

Shrewsbury Park Lockdown Newsletter



Welcome to the Shrewsbury Park Newsletter.

Three Top Tips on keeping safe in lock down.

1. Wash your hands regularly and for 20 seconds minimum.
2. Stay at least 2 meters away from anyone you do not live with.
3. Only leave the house for exercise, shopping and to go to the doctor or pharmacist.

Drawing competition!

Draw a Picture of the people you miss the most during lockdown. Remember to put your name and address at the top of the page and post through the letter box at number 12 or number 20 Shrewsbury park. The winner's drawing will be in the next issue.

Clap for carers

Remember to clap for our carers on Thursday evenings at 8 o'clock. Try to make as much noise as you can. So far we have heard ...drums, clapping, maracas, bike bells, whistling and saucepans.



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Cupcake recipe
inside



Please tell us if
you are self-
isolating and
need any
shopping done
for you



Cupcake Recipe

Try making these cute cupcakes to keep busy. You could ice them or maybe even add a filling. Check out the Annabel Karmel website for more great recipes.

Ingredients:

110 g butter, softened
 110 g caster sugar
 110 g plain flour
 2 tsp baking powder
 1/4 tsp salt
 2 medium eggs
 1 tsp vanilla extract

Method:

1. Preheat the oven to 180C/ 350F / Gas 4.
2. Line a muffin tin with paper cases.
3. Put the butter and sugar in a bowl and beat until pale and fluffy.
4. Sift the flour, baking powder and salt into the bowl.
5. Beat the eggs and vanilla and add to the bowl. Beat until just combined.

6. Spoon the mixture into the paper cases.
7. Bake for 18 to 20 minutes until risen, golden and firm to the touch.
8. Cool in the tin for 10 minutes, then transfer to a wire rack to cool completely.



Lockdown birthdays

Have you had a birthday in lockdown? Tell us how you celebrated and send it through the letter box at number 20 or number 12 Shrewsbury Park. You can send a photo if you like.

THANK YOU!



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

pandemic diagnosed symptoms treatment chills aches joints muscles
headache fatigue immune respiratory fever disease infectious
lockdown elderly gloves mask sneezing coughing contact soap
distancing sanitizer quarantine isolation contagious hygiene infection
virus

Lockdown Word Search