



Fun Together Newsletter

Issue 8 - Friday, 6th December 2024



Welcome to the [ATTFE Fun Together Newsletter](#). Keeping you up-to-date with top tips, updates and news about free fun and local activities for families in the North Nottinghamshire area, aimed at families with children 0-11 years.

Our Fun Together newsletters aim to share information about activities and opportunities relevant to families.

In this December issue, you will find information about:

- Christmas crafts and recipe ideas
- Fuel poverty resources
- Information about local food pantries
- Upcoming community events
- Courses for parents and guardians

Easy Christmas Recipe



Chocolate Orange Microwave Pudding

Preparation time: less than 30 mins

Cooking time: less than 10 mins

Serves: 4 servings

This simple but very delicious chocolate orange dessert uses half a pack of sponge cake mix for speed and value. Top with melted orange-flavoured chocolate for a luxurious alternative to Christmas pudding.

Recipe by Justine Pattison (Source: [BBC Food](#))

Ingredients

- vegetable oil, for greasing
- ½ x 400g pack chocolate sponge mix
- 1 medium egg
- ½ orange, finely grated zest only
- custard, cream or ice cream, to serve

For the topping:

- 100g/3½oz orange flavoured milk chocolate, from a ball or bar, broken into pieces
- fresh orange zest, to decorate (optional)

Method

1. Generously oil a 1 litre/1¾fl oz microwaveable pudding basin (it should have a diameter of around 17cm/6½in at the rim – see recipe tips below). Cut a small circle of baking paper and place in the bottom of the basin – this will make it easier to remove the sponge.
2. Put 200g/7oz of the cake mixture in a bowl and add an egg and 4 tablespoons cold water (or follow the packet instructions for when using half a packet of the mixture). Whisk with electric beaters for 2 minutes, or by hand until well combined and creamy. Stir in the orange zest.
3. Spoon the batter into the prepared basin, ensuring the mixture doesn't rise more than half of the way up the dish or it could rise and bubble over the sides.
4. Cook, uncovered, on HIGH for 3 minutes 30 seconds in an 800W microwave oven or 2 minutes 50 seconds in a 1000W microwave oven. The sponge should be well risen, just firm to the touch and a little gooey around the edges. (Microwave ovens vary so the timings above are a guide. Be prepared to adjust if yours is more or less powerful than the ones in the timings above.)

5. Take the pudding out of the microwave, using an oven cloth as it will be hot, and leave to stand while the sauce is made.
6. To make the sauce, put the chocolate in a microwaveable bowl and cook on HIGH for 1 minute. Stir and then cook on HIGH for a further 20–30 seconds, or until the chocolate is very soft but not completely melted. Don't allow to overheat or it burn. Stir until smooth.
7. Turn the pudding out onto a plate. Peel off the baking paper and pour the warm chocolate over the top. Decorate with extra orange zest if you like. Serve with custard, cream or ice cream.

Have fun, and enjoy your pudding!

Christmas Crafts

Tea Light Snowman Ornaments

Source: www.onelittleproject.com

These tea light snowman ornaments are super easy to make and look absolutely ADORABLE! Who would have thought you could create such a charming Christmas decoration using affordable tea lights from your local shop? When you switch on the tea light, the little “flame” transforms into the snowman’s carrot nose—how clever is that? Perfect for adding a touch of festive fun to your home! ☺☺



Materials:

- Battery operated tea lights
- A Black Sharpie
- Red Ribbon
- Red Pipe Cleaners
- Red Pom Poms
- Black Felt
- Orange Sharpie
- Glue Gun

Steps:

1. Use the black Sharpie to draw a simple face onto the tea light. You can use googly eyes if you want, but I preferred the look of the black dots.



2. Cut a piece of red pipe cleaner to approximately 2.5" long.

3. Curve it around the tea light and then add a small line of hot glue on both ends to hold it in place. Don't glue it the entire way around because you'll need to be able to slide the ribbon under the pipe cleaner later.

4. Add a generous dab of hot glue where the ears would be and add the pom poms. Now your snowman has ear muffs!

5. Cut out a piece of ribbon to be approximately 4.5" long. Then cross it over itself like in the picture below and add a small dab of hot glue to hold it together. I found this was the best way to make the ribbon look like a scarf.



