



The Great Bolton Connect Together—20 June 2020

www.greatgettogether.org

Last year nearly a million people got together with neighbours and local communities to focus on what we have in common. This year we know even more about the power and importance of staying connected—even though we cannot physically get together. The **Great Bolton Connect Together** is a chance to do this virtually, and to **celebrate what we have in common**, even though we cannot meet face to face.

On 20th June, when we would have held this year's Great Get Together in community centres, we are asking households to **celebrate the day with a picnic at home** (in your garden, or even in your living room if it rains!). You can share your picnic photos on social media throughout the day using the hashtag **#BigBoltonPicnic**. We've also put together an activity pack, collated by Bolton-based charities and businesses, full of things to do together as a family.

We've focussed on three things **we all have in common during lockdown**—eating together with our household; the experience of living in lockdown; and the shared natural environment of Bolton. There are lots of activities to do at home, in the garden, or when you are out walking. We'd love to see which activities you choose, and of course the results!

We may not be able to 'get together' but we can still connect

As we go through this unusual time, let's use the Great Bolton Connect Together to share our experiences. We want you to share what your house

SOCIAL MEDIA Use the tags **#BigBoltonPicnic** and **#GreatGetTogether**

POSTCARD Send us a postcard! We would love to collate these as a keepsake of this time. Send your cards to: The Big Bolton Connect Together, Bolton Libraries and Museum Service, Le Mans Crescent, Bolton BL1 1SE

THINGS IN COMMON...

FOOD!



No matter who we are, food is something we all have in common. Shared meals are a great way to connect with your family.

Have a picnic with your household, either in your garden or in your living room!

Connect with Bolton's communities by sharing what you chose to eat at your picnic. Tag photos on social media with #BigBoltonPicnic

#GreatGetTogetherBolton. See what others are eating and maybe get a recipe idea for the future!

Inside are:

1. Some recipe ideas from **A Small Good Thing**, a Bolton greengrocer. If you have a go at making them let us know how it went!
2. An activity from the **Octagon Theatre**... can you recreate a stage set for your picnic?

SHARE YOUR PICNIC—#BigBoltonPicnic

#GreatGetTogether @OctagonTheatre @WTVickyE @SanctuaryBolton @GoodThingVeg

sweet potato, chickpea and coconut stew

(serves 4)

1 tbsp. oil
2 garlic cloves, peeled
2cm piece fresh ginger, peeled,
1 onion, peeled
half a red chilli
2 sweet potatoes, peeled and cubed
1 tin chickpeas
2 tsp Indian Spice Mix
1 tin chopped tomatoes
1 tin coconut milk
handful of greens, shredded

finely chop onion, garlic, ginger and chilli
heat oil in heavy based pan
fry onion, garlic and ginger for 5 mins
add spice mix, chilli and a splash of water
fry for a further minute
add sweet potato, cover and cook for 5-7 mins
add in the chickpeas, tomatoes and coconut milk
stir, bring to the boil and then gently simmer for 15-20 mins, or until the
sweet potato is tender
serve

zingy summer slaw

1 red onion, peeled
2/3 large carrots
2/3 salad turnips (could be substituted for radish or kohlrabi)
juice of 1 lime
olive/rapeseed oil
salt & pepper

peel and grate the carrots
finely slice the onion, radish/turnip/kohlrabi
combine in a large bowl with the lime juice and a drizzle of oil
season, stir and serve

this will keep for a good 3 days in Tupperware in the fridge
great as part of a salad, on the side of a curry or at a BBQ

easy veg biriyani

(serves 4)

