

# What you need: Week 3



## Beauty with Deborah

- Basin or Sink
- Face cloth
- Clean Towel
- Face Cleanser
- Face Toner
- Moisturiser



## Aerobics with Arita

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



## Mindfulness with John

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



## Brown Bread with Brian

### Ingredients

- 8 oz Wheatmeal
- 12 oz white flour
- 1 teaspoon baking soda
- 1 pint buttermilk
- Small Natural Yogurt
- 1 egg
- A little treacle
- A little rapeseed oil
- Porridge oats to sprinkle on top



### Oven

- 180 degrees for 40 minutes

### Equipment

- Oven
- Mixing bowl, sieve, whisk, greased baking tin, spatula, jug,

## Cooking Omelette with Eugene

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



## Line Dancing with Gary

- Comfortable shoes
- Water
- Plenty of space
- Comfortable clothes



### Yoga with Anita

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



### Baked Potatoes with Eugene

- Potatoes
- Salt Pepper
- Knife, Tinfoil, Baking tray
- Oven
- Ham, Cheese
- Tuna, Mayonnaise
- Sweetcorn, Lettuce, tomatoes, Basil  
Onion

### Cross Stitch with Jennifer

- Large Cross stitch mesh
- Needle
- Thread



### Gardening with Noel

- Winter plants - violas
- Small pot
- Peat
- Rocks for drainage



### Art with Jenny

- Card and envelope
- Wax Crayons
- Black Pen
- Brush, water, Kitchen towel
- Cocktail sticks



### Art with Andy

- Picture of BenBulben
- Black marker



### Literacy with Dylan

- Paper and pen

### ISL with Robert

- Comfortable space

### Guitar with Ruairi

- Guitar

