



powys people first
pobl gyntaf powys





LEEK AND POTATO SOUP - Serves 4

Preparation time: **40 minutes**

What you need:

- 1 teaspoon of butter
- 1 large onion
- 1 large leek
- 4-5 medium sized potatoes
- 2 stock cubes (vegetable or chicken)
- 900 ml of boiling water

WHAT TO DO:



- Wash and peel the potatoes and chop into small cubes. Wash the leek well and chop finely. Peel and chop the onion.



- Melt the butter in a saucepan, add the chopped onion and leeks, cook slowly for about 5 minutes until they are soft.



- Add potatoes to the saucepan and cover, cook for another 5-10 minutes until soft.



- In a jug, dissolve the stock cubes in the boiling water, carefully pour this into the saucepan, bring to the boil and then simmer for 10-15 minutes.



- Add salt and pepper to taste. Leave as it is for a chunky soup or blend with a hand blender for a smooth soup. Serve with crusty bread!

WORD SEARCH

Can you find the **11 words?**

- apples
- colourful
- fireworks
- leaf
- bonfire
- conkers
- halloween
- pumpkins
- chilly
- crisp
- harvest

c	c	l	b	h	n	c	s	c	p
o	c	u	o	a	e	h	e	r	u
n	l	f	n	r	e	i	l	i	m
k	e	r	f	v	w	l	p	s	p
e	a	u	i	e	o	l	p	p	k
r	f	o	r	s	l	y	a	y	i
s	s	l	e	t	l	u	v	z	n
a	w	o	b	c	a	k	r	b	s
n	l	c	b	m	h	h	d	t	c
f	i	r	e	w	o	r	k	s	u

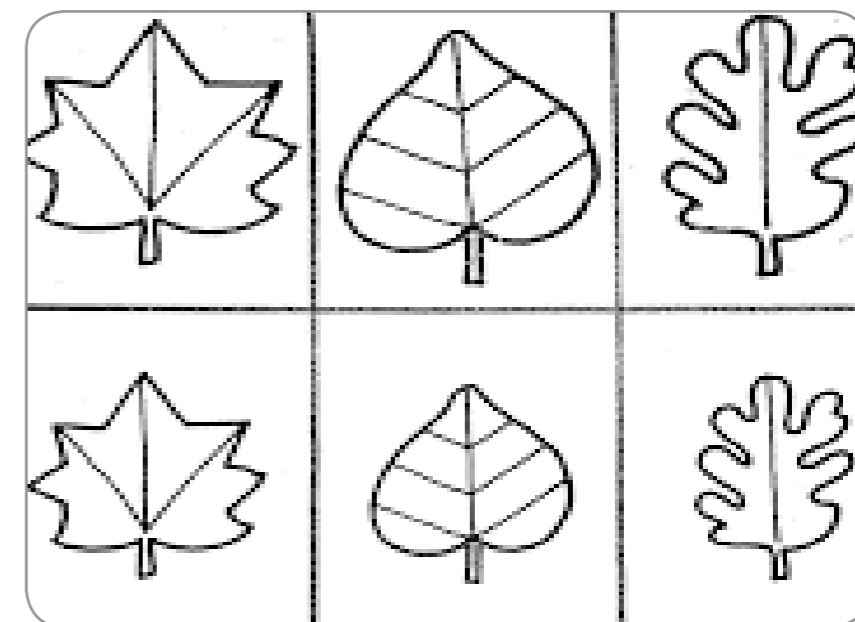
A JOKE BY DAVID WHITTAL!!

What did the other 39 cards say to all the red cards?

You're high in the red sky!



DESIGN YOUR OWN AUTUMN LEAVES!!



MEMBER NEWS - KIRSTY PFEIFFER

I do lots of things at Powys People First, like the drop in and drama, it's good. I go to Creating Together, we have a chat and we make things, we make pottery, pictures on tiles and do drawing. I went to Cardiff with Powys People First and we rode bikes around a big park I enjoyed it, it was good. At the drop in we cook food, I liked making melon cake it was fun and tasted nice .



PUZZLE ANSWERS

c	c		b	h	n	c	s	c	p
o	c	u	o	a	e	h	e	r	u
n		f	n	r	e	i			m
k	e	r	f	v	w		p	s	p
e	a	u		e	o		p	p	k
r	f	o	r	s		y	a	y	
s	s		e	t		u	v	z	n
a	w	o	b	c	a	k	r	b	s
n		c	b	m	h	h	d	t	c
f	i	r	e	w	o	r	k	s	u

DROP IN TO SEE US!!

Join our Drop-ins in Brecon (Tuesday 28th October and 23rd November) and Llandrindod (Monday 13th October and 10th November)! We have guest speakers, activities, arts and crafts, pamper sessions, games and healthy cook and eating! It's a great place to meet new people, take part in self-advocacy meetings or just relax and have a chat and a cup of tea!! We hope to see you there!

WE NEED YOU...

Thank you to everyone who sent in items for the newsletter. Sorry we couldn't use them all. We will try to use them in future issues.

Please send us your:

• news • articles • photos • drawings • jokes • puzzles • recipes • or anything else you would like to see in your newsletter.

You can post them to the office or give to a member of staff.