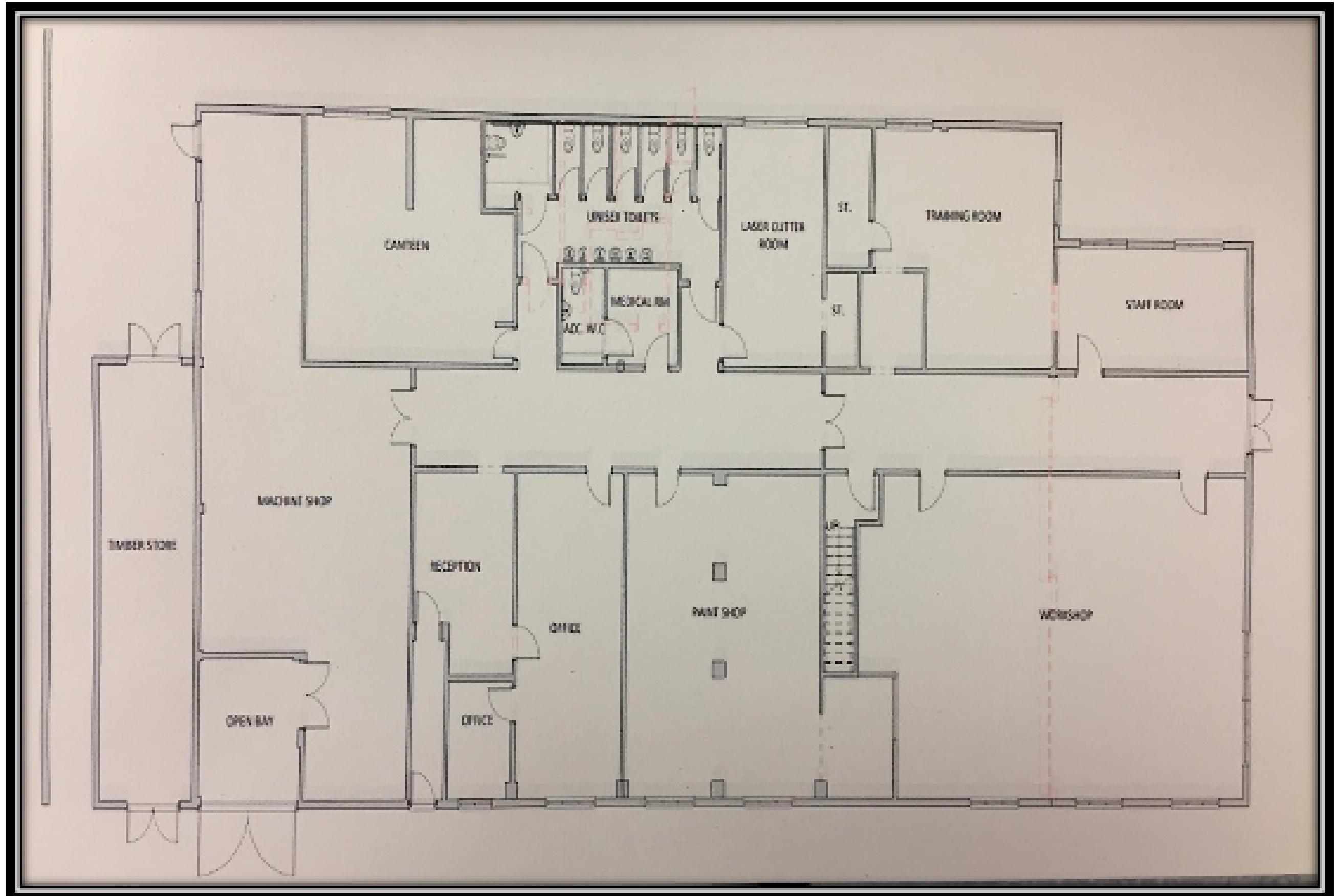
- His valuable contributions to the Zooms, especially the Thursday small Zoom group.
- His wonderful train videos, so professionally made and edited.
- All his painting, Christmas decorations and Star Wars figures.

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# News from the Workshops



As well as all the smaller improvements that have been going on around the building, above is the plan for our big project . We've been working with a local architect and Newby Hall to make the building work better for us going into the future.

The plans will give us brand new toilets and medical room, increasing the number of toilets to 8. A separate staffroom and a huge work space utilising the existing garage and extension as one large workshop. It will really change the way that we can work here because we'll have so much more room.

The planning application has gone in and our next task will be fundraising to cover the build costs.  
It's all very exciting!