1 large aubergine, chopped into 3cm cubes
1 400g tin chickpeas, drained
coconut/rapeseed oil
salt & pepper
300g basmati rice, rinsed in cold water
1 large onion, finely sliced
2 cloves garlic, finely chopped
3cm piece fresh ginger, finely chopped
1 fresh chilli, finely chopped
3 cardamom pods
small cinnamon stick
1 tsp turmeric
1 tsp ground cumin
1 tsp ground coriander
1 green pepper, seeds removed and roughly chopped
850ml veg stock
handful of cashews, toasted in a dry pan until golden

pre heat oven to 200/gas 6

put the aubergine and chickpeas in a large roasting tin, drizzle with oil, season with salt and pepper and roast for 20 mins, or until golden

meanwhile, heat a glug of oil in a large, lidded pan

add in the onion, ginger, garlic, cardamom pods, cinnamon stick and chilli, and saute until the onion is soft

add in the turmeric, cumin and coriander and cook for a further minute

now add the pepper and saute for 3-5 mins

add in the roasted aubergine and chickpeas and the rice and stir

pour over the veg stock, stir and then cover with a tight fitting lid

bring to a hard boil, then reduce the heat and simmer for 5 minutes

now turn off the heat and leave to stand, covered, for a further 10 mins

stir, then serve with the toasted cashews scattered on top



“After a good dinner one can forgive anybody, even one's own relations.”

— Oscar Wilde, *A Woman of No Importance*

Activity 1

Food and mealtimes take centre stage in lots of plays and some dramatic moments happen on stage when characters share food together! Think of Banquo's ghost appearing at the feast to trouble Macbeth, or Alice's invitation to a very strange tea party in in Alice in Wonderland.

To share your involvement in the Great Get Together, we'd love you to look at the pictures from the plays below, all of which have been seen on the Octagon stage over recent years.

Then we'd like you to see if you can recreate the pictures! Can you recreate them using members of your family or on your own? We'd love to see the results! Share them using the following hashtags and don't forget to tag the Octagon!

*#smithillsestate #greatgettogether #Bolton #woodlandtrust
#theatrefood #BigBoltonPicnic*



Egg and chips—*Shirley Valentine*



Cucumber sandwiches and tea—*The Importance of Being Ernest*



Chip shop chips—*East is East*



Fruit cake—*The Tenant of Wildfell Hall*



Tea and cupcakes—*Alice in Wonderland*

OCTAGON

Food Stories

There are LOTS of stories on stage and in books where food has a starring role. Look at the food you have prepared or bought for your picnic. Does it match a moment in a story or character? Perhaps your chocolate cake reminds you of Bruce Bogtrotter in 'Matilda?'.

So here's what we'd like you to do.

1. Take a picture of some food that you've made, prepared or bought.

You can make it look as presentable as you like. It can be simple (cucumber sandwiches) or more elaborate (cupcakes)

2. Caption your picture



Have you got the **cucumber sandwiches** cut for Lady Bracknell?



Bruce Bogtrotter!

Share your picture together with your caption on social media @octagonbolton on Twitter, Facebook or Instagram, or use the hashtags #BigBoltonPicnic #SmithillsEstate #GreatGetTogether #Theatrefood

THINGS IN COMMON... EXPERIENCING LOCKDOWN



All of us are going through the experience of lockdown. Everyone, no matter what age, background, or where in Bolton they live, has had their daily life altered by this pandemic.

We are asking everyone to think about what this experience has meant to them, and to share this across our communities.

Inside you will find:

- An activity from **City of Sanctuary Bolton** which invites you to reflect on positive things you have done this year, and share these with us via **#BigBoltonPicnic**
- An activity from **Boo Coaching and Consulting** focusing on thinking about the positives in everyday life
- Some ideas for marking this time through art, writing or photography
- A sheet from **Nigel Newton Photography** with tips on taking great photos—take photos of your day and share them with us via **#BigBoltonPicnic**

Let's share what this time means to us, and read the experiences of others in our town.

SHARE YOUR CREATIVITY—#BigBoltonPicnic
#GreatGetTogether @OctagonTheatre @WTVickyE
@SanctuaryBolton @Boo_HQ @NigelNewtonPhot

Getting Creative Together

Enjoy these ideas together with your family and share far and wide on social media

(#BigBoltonPicnic #GreatGetTogether) or send us a postcard to: Big Bolton Picnic, Bolton Libraries and Museum Service, Le Mans Crescent, Bolton BL1 1SE.

