

Welcome to the first edition of our Lockdown Extra, helping us to keep in touch and share news from around our Abbeyfield & Wesley family. We know these are difficult times for everyone, but thankfully there is helpful advice out there. The **Action For Happiness** movement has produced a Coping Calendar. Here are three of their suggestions:

- Enjoy washing your hands. Remember all they do for you!
- Send a letter or message to someone you can't be with at the moment.
- Notice five things that are beautiful in the world around you.

We'd love to hear from you, so why not drop us an email (or get someone to do it for you) with your stories, tips, photos or messages to [info@abbeyfieldandwesley.org.uk](mailto:info@abbeyfieldandwesley.org.uk)

### Abbeyfield Springwatch

There's nothing like the sight of spring blossom or the sound of birdsong to lift the spirits. And getting some fresh air and sunshine each day, even if it's just outside our front door, can help too.

Our Volunteer Manager, Sally Campton, sent in these snaps from her garden. Clockwise from left: Magnolia tree, magnolia blossom, violas and snakeshead fritillary. Sally comments, "Magnolias are one of my favourite spring trees. While I'm working from home, the cheerful violas in my window box always brighten the day. And the unusual snake's head fritillaries connect me to my grandmother, because I first remember seeing these in her garden when I was young."

We'd love to know what's appearing in **your** gardens, planters and window boxes. So please do send us your photos to [info@abbeyfieldandwesley.org.uk](mailto:info@abbeyfieldandwesley.org.uk) We'll update these on our Facebook page and in the next Abbeyfield & Wesley Extra!



### Let's hear it for local heroes

We give a big shout out to the **Community Shop and to Glenavon Football Club in Lurgan**, for donating bread; to the mystery philanthropist in **Greenisland** for a substantial number of toilet rolls; to **Alfie's Coffee Bar in Carrickfergus** for assorted food; and to the **Mutt Hutt in Bangor** and **Creative Gardens, Donaghadee**, for the lovely flower planters. The most recent donation has been from the **South Eastern Regional College in Bangor**, who have given us a supply of various items including gloves and handwash.



### Where in the world?

We might be confined to home at the moment, but that doesn't stop us enjoying pictures of all sorts of interesting places! To start us off, Joe McKnight, Chairman of our Abbeyfield & Wesley Management Board, shared this picture. Joe says, "I love walking. This photo was taken in 2017 when some friends and I walked the Tour de Mont Blanc around the Mont Blanc Massif. We had a day off during the walk and took the cable car to the top of Mont Blanc. This photo was taken on the observation deck...and look out for the additional extra that my son (amusingly, he thought) photo-shopped into the background!"

*If you've got a photo of yourself in a favourite place, why not share it with us? Email it to us at [info@abbeyfieldandwesley.org.uk](mailto:info@abbeyfieldandwesley.org.uk), telling us where it is and why it's so special for you.*



### Funny Bones

Frances Olley usually volunteers in Palmerston, our residential care home, accompanied by her Pet Therapy dog, Finn. Even though she can't carry out her normal visits during this lockdown, Frances has kindly shared some jokes to cheer us up and a Name the Bird brainteaser to keep our little grey cells active. Answers in the next edition!

**The teacher was getting very irritated by little Thomas who was continually sniffing. When she couldn't stand it any longer she asked:  
"Thomas, do you Yes, Miss, would you like to borrow it?"**

In church for the first time, the little boy watched, wide-eyed, as the choir, all in white surplices filed in. With wonder in his voice, he whispered, 'Are all those people going to get their haircut?'

**Teacher: "What seven letter word has three "u" s in it?"  
Pupil: "I really don't know, but it must be unusual."**

**On dinner duty a classroom assistant was told by Mary that that her friend Stephen was eating worms.**

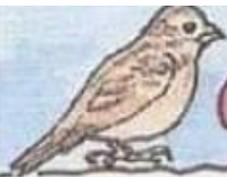
**"Stephen are you eating worms?" the classroom assistant demanded.**

**"No Miss," he replied.**

**"Don't you know that it's not nice to eat worms, is it Stephen?"**

**"No Miss," he answered, "that's why I was only sucking them."**

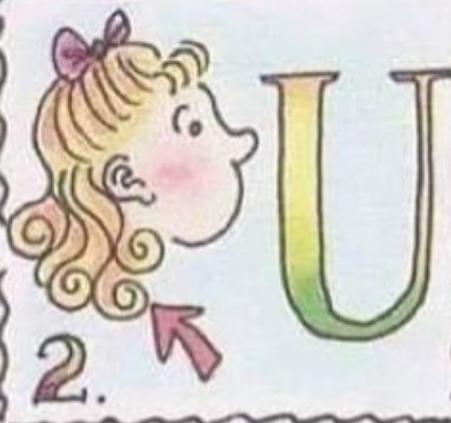




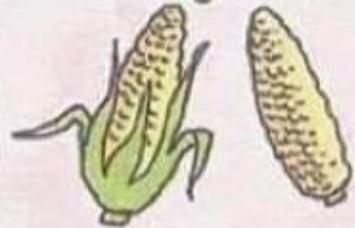
# ?? NAME THAT BIRD ??



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2.



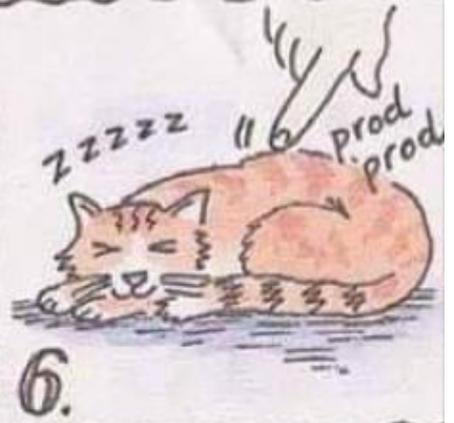
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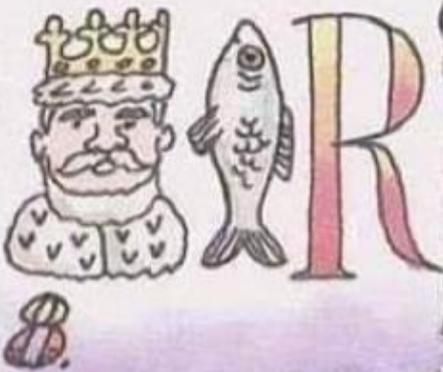
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