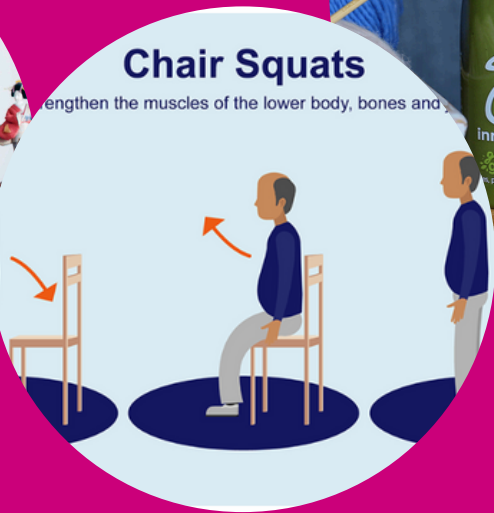


# Activities to keep you busy at home during isolation

Issue 1



# Welcome

from Amy Whyte,  
Head of Charitable Services at  
Age UK Northumberland



Hi everyone, I hope that you're keeping safe, taking care of yourselves and getting all the support that you need.

## Help from Age UK Northumberland

We know that this has been a terribly difficult time for you and your families and we would like to remind you that the team at Age UK Northumberland are available to help you if you have any queries or concerns, whether you need independent and confidential support with a housing, finance or personal issue, or you're feeling lonely and would appreciate a friendly ear, we're here to help.

Our information, advice, advocacy and friendship services are all free of charge, so don't hesitate to pick up the phone. Our lovely teams are available 9am - 5pm, Monday to Friday on 01670 784 800. And please leave a message if you don't catch them first time, someone will give you a call back.

## Crafts and activities

So on to our activity pack, thanks to the fabulous people at the National Lottery Community Fund and Community Foundation, I'm delighted to share with you, this, our first activity booklet, for you to enjoy completing and sharing with family and friends.

This pack includes colouring, word searches, Suduko, tips on how to make a bird feeder, knitting patterns and places that you can visit from the comfort of your armchair online.

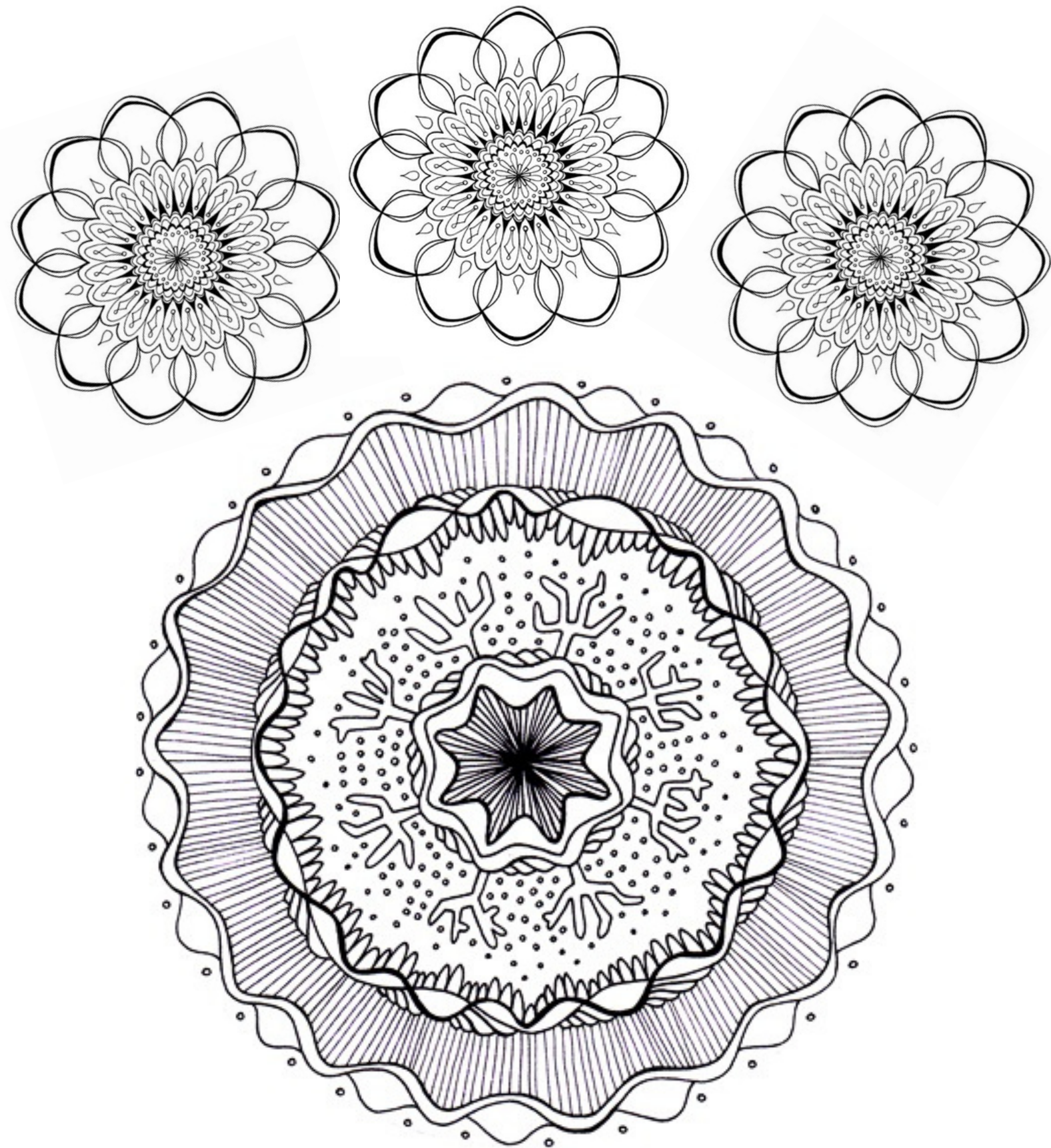
We hope that you enjoy it and we'd really appreciate your feedback for future issues, so do pass on your comments by email to [info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk) or call us on 01670 784 800. Your opinions really do mean a lot to us.

Best wishes

*Amy*



**Take care of your mind - try  
some mindfulness colouring**



# Find the Castles!

Bamburgh, Warkworth, Leeds, Dover, Launceston, Raby, Carlisle, Conwy, Balmoral, Glamis, Stirling, Harlech, Dudley, Totnes, Belvoir, Durham, Oxford, Carisbrooke, Dunstanburgh

L	E	E	R	R	Z	E	S	F	G	R	E	E	Z	X	G
D	E	R	A	H	V	A	T	Y	U	Y	E	P	P	Y	R
E	V	E	C	O	N	W	Y	W	X	Z	R	V	N	M	R
T	E	D	D	U	D	L	E	Y	K	U	I	U	O	T	O
E	V	L	A	S	U	H	A	R	L	E	C	H	N	D	I
S	H	A	R	T	O	T	N	R	C	J	H	B	Y	U	M
C	H	U	M	O	L	R	O	H	A	R	L	E	Z	F	U
A	D	N	X	N	R	O	H	T	G	L	A	M	I	S	F
R	R	C	F	E	W	W	R	I	N	R	A	B	T	H	E
I	O	E	B	G	R	K	O	C	H	E	U	A	Y	X	E
S	F	S	T	I	R	R	L	A	U	N	S	B	A	M	O
B	X	T	D	X	V	A	O	R	X	H	A	Y	M	N	O
R	O	O	K	C	I	W	N	L	A	R	X	N	G	A	R
O	F	N	E	W	D	E	T	I	V	I	L	I	Z	M	B
O	D	A	N	B	R	A	C	S	T	I	R	L	I	N	G
K	I	D	U	R	H	A	M	L	Y	J	B	L	Y	T	H
E	Z	Y	L	B	T	E	X	E	B	E	L	V	O	I	R
A	S	D	U	N	S	T	A	N	B	U	R	G	H	N	O
T	Y	N	Y	J	X	E	W	R	O	F	C	U	B	L	Y
N	L	O	C	N	I	L	A	L	A	R	O	M	L	A	B

