

Christmas activities to help keep you entertained & active over the colder months





Amy Whyte Head of Charitable Services and Operations at Age UK Northumberland



Hi everyone and welcome to our fifth edition of our Age UK Northumberland activity pack. We hope that you enjoy our winter warmers, exercises and activities and as always, we'd love to hear your feedback.

We know that the winter months can be dark and dreary at the best of times and that's why we want to remind you that 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 and they'd be delighted to help. Our lovely teams are available 9am - 5pm, Monday to Friday on 01670 784 800. And if you don't get straight through, please do leave a message and they'll give you a call back.

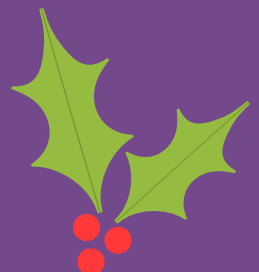
Crafts and activities - So on to our activity pack! Thanks to our friends at the National Lottery Community Fund and Garfield Weston, we are delighted to share with you our Winter Activities book, packed with recipes to warm the soul, SUDUKO, word searches and quizzes to challenge the mind, exercises to support muscle strength and balance and knitting patterns and origami to enjoy while you relax.

We hope that you enjoy it and 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.

Finally, I'd just like to wish you a very Merry Christmas and a happy and healthy New Year.

Best wishes and take care.

Amy



Christmas Word Search

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

Decorations

Celebrate

Lights

Giving

Candy Canes

Ornament

Presents

Dinner

Christmas

Reindeer

Family

Wreath

Mistletoe

Cookies

Elves

Santa



Sudoku

Easy Puzzles

1

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



2

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

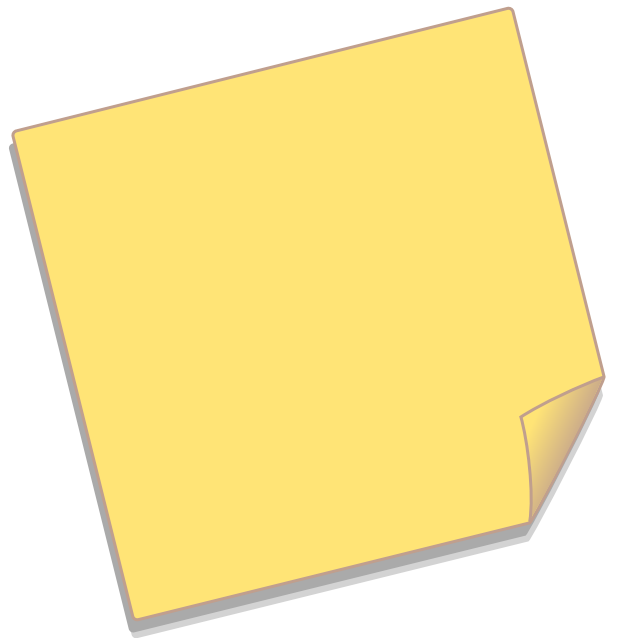


Sudoku

Easy Puzzles

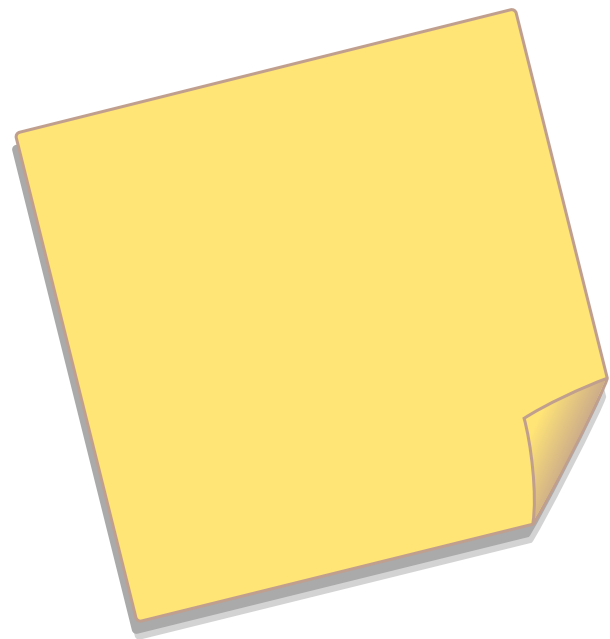
3

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	3			1				
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4

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



Sudoku Answers

Easy Puzzles

1

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

3

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

2

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

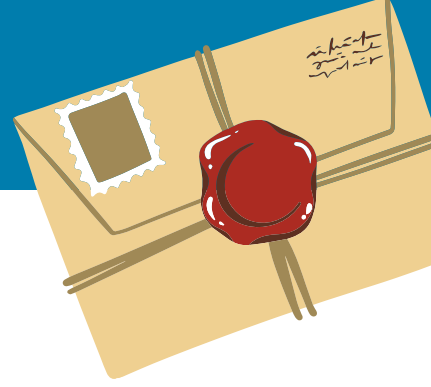
4

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

12 fun facts about Christmas!

