



Registered Charity Number 1169791

Supporting Confidence Through Exercise

Supporting individuals living with or in remission from life changing conditions to regain self-esteem, confidence and an improved quality of life through activity participation.

Newsletter Spring 2019



Message from Val Fundraising Trustee.... & Easter Bunny Connoisseur!

My name is Val Boulton, I am a retired Foster Carer and Adult Placement Carer. As a member of the trustee team, my role within the charity is to fund raise. Alongside my trustee colleague Ann, we endeavour to raise the profile of the charity through charitable events and campaigns.

As a regular exerciser myself, I am a great believer in the benefits gained both physically and emotionally. My involvement with exercise classes has provided me with a supportive social network which has benefitted my wellbeing immensely.

Like our chair, I have had the pleasure of meeting ladies who have participated in our 'In the Pink' and have been impressed by their comments about how much this programme has helped them to cope with treatment, surgery and subsequent side effects.

As a firm believer in exercise, as a means of improving general health and wellbeing, I am keen to see "Supporting Confidence Through Exercise" extend to reach people with other life changing conditions as we develop as a charity and add to our programmes and I am delighted to be involved in helping the charity to achieve and succeed in its goals.

If you would like to support our fund-raising endeavours in support of the charity's work by holding an event be it a coffee morning or doing a challenge on our behalf like a 'Mud Run' or perhaps a marathon!! Then be in touch and we can assist in making it happen!

Val

Read on to find out about our Easter Campaign.....

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Inside Out... Sharing ideas for inside and outside!

Inside...

As Easter approaches it is yet again a time to get baking, Lynne, our chair, has given us a traditional 'Easter Bake' in the form of a Simnel Cake. Simnel cakes have been known since at least medieval times. It has been eaten since these times as both a rich, sweet treat following lent and as a symbolic ritual as this delicious fruit cake is topped with eleven marzipan balls to represent the eleven apostles of Christ, minus Judas! The word Simnel probably derived from the Latin word simila, meaning fine, wheaten flour. However, its history still remains a debate across the 'food historian' world!

Preparation Notes: plus cooling. Serving notes: Cuts into 12 slices

Directions:

1. Preheat oven to 170°C (150°C fan) mark 3. Grease a 20.5cm (8in) round cake tin with butter and line with baking parchment.
2. In a large bowl, stir together flour, mixed spice and dried fruit until combined. Put the butter, muscovado sugar, syrup and lemon zest into a separate large bowl and beat together using a handheld electric whisk until pale and fluffy, about 3min. Gradually beat in eggs, whisking well after each addition. Add flour mixture and fold everything together with a large metal spoon.
3. Empty mixture into prepared tin and bake, covering with foil after 1hr of cooking, for 1hr 25min, or until cake is risen and springy to the touch. A skewer inserted into the centre should come out clean, but don't be tempted to test too early or the cake may sink. Leave to cool completely in tin.
4. Take cake out of tin, peel off parchment and transfer to a serving plate. To decorate, dust the work surface with icing sugar and roll out two-thirds of the marzipan until large enough for a 20.5cm (8in) circle (cut round base of cake tin). Heat jam with 1tsp water in a small pan over a medium heat until runny. Brush the top of the cake with some jam, then lay the marzipan circle on top and gently press down to stick. Using a small knife, score lines on top of the cake to make a diamond pattern. Crimp the edge of the marzipan using the thumb and forefinger of one hand, and the index finger of the other.
5. Roll remaining marzipan into 11 equal-sized balls. Brush the underside of each with a little jam or water and stick to the top of the cake. If you like, use a blowtorch to lightly brown the marzipan. Serve in slices.

Prep Time: 0 hours 30 mins

Cook Time: 1 hour 25 mins

Total Time: 1 hour 55 mins

Ingredients:

