

CRAFTS AND ACTIVITIES FOR CHILLY DAYS

ISSUE 3

Northumberland
age UK



BERNICIA

supported
by

karbon
homes

Hi, I'm Amy Whyte, Head of Charitable Services at Age UK Northumberland.

I'd like to welcome you to the third edition of our Age UK Northumberland Activity books. The team all really hope that you enjoy the activities included and find it fun and entertaining.



We'd like to say a special thank you to our Community Engagement Officer, Angela Clough, for her brilliant contributions to this edition - she's created some wonderful challenges and quizzes and we hope you enjoy them!

Please remember, that we're here for you if you'd like any support, no matter how big or small....

Our information, advice, advocacy, friendship and health and wellbeing services are all free of charge, so don't hesitate to pick up the phone and ask our teams a question. The office is open 9am - 5pm, Monday to Friday, so give us a call on 01670 784 800. If you don't get straight through, leave a message for the team and they'll call you back.

We'd also welcome your feedback - we love to hear from you, so do pass on your comments by email to info@ageuk-northumberland.org.uk or give us on 01670 784 800. Your thoughts and suggestions really do mean a lot to us. Stay safe, stay positive and we look forward to seeing you soon.

Best wishes.

Amy



01670 784 800

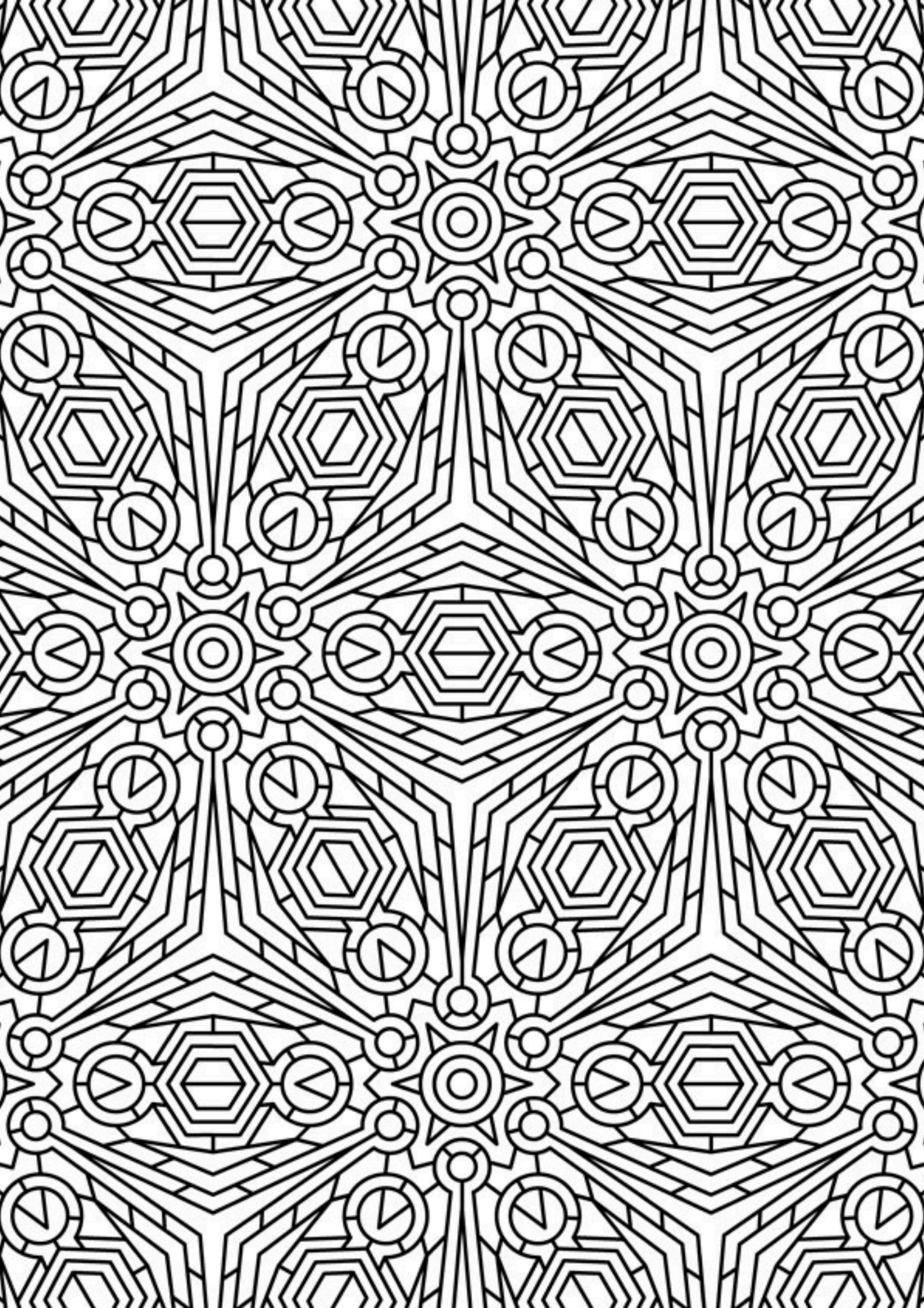


**info@ageuk-
northumberland.org.uk**

Collective Nouns for Animals

A shrewdness of apes
A colony of badgers
A chatter of budgerigars
An obstinacy of buffalo
A flutter of butterflies
An army of caterpillars
A murder of crows
A convocation of eagles
A tower of giraffes
A band of gorillas
A shimmer of hummingbirds
A mob of jackdaws
A kindle of kittens
A murder of magpies
A parliament of owls
An embarrassment of pandas
A waddle of penguins
A circus of puffins
A building of rooks
A descent of woodpeckers





Some Fab Funnies - with thanks to The Red Cross

Try this and see how intelligent your right foot is!

While sitting in a chair, lift your right foot off the floor and make clock-wise circles.

Now while doing this draw a number 6 in the air with your right hand.

Your foot will change direction.....told you so, we both know how stupid it is but before the end of the day, you try it again!



**A farmer is milking a cow when a fly flies into its ear,
he continues milking and the fly squirts out into the bucket.
It had gone into one ear and out the udder.**

Judge: Mr Murphy I have reviewed your wife's case in this divorce and I've decided to give her £775 per week.

Murphy: That's very kind of you your honour and I'll chip in something when I can.

10 facts!

1. When one door closes and another opens you're probably in prison.
2. To me, drink responsibly means don't spill any.
3. Age 60 might be the new, 40 but 9pm is definitely the new midnight.
4. It's the start of brand new day and I'm off like a herd of turtles on a beach.
5. The older I get the earlier it gets late.
6. When I say the other day, I could be referring to any time between now and 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. It was Negative.
9. Remember, if you lose a sock it comes back as a tupperware lid that won't fit any container.
10. If you're sitting in a public place and a stranger sits next to you, just stare straight ahead and say in a loud voice " Did you bring the money?".

**I've reached the age where my train of
'thought often leaves the station
without me.**



If you ever get an email about pork, ham, salt and preservatives don't open it.
It's spam.

TRUMP Whines,
made from
sour grapes



Don't Quit

by

Edgar Albert Guest

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile but have to sigh.
When care is pressing you down a bit,
Rest, if you must, but don't you quit.

Life is queer with it's twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won if he'd stuck it out.
Don't give up though the pace seems slow,
You might succeed with another blow.

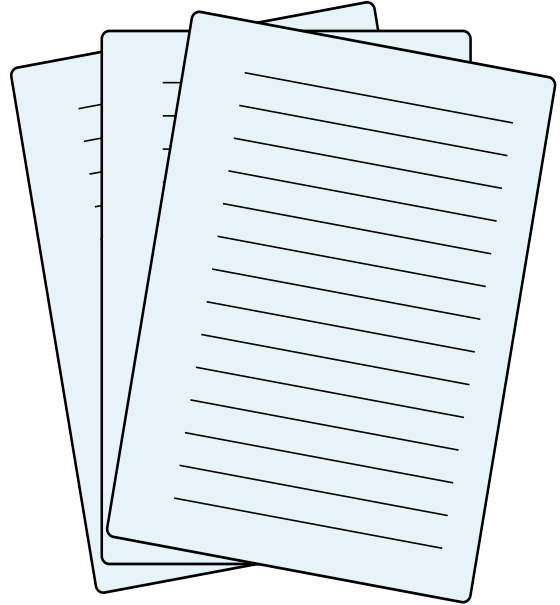
Often the struggler has given up,
When he might have captured the victor's cup.
And he learned too late, when the night slipped down,
How close he was to the golden crown.

Success is failure turned inside out,
The silver tint of clouds of doubt,
And you never can tell how close you are,
It may be near, when it seems afar.
So stick to the fight when you're hardest hit,
It's when things seem worst that you mustn't quit.

SUDUKO CHALLENGE 1

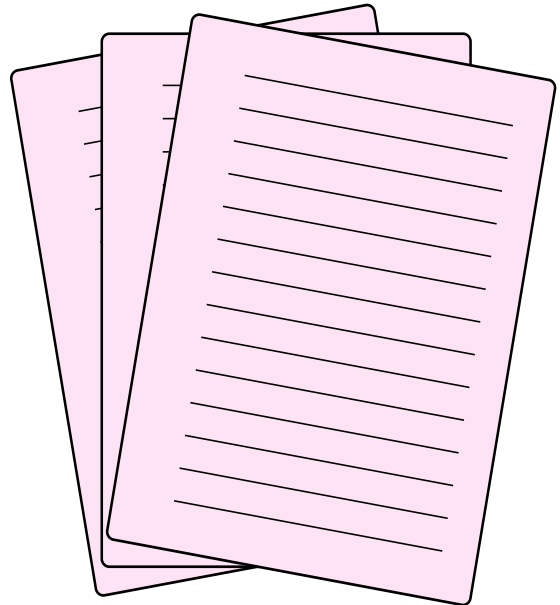
EASY

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



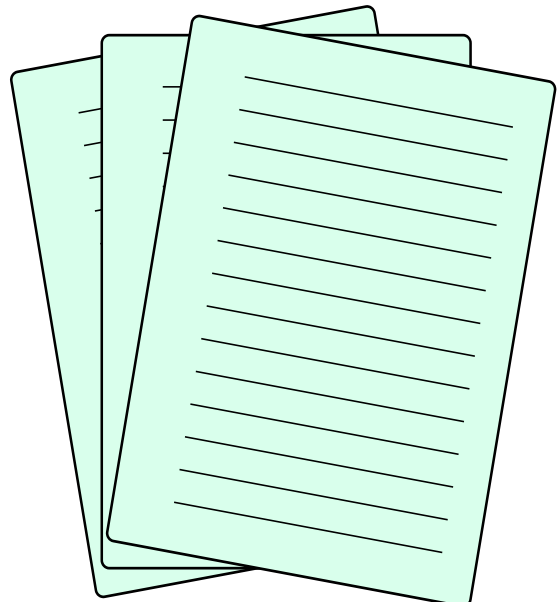
MEDIUM

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



HARD

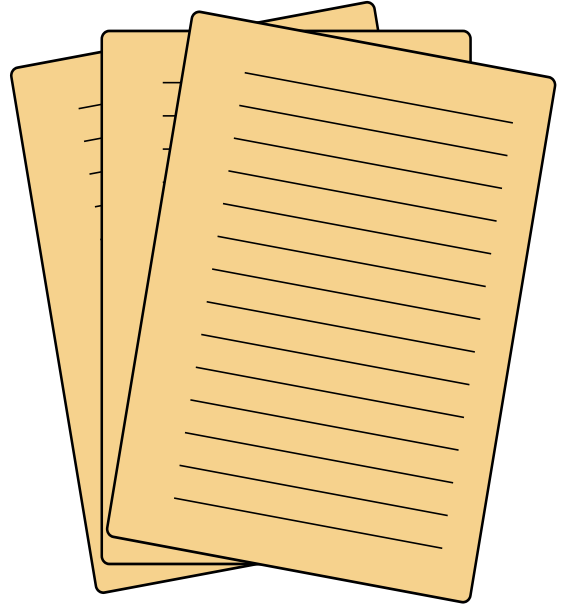
4		7				5		
			9	7				
9				1		6		2
	4		5					
	6	1				2	4	
					2		9	
1		5		4				6
				2	3			
		4				8		3



