



# The Beeches NEWSLETTER

Issue 2  
June 2020

All content has been created by the members of the Beeches newsletter team

## BIRTHDAYS THIS MONTH

- Kieran Rice
- Dickie McElroy
- Karen Cleary



## FAVOURITE ACTIVITIES THIS MONTH

- Bingo
- Arts and Crafts
- Gardening/planting Sunflowers
- Dance sessions



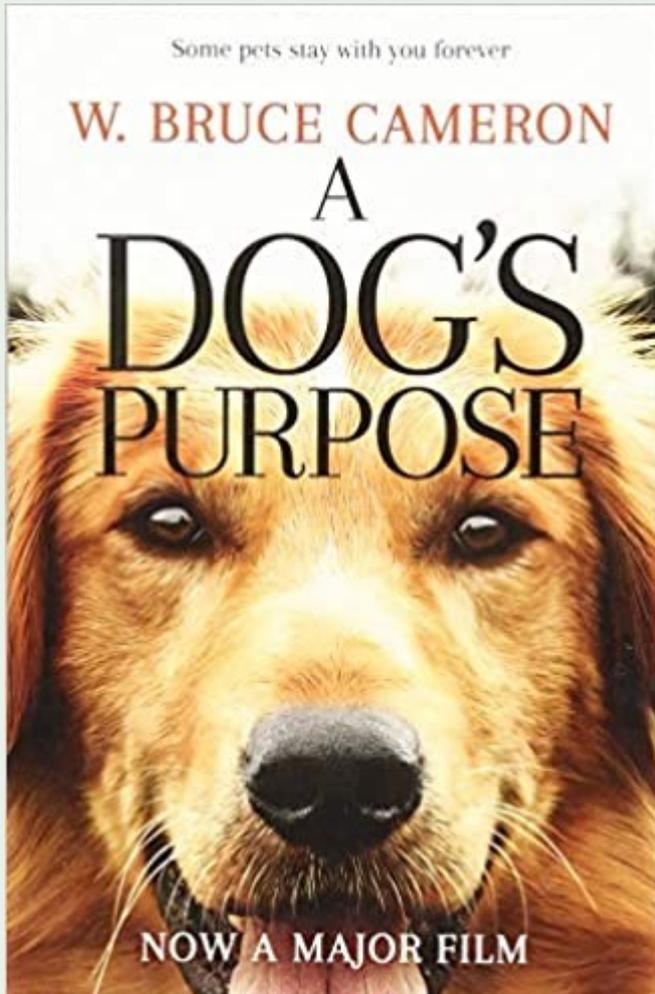
## UPCOMING EVENTS

- Weather Permitting a summer surprise hunt on 3rd July 2020 at 2pm

## NEXT RESIDENTS MEETING IS:

Due to Coronavirus we are not holding Residents meeting at the moment





## A Book review by Sharon Kiernan

The unconditional love between Bailey the Golden Retriever and his soul mate Ethan

First of all this is a very special story between an 8 year old boy and his best buddy called Bailey a golden retriever . The special bond between the 2 which is unconditional love and will never die. All the different adventures they built up on will never drift them apart, as it will always bring them together. They never fail each other. Also the special friendship that they have built will always be forever. From day to day, month after month that special bond will never pass over.

## Poems by Robina

Friends make the good times even better

Real friends make you laugh a little louder, smile a little ,  
wind and whistle a little more tunefully.

Real friends make your spirit roar and your heart sing.

My best friend is the one who brings out the best in me.

Life is always less scary with a friend by your side.

There is nothing better than a close friend unless a close  
friend brings you chocolate cake. The secret of friendship is  
give me chocolate and il take it. Dear friend I pray that you  
will be able to taste and see God's finest blessings in your  
life.

Good friends are like stars, you don't always see them but  
you know they are always there.