225 g (8oz) butter, softened, plus extra to grease

225 g (8oz) self-raising flour

2 tsp. ground mixed spice

400 g (14oz) mixed dried fruit

150 g (5oz) light muscovado sugar

50 g (2oz) golden syrup

Finely grated zest of 2 lemons

4 medium eggs, lightly beaten to decorate

Icing sugar, to dust

500 g (1lb 2oz) marzipan

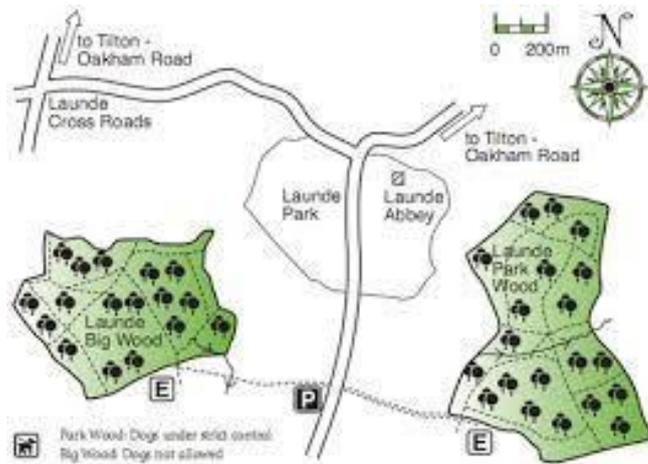
2 tbsp. apricot jam

Out...Launde Park Wood, Nr Market Harborough



As April descends into May our woodlands burst into an ocean of bluebells. Bluebells flower between mid-April and late May. This early flowering makes the most of the sunlight that reaches the woodland floor before the full woodland canopy casts its shade. Millions of bulbs may grow closely together in one wood, creating one of nature's most stunning displays. The most popular meaning for bluebells is humility or sometimes gratitude. It is also associated with everlasting love and constancy.

Bluebells are also called harebells in Scotland because it is believed that witches turn into hares and hide among the flowers. Bluebells are protected by the Wildlife and Countryside Act (1981). It prohibits anyone from digging up bulbs in the countryside and landowners from removing bluebells from their land for sale.



Make a day of visiting Launde Park and Woods to enjoy this phenomenon along with the grandeur of the surroundings.

Launde Woods is a 99 hectares (240 acres) nature reserve north of Launde in Leicestershire. It is owned by the Leicester Diocesan Board of Finance and leased to the Leicestershire and Rutland Wildlife Trust. The site is in two areas, Launde Big Wood and Launde Park Wood.

Launde Big Wood is a 41.1 hectares (102 acres) biological Site of Special Scientific Interest east of Leicester. This wood on heavy clay is dominated by a layer of flora typical of ancient clay woods, such

as bluebell, forget-me-not, yellow archangel and giant bellflower. There is public access to the woods, which are located on either side of the road south of Launde Abbey.

For more details on Launde Park and Woods use the following link: <https://www.lrwt.org.uk/nature-reserves/launde-woods/> or Telephone 0116 262 9968/Email:info@lrwt.org.uk.

ENJOY!



During the delivery of an 'In the Pink' Programme, our participants get the opportunity to experience different types of activity. For this edition we would like to inspire others to 'have a go' by introducing you to some of the activities undertaken. For this edition we like to introduce you to the Nia Movement Technique

Nia Movement Technique

The **NIA** Technique is a mind/body physical conditioning program that initially stood for Non-Impact Aerobics, a health and fitness alternative that emerged in the '80's and evolved to include neurological integrative practices and teachings. The Nia Technique was founded in 1983 by Debbie Rosas and Carlos Aya Rosas in the San Francisco area. Nia combines martial arts, modern dance arts and yoga in a workout set to music. From 1972 to 1983 Debbie Rosas operated an exercise business in the San Francisco Bay Area known as the Bod Squad. In 1983 a series of sports related injuries prompted her to research and develop an alternative method of aerobic exercise and strength training aiming for safe, non-impact, body/mind based movement. This led to the establishment of the Nia Technique. Nia Technique headquarters moved to Portland, Oregon in 1991 and is currently overseen by Debbie Rosas, CEO.

Nia dance cardio fitness classes are taught by instructors licensed in the Nia Technique. Each class includes mindful movement guidance and somatic education; class cycles include warm-up, sustained non-impact aerobic conditioning, strength training, cool down and stretching. Nia Fitness classes are taught to music, including pop, electronica, jazz, Latin, New Age, Indian and hip hop. They employ the 5 stages and 52 basic movements and techniques that draw on a combination of Jazz, Modern and Duncan Dance styles, Tai Chi, Taekwondo and Aikido; and the body/mind healing arts of Feldenkrais Method, Alexander Technique and Yoga.

