October Newsletter

A message from the News Team:

Hello everyone,

Welcome to the October Newsletter! It's spooky season, the season for jumpers, fleeces, and hats. Silas is sending spooky cards because 'It's fun and makes me happy!' We're still enjoying hot chocolates and seasonal coffees like pumpkin spiced lattes at independent cafes.

It's getting darker earlier, so it's a good time to look for owls in the sky. Silas saw a sparrowhawk - it was so close to his face and was amazing!

You can take a look through this newsletter and see what we've been doing, and it would good to see what you think. Keep warm and when it's more sunny, remember to do your cycling!

Why did the scarecrow get promoted?

Because he was outstanding in his field!



Jayden's October song recommendation: *Season of the Witch* by Joan Jett and the Blackhearts

The News Team - Silas, Rhianne, Jayden, Richard

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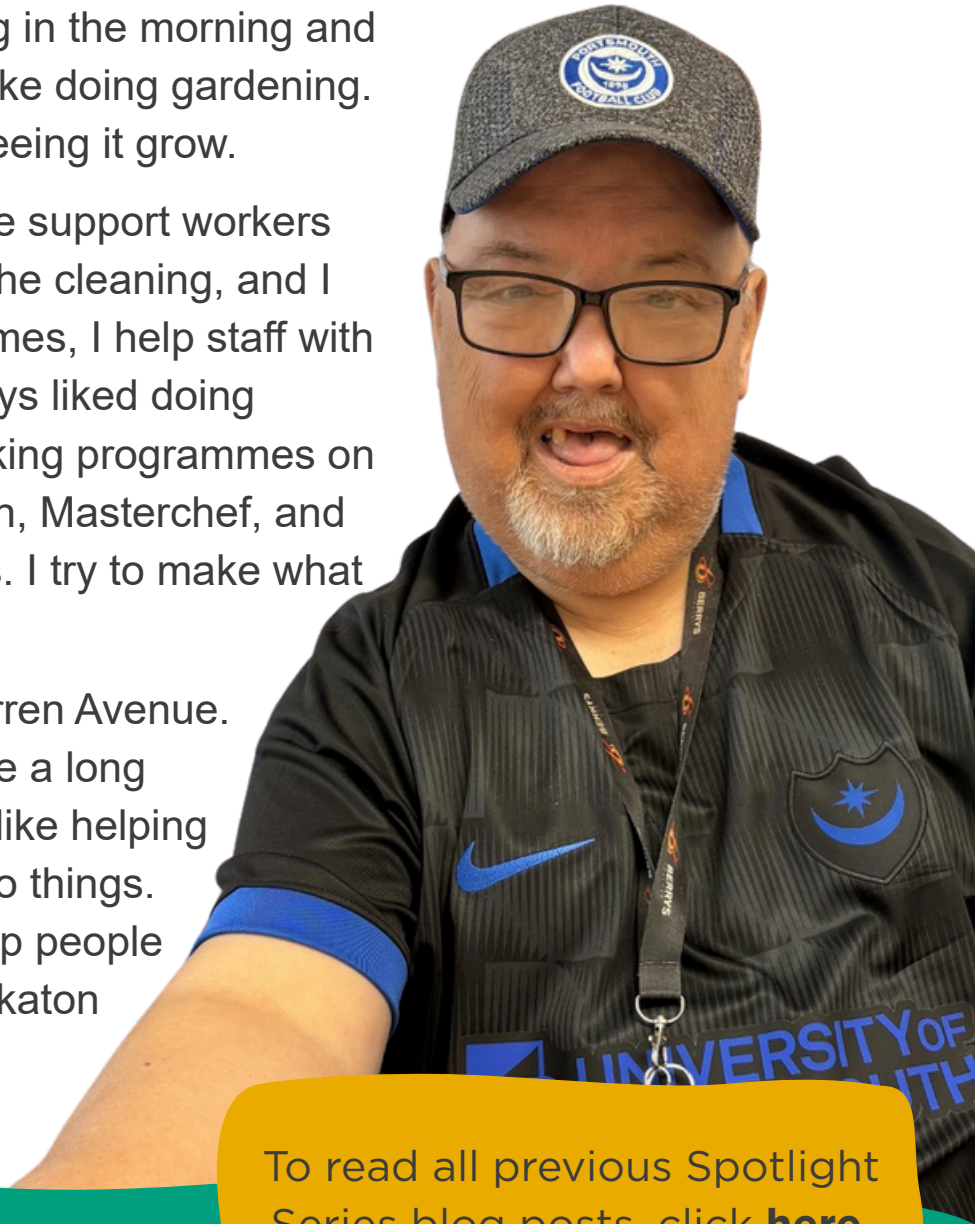
Spotlight Series - Bob

Bob talks about working at Co-op, helping out in his community, and the activities he enjoys.

I got my 30 year certificate for working at the Co-Op. I work there on a Monday and Wednesday. I enjoy meeting and talking to the customers, and helping if they need any help.