with thanks to the team at British Red Cross

## A Tried & Tested Age UK Recipe! Fairly fat-free fruit loaf



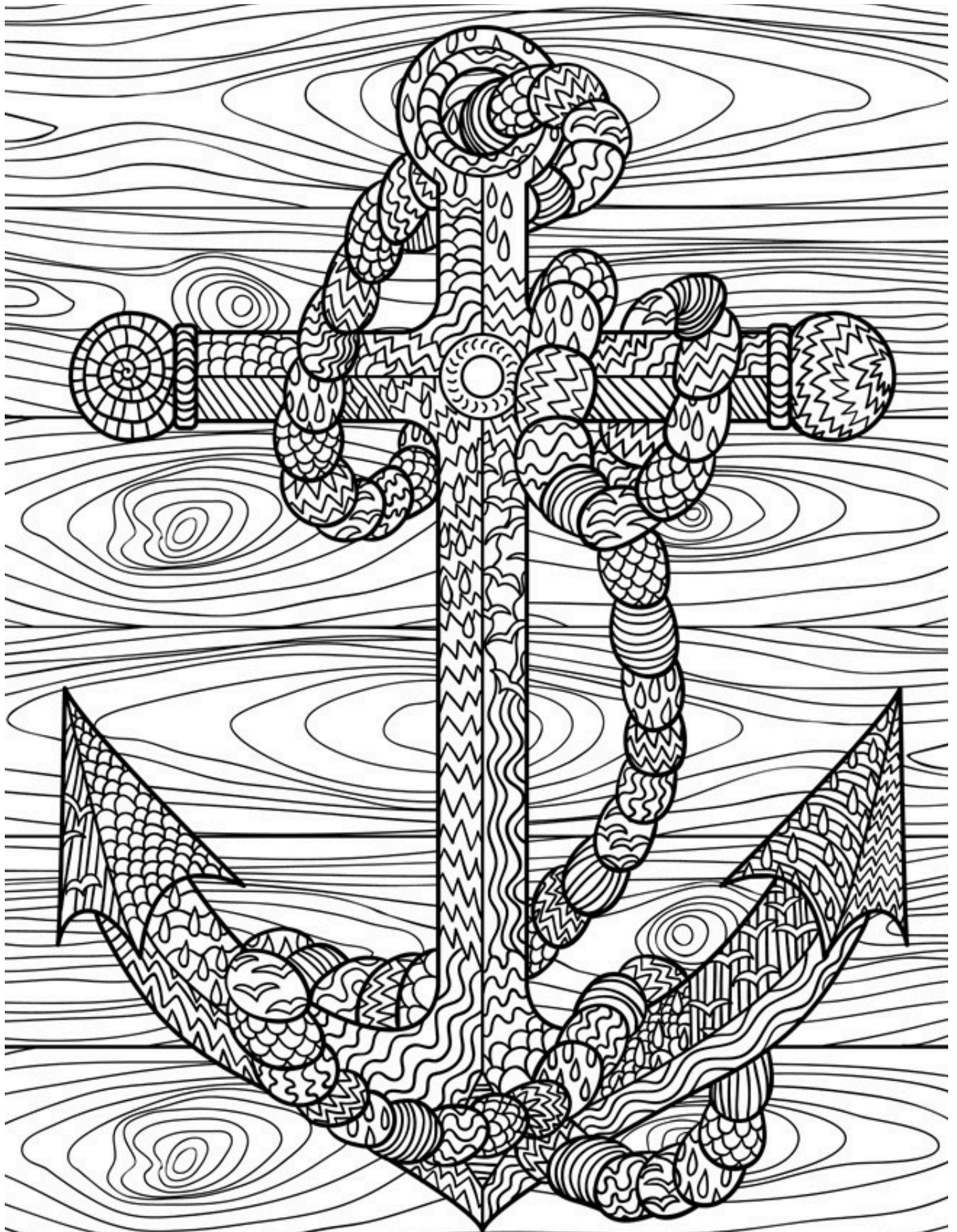
### Ingredients

340g/12oz mixed dried fruit    170g/6oz chopped dates  
2 oranges    A mug of hot brewed tea  
340g/12oz wholemeal flour    1 egg

1. In a mixing bowl, stir the fruit with the zest and juice of both oranges. Pour in the hot tea and leave covered overnight to soak in a cool, dry place.
2. The next day add in all the other ingredients and mix together.  
Pour into a greased/lined loaf tin.
3. Turn your oven on to gas mark 2/150°C/300°F and place in the middle of the oven for 1½ hours or until the sides start to shrink from the side of the tin
4. Leave to cool and slice like a loaf. Enjoy!



**Pop on your favourite music or radio station, make a cuppa and enjoy some mindfulness colouring**



# Find the birds!

Barn Owl, Wren, Dunnick, Puffin, Thrush, Heron, Chaffinch, Mallard,  
Osprey, Kingfisher, Dove, Robin, Drake, Sparrow, Starling,  
Blue Tit, Wagtail, Kestrel

Y	K	A	R	B	S	H	C	N	I	F	F	A	H	C	M
O	D	D	Y	S	E	K	D	U	N	N	I	C	K	N	A
G	O	L	W	K	S	L	E	N	E	T	L	C	I	O	G
A	V	R	E	O	D	N	N	S	G	Y	N	B	B	O	P
F	E	S	N	S	R	O	B	I	T	N	O	W	P	P	I
L	I	V	E	P	A	R	R	O	N	R	U	N	L	O	E
Y	L	T	W	R	E	N	A	E	W	S	E	Y	L	E	P
E	P	M	N	E	V	C	N	P	L	E	Q	L	F	D	S
R	U	U	D	Y	O	R	K	K	S	P	E	C	I	S	F
Y	D	T	F	K	I	N	G	F	I	S	H	E	R	T	F
B	L	O	B	F	L	A	T	H	R	U	S	H	I	A	A
E	L	M	A	Z	I	Z	W	E	E	H	H	T	M	R	H
D	E	A	V	D	O	N	E	H	T	P	E	L	Y	L	C
S	Y	B	A	R	N	O	W	L	I	U	P	C	L	I	F
X	D	C	L	E	B	R	R	J	L	I	N	C	A	N	F
L	O	O	K	S	E	E	N	B	R	O	C	H	O	G	I
O	R	A	Q	H	I	H	G	O	L	D	F	I	N	C	H
W	R	I	V	E	C	O	M	N	A	I	D	C	A	P	C
D	R	A	K	C	O	R	E	K	C	E	P	D	O	O	W
O	L	W	A	G	T	A	I	L	D	R	A	L	L	A	M

with thanks to the team at British Red Cross

## A healthy & delicious recipe from Age UK! Sweet Potato & Butternut Squash Soup



### Ingredients

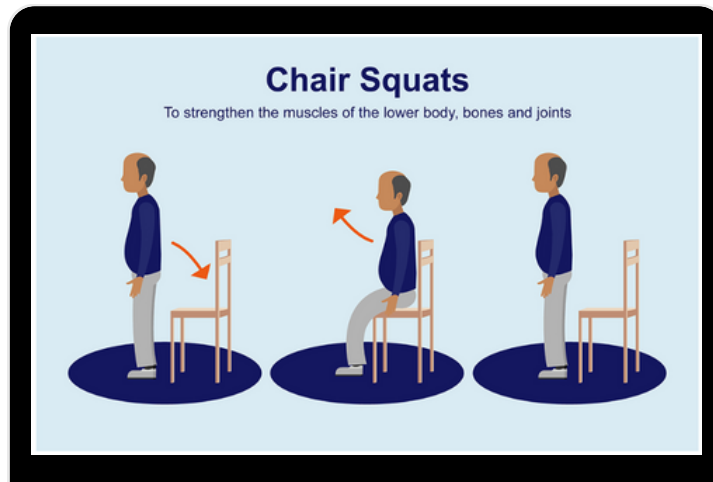
- 1 sweet potato, peeled and diced
- 1 butternut squash, peeled, deseeded and cubed
- 1 red pepper, deseeded and chopped
- 1 orange or yellow pepper, deseeded and cubed
- Fresh or dried coriander or basil & black pepper

1. Cover the vegetables with boiling water in the saucepan and simmer until soft.
2. Add a pinch of herbs and black pepper to taste.
3. When cooled, blend until smooth.
4. Serve with a granary roll or sprinkle some sesame seeds on top.



