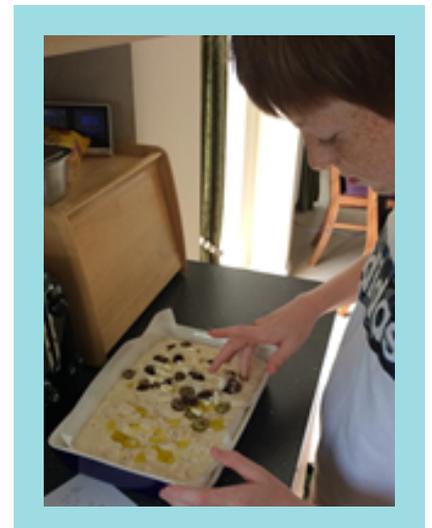


Welcome

Welcome to our third edition of the additional Newsletter. We hope you have had the chance to see family and friends during this first phase of recovery and enjoyed the sunshine, too. As the country begins to take tentative steps out of the lockdown, we are beginning to plan for our follow-up visits to recommence in a safe way for everyone.

Thank you to everyone who sent in photos. We at TEBC love to receive any news and photos, so please continue to send them to gill.black@ed.ac.uk.



News

Great news - from the 8th June 2020 we have been able to recruit new families to TEBC (albeit with new measures in place to ensure everyone stays safe). We have also recently received approval to start online follow-up. Families who were due to have their 9-month appointment between March and June, or who have their follow-up date coming up, will receive an invitation for a video appointment and links to complete online questionnaires. Those due for their 2-year follow-up will also be invited to complete questionnaires remotely. We look forward to seeing some of you online!

We continue to make plans based on the guidance from the Scottish Government, NHS and University of Edinburgh. We value your continued support and patience with us during these unprecedented circumstances. Please be assured we will share our plans as soon as we are able to. Our focus remains to keep everyone in TEBC safe and well.

Recipe Iced Biscuits

Ingredients

For the biscuits:

100g unsalted butter, softened at room temperature

100g caster sugar

1 medium egg, lightly beaten

1 teaspoon vanilla extract

275g plain flour

For the icing:

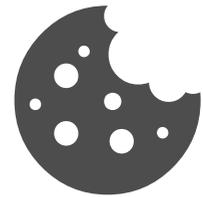
200g icing sugar

3-4 tablespoons water

2-3 drops of food colourings



Some ideas for the icing....



Method

Preheat the oven to 190C/170CFan/Gas5. Line a baking tray with greaseproof paper.

Cream the butter and sugar together in a bowl until combined. Beat in the egg and vanilla extract, a little at a time, until well combined, then stir in the flour and bring together to form a dough.

Roll the dough out on a lightly floured work surface to a thickness of 1cm. Using biscuit cutters, cut biscuits out of the dough and carefully place onto baking tray, Bake for 8-10 minutes or until pale golden-brown. Set aside to harden for 2 minutes, then cool on a wire rack.

If you don't have time to make biscuits you can use a digestive or rich tea biscuit.

To decorate:

For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.

Spread the icing onto the biscuits and set aside until the icing hardens.

What design will you create? Will you give your biscuit to someone in your family or will you eat it yourself?!

Crafts and Activities



Pen pot/Herb pot

Materials:

- Tin Can
- Glue
- Material/Paint/Paper



Instructions:

1. Place the tin can on your work surface
2. Either with glue stick the material/paper to the can or paint the entire can with your chosen paint.
3. Leave to dry.

What will you put in yours? Crayons, Pencils or grow herbs



Messy Painting

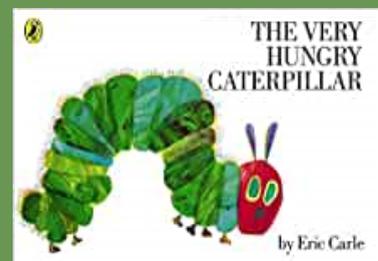
Why not use your hands and feet to paint flowers or animals. This one can be messy so make sure to wear an apron and cover the table/floor!



Online Activities

www.booktrust.org.uk

for free online stories and activities



Have you heard the Hungry Caterpillar Rap?