1. Christmas is a contraction of “Christ’s Mass,” which is derived from the Middle English Cristemasse, which in turn comes from the Old English Cristesmasse, a phrase first recorded waa-aay back in 1038.
2. Hanging stockings out comes from the Dutch custom of leaving shoes packed with food for St Nicholas’s donkeys. He would leave small gifts in return.
3. The tradition of putting tangerines in stockings comes from 12th-century French nuns who left socks full of fruit, nuts and tangerines at the houses of the poor.
4. Boxing Day gets its name from all the money collected in church alms-boxes for the poor.
5. The first commercial Christmas cards were commissioned by civil servant Sir Henry Cole in London in 1843. Featuring a family drinking wine, one sold for £8,469 in 2014.
6. Robins on cards started as a joke 150 years ago when postmen wore red tunics and were named after them.
7. The Christmas cracker was invented by a London sweet shop owner called Tom Smith. In 1847, after spotting French bonbons wrapped in paper with a twist at each end, he sold similar sweets with a “love motto” inside. He then included a little trinket and a “bang”. His “Bangs of Expectation” included gifts such as jewellery and miniature dolls. By 1900, he was selling 13 million a year.
8. According to tradition, you should eat one mince pie on each of the 12 days of Christmas to bring good luck.
9. It’s technically illegal to eat mince pies on Christmas Day in England. In the 17th century, Oliver Cromwell banned Christmas pudding, mince pies and anything to do with gluttony. The law has never been rescinded.
10. Why red, gold and green? Green has long been a symbol of life and rebirth; red symbolizes the blood of Christ, and gold represents light as well as wealth and royalty.
11. Mistletoe (*Viscum album*) is from the Anglo-Saxon word misteltan, which means “little dung twig” because the plant spreads through bird droppings.
12. Rudolph the red-nosed reindeer was invented for a US firm’s Christmas promotion in 1938.

A letter shared from LNER



Hello

It has been a while since I last wrote to you. I hope you're keeping well.

I'm writing this letter to you from York. I commute to work here a couple of days a week. I haven't been down much since March 2020 when Boris advised us to work from home. It's always a shock to the system having to set my alarm for what seems like the middle of the night. It feels particularly difficult now that we are into Autumn and the mornings are dark and a little cold. Strangely it felt colder when I stepped off the train in York than when I had left the house in Newcastle.

It usually feels warmer the further south you go!

I've started having crumpets for my breakfast now that the weather has changed. I'm not usually one for breakfast but I find a nice crispy crumpet with lots of butter really comforting and it reminds me of my childhood.

Speaking of childhood, my 5 year old is learning all about autumn at school at the moment. She has been asked to look out for things associated with autumn and to take some things into school to show and tell where possible. My husband took her out to look for conkers, apparently there were lots as children don't seem to collect them these days. I have fond memories of playing conkers in the playground when I was a child. They came in all shapes and sizes and we would all try different methods to try to create the strongest conker including coating with nail varnish.

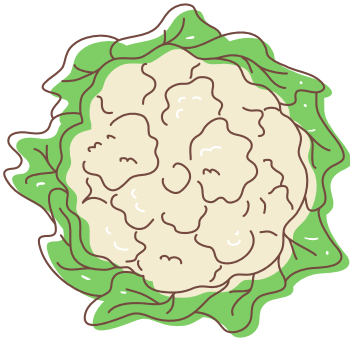
The popular playground game at my older girl's school seems to be Kings. I really used to like playing What's the time Mr Wolf? What was your favourite playground game? My daughter has also had a harvest festival assembly at school. She's been practicing the songs at home. She was amazed that I knew the words to Cauliflower's fluffy – do you know that song? It used to be one of my favourites (I've added it over the page).

Did you have a favourite song at school?



Cauliflowers fluffy and cabbages green

Cauliflowers fluffy and cabbages green,
Strawberries sweeter than any I've seen
Beetroot purple and onions white,
all grow steadily day and night



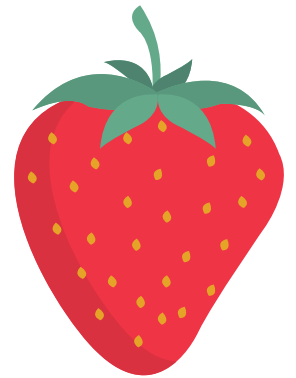
The apples are ripe, the plums are red,
Broad beans are sleeping in a blanket bed

Blackberries juicy and rhubarb sour,
Marrows that are fattening hour by hour.
Gooseberries hairy and lettuces fat
Radishes round and runner beans flat

The apples are ripe, the plums are red,
Broad beans are sleeping in a blanket bed

Orangey carrots and turnips cream,
Reddening tomatoes that used to be green,
Brown potatoes in little heaps,
Down in the darkness where the celery sleeps

The apples are ripe, the plums are red,
Broad beans are sleeping in a blanket bed



I haven't been eating very healthily recently. I've been struggling to think of anything nice to make. I seem to prefer the hearty dishes you make in autumn/winter rather than the lighter/fresh dishes you make in spring/summer. I have planned my meals this week for the first time in a while, tonight it's homemade chilli con carne which I made last night and will heat up when I get home from work. Tomorrow will be homemade bbq pulled pork with coleslaw and homemade chips and Wednesday will be homemade chicken casserole with mash and dumplings. Not particularly healthy but I'm at least making it from scratch. I've also got some potatoes in and I'll have jacket potatoes for lunch some days instead of a sandwich and crisps. I'll also be making some leek and potato soup. A couple of years ago somebody told me to put pease pudding into it and I think it works really well. What are your favourite meals to eat in the colder months?

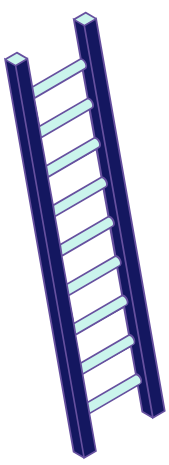
I'd best go for now.

I'll write again soon.

Take care and stay safe.

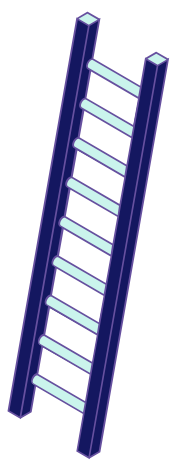
Gillian





Word Ladders

A word ladder is a sequence of words that each differ from the previous word by replacing some letter(s) in that word to make a new word.



