

Home Working Care Package



Welcome to another Home Working Care Package from CRS. From cryptic quizzes to mind-expanding podcasts, there's plenty to occupy your time and keep you well in body, mind and spirit...

Listen to Louis

Grounded with Louis Theroux
<https://www.bbc.co.uk/programmes/p089sfrz>

Stuck at home, Louis is using the lockdown to track down some high-profile people he's been longing to talk to from all walks of life. He uses his wit and intelligence to delve deep into the lives of the guests asking all the questions we want to know. Guests include Boy George and Helena Bonham Carter.



Add a Letter

Try to solve our clues with friends or family on Zoom, Houseparty or Facetime. Each clue can be answered by two words - the first is a six letter word, then add a letter to that word to give the answer to the second part. Check the CRS LinkedIn page to find the answers.

1. Talk among yourselves about a pine tree
2. Lords it over everyone then packs it all in
3. A modern pop singer who used to hunt for a living
4. A seafood favourite to put a light in your eye
5. Was very scruffy but still pulled



Summery Sweet Treats

Homemade raspberry sorbet

Ingredients

- 200g granulated sugar
- 500g raspberries
- 1 lemon, Juiced

Method

- Put the sugar and 270ml water in a saucepan over a low heat and stir until the sugar has dissolved. Raise the heat and simmer for 5 mins, or until the liquid has become a syrup. Set aside to cool.
- Put the raspberries and lemon juice in a food processor and blitz until smooth. Strain through a fine sieve into a bowl and discard the seeds. Combine with the sugar syrup, then pour into freezer-proof container.
- Freeze for 1 hr 30 mins, then whisk with a balloon whisk or a fork to break up any ice crystals that have formed and return to the freezer.
- Keep mixing the sorbet once an hour for 4 hrs to break up the ice crystals. Stop mixing when firm but scoopable. Will keep in the freezer for up to a month. Serve with extra raspberries, if you like



Random Acts

“When we feel love and kindness towards others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace”

Dalai Lama (1935)

This week, challenge yourself to do something kind for someone else, known as Random Acts of Kindness. This practice is positively associated with higher levels of happiness. You could:

- call a friend that you haven't spoken to in a while
- tell a family member how much you love or appreciate them
- make a cup of tea for somebody that you live with
- send a motivational text or surprise package to a friend that is struggling
- donate to a charity
- offer support to vulnerable neighbours