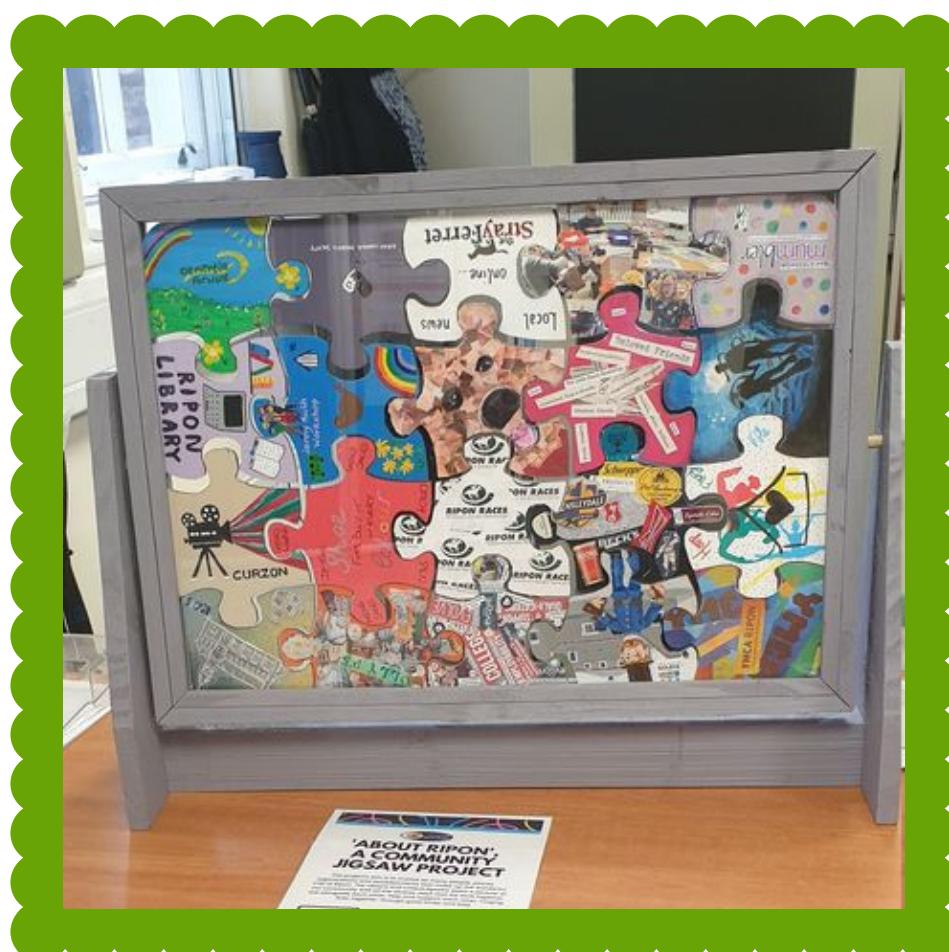
# Re-Opening Update

At present NYCC has delayed reopening due to rising infection levels. This is being reviewed on a weekly basis.

As soon as they approve re-opening we will let you all know straight away.

In the meantime we will carry on with our remote services and online support.

## Community Jigsaw Project



Our exciting 'About Ripon' Community Jigsaw Project was launched at The Pet Shop last month. The jigsaws have also been on tour to Ripon Community House and are now on location in the family room of the Ripon Workhouse Museum before moving to Ripon Cathedral in 1 weeks time.

We've had great feedback from the jigsaws and have created some amazing new contacts. If you haven't seen them yet, pop over to the museum.