1. SHARING MEMORIES Think about times you have enjoyed together with your household this year. It may be exploring a local park or footpath, discovering a special place, watching spring unfurl, listening to the birds or reading together.

2. HELPING AND COMFORTING This has been a difficult time for many people, but it has been a chance for little acts of kindness to be given and received. Even a smile can brighten a day. Have you given or received kindness?

3. LEARNING NEW SKILLS You may have learned a new skill like riding a bike, baking a cake, sewing, growing or drawing...

NOW IT'S TIME TO SHOW THE WORLD! Here's some ideas for sharing your memories, acts of kindness, and new skills.

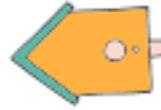
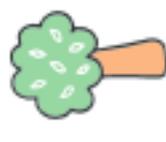
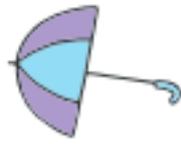
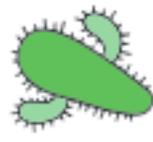
1. **Drawing**—big or small? You can make your drawing big by using old rolls of wrapping or coloured paper, or using chalks and drawing in your yard or garden.
2. **In our hands**—draw around your hands or the hands of others in your family. Write or draw something good on each finger and put the hands together. Inside put something you want to hold on to.
3. **Decorate a tree**—with messages of hope, or make a wishing tree in your garden. Leave Tupperware out with labels and pens for your family or household to leave their wishes for a post-COVID world.
4. **Create a poem**—'When All This is Over'. Do a Google search of 'When All This is Over' poetry. You will find lots of ideas for creating your own poem. You may want to make up a family poem together.
5. **Pass it on stories or poetry**—write a line, send it to a friend or neighbour to add a line, and so on.
6. **Tell someone new**—You could send your creation to someone who has helped you or you could renew an old acquaintance—send a message or postcard or something you have made to someone you have lost touch with.
7. **Shaping it**—Moving on. Write your hopes for the future on an arrow.

Gratitude game

It is really important to notice the good things in our day.

Cut out these cards and mix them up.

Pick one at a time and answer the question.



Something
that made
me smile
today



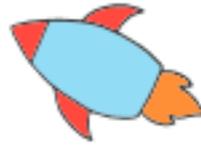
Something kind
someone has
done for me
today



Something
kind I have
done today



Something I
have learnt
today



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boo
coaching &
consulting

A Smithills Estate
Social Enterprise

NIGEL NEWTON PHOTOGRAPHY

Quick Tips for Phone or Camera Photography

Capture your Great Connect Together picnic and activities, share the images with us using #GreatGetTogether #BigBoltonPicnic

Holding the Camera or Phone

- Tuck elbows down to your side
- With a DSLR, use the left hand to cradle the lens
- Don't lean back. Lean slightly forwards for better stability

Bonus Tip: Check behind you before stepping back to get more in the frame!

Portraits

- Focus on the eye nearest the camera
- Watch out for stray hairs over the eyes
- Try and keep the eyes on the top third of the frame
- With little children, it's better when you get down on their eye level rather than shoot from above, unless you want a distorted picture of your toddler with a massive head and tiny feet!

Bonus Tip: Never say "Say cheeeese"!

Landscapes

- If you have a 'flat' horizon, for example in your garden, make sure it's straight!
- Also, usually better to have the horizon on the bottom or top third of the frame, rather than right across the middle.
- A horizon across the middle works where there is reflection, for example on a pond, creating symmetry.

Bonus Tip: Look all around the frame before taking the shot. Is there something that distracts, like a vehicle about to photo bomb your shot?

Flowers and plants

- Avoid bright sunlight if possible. It gives them a washed out look.
- A good time to photograph flowers is after a shower (of rain, not your shower!) It clears dust from the air, and you will see droplets on petals and leaves that give interesting effects.
- Try different angles.

Bonus Tip: Hold a piece of coloured card behind the flower. Try a colour opposite on the colour wheel to the flower's colour, e.g yellow & blue, red and green.

For more photography tips, or for details of our courses, visit nigelnewtonphotography.co.uk

THINGS IN COMMON...

