MINSTEAD TRUST

The pioneering publication by journalists with learning disabilities.

AUTUMN SPECIAL

# THE MINSTEAD ENQUIRER

ISSUE NO 1 / OCTOBER 2024



## HEALTHY COOKING AND EATING

From garden to plate in just three hours.

## SEARCH FOR THE SNOZZAL WOZZAL!

Close encounters of the bird kind





# FULL STEAM AHEAD

**Lucy shares tales from her Norwegian adventure**

MINSTEAD TRUST

# INSIDE THIS ISSUE


3. People perspective
4. The travelling farrier
5. Triple chocolate brownie recipe
6. My experience of supported living
7. Luke's new adventures
8. Healthy cooking and eating
10. My bus journey
11. Cruise of a lifetime
12. The Lesser Spotted Snozzal Wozzal
14. Learn Makaton
15. Returning to Furzey cafe
16. The haunted doll


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**Meet the news team.**

**Richard, Robert, Lucy, Silas and David.**



# WELCOME TO OUR AUTUMN SPECIAL

IN APRIL 2023 a group of budding journalists with learning disabilities decided that it would be nice to have a publication that would reflect their thoughts ideas and imagination. So The Minstead Enquirer was born.

The first edition of The Enquirer was six pages, but by supporting each other with typing, spelling and ideas, the news team has grown into a strong, imaginative , skilled group of reporters.

The confidence of each member has grown, this is evident in the stories they are now producing—every story in this paper is chosen by, and written by, the news team.

# PEOPLE PERSPECTIVE



**By David.**

PEOPLE WITH LEARNING disabilities can achieve remarkable things if they are given the chance.

At Minstead Trust's New Forest Day Opportunities we learn skills that help us make amazing craft products that we sell at Furzey Gardens in Minstead.

Here are some of the makers' favourite things – why not back us by buying some of our products in the Furzey shop next time you visit?

## What do you like about New Forest Day Opportunities?



Martin T said... **I like working in weaving on Fridays**



Dan H said... **I like jam making with Elizabeth and Kate. I hope to be starting in the main kitchen soon, that's my aim.**



Roddy D said... **I like woodwork, sanding. I also like working with Connor in ceramics.**



Ruth C said... **I like making shapes in arts and crafts.**



# THE TRAVELLING FARRIER

**By Robert.**

I CAN REMEMBER going with my dad to meet his customers. I used to sweep up all the cuttings from the horses hooves that dad had made. I would sometimes hold the horses still with a lead rope while dad was working on their shoes. Some horses did not like being tied up when having new shoes fitted, this is when I would hold and help steady them. There were some lovely customers, I used to love visiting them with dad.

My dad used to enter shoeing competitions and all local competitions where competitors make normal shoes and special shoes and I used to go around the competition helping carry my dad's tool boxes. Different farriers have different people working for them and they are called strikers. Each farrier gets 45 minutes to shoe a horse and there are two judges. The judge judges your work and there's a time keeper who yells out the time. My dad entered our local county show and the Ardingly show. The competitors are not allowed angle saws, they have to use hacksaws. The people running the competition provide materials but you can use your own tools. And I also had a great thrill and I wanted to make a horse shoe, which my dad agreed. My dad had the qualifications to teach me how to make a shoe and it was great fun. I already had the metal. I tapped it on the anvil then it went on the fire, then take it out of the fire and tap it again and back in fire and repeated until finished. I was wearing steel toe cap shoes for safety.



**Above: a photograph of dad when he was training to be a farrier.**

**Top: a photograph of dad shoeing a customer's horse.**

# TRIPLE CHOCOLATE BROWNIE RECIPE

**By Luke.**

I work at Lily & Lime café in Portsmouth and have learnt lots of new skills and made new friends here. We make lots of our own cakes and tray bakes for our customers. This is my favourite recipe, for Triple Chocolate Brownies – I hope you enjoy making (and eating!) them.



