



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

1 Decide to look for what's good, even on the difficult days

8 Write a letter to thank someone for what they did

15 Rediscover a fun childhood activity that you can enjoy today

22 Share a happy memory with someone who means a lot to you

29 Take time to do something that makes you happy today

TUESDAY

2 Re-frame a worry and try to find a positive way to respond

9 Find the joy in music today: sing, play, dance or listen

16 Ask a loved one what they feel grateful for at the moment

23 Look for something to be thankful for where you least expect it

30 Make a list of the joys in your life (and keep adding to them)

WEDNESDAY

3 Think of 3 things you're grateful for and write them down

10 Take a photo of something that brings you joy and share it

17 Be kind to you. Treat yourself the way you would treat a friend

24 Thank a friend for the joy they bring into your life

THURSDAY

4 Show your appreciation to those who are helping others

11 Say positive things in your conversations with others today

18 Send a positive note to a friend who needs encouragement

25 Eat food that makes you feel good and really savour it

FRIDAY

5 Smile and be friendly, even while you're social distancing

12 Make a plan with friends to do something fun together

19 Create a list of favourite memories you feel grateful for

26 See the upside in a difficult situation you learnt from

SATURDAY

6 Notice the upsides during the lockdown, however small

13 Appreciate the joy of nature and the beauty in the world around

20 Make time to do something playful today, just for the fun of it

27 Watch something funny and enjoy how it feels to laugh

SUNDAY

7 Find a joyful way of being physically active (indoors or out)

14 Do three things to bring joy to other people today

21 Enjoy trying a new recipe or cooking your favourite food

28 Create a playlist of your favourite songs and enjoy them



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle

ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Herbs

Which herbs go well with which foods



Basil

Basil, a member of the mint family, is also one of most widely used herbs. Often used in Italian cooking but great in sauces, pesto, bruschetta, pizza, panini, pasta and salads. Some people even enjoy basil in desserts.



Rosemary

This fragrant herb has a bold lemony pine flavour. It's dark green needle like leaves are a great when used to enhance marinades, soups, stews, beans, and paired with meats such as chicken, lamb and game.



Sage

The downy grey green sage leaves are richly aromatic. Its strong flavor means a little goes a long way. Sage goes well with meats such as chicken, duck, beef and pork. Also delicious added to pasta or gnocchi.



Parsley

Parsley is a versatile herb that can be used in many savoury dishes. The fresh and vibrant taste of parsley is especially good in soups, stews, omelettes, marinades and bean and green salads. Wonderful with meats too.



Thyme

The petite thyme leaves have a pungent aroma. It's often used in Mediterranean dishes as well as eggs, marinades and vegetables. Complements stews and most meats including chicken, fish and game.



Mint

Mint, widely used in North America and the Middle East has a sweet and cool flavor. Often used in savoury dishes such as tabbouleh, falafels, salmon and shrimp. Fabulous in desserts and drinks too.



Oregano

This flowery warm herb is a well known staple for Italian, Greek, and Mexican meals. The robust flavour goes particularly well with tomatoes, zucchini, and eggplant and meats such as chicken, fish, lamb and rabbit.



Dill

The delicate and feathery dill leaf is a wonderful addition to soup, potatoes and great for pickling. Dill is also often used fish and seafood, stews, soups, bread, potatoes and rice. Don't forget dill in your tzatziki sauce.

Hawk-moth ID guide

Find out more about moths at www.butterfly-conservation.org



Eyed Hawk-moth
Smerinthus ocellata



Lime Hawk-moth
Mimas tiliae



Small Elephant Hawk-moth
Deilephila porcellus



Humming-bird Hawk-moth
Macroglossum stellatarum



Privet Hawk-moth
Sphinx ligustri



Elephant Hawk-moth
Deilephila elpenor



Striped Hawk-moth
Hyles livornica



Pine Hawk-moth
Sphinx pinastri



Poplar Hawk-moth
Loothee populi



Death's-head Hawk-moth
Acherontia atropos



Spurge Hawk-moth
Hyles ephorbiae



Bedstraw Hawk-moth
Hyles gallii



Oleander Hawk-moth
Daphnis nerii



Narrow-bordered Bee Hawk-moth
Hemaris tityus



Broad-bordered Bee Hawk-moth
Hemaris luciferus

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Guide to ducks, geese and swans



2. Shoveler *Anas clypeata*



♀



♂

1. Mallard *Anas platyrhynchos*



♀



♀

4. Pintail *Anas acuta*



♀



♂

3. Teal *Anas crecca*



♀



♂

5. Garganey *Anas querquedula*



♀



♂

6. Wigeon
Anas penelope

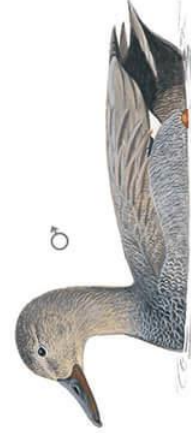


♀



♂

8. Mandarin Duck
Aix galericulata



♂

7. Gadwall
Anas strepera



♀



♀

..... Dabbling ducks and perching ducks

Roadside Wild Flowers



Bird's-foot Trefoil
Lotus corniculatus

Also known as 'Eggs and Bacon' due to its yellow and orange hue.

