

SUMMER MAGAZINE 2016



powys people first
pobl gyntaf powys

SUMMER FUN PAGES 2016



GEOFF'S PICTURE OF LLANGORSE LAKE FROM HIS GLIDER



Flapjacks - Makes 8

Preparation time: **1 hour**

What you need:

- 175 g butter
- 175g golden syrup
- 175g muscovado sugar
- 350g porridge oats
- 1/2 lemon, finely grated zest
- pinch ground ginger

WHAT TO DO:



- Preheat the Oven to 150 C. Line a baking tin with baking paper.



- Melt the butter in a saucepan. Spread a little bit of the melted butter in the baking tin. Add the golden syrup and sugar to the butter heat gently.



- When the sugar has dissolved, take the saucepan off the heat. Stir in the porridge oats, lemon zest and ginger.



- Put the mixture into the baking tin and squash it down. Put the tin in the oven for 40 minutes.



- Once cooked, take the tin out of the oven. Leave to cool. Cut into squares and enjoy!

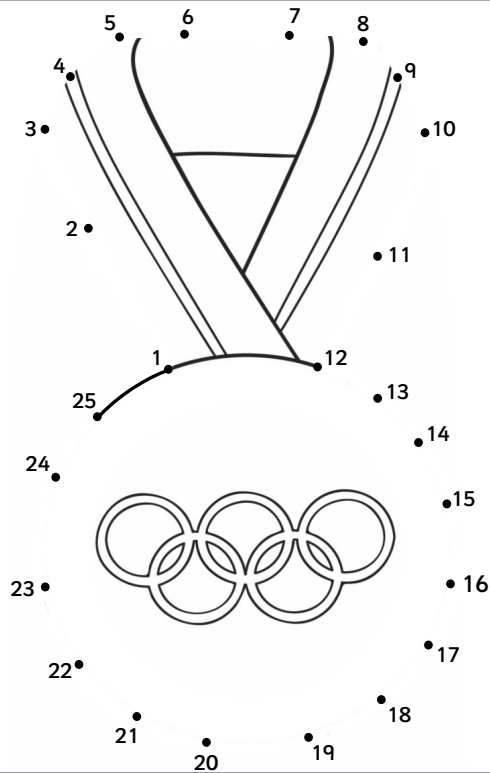
WORD SEARCH

Can you find the **10 words**?

- ambulance
- music
- sunshine
- yellow
- bingo
- park
- training
- flapjacks
- stories
- trip

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

OLYMPIC MEDAL DOT TO DOT



Answers for the **Word Search** are on the back page.

MEMBER NEWS

Powys People First held a Bingo Night in July at The Conservative Club in Brecon.

This was a great night, with lots of fabulous prizes donated by local businesses and a good chance to catch up with friends.

The evening raised £150 for Powys People First!! We are looking forward to our next social event!!



PUZZLE ANSWERS

o			t	f	k		s
g	s		r	l	r		u
n	e		y	a	a	a	n
i	i		e	i	p	p	s
b	r		n	j			h
	o		i	a			i
	t		o	n	c		n
	s		w	g	k		e
m	u	s	i	c	s	p	i
e	c	n	a	l	u	b	m

NEXT PEOPLE FIRST MEETINGS!!

Llyswen - Monday 5th September

Welshpool - Thursday 8th September

Llandrindod - Monday 12th September

Newtown-Wednesday 14th September

Ystradgynlais - Tuesday 20th September

Machynlleth - Friday 23rd September

Brecon - Tuesday 27th September

Llanidloes - Wednesday 28th September

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.