6. Add a small line of glue to the back of the "scarf", and then glue it to the back of the tea light.

7. Cut a piece of the thinner red ribbon to be approximately 11" long and then slide it under the pipe cleaner. Then tie a tiny knot in the ribbon to keep it together.

8. The tea light flame is white when it's turned off so you'll probably want to colour it orange with a marker to make it look like a carrot, even when the tea light is turned off. We definitely recommend using an orange Sharpie for this.



Fuel Poverty Resources

Fuel Poverty Awareness Day

27 November 2024

#InThisTogether

Fuel Poverty Awareness Day was the 27th of November 2024. For that day, We've gathered some valuable resources to help you or someone you know navigate the challenges of fuel poverty. Together, let's make a difference!

Save Money with Energy Tips: The **National Energy Action** (NEA) website offers practical advice to help households save on energy bills and better understand fuel and energy usage.

Explore Resources

Take Action by Contacting Your Representatives: Use ready-made templates to write to your local elected representatives, whether online or by post.

Find out how and locate their mailing addresses by clicking the button below!

Find Out More

Learn More About Fuel Poverty: The NEA website (www.nea.org.uk) is packed with information to help raise awareness and fight against fuel poverty.

Let's work together to support those in need and take steps towards a brighter, warmer future for all.

Upcoming Community Events

ATTFE College and Let's All Eat Christmas Dinners

We are excited to announce our upcoming Community Christmas Dinner at Sutton Community Academy!

Feel free to share the invitation. To book, please fill in the online forms through the QR Code of the invitations or, alternatively, by clicking the button below. Please RSVP by the 10th of December 2024.

For more information, please email InThisTogether@attrust.org.uk.

RSVP Here



Academy Transformation Trust Further Education

LET'S ALL EAT PANTRY

ATTFE College and Let's All Eat

Christmas Dinner

SATURDAY

21 | 12.30 PM
DEC | Prompt Start

Sutton Community Academy

A FREE festive dinner for anyone in the community who may be alone at Christmas or might not be able to afford a full Christmas dinner for the family.

Scan QR Code to RSVP



Please submit by the 10th of December

Sutton-in-Ashfield Rotary Sleigh

Please check their Facebook page for more updates regarding the schedule, route details and possible changes! You can find them on Facebook, here: <https://www.facebook.com/RotarySuttonInAshfield>

Sutton-in-Ashfield Rotary Sleigh Schedule 2024	Sutton-in-Ashfield Rotary Sleigh Schedule 2024	Sutton-in-Ashfield Rotary Sleigh Schedule 2024
Week One Friday 29 November, 6:00 – 8:00pm Carsic	Week Three Tuesday 10 December, 6:00 – 8:00pm Wednesday 11 December, 6:00 – 8:00pm Thursday 12 December, 6:00 – 8:00pm Friday 13 December, 6:00 – 8:00pm Alfreton Road Skegby High Tor Huthwaite Road Stanton Hill	Week Four Monday 16 December, 6:00 – 8:00pm Tuesday 17 December, 6:00 – 8:00pm Wednesday 18 December, 6:00 – 8:00pm Thursday 19 December, 6:00 – 8:00pm Friday 20 December, 6:00 – 8:00pm Dalestorth Kirkby Road Eastfield Side Station Road/Kirkby Folly Road Sutton Junction
Week Two Tuesday 3 December, 5:30 – 8:00pm Wednesday 4 December, 6:00 – 8:00pm Thursday 5 December, 6:00 – 8:00pm Friday 6 December, 6:00 – 8:00pm Leamington Hill Crescent Sutton Town Centre Farmdale	Follow Santa live on his sleigh routes around Sutton in Ashfield: www.glympse.com/suttonrotarysleigh	Follow Santa live on his sleigh routes around Sutton in Ashfield: www.glympse.com/suttonrotarysleigh
		

Something for Our Parents and Carers

Did you know that Fun Together is a programme delivered by **ATTFE College**?

We are a local college who support both family and adult learning across the Mid Nottinghamshire area. We have a range of adult learning courses available for adults to access.

Here are a few of our **upcoming courses**! Please keep an eye on our social media pages for the latest updates and information. Alternatively, you can view all of our upcoming courses on our website:

January Start Courses



Cooking on a Budget

A hands-on cooking session supporting you to learn new low cost recipes, supporting you to eat fresh healthy meals without breaking the bank.

