

The Nexus No Name Newsletter

Number Fifty Six

May 2015

All the adversity I've had in my life, all my troubles and obstacles, have strengthened me... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you

Walt Disney

Nexus Programme Ltd

We are all asking for people to put what ever you have done in your days out if you have photos or any thing you want matt or peter to put in the nexus no name news letter If you have any thing that you want to put in the nexus no name news letter contact matt or peter

I have been fishing with Ben in park farm on Monday and Tuesday I also had a ice cream at park farm fishing lake.

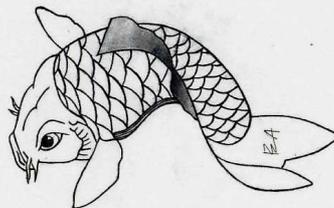
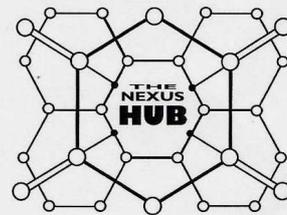
Unfortunately Lisa has left nexus program we Are hopping to have a new client at the hall.

The Nexus Hub

I think there should be more arts and craft

And I think we should be able to play basket-ball and foot ball at the park

Go for more walks I enjoy putting things together.



Matt H decided that we should redesign the Nexus No Name Newsletter he even thought we should change the name, he started to learn how to use Ms Publisher and produced this design for the front cover
(Like the design Matt but change the name "no chance" Peter H Editor)

NOT A LOT OF PEOPLE KNOW THAT...

Do you know you spend 26 years of your life sleeping and another 11 watching TV? Or eight years shopping? Considering an average lifespan of 75 years, you'll be surprised at how people spend their time without realising much about it. Here's a look at those activities



According to a study by body wash firm Skinbliss, women spend 136 days getting ready, which includes applying make-up, taking a shower and dressing up for a party. -The same research says that men spend 46 days getting ready.



According to Newstrategist research, people spend nearly three years of their lives washing clothes.



Cheer up people! We spend just 6 minutes laughing everyday. That's 115 days laughing. The earlier generation of the 1950s was jollier, chuckling for 18 minutes in a day, says an Ocean Village poll.

Waiting on platforms for trains or queuing at bus stops takes up 27 days of a person's lifetime (Doesn't it feel much longer than that?)



Canadian health experts have calculated that people spend seven years of their lives lying awake in the bed at night, waiting to fall asleep

A study by Working Lives researchers at London Metropolitan University found that people spend four years of their lives talking on phone during work hours.



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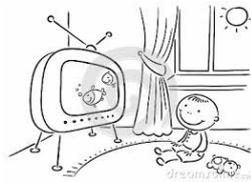
The Organisation for Economic Co-operation and Development has calculated that people spend 26 years of their life having a sound sleep.

A study by Texas A&M annual mobility found that on an average, an American spends 38 hours per year waiting in traffic. This number can go beyond 60 hours in heavily-populated metropolitan cities like Washington D.C., Los Angeles and San Francisco.



Watching television generally accounts for more than half of your leisure time. If you calculate four hours a day, people spend around 11 years in their lifetime sitting in front of the idiot box.

An American study revealed that the citizens between the age of 20 and 65 work 40 hours a week, which makes a total of 10.3 years in a lifetime.



According to a study, a child born in 2013 will have spent an entire year of his or her life in front of a screen by the time he or she turns seven.

According to a 2010 study by the Pew Research Centre in Washington DC, one in three teenagers sends more than 100 text messages a day.



Do you know that you spend 38,003 hours, or nearly 4.4 years, of your life eating?



In their entire lifetime, women spend 14,000 hours or 1.5 years brushing, washing, blow-drying, straightening, curling and cutting their hair.

In 2013, a study found that on an average, a US gamer spends 6.3 hours a week playing video games.



In a study by Nokia, it was revealed that a person checks his/her phone every six and a half minutes – which makes 150 times in 16 waking hours.

There is much of the world that an average American has yet to see. The Environmental Protection Agency revealed that Americans spend 93 percent of their lives indoors, either inside a building or a car.



In this digital age, a typical American spends around 11 hours a day with one or the other form of digital



RECIPE OF THE MONTH



HONEY FLAPJACKS

Ingredients

200g/7 $\frac{1}{4}$ oz unsalted butter

200g/7 $\frac{1}{4}$ oz Demerara sugar

200g/7 $\frac{1}{4}$ oz honey

400g/14 $\frac{1}{4}$ oz porridge oats

50g/1 $\frac{3}{4}$ oz nuts,

20cm x 30cm (8in x 12in) cake tin, greased

Preparation method

Put the butter, sugar and honey in a saucepan and heat, stirring occasionally until the butter has melted and the sugar has dissolved.

Add the oats and nuts,

Transfer the oat mixture to the prepared cake tin and spread to about 2cm ($\frac{3}{4}$ in) thick.

Smooth the surface with the back of a spoon.

Bake in a preheated oven at 180C/350F/Gas 4 for 15-20 minutes, until lightly golden around the edges, but still slightly soft in the middle.

Let cool in the tin, then turn out and cut into squares.