

NEWSLETTER

BURYSTARS

<http://www.burystars.org.uk/>

WHAT IS STARS?

Stars was formed in March 2015 as a group of young people with disabilities. We then started to think of ways we could support other young people with disabilities. This has led us to set up a website, email address and telephone line in order for both young people with disabilities as well as professionals to use. We also sit on the North West Youth Participation Steering Group. We aim to provide support, fun and friendship as well as advocating the views and rights of children and young people with disabilities.



WHAT DO STARS DO?

We run a Thursday night youth group for 18 to 25 year olds at the New Kershaw Centre, Bury. We have also done consultation work for schools in the past.

What we have done since last time

As well as keeping up with our weekly Zoom meetings and WhatsApp groups. Bury Youth Service have also introduced a youth service timetable that allows people to do quizzes and play bingo over social media see below on how to access the timetable.

How to get the Youth service Timetable

To follow what the youth service is doing go to any of these social media platforms and type in its respective handlebar to see the latest youth service timetable that is updated every week.

Facebook: Bury Youth Service

Twitter:@YouthBury

Instagram:@buryyouthservice

HOW TO GET IN CONTACT WITH US?

Email:info@burystars.org.uk

Phone:07495838364

Website:<http://www.burystars.org.uk>

WHAT WE HAVE COMING UP

Once again Connor will be hosting another DJ Session this month so make sure to look at his Facebook page to view his DJ session. Click the link below, like his Facebook page to be able to view his session on Facebook live.

Click here to visit DJ Cape(Connor) Facebook page
<https://www.facebook.com/CEMFDJS>

Recipes

Below is a recipe made by the Stars group via one of the Zoom cooking sessions.

Aero Brownies

- 85g plain flour
- 185g dark chocolate
- 185g butter
- 40g cocoa powder
- 1 bag of Aero bubbles
- 3 eggs
- 275g caster sugar

Method

1. Preheat oven to 180C/160C Fan and use a baking tray
2. Melt butter and Dark Chocolate together in a bowl with a pan of boiling water or microwave for 1- 2 minutes until melted. Leave to the side to cool.
3. Whisk Eggs & Caster Sugar until it's a pale colour and mousse like and is double the original volume of eggs and sugar.
4. When whisked, pour the cooled chocolate mix over eggs then fold together carefully.
5. when together, sift the cocoa powder and plain flour on top of the chocolate mix and then fold together again.
6. Once together again, fold through the Aero Bubbles and dark chocolate chips and pour into the prepared tin - bake in the oven for 25-30 minutes when baked leave it to cool.
7. To make frosting, beat the butter for 2 minutes in a stand mixer till smooth add the icing sugar and beat for about 5 minutes until its smooth spread the frosting over the brownie



Stars win Bid

Stars have recently won a bid from the Greater Manchester Health and Social Care Partnership for £500. This will be spent on four activity packs which include a cooking session, puzzle books and arts and crafts, an indoor gardening project and a book club. Having these activities will improve everyone's mental health and well being. We will let you know what the activity packs were like in our next newsletter.

Stars lunch club

After lock-down Stars will be reintroducing the lunch club alongside our regular Thursday night sessions, the lunch club will give people the opportunity to socialise with friends and be able to get a bite to eat. This will be every Tuesday 1-3pm.

Brain teaser

Below is a brain teaser, if you think you know the answer to our brain teaser why not tell us via the [Stars Facebook page click the link here](#) and post your answer. We will reveal the answer in our next newsletter.

In a one-story blue house, there are blue walls, a blue ceiling, a blue television, a blue laptop, a blue games console, a blue bedroom, everything is blue. What colour are the stairs?

Thanks for reading

Thank you for taking the time to read Stars lastest newsletter look out for the next one to see what we have been up to.