



Light at the end of the tunnel

So, you have watched every film on Netflix, baked umpteen loaves of bread and let your hair grow down to your shoulders. What next?!

Well it looks like things are slowly going back to normal. Over the next few weeks some of the restrictions will start to ease and London will wake up from its Corona slumber.

I would like to take this opportunity to say how proud I am of everyone. But it's not quite over yet, so keep it up!

You have followed the rules so well. Staying safe at home, washing your hands and social distancing. It's not been easy so well done!

Remember we are here to help you get through this. If you are worried about anything, talk to your support worker. We are all in this together!

See you very soon,
James

Meet the Team



In this edition we speak to Delroy, the House Coordinator for Christian...

Live Too: What do you like about your job?

Delroy: I like the people I support every day!

LT: What has been your biggest achievement?

D: All the people I have supported over the years. I care for each one of them like family.

LT: What makes you laugh?

D: A night out with friends at the pub having a laugh and a couple of drinks!

LT: Do you have any hobbies?

D: Yes. My hobbies are playing poker and dominoes.

LT: If you had a million pounds, what would you spend it on?

D: I would buy a house and use the rest of the money to help people who have a disability to live their lives comfortably.

Thanks Delroy! It's lovely to hear how much care and generosity is flowing through the team.

Cake Competition

We are pleased to announce that Kay was the winner of last month's cake competition.

Kay has won an afternoon tea for her and a friend. Well done Kay!





The Ribblesdale Recipe

The ladies at Ribbs have shared some of their favourite dishes with us. Why not give this one a try yourself!

SUPER DUPER SOUP...

Ingredients

- 1 Butternut Squash
- 1 Turnip
- 1 Courgette
- 1 Aubergine
- A handful of Cherry Tomatoes
- Salt and Pepper
- Pinch of Chilli Flakes - *careful, not too much!*

Method

1. Peel and chop all the ingredients and boil for 15 minutes.
2. Drain and allow to cool.
3. Pop in a blender
4. Add 3 cups of water
5. Blend until smooth
6. Pop in a saucepan
7. Add seasoning to your taste
8. Cook until piping hot

Serve with some bread and butter.



Poetry Corner

A lot of you have been getting creative over the past few weeks. We have read some wonderful stories and seen some amazing films.

We would like to give you the chance to write a poem and we will publish the best ones in the next edition. It can be about anything you like! There will also be a mystery prize for the best poem.

Everyone's a winner!

We are pleased to announce that we have secured some funding through the Baked Bean Charity to help us all get through these difficult days.

We asked people what would help them to stay fit, both in mind and body. The requests have been diverse, from sewing kits to microwaves, even exercise bikes!

These things should be with you very soon! Please send us a photo of you enjoying your gift.

Check out Jason keeping fit on his new cross trainer!



If you would like to make a request drop us a line using the contact details below.

Live Too Limited provides care and support for people with learning disabilities in their homes and in the community.

For more info please call us on

020 8944 0023

Or send us a message on our website at

www.livetoo.co.uk