ONE

	SHIN
Facial feature	
Metal token	
Foot affliction	
Central	
Funnel	
	BONE

THREE

	WISH
Clean	
Money	
Container	
Protection	
Thick paper	
	HARD

TWO

	GOLD
Virtuous	
Building material	
Term	
Eroded	
Crop	
	COIN

FOUR

	VOTE
Memo	
Facial feature	
Fail to win	
Misplaced	
Final	
	CAST

FIVE

REAL

Sea mammal

Exchange for
money

Order someone

Shop device

Roof covering

TIME

SIX

Insect

Sported

Additional

Underground
mammal

Unit of distance

WARM

MILK

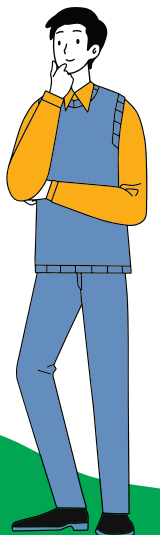
Riddle me this....

1) What four-letter word can be written forward, backward, or upside down, and can still be read from left to right?

2) Where does today come before yesterday?

3) You go at red and stop at green. What am I?

4) I can be cracked, I can be made. I can be told, I can be played. What am I?



Word Ladders Solutions

ONE SOLUTION

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

THREE SOLUTION

	WISH
Clean	WASH
Money	CASH
Container	CASE
Protection	CARE
Thick paper	CARD
	HARD

TWO SOLUTION

	GOLD
Virtuous	GOOD
Building material	WOOD
Term	WORD
Eroded	WORN
Crop	CORN
	COIN

FOUR SOLUTION

	VOTE
Memo	NOTE
Facial feature	NOSE
Fail to win	LOSE
Misplaced	LOST
Final	LAST
	CAST

FIVE SOLUTION

	REAL
Sea mammal	SEAL
Exchange for money	SELL
Order someone	TELL
Shop device	TILL
Roof covering	TILE
	TIME

SIX

	WARM
Insect	WORM
Sported	WORE
Additional	MORE
Underground mammal	MOLE
Unit of distance	MILE
	MILK

Riddle me this answers

1) Noon

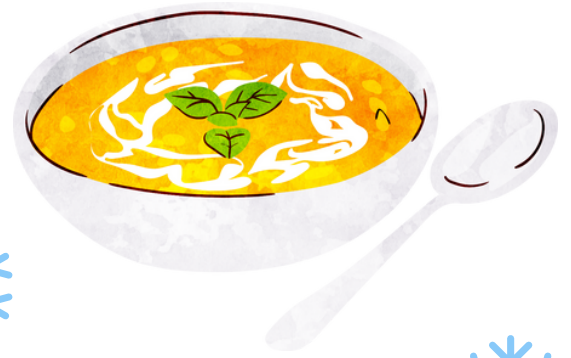
3) Watermelon

2) In the dictionary

4) A joke



Winter Warmers



Wonderful winter vegetable & lentil soup



Ingredients

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks of celery, diced
- 2 small leeks, sliced
- 2 tbsp of tomato puree
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 tbsp of ground coriander



Step 1

Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.



Step 2

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.



Step 3

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a blender or food processor.

Step 4

Season to taste with salt and pepper.



Did you know...

red lentils are cholesterol-free and sodium-free, and loaded with potassium, iron and fibre. Studies have found they can also help lower blood pressure!

Credit BBC Good Food

Exercise with Anne

Building Strength and Balance

Welcome to our Health and Wellbeing section which includes some simple but effective chair-based exercises to help improve mobility and boost confidence. Please do follow along with our DVD (which arrived with this edition) but if you need a little extra help we have broken down some of the movements shown below and you can always get in touch with our Health and Wellbeing Manager Anne.

Posture

Sitting forward in the chair, nice and tall, pulling in the tummy muscle, and relaxing the shoulders down whilst looking straight ahead. Come forward on the chair, remembering to breathe regularly and begin to start lifting the toes and the heels, up and down. Doing this helps with circulation. Then slowly begin to turn your head from left to right and then dropping the chin down to the chest and slowly lifting back up.



Heel to toe

Next up place your right heel on the floor then point your toes to the floor, repeat this movement 8 times and then change to repeat 8 times on the other foot. This movement is great in helping loosen up joints around the foot that tend to get very stiff. Don't worry if you can't hit the same place on the floor, this is something to work towards.

Stomp your feet

Next lift your right foot just a small amount of the floor and gently place back down, and then lift your left foot and place back down, in a stomping motion. Repeat this movement 10 times. Remember to keep sitting upright, nice and tall with your tummy tight and breathing regularly.



Exercise with Anne

Building Strength and Balance



Arms out

Next exercise take both arms in front of you and move them back and forward. Again try and lift the heels off the ground at the same time. Repeat this 4 times.

Then place your hands on the chest and move your right arm out and again lifting the heels up and down at the same time if you can.

Rolling your shoulders

Arms down by your side and gently lifting the shoulders up to your ears and down, with heels also moving up and down off the floor together. Repeat this movement 10 times if you can.

Then take your right heel forward and place on the floor and back again, then the left foot forward and back, repeating these movements 6 times. Remember to keep sitting nice and tall and breathing regularly.



Reach for the sky

Now you're going to reach up with the left arm, just to where feels comfortable, then reach with the right arm, keeping those feet moving. Repeat 8 times.

Then back to stomping the feet, left and right remembering to keep the tummy pulled in at all times and the shoulders relaxed. These movements help work all of the muscles through a range of motion.

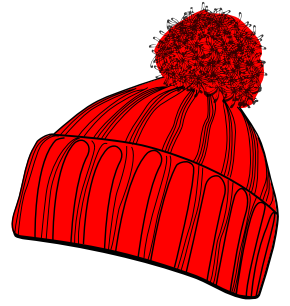


At Age UK Northumberland we offer a range of exercise classes in The Round House and in the community for any level. To find out more about our exercise timetable you can visit our website

www.ageuk.org.uk/northumberland or call us on 01670 784 800.