On a Friday morning, I help [the local] hospital's district nurses to do the filing. I enjoy going to church on a Sunday and welcoming people when they come into church.

I do the music group in the morning and jewellery making in the afternoon. I enjoy taking part in music group. I like music and singing. On a Tuesday, I do cooking in the morning and games in the afternoon. I like doing gardening. I like planting seeds and seeing it grow.



I live with other people. The support workers are all nice. They help do the cleaning, and I do some cleaning. Sometimes, I help staff with cooking at home. I've always liked doing cooking and watching cooking programmes on telly. I like Saturday Kitchen, Masterchef, and Mary Berry does the cakes. I try to make what they've made.

I enjoy coming here to Warren Avenue. I've been coming here quite a long time. I like the staff here. I like helping other people if they can't do things. The staff help me and I help people when they need it. I do Makaton to people who can't speak. I like learning that.

To read all previous Spotlight Series blog posts, click **here**.

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Celebrations

Harvest Festival

Celebrating harvest with poetry, performance and cake.



The people we support created a wonderful Harvest Festival at Minstead Lodge, which included a performance, poetry readings, and of course ... cake!

A very big thank you to everyone who helped make it so special - to all the performers, poets, and everyone who helped create the wonderful harvest display.

It is so important that we have opportunities to come together, share, celebrate, and enjoy these special moments. These are the things that help build our community and create those connections between us.

It is these moments, shared together, that make Minstead what it is.

Crafted Earth goes global!



The President of the New Forest Rotary, Rosemarie, travelled to America to meet with the President of the Massachusetts Rotary Club, Joanne.

Rosemarie presented Joanne with a tealight holder made by Josh from Crafted Earth. Thank you to the New Forest Rotary for taking Crafted Earth across continents!

Jam & Chutney win gold!

Real Jam and Chutney Company celebrate winning Gold and Bronze at the Great British Food Awards.

The New Forest kitchen won Gold for its Tutti Frutti Jam, while its Hot Smoked Tomato Relish was awarded Bronze, recognising both the sweet and savoury sides of its handmade range.

A team from Real Jam & Chutney Company travelled to London for the awards celebration at Spitalfields Market, including Service Delivery Lead, Katie, and supported cook, Chelsea.

They joined food and drink producers from across the country to celebrate some of the best products entered this year.

More than 3,000 products were entered across 60 categories, with the afternoon celebrating regional winners and some of the best food and drink being produced around the UK.



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Jam & Chutney win gold!

Real Jam & Chutney Company became part of Minstead Trust in 2022. The social enterprise creates opportunities for learning disabled, autistic, and other neuro disabled people to gain work experience, develop new skills and build their independence as part of a working food production team.

People bring different skills and strengths to every stage of making the preserves, from preparing ingredients and helping with production to filling, jarring and getting products ready to sell.

Chelsea, who attended the awards celebration, is particularly known for her skill in filling and jarring the products. She said:

‘I had a really good day yesterday – the best bit was winning the award and trying lots of new food I never tried before. I’m quite proud we won.’





Interested in trying our award winning jams and chutneys? Click here!

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Creativity

A spooky success for the creative writing team at New Forest Day Opportunities!







Susan Edser awarded certificates to members of the creative writing group. The certificates recognised their role in creating and performing the audio drama **'The Whispering Library.'**

Beau, Jon, Liam, Lisa, and Richard worked with **ArtfulScribe**'s Susan Edser and Minstead Trust Instructor Elizabeth to create this brand new short audio drama. This event is part of **Play on Words Festival** - the New Forest's festival for readers, writers, and lovers of words.







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The Whispering Library: A brand new short audio drama - click here to listen!

Nature through my eyes

The people we support at Furzey Gardens are talented gardeners. They are also talented creatives.











Furzey Gardens' 'Nature through my eyes' photography exhibition has been shaped by the people we support, and the way they see the Gardens around them. They bring personal views of Furzey; exploring themes of nature, place and belonging.

Together, these photographs celebrate nature, belonging, and pride. They captured **Furzey through their own eyes.**

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Jack-o-lantern Pie

Ingredients:

Uncooked shortcrust pastry
2 cups of cooked pureed pumpkin (or squash)
¾ cup sugar
2 tablespoons cinnamon
½ teaspoon nutmeg
3 eggs
1 cup of double cream



Method:

Step 1: Heat oven to 180C/160C fan/gas 4. Mix the pumpkin puree, sugar and spices together.

Step 2: Lightly mix the eggs and cream together, then combine with pumpkin and spices.

Step 3: Roll out the pastry in the dish, add the pumpkin mixture. Bake for 50 minutes until the top no longer wobbles and it has a nice golden top. Cook for further 10 minute periods if still wobbly.

Step 4: Leave to cool, serve chilled.





Other things you can do with pumpkins:

Jack-o-lantern soup

Carve faces into Jack-o-lanterns

Paint faces onto Jack-o-lanterns



If you enjoyed this article and want to read more by neuro disabled journalists, you can do so here.

Jayden



Rhianne



Thank you for reading!



Richard



Silas