<https://www.letsplaykidsmusic.com/hungry-caterpillar-rap/>

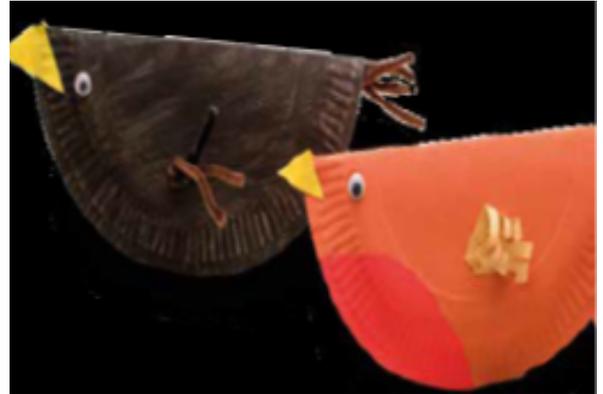
Crafts and Activities

Paper Plate Birds

These are simple but very effective. Use your creativity to make the beaks, wings and tails in any way you like.

Things you will need:

- Paper plates
- Red, yellow and black paints
- Paintbrushes
- Googly eyes
- Glue
- Black pipe cleaners
- Piece of card
- Yellow paper



Instructions

1. Fold the plate in half, then unfold again.
2. Paint the base colour – we've used black for the blackbird, and orange (mixing red and yellow) for our robin.
3. Give the robin a red breast. Otherwise it's not a robin!
4. Fold the birds again so they are able to stand.

Add the eyes, beak, wings and tail – use your imagination. We have frilled the paper for our robin's wings and the blackbird's are made of pipe cleaners.

5. Stand your birds up



Stay safe!

Check the latest advice:

World Health Organisation

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

UK Government Covid-19 Action Plan

<https://www.gov.uk/government/publications/coronavirus-action-plan/coronavirus-action-plan-a-guide-to-what-you-can-expect-across-the-uk>

Scottish Government: Coronavirus in Scotland

<https://www.gov.scot/coronavirus-covid-19/>

Health Protection Scotland, HPS

www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/

UNICEF and the IASC have made free books for children that explain what COVID-19 is and what we can do to prevent getting the virus. Download them by clicking [here](#) and [here](#)



Keep in touch with the TEBC

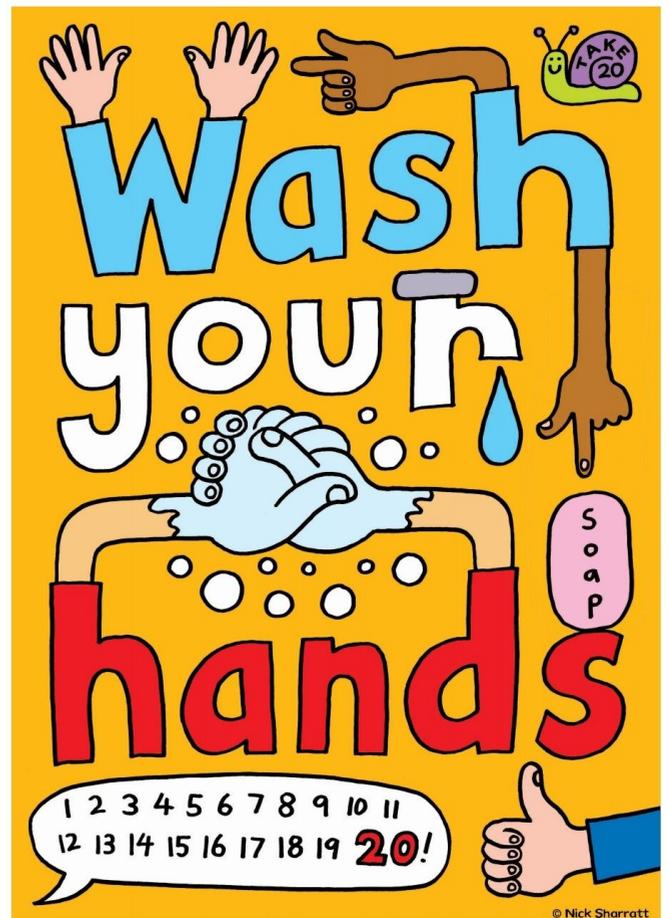
On our website: www.tebc.ed.ac.uk

On Twitter: [#TheirworldEBC](https://twitter.com/TheirworldEBC)

On Facebook: Join our Facebook group by sending a friend request to: 'Jill Hall Ebc' or 'Victoria Tebc' or by emailing Jill.Hall@ed.ac.uk

Questions? Email us:

Victoria.Ledsham@ed.ac.uk



Until next month! - The TEBC team