Or if you're struggling to get out you can arrange a one to one exercise phone call from our Health and Wellbeing Manager Anne. Just call us to arrange this.

Tips for Beating the Winter Blues



When the weather starts getting colder and the days get darker quicker its easy for everyone to start feeling a little down. Here are some simple tips to help you feel a little brighter and help improve your overall wellbeing:

Keep Active - Keeping active is proven for boosting mood

Whether that be going for a walk during daylight hours, strength and stability training, yoga or simply doing some gentle chair based exercises remember to keep moving.

Keep up your sleep routine

Try setting an alarm for the same time everyday, even if its still dark outside keeping a regular routine can have huge benefits on your sleep such as higher energy levels which may help improve your overall mood each day.

Watch what you eat

Limiting the amount of carbs and sugar you eat over the winter months can help prevent you from feeling the slump or feeling groggy. Try eating more things like oily fish, fruit and veg, whole grains and try taking Vitamin D to help fight off colds and flu.

Spend time with others

Spending time with others is always a great idea to help improve your mood. Chatting with people can help protect against forms of depression, lowering blood pressure and levels of stress hormones. If you're worried about socialising again why not just pick up the phone, a friendly phone call can make all the difference.

Looking for someone to talk to?

If you're feeling a little lonely or just fancy a friendly chat why not reach out to our Friendship Line? A free telephone service ran by Age UK Northumberland for people aged 60 or over. If you, or someone you know, would like a weekly friendly chat, then please get in touch: **01670 784 800**



Winter Warmers



Goosey chocolate pear pudding



Ingredients

- 200g butter
- 300g golden caster sugar
- 4 large eggs
- 75g plain flour
- 50g cocoa powder
- 410g canned pears in juice, drained
- 100g plain dark chocolate
- 25g flaked almonds - optional



Step 1

Heat oven to 190C/170C fan/gas 5. Lightly grease a roughly 20 x 30cm shallow ovenproof dish. Put the butter in a large saucepan and place over a low heat until melted. Remove the butter from the heat and stir in the sugar until well combined.

Step 2

Whisk the eggs together in a large bowl. Gradually add the eggs to the butter and sugar, beating well with a wooden spoon in between each addition. Sift the flour and cocoa powder on top of the egg mixture, then beat hard with a wooden spoon until thoroughly combined.



Step 3

Pour into the prepared tin or dish and nestle the pears into the chocolate batter. Put the chocolate on a board and cut into chunky pieces roughly 1.5cm with a large knife. Scatter the chocolate pieces over the batter and sprinkle with almonds, if you like. Can be frozen at this stage.

Step 4

Bake in the centre of the oven for 30 mins or until the mixture is crusty on the surface and lightly cooked inside. Do not allow to overcook, as the cake will become spongy rather than gooey in the centre. Serve warm with your favourite cream or ice cream.

Credit BBC Good Food





DIY re-useable gift bags

Ideal for Christmas gifts...



What you will need:

- One piece of fabric 22" by 8"
- Ribbon, string or cord

Step 1:

Grab the fabric piece and serge the two long edges, or simply use a zigzag stitch on your home sewing machine. Both options of stitch are shown below.



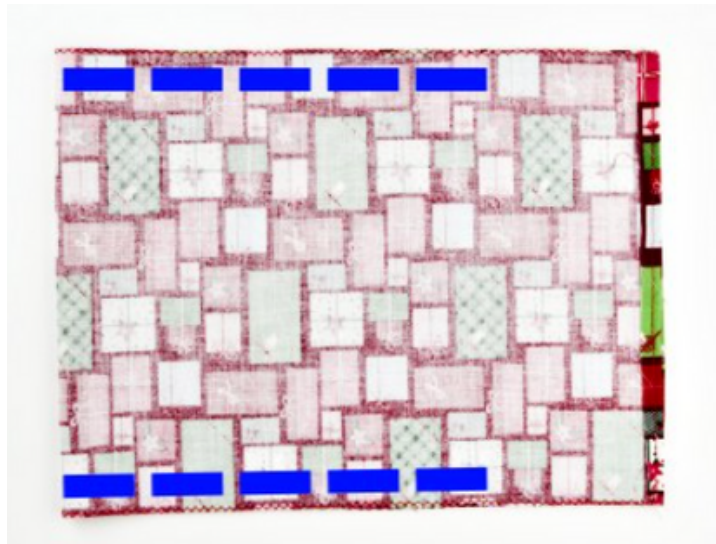
Step 2:

Then turn under the other, short two edges by anything from a quarter of an inch (7mm) up to $\frac{3}{8}$ " (1 cm). Press and stitch. Then fold the fabric in half right-sides-together



Step 3:

Starting at the fold, stitch on both sides using a $\frac{3}{8}$ " (1 cm) seam allowance - but don't go all the way up - stop sewing 2" (5 cm), remember there's needs to be an opening to put in your gifts....



Step 4:

Designing the top part of the bag.

Press the seams open, making sure to turn under and press the top unsewn portion the same way as if the seam were there.



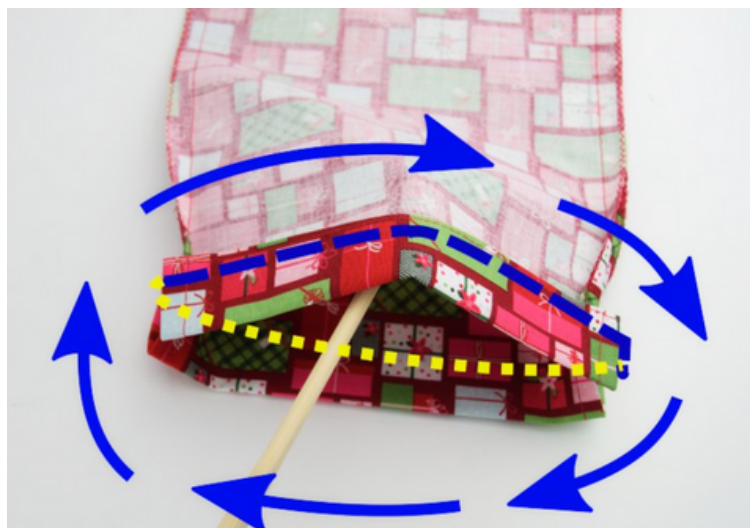
Step 5:

Stitch around the opening on each side at the top side - this is the place where the side seam is open.