BOLTON



One important thing we all share is the town we live in, and our environment. Even in the most built up parts of Bolton, you can find nature and wildlife.

Inside are some resources for you to use in your garden, or on a walk:

- Create a minibeast palace and a butterfly feeder with the **Woodland Trust**
- Go on a bug hunt courtesy of **Bolton Libraries and Museum Service**
- Get out spotting Bolton wildlife using spotters sheets, created with photos from volunteers at the **Woodland Trust's Smithills Estate in Bolton**
- Create an acrostic poem with inspiration from **We-BeKids**
- Use leaves to make a fairy envelope with **Forest Frontiers forest school**

SHARE YOUR NATURE CREATIONS & WILDLIFE PHOTOS #BigBoltonPicnic #GreatGetTogether @OctagonTheatre @WTVickyE @SanctuaryBolton @BoltonLMS @WeBeKids1



X Home sweet home!
Create a super minibeast palace

Creepy crawly

palaces



Piles of logs:

Great for millipedes, woodlice, stag beetle larvae and other grubs that love munching on dead wood.



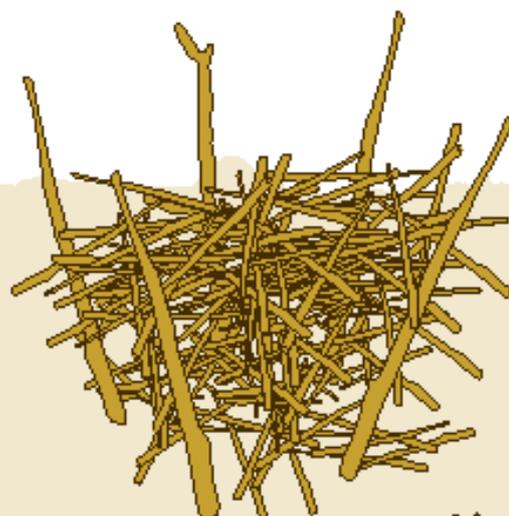
Dead leaves and grass:

Stuff these into the holes between the stacked logs – they make the perfect place for minibeads to lay their eggs.

Minibeasts need somewhere safe to live, hibernate and lay their eggs. Find a sheltered area that won't be disturbed by people, and get building.

Twig towers:

Push five long sticks into the ground in a circle. Collect smaller twigs, lie them on their sides and use them to fill the tower. Ladybirds and lacewings will hibernate in the gaps over winter.



Cosy!



Come back soon to see if any of your creepy crawly friends have moved in!

Feel free to copy and share this for personal and educational use – and don't forget there are loads more brilliant activities to download on our website!

woodlandtrust.org.uk/naturedetectives | 0330 333 5301 | naturedetectives@woodlandtrust.org.uk

f Search for 'nature detectives' | t @NatureDetectives

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Forestry Commission



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Butterfly feeder

What you'll need:

- 1 paper plate
- String
- Some over-ripe, rotten, mushy fruit

How to...

1. Make four holes around the rim of your plate. Make sure they're equally spaced or your feeder will be lopsided!
2. Thread a piece of string through each hole and tie them off. Now tie the four ends together above the plate.
3. Place pieces of mushy fruit like bananas and peaches onto the plate.
4. Hang it up near some flowers and wait for the butterflies to flutter by.

What's the best way to tempt butterflies to visit your garden? Feed them of course!



Top tip:
Mashed banana
is a big hit - try
freezing one to
make it turn black
and squishy.

Are more butterflies attracted to a white plate, or a coloured one? Which fruit do they like best?