# Exciting New Products



Double Wall Planter

£35



One of a Kind Bird Box on a post

£65



One of a Kind Bird Box on a post

£35



Sparrow Terrace

£50

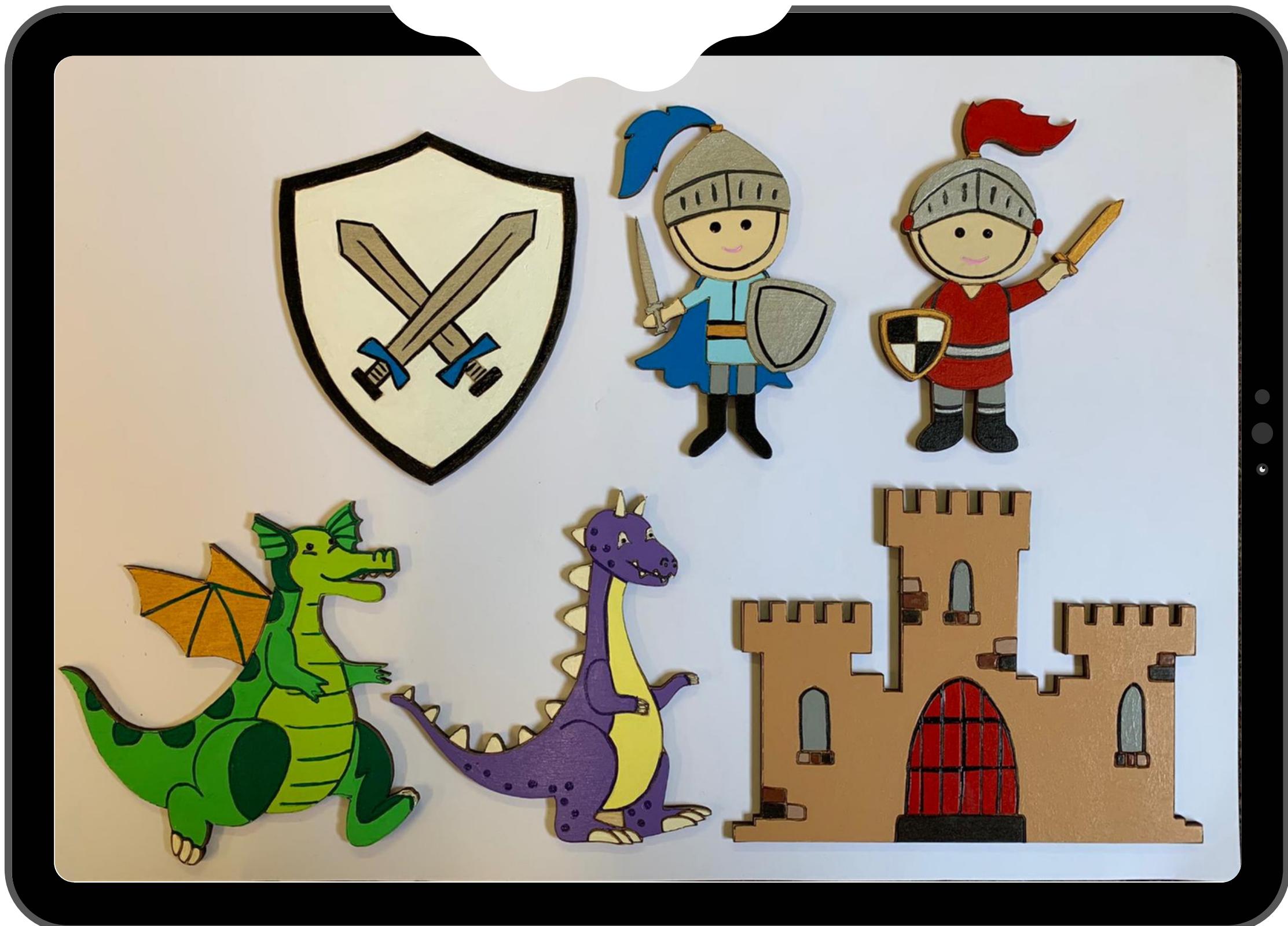


New additions to our Wildlife and  
Garden range.

Our 'Paint your own...' collection has a new addition!



£10



# Volunteers Spotlight

We first met Josie 1 1/2 years ago when she worked alongside our workers as part of the Brighter Boroughbridge project.

They created fine art paintings of places around Boroughbridge.

These were placed on the roundabout to enhance the approach to Boroughbridge.

Josie is so brilliant at working with the workers and allowing them to paint complex fine art painting.



She's very encouraging and supportive of their painting skills and has helped to develop their creativity.

Josie's unique and beautiful artwork on our products have inspired our One of a Kind Wildlife and Garden range. From bird boxes to garden trugs, visit our website to see our amazing collection.

Thank you Josie for making our handcrafted products even more special.

# Thank You



From baking scones to making keyrings, it's been none stop for our superstar fundraiser Emma, and we want to say a big thank you!



Chris Carr and his team have been busy boarding the loft and building our beautiful new pond. We want to say a big thank you!



**A big thank you  
to Peter and  
Trish for their  
fantastic work  
painting what  
was the Blue  
Room.**



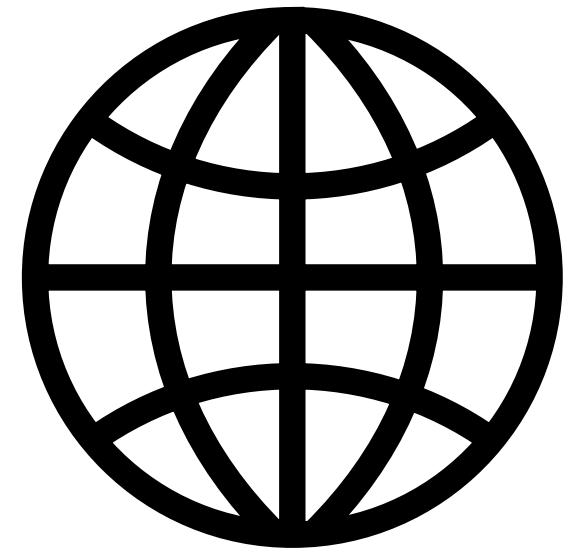
**A big thank you to Victoria who raised over £67 by  
selling fishing gear. You are a superstar!**



**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!**

# Workers' World





# Welcome to Workers' World!

**Our workers have been busy working from home painting products. They've also been doing some virtual marketing by sharing their favourite products with our lovely customers on Social Media.**



**Our workers have also been focusing on their mental health and wellbeing by taking part in our Rainbow Miles fundraiser.**



