

The Aardvark



Spring 2011

A nose for the news

Hello and welcome back to the Spring edition of the Aardvark! We have lots of exciting news to share with you!

This is a newsletter published by the Cluster group at Conlig Workskills. The Cluster group do a wide range of activities, such as photography, IT, French, Numeracy, Literacy, college courses and community access.

We would love to hear news from other schemes within Praxis so please send any stories, jokes, poems, artwork etc to:

**The Clusters Group,
Conlig Workskills,
Main Street,
Conlig,
BT23 7PT**



Balloons!!

On Tuesday 1st February, we decided to release some balloons into the sky! We all had a balloon each and we attached a piece of card to them, writing down our hopes and dreams for 2011. It was so much fun and everyone really enjoyed themselves. We hope to make this a regular event which we could do at the start of each New Year! Why don't you try it yourself!



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Articles provided by Robert,
Colin, James, Sylvia and
David

Thanks to Robert for his
photographs!

Pool News

We played a match and we nearly got back into the final again. I was playing against a girl in one of the teams and I won that match. Then I played against my friend's brother and we were drawn in the second match. It was really close. If his brother had made a mistake I would have won outright. I had one more red to pot. It had gone slowly towards the pocket. Then he had a shot on the yellow and he miscued. It was time for me to take my last shot and there was a big cheer and of course, the white ball went into the pocket with the red!

If I had won that, I would have been going to the next match. I have heard that one of our Conlig teams may get the opportunity to go over to England to compete in a match!

By James



Spring Gardening Tips

- * The best times to water plants are early morning and sunset.
- * In warm weather, water plants in the evening.
- * Go to your nearest Garden Centre and look for flowers which you would like to plant.
- * Check out the plants and flowers in your garden and make sure they have not been damaged by the winter weather.

* If you are buying plants, make sure you get some tips about how to look after them.

* If you are thinking of growing vegetables, make sure you pick out a selection that you are familiar with and grow them in a suitable place.

* Have a think about where you are going to put your plants to make the best of them. Make sure they have enough water and light.

Keep an eye out for our next edition in the Summer for some more tips!
By Robert

Film review

The A Team



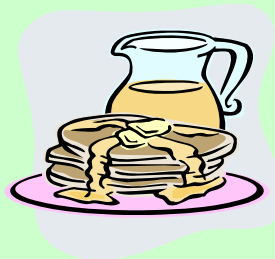
I went to the cinema before Christmas and watched The A Team. I thought it was so good that I wanted to see it again so I got it on dvd. The things I like about the film are the characters in it. I already know of the characters from the TV show. The story was good. There was an old shipment of money that went missing and The A Team were trying to find out who took the gold bars and the money. It was a surprise to find out who the baddie was but I can't tell you in case you haven't seen it yet! My favourite character in it is Hannibal Smith because we probably have something in common as we are both wild at heart!

By James

Tickle your tastebuds!!

Tuesday 8th March was Pancake Tuesday. The residents and some staff helped to make loads of pancakes. The pancakes were made for four different groups in Conlig Day Centre. We would like to thank Graeme, Stephen, James, Paul, David, and me—Robert! The best pancake thrower was me! The most enthusiastic was Stephen and the person who gave out the pancakes was Colin. We had sugar, honey and lemon on them. It went down like a treat and I think we will do it next year too!

By Robert





Colin's Cookery Corner

For the Spring edition Colin has decided to feature a lovely, warm dinner as it is quite cold at the moment! Here it is, why don't you try making it?

STICKY APPLE, SAUSAGE AND BACON

Ingredients:

- 8 rashers of smoked streaky bacon
- 8 good quality pork sausages
- 1 tbsp of sunflower oil
- 2 red-skinned apples, each cut into 8 wedges

Serves 4

Method:

Heat the oven to 220c.

Tie a piece of bacon around each sausage.

Heat the oil in a flameproof roasting tin on the hob, then brown the sausages in the tin. Place in the oven and roast for 20 minutes.

Toss in the apple wedges and roast everything for another 10 minutes until the sausages are cooked and the apples are sticky and caramelised. Serve with mash.

Core Group outing to the Tayto Factory at Tandragee!

We went to the Tayto Factory in January and we really enjoyed it. It took us quite a while to get there. We walked round the castle and got to try different crisps and see how they are made. We met Mr. Tayto and shook his hand and we were allowed to sit in his chair! It was a really good day out. We had to wear an apron, hat and gloves for health and safety reasons. We got to take some bags of crisps home with us. We would like to visit the Tayto Castle again.

By Sylvia, David and Colin



Remember that the clocks go forward by an hour on Sunday 27th March 2011 at 1am!



We hope that you all have a lovely St. Patricks Day and a Choctastic Easter!



Cluster Photography Outing

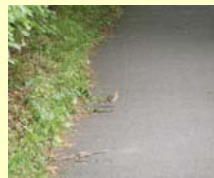
We went out on the 27th January 2011 to do photography. The people who go out to do photography are me, Harry and Robert. The staff who went out with us were Tasha and Jim. Before we all went out, we made sandwiches for our lunch and took them with us. We all went on the work bus.

The first place we went to was the Ulster Museum. We had found out that there was a photography exhibition at it. There were about 20 photographs at it all about birds. My favourite photograph was the Robin. It was interesting to find out who had won the best prizes.

The next place we went to was the RSPB Belfast Harbour Lagoon. This is at Belfast Harbour Estate and there are thousands of different birds that you can spot here. We took some photographs. I thought it was very interesting and I would like to go back.

The most interesting thing was a smaller bird being attacked by a Sparrowhawk. The feathers of the smaller bird flew past the window. When I saw the smaller bird being attacked by the Sparrowhawk, I felt a bit sorry for it but this is how birds feed and go about in the wild I suppose,

By Colin



Upcoming Praxis Events 2011

The Gala Ball

Praxis Care is holding a Pearl Ball on Friday 8th April 2011 in La Mon Hotel. This event will celebrate the organisation's 30th Anniversary and includes a champagne reception, 4-course dinner, casino, raffle and dancing.

Our Cookie Company at Conlig Workskills were asked to take part in a competition to provide the buns and traybakes for the event. The Cookie Company worked very hard and they won the competition! Congratulations to everyone involved!



Concert on the 25th March 2011

Conlig Workskills Drama Group will be taking part in a Variety Fundraiser Concert at St. Patricks Parish Centre in Newtownards.

There will be singing and dancing too. The Guest Artists are Father Martin O'Hagan {The Singing Priests} and Belfast Operatic Society.

Doors open at 7.15pm and the concert starts at 7.30pm.

Refreshments are available.

Tickets are £10 each and £6 for Concessions. Tickets are available from Conlig Workskills.

Tel : 02891 479832

We would love to see you there!

Spring Wordsearch

Can you find these words in the puzzle below?

**AARDVARK
POOL**

**RECIPES
HOLIDAYS**

**FILMS
JOKES**

**BALLOON
PROJECTS**

**SPRING
CONLIG**

S	B	P	R	O	J	E	C	T	S
H	A	R	O	A	E	V	L	Q	O
O	L	S	T	O	U	I	O	J	C
L	L	N	F	I	L	M	S	P	O
I	O	H	K	M	G	P	E	T	N
D	O	U	T	E	R	O	P	Q	L
A	N	N	E	I	D	P	I	L	I
Y	C	B	N	M	L	S	C	I	G
S	Z	G	R	J	O	K	E	S	A
Q	A	A	R	D	V	A	R	K	C