# Keeping active at home

**To help strengthen the muscles of the lower body, bones and joints**

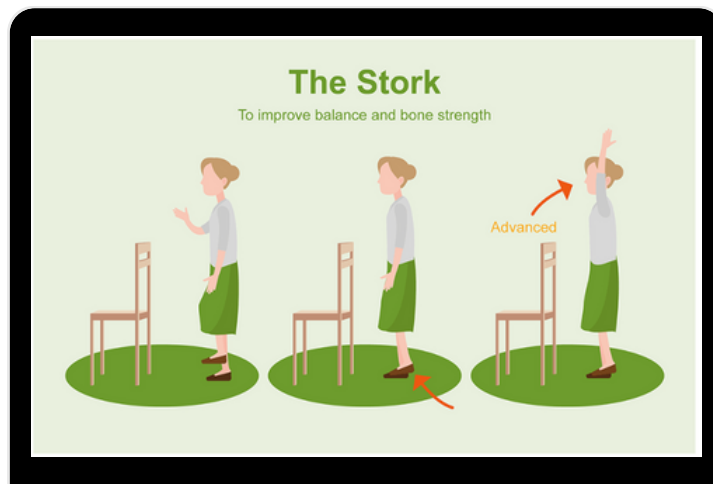


Stand in front of a chair with your feet level with your hips. Bend your knees while keeping shoulders and chest upright. Lower your bottom slowly so you sit down. Push your body back up to return to a standing position.

Try to avoid using your hands. Do this exercise 5-10 times rest and then repeat.

If you don't feel like you can do this exercise in full, try bending your legs a little until you feel you can go further. Then work towards the full activity.

**To improve balance and bone strength**



Stand facing a non-moveable chair or surface for support .

Warm up with a slow march for 1 minute, gradually raising your knees higher. With your arms at your side, lift your left foot and balance on your right foot for 10 seconds. Repeat with your right foot, aim to build up the duration by 5 seconds each time as you feel more comfortable.

To increase difficulty, try raising your hand above your head on the same side or slowly swinging your arms.

Repeat on both legs 3-5 times each.

**Gentle exercises to do at home from Age UK**

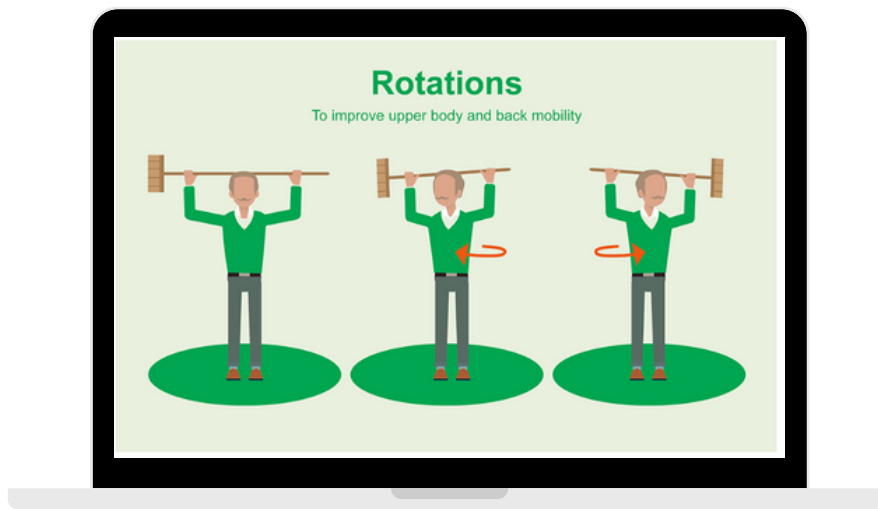
# Keeping active at home

## To improve mobility, posture and strength



Stand with your upper back, head, bum and heels against the wall  
Start with your hands out to the side with your palms facing outwards.  
Whilst maintaining contact with the wall, raise your hands above your head,  
stretching as wide and as high as possible.  
Slowly return to your starting position  
Perform this 2-3 times, take a break for 40-60 seconds before repeating again.

## To improve upper body and back mobility

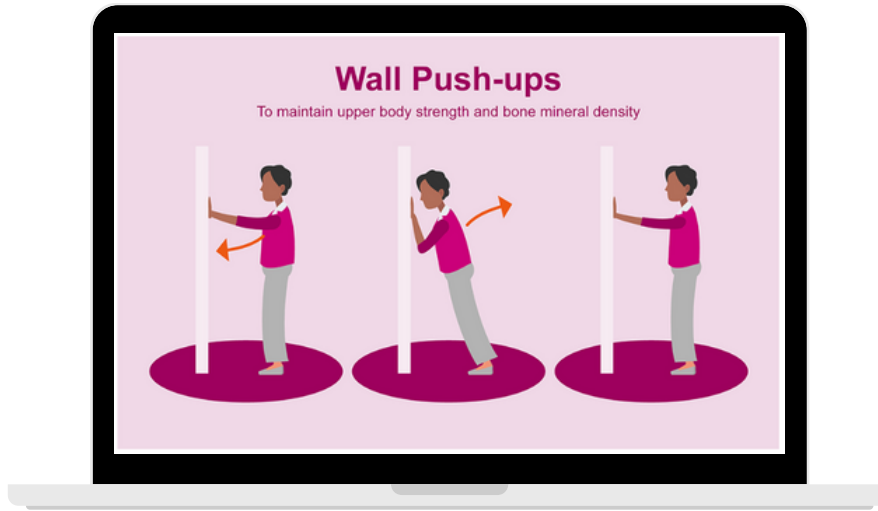


Holding a stick or broom horizontally behind your head, stand with your feet hip width apart and your knees slightly bent (if you don't have a broom, put your hands on your shoulders keeping your arms at 90 degrees)  
Keeping the broom straight, turn to your right as far as comfortable, twisting through your hips. Then slowly turn to the other side, building up your range of movement  
Repeat 10-20 times



# Keeping active at home

## To maintain upper body strength and bone mineral density

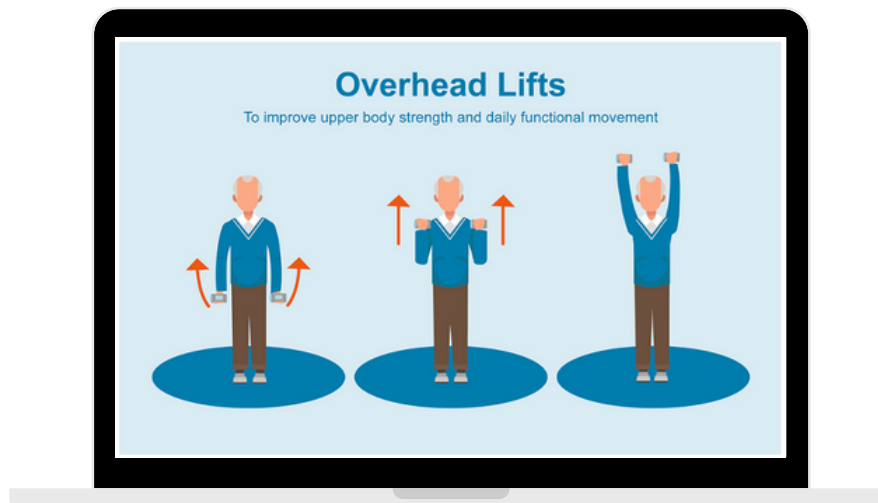


Stand at arm's length in front of a wall which is safe, lean forward slightly and put your palms flat on the wall at shoulder height  
If you are just starting out have your feet closer to the wall, If you want more of a challenge have your feet further back from the wall.