**A big shout out to Martin who has been doing the Couch to 5K running challenge.**

**Well done, keep up the great work.**

# Lucy's inspiring story was featured in SEN magazine.



**Jonathan has been  
busy beautifully  
painting stones to  
decorate our new  
pond.**



**The workers have been loving the small group Zoom sessions.**

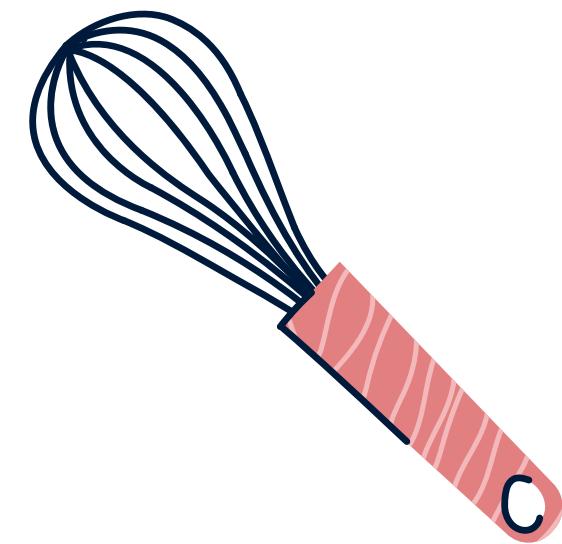
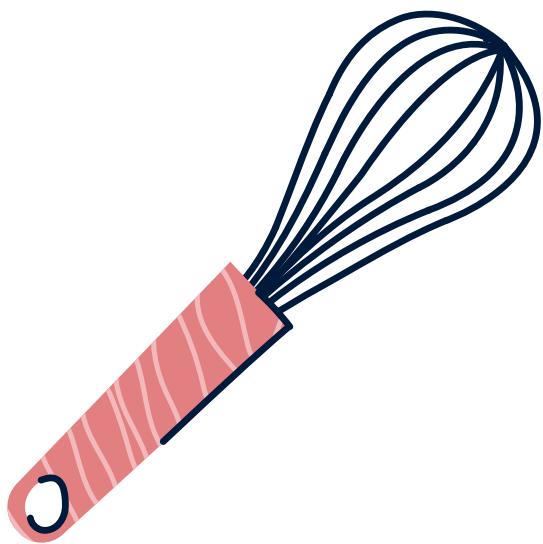


## **Workers' Zone Update**

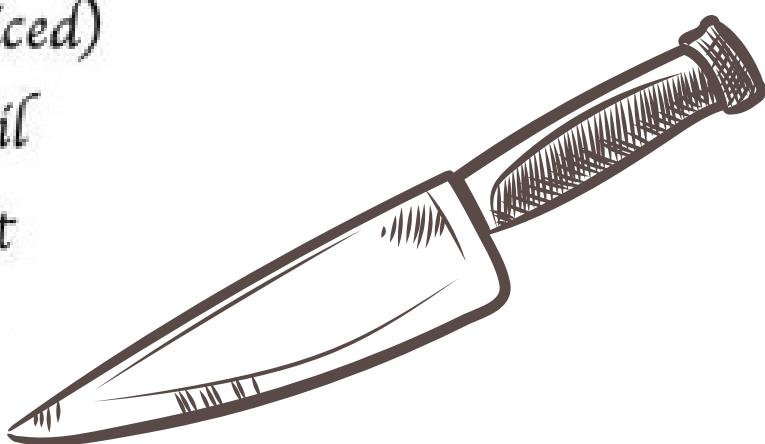
**We've had lots of exciting new additions to the Workers' Zone including:**

**Photo of the week in the Workers' Gallery  
Seaside Riddles in Fun & Games  
Don's Quiz**

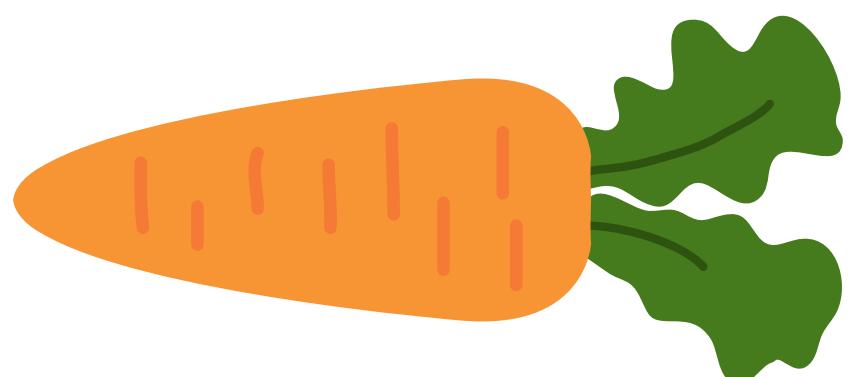
# Cooks' Corner



- ~ Grated zest of one lemon,
  - ~ 1 fat courgette (grated)
  - ~ 1 onion (thinly sliced)
  - ~ Handful torn basil
  - ~ 1 tub plain yogurt
  - ~ Cooked tagliatelle



