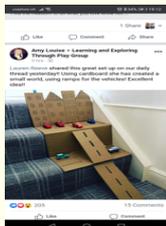


Thursday 14<sup>th</sup> January 2021

Hello all!

We find ourselves in another lockdown and unable to run our groups as we had hoped. However, we are all still working hard to offer the best support we can to you all. Over the weeks we will be producing a weekly newsletter with a few different ideas of things you can do together whilst at home. We hope you find this useful.

- **Packaging:** How many of us still have mounds of packaging left over from Christmas? We all know cardboard boxes are great for imaginative play, they can be rockets to go to the moon, or fire engines dashing along the road. They can be decorated with different materials or cut out and made into something else. This is one of our favourite ideas posted recently on an early years site.



Bubble wrap is equally exciting. Plus it's great for developing your child's wrists, hands and fingers!

- **Exploring:** I'm sure you have explored your local area a lot more than ever before but how about exploring with a purpose in mind. For example, in the story 'The Highway Rat' by Julia Donaldson and Axel Scheffler the rat was tricked by an echo. Have you ever heard any echoes whilst out walking? One great spot in Thame for this is under the bridge by the old railway station on the Phoenix Trail. If you join the phoenix trail from Youens drive entrance turn right and the bridge can be found a little way along from that. Alternatively join from Chowns close and turn left. Can you find anywhere else?



- **Weather:** As the weather is set to be rather wet over the weekend how about doing something different in the rain. Why not try some rain art? Paint, crayon, draw with felt tips and then put it out in the rain and watch what happens to the colours.



- **Mrs Bun the Baker**, who has run some cookery sessions at our centre, is running free weekly bake along every Friday at 4pm on Facebook, just type in **Mrs Bun the Baker Cookery School** into Facebook. This week she is making custard cream biscuits. The ingredients you will need for this are: 1 egg, 150g plain flour, 25g custard powder, 50g caster sugar, 85g margarine or butter, ½ tsp baking powder. ICING: 100g Icing sugar, 50g butter, 1tbsp custard powder, drop of milk (if too dry). EQUIPMENT: Baking tray, bowl, spoon, jug, cutter for the biscuits, fork, knife.

If you need to speak to one of us you can call us on 01844 261163 on Tuesdays 10a.m.-12p.m.; Wednesdays 10a.m.-12p.m.; Thursdays 10a.m.-12p.m. Fridays 10a.m.-12p.m. At all other times Monday to Friday please leave a message and we will respond. Messages at the weekend will be responded to on Monday.

You can email us using [info@redkitefamilycentre.org](mailto:info@redkitefamilycentre.org) and again, we will respond within 24 hours, weekdays or you can message us through our Facebook page.

Please remember also that if you need urgent help or advice, or just want someone to talk to, you can call the Talking Team on 03003034123. This service is being supported by Sharing Life Trust, Thame Good Neighbour Scheme and the Friends of the Thame Community Hospital.



# Weekly Newsletter