

# The Busy Bee Newspaper

Issue 002



Welcome back everyone. It's been an odd few weeks, but we are very pleased that the hive has remained open with the majority of workshops running as usual. As I'm sure you know, some activities have temporarily changed to adapt to the new lockdown regulations, but we hope this will not be for very long. To keep your spirits up, here is a picture of Debbie riding the Eastbourne Lion.

16/11/20

The Hive

# News & Updates

## The Hive of Hopes and Dreams (HHD)

The advocates have been continuing their weekly meeting, but due to the current situation a few planned workshops have been disrupted. Swimming received a green light and was scheduled to kick-start last Friday, but unfortunately this has been temporarily put on hold. On a positive note, a new walking group has been formed after many people suggested the idea. This will take place on Friday mornings. We hope with time more people will attend and we can get out and explore Eastbourne and the surrounding areas.

## Follow us on Facebook!

If you are on Facebook its worth following the Eastbourne Mencap page. Recently there is a lot more being posted online, to help people stay connected and up to date with news and events. You may even see pictures and videos of yourself featured on the page!

## Swoove is back!

When we went into the second lockdown we were originally going to have to close Swoove for the four weeks. However, it's now clear that Swoove with Joe can continue as normal. This is great news for all the regular Hive swoovers and we look forward to having you all back. Joe is also raising some money for Eastbourne Mencap by selling Swoove facemasks on her Facebook page, so make sure you check it out.

## Activity switch during lockdown

As mentioned previously, a few activities have been put on hold due to the current Covid situation. Adapting to the situation, a few new workshops have been created to temporarily replace those that cannot run as normal. These are as follows: Music and Drumming with Tom now replaces the Drumming and Rhythm workshop with Thomas on Tuesday morning; Target Games with Rita and Kim will now replace Boccia on a Thursday; Art and Craft will replace Pottery on Fridays.



# Remembrance Day

On remembrance day a few of us from the Hive headed to Bexhill seafront to take a look at the amazing memorial that was on display.



# Cooking

Seasonal festivals have inspired recipes for cooking workshops recently. A bat banoffee pie represented Halloween whilst November the 5th saw the creation of colourful bonfire cakes. Below, Karen with her amazing looking bonfire cakes.





## Yoga and Relaxation

There is nothing better than starting off a Friday morning with some calm and gentle yoga exercises and relaxation techniques. Carlene has been doing a brilliant job recently, taking over from Sarah during the lockdown, and things have been running as usual. The workshop focuses on sensory experiences and provides participants with a pleasant break from the more active workshops that typically run throughout the week.



Above, Debbie exhibits some strange behaviour, balancing a brick on her head while adopting a very meditative Zen position. Although not particularly conventional, she certainly appears happy and relaxed.

## Photography

For this weeks photography session, a trip to Hampden Park provided a great opportunity to take some seasonal autumn pictures.



Above, Piers, David and Stephen are photographing the trees against the blue morning sky. This provides a nice contrast of colours and helps the autumn leaves really stand out. During the visit, we saw many birds including pigeons, call ducks, mallard ducks, seagulls, a heron and some tiny goldcrests. We also saw many squirrels and even overheard a squabble between what we believe were a couple of weasels.



A vibrant autumn view down a wooded path. Steven is just visible in shot taking some pictures of a rather sculptural looking dead tree.



The striking colours of Autumn are short lived but captured beautifully in this picture. Mel and Stephen are also taking similar shots from different angles.

Some of the birdlife at the park featuring the brilliant morning sunlight. All photos on this page are taken by Piers.



## Art and Craft

The art and craft group have been busy this week making tiles for the Eastbourne Snapshot Exhibition. These tiles have been made from air dry clay stamped with textures gathered from around the Eastbourne sea-front area. They are then painted in gold, white and blue.



Piers, Natalie, Debbie, Sharon and Tabitha can be seen working on the tiles.



Below, Natalie is doing some splash painting, creating a background as part of the project. She is very enthusiastic about art!



Patrick is busy with one of his many cardboard creations, a large lever arch file made entirely from scratch.



Vessa is working on a personal project, a book about Troodon Town from the TV show Dinosaur Train.



## ☆ Star of the Week ☆



Congratulations Christopher!

Chris received his award for showing great kindness towards others. He is naturally very caring and helpful and is a pleasure to have in the Hive community.

Congratulations Piers!

Piers received his award for his fantastic cooking skills and great attitude and energy towards workshops. You can see some of his brilliant cookery in the last issue of this newspaper and this issue features some of his photography work.



# Games

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H	N	N	R	E	O	C	H	C	O	M	E	E	S
E	S	L	C	N	P	R	H	N	H	L	B	L	E

LEAVES  
 WITCH  
 HALLOWEEN  
 BAT  
 PUMPKIN  
 ACORNS  
 BONFIRE  
 FIREWORKS  
 AUTUMN  
 CONKERS