Step 6:

Fold the top edge down by 1" (2.5 cm) towards the wrong side of the fabric and topstitch around using a small seam allowance - $\frac{1}{4}$ " (7mm) or close enough.



Step 7:

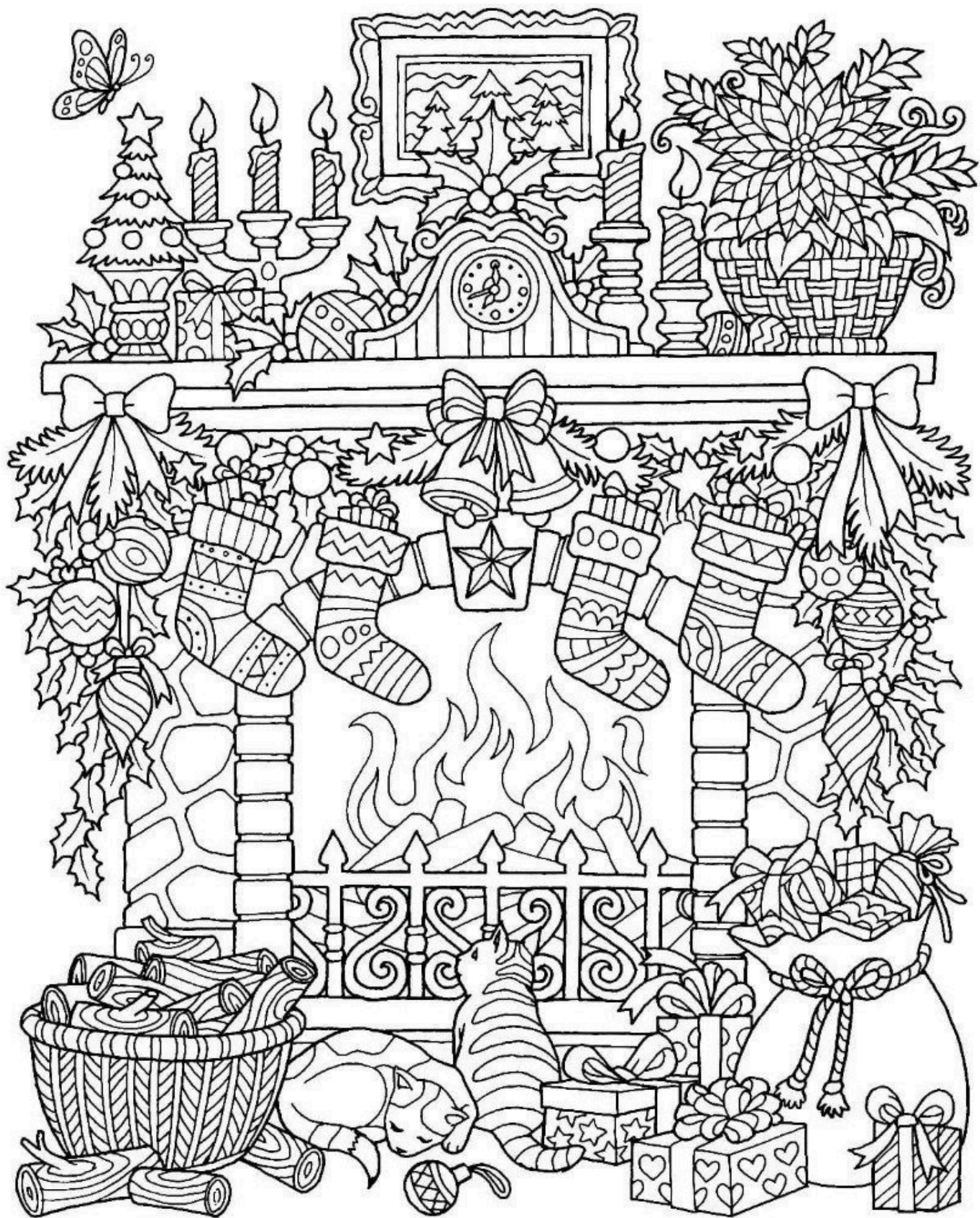
Threading the casing.

You'll use two pieces of 20" (50 cm) ribbon length. Using a safety pin, bodkin or elastic threader, guide the first piece through the entire drawstring casing. Both ends of the cord will come out of the same opening.

Repeat with the second piece of ribbon and start-end at the other opening in the casing.

Remember to knot the ends of the drawstring or tie them together.







