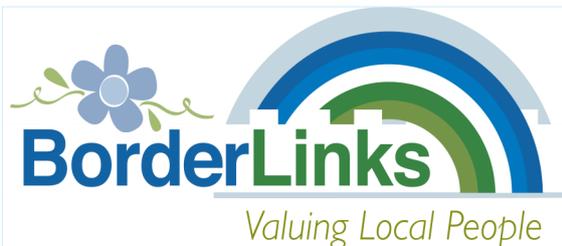




Newsletter



2015



Hello and welcome to the Spring edition of our latest Border Links newsletter. We hope you will enjoy reading about some of our members achievements and finding out what we have been up to over the past few months. There's also a delicious Easter recipe to try out which was found by our very own Giles and Alice - delicious!

Glad to see Spring arriving at last and an opportunity for all the groups to get out and about into their local communities. As always everyone is keeping busy with lots of new challenges ahead. Looking forward to the first Open Day of the year at Amble in April. The Border Links Team

Berwick meets Amble

The photography group in Berwick are in the early stages of producing a short film. The group went to visit the Amble group to get some help and ask some questions about when they made the film 'Revenge of the killer carrot'. The group were very helpful and gave some great ideas. Both groups enjoyed meeting each other and hope to do so again soon.



News from Kelso

Kelso group have been enjoying being creative with their lunch club by making dishes from around the world. The most recent lunch club had a Mexican theme where the group made fajitas. Other countries the group have 'cooked' include Scotland and America.



Nightclub

Please come along to our monthly discos held on the first Wednesday of each month at the Black and Gold in Berwick. Next disco- 1st April. A great night for singing and dancing-tickets are £3 each and can be bought on the door. Bring your friends along for a fun evening out.

Easy Easter Carrot Cake



Ingredients

200g carrots, peeled, 175g soft brown sugar, 200g self-raising flour, 1 tsp bicarbonate of soda, 2 tsp cinnamon, zest 1 orange, 2 eggs, 150ml sunflower oil

For the icing

50g softened butter, 75g icing sugar, 200g soft cheese

Method

Line an 18cm square tin with baking parchment. Pre-heat oven to 180C/160C fan/gas 4. Grate the carrots on the fine side of the grater, then tip them into a large bowl.

Sift the sugar, flour, bicarb and cinnamon on top of the carrot, then add the orange zest and mix everything around a bit.

Break the eggs into a bowl, add them to the bowl along with the oil. Mix everything together well.

Scoop the cake mix into your tin and level the top. Place it in the oven for 30 minutes or until the cake is cooked. Cool.

To make the icing, mix the butter and icing sugar together, then stir in the soft cheese until smooth.

When the cake is cool, spread the top with the icing and cut into squares. Enjoy.

Border Links Fresh 'n' Green Veggie Basket Delivery Service

Fabulous fresh veggies and fruit delivered straight to your door

Veg baskets £6.00 Fruit baskets £3.75

Eggs £1.50 per 1/2 dozen

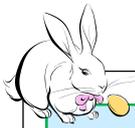


Call our office on 01289 305423 to order yours
Order one for an Easter gift — less calories!

Border Links—Community Enterprise and Skills Provider

4a Grove Gardens, Prior Park, Tweedmouth, Berwick upon Tweed, TD15 2EN
Tel: 01289 305423 email: borderlinks@btconnect.com website: www.borderlinks.co.uk





The Drop-in at Berwick

We have now completed the programme and Spring brings 'Springo' and 'Easter Activities' in March. In April there will be an 'Easter Egg Hunt' and 'Flower Arranging' May brings 'The Great Drop-In Bake Off' and 'Painting by numbers'

We hope to see you all.

Duns

Duns enterprise group have been working hard packing 23 bags on their busiest weeks! They are pleased with how the newly set up enterprise is developing and looking forward to spring so they can get out and about again after the cold winter.



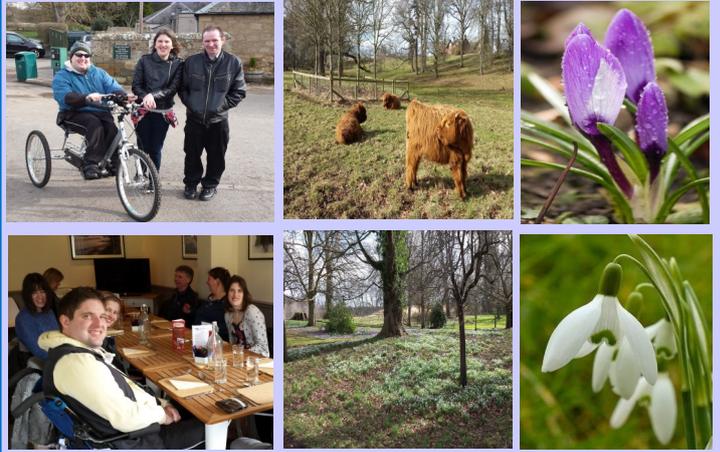
Star of the season

Amanda Hanlon

Amanda is a popular and thoughtful member of the Duns group. Lately Amanda has been working really hard on her literacy skills, we are very impressed with her determination and the progress she has made. Well done Amanda!

Spring Trip to the Hirsell

On Monday 2nd March the Cornhill group enjoyed a delicious lunch at The Greens in Coldstream followed by a refreshing walk and bike around the beautiful Hirsell. We took some fabulous pictures for our walking and wildlife programme all agreed that we'd had a really lovely day out.



Huge congratulations to Kimberley Smith from the Cornhill Group. Kimberley has been promoted to trainee support worker in recognition of her hard work, team spirit and professional attitude. We are very proud of the progress Kimberley has made during her time at Border Links.



Holiday Dates for Diaries

Friday 3rd April

Monday 6th April*

Monday 4th May

Monday 25th May*

* excludes Duns*

Guess the sweets in a jar raised £33 towards our Duns disco fund. And the winner is.....

VIKKI LUGGET

Congratulations!



Happy Easter



Welcome

Everyone at Border Links is pleased to welcome new members Brooke and Emma to the Amble group, We also welcome three wonderful new support staff, Alison, Julia and Carol. We are delighted that you are all now part of the team.

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