Feel free to copy and share this for personal and educational use -
and don't forget there are loads more brilliant activities to download on our website!

woodlandtrust.org.uk/naturedetectives | 0330 333 5301 | naturedetectives@woodlandtrust.org.uk

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I Spy



Bolton
Library and
Museum Services

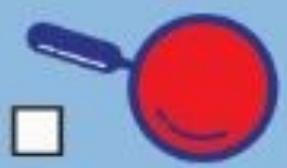


Cloud

Dandelion



Bird



Something Red

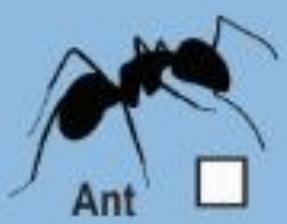


Bee

Snail



Spider web



Ant



Tree



Something Blue



Something Yellow



Rocks and stones

The Great Outdoor Scavenger Hunt



There are few better ways to develop your mind and improve your mood than heading outside to take part in 'The Great Outdoor Scavenger Hunt'. It will also be a great opportunity to get some exercise, breath in the fresh air and spend some quality time as a family.

While out getting your daily exercise try and find the following:

- Something with eight legs**
- Something with more than eight legs**
- A sign that an insect has eaten something**
- Something with spots**
- Something that feels squishy**
- Something with jagged edges**
- Something that smells strange**
- An acorn**
- The leaf from a hazel tree**
- Something sharp**
- Something Red**
- An edible plant**
- A sign that an animal has been there**
- Something with more than 3 colours**

More activities at

www.webekids.net

How to make fairy envelopes

Resources: Large leaves that are fresh, glue stick or double sided tape, scissors

Step 1: Cut your leaf into 10cm x 10cm squares, and folded two corners inward like so:



Step 2: Then fold the bottom corner up as well, and glue in place.

Step 3: Fold your letter and place inside your envelope and seal with a little bit of glue or double sided tape and a flower.

Step 4: Post your letter in your garden or local woodland for the fairies to find



Smithills Estate bird spotting sheet

All of these photos were taken in Bolton by Smithills volunteers

How many can you spot in your garden, from your window, or on your daily walk?



1. Blackbird



2. Blue Tit



3. Magpie



4. Robin



5. Mistle Thrush



6. Great Tit



7. Tree Sparrow



8. Starling



9. House Sparrow



10. Goldfinch



@WTSmithillsEstate



@WoodlandTrustSmithillsEstate

Join Smithills Stay at Home Club and share your sightings!

With thanks to our volunteers for these photographs, reproduced with their permission.

Credits: 1, 3, 5, 6, 7, 9: Richard Cooke 2, 4, 10: David Butterfield 8: Sue Harding



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Smithills Estate bug spotting sheet

All of these photos were taken in Bolton by Smithills staff and volunteers

How many can you spot in your garden, from your window, or on your daily walk?



1. Bee



2. Caterpillar



3. Ladybird



4. Millipede



5. Centipede



6. Spider



7. Woodlouse



8. Fly



9. Beetle



10. Hoverfly

Join Smithills Stay at Home Club and share your sightings!



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Credits: 1: Chris Stott 2: David Butterfield 3: 8 Alan Booth 4, 6 Richard Cooke 5, 7, 9, 10: Jim Ormerod

Smithills Estate butterfly spotting sheet

All of these photos were taken in Bolton by Smithills volunteers

How many can you spot in your garden, from your window, or on your daily walk?



1. Comma



2. Gatekeeper



3. Ringlet



4. Small Tortoiseshell



5. Speckled Wood



6. Orange Tip



7. Red Admiral



8. Holly Blue



9. Peacock



10. Painted Lady

Join Smithills Stay at Home Club and share your sightings!



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With thanks to our volunteers for these photographs, reproduced with their permission.

Credits: 2, 9: Peter Holden 1, 3, 7, 10: David Butterfield 4, 5, 6, 8: Richard Cooke 10: Jim Ormerod



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We hope you have enjoyed these activities and also have enjoyed sharing the day with your household! If you want to find out more about the charities and local companies who have contributed to this pack, check out the links below...



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NIGEL NEWTON PHOTOGRAPHY



**Bolton
Library and
Museum Services**

boo
coaching &
consulting



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www.octagonbolton.co.uk

<http://www.asmallgoodthing.co.uk/>

<https://www.boltonlams.co.uk/>

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<https://www.webekids.net/>

<http://www.bluesky-learning.co.uk/forest-frontiers/>

<https://www.nigelnewtonphotography.co.uk/>

#MoreInCommon