## INGERDIENTS:

200g butter
200g dark chocolate
4 eggs
275g caster sugar
100g plain flour
50g cocoa powder
100g white chocolate chips
100g milk chocolate chips
100g dark chocolate chips

## METHOD:

1. Turn on the oven to 160°. Line a tin with baking paper
2. Melt butter and chocolate together in the mocrowave. Leave to cool.
3. Using an electric whisk, whisk together the eggs and caster sugar until pale and mousse-like.
4. Pour the cooled chocolate and butter over the eggs and sugar mixture and fold together.
5. Once combined, sift the flour and cocoa powder on top of the chocolate mixture and fold together.
6. Fold through the chocolate chips and pour the mixture into the lined tin.
7. Bake for 35-40 minutes.
8. Once baked leave to cool in the tin.
9. Set the brownies in the fridge for 2 hours.







# MY EXPERIENCE OF SUPPORTED LIVING

**By David.**

MY EXPERIENCE NOT long after I moved into Hythe, Southampton. I felt myself begin to feel homesick, until my internet was fixed then I was fine after that. Since I moved in September 2021. I have been in Hythe for two years, there are some situations which are difficult/ frustrating. Moreover I have tried some new food such as katsu chicken curry as well as the occasional pizza from Dominos. There is a downside to living in Hythe, which is, I now I have to get up early on Tuesday and Thursday mornings to attend Minstead. Cooking, Monday is my day for cooking I have different dinners since I been living in Hythe, Southampton.

**‘I have tried some new food such as katsu chicken curry as well as the occasional pizza from Dominos.’**

Thursday night is curry night. Friday is fish and chips day.

Dinner at 1pm Mondays and Fridays.

Tuesdays to Thursdays, dinner is at 5.30pm-6.00pm.

Saturday same as Monday 1pm.

Sunday dinner at my parents home.






Above is a photo of my bedroom. Right is a picture of front of my house.

# MY NEW ADVENTURE

## I am starting a work placement with Lilly & Lime, Portsmouth.

This has come about through Minstead Trust service Poole and Minstead Trust service Portsmouth working together to help me become more independent and carry on doing the things I like. I can travel on the train and also I'm making lots of new friends along the way and will be working in the café for a day a week, this is me I'm ready to start!



**My name is Luke.**

I am a tenant in supported living in Poole with Minstead Trust. I don't like being in the same place. I like to explore and I love trains.

I go on holidays to Butlins and like the silent discos they are fun, I like music.

I work on a local radio station

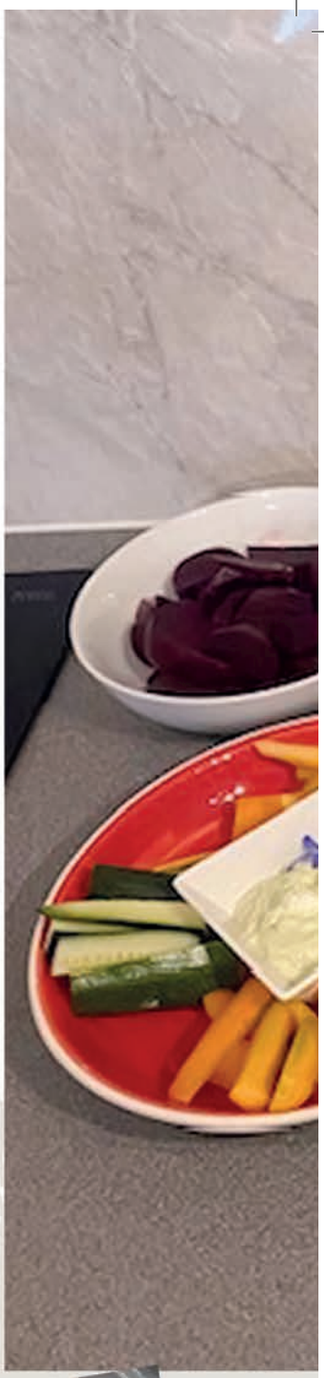
HOT RADIO
ON-AIR ON-LINE ON-FORM

I like to go abroad with "Lets Go" supported holidays and I go on all the holidays when I can go on trains or explore.