SUDUKO CHALLENGE 2

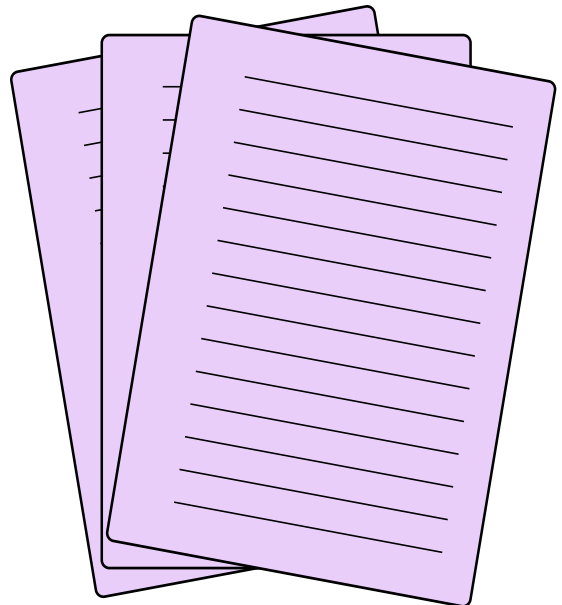
EASY

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



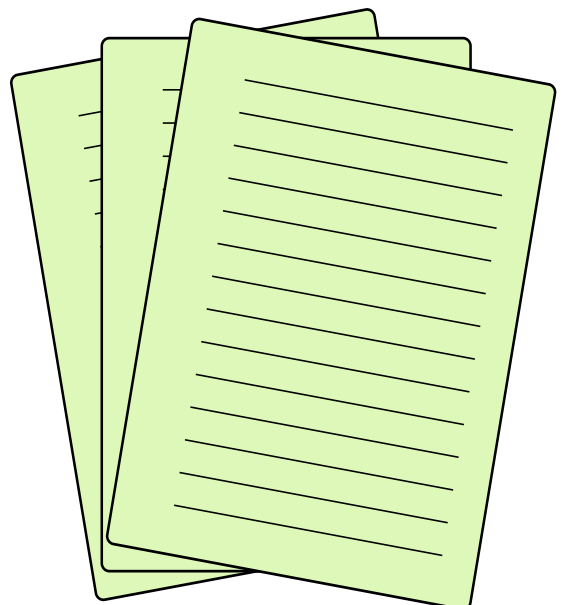
MEDIUM

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



HARD

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



SUDUKO CHALLENGE 1

ANSWERS

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

SUDUKO CHALLENGE 2

ANSWERS

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

QUIZ Questions

1960s

1. On whose short story was the 1963 Hitchcock film "The Birds" based?
2. Who was the question master on University Challenge when it first aired in 1962?
3. Who was elected UK Prime Minister in October 1964?
4. Opened in July 1965 which 2 countries are linked by Mont Blanc tunnel?
5. What record in 1963 gave The Beatles their first UK number one single?
6. Who was arrested in June 1968 for the murder of Martin Luther King Junior?

WORD LADDER

1

2

ONE

	KING
Chant	
Maths term	
Contour	
Sole	
Protracted	
	KONG

ONE

	BARD
Thick paper	
Compassion	
Centre	
Skin opening	
Ship dock	
	POET

TWO

	SHIN
Facial feature	
Metal token	
Foot affliction	
Central	
Funnel	
	BONE

TWO

	LOOK
Chef	
Irish town	
Cereal crop	
Ripped	
Settlement	
	DOWN

THREE

	HAUL
Public room	
Lofty	
Story	
Pacified	
Scholarly book	
	TOTE

THREE

	POKE
Rod	
Survey	
Ball game	
Tire out	
Rugby position	
	PROD

WORD LADDER SOLUTIONS

1

ONE SOLUTION

	KING
Chant	SING
Maths term	SINE
Contour	LINE
Sole	LONE
Protracted	LONG
	KONG

TWO SOLUTION

	SHIN
Facial feature	CHIN
Metal token	COIN
Foot affliction	CORN
Central	CORE
Funnel	CONE
	BONE

THREE SOLUTION

	HAUL
Public room	HALL
Lofty	TALL
Story	TALE
Pacified	TAME
Scholarly book	TOME
	TOTE

2

ONE SOLUTION

	BARD
Thick paper	CARD
Compassion	CARE
Centre	CORE
Skin opening	PORE
Ship dock	PORT
	POET

TWO SOLUTION

	LOOK
Chef	COOK
Irish town	CORK
Cereal crop	CORN
Ripped	TORN
Settlement	TOWN
	DOWN

THREE SOLUTION

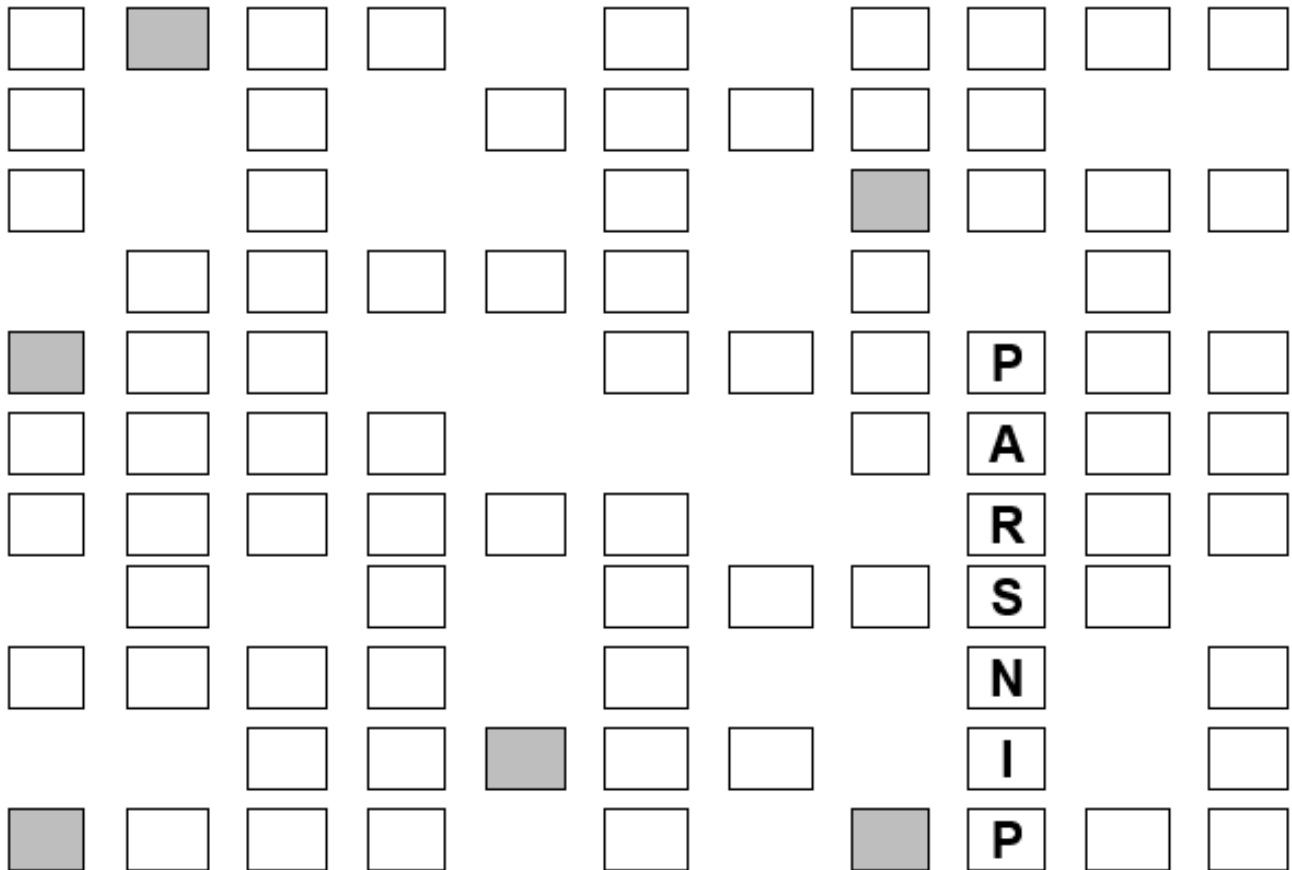
	POKE
Rod	POLE
Survey	POLL
Ball game	POOL
Tire out	POOP
Rugby position	PROP
	PROD

Quiz Questions - 1960s Answers

1. Daphne du Maurier, 2. Bamber Gascoigne, 3. Harold Wilson,
4. France and Italy, 5. From Me To You, 6. James Earl Ray

FILL ME IN!

When you've completed the puzzle,
rearrange the shaded squares to spell out a colour.
One word has been inserted to start you off.



- | 3 LETTERS | 4 LETTERS | 5 LETTERS | 6 LETTERS | 7 LETTERS |
|-----------|-----------|-----------|-----------|-----------|
| BUG | BEAN | ANGST | CARROT | ARCHWAY |
| ERA | ITEM | CHARD | LITMUS | PARSNIP |
| LAW | KALE | GAMER | OCELOT | |
| LOT | ORAL | NEEDS | SHAPES | |
| PIN | PEAS | RUPEE | STREAK | |
| ROW | ROOT | TEETH | TRYING | |
| SEW | SWIM | | | |
| WHO | UPON | | | |



A Murder Mystery from your Armchair

Northumberland Libraries are running Murder Mysteries by zoom,
you'll find more information at:

<https://www.eventbrite.co.uk/d/online/northumberland-libraries-murder-mystery>

WORD SEARCH

Here is a list of Muppets.

Can you find them in the grid?

The answers can be found running backwards, forwards, horizontal, vertical or diagonal.

