



# THE CLIENT CHRONICLES

Edition 5, 2019

## A great day at Sue's farm Brae burn!!!

We mustered sheep, enjoyed a bbq, made damper, went for a bushwalk, joked, laughed, sang songs and had a whole lot of fun with our friends!!



Thank you Sue 😊



## Congratulations!!

A Great achievement by winning the  
Community- 3D section at Waste to Art!  
Well done to all the clients at Lifeskills  
Simply awesome!





## Work Experience - Destiny

Where are you doing work experience?

D: Target

How long have you been there?

D: 4 weeks

What do you like about it?

D: Seeing the manager happy with me

How has it improved you as a person?

D: It has made me more confident to speak to people and gives me confidence to step up when I'm asked to do something.



## RECIPE

### Toblerone Mousse

#### Ingredients

- ❖ 4 Egg whites
- ❖ 300ml cream
- ❖ 2 x Toblerone 110g chocolate bars

#### Method

1. Beat egg whites until they are hard peaks
2. Whip the cream in a separate bowl
3. Gently fold egg whites into cream
4. Melt the Toblerone bars and fold into mixed cream and egg
5. Pour into separate serving bowls
6. Add anything you like on top - extra whipped cream, raspberries, strawberries, flake.....
7. Put into fridge to set until cold.

## Bahahahahaha...

Why do bees have sticky hair?

Because they use honeycombs

What do you get when you cross a shark and a cow?

I have no idea but I wouldn't try milking it!

Knock knock!

Who's there?

Ice-cream

Ice-cream who?

Ice-cream If you don't let me in!



## The Interview....

**What is your program called?**

*Relaxation*

**What are you doing today?**

*Foot spa while reading a book*

**What is your favourite part of the program?**

*Chilling with the fellas!*

**What is something you have learned this year?**

*How to make the perfect foot spa ☺*

**1 Minute of Mindfulness.....** For 1 minute just say over and over "May I be happy, may I be well, may I be filled with kindness and peace. You may also wish to think of someone else and say "May you be happy, may you be well, may you be filled with kindness and peace" - Namaste ☺