By Robina

22/06/20



## Bread and Butter Pudding recipe

### Ingredients

25g/1oz [butter](#), plus extra for greasing

8 thin slices [bread](#)

50g/2oz [sultanas](#)

2 tsp [cinnamon](#) powder

350ml/12fl oz full-fat [milk](#)

50ml/2fl oz [double cream](#)

2 free-range [eggs](#)

25g/1oz granulated [sugar](#)

[nutmeg](#), grated, to taste

### Method

1. Grease a 1 litre/2 pint pie dish with butter. Cut the crusts off the bread. Spread each slice with on one side with butter, then cut into triangles.

2.

3. Arrange a layer of bread, buttered-side up, in the bottom of the dish, then add a layer of sultanas. Sprinkle with a little cinnamon, then repeat the layers of bread and sultanas, sprinkling with cinnamon, until you have used up all of the bread. Finish with a layer of bread, then set aside.

4.

5. Gently warm the milk and cream in a saucepan over a low heat to scalding point. Do not let it boil. Crack the eggs into a bowl, add three-quarters of the sugar and lightly whisk until pale. Add the warm milk and cream mixture and stir well, then strain the custard into a bowl. Pour the custard over the prepared bread layers, sprinkle with nutmeg and the remaining sugar and leave to stand for 30 minutes.

6.

7. Preheat the oven to 180C/160C Fan/Gas 4. Place the dish into the oven and bake for 30–40 minutes, or until the custard has set and the top is golden brown.



## Banana Bread recipe

### Ingredients

3 very ripe medium [bananas](#) (around 225g/8oz peeled weight)

3 large free-range [eggs](#)

100g/3½oz soft light [brown sugar](#)

150ml/5fl oz sunflower or [vegetable oil](#)

275g/9¾oz white [self-raising flour](#)

1 tsp ground [mixed spice](#)

1 tsp [baking powder](#)

### Method

1. Preheat the oven to 180C/160C Fan/Gas 4 and grease and line a 900g/2lb loaf tin with baking parchment or use a loaf tin liner.
- 2.
3. Peel the bananas and mash with a fork. Tip into a large mixing bowl and add the eggs, sugar and oil. Use a fork or whisk to combine.
- 4.
5. Add the flour, spice and baking powder and whisk together until thoroughly combined. Pour into the prepared tin. Bake for 40 minutes, or until the cake is well risen and a skewer inserted into the centre comes out clean.
- 6.
7. Cool in the tin for 10 minutes, then turn out onto a wire rack. Serve warm or cold in slices. Spread with butter if you like.



EVEN IF WE DISAGREE  
WE CAN STILL

**BE KIND**

TO EACH OTHER



Create a list  
of favourite  
memories you  
feel grateful for

ACTION FOR HAPPINESS

#JoyfulJune



We kindly received a beautiful hamper filled with lots of goodies from A Company Nitronica. The items from the hamper were distributed around the cottages. From teabags to face wipes were given, all greatly appreciated by everyone at The Beeches.

## Newsletter

‘What I've been doing with my time during Lock-down.’

We done some bakery, we done some plants in the patio and some sunflower seed's in pos. I done some word searches as well to keep busy. We also done dot-to-dot numbers. I really enjoy every item Jenny gives me. On Friday would do some cookery or baking.

By Niall Byrne

24/06/20

## Stories by Karen McDonnell

I sometimes watch the singing on the tv and I am dancing to learn it for Jenny and everybody in the Beeches . I like to watch television and I 'am doing exams for Siobhan Duffy because I brought it to Siobhan Duffy office. I colored in a picture and me and Andrea went up to have a talk with Siobhan. Siobhan loved her surprise and Siobhan loved what I brought her all. I have to do all the work I get and when I win Bingo I keep the cards. Sometimes I get a surprise when I win. I like the tuck shop and only sometimes get something. At the minute I am off sweets and going on a diet and I want to stay thin all the time by leaving some food if I can.

Well done to everyone that has contributed in any way with The Beeches Newsletter, its fantastic work.

Many Thanks

Jennie