Animal, Beaker, Constantine, Crazy Harry, Dr Teeth, Floyd Pepper, Fozzie Bear, Gonzo, Janice, Kermit, Mahna Mahna, Miss Piggy, Pepe, Rizzo, Rowlf, Scooter, Statler, Sweetums. Waldorf, Zoot

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

FILL ME IN ANSWER
COLOUR: PURPLE

Bill's Lemon Drizzle Cake

Cake Ingredients

3 Large eggs 6oz (170g) self raising flour
6oz (170g) Caster Sugar 6oz (170g) unsalted butter
Zest of 2 lemons *If using food processor add 1 small tsp baking powder

Drizzle Note

Juice of 2 lemons (the ones you zested) 4oz (110g) icing sugar

Preparation Method Cake Batter

Grease a bread tin (about 24x10.4cm) & pre-heat your oven to 180C/350F.
Cream together your cake ingredients until your left with a nice smooth cake batter.
Pour into the tin & bake for about 30-35 mins.

Then mix together the icing sugar & lemon juice until totally smooth, pop it to one side.

After 30 minutes check the cake by inserting a skewer into the middle,
if it comes out clean its done. If not, give it a few minutes more.

When its ready, use your skewer to poke holes all over the cake, all the way down to the
bottom Pour over the lemon glaze and leave to cool.

Notes: For best results put butter, flour and baking powder into a food processor, use the pulse function to mix to fine bread crumbs, add all the other ingredients and pulse/mix until the mixture is smooth without lumps 1-2 minutes.

Enjoy!



WORD SEARCH

Here is a list of Counties. Can you find them in the grid? The answers can be found running backwards, forwards, horizontal, vertical or diagonal. However, there's one you won't find – which one is it?

Bedfordshire, Cornwall, Devon, Dorset, Durham, Essex, Herefordshire, Hertfordshire, Kent, Lancashire, Norfolk, Northumberland, Somerset, Surrey, Yorkshire, Wiltshire

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

QUIZ Questions

Science and Nature

1. What plant is named after the Roman God of agriculture?
2. Originating in Corsica, what breed of animal is CURSINO?
3. Who invented the thermos flask?
4. Where in the human body would you find the malleus and the anvil?
5. What type of animal may be defined as ursine?
6. Which gas occupies around 21% of the earth's atmosphere?

ALPHAMUDDLE

Rearrange the letters in the grid on the left to make five words that read both across and down. Five letters have been placed to start you off.

R	I	N	D	E
D	E	E	N	I
N	O	A	C	E
T	E	N	E	D
R	O	A	S	T

			N	
T				
				D
	I			
		D		

QUIZ Questions

Answers
over
page

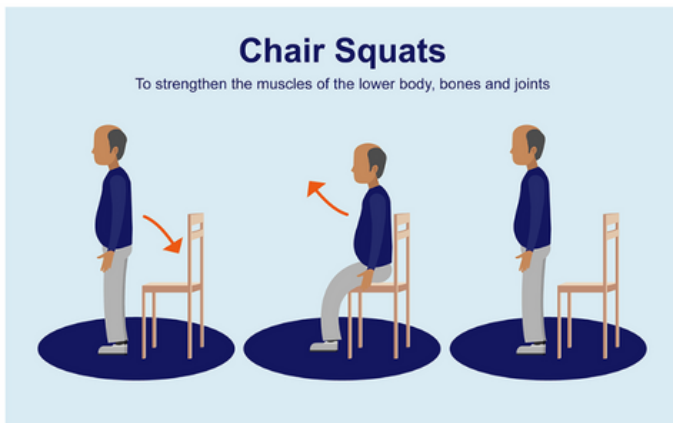
Fruit & Veg

1. What kitchen implement used for chopping vegetables shares it's name with a musical instrument?
2. What fruit grows on palm trees?
3. What is the collective name for fruits that contain stones?
4. What fruit juice is added to vodka to make a screwdriver?
5. Which edible crop has varieties known as Hardy Tarty and Prince Albert?
6. Cambridge No5, Welland and Bedord are all varieties of which vegetable?

Word search solution: The one you won't find.....Essex

Keeping Moving with Age UK

Any type of activity is good for you, whether it's walking to the kitchen to make a cuppa or dusting the lounge and the more you move the better your strength, balance and flexibility. So here are just a few simple exercises that can be done on a daily basis to improve strength, balance and mobility - please always check that there are no trip hazards before you start, wear comfortable, sturdy shoes and stop if you feel at all lightheaded or unwell.



Stand in front of a chair with your feet as far apart as your hips. Bend your knees while keeping your shoulders and chest upright. Lower your bottom slowly (4 seconds) so you sit down. Then push your body back up to return to a standing position (2-4 seconds).

Try to avoid using your hands. Aim to perform these 5-10 times or for a duration of 20-60 seconds. Then, take a rest for 40-60 seconds. Repeat this action 2-5 times.

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



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, slowly raise your hands above your head, stretching as wide and as high as possible. Slowly return to your starting position and then repeat – aim to complete 5-10 times.

Perform this 2-3 times, take a break for 40-60 seconds before repeating again.

If you've fallen or are worried about falling, exercises to improve strength and balance will help you feel stronger and more confident on your feet.

Get in touch to find out more about our falls prevention support and advice.

For more information contact Health and Wellbeing on 0670 784 800.

Quiz Question Answers – Science & Nature

1. Saturn 2. Dog 3. Sir James Dewar 4. Ear 5. Bear 6. Oxygen

Keeping Moving with Age UK

Stair Stepping

To improve coordination, aerobic fitness for heart health and lower body strength



Stand in front of a staircase or step and step up with your right foot, then up with your left. Then step back down with your right, then back down with your left. Try to repeat 10 times or for a period of 20-60 seconds. Take a rest before changing the leading foot. If you need a little support, hold on gently to the railing, or gently touch the wall with your finger tip. If this is comfortable, to increase difficulty, hold some weight in each hand such as a bottle of water. Try to perform these 2-5 times, take a break for 40-60 seconds before repeating again.

Wall Push-ups

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. Try to perform this 2-5 times, take a break for 40-60 seconds before repeating again.

You can find more exercise classes on our website at:

www.ageuk.org.uk/northumberland/activities-and-events/workout-classes

ALPHAMUDDLE Solution

S	T	O	N	E
T	R	A	I	N
O	A	R	E	D
N	I	E	C	E
E	N	D	E	D

Quiz Question Answers

Fruit & Veg

1. Mandolin
2. Dates
3. Drupes
4. Orange
5. Rhubarb
6. Brussel Sprout

REMEMBER WHEN...

Can you remember the year?

- A**
1. TV pioneer John Logie Baird died
 2. King Umberto II of Italy was forced to abdicate after just 34 days on the throne
 3. Boxer Freddie Mills was beaten by Gus Lesnevich
 4. James Stewart starred in "It's a Wonderful Life"

- B**
1. Blondie had a huge hit single with "Heart of Glass"
 2. TV comedy "Not The Nine O'clock News" made its debut
 3. Sir Anthony Blunt was exposed as a spy for the Russians
 4. Mother Teresa was awarded the Nobel Peace Prize

- C**
1. A huge earthquake rocked Mexico City, leaving at least 250,000 people homeless
 2. The pound fell to a record low
 3. Madonna had her first No 1 single with "Into The Groove"
 4. Boris Becker won Wimbledon at the age of 17

- D**
1. Nat King Cole's hit "Nature Boy" was released
 2. Mahatma Ghandi was assassinated
 3. Gerard Depardieu was born
 4. Clement Attlee was Prime Minister

- e**
1. Star Wars was released
 2. Elvis Presley died
 3. The last Orient Express travelled to Istanbul from Paris
 4. Red Rum galloped to a third Grand National victory

- f**
1. Cigarette advertising was banned on British TV
 2. Neil Simon's "The Odd Couple" opened on Broadway
 3. Julie Andrews won Best Actress at the Oscars
 4. Sir Winston Churchill died

QUIZ Questions

Around the World

1. What is the Northernmost capital city in Australia?
2. Which is the most Easterly town in England?
3. Which stretch of water separates Alaska from Russia?
4. Which mountain range separates France from Spain?
5. In which part of Canada did a gold rush take place in 1896?
6. What is the capital and largest city in Indonesia?

THE BIG KNIT 2021

We're in need of some big knitters to help us raise funds for Age UK Northumberland!!!

Age UK and Innocent Drinks have announced the return of the Big Knit campaign 2021 and we're very excited. For every little hat created, Innocent Drinks will give us 25p. Last year our knitters helped us raise £2,920 and this year we'd love your help to do even better.



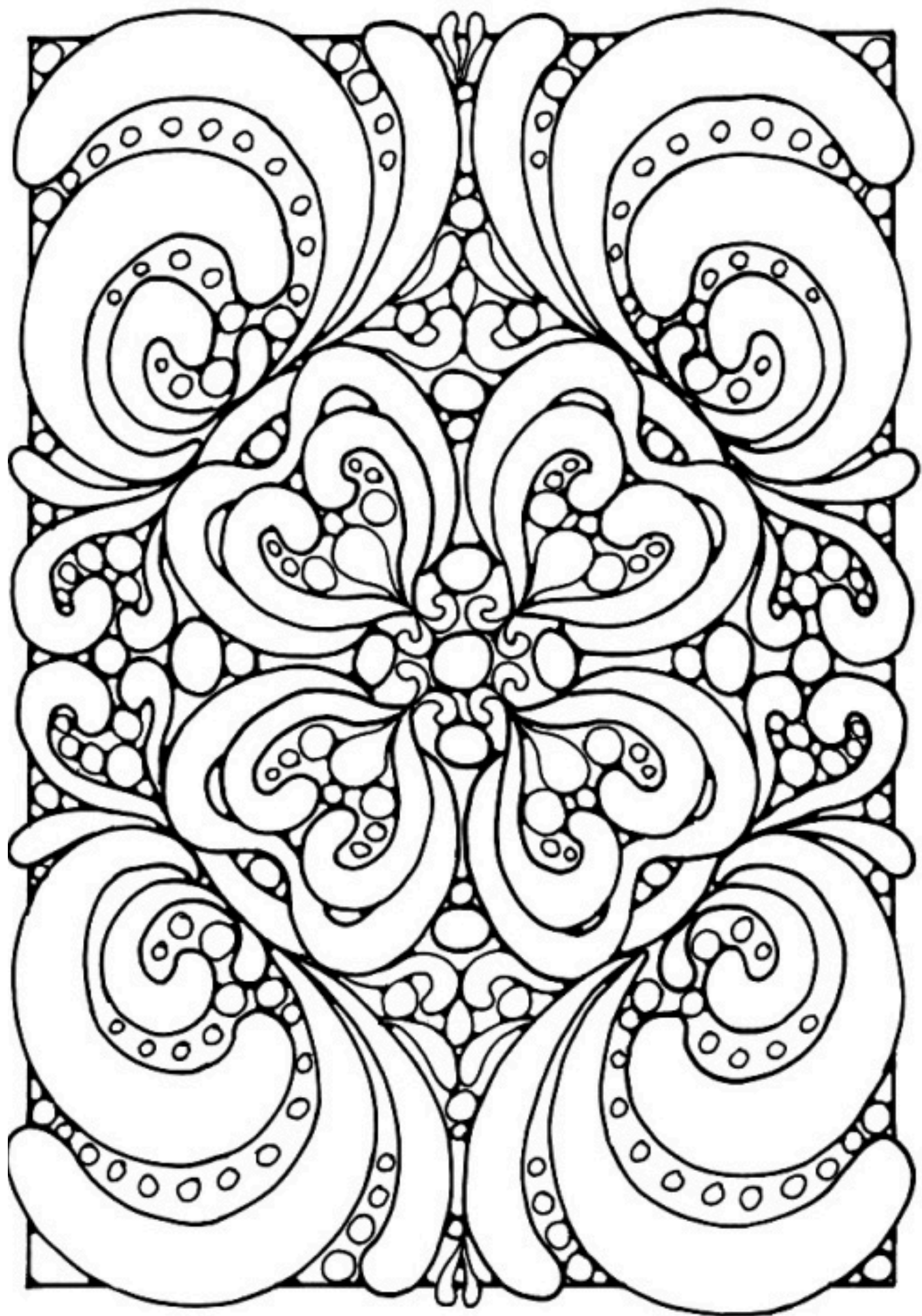
If you can help, give us a call on 01670 784 800 or go to our website where you'll find all the information and patterns at: www.ageuk.org.uk/northumberland/get-involved/thebigknit2021

