



Newsletter

Issue number 17
June/July 2024

Welcome to New Volunteers!



A big hello to our new HIP buddies who are moving forward to volunteer their time in a variety of roles in the future. We met at the Queens in Chester on 17th May to talk through the volunteering process and to explore the many different ways we can provide additional support to HIP and its lovely members. A couple of additional four-legged visitors joined our meeting who provided some welcome therapy for part of the session.

We also watched a preview of a video that Dan put together to share his experience and thoughts of his brain injury. Dan has agreed to kindly share his video, and there will be an opportunity in the near future for you to see it too - we will keep you updated!

Coffee morning reminders:

There will be no coffee mornings in June due to the Chester Zoo trip. Please mark your calendars with the following dates for the coffee mornings in July:



Crewe

Date: Thursday 4th July

Time: 10:30 AM - 12:00 PM

Location: Wistaston Memorial Hall, 75 Church Ln, Crewe, CW2 8ER

Ellesmere Port

Date: Friday 12th July

Time: 10:30 AM - 12:00 PM

Location: Trinity Church, Whitby Rd, Ellesmere Port, CH65 0AT



Chester Zoo Trip



Please see below for information regarding the upcoming trip to Chester Zoo on **Friday the 21st of June**.

We have filled all of our spaces for the zoo! I hope you are all excited for the trip and have your cameras ready to take some lovely photos. We would be so grateful if anyone would be willing to share them for the HIP 2025 calendar.

For those who have selected transport please see pick up locations below:

Ellesmere Port: Trinity Church, CH65 0AT at 10:30am

Crewe: Crewe Train Station Taxi rank, CW2 6HR at 10:00am and Snow Hill Car Park, Waterlode, Nantwich, CW5 5LS at 10:15am.

For those making their own way, the plan is to meet at the zoo entrance (by the metal Giraffe, pictured above) at 11:00 am.

Please come meet the HIP team to get your entrance ticket and to collect your packed lunch to take in with you round the zoo. We do not recommend sharing your lunch with elephants, no matter how cute they may be.



If you would like to get involved we have organised a Zoo quiz. It is a mix of questions, riddles and photo submissions. Winner gets a prize!

HIP team will be having a lunch stop at 12:30pm at the Cafe by the Jaguars if you would like to join us. If you would like to keep exploring the zoo and have your lunch on the go that is more than welcome.

Latest News at the Zoo

Just to add to all your excitement for the upcoming trip, the zoo has had some new arrivals....

On the 31st of May the zoo was blessed with the hatching of eleven Humboldt Penguin chicks. So cute!! These penguins are found on the rocky coastal shores of Peru and Chile. Due to climate change these poor penguins are at risk of becoming extinct and have been listed vulnerable to extinction by the International Union for the Conservation of Nature (IUCN).

In addition to the penguin chicks, a rare group of Roloway Monkeys have arrived. These monkeys are from West Africa and have come to Chester Zoo as part of the international conservation breeding programme that's working to safeguard the species. They have been on the brink of extinction for the past 30 years and are in the top 20 most endangered species.

Make sure to keep an eye out for Chester Zoos latest arrivals!





Arts and Crafts Session - July



<https://www.healthboxcic.com/service-page/unleash-your-inner-artist>

After the July coffee mornings, we will be having an arts and crafts session. If you would like to stay behind after the coffee morning we are going to have a selection of watercolour paints, acrylic, rock painting and clay available for you to practise some of your art skills.

If you are interested in getting involved in this session, please send us an email, get in touch with us via Facebook, or call and leave a message on the HIP answer phone 01244 650522, to make sure we have enough supplies for everyone!



Arts and Crafts Online

Healthbox has some free online art sessions where you can register just once and paint a set picture alongside a professional artist in a fun and relaxed atmosphere. It is a light-hearted session; no experience needed and allows time to switch off and do something different.

In terms of materials, you will need, Acrylic paint (red, blue, yellow, white and black) or with whatever paints, colouring pencils/pens, paper you have to hand along with paint brushes a stretched canvas or board, cup for your paint water and an old plate/paper plate for your paints.



In keeping with our forthcoming trip to the zoo we thought it fun to include a word search of animals. Good luck everyone.

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

A to Z Animals

Word Search

T	W	E	N	P	E	A	C	O	C	K	G	E	N	D	P	H	N	S
O	X	M	B	T	F	R	T	D	T	C	L	W	O	I	L	U	Z	P
B	S	O	P	Q	P	H	G	J	E	T	T	X	A	N	S	F	I	O
B	I	P	U	R	E	I	U	T	K	P	N	L	U	C	J	D	U	N
E	B	A	Y	J	R	P	V	H	A	S	P	A	K	O	F	V	W	E
B	I	N	Q	A	G	P	X	Q	N	O	T	P	Z	U	O	M	E	X
L	J	I	F	I	N	O	P	A	S	R	I	R	L	G	N	N	I	I
T	F	F	M	O	T	P	Y	Q	O	E	G	T	D	A	N	Z	N	S
R	E	V	I	P	Z	O	J	E	U	C	E	W	C	R	R	M	K	U
R	E	L	L	O	A	T	F	V	K	O	R	A	A	L	A	O	K	R
K	P	T	B	X	P	A	K	P	P	N	Z	Q	A	S	Y	W	L	L
X	O	F	T	Z	P	M	R	Z	F	I	O	V	I	T	J	Y	P	A
V	L	M	O	O	C	U	A	Z	Q	H	T	M	U	J	I	D	Q	W
M	E	G	J	D	I	S	T	A	B	R	E	L	G	A	E	Z	B	M
T	T	K	B	A	U	U	E	A	U	Z	D	Y	Z	E	B	R	A	R
G	N	F	R	R	G	G	K	V	R	A	M	Q	R	P	H	Y	J	F
S	A	K	E	T	Q	U	Z	W	W	C	I	I	R	A	K	A	U	R
E	R	U	T	L	U	V	A	A	Y	B	B	H	M	O	I	K	F	R
F	W	N	C	F	O	U	O	R	O	B	S	I	G	V	A	D	Z	A

ANTELOPE
BAT
COUGAR
DEER
EAGLE
FOX
GIRAFFE
HIPPOPOTAMUS
IBIS
JAGUAR
KOALA
LION
MONKEY
NEWT
OTTER
PEACOCK
QUAIL
RHINOCEROS
SNAKE
TIGER

UAKARI
VULTURE
WALRUS
XENOPS
YAK
ZEBRA

DID YOU KNOW?

Xenops are unique among birds in that they have a specialized toe, called a zygodactyl toe, that can be rotated 180 degrees, allowing them to cling to vertical and upside-down surfaces while foraging for insects.

April Newsletter Sudoku Answer:

Answer

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1

THANK YOU FOR READING!!

HIP in Cheshire, Acorn Suite – 1829 Building, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ



01244 650522



info@hipincheshire.org.uk



www.hipincheshire.org.uk



HIPInCheshire



@HIPInCheshire