To learn and hear more about this technique and its 5 stages from its founder link to 'You Tube' - https://www.youtube.com/watch?v=oK_efIKsFWU

Puzzle Time

Keeping the brain cells active is important too. Why not time yourself and let us know how you do! Email us at admin@scte-activities.org.uk

Spring Secret Code 'Expressions'

Directions; Solve each expression below. Then, once each letter has a numerical value, write the letter above the number. Your code should spell a Secret Spring Code

- | | |
|--------------------------------|---------------------------------|
| A $(6+3) - 5$ _____ | N $(19 \times 5) \div 5$ _____ |
| B $(12 \times 2) - 14$ _____ | O $44 \div (16-12)$ _____ |
| C $16 \div (56 \div 7)$ _____ | P $(72 \div 9) \times 2$ _____ |
| D $30 \div (15-10)$ _____ | Q $12 \times (4 \div 2)$ _____ |
| E $(32 \div 8) \div 4$ _____ | R $(81 \div 9) - 9$ _____ |
| F $41 - (13 \times 2)$ _____ | S $144 \div (3 \times 4)$ _____ |
| G $29 - (48 \div 4)$ _____ | T $(3+1) \times 8$ _____ |
| H $(8+1) \times 3$ _____ | U $(5+5) \times 3$ _____ |
| I $(77 \div 7) \times 3$ _____ | V $27 - (108 \div 12)$ _____ |
| J $33 \div (20-9)$ _____ | W $35 \div (45 \div 9)$ _____ |
| K $(5+15) \times 2$ _____ | X $120 - (10 \times 10)$ _____ |
| L $103 - (9 \times 9)$ _____ | Y $30 + (9-4)$ _____ |
| M $(15 \times 1) \div 3$ _____ | Z $(63 \div 7) \times 4$ _____ |



 4 16 0 33 22 12 27 11 7 1 0 12 10 0 33 19 17 5 4 35

 15 22 11 7 1 0 12 4 19 6 1 18 1 0 35 32 27 33 19 17 12

 33 19 10 22 11 11 5

ANS: APRIL SHOWERS BRING MAY FLOWERS AND EVERYTHING IN BLOOM



You shop. Amazon gives.

Do you shop with Amazon????

Supporting Confidence Through Exercise is now part of their charity pledge. Make us your charity of choice!



Our new feature is all about you and your journeys, whatever they maybe we would like to hear from you. For this addition we hear about Shelley's leap in confidence! Plus, Avril's journey and experiences

Send your experiences to info@scte-activities.org.uk

Adventures in Sri Lanka

I foolishly told Michelle what I was up to – now I am writing an article!

In my two weeks away, I faced two challenges and succeeded. It may not seem much to some, but I decided to take a holiday on my own. For a natural borne worrier, I became increasingly nervous; would I enjoy it, would I pack the right stuff, would my luggage and me arrive at the right place together, what if something went wrong, who would I contact, would my ancient 'steam' phone work, what if I didn't like my fellow travellers. However, I was off to Sri Lanka on an organised tour (although I opted to go from Birmingham via Dubai – more worries – rather than direct from Heathrow with the others). I was looking forward to a varied itinerary visiting many ancient temples, watching wildlife and absorbing the atmosphere, drinking tea and eating curry along the way. My second challenge came half way through – climbing Adam's Peak. This mountain apparently has an imprint of a foot attributed to Adam, Shiva or Buddha depending on your spiritual inclination. There is currently a Buddhist shrine at the summit and at the bottom I received a Buddhist blessing. Before setting off at 2am I had no idea that the path was 7.5 km to the summit (at



Adam's Peak from the start

2243m) with an elevation of 1000m. It comprised 5500 steep steps which pushed my lungs to the limit and my legs to jelly before arriving for the sunrise. At the shrine a Sri Lankan pilgrim offered me a beautifully wrapped sweet, equivalent to Kendal Mint Cake, it seemed wrong to refuse and I obviously looked more in need of it than the Buddha. Yet to come, was the return by way of the same 5500 steps - not kind on the knees. One misstep could be disastrous, and I had seen the stretchers earlier that appeared to have escaped WW1 – two wooden poles and a piece of canvas.



On the way down



About half way down, looking back up



and down !