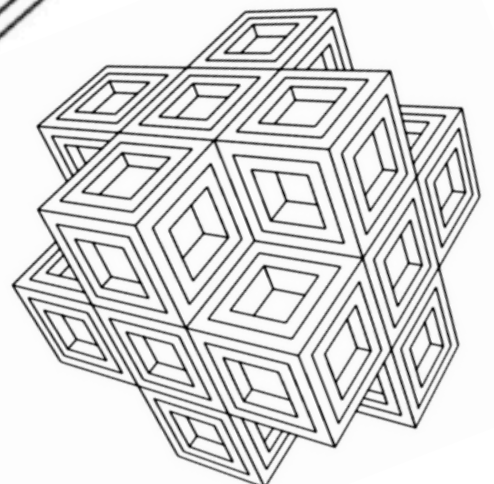
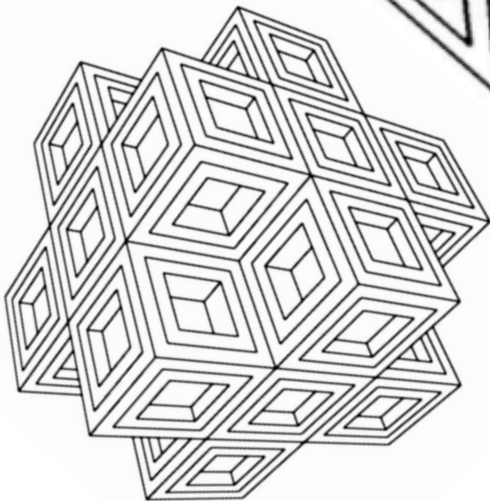
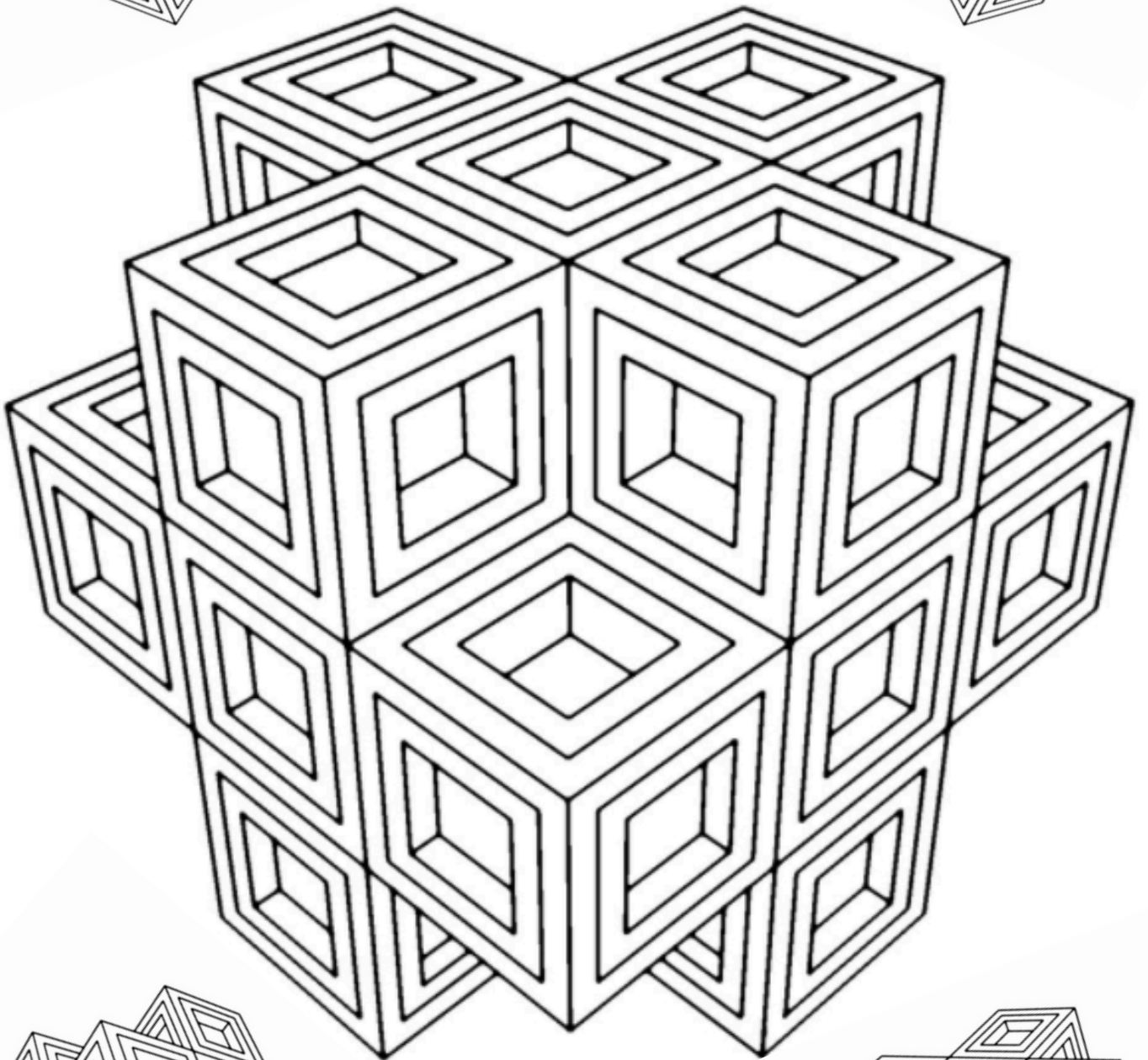
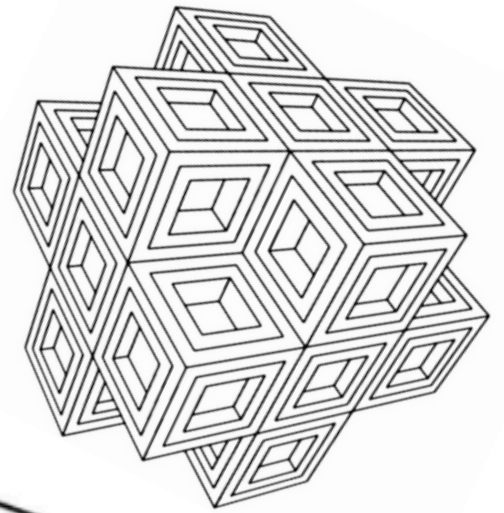
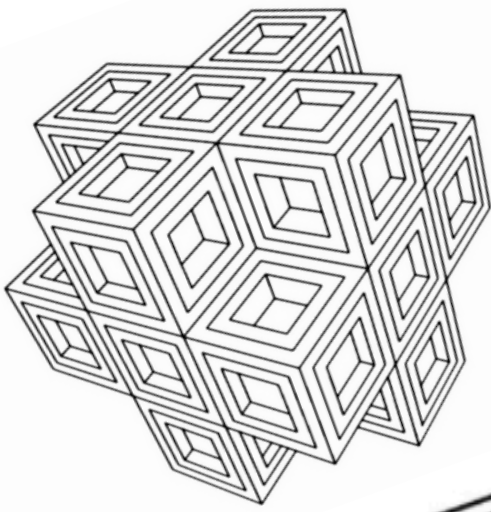
Quiz Question Answers Around the World

1. Darwin 2. Lowestoft 3. The Bering Strait
4. The Pyrennes 5. Yukon 6. Jakarta

Remember when...

A. 1946 B. 1979
C. 1985 D. 1948
E. 1977 F. 1965





Kath's All-Day Pancakes

Whether savoury or sweet, pancakes make a great breakfast, lunch, dessert or treat. This recipe makes around 12 traditional thin pancakes ready for you to add your own toppings.

Preparation time: 10 mins

Cooking time: 15 mins

Makes: 12

Ingredients: 300ml milk, 2 large eggs, 100g plain flour.

A little oil or butter for frying



Method

Whisk the flour, milk and eggs in a large bowl until you get a smooth batter.

Heat a good-sized frying pan on a medium heat and add a little oil or butter.

Spoon in enough batter to lightly cover the whole pan.

Cook for about a minute, or until you can see bubbles.

Flip or turn to cook the other side.

Once golden brown on both sides, pop onto a plate and choose your toppings.

Some ideas include: strawberries and chocolate spread, banana and peanut butter, lemon and sugar, grated cheese and ham.

Some Funnies from our Friends at The Red Cross



My wife thought I was joking when I said I had bought a spaghetti car.

You should have seen her face when I drove Pasta.



I remember when I could refer to my knees as left and right, now it's the good one and the bad one.



Books that didn't make it.

Running to the outhouse

By Willy Makeit

Illustrated by

Betty Wont.



Couple having a romantic dinner.
Woman: Name a book that makes you cry

Man: Algebra for the modern world.



Some wise words

“Our world is not divided by Race, Colour, Gender or Religion. Our world is divided by wise people and fools. It is the fools that divide themselves by race, colour, gender or religion.”

Mohamad Safa



Jill's Honey Salmon with Noodle Broth

This quick and easy meal is packed with greens, good things and a little chilli to warm you up on these cold winter days!

Preparation time: 20 mins | Cooking time: 15 mins | Makes: 2

Ingredients: 2 x salmon fillets, runny honey, soy sauce, chopped garlic, ginger and red chilli, chinese five spice, 1 tspn olive oil, 5 spring onions, 1 chicken stock cube, pack of ready cooked noodles, mushrooms, green beans, broccoli and/or sugar snap peas.

Mix a little honey and soy sauce in a bowl add the salmon fillets and leave to marinade.

Chop the spring onions, garlic, ginger and chilli and make your stock.

Put the fillets into a frying pan with a little oil to cook.

Grab a large pan and a splash of cooking oil, pop in the spring onions, garlic, ginger, chilli, chinese five spice and soy sauce to your taste.