Keep your feet planted as you slowly bring your body towards the wall, aiming to keep your body straight.

Gently push yourself back so that your arms are straight again, aim for 5-10 slow repetitions

## To improve upper body strength and daily functional movement



In a standing position hold 2 evenly weighted objects like cans of beans or bottles  
Start with your hands down by your sides and your palms facing away from you  
Keeping your elbows by your side, slowly bring the objects up to your shoulders then slowly extend your arms above your head  
Reverse the action until your hands are back by your side  
Repeat the movement 5-10 times

# Sudoku Challenge 1 & 2



1

4	8				3		7	
	7		9					2
1	3					9		4
8				6				
	5		4					
				2	7			1
		5				1		
					9	5		
9			7		4			

2

	6	8	1	4	9	5		
	1							
2		9		5				
8					5	4		
				3				
		7				1	8	
						7		
			7	9	8	6	3	
6					4			5



# Sudoku Challenge 3 & 4



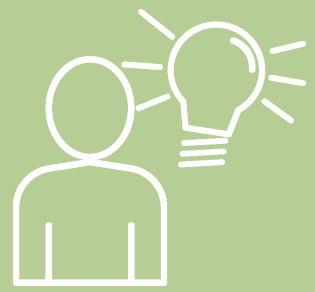
3

						7		9
	8				3		6	
	6			5				1
		8						
9	4		1		5		7	
	7	3	4		2	8		
	9	2	5					
			7					
				4	8			6

4

9					1			
	4	5		7	9		8	
	6	8						4
				1			9	5
		7			5			
					8	6		1
	5	3		2	4			
		9					2	

# Sudoku Challenge Answers...



1

4	8	9	2	1	3	6	7	5
5	7	6	9	4	8	3	1	2
1	3	2	5	7	6	9	8	4
8	1	4	3	6	5	7	2	9
2	5	7	4	9	1	8	6	3
6	9	3	8	2	7	4	5	1
3	4	5	6	8	2	1	9	7
7	2	8	1	3	9	5	4	6
9	6	1	7	5	4	2	3	8

2

3	6	8	1	4	9	5	7	2
7	1	5	3	8	2	9	4	6
2	4	9	6	5	7	3	1	8
8	2	1	9	7	5	4	6	3
4	9	6	8	3	1	2	5	7
5	3	7	4	2	6	1	8	9
9	8	4	5	6	3	7	2	1
1	5	2	7	9	8	6	3	4
6	7	3	2	1	4	8	9	5

3

3	1	5	6	2	4	7	8	9
4	8	7	9	1	3	5	6	2
2	6	9	8	5	7	4	3	1
5	2	8	3	7	9	6	1	4
9	4	6	1	8	5	2	7	3
1	7	3	4	6	2	8	9	5
8	9	2	5	3	6	1	4	7
6	5	4	7	9	1	3	2	8
7	3	1	2	4	8	9	5	6

4

9	3	2	8	4	1	7	5	6
1	4	5	6	7	9	3	8	2
7	6	8	3	5	2	9	1	4
3	8	6	4	1	7	2	9	5
2	1	7	9	6	5	4	3	8
5	9	4	2	3	8	6	7	1
8	5	3	7	2	4	1	6	9
4	7	9	1	8	6	5	2	3
6	2	1	5	9	3	8	4	7

## Some jokes and one-liners to share with friends and family!

“I was thinking of running a marathon, but I think it might be too difficult getting all the roads closed and providing enough water for everyone.” – Jordan Brookes

“A sandwich walks into a bar. The barman says, ‘Sorry we don’t serve food in here.’” – Peter Kay

“I had a survey done on my house. Eight out of 10 people said they really rather liked it.” – Jimmy Carr

“Hard to tell if people are interested in joining my Sarcastic Club or not...” – Milton Jones

“‘Son, I don’t think you’re cut out to be a mime.’ ‘Was it something I said?’ asks the son. ‘Yes.’” – Damien Slash



# Make a bird feeder for the garden!

**Attract birds into your garden with a DIY bird feeder.**

**What you'll need:**

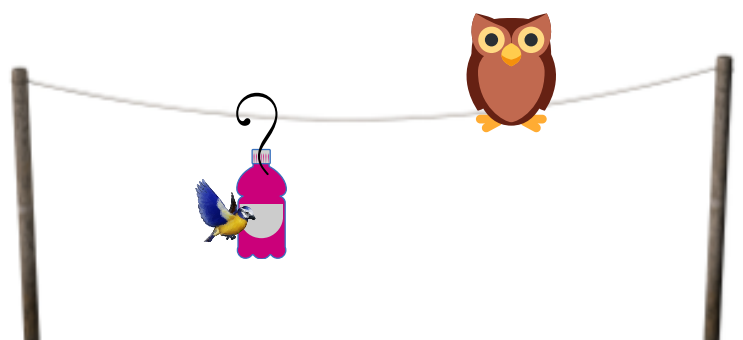
- Plastic drinks bottle /yogurt pot or milk carton (make sure they're clean)
- Wire or string
- Bird seed
- Scissors

Stay safe! Don't do this if you are allergic to nuts and be careful with knives and scissors.

Step 1 - Cut a hole in the side of the bottle large enough to allow a free flow of seeds.

Step 2 - Make a few small holes in the bottom of your feeder to allow any rainwater to drain away.

3. Hang it with wire, or even strong string from a tree or your washing line.



# JOIN OUR BIG KNIT

Calling all knitters and crocheteers!  
Could you help us to raise funds to fight loneliness in the county by knitting or crocheting some little hats for smoothie bottles?

For every hat knitted, Innocent donates 25p, so you could raise us a small fortune during lockdown!

Just dig out your scraps of old wool and knitting needles and follow the patterns enclosed or make up your own designs - the more individual the better!



## Heart bobble hat beginner pattern by Juliet Bernard

**Yarn: Blue and white DK - Needles: 4mm**

Cast on 31 sts in white, Knit 1 row (garter st)

Change to blue and knit 1 row

Now work from the chart below in stocking stitch until you've finished row 14. Continue in blue

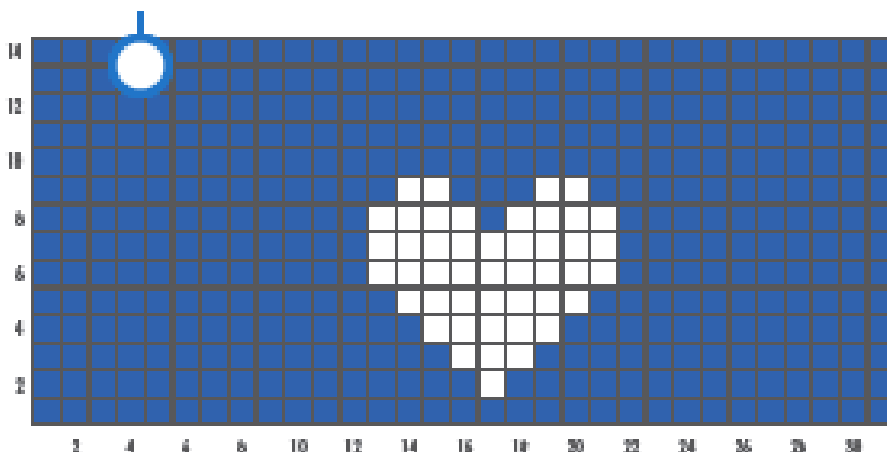
Next row: k2tog to last st, k1 (16sts). Next row: purl

Next row: k2tog to end (8sts). Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches, pull up to tighten.