# HEALTHY COOKING AND EATING

## We reap what we sow.

Sean and Simeon made crudités with avocado and soft cheese dip. They also made a soft cheese, shallot and pea dip. Except for the avocado and soft cheese, all the ingredients were harvested from the Minstead Lodge gardens. From garden to plate in just three hours. Harvested, washed, chopped, cooked and presented.





Simeon said, **'I liked getting the vegetables from the garden. It was amazing.'**

Sean said, **'I liked chopping carrots.'**

Feast your eyes on the garden produce, grown by us with help from our garden instructors. Beetroot, carrot, chard, courgette, cucumber, lettuce, nasturtium leaves and petals, onion, tomato. Washed, chopped, sliced, diced and cooked by Sean and Simeon.



# MY BUS JOURNEY

**Article and photographs By Silas.**

I AM LEARNING to be independent on public transport. I caught the X7 bus from Totton to Salisbury. I like visiting different places. I have been to Salisbury, when in Salisbury I went to a café and I had a cup of tea and a slice of carrot cake, the cake was delicious. I then looked around some shops and looked around the Cathedral. I have also been to Southampton as it is my nearest city. I looked around the shops and bumped into fellow reporter David. I also love to visit Southampton Art Gallery. I also visit Winchester, I like the park near King Alfred's statue and going to the café outside the cathedral. I like to learn the bus numbers and where they visit, like the X7 goes to Salisbury.




**The bus journey to Salisbury is beautiful. These photographs are of the bus I caught to Salisbury, the X7, the High Street in Salisbury and the Old George Mall.**



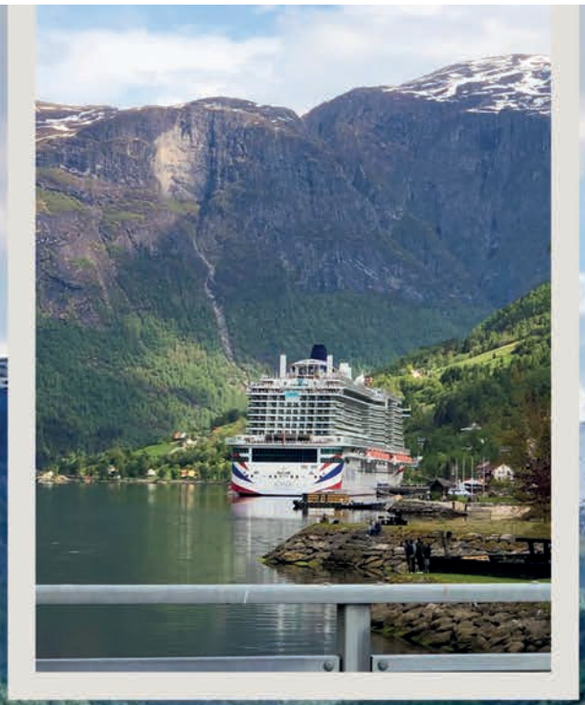





**Above are photographs of the cathedral it has the highest spire in the country at 400 feet, 123 metres. Also pictured the tea and carrot cake that I had in the café.**









# MY CRUISE TO NORWAY

**Story and photographs By Lucy.**

ON SATURDAY 12TH May I helped my parents put our suitcase in the truck. Then we had a quick sandwich and then we got ready to leave for the cruise ship. We sailed from Southampton to Norway on P&O's IONA. It was a hot sunny when we left. And it was hot and sunny in Norway when we arrived. Everyone was wearing shorts and T-shirts. All the food was so delicious, I really enjoyed it. I went swimming a lot and chilled in the hot tub. I took a lot of photos on my holiday. I have seen a lot of entertainments on the cruise and I also been playing roulette in the casino but I kept losing.