Festive Funnies



**What reindeer game do reindeer play at sleepovers?
- Truth or deer.**

**What is Santa's dogs name?
- Santa Paws!**

**What's the absolute best Christmas present?
- A broken drum — you can't beat it!**

**Why did Santa Claus get a parking ticket on Christmas Eve?
- He left his sleigh in a snow parking zone.**

**Why are Christmas trees so bad at knitting?
- They have too many needles.**

**What did the beaver say to the Christmas Tree?
- Nice gnawing you!**

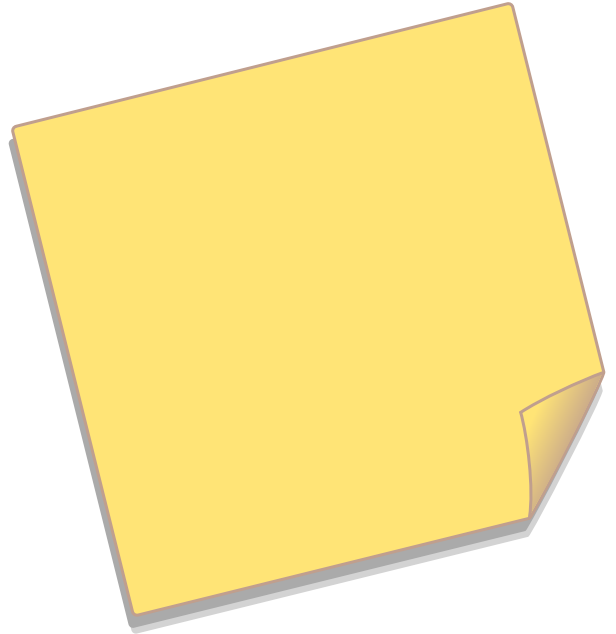


Alpha Suduko

Medium Puzzles

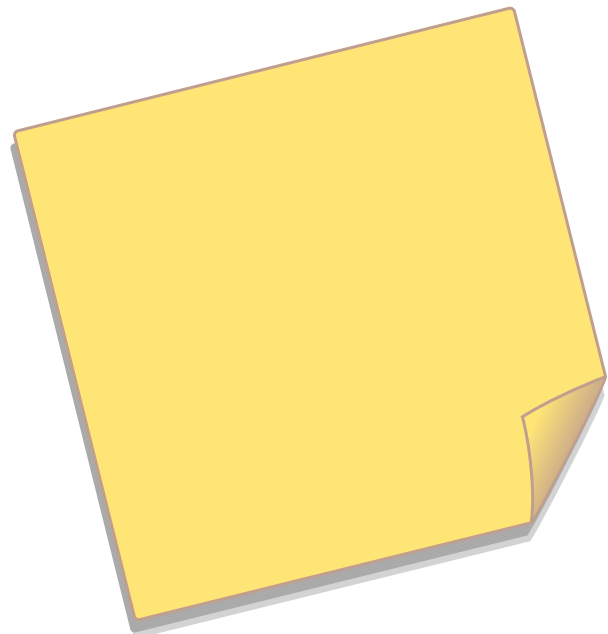
1

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W		U					
			Y		S		Z
	T			U	S		
						U	
X				R			T
Y				X	V		T S
	R		T			Z	U



2

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			X	R			S
W						Y	V
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S			T		Z		R
Y		R		T		Z	S
	X	Z					
T			U				