### Making up

Use a sewing needle to join side seams.

Make a pompom in blue and sew securely to top of the hat



# BIG KNIT CHALLENGE 1

## Banana Hat by Juliet Bernard

**YOU WILL NEED A pair of 3.25mm (UK10/US3) Pony knitting needles**

TENSION - tension is not critical for this project

ABBREVIATIONS - K knit, P purl, k2tog knit two together, P2tog purl two together sts stitches, st st stocking stitch, YO wrap yarn over the needle

### PATTERN

- Using 4 ply yarn in yellow and some 3.25mm needles cast on 36 stitches
- For the first 2 rows, you need to knit in rib (knit 1, purl 1, knit 1)
- Then work in stocking stitch for the next 6 rows
- Change to cream yarn and work 2 more rows in stocking stitch
- For the next row, \* knit 4, knit 2 together (tog), knit 4, knit 2 tog and repeat to end of the row. (30 stitches)
- Then, starting with a purl row, use stocking stitch for the next 3 rows
- For the next row, knit 3, knit 2 tog, knit 3, knit 2 tog and repeat to end of the row. (24 stitches)
- Starting with a purl row, use stocking stitch for the next 3 rows
- For the next row, knit 2, knit 2 tog, knit 2, knit 2 tog and repeat to end of the row. (18 stitches)
- Then purl for a whole row
- For the next row, knit 1, knit 2 tog, knit 1, knit 2 tog and repeat to end of the row. (12 stitches)
- Then purl for a whole row
- And for the final row, knit 2 tog across all stitches, thread the end of the wool through the remaining stitches and bind off
- To make up the inside of the banana, sew the side seams together





# BIG KNIT CHALLENGE 2

## Post Box Hat by Juliet Bernard

**Yarn: Red, white and black - Needles:  
4mm**

Hat - Cast on 31 sts in black, Knit 2 rows  
(garter st) Change to red

Now work from chart in stocking stitch  
until row 13 has been finished

Continue in red, Next row (ws): knit all sts

Next row: k1, \*k2tog, k3, repeat from \* to  
the end of the round (25sts)

Next row: purl all sts.

Next row: k1 \*k2tog, k2, repeat from \* to  
the end of the round (19sts)

Next row: purl all sts.

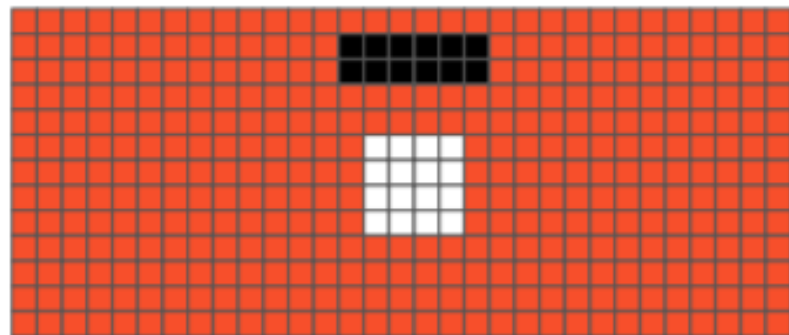
Next row:, k1 \*k2tog, k1, repeat from \* to  
the end of the round (13sts)

Next row: purl all sts.

Next row: k1, \*k2tog, repeat from \* to the  
end of the round (7sts)

Cut the yarn leaving approx 10cm length.  
Thread this through a sewing needle and  
bring through stitches and pull up to  
tighten.

Making up - use a sewing needle to join  
side seams



**Did you know that you can sign  
up to 100s of free courses online?**

Whether you fancy learning Spanish, have always loved interior design or you'd like  
to know more about gardening, there's a course out there for you!

Here are some of the sites to look at:

<https://alison.com/> <https://join.shawacademy.com>

<https://www.futurelearn.com> <https://www.open.edu/openlearn/free-courses>

<https://www.reed.co.uk/courses/free>

# Getting online

Smart tips to using the internet  
from Age UK

## How do I get onto the internet?

You'll need: a digital device (a phone, tablet, laptop or computer) a modem or router and a service provider - this service can be provided by your phone company. Once you've agreed to a service and got your device, set up it's very easy. Full instructions are provided as well as telephone support.

## Once set up, how do I search for information online?

One of the main uses of the internet is finding out information. There are millions of websites providing free information and a search engine is a way to find the website you're looking for.

Search engines (such as Google, Bing, Yahoo Search) allow you to type questions or key words and phrases into a search box, and click search. You might type in the name of a specific organisation to find their website, or you could simply type in a topic or question you want to find information on.

Once you've submitted your search request into the search engine, it will come back with a list of websites that it thinks are related to your search. It sorts the results by relevance (based on the words you entered into the search box) with the most appropriate websites listed at the top of the page.

Here are some general tips for searching online:

1. Type 2 or more words to make your searches more specific, e.g. how to wire a plug
2. Use trusted sources when searching for important facts, e.g. when you're looking up health information, always trust an NHS website over an unknown site. Wikipedia is a popular online encyclopedia that's very useful for finding information. You can find information on just about any subject, but do be aware that anyone can edit a Wikipedia page and the information hasn't been formally reviewed, so you could come across incorrect or misleading information.
3. For more information and advice get in touch on 01670 784 800



# Visiting attractions from your armchair

**Did you know that even when you can't leave the house, you can visit museums, attractions and even the theatre online?**

## Attractions

Why not take a virtual tour of an attraction that you've been to in the past or maybe somewhere you've always wanted to go to - here are just a few suggestions to get you started!

- Buckingham Palace
- Northern lights
- The Great Wall of China
- Berlin philharmonic orchestra
- NASA
- African animals
- National Aquarium, USA
- Yellowstone National Park
- Melbourne Zoo
- Walt Disney World
- National Aquarium
- Atlanta Zoo
- Getty Museum



The J. Paul Getty Museum  
Los Angeles, United States



The Getty Museum at the Getty Center features works of art dating from the eighth to the 19th century, showcased against a backdrop of dramatic architecture, tranquil views of Los Angeles. The collection includes European paintings.