**Below are photos of my holiday.**







# THE LESSER SPOTTED SNOZZAL WOZZAL

**Lucy and David's close encounters of the bird kind.**

ON THE MORNING of Tuesday the 2nd April, while working on the newspaper, two of our reporters Lucy and David heard a strange squawking sound coming from outside. Rushing to the doorway with cameras in hands, our intrepid reporters snapped the following images. Lucy then immediately emailed the images to professor Jack Daw of Southampton University's ornithology department for identification. Professor Jack Daw confirmed the species as the lessor spotted Snozzal Wozzal from the small island of Tuvalu, pronounced - [too-vuh-loo.] in the South Pacific.



"It is rare for Snozzal Wozzal's to be seen in this part of the world, it is possible the bird was swept up in the jet stream," said the professor.

Professor Jack Daw then went on to explain that the bird is a juvenile as adult Snozzal Wozzal's can grow to have a six foot wingspan.

Local grounds worker Mr Matthew F said,

"Ooo, wow! Now that is a big bird. It should be in the Bournemouth air show." Day service instructor, Andy C was seen leaping like a young gazelle on the Serengeti plane, speeding towards the courtyard in hysteria.

**"Help, help me!"** He was heard to scream. It is believed that Andy was chased around his garden by "A pack of child hungry, chickens," (Andy's words.) when he was very young, causing him to suffer from ornithophobia. (A fear of birds.) Despite Andy C's disappearance from the scene, Lucy and David managed to befriend the young bird by feeding it fresh worms and leftover Easter eggs.

As seen in the pictures below the Snozzal Wozzal turned out to be tame and settled on the arms of our brave reporters. When asked about the sudden absence of Andy C. David replied,



"I'm not surprised at all, I've seen him run from the smallest of spiders." (Arachnophobia.)

"Yes and moths," (Lepidopterophobia.) added Lucy. "We feel this is something we can help Andy with, we are working on it."

**WARNING! WARNING! This is fake news. (Apart from the bit about Andy C.)**






**A photograph from the 1960's, Andy C being chased around his garden by Henrietta and Molly.**

Photograph by Andy's big sister.

© 1965 Copyright.

# LEARN MAKATON WITH US

Makaton is a unique language programme that uses symbols, signs and speech to enable people to communicate. It helps many of us to communicate. Why not learn a sign for yourself?

## FEELINGS



Happy



Sad



Angry



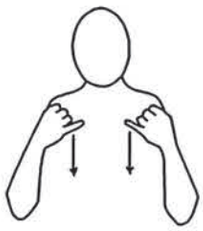
Hot (1)



Hot (2)



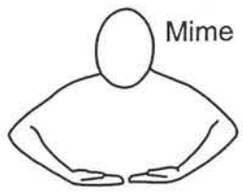
Cold



Ill



Pain




Sick



Tablet



Medicine



Sorry

# I AM BACK MAKING TEA AT FURZEY CAFE

**By Richard.**

I AM VERY happy to be back at my job at the cafe in Furzey Gardens. I have to say hello to the customers when they arrive. I clear the trays from customers tables. I wipe the tables clean when people leave. I also load the dish washer with dirty cups, plates, glasses and cutlery. I am learning how to make cups of tea for the customers. When I cut cakes for customers, I have to wear gloves and an apron. I like it when it's busy in the gardens. I like working with people, they make me laugh.

**'I'm so happy to be back at Furzey Café.'**



# ANNABELLE THE HAUNTED DOLL

**By Lucy.**

## In 1971 mother Lorraine Warren gave her daughter a Raggedy Ann doll.

THIS DOLL IS thought to be possessed by an evil spirit. Her daughter's name was Donna. They lived in Connecticut, Southern New England, America.

Donna and her roommate Angie, both student nurses, would come home from work to find the doll had moved from the position it was in when they had left earlier that morning. At first these were minor movements, but soon the movements became more noticeable. Sometimes the doll would be in a different room. There was no clear explanation for the movement of the doll.




**Right is an image of the doll used by Hollywood for the film "Annabelle" next to an image of the original doll in it's box. The boxed doll is now in a museum in Connecticut.**

MINSTEAD TRUST

We hope you enjoyed reading our newspaper and seeing what can be achieved by people like us when we are given a chance.
Regards, *The News Team.*

Produced with the kind support of

HOBBS