Stir the mixture for 2/3 minutes then add stock.

Bring to the boil then keep at a steady heat.

When the salmon is almost ready (10/15 mins) pop the green beans / broccoli and noodles into the broth mixture and cook for 3 minutes.

Add the mushrooms for the last minute and serve.

Serving suggestions: sprinkle with chopped chilli / spring onions, side dish of sugar snap peas and wasabi.

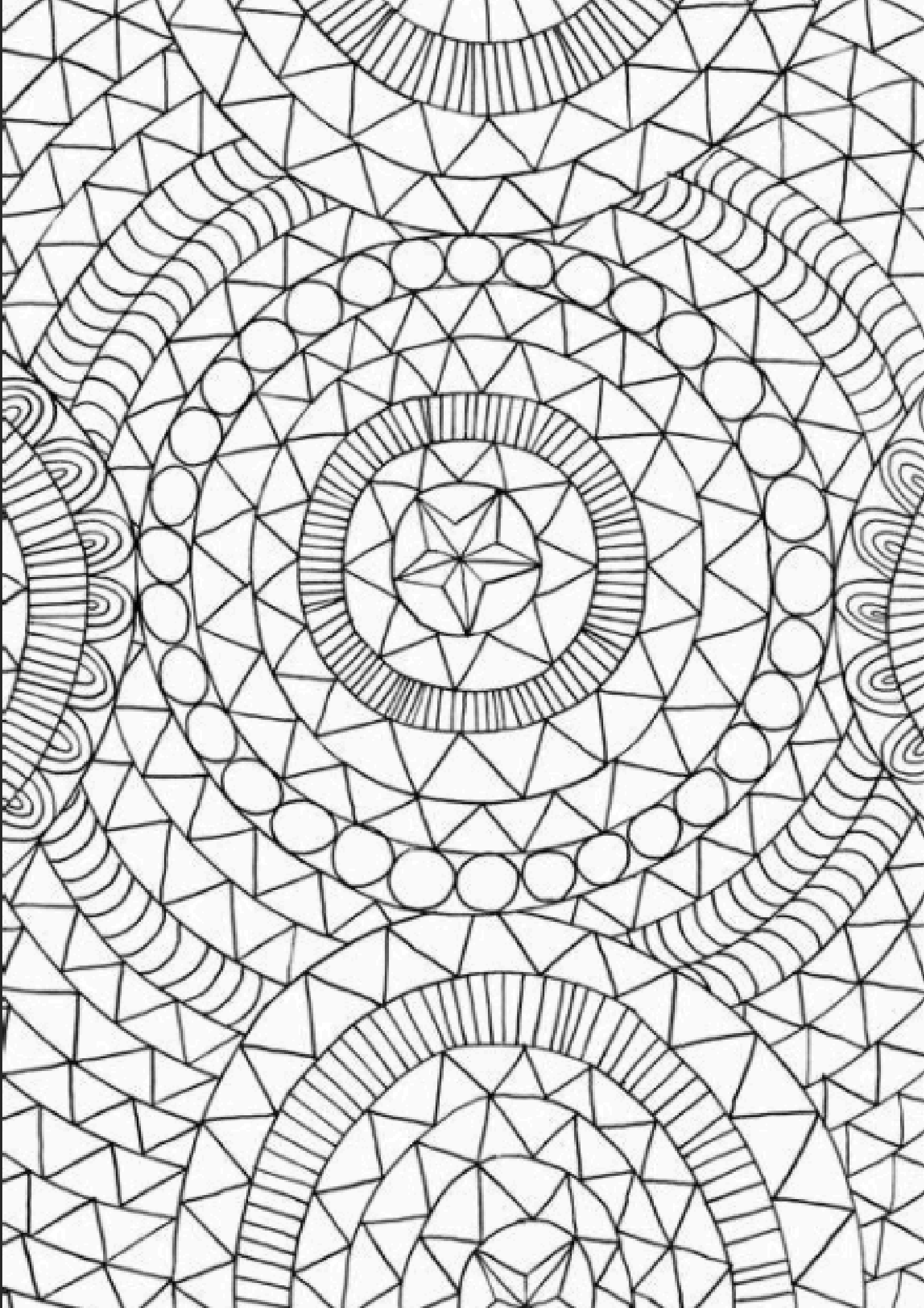
Tuck in and enjoy!











Some Useful Winter Tips from Age UK



Check that everything is working correctly

It's a good idea to get your heating system serviced every year to make sure it's running safely and efficiently. Make sure gas heating is serviced by a qualified Gas Safe-registered engineer.

- If you own your home and are on means-tested benefits, you may qualify for a free annual safety check from your gas supplier (although this is not the same as a full service).

We can also help you check that you're claiming all the financial support you're entitled to. You can give our friendly team a call on 01670 784 800. You could also check with your energy supplier to see whether they have any further advice to help you prepare for winter.

Preparing for freezing temperatures

The weather over winter can be unpredictable and can sometimes stop us getting out and about.

- Keep some extra food in the cupboard or freezer just in case you can't get out to the shops. Also, if you'd rather stay indoors, you could do your food shopping online and get it delivered to your doorstep.
- Water pipes can freeze and burst, so it's important to know where your main stopcock is and check that it's easy to turn in case you have to turn the water off. If it's jammed, you may need to replace it.
- To avoid a slip or a fall, keep a mixture of salt and sand handy to put on steps or paths when it's icy out.
- If you're worried about walking your dog in icy weather, contact The Cinnamon Trust on 01736 757 900 (They may be able to match you with a dog-walking volunteer in your area).

Staying safe

This time of year can feel isolating, especially in lockdown, so do what you can to make sure you stay safe this winter.

- Check smoke and carbon monoxide alarms are working.
- Think carefully about the areas of your home that could cause you difficulty - consider fitting a grab rail if you have steps at your front or back door. Our Information and Advice team can help you find someone to fit this.
- Keep a torch handy in case there's a power cut. You could also keep things like the radio, mobile phone, laptop or tablet charged up, just in case.
- Could you ask someone to pop over just to check in if there's an extended period of particularly cold weather?

If you're feeling lonely or isolated this winter, give our Information and Advice team a call and they can talk through the options to chat with likeminded people, whether that's matching you up with one of our Friendship Callers or telling you about the range of virtual groups and events going on throughout the County, call 01670 784 800

Myth-busting

Here are some myths you might hear about winter and the cold.

Do any of these apply to you?

Myth:

“Wearing a hat is enough to keep me warm on a winter’s day.”

Reality: A hat is all well and good, but on its own it probably won’t keep you warm enough. Pop a scarf on and even pull it up over your mouth to help warm up the air you’re breathing in. Breathing in cold air raises the risk of chest infections and increases blood pressure.

Myth:

“I had my flu jab last year, I’ll be fine.”

Reality: The flu virus changes each year, so even if you’ve had a jab in the past, it’s really important to get it every year.

Myth:

“A warm bedroom is bad for my health.”

Reality: 18°C/64°F is the ideal temperature for your bedroom to make sure you are warm and well this winter.

Myth:
“I only need to put the heating on for a couple of hours a day to keep warm.”

Reality: It's best to keep your house at a stable temperature rather than turning the heating up and down. Sudden changes in temperature can cause health problems.

Myth:
“I'll only get the benefits of insulation in winter.”

Reality: Insulation is a bit like a Thermos – it keeps warm things warm and cool things cool. So your home will stay warmer in winter and cooler in summer. You'll feel the benefits all year round.

Myth:
“I don't qualify for any help with my heating costs.”

Reality: Contact your local Age UK for a benefits check to find out what financial support is available and to see if you're eligible for any help. It's always worth checking.

Myth:
“I can't see why keeping my bedroom window open is bad for my health.”

Reality: If you leave your bedroom window open when it's cold, breathing in cold air lowers body temperature and raises the risk of chest infections, heart attacks and strokes.



Staying well and warm over winter

As we get older, our bodies respond differently to the cold and this can leave us more vulnerable to falling ill – and falling over! Being prepared for winter and keeping warm, both at home and while you're out, can help reduce your risk of serious health problems, such as chest infections, heart attacks and strokes.

Thinking about your health

There's plenty you can do to keep yourself as well as possible over the winter months.

Get your seasonal flu jab

When thinking about staying well over winter, the first thing to consider is your flu jab. If you're over 65, a carer or have certain health conditions, you're entitled to it for free.

It's one of those things that's easy to put off, but the vaccine can take up to 10 days to take effect, so get it done soon as possible. Most surgeries start offering it from September or October. It's definitely worth having and you should get a jab each year.

Flu viruses are forever changing and can develop into pneumonia. Even if it's a mild winter, it's important to get your flu jab. You're more likely to catch the flu from October to March, no matter the weather.

Check you've had a 'pneumo' jab

While you're getting your flu jab, ask your doctor about the 'pneumo' (or pneumococcal) jab. It's a one-off vaccination that helps protect you against pneumonia, meningitis and septicaemia (a type of blood poisoning).

Keep moving

Not only is staying active essential for your general wellbeing and fitness, it also generates heat and helps to keep you warm. When you're indoors, try not to sit still for more than an hour.

Why not get up and wander about?

If walking is difficult, you can do chair-based exercises while sitting or holding on to the back of a chair. Even moving your arms and legs and wiggling your toes can help you keep warm and well. You can watch videos online that demonstrate chair based exercises by visiting the NHS website. It's just important to do what you can as often as you can.

Think about hand hygiene

Good hand hygiene is a simple and easy way to help prevent spreading and catching colds and flu. Wash your hands regularly with soap and water and use tissues to cover your mouth and nose if you cough or sneeze. It's also a good idea to keep surfaces, like the phone, clean.

Good to know



It's more important than ever to get your flu jab. Because of this, you're able to get the free flu vaccination this year if you, or someone you live with, were advised to shield due to coronavirus. Those aged 50-64 are also eligible for a free flu jab.



Eat well

Hot meals and drinks help to keep you warm, so try to eat at least one hot meal a day and find any excuse for a cuppa. Having a hot drink before going to bed and even keeping one in a flask by your bedside can also help you warm up if you're chilly.

Include a range of foods in your diet and aim to eat five portions of fruit and vegetables each day – but two or three is better than none. Frozen vegetables are as good as fresh. Not eating enough and becoming underweight is bad for your health, especially in winter, as it makes it more difficult to keep warm and fight infections. So, while a balanced diet is ideal, eating anything is better than eating nothing (even if it isn't the most nutritious). If you're worried about a poor appetite or losing weight, speak to your doctor.

Consider taking a vitamin D supplement

Our bodies create vitamin D from sunlight and we need it for healthy bones, teeth and muscles. During the winter months the sun isn't strong enough for our bodies to make vitamin D, and it's difficult to get the amount we need from our diet. You might want to speak to your doctor about taking a vitamin D supplement for a little boost over winter.

Give up smoking

It can be hard, especially if it's something you've done most of your life, but it's never too late to enjoy the benefits of giving up smoking. After you stop smoking, you'll quickly notice that your breathing feels easier – especially when you're on the move. It also helps keep your immune system strong. Ask your doctor about NHS services that can help you give up. You can also call the free NHS Smokefree Helpline 01670 813 135.