Course code: 24TL154

Mondays, 12pm – 2pm
Starting 6th January until 10th February 2024

Venue:
Cotgrave Welfare, Woodview, NG12 3PJ

Free to attend with all ingredients and equipment provided. Young children welcome to attend with adults.

Places will be limited and must be booked in advance. Please make us aware if any known allergies or special dietary requirements when booking so that we are aware of these. For more information or to book a place please contact college.info@atffe.org.uk or call 01623 441310.

#FurtherEducation #InThisTogether #FEnominal



Wellbeing Courses

ATTFE College are working in Partnership with Mill Waters to bring you these new group classes designed to support your physical and mental wellbeing in a beautiful local setting, delivered by our experienced tutor, Ken.

FREE

Mindfulness and Relaxation
Tuesdays, 10am – 11am
7th January to 11th February 2025
The Discovery Room (next to the cafe), Kings Mill Reservoir
Course code: 24TL163

Seated Tai Chi
Tuesdays, 11am – 12pm
7th January to 11th February 2025
The Discovery Room (next to the cafe), Kings Mill Reservoir
Course code: 24TL164

Suitable for learners aged 19+ years. Places will be limited and must be booked in advance. For more information or to book a place, please contact college.info@attrust.org.uk or call 01623 441310.

Website: www.atffe.org.uk #InThisTogether

Family Messy Play for 0-5 years

An interactive sensory messy play session for parents/carers and their little ones to have fun whilst socialising with others and positively supporting your child's development.

Course code: 24TL153

Mondays, 10am - 11am

Starting 6th January until 10th February 2024

Venue:

Cotgrave Welfare, Woodview, NG12 3PJ

Free to attend. Places will be limited and will need to be booked in advance. Please make us aware of any known allergies when booking so that this can be factored into resource planning for the activities.

For more information or to book a place please contact college.info@attfe.org.uk or call 01623 441310.

Website: attfe.org.uk

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An Introduction to Daily Digital Skills

A perfect course for anyone wanting to improve their digital skills for daily use, whether that be searching online, editing documents, using your mobile phone more effectively.

Skills taught during the sessions will be based on needs identified by learners attending. This course is also a great introduction to anyone wanting to progress on to a formal digital skills qualification.

Fridays, 9.30 - 11.30am

10th January - 24th January 2025

Venue:

Tin Hat Centre, Selston

Free to attend and suitable for learners aged 16 years and over. Individuals can attend as many sessions as they wish depending on their needs and support required.

Places are limited and should be booked in advance. For more information or to book please call 01623 441310 or email college.info@attfe.org.uk

Funded by UK Government

Ashfield DISTRICT COUNCIL

Level 1 Award in Volunteering

FREE

A great course for individuals who are already volunteering in the local community or looking to get involved in volunteering.

Course code: 24ASF149

Tuesdays, 9.30am - 12pm

Starting 14th January until 4th March 2025

Venue:

Community Corner, Market Street, Sutton-in-Ashfield

Suitable for learners aged 19+ years. Places will be limited and will need to be booked in advance.

For more information or to book a place please contact college.info@attfe.org.uk or call 01623 441310.

Website: www.attfe.org.uk

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A More Confident Me Improving Your Wellbeing and Life Skills

A 2-days a week course covering a range of skills including crafts, wellbeing, life skills and employability. A chance to build your confidence and socialise with others from your local community in a friendly and inclusive environment.

Course code: NC24ASF100b

**Wednesdays & Thursdays
(2-days a week)
9.15am - 2.45pm**

Starting 8th January until 27th March 2025

Venue:

Sutton Community Academy

Suitable for learners aged 19 years and over. Free to attend. Places will be limited and must be booked in advance.