Alpha Suduko

Answers

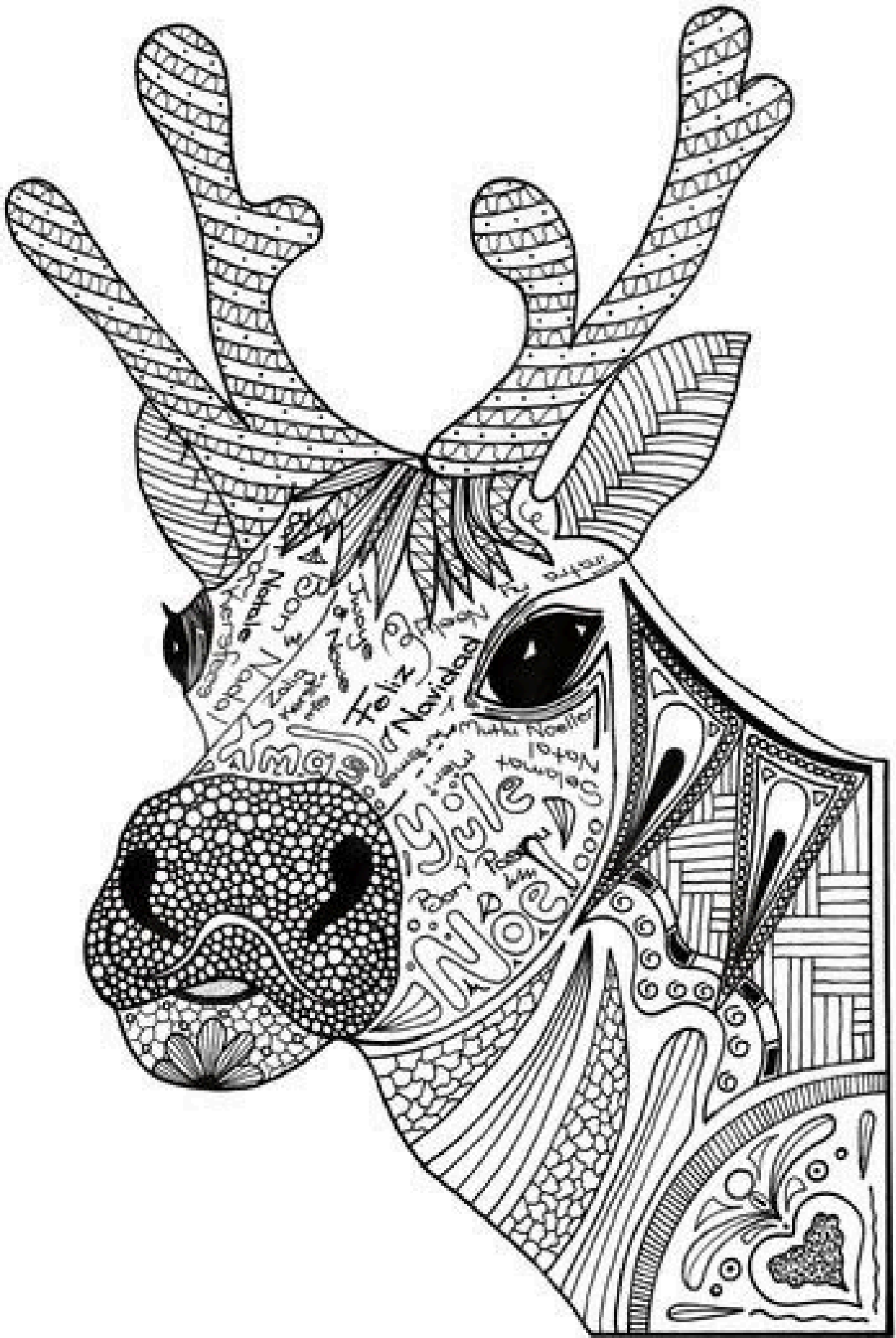
Medium Puzzles

1

S	V	Z	R	T	U	Y	X	W
W	Y	U	Z	V	X	T	S	R
T	X	R	Y	W	S	U	V	Z
Z	T	V	X	U	W	S	R	Y
R	W	S	V	Y	T	Z	U	X
X	U	Y	S	R	Z	V	W	T
U	S	T	W	Z	R	X	Y	V
Y	Z	W	U	X	V	R	T	S
V	R	X	T	S	Y	W	Z	U

2

X	S	T	V	U	Y	R	W	Z
Z	Y	V	X	R	W	T	S	U
W	R	U	Z	S	T	Y	V	X
R	Z	X	Y	V	U	S	T	W
U	T	Y	R	W	S	X	Z	V
S	V	W	T	X	Z	U	Y	R
Y	U	R	W	T	V	Z	X	S
V	X	Z	S	Y	R	W	U	T
T	W	S	U	Z	X	V	R	Y



Credit: favecrafts.com



The Big Knit Campaign

Calling all knitters,
we need your help!

Age UK and Innocent Drinks have announced the return of the Big Knit campaign 2022 and we can't wait to hear the clicking of knitting needles across Northumberland again!

We are asking for all knitters to please get involved and help knit these little wonderful little hats. For every little hat we receive, we will raise 25p to help older people in Northumberland. The campaign will run from now until June 2022, which gives everyone plenty of time to get knitting or crocheting. For more information and lots of patterns please visit: <https://www.thebigknit.co.uk/knitting-patterns>



Christmas Pudding Pattern

(W = white, B = brown)

Using 4mm needles cast on 28st in B and P2 rows

Continue in SS and work 5 rows.

Next row: (1W, 1B, 1W, 4B, 1W, 2B) repeat to end

Next row: (1W, 1B, 1W, 2B) repeat to end

Next row: (3W, 1B, 2W, 1B, 2W, 1B) repeat to end

Next row: 4W (1B, 9W) repeat to end

SS 3 more rows in white

(K2 tog) repeat to end

(P2 tog) repeat to end

B & T tightly

Holly Leaves

- use 3.25mm needles

Cast on 1 in green. * inc in this one stitch # K into front of st and put the created st back on the needle. Cast off 1, K1. Repeat from # twice. K2 tog. ^

Repeat from * to ^ to create 2nd leaf, cut off the wool to leave 40cm and thread this through the last stitch and down the leaf to the centre.

Pick up a loop in the centre and repeat from * to ^ to create the 3rd leaf using the 40cm of wool. B&T.

To make up - Sew up the row ends of the pudding. Sew the holly leaves to the top of the pudding. Use 50cm of red wool - doubled in the needle to create 3 french knot, berries



Credit: Etsy.com

How to Make a Origami Santas



What you'll need:

Equipment and Tools:

- Heavy book (optional)
- Black pen
- Pink pen
- White pen

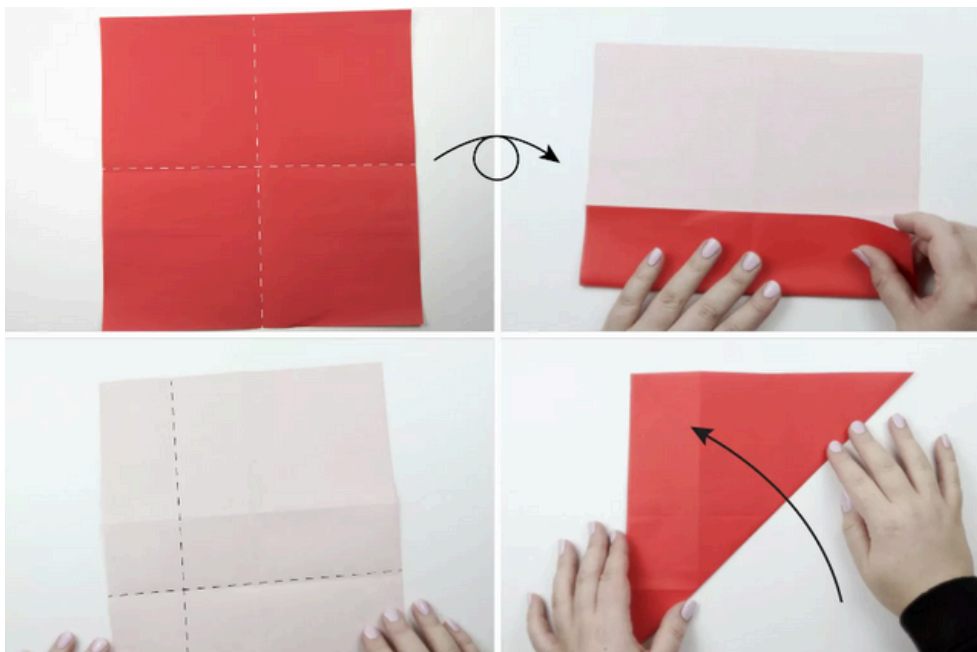
Materials:

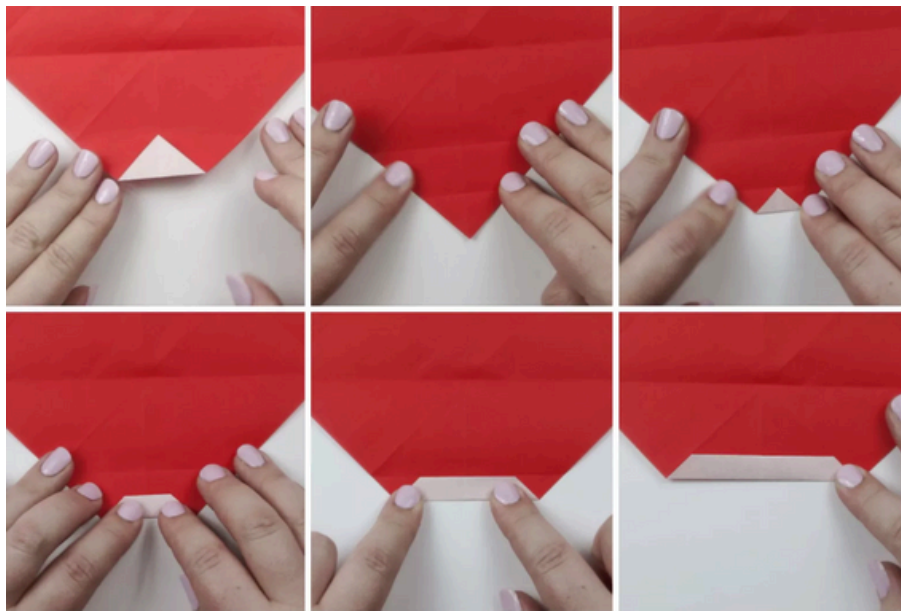
- 1 piece 7.8- x 7.8-inch paper (20 x 20 centimetres)
- Glue (optional)
- Wool

1

Create Creases -

Start with your paper with the coloured (red) side facing upward. Fold the paper in half, from bottom to top and from left to right. You will now have a neat cross. Flip the paper over to the other side (white side). Fold the bottom edge up to meet the horizontal crease and unfold. Fold the left edge to meet the vertical central crease and unfold. Fold the bottom right corner up to the top left corner, then unfold.





2

Rotate and Fold

Rotate the paper so that the diagonal line is vertically centred and flip the paper over to the other side. Check to make sure that your paper is the same as indicated. Fold the bottom section up as shown and unfold. Fold the bottom corner up to the previous crease and unfold.

3

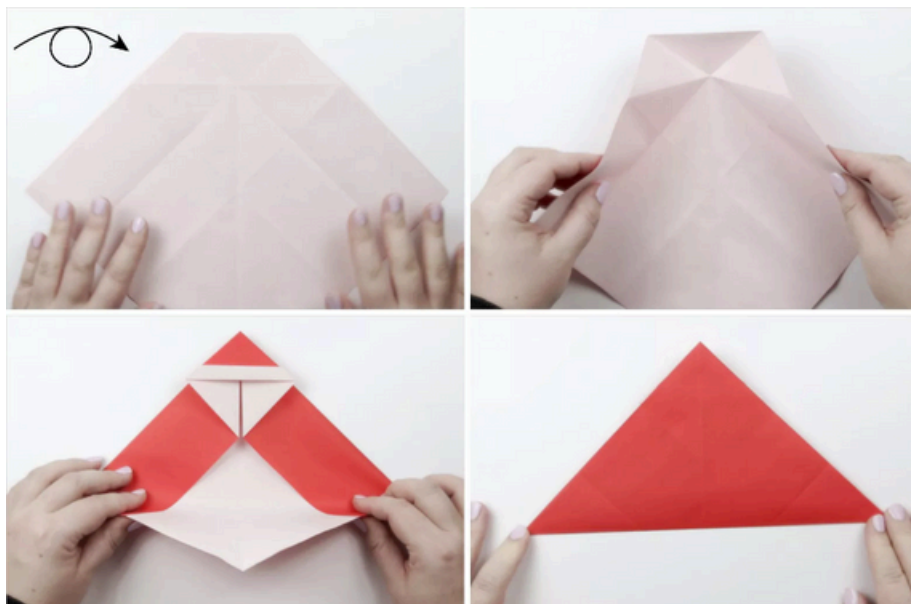
Continue to Fold

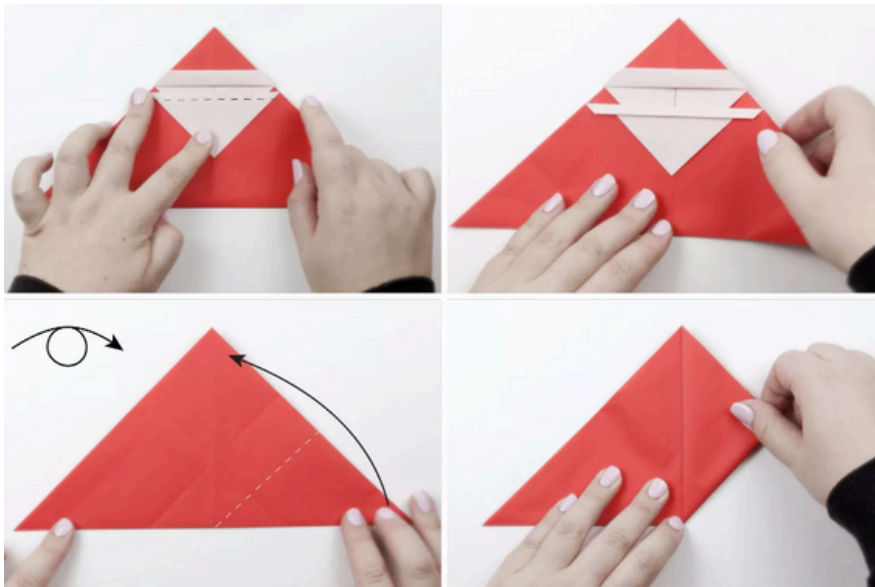
Fold the bottom corner up to the crease you just made. Unfold. Fold the bottom corner up again to the crease you just made. Flip