No relief for the knees

Relief at arriving exhausted at the bottom was short lived as I remembered our hotel was built into the hillside and my room was at the top. The shower was up another 300 steps. Was overcoming these challenges the highlight of the holiday? – Definitely not. I really enjoyed the varied activities and the people of Sri Lanka were all welcoming and friendly. Would I go on holiday on my own again? Yes, even though shared family memories would be preferable, it's better to create one's own than to listen to other's traveller's tales.

Shelley

A Big Thank You...

I would like to say a great big thank you, to everyone running and delivering this course for people like me who have gone through breast cancer.

The diagnosis left me, along with those I know who have gone through the same treatment, feeling lost, alone and like a freak. The initial diagnosis and operation, which was hard to deal with were nothing compared to the effects of chemotherapy.

Telling my family was harrowing enough, but one person, who I thought was a friend and no longer see, told me to get away from her as she did not want to catch anything. That made me feel dirty and unwanted. My family and real friends however more than made up for this and showered me with love and caring. But this left me frightened to go out and meet with other people. Apart from family I kept myself to myself.

The chemotherapy upset my bowel and I had to cease the course one treatment before the end as my bowel ruptured and was life threatening, so I was moved to a general surgery ward. And I was not the only one this happened to!!! This is a 'short' (ha-ha) summary of what happened to me so you will understand just how much your 'In the Pink' course helped me.

I was told about SCTE by word of mouth at a Moving Forward course at Glenfield Hospital by a lady who had already been on the course, Christine, it was one of the best things to come out of that course, the second being meeting with the 10 ladies taking part who have since become daily friends.

I felt really apprehensive about meeting Michelle, SCTE's programme co-ordinator, for the initial interview; one, because I felt useless and thought people would see me as an undeserving participant and two, feeling so weak that I would let people down.

How wrong could I have been, Michelle put me at my ease and kindly explained what I could gain and give if I took up a place at Mountsorrel.

Day one, feeling very apprehensive, I got to the hall and met the other participants, they were all feeling the same, but we got on very well. It made me feel a little silly, but I understood why I had those feelings. I really enjoyed the first week. It made me remember just how good being with other people feels. I surprised myself with how well I got on. Then I started to analyse my feelings and realised just how much one person had pulled me down. now could I go on from here? or was I really a freak.

Week two even better, everyone welcomed each other and trying a new activity along with the Pilates was great. Michelle was so positive about how we were doing and made everything fun as well as doing a great deal of good.

This went on throughout the weeks and by now I was beginning to believe in myself again. I could do things like before and make new friends and not feel uncomfortable. The way the 'In the Pink' course is delivered is inspirational as it's involving the participants, not just getting a collection of people in a room and talking to them. When treatment stops at the hospitals, you are left on your own with no information as to how to help oneself, so the feelings I had of myself just filled my mind and grew. It was a black hole with no way out. Michelle and the programme helped me to climb out of the hole and see the light. I cannot think of anything else that could have done this.

I used to go to Pilates before diagnosis and really enjoyed it, but just going back to the same class where the instructor does not have the understanding that Michelle has would have had me trying to keep up to the standard I was at before. I now I realise this would have been the wrong thing to do. Your course has shown me that some things need to be approached differently but have a better effect.

I was a well thought of payroll manager with loads of get up and go before the bombshell hit me. I thought I had been robbed of life by all that happened. I now realise this is the start of a new part of my life with things to look forward to thanks to your programme of participation in new things with other people. Words are not enough to express just how much better I feel and that I can now go forward and give again to others. THANK YOU all so very much.

Kind regards

Avril

Mountsorrel Programme

FUN & FUNDRAISING



It's that time of year again and our growing group of knitters have been hard at work making a plethora of Easter bunnies,

chicks, flowers and aliens.....yes... Aliens!



Our Easter Campaign will start in earnest come week commencing 1st April 2019 and will culminate in a 3 day 'bunny bonanza' at our yearly forest home Hicks Lodge just outside Ashby de la Zouch (LE65 2UP)

13th, 14th & 18th April 2019

If you would like to help us by being a 'bunny' seller for our Easter Campaign at Hicks Lodge and can spare 2 hours (allocated time slots for each date are arranged for your convenience) then please be in touch with Val at info@scte-activities.org.uk

Ladies.....Are you up for the Challenge?