Protect yourself against chilblains

Chilblains are itchy, red swellings that you can get when your skin gets cold and you try to warm up too quickly, often by sitting close to an open fire, a radiator or heater. To help prevent chilblains, keep yourself warm at all times. Wear socks or thick tights and a scarf, hat and gloves whenever you go out in the cold.

If you do get chillblains, dab the swellings with calamine or witch hazel so they're less itchy – but don't scratch them as this could cause an infection. Speak to your pharmacist for advice on treating chilblains and see your doctor if you get chilblains regularly or have diabetes.

Good to know

To help you stay well, it's important to keep warm, follow as healthy a lifestyle as you can, and get a flu jab. To find out more about following a healthy lifestyle and staying well see our guide [Healthy living](#).

Get a personal alarm

The winter can knock our confidence. You might not feel as steady on your feet, or you might feel a little more isolated than usual. A personal alarm can help reassure you and loved ones. If you fall or you're unwell, it connects you to a 24-hour call centre. You simply press a button on a pendant you wear around your neck or wrist and talk to someone who will contact a chosen person to help you – usually a neighbour, friend or relative or the emergency services.

Contact your local council to find out if there's a scheme in your area or search www.gov.uk/apply-for-community-alarm.

Take care when driving

It goes without saying, but take extra care when driving during winter. The weather conditions and driving in the dark can make accidents more likely.

It's always worth making sure your phone is fully charged before you head out, especially if you're driving at night. You could also let someone know where you're going and when you should be arriving.

Keep a torch, some warm clothes and something hi-vis in the boot just in case there's a problem when you're out and about.

“Mum has a personal alarm now. I do visit when I can, but I think we both feel better knowing she has it, just in case.”
David, 63



Keep your spirits up

It's not unusual to feel down and out of sorts in winter – particularly when the days are short and the nights feel long.

But there are things you can do to feel better:

- Try to keep to your usual routine as best you can and if you find it more difficult to do things like visit friends or family, make sure you phone or Skype them regularly for a chat.
- If you can, and it's not too cold, go for a short walk in the middle of the day to make the most of the daylight hours.
- Contact our Information and Advice line for information about our Befriending Services and local online groups and events.

Good to know



If you feel out of sorts for a while, you're lacking energy or feeling down, it's a good idea to have a chat with your doctor or someone you trust. For more information have a look at our guide **Your mind matters**.



Keeping yourself warm

Feeling snug and cosy can be one of the best things about winter. It's not just an excuse to settle in with a good book – being warm helps combat certain illnesses and keeps us well when it's cold. Follow these tips to stay healthy and keep warm indoors and when you're out and about.

Keeping warm indoors

- If you're sitting down, wrap up with a shawl or blanket. You could even pop your feet up on something as the air's cooler at ground level.
- If you struggle to stay warm in bed, try wearing warm clothes and, if it's particularly cold, thermal underwear, bed socks and even a hat can really help you keep warm.
- Use a hot water bottle, heat bag or an electric blanket to warm the bed – but never use a hot water bottle and an electric blanket together.
- Check if your electric blanket can be kept on all night or whether it's only designed to warm the bed up before you get in. If you have any continence difficulties, talk to your doctor before using one.
- You should get your electric blanket checked every three years by a trusted electrician.

Keeping warm when you're out and about

- Make sure you keep your hands and face warm. If your hands and face get cold this can cause a rise in blood pressure, which puts you at risk of a heart attack.
- As well as wearing gloves and a hat, always wrap a scarf around your face when you go out in cold weather, even for short intervals. This helps to warm up the air you breathe in.
- Keep your feet warm. As with your hands and face, cold feet can trigger a potentially dangerous rise in blood pressure.

Choose shoes (possibly boots) with non-slip soles and a warm lining, or wear thermal socks.

- Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air between them. Start with thermal underwear, warm tights or wool socks.
- Check local news and weather reports for advice when bad weather is forecast.

“I always wrap up when I go out, even if I just pop to the shops.”

Trevor, 72



Heating your home

Most of us spend more time indoors over winter, so it's important you feel comfortable, safe and warm at home without worrying about your heating bills.

Keeping your home warm

Lower temperatures increase the risk of flu and other breathing problems and can raise your blood pressure. When you're older, your blood pressure takes longer to return to normal once you get cold, increasing the risk of heart attacks and strokes. The colder your home, the higher the risk to your health.

Keeping your home at a safe temperature

- Keep your home at a stable, comfortable temperature.
- Keep your bedroom window closed at night when the weather is coldest.
- Close the curtains at dusk to keep the heat in. You may even want to fit thermal linings to them if you can.

Using your heating controls

- Get to know how to use the timer and thermostat on your heating system. If it's very cold, set the timer for the heating to come on a bit earlier, rather than turning the thermostat up to warm your house quickly.
- Keep the rooms you spend most time in warm. It might seem obvious, but make the most of individual radiator thermostats and keep the temperature higher in the rooms you are in most.

Heating your home safely

- Test your carbon monoxide alarms. You can't see, taste or smell carbon monoxide, but low exposure can cause long-term health problems, while high exposure can be fatal.
- If you're a private tenant, your landlord must install carbon monoxide alarms for you.
- Make sure you have an alarm in each room that has a gas or solid-fuel burning appliance, as these can give off carbon monoxide if they're not working properly or the air vents become blocked.
- Put guards on open fires, and don't hang any washing too close to the fire.
- Keep air vents clear as fires and vents need good ventilation. This also prevents condensation.

Getting help with heating costs

- **Contact us for a benefits check and advice on any other financial support you may be eligible for on 01670 784 800.**

Good to know

For more information about heating your home (and staying on top of bills), see our guide **Save energy, pay less.**



Extra help with heating costs

It can be tempting to keep the heating off and struggle through the cold to keep bills down. But there are benefits and discounts available to help you keep your home warm. Winter Fuel Payment

Most people born before 6 October 1954 are entitled to the Winter Fuel Payment in 2020-2021 to help with heating costs. This is a tax-free payment of between £100 and £300 paid to you between November and December.

If you've received the payment before you should get it automatically this year, but if this is the first year that you're eligible, contact the Winter Fuel Payment helpline.

Warm Home Discount

You may be entitled to a Warm Home Discount if you receive the Guarantee Credit part of Pension Credit or if you're on a low income. It's a one-off discount on your electricity (or, occasionally, gas) bill, usually made between October and April. If you have a prepayment electricity meter, you can receive the discount as a voucher to top up your meter.

Not all suppliers participate in the scheme, so check with your supplier. If you already receive the Warm Home Discount and are thinking about switching supplier, make sure any new supplier also participates. You can go online to find out more at GOV.UK.

Cold Weather Payment

If you receive Pension Credit or other income-related benefits, you're automatically paid a Cold Weather Payment when the temperature is at 0°C/32°F or below for seven days in a row.

“My Winter Fuel Payment really helps with the cost of keeping the house warm over winter.”
Roger, 78





Energy Companies Obligation

(ECO) scheme

You could be eligible for financial help from the ECO scheme

if any of the following apply to you:

- You receive certain benefits such as Pension Credit or Attendance Allowance.
- You're a tenant living in social housing that's not energy efficient.
- Your local council assesses you as needing financial support.

To find out whether you're eligible, give our Information and Advice team a call on 01670 784 800

Getting a better energy deal

It's worth shopping around to see if you can get a better energy deal. You may not even have to change supplier to save money – speak to your supplier to find out whether they can offer you better rates.

You can compare different companies using price comparison websites. Our guide [Save energy, pay less](#) and our factsheet [Getting a better energy deal](#) have more information.

“I was amazed at how much I ended up saving when I switched supplier. I hadn't even thought to check.”

Toby, 62



Good to know

Making sure your home is well insulated and everything's working efficiently can help keep costs down.

What to do if you can't pay your bill

If you're finding it difficult to keep up with your energy bills get in touch with your supplier. You might be able to set up a repayment plan or have a prepayment meter installed. Companies shouldn't disconnect all-pensioner households over the winter months.

Boosting your income

Are you sure you're claiming everything you're entitled to? You could be missing out on more than you think. You have a few options:

- Contact us on 01670 784 800
- Go to www.ageuk.org.uk/benefits-check to use the online benefits calculator.
- Read the Age UK guide *More money in your pocket*.

Additional services that might help

Every energy supplier and distribution network operator has a 'Priority Services Register'. This is a list of customers who need extra help, possibly because they're over pension age or living with a long-term health condition or disability. It might be they just need support temporarily following an injury or illness.

If you sign up for priority services, you can get extra help and support, such as a password scheme to protect you from cold callers and support if there's a power cut.

To make sure you get as many services as possible, you should join all available registers (so your gas network operator, electricity network operator, gas supplier and, if different, electricity supplier).

"I kept getting people at the door claiming to be from my energy supplier. It left me feeling nervy, but now I have a password so I know if they are who they say they are."
Violet, 86

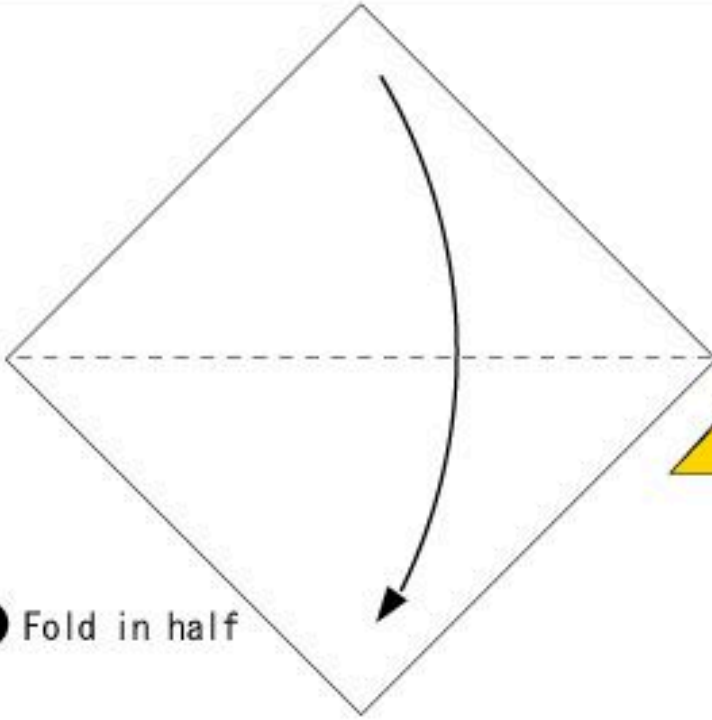


Good to Know

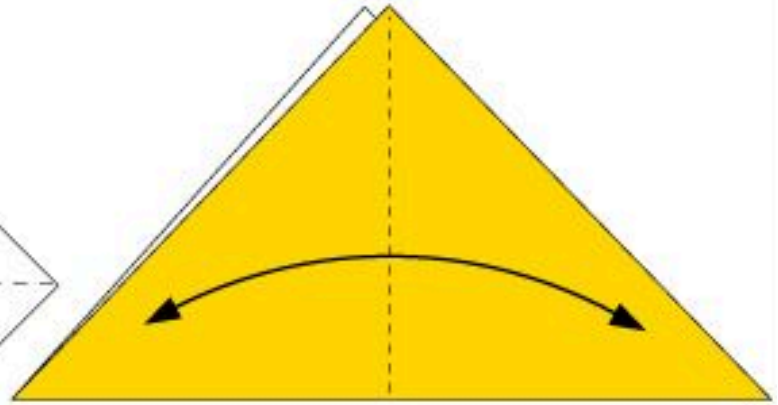
You pay your gas and electricity bills to your energy supplier, and your distribution network operator is the company in charge of the supply to your area. Contact the Energy Networks Association to find out who your network operator is.

