

# The Busy Bee Newspaper



Issue 004



Christmas is almost here and the following weeks are going to be jam packed with festive workshop activities as well as the annual Christmas show. It's going to be a lot of fun and we are thrilled so many people are attending the hive during this busy time of year. Above, myself and Patrick had a great time feeding some of the local wildlife on a cold Winter day at Hampden Park.

14/12/20

The Hive

# News & Updates

## The Hive Christmas Show and Celebration

On Wednesday 16th we will be having our annual Christmas celebration and mini show at The Hive. A selection of solo and group performances are lined up along with some tasty mince pies. The celebrations will be starting at 11:00am so make sure you attend!

## Christmas Decorations

The Hive has had it's festive makeover and it's beginning to feel a lot like Christmas (Bad pun I know)! I spent a good hour with Dom hacking the crooked trunk of the Christmas tree down to size and it's now proudly standing in the corner of the main room for all to see. With help from Symma, Anne, John, Christina and Debbie the tree was decorated in no time along with the rest of the Hive.

## The Hive of Hopes and Dreams (HHD)

Last Wednesday Kim along with Rosie, Debbie and Andrew went to visit the Volt gallery (the future location of the Eastbourne Snapshot 2020 art exhibition. In preparation for the exhibition they discussed the layout, took measurements and had a chat with the gallery administrator Andrew. The group returned to The Hive with plenty of notes and measurements to assist with planning.



Rosie, Debbie and Andrew taking notes at the Volt.

## Hive Closing Date

For anyone wondering when the annual break up will be, the hive will be closing at lunchtime on Christmas eve 24<sup>th</sup> December . This will give everyone time to enjoy Christmas and have a bit of a break at the end of the year. We will be reopening the centre on Monday 4<sup>th</sup> January at our usual time. We look forward to seeing you all in the new year!

## Julie's Last Day

Wednesday will sadly be Julies last official day working at the Hive. From organising massive drama productions to supporting and encouraging people to pursue their talents and strengths, she has contributed so much to our community and will be greatly missed. Take care Julie, we all love having you here and hope you will come back and visit us all when you have the time!



## Art and Craft

Getting into the Christmas spirit, art and craft has been focusing exclusively on Christmas themed projects in the run up to the holidays.



Above, Kate, Piers and Debbie show off their Christmas tree ornaments. Below, everyone's busy making pasta Christmas tree decorations.



## Nature and Wildlife

### Hampden Park

Our latest trip to Hampden Park was brilliant fun and we were joined by David who has since retired from his previous position as a full time hive worker. The aim of the trip was to identify the different animal species found at the park as part of an on-going survey we are doing. Kitted out with warm clothes, binoculars, bird seed, a clipboard and a British wildlife guide we began our Wednesday morning trip around the lake.



Patrick and Debbie have recently joined the wildlife group and it's been great having them. Patrick can be seen on the left giving some bird seed to his new collection of feathered friends.



While walking around the lake, a small family of brown rats provided us with some great photo opportunities. They took an interest in some bird food, which gave us plenty of time to take pictures.



At the start of the lakeside walk we saw a large variety of bird species. These included crows, herring gulls, black headed gulls, mallard ducks, coot, moorhen, heron and feral pigeons. As well as birds, we spotted many grey squirrels foraging across the park. As we continued we spotted call ducks, wood pigeon, jackdaws, brown rats and even an unusual duck which we are yet to identify. In total we saw 14 different animal species!



Half way round the lake we were feeding some pigeons when a huge flock descended from the trees and landed on us. These friendly birds were amazing to see up close and we all (especially Patrick) had a brilliant time holding and feeding them. It's always an amazing experience getting up close to wild animals and these beautiful white pigeons were no exception.

## Princes Park

Last Wednesday, the group headed out to Princes Park, a site located just down the road from The Hive. In the past, visits to Princes park have been a bit uneventful. This was not the case on Wednesday when we turned up to find huge amounts of birds on and around the lake. The numbers only grew when we began feeding them some bird seed, kindly provided by Cathy earlier that day.



Debbie yet again managed to attract a wild pigeon that came and sat on her hand to have a feed. Unlike the pigeons at Hampden park, the ones at Princes Park are not used to being fed by hand, which made Debbie's achievement all the more impressive. Some of the other bird species present at the site included herring gulls, black headed gulls, moorhens, mute swan and even a little egret!





Along with the pigeons, a huge number of swans turned up, with some of them coming out the water to investigate us. Bravely, Patrick and Debbie both had a go feeding the swans by hand, which was a brilliant experience for them. The swans appeared very pleased to receive an early lunch.



David got some amazing wildlife photos during our time at the lake. One of my favourites is his photo of a little egret, a small heron species that is an uncommon sight at Princes Park. Check out those yellow feet!

## ASDAN

Anne has been continuing her ASDAN course which aims to provide her with independent living skills. This week her focus was on cooking and she prepared some delicious goats cheese tarts with Cathy. She has also been practicing her food serving skills as seen below when she assisted with the lunchtime rush.



## Walking



Vessa and Kim went out one afternoon for a brief trip to the local pier. Vessa is apparently a very fast walker and in no time at all made it to her destination. The pier has been reopened since lockdown and she certainly enjoyed exploring the location before heading back to the Hive for a hot chocolate in the afternoon.



# Cooking

Some delicious looking treats have been cooked up over the past few weeks. As we are getting nearer to Christmas the mince pies have been making an appearance. Using some festive pastry cutters, the cooking groups made a selection of mince pies featuring Christmas designs.



Above Johnathan , Vessa, Lewes, Faun and John with their mince pies. Johnathan can be seen cutting pastry shapes with Sarah, with Vessa glazing her pastry with egg yolk.

## ☆ Star of the Week ☆



**Congratulations Vessa!**

Vessa received her star of the week award for her enthusiastic dancing in an afternoon Swoove group. She gave the session her undivided attention and showed off some great moves!

**Congratulations Pally!**

Pally won her star of the week award for excellent swoove moves, specifically her dancing during The Lion King's track 'I Just Can't Wait To Be King'. Well done Pally, keep it up!



Would you like to nominate someone for a star of the week award? If so, you can do so by filling out a nomination form and dropping it into the ballot box next to the notice board. Please ask a staff member if you need some help voting. A new star will be selected each week, so make sure you cast your vote!

# Games

R	U	D	O	L	P	H	C	G	W	K	E	O	S
S	O	P	R	E	A	P	N	S	O	O	N	A	O
L	D	R	C	R	C	I	R	C	O	H	M	O	U
K	E	A	E	O	L	W	H	E	L	T	E	Y	O
H	C	R	I	L	S	N	L	M	S	E	N	L	T
Y	O	T	O	D	A	H	N	I	D	E	C	K	W
M	R	R	L	T	K	W	R	W	P	R	N	E	P
C	A	O	L	K	O	H	S	S	I	T	R	T	T
C	T	E	N	N	C	P	O	R	L	P	T	N	S
H	I	S	S	E	E	R	T	R	H	R	R	D	R
S	O	N	E	A	E	T	R	O	A	A	O	S	O
M	N	N	N	T	U	R	K	E	Y	T	O	N	N
O	S	S	H	E	T	L	C	T	T	S	D	N	S
T	T	E	W	S	L	L	E	B	A	R	T	R	L

TREE  
PRESENTS  
SNOW  
RUDOLPH  
STAR  
BELLS  
CAROLLING  
DECORATIONS  
CHRISTMAS  
TURKEY

