

Home Working Care Package



With more weeks of remote working and social distancing ahead, please share the latest CRS Home Working Care Package, with yet more ideas to help keep your staff safe and well...

Eat Healthy



Baked Almond, Banana and Blueberry Cheesecake

Ingredients - for the base

- 50g of butter, plus some for greasing
- 1 tsp of maple syrup
- 75g of oatcakes, finely crushed into crumbs
- 40g of ground almond

Ingredients - for the topping

- 2 bananas
- 2 x 250g of ricotta
- 150g of natural bio yogurt
- 4 large beaten eggs
- 2 tbsp of maple syrup
- 2 tsp of vanilla extract
- 2 tbsp of ground almonds
- 140g of blueberries

Method

- Heat oven to 180C/160C fan/gas 4 and lightly grease a 20cm round non-stick springform cake tin.
- Melt the butter and syrup in a pan, then stir in the oatcakes and almonds until well mixed and coated
- Press firmly into the base of the tin to make a compact layer, then bake for 10 mins. Remove from the oven and increase it to 240C/220C fan/gas 9.
- To make the filling, mash the bananas in a large bowl. Add the ricotta, yogurt, eggs, syrup, vanilla and almonds, and beat with a wooden spoon until everything is very well mixed.
- Pour onto the base, scatter over the blueberries and bake for 10 mins, then turn the oven down to 110C/90C fan/gas 1/4 and cook for 30-35 mins more.
- It should still have a bit of wobble in the middle when you gently shake the tin. Turn off the oven and leave the cheesecake inside to cool and set. Chill before serving.



Stay Connected



Try our cryptic confectionery quiz and name the sweets with friends or family on Zoom, Houseparty or Facetime. Check the CRS LinkedIn page to find the answers.

1. Put a sock in it
2. Outdoor feast
3. Sport of princes
4. Wise guys
5. Big bus
6. Twice as good in France
7. They grow on you
8. Antarctic bird
9. A place of the upper class
10. 100% precious metal

Wellness Challenge



'Keep your stress bucket from overflowing' – this is an effective visual aid to identify your level of stress and the ways in which you can relieve stress.

Imagine you have a bucket. This bucket represents your capacity to cope with stress, and stressful events are the water poured into your bucket.

To manage the level of water we need to recognise our 'coping taps' i.e. the activities that relieve our stress whether this be reading, speaking to a friend, meditating.

Understandably our bucket is likely to be filling quickly at the moment, so ask the questions – how full is my bucket? Are all of my taps working? What taps can I turn on?



Try Something Different



Podcast 'Desert Island Discs' on BBC Radio 4.

Guests are invited to imagine themselves cast away on a desert island and choose eight recordings, a book and a luxury item to take away with them. Their choices permits a review of their life. What items would you choose?