ORIGAMI CHALLENGE

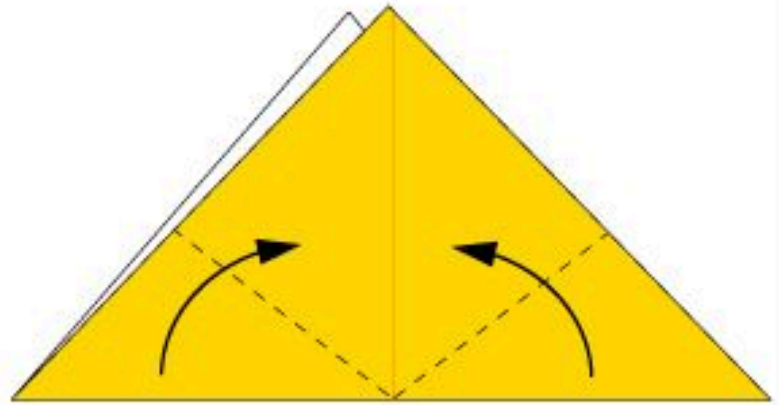
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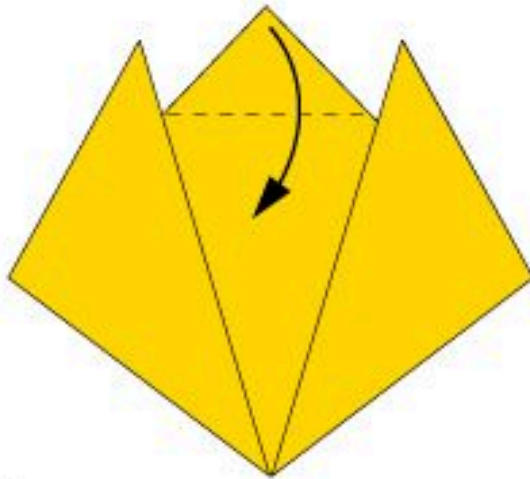
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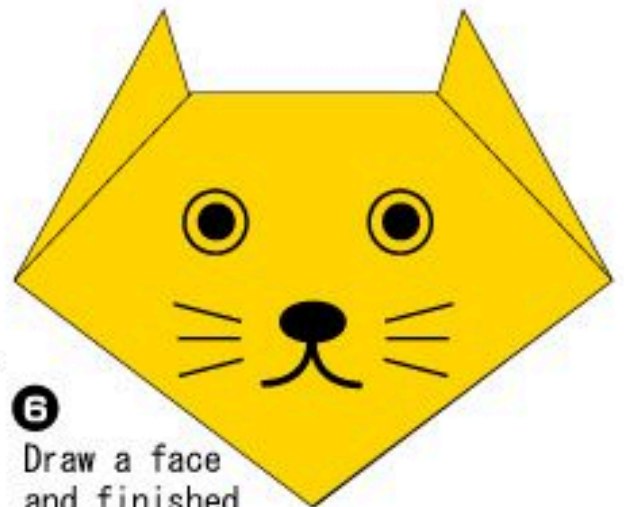
3 Fold in the dotted line



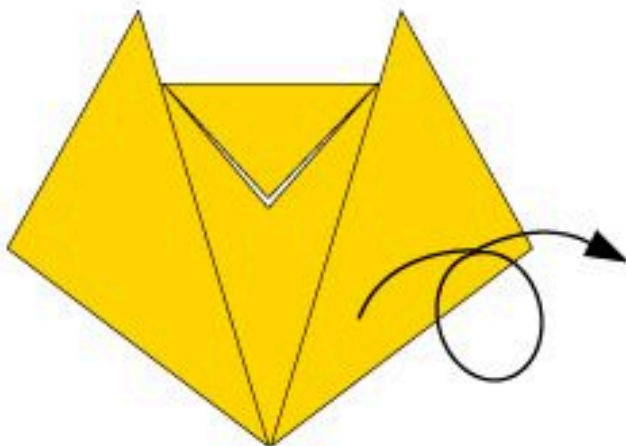
4 Fold in the dotted line



6 Draw a face and finished



5 Turn over

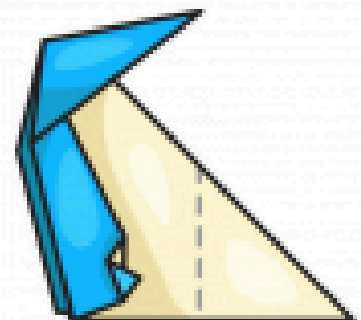
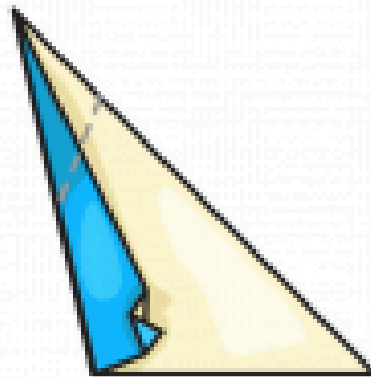
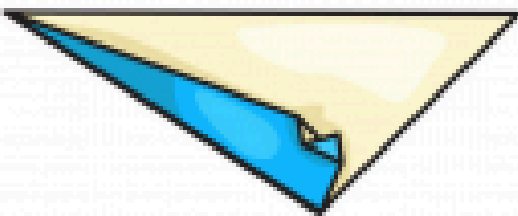
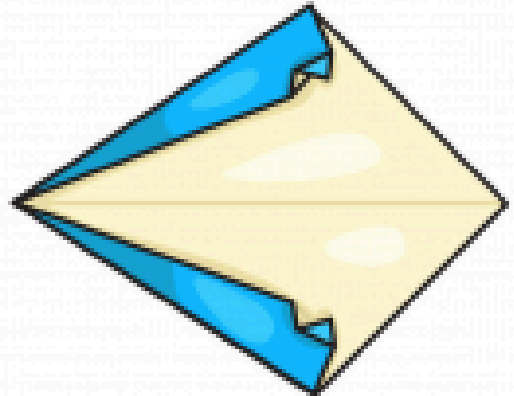
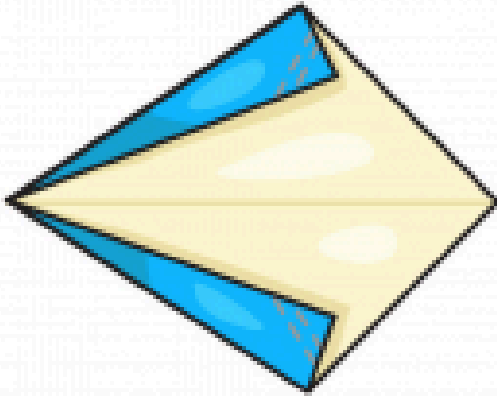
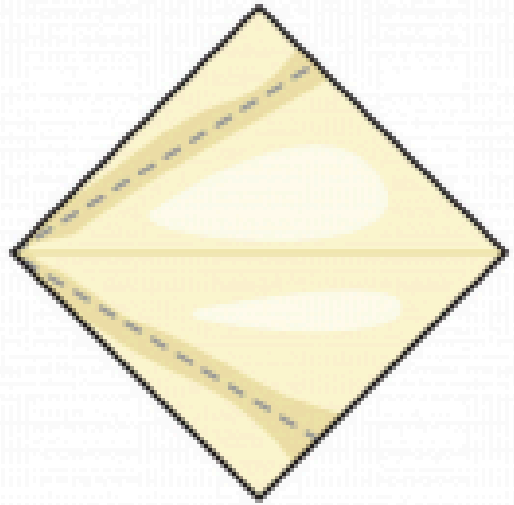
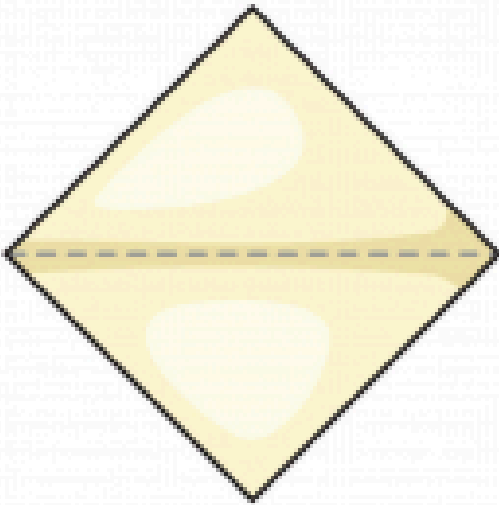