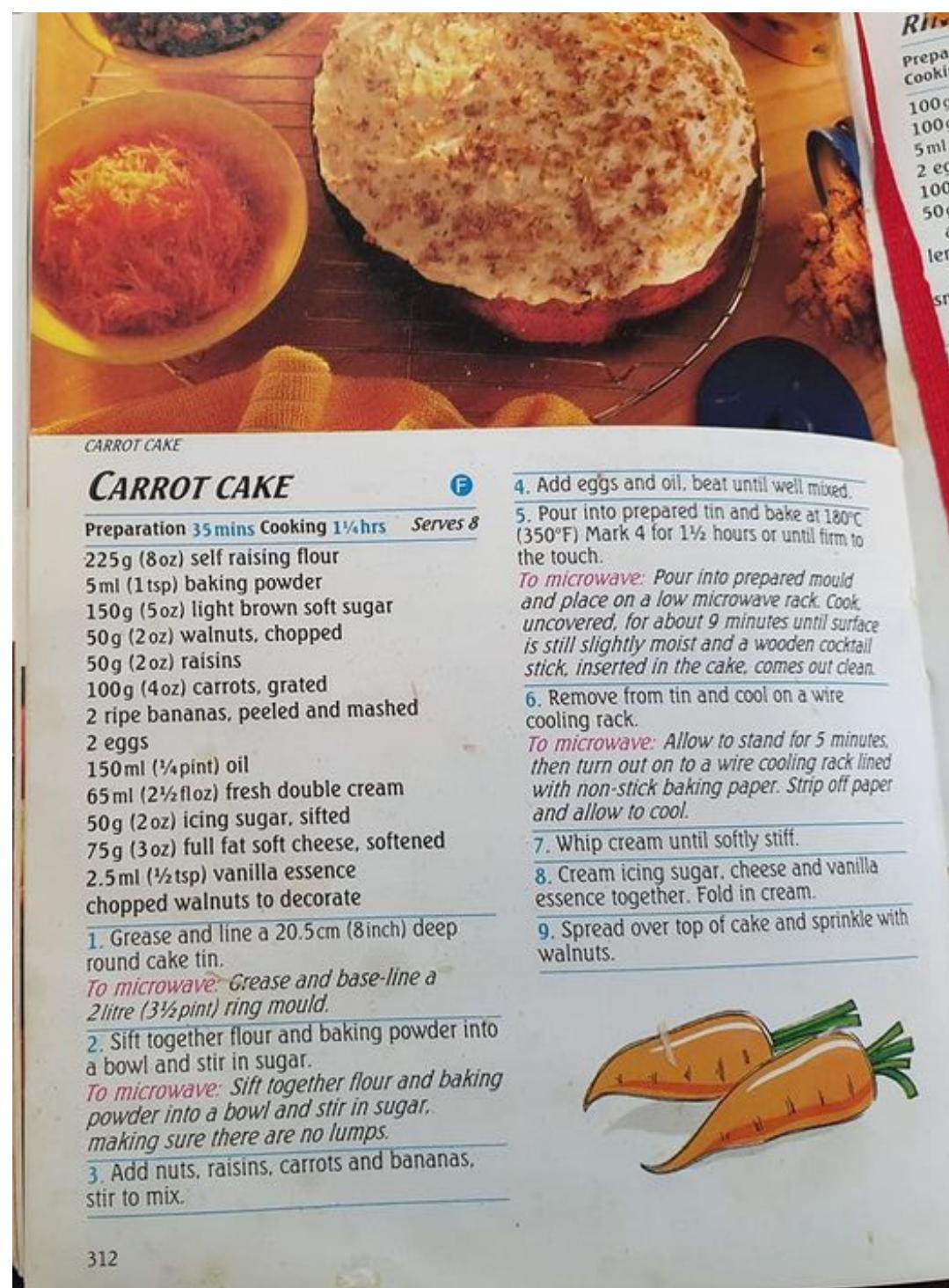
*Fry onion gently and add grated courgette until cooked. Stir in all other ingredients and serve immediately.*



# Jessica's yummy Carrot Cake Recipe



# **Victoria's delicious Lemon and Courgette Pasta Recipe**





# Garden Gnowledge

## Plant an acorn in a pot

An Activity by Janet Willoner



### Instructions for planting acorns.

1. Find a pot at least 12cms deep with a drainage hole in the bottom.
2. If you don't have a plant pot, use a large yogurt pot or an orange juice carton. Make a hole in the bottom. Get help to do this.
3. Put a few stones in the bottom of the pot before adding compost.
4. Now fill it with compost that has some added gravel or grit, to within 2-3cms of the top.
5. Place your acorn on the compost, pointed end up. If the acorn is still sitting in its little cup, remove that before planting.
6. Now add more compost to bury the acorn. Firm it down, water it and label with the date.
7. Store your acorn outside in a sheltered position where the rain will water it. Make sure it does not dry out, but don't let it get waterlogged.

Roots will start to grow but you will not see these.

The first thing you will see is a reddish green shoot sticking up above the soil at the beginning of March.

Try planting more than one acorn - each in their own pot - so you can be sure of success.

I'll give you more instructions next spring.

### Key Tip

Protect the acorn pot from mice during the winter.

I put mine in a netting bag. You can use the net bags you put satsumas in. You will know if the mice have been because you will see neat little holes in the compost where the acorn used to be!