2019 ISLE OF WIGHT WALKING CHALLENGE

Circumnavigate the Isle of Wight – 70 miles in 5 days
Departing 15th August 2019, returning 21st August 2019

RAISING FUNDS FOR SCTE

For more information contact Michelle on 07887 678367 *4 Places Left Only

A trip about fun, camaraderie & the experience whilst raising funds!

*70 miles just a 'tad' too long then join us for..... **Spring into Action***

Wednesday 12th June 2019

Walk from 5:30pm to 8:30pm (Last start time: 7.15pm)
At Hick's Lodge Ashby-De-La-Zouch Nr Swadlincote LE65 2UP

The walk consists of a one, three or if you are feeling fit and want to get your steps in, 5 laps! (2km per lap).

Registration for the walk costs **£3 per person. Under 5's walk free.**



Want to help raise funds and have fun? – Express your interest at www.scte-activities.org.uk and send us an email via our contact page including

- ❖ your full name, address and contact number
- ❖ number of people walking, indicating if any under 5's.

A fundraising pack will then be forwarded on to you which will include all the information you need for the evening walk and a sponsor form! We are sorry to say we cannot allow dogs on the event. Please note: The location has a car parking fee: £3.

Call us on 0300 365 9791 if you need further information.....See you there!!

We Need your help!

To help us improve our communication we welcome any feedback, comments and suggestions.

If you can help us with any of our activities or fund raising and would like to join our lovely group of volunteers, please get in touch with us on info@scte-activities.org.uk



Dates for your Diary

2019 March to September

March

In the Pink 'Top Up' Session	Tuesday 12 th March 2019 Parish Room, 17 Leicester Rd, Mountsorrel, LE12 7DE 7.30pm till 9.00pm Booking Essential - 0300 365 9791 Cost £6.00
'In the Pink' Programme	Commences Wednesday 20 th March 2019 7.00pm till 9.00pm Bank House, Sharpes Industrial Estate, 6, Alexandra Rd, Swadlincote, Derbyshire. DE11 9AZ
Nordic Walking 'Jolly'	Sunday 24 th March 2019 9.30am/10.00am till 12 noon Meeting Point - Bosworth Hall Hotel Car Park, The Park, Market Bosworth, Nuneaton CV13 OLP Booking Essential - 0300 365 9791 Nordic Walking Pole Hire £5.00

April

Easter Fundraising Campaign (On-going 1 st April till 18 th April)	Saturday 13 th April, Sunday 14 th April & Thursday 18 th April 2019 Hicks Lodge, Nr Ashby de la Zouch
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May //////////////////////////////////////

June

'In the Pink' Programme	Commences Tuesday 4 th June 2019 - 2 programmes 1.30 till 3.30pm & 7.00pm till 9.00pm Glenfield Area TBC
Making Strides to Improve Lives Sponsored Charity Walk	Wednesday 12 th June 2019 5.30pm till 8.30pm (Last start time:7.15pm) Hicks Lodge, Nr Ashby de la Zouch
Nordic Walking 'Jolly'	Sunday 30 th June 2019 9.30am/10.00am till 12 noon Meeting Point - Woodhouse Eaves Village Hall, 50 Main St, Woodhouse Eaves, Loughborough, LE12 8RZ Booking Essential - 0300 365 9791 Nordic Walking Pole Hire £5.00

July

SCTE Afternoon Summer Fête	Saturday 27 th July 2019, Desford - hosted by Pam and Peter Wocha. Details to follow in our Summer Newsletter!!!
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August

Isle of Wight Walking Challenge	Thursday 15 th August 2019 to Wednesday 21 st August 2019 For more information contact Michelle on 07887 678367
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September

Tea at the Ritz	Sunday 15 th September 2019 3pm till 5pm The Palace Community Centre, Ibstock
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PETE'S ANNUAL TOMATO PLANT SALE

Pete's tomato plants will be ready for purchase from April.
All proceeds raised support the endeavours of SCTE
Call Pete to book yours! Don't miss out.....they go quickly!

Telephone: 01455 822701

LIKE OUR FACEBOOK PAGE Search...Supporting Confidence Through Exercise



**PLEASE HELP US MAKE THIS PAGE AS ACTIVE AS OUR PROGRAMMES!
POST YOUR PICTURES OF YOUR GET TOGETHERS OR YOUR TOMATO
PLANS!!! AND LET US KNOW WHAT YOU ARE UP TO.**