A Cat

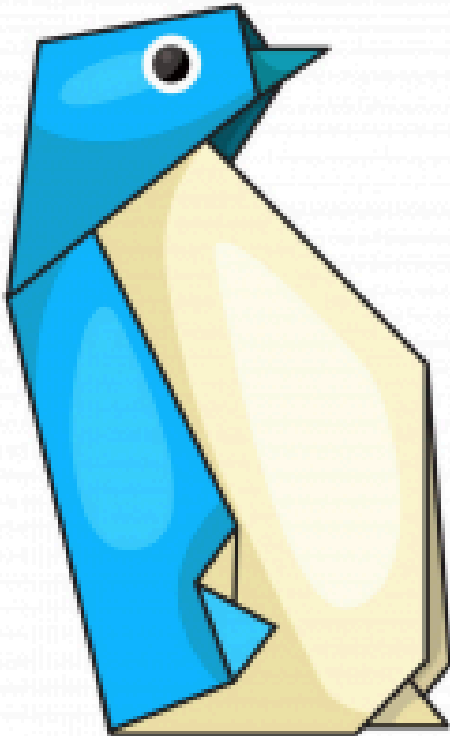
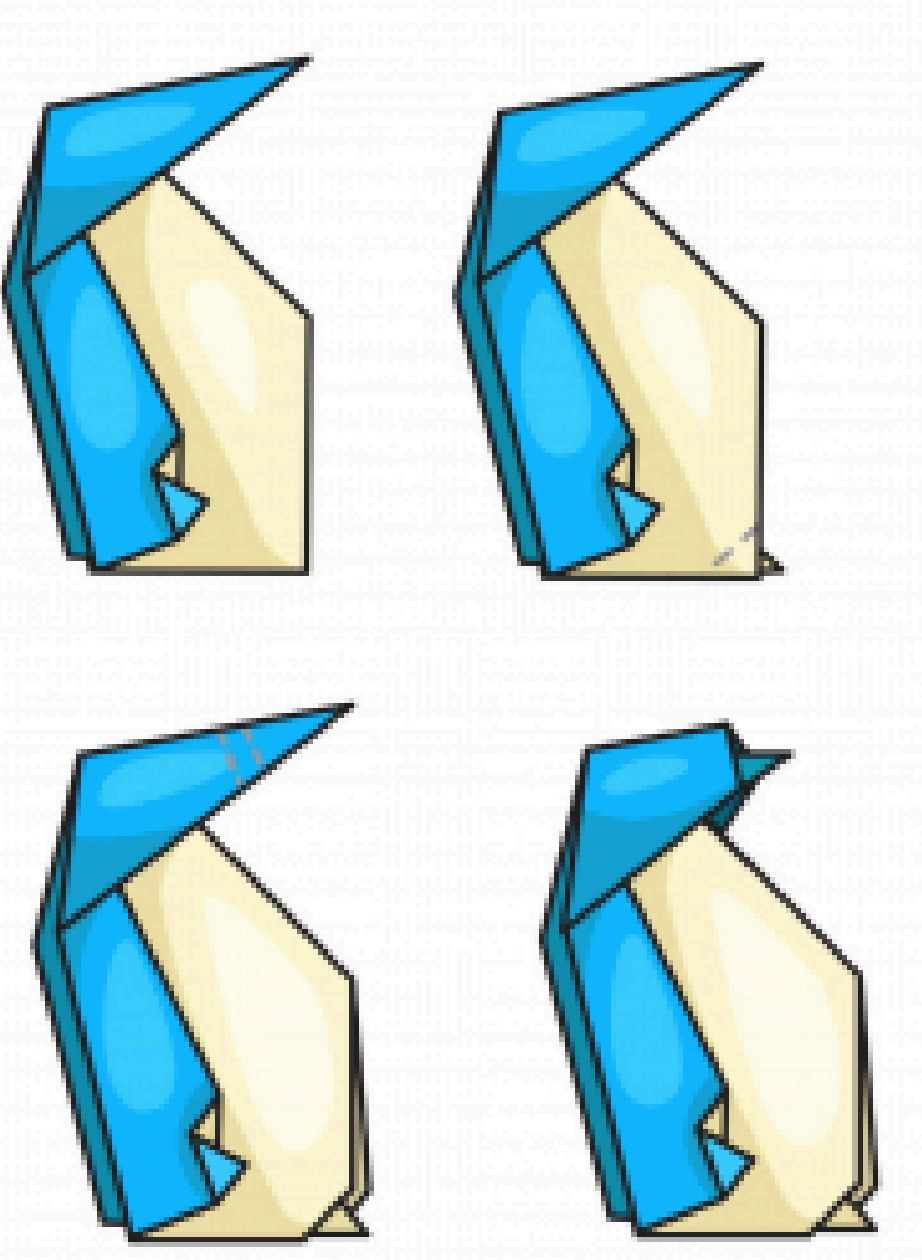




PENGUIN



PENGUIN CONTINUED



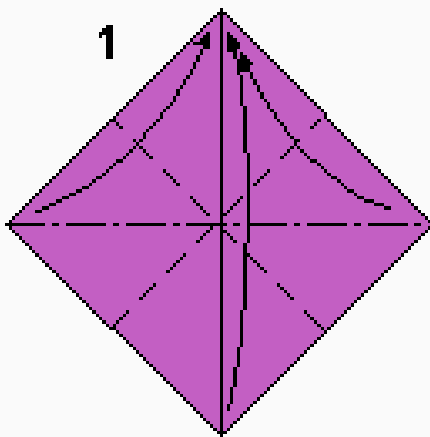




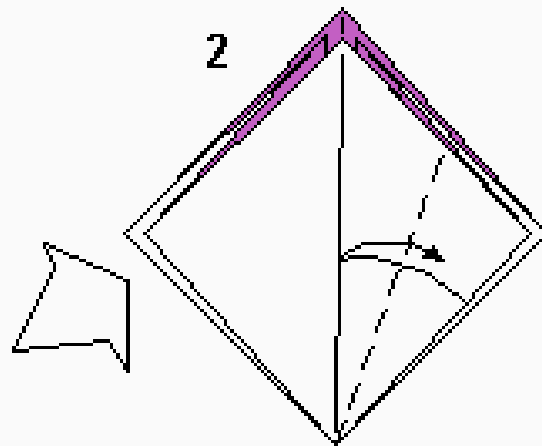




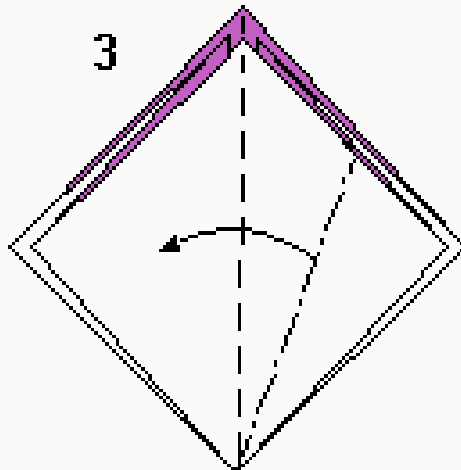
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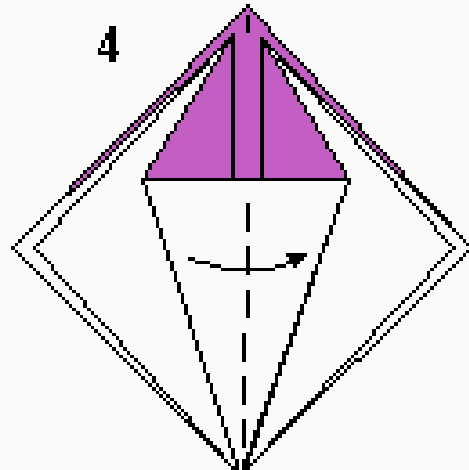
1
fold a preliminary
base



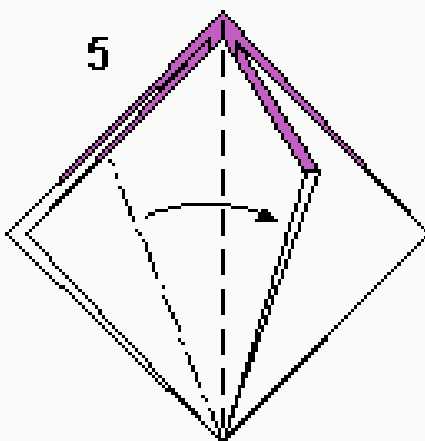
2
fold side to centre
and return



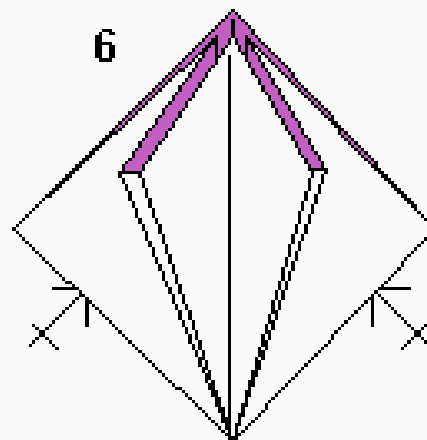
3
squash fold



4
swing flap across



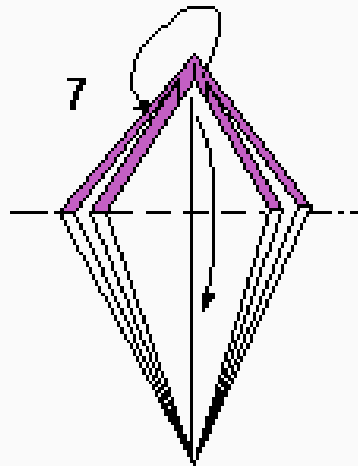
5
repeat steps 3 & 4
on other side



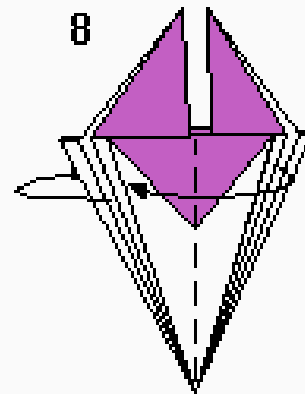
6
repeat steps 3 & 4
on rear fla

traditional model
diagrams © D.Petty

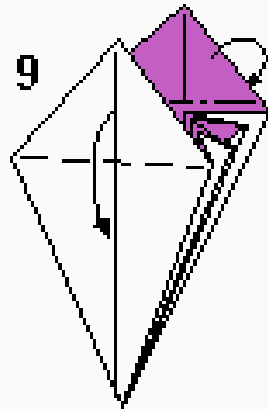
FLOWER CONTINUED



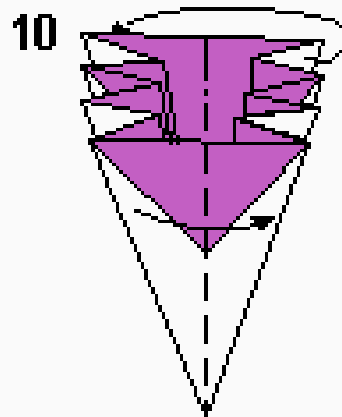
7
fold front and back tips down



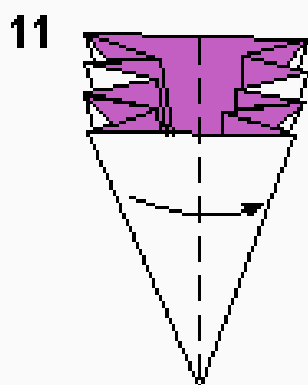
8
fold front and back flaps across



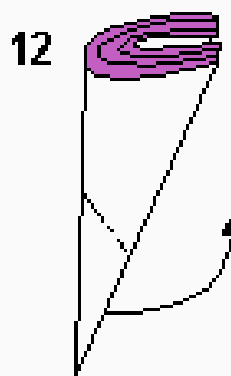
9
fold tips down



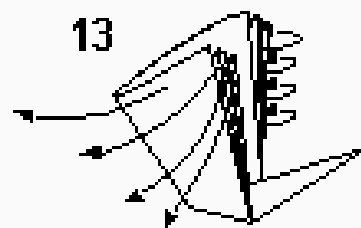
10
fold one flap across, repeat at back



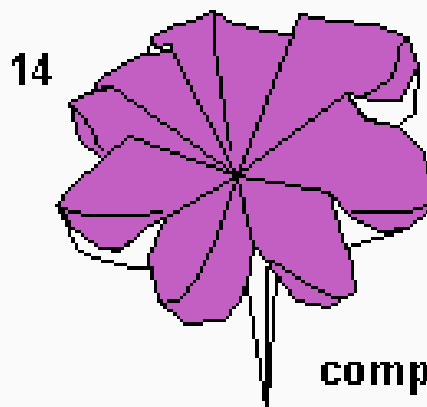
11
fold in half



12
inside reverse tip



13
peel off each layer and spread into flower



14
complete

traditional model diagrams © D.Petty