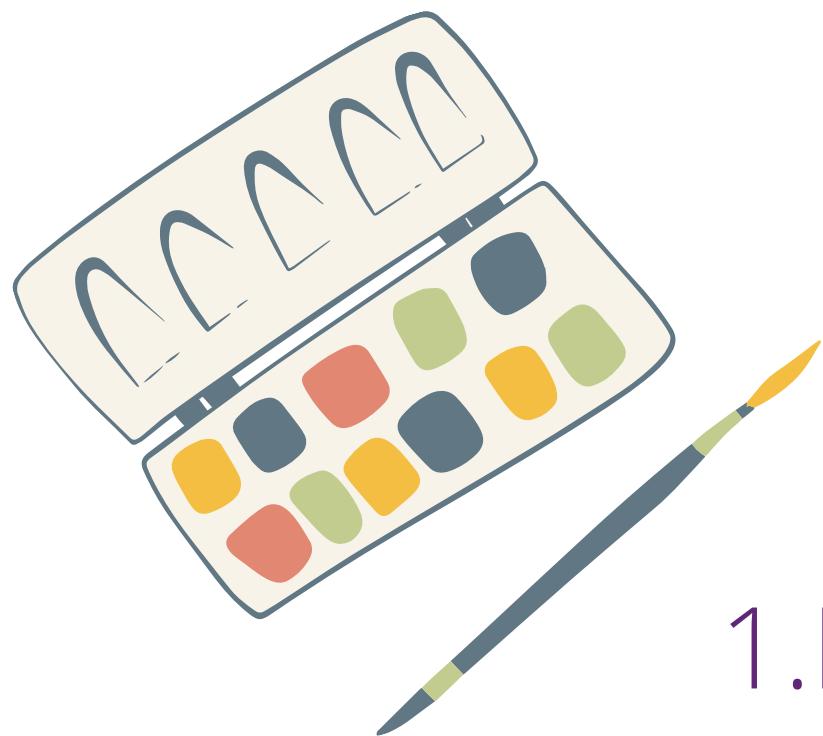
**These tiny acorns will grow into magnificent oak trees. By planting your acorns you will be helping to create The Northern Forest which will stretch right across the country from Liverpool to Hull!**

**There is room for them in Nidderdale at Bank Woods near Summerbridge. The land is owned by 'Make it Wild'. You can check out their website.**