## A trip down memory lane

**Do you have any memories that you'd like to share with family, friends or our team?**



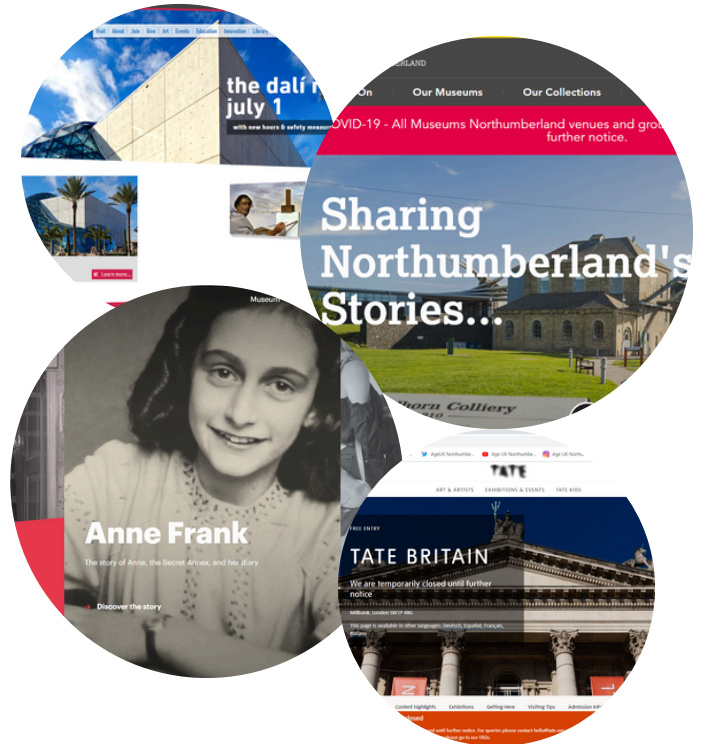


# Places to visit online

**Did you know that even when you can't leave the house, you can visit lots of museums online?**

**Museums are closed for now, but many have opened their doors for a virtual experience. You can enjoy these exhibits from the comfort of your own home:**

- Woodhorn Museum
- Anne Frank Museum, Amsterdam
- The British Museum
- Met Museum, New York
- Museum of London Docklands
- National Gallery, London
- Natural History Museum, London
- Rijksmuseum, Amsterdam
- Salvador Dali Museum, Figueres
- Tate Britain, London
- Wellcome Collection



**Fancy seeing a show? You can watch a show at the theatre from your living room.**

Here are just a few of the streaming services that you can sign up to to watch Broadway and West End shows from your living room:



BroadwayHD - free 7 day trial then monthly payment



Globe Player - you can buy or rent one-off productions



Digital Theatre - monthly payment, or one-off rental



Marquee TV - monthly plans start from £8.99

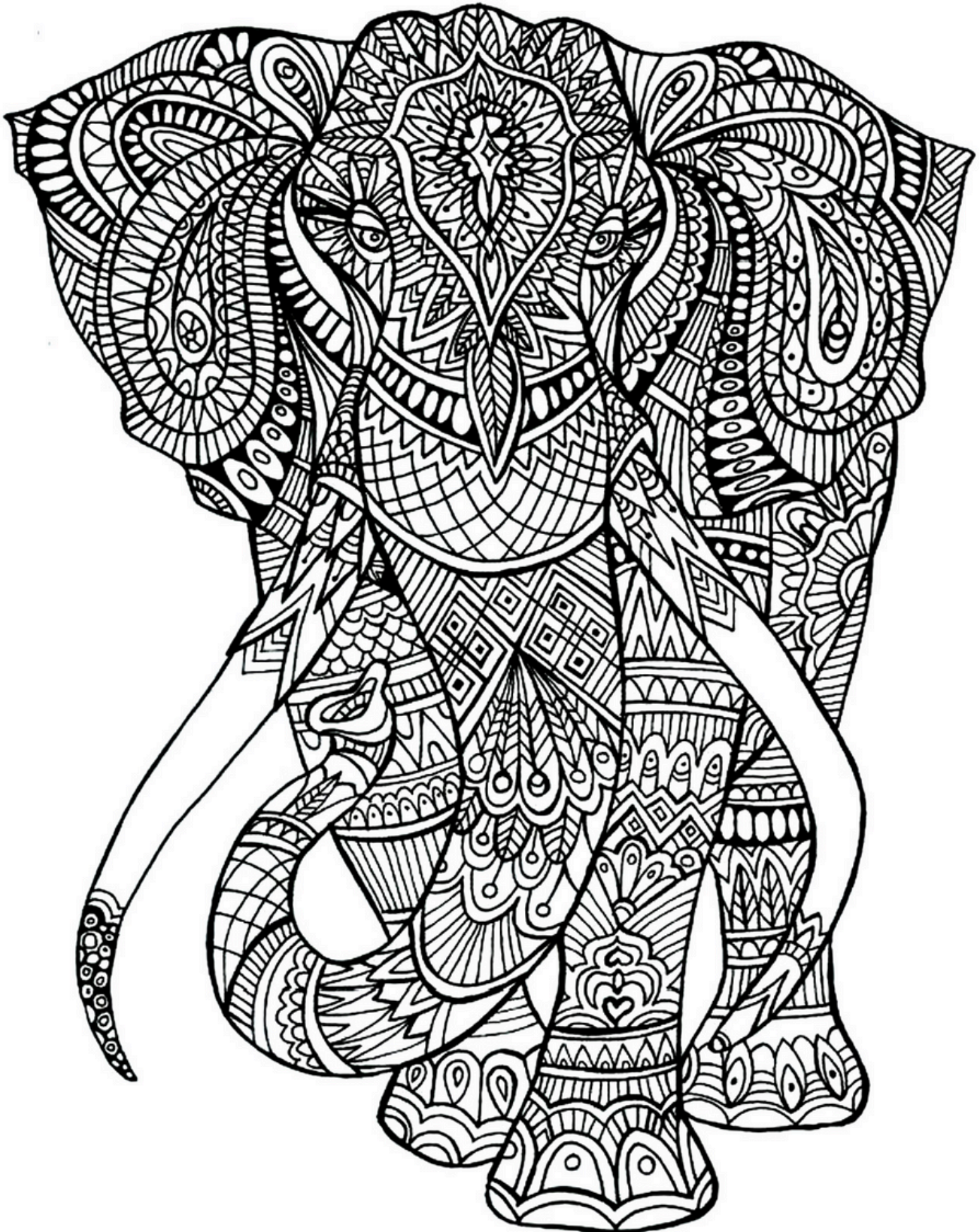


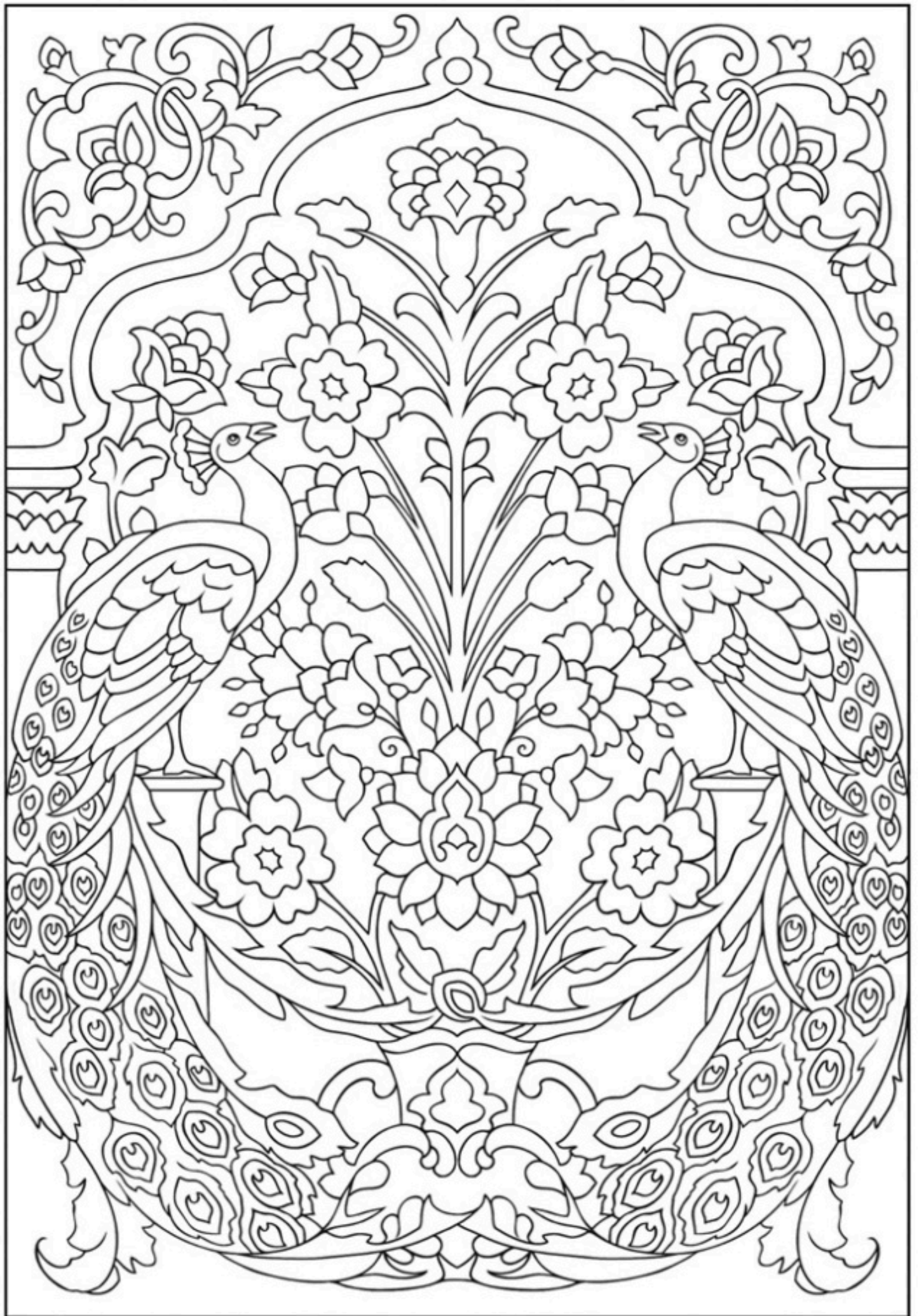
LIVR brings virtual theatre to the masses, on a subscription basis.