For more information or to book, please contact college.info@attfe.org.uk or call 01623 441310

Website: www.attfe.org.uk

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We also have some **ONLINE** courses that you might be interested in:

ATTFE College Online Courses

Supporting Children and Families

Qualification	Course Title	Description	Course Code
Level 2 Estimated Length: 117 Hours	Introducing Caring for Children and young people	With over 50,000 children identified as needing protection from abuse in the UK, it is important that those working in the care sector understand the risks of abusive and exploitative behaviour that some children experience. Knowing what strategies are used to protect them from this behaviour, whilst following procedures, is essential to helping those effected.	60003364
Level 2 Estimated Length: 135 Hours	Understanding Children and Young People's Mental Health	Mental health problems affect around 1 in 10 children and young people. Emotional wellbeing is just as important as a child's mental health, therefore it is important for those working with children and young people to have a good understanding of the concepts, risk factors, and impact of mental health.	60328137
Level 2 Estimated Length: 115 Hours	Safeguarding and Prevent	The purpose of this qualification is to support anyone who is responsible for the safeguarding of people and for helping prevent radicalisation. It gives learners an understanding of recognising the signs of abuse, how to reduce the risk of radicalisation, and the potential consequences of illegal online activity.	60328186
Level 2 Estimated Length: 129 Hours	Understanding Specific Learning Difficulties	Having a learning difficulty means that people find it harder to learn certain skills. As this affects around 15% of people, it is important for those working in healthcare, social care, and education to have knowledge of different Specific Learning Difficulties such as ADHD, dyslexia, and dyscalculia.	60320412
Level 2 Estimated Length: 152 Hours	Understanding Autism	Autism is described by The National Autistic Society as a complex, lifelong developmental disability that typically appears during early childhood and can impact a person's social skills, communication, relationships, and self-regulation. Individual preference regarding terminology used for an individual on the autism spectrum may vary and must be valued and respected.	60163306

For more details or to sign up, please contact 01623 441310 or email college.info@attfe.org.uk.

Please quote course codes when signing up.

For a **complete list** of online courses that we have on offer, please click the button below:

Online Courses PDF

For more details or to sign up, please contact **01623 441310** or email college.info@attrust.org.uk. Please quote course codes when signing up.

Helping with the Cost of Living



Let's All Eat Food Pantry

Our weekly food pantries provide low cost food for families whilst reducing food waste. See below details to find out where your local food pantry is. There is no need to book and no referral needed.

Good quality high value food bags (please bring your own bag) available on a weekly basis. For £3.50 payments each week you will receive between £12-£15 worth of good quality food.

A £1 joining fee applies to all to ensure a lifetime of membership to the 'Let's All Eat Pantry'. This is payable on your first visit along with the £3.50 for that week's food.

- Huthwaite Methodist Church
 - Every Wednesday, 1.30 - 3.30pm
 - Location: Sherwood Street, Huthwaite, Sutton-in-Ashfield, NG17 2LX
 - Contact information: [07867451424](tel:07867451424)
- St. John's Methodist Church
 - Every Monday, 1 - 3pm
 - Location: Titchfield Avenue, Sutton-in-Ashfield, NG17 1EU
 - Contact information: [07867451424](tel:07867451424)
- Lifespring Centre and Oasis Cafe
 - Every Thursday, 1 - 3pm
 - Location: Sherwood Drive, New Ollerton, Newark, NG22 9PP
 - Contact information: [07867451424](tel:07867451424)

On a Tuesday evening 4-7pm we offer good quality high value food at the Lifespring Church through the 'Stay and Eat Social Hub'

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Let's All Eat
St John's Food Pantry

Every Monday
1.00 - 3.00 PM

St John's Methodist Church
Titchfield Avenue
Sutton-in-Ashfield
NG17 1EU

Cost:
£1 lifetime joining fee
£3.50 each week for parcel
(equivalent of £12-£15 worth of food)

For enquiries, please contact 07867 451424
or email teams@letsalleteat.co.uk

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Academy Transformation Trust Further Education

Let's All Eat
Huthwaite Food Pantry

Every Wednesday
1.30 - 3.30 PM

Huthwaite Methodist Church
41 Sherwood Street
Huthwaite
NG17 2LX

Cost:
£1 lifetime joining fee
£3.50 each week for parcel
(equivalent of £12-£15 worth of food)

For enquiries, please contact 07867 451424
or email teams@letsalleteat.co.uk

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Academy Transformation Trust Further Education

Let's All Eat
Ollerton Food Pantry

Every Thursday
1.00 - 3.00 PM

Lifespring Centre and Oasis Cafe
Sherwood Drive
New Ollerton
NG22 9PP

Cost:
£1 lifetime joining fee
£3.50 each week for parcel
(equivalent of £12-£15 worth of food)

For enquiries, please contact 07867 451424
or email teams@letsalleteat.co.uk

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