

## Thurrock Sensory Service

### Independent Living Skills Newsletter No. 003

Hi everyone!

Welcome to the third Thurrock Sensory Service ILS Newsletter.

We have some more tasty recipes, including some fruity lollies which may need to wait until the weather warms up again!

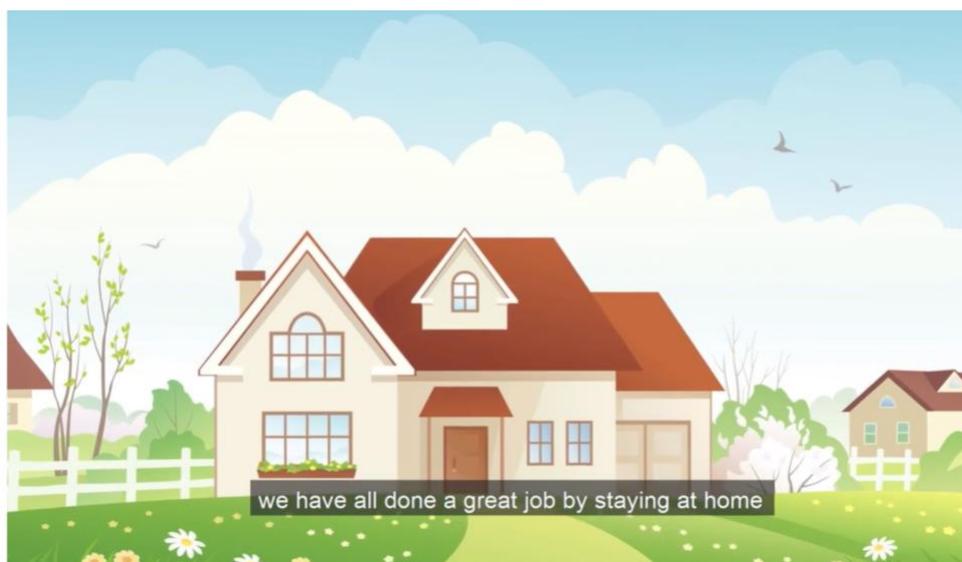
We tackle microwave ovens and ways to make them accessible.

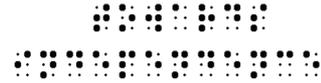
Our mobility section looks at ways of social distancing when out and about.

It's Nystagmus Awareness Day on 20<sup>th</sup> June and the Nystagmus Network have put together some activities you can get involved in to mark the day.

Let's start with a video commissioned by Public Health England aimed at children returning to nursery and primary school. Use the link below

<https://www.thurrock.gov.uk/reopening-schools>





Also with the return to school in mind here's some ideas from @traumainformedschoolsuk

### Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



### Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – "it's completely fine to feel like that at the moment" or "I can really understand why you would feel like that"



### Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



### Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



### Be Supportive

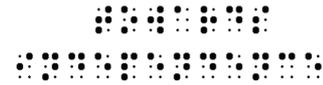
Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



### Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.

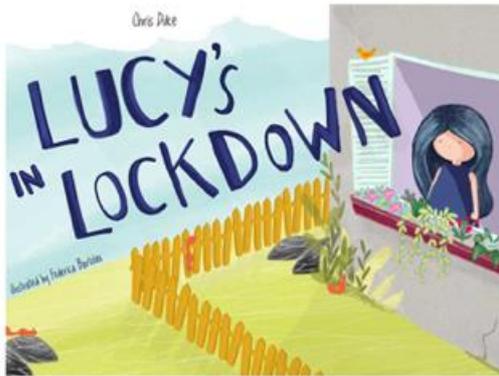




## Lucy's Blue Day

#OKNotToBeOK

This FREE eBook is designed to help children realise they're not alone in the current conditions with Covid-19, to help them understand it's temporary and to help them express how they're feeling.



<https://www.lucysblueday.com/product/lucys-in-lockdown/>



<https://nystagmusnetwork.org/nystagmus-awareness-day/>

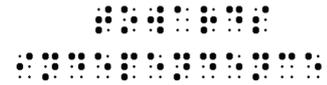
Let's hear from the Nystagmus Network ...

As usual, we're running our 'How amazing are you?' campaign, sharing all those nystagmus success stories which are so reassuring for families where there's a new diagnosis. We're also holding a fabulous photography competition, 'The view from my window', to be judged by none other than the amazing David Katz.

We also have lots of [fundraising ideas](#) you can do even in lockdown. Why not take inspiration from the wonderful [Trudy](#) and her walking challenge?

There's even a [big wobbly quiz](#) on 20 June itself.

We even have home-schooling covered! Download all your Nystagmus Awareness Day stuff [here](#). Whatever you do, please tell everyone about it and help us raise awareness of nystagmus.



## Let's Get Cookin'! Kitchen Exploration with Your Family



by Sara Zachariah, M.A., COMS, NBCT  
Teacher of Students with Blindness/Low Vision  
Certified Orientation & Mobility Specialist  
National Board Certified Teacher: Exceptional  
Needs/Blindness

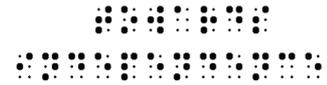
We all know that when supporting a child with a vision impairment it is important to spend time teaching how to use equipment and tools around the kitchen but we mustn't forget to spend time exploring the kitchen itself! What's in the cupboards? What's in the Fridge? How do we know what goes where?

The link below has some great ideas for ways we can do this.

<https://www.pathstoliteracy.org/blog/lets-ge-cookin-kitchen-exploration-your-family?>



## Recipe Time!



Have you noticed its quite on trend to serve food in bowls? This can be helpful as there is a good edge to contain your food, but it can make cutting a little tricky. But with the correct preparation to ensure food is cut into mouth size pieces, this can be quite a nice way to serve your dish. Here's a delicious Chicken and Veg Bowl to keep us current!

### Ingredients

- 250 g brown basmati rice
- 1 tbsp. rapeseed oil
- 1 garlic clove, crushed
- 2 chicken breasts, sliced
- 2 tbsp. hoisin sauce
- 100 g frozen edamame beans or peas, defrosted
- 100 g frozen sweetcorn
- 100 g grated carrots
- 100 g red peppers, cut into small cubes
- 1 avocado, stoned and sliced

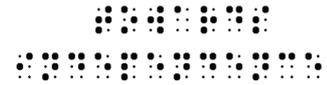


### Method

1. Cook the rice following pack instructions, then drain and return to the pan to keep warm. Heat the oil in a frying pan or wok, add the garlic and fry for 2 mins or until golden. Tip in the chicken and fry until the pieces are cooked through, then stir in the hoisin sauce, season and continue cooking for a further 2 mins. Cook the edamame beans and sweetcorn in simmering water for 2 mins, then drain.

Divide the rice between four bowls and top with the chicken slices in a strip down the middle, with the carrot, red pepper, beans or peas, sweetcorn and avocado down either side. Serve with the lemon to squeeze over, if you like.

<https://www.bbcgoodfood.com/recipes/chicken-veg-bowl>



Remember safety first! Always have supervision when using the oven/hob

## Skills

- Measuring ingredients
- Frying
- Boiling
- Presentation

## Frozen Banana Lollies

These look like fun and tasty!

### Ingredients

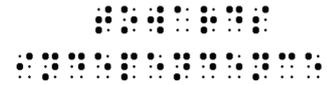
- 2 bananas
- 4 large strawberries
- 100 g natural yogurt
- 200 g dark chocolate
- 1 tbsp. hundreds and thousands

4 wooden lolly sticks



### Method

1. Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into 4 equal-sized chunks. Thread a strawberry onto each lolly stick first, then push on the pieces of banana.
2. When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for 1 hr.
3. Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.



4. Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.
5. The chocolate should set pretty much instantaneously, but you can keep them in the freezer until you want to serve them for up to 1 week.

<https://www.bbcgoodfood.com/recipes/frozen-banana-lollies>

## Skills

- Peeling bananas
- Cutting
- Using the microwave

Which brings us on nicely to this week's life skill – Using the Microwave

## Weekly Life Skill

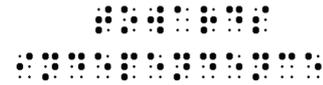
### Microwave Ovens

The good thing about microwave ovens is they will turn themselves off once the cooking time is reached. It is important to remember that the bowl you are heating the food in can become very hot so it is important to use oven gloves to retrieve the bowl from the microwave. If suitable place a plate under the bowl as this will give you something to hold that isn't going to get hot.



If there is a regular setting you use on the Microwave you may find a bump-on useful to help locate the correct position. These are available from the RNIB Shop (also on Amazon). They are small raised dots with a self-adhesive back that you can stick where required.

<https://shop.rnib.org.uk/small-round-clear-dome-head-bumpons.html>



Talking microwaves can offer reassurance that you have set your microwave correctly. Here is a video comparing talking and non-talking microwaves

[https://www.youtube.com/watch?v=S\\_PE-LVraO4](https://www.youtube.com/watch?v=S_PE-LVraO4)

and another showing a talking microwave in action

<https://www.youtube.com/watch?v=ywIVYP5InWo&t=13s>

For Braille users - if you have a microwave with touchpad numbers you could use sticky back plastic also available from the RNIB to label the numbers, as done in this video

<https://www.youtube.com/watch?v=sWssB8KIH7A>

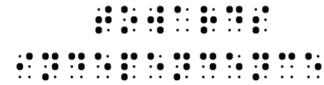
## **USING THE MICROWAVE**

To use the microwave, you should:

1. Open the door
2. Put in the item, making sure it is central on the turntable.
3. Shut the door.
4. Set the correct time and power.
5. Press the start button.
6. A bleep will sound when the time is completed and the microwave will switch off. Open the door and check the food:
  - if the food needs further cooking, repeat steps 3-6.
  - if the food is cooked, remove to a work-surface.
  - It is important to stir the food, usually half way through cooking to ensure the heat is distributed evenly.
7. Shut the door.
8. Leave to stand for 2 minutes.

### **Note**

- The dishes containing food can be very hot. Use oven gloves to take the food out of the oven.



- If re-heating food it must be piping hot
- No metal objects or containers should be put in the oven.
- Only use cling film made especially for microwave use.
- When removing any cover care is needed as there may be steam which can scald.
- Always follow instructions on ready meals.  
Foods such as potatoes must have their skins pierced to avoid exploding.

## Mobility Weekly Focus

### Social Distancing



Henshaws, (which, by the way, has been going for an impressive 180 years!) have put together their top 11 tips for social distancing when out and about.

<https://www.henshaws.org.uk/top-tips-for-social-distancing-if-you-are-blind-or-visually-impaired/>

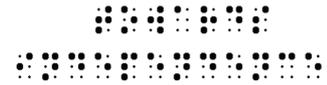
Some of the tips may not be relevant to you but I think a very important point made is, be confident in letting others know you have a vision impairment.

### Getting into the Garden

How about growing some fruit or vegetables from scraps? Follow the link below for ideas on how to regrow twelve different fruit and vegetables.



<https://livelovefruit.com/vegetables-you-can-grow-from-scraps/>



## Getting Active



Active Essex provides ideas, online workouts and downloadable resources for keeping active. Follow the link below.

<https://www.activeessex.org/keep-essex-active/>



For any fans of Strictly Come Dancing – you may enjoy a dance class with Oti Mabuse. Learn the Charleston or Samba or if you enjoy the music of The Greatest Showman or Mama Mia she has 30 minute classes teaching routines to music from the films.

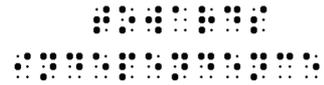
[https://www.youtube.com/channel/UC58aowNEXHHnfIR\\_5YTtP4g](https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g)

## Craft Corner



<https://firstsite.uk/art-is-where-the-home-is/>

Firstsite is a Colchester based Art Gallery offering Free Artist Activity Packs – Stay inspired with activities from Antony Gormley, Grayson Perry, Gillian Wearing and many more!



Or why not give the Thurrock based Smiles 4 All art activity a go



In Thurrock? It's time to get creative and work together! Complete the art activity, and what you make will be shared with somebody in your community who could benefit from making art with you - from a distance!

See the instructions to get started.

2 people, 1 artwork, Smiles4All!



Search:  
#Smiles4All



<https://www.facebook.com/Smiles4AllThurrock/>

## Positivity Jars

Why not make a positivity jar for someone in your house? Fill it with positive sayings or things that make that person special to you. "You make the best cup of tea" "You are always there to listen to my worries". It makes a lovely gift and costs very little. What better way to show your appreciation?