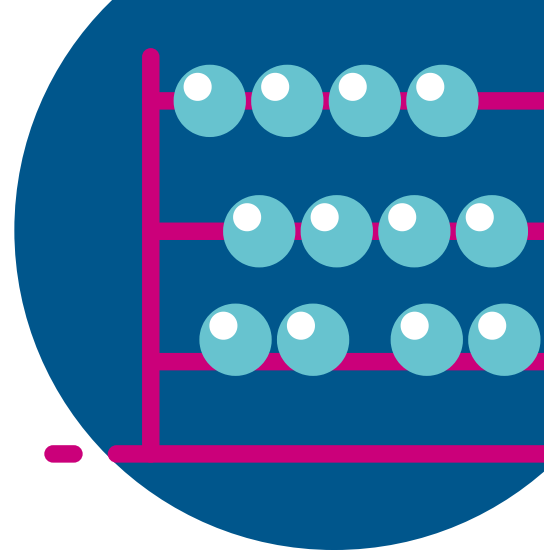
**Ready to relax? Pop on the kettle,  
make a cuppa and settle in to  
some mindful colouring**







# Sudoku Challenge



6				8			5	
				7		4		
		2			1	8		
1		9			4			2
				6	7		3	
8			9					6
4		5				1		
		1		2			9	

	3		4				8	5
8		4		3				1
	4				1			7
	6	9			7	5	2	4
5			6					
		1		7				9
3	2							
					6			

# Northumberland Quiz

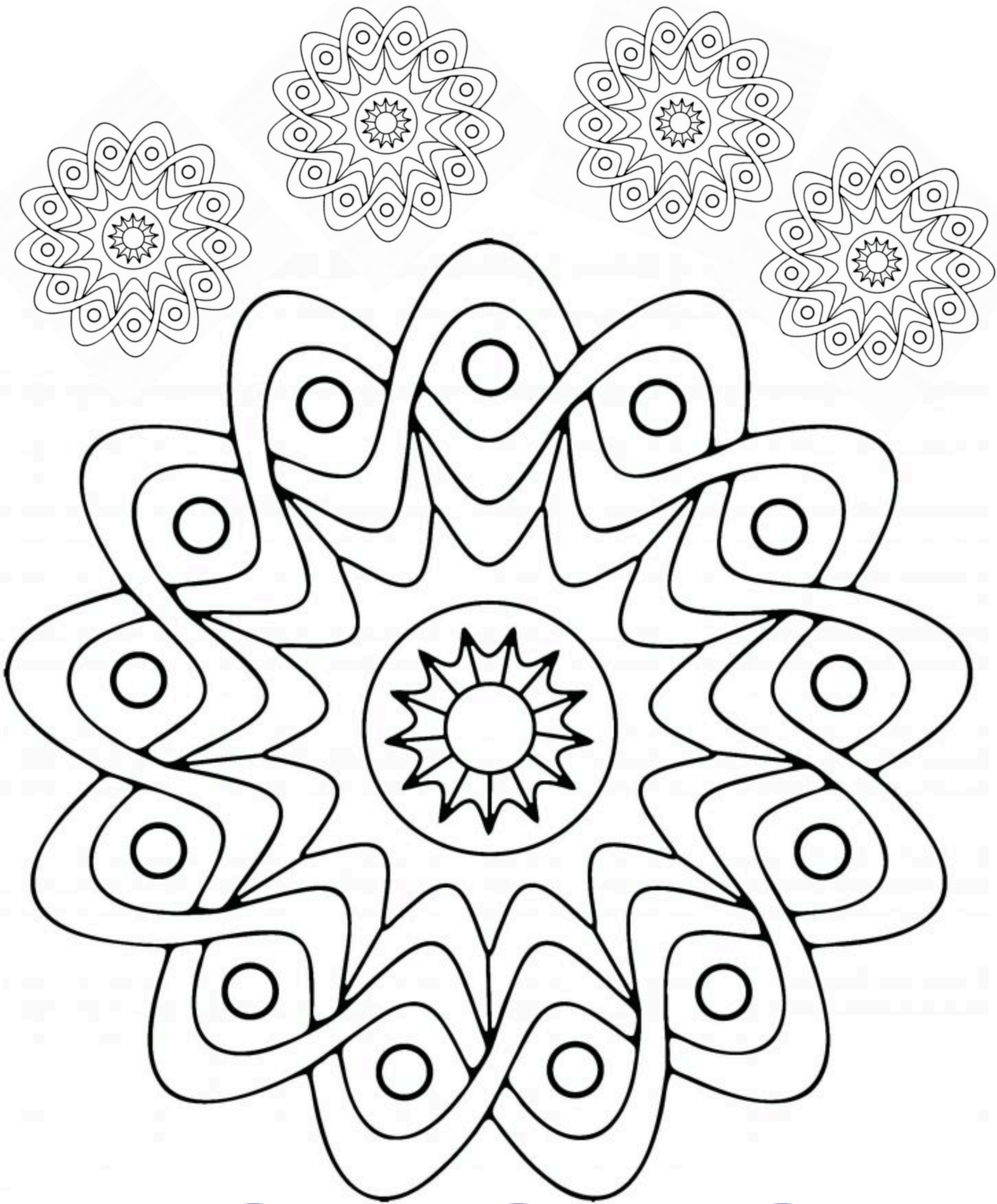
1. The county of Northumberland spans .....square miles?
2. Northumbrian Cattle are rarer than which endangered species?
3. Which tea originated from Northumberland?
4. Northumberland is home to the largest man-made lake and forest in.....?
5. Which BBC news correspondent originates from Northumberland?
6. Which famous footballing brothers originate from Northumberland?
7. Northumberland has more \_\_\_\_\_ than any other county?
8. How many times has Berwick-on Tweed changed hands between the English and the Scots?

