

# What you need: Week 2



## Beauty with Deborah

- Foundation
- Powder
- Blusher
- Mascara
- Lipstick
- Make-up sponge/brushes



## Aerobics

- A drink of water
- Comfortable clothing
- Comfortable shoes
- A chair
- Space to move
- Mat



## Mindfulness

- A quiet room
- Relaxing music
- A comfortable place to relax
- Hand sanitiser



## Baking with Brid

### For the cake

- 3 eggs
- 85g caster sugar
- 70g self raising flour
- 25g cocoa powder

### For the filling & icing

- 25g butter, plus extra for the tin
- 70g dark chocolate, broken into squares
- 1 tbsp golden syrup
- 140ml pot double cream
- 100g icing sugar, sifted
- icing sugar and holly sprigs to decorate

### Equipment

- Hob, oven
- Two mixing bowls, sieve, whisk, lined baking tin, spatula, baking parchment
- Saucepan, wooden spoon, spatula,



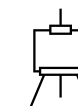
## Cooking with Eugene

- 1 onion
- Ham
- Tomatoes
- 3 eggs
- Black pepper/salt
- Splash of milk
- Oil/butter
- Cheese
- Frying pan
- Bowl
- Knife
- Spatula



## Zara's Art And Craft

- Cardboard/stiff paper
- Big and small plate
- PVA glue
- Pinecones
- Paint brush
- Paints – white, black, red, green
- Cup of water to clean paint brush
- Scissors
- Paint tray or plate
- A table you can paint on and something to cover the table if needed
- String
- Decorative sparkles or stars
- Pegs
- Pencil



### Yoga

- A drink of water
- Comfortable clothing
- Comfortable shoes
- Space to move in a relaxing room
- A yoga mat, mat or carpet
- Yoga block
- Blanket



### Line Dancing

- A drink of water
- Comfortable clothing
- Comfortable shoes
- Space to move



### Cross Stitch

- Large Cross stitch mesh
- Needle
- Thread



### Gardening with Noel

- Lily bulbs
- Small pot
- Peat
- Rocks for drainage



### Art with Jenny

- Decorations from last week
- Paint brushes
- Paint – red, yellow, green, black and white
- String/ribbon



### Art with Andy

- Paper
- Colouring
- penils/markers