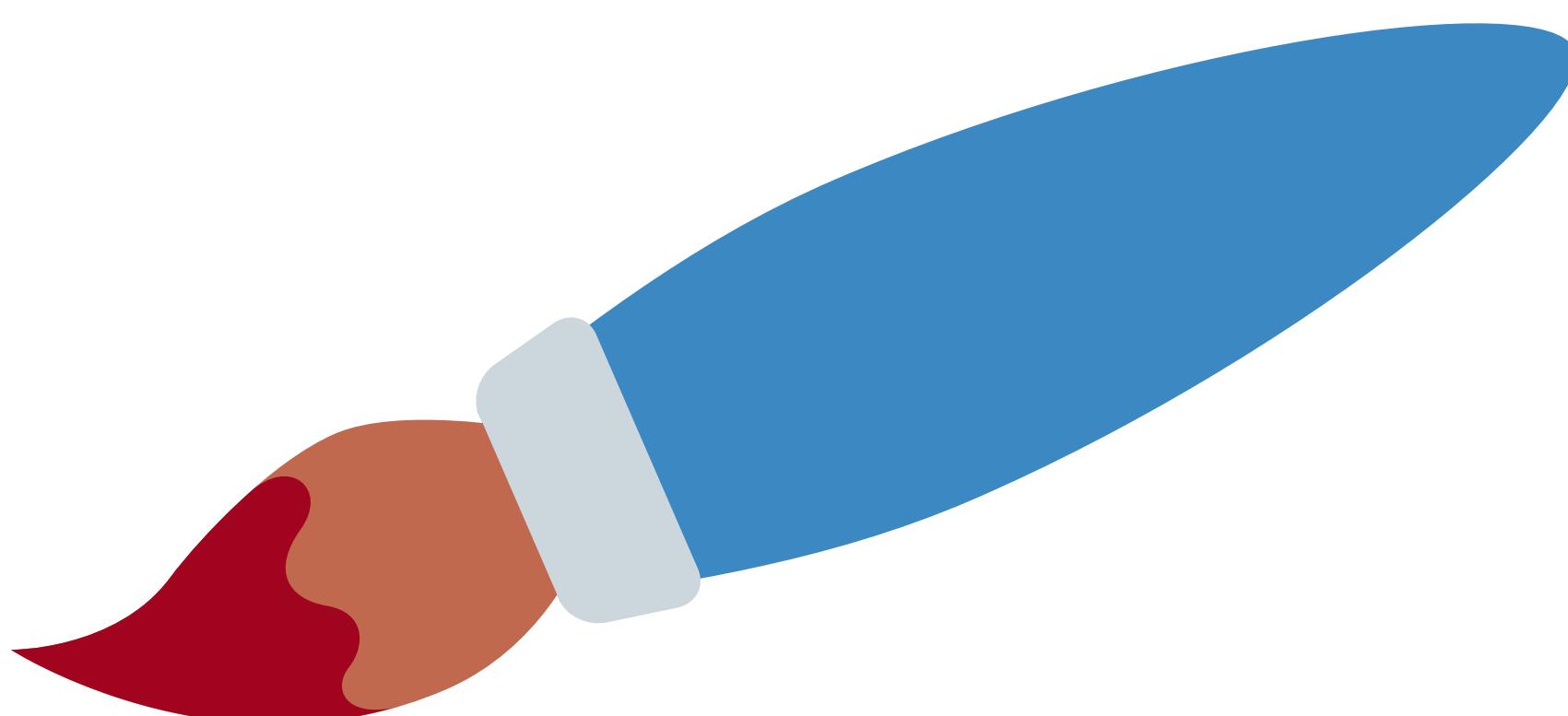
<https://www.makeitwild.co.uk>



# Practically Perfect Painting



1. Make sure your area is nice and clean and tidy.
2. Make sure you look after your paint brushes and wash them thoroughly after you've used a colour.
3. Don't put too much paint on the brush.
4. Even strokes, don't leave any lines or ridges.
5. Don't press too hard with your paint brush.
6. Don't forget to sand between each coat of paint.

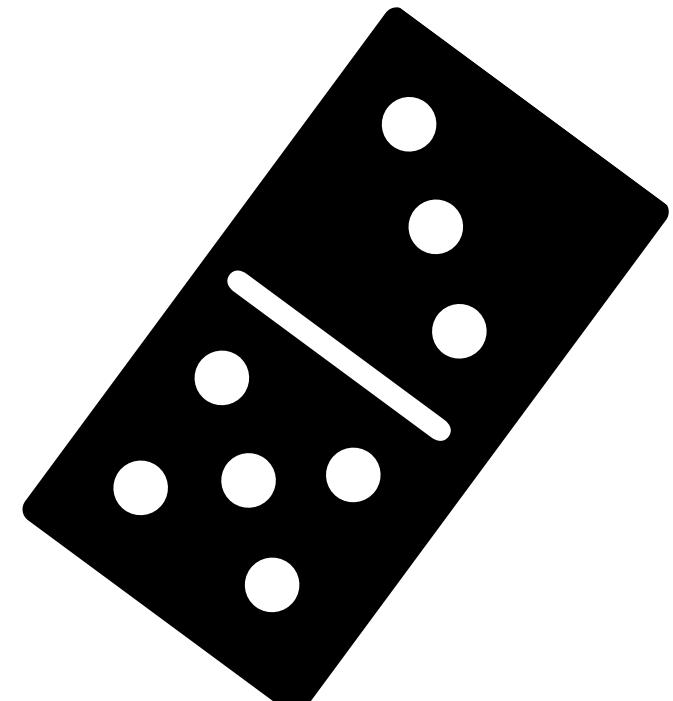
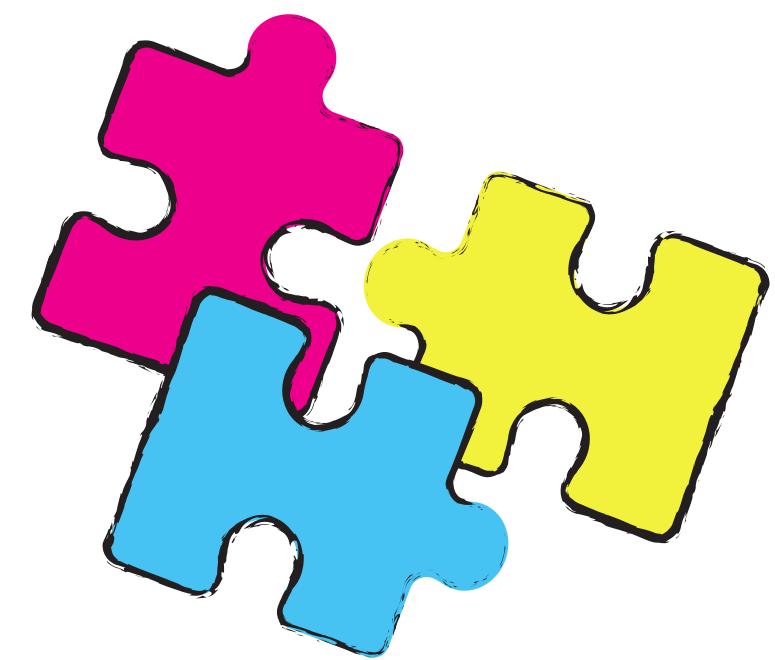


# Rainy Day Relaxation

## September Wordsearch

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

WREN  
WORKSHOP  
PAINTING  
FRIENDS  
WOODWORK  
BIRDBOX  
FLOWER  
ART  
DATUM  
SEPTEMBER  
CARD  
TRUG



Hunjentry  
Giantnip  
Hrkwoops  
Owrodwok  
Bobdrxi  
Fefoci  
Nimbius  
Chetkin  
Hatpinsop  
Arkne

Can you  
unscramble  
these anagrams?

The answers will in  
October's magazine

# Happy Birthday



**Karen Rossi  
Sue Pearce  
Liz Barron  
Peter Boyle  
Pat Waterfall  
David Elsy  
Vic Kipling  
Chris Powell  
Jamie Chiu**



## 100 Club Winners

Thanks again to Jamie for announcing the winners.



**1st prize - No 16**

**2nd prize - No 91**

**3rd prize - No 87**

# Congratulations to our Christmas Card Competition Winners

Alex, Daniel and Jamie



Now available to buy  
online through our  
website!

£3 for a pack of 5 cards



# Coming Soon.....



We will have a stall at The Little Bird Artisan Market:

4th October in Pateley Bridge

31st October at Langthorpe Farm Shop near Boroughbridge

5th December in Ripon

By law you can only visit the market in groups of up to 6 people (unless they are visiting as a household or support bubble which is larger than 6).

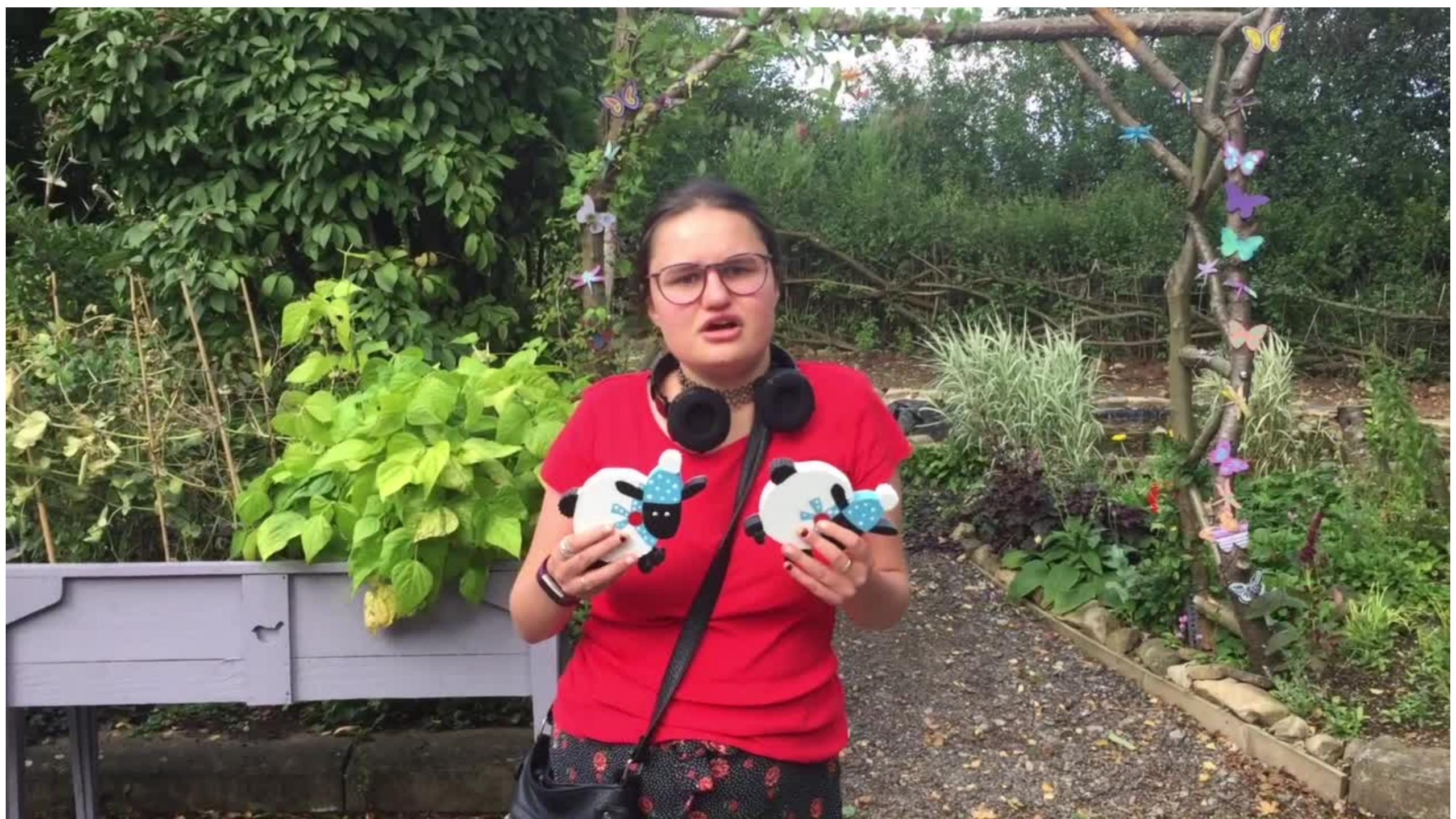
**THE YORKSHIRE POST**

Next week we are being interviewed for an upcoming edition of The Yorkshire Post....stay tuned!



Keep an eye out for us in the October edition of the Dalesman.

# A message from Hannah.....



**Jennyruth Workshops  
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