## Sudoku Challenge Answers

6	1	4	3	8	9	2	5	7
5	8	3	6	7	2	4	1	9
9	7	2	5	4	1	8	6	3
1	3	9	8	5	4	6	7	2
2	5	8	1	6	7	9	3	4
7	4	6	2	9	3	5	8	1
8	2	7	9	1	5	3	4	6
4	9	5	7	3	6	1	2	8
3	6	1	4	2	8	7	9	5

7	3	6	4	1	9	2	8	5
8	5	4	7	3	2	6	9	1
9	1	2	8	6	5	7	4	3
2	4	8	5	9	1	3	6	7
1	6	9	3	8	7	5	2	4
5	7	3	6	2	4	9	1	8
6	8	1	2	7	3	4	5	9
3	2	5	9	4	8	1	7	8
4	9	7	1	5	6	8	3	2





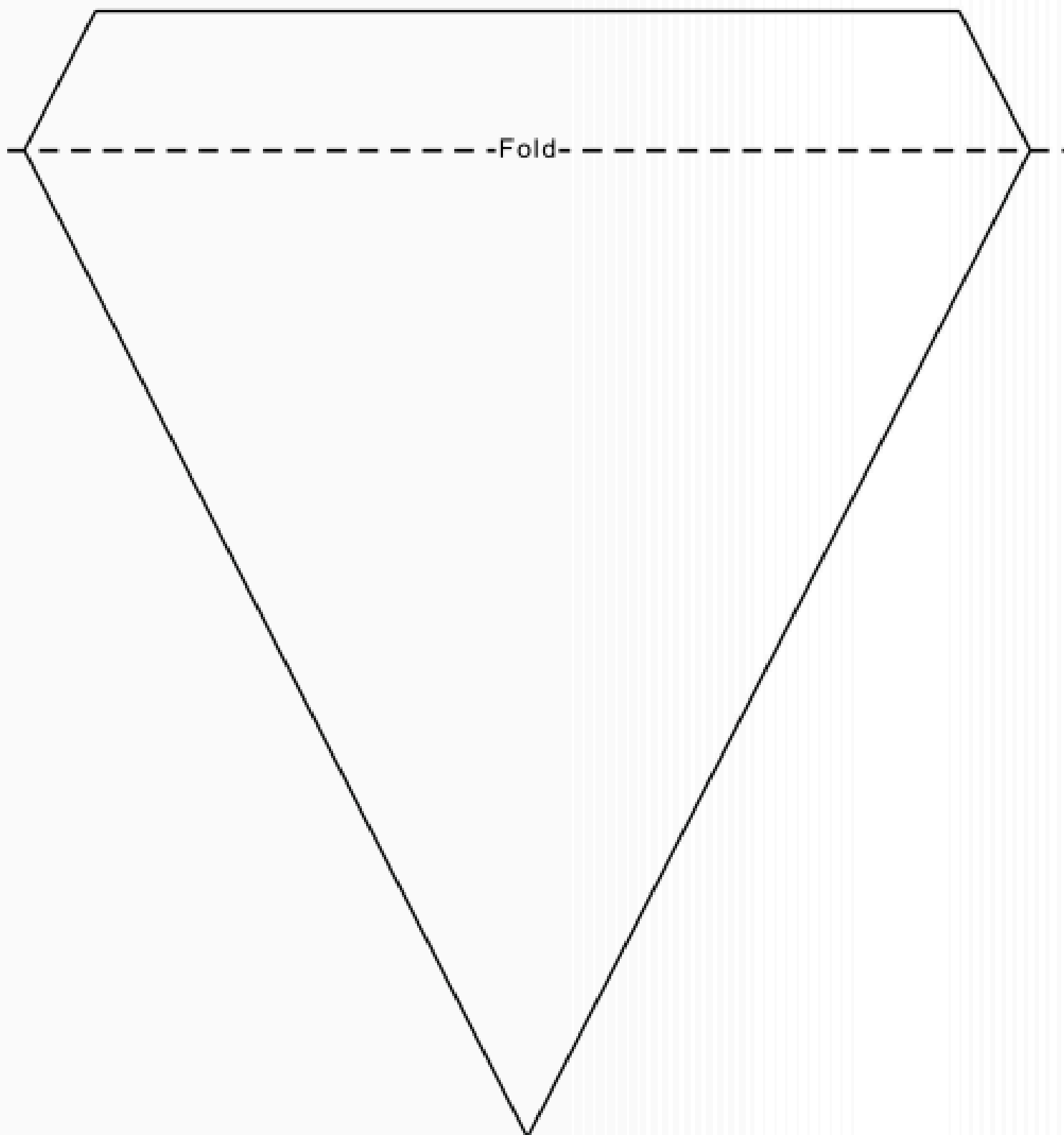
**Northumberland Quiz Answers:**

1. Northumberland covers 1,936 square miles
2. Giant panda
3. Earl Grey
4. Northern Europe
5. Kate Adie
6. Jack Charlton and Sir Bobby Charlton
7. Castles
8. 14



## How to make bunting out of your unwanted clothes, fabrics, paper or card

Wouldn't it be great to dress the towns and villages of Northumberland with colourful bunting when lockdown comes to an end? Simply cut out the template below and use as a pattern to create your lockdown bunting. The more that you can make the better and why not encourage your friends and family to join the effort!



# Five inventive tips & tricks for green fingered gardeners!

- 1 Avoid re-landscaping your garden as the seasons change by using the pot to pot method - dig a hole fill it with an empty plastic pot, then drop in your soil and seeds, flowers, vegetables or herbs ready to grow. When it's time to remove them, simply lift out and re-fill the pot with your new 'seasonal' choice - no digging required!
- 2 Grow your seedlings in a citrus peel. As the peel composts in the soil it will provide nourishment for the seedlings. Once established, plant the whole thing outdoors, don't forget to poke a hole in the bottom of the peel for drainage.
- 3 Line your indoor plant pots with a coffee filter. As the water drains through the soil remains in the pot and saves you a cleaning job washing the saucer.
- 4 Want to grow some cuttings from your rose bush? Push the bottom end of your rose bush cutting into a small potato and it will retain moisture as it grows roots ready to plant.
- 5 Make a mini greenhouse - Plant your seeds in a small pot with compost, chop off the bottom 3/4 of a plastic drinks bottle and cover your little pot...voila!





# Garden Visitors

Why not join our team of twitchers and keep a log of the commonly spotted feathered visitors to your garden. Send us your findings at the end of each month at [info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk) and we'll publish the results on our website. We'd also love to hear about your more unusual visitors!



Robin



Blackbird



Wood Pigeon



Chaffinch



Starling



House Sparrow



Magpie



Carrion Crow



Wren



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for news, music from the 40s, 50s, 60s & 70s, local nostalgia, health and fitness, hobbies and interests & phone-ins

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**ADVOCACY**

Advocacy is taking action to empower you.

We provide free & independent support to help you say what you want, secure your rights, represent your interests and obtain the services you need.



**BEFRIENDING**

Not having someone to talk to regularly can be lonely, but it doesn't have to be that way. We run a range of Friendship Services across the county to support and offer friendship to people who are feeling isolated, lonely or would just like to make new friends.



**CAFE**

The Round House Cafe provides a range of meal options to residents in the local area, Monday to Friday. Our catering team also provide external catering services for any occasion.



**HEALTH & WELLBEING**

The Health and Wellbeing team provide a county wide service with a strong focus on delivering exercise classes to suit all levels and abilities.



**HOME CARE**

Our Home Care services are tailor made to provide you with everything you need to enhance your life and to maintain your independence.



**INFORMATION & ADVICE**

Free, confidential and impartial advice for over 50s, their families, carers and organisations. Services include Welfare Rights, housing and home care advice

**For more information, give our friendly team a call on  
01670 784 800 or email [info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)**