Look out for it: May-Sept.



Cow Parsley
Anthriscus sylvestris

Related to the carrot, its known as 'parsley' because of its feathery leaves.

Look out for it: April-June



Buttercups
Ranunculus spp.

Three species are common to the UK. All share the classic golden petals.

Look out for it: May-Aug.



Cowslip
Primula veris

The name of this classic spring flower comes from *cowslup* - a word for cowpat!

Look out for it: April-May



Danish Scurvygrass
Cochlearia danica

Once a resident of saltmarshes, gritting has led to it colonising our roads.

Look out for it: May-Aug.



Greater Stitchwort
Stellaria holostea

A sign of an ancient hedgerow, it would've been a common sight on byways of old.

Look out for it: April-June



Harebell
Campanula rotundifolia

Known as the 'Bluebell of Scotland' it can also be found across the UK.

Look out for it: July-Sept.



Knapweed
Centaurea nigra

Very popular with pollinators, the Marbled White Butterfly especially.

Look out for it: June-Sept.



Lady's Bedstraw
Galium verum

Springy & pleasant smelling it was once used to stuff pillows & mattresses.

Look out for it: July-Aug.



Orchids
Dactylorhiza fuchsia

If you're lucky you might spot Britain's commonest orchid - the Common-spotted!

Look out for it: June-July



Oxeye Daisy
Leucanthemum vulgare

Once known as the Moon Daisy, it often blooms around the Summer solstice.

Look out for it: June-Aug.



Red Campion
Silene dioica

Its flowers open in day & close at night. Look for the similar White Campion too.

Look out for it: May-July



Rosebay Willowherb
Chamaenerion angustifolium

The County Flower of London, it grew in bombed areas in WWII.

Look out for it: July-Sept



Tufted Vetch
Vicia cracca

A member of the Pea family, with ladder-like blooms of purple & blue.

Look out for it: June-Aug.

Vegetable Fritters

Tablespoon gram flour or self raising flour

Grated or thinly sliced vegetable
such as:

- Courgette—squeeze juice out
- Onion
- Potatoes—squeeze out juice
- Carrot
- Peppers
- Frozen or tinned peas or sweetcorn
- Spinach / kale etc

Optional egg or cheese

Flavourings such as garlic, herbs,
spice

Oil for shallow frying for 5-10 mins
or spray with oil and bake in oven
180 C for 20-25 mins

Mix together, can be made thicker or thinner depending on preference by altering amount of flour. Experiment with different ingredients, flavours and textures.



Online Courses June - July 2020

Ring 07972929495 for more information or email
joanne.berry@croslandmoorclc.co.uk

Course Code	Course Name	Days	Start Date	End Date	Start Time	End Time
CM1920016		Tuesday & Thursdays	10th June	22nd June	10.30	11.30
CM1920032	Working in an office - Office skills course	Tuesday & Thursdays	23th June	2nd July	10.30	11.30
CM1920033		Tuesday & Thursdays	7th July	16th July	10.30	11.30
CM1920017		Monday	1st June	22nd June	1.15	2.30
CM1920020	Work It Out - skills for confidence and positivity	Monday	29th June	20th July	1.15	2.30
CM1920034	Progress yourself	Tuesdays & Thursdays	4th June	16th June	1.00	2.00
CM1920018	wondering what to do next this course looks at your skills and what you need to get where you want to go	Tuesdays & Thursdays	30th June	9th July	1.00	2.00
CM1920027	Food Hygiene	Wednesday & Fridays	10th June	19th June	13.00	14.00
CM1920028	level 2 Qualification for work, volunteering or family	Wednesday & Fridays	1st July	10th July	13.00	14.00
CM1920029		Wednesday & Fridays	15th July	17th July	13.00	14.00
CM1920022	Zoom workshop	Wednesday	13th May	13th May	10.30	11.30
CM1920023	Learn how to use Zoom for	Wednesday	20th May	20th May	10.30	11.30
CM1920035	communicating with family, joining courses etc	Wednesday	10th June	10th June	10.30	11.30
CM1920036		Wednesday	8th July	8th July	10.30	11.30
CM1920037		Wednesday	22nd July	22nd July	10.30	11.30

Want to enrol its easy just click on the link below

https://my.kirklees.gov.uk/service/Schools_and_education [Kirklees Council Learner Enrolment Form 2019 2020](#)

Quoting the course code