

NEW HEIGHTS WARREN FARM COMMUNITY PROJECT NEWSLETTER

Silver Bulletin


HM Government NHS

LOCAL COVID ALERT LEVEL

HIGH

Social Contact 1 household / bubble indoors. Rule of six outdoors.	Weddings and Funerals Up to 15 guests for weddings; and up to 30 guests for funerals, 15 for receptions, wakes and related ceremonies.	Overnight Stays Overnight stays permitted subject to social contact rules.	Working from home guidance Work from home where possible.
Shopping and Retail Open.	Leisure and gyms Open.	Hospitality Open with some restrictions including 10pm closing time and table-service only.	Entertainment and tourist attractions Open, except nightclubs and adult entertainment.
Education Schools, FE colleges open. Universities must reflect wider restrictions.	Healthcare Services Open.	Residential Care Closed to external visitors other than in exceptional circumstances.	Travel and Transport May continue to travel to open venues, but reduce number of journeys where possible. Avoid travel into Local COVID Alert Level Very High areas where possible.
Sporting Activity Organised sport / licensed physical activity allowed in outdoor settings. Indoor organised sport must follow social contact rules (other than youth or disabled sports).	Worship Open, subject to social contact rules.	Childcare Registered and wraparound childcare. Supervised activities permitted in private homes. Children's groups permitted. Childcare bubbles for under 14s.	Youth Clubs and Activities Permitted.

There are three simple actions we must all do to keep on protecting each other:

- Wash hands** keep washing your hands regularly
- Cover face** wear a face covering in enclosed spaces
- Make space** stay at least 2 metres apart - or 1 metre with a face covering or other precautions

For more information and detailed guidance visit:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Hi everyone, as you are aware Birmingham is in the 'high' tier on the alert level.

Services such as hospitality and gyms will remain open however, you will be required to wear facemasks in public buildings.

You can mix with 6 people but only outdoors.

New Heights bake off– Easy caramel cake.

Method-

STEP 1- Heat the oven to 180/160 degrees. Butter two tins .

STEP 2– Beat the butter and both sugars in a bowl with an electric whisk for a few minutes until lighter in colour. Then add eggs, one at a time, adding a spoonful of flour and beating in between each egg. Add the remaining flour and milk. Divide between the cake tins and bake for 25-30 minutes until they are golden, spring back when pressed, and a skewer comes out clean when inserted into the middle. Then leave to cool.

STEP 3– Meanwhile, for the icing, put the butter and icing sugar in a bowl and whisk for a few minutes until light and airy. Whisk in caramel briefly, adding 1 tbsp of water to loosen, if needed. Set aside the sponges until the sponges are completely cool before assembling.

STEP 4– Sandwich the cake together with the icing then use the remaining icing to decorate the top

Ingredients

225g softened salted butter, plus extra for the tins

125g golden caster sugar

100g light brown soft sugar

1 tsp vanilla extract

4 large eggs

225g self raising flour

2 tbsp milk

Use toffee, chocolate or caramel pieces, to decorate



This week's riddle:

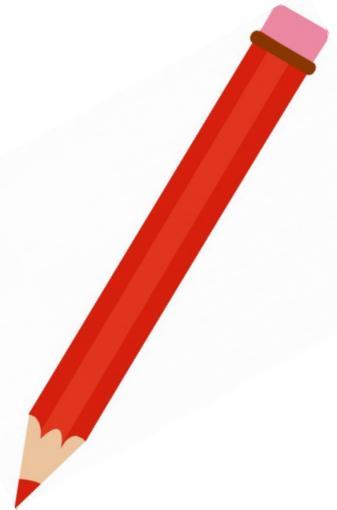
What runs around the whole garden without moving?
Answer in next weeks newsletter.



Word search

Famous Singers with One Name

O	G	L	A	D	S	I	R	C	A	D	U	L	A	ADELE
D	N	S	E	L	I	B	O	N	A	D	I	U	P	MADONNA
L	I	R	N	A	O	D	N	P	L	U	A	I	I	AALIYAH
U	T	U	I	M	A	N	O	N	I	L	E	T	T	AKON
S	S	Y	A	K	I	E	Y	N	Y	S	A	N	B	BEYONCE
H	O	N	O	B	Y	K	B	O	A	C	L	A	U	BONO
E	L	N	E	Y	G	A	A	E	H	O	Y	T	L	DIDO
R	B	Y	Z	A	G	N	E	A	Y	F	I	I	L	EMINEM
Y	A	Z	Z	D	A	N	K	M	F	O	E	O	N	ENYA
A	E	L	I	E	H	O	O	U	P	U	N	C	N	DUFFY
Y	B	O	M	L	S	D	D	A	Y	N	E	C	O	LUDACRIS
B	B	A	O	E	D	A	S	Y	S	E	A	L	E	MIKA
M	E	N	I	M	E	M	F	N	B	M	E	O	L	MOBY
I	G	D	A	A	G	E	O	Y	I	O	L	A	T	PITBULL
														SEAL
														SHAGGY
														STING
														USHER
														YAZZ



Did you know?.....

Our services continue to run remotely, via telephone, email & video chat.

General Enquiries: 0121 386 4345
Enquires@new-heights.org.uk

Breathe benefits & housing Advice: 0121 384 2333
Advice@new-heights.org.uk

Counselling Service: 07753 224 835
Counselling@new-heights.org.uk



Contact us



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New Heights Warren Farm
Community Project