

# Working Together Ludlow

To include people with learning difficulties and disabilities



Almost Weekly News No. 9 - 29/05/2020

## Latest news...

We held another digi disco on Zoom this week. It was great to see some different faces joining us for the evening and there was definitely a big Little Mix vibe...



Thanks again to everyone that Zoomed in and to DJ for a great set!

If you're interested in how to use Zoom [CLICK HERE](#) Plus other resources too...

## Food, glorious food!

Food is an activity that many of us enjoy at Working Together and some of our members have been spending some time baking at home.

Chloe has sent us some lovely pictures of herself cooking and having a... 'doing Working Together stuff at the Café' kind of a day.



That all looks delicious Chloe and that just might be the stickiest toffee pudding we think we've ever seen... yum, yum!



Buying anything from Amazon? If you're buying from Amazon at the moment (buy local when you can of course) please use [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk) and nominate Working Together as your chosen charity. If you do we receive a donation of up to 1.5% of the purchase price on most items - thank you!

Rockspring Community Centre, Sandford Road, Ludlow SY8 1SX | Charity No: 1147358

[www.workingtogetherludlow.co.uk](http://www.workingtogetherludlow.co.uk) | [manager@workingtogetherludlow.co.uk](mailto:manager@workingtogetherludlow.co.uk)

## Rachael's Special Egg Mayonnaise on Potato Farls Recipe

Rachael has been cooking too and has sent us this lovely recipe that serves three - for a light lunch or snack...

### Ingredients:

- 2 hard-boiled eggs
- 2 spring onions - washed, topped, tailed
- 3 tsp mayonnaise
- Salt and pepper
- 3 potato farls - flat, rectangular potato cakes from Ireland (Tesco bread section, bottom shelf in Ludlow Tesco)

### Method:

1. Shell the eggs.
2. Chop the eggs up in a medium-sized bowl.
3. Chop up the spring onions (in very short lengths) and add to the eggs.
4. Add 3 tsp of mayonnaise.
5. Lightly season with salt and pepper.
6. Mix all the ingredients well.
7. Serve on buttered hot potato farls or on toast, nice in sandwiches too!



*That looks delicious Rachael and thanks for sharing the recipe with us.*

If you have been cooking at home, please don't forget this very important message from Thomas:



## POLICE BOX

Meanwhile, Tim has been cooking Dr Who themed biscuits...



The Weeping Angels are scarier than Daleks!

**Stay safe, stay alert and keep well everyone!**

[www.workingtogetherludlow.co.uk](http://www.workingtogetherludlow.co.uk)



## Activities to do at home

Our friends at Shropshire Council have asked us to share some information about a new website called the Buzz.

Community Catalysts have launched an exciting new online platform designed to be inclusive and accessible to a wide audience including people with a learning disability.

The Buzz is a collection of free videos with activities that people can do at home, such as art, dance, exercise, cooking and more. New videos will be added every day.

Each video is produced by one of the community enterprises who have been supported by Community Catalysts.

The Buzz can be accessed by clicking on these links:

- [On Facebook](#)
- [Small Good Stuff website](#)

Thanks Shropshire Council.

**Next week's newsletter....**

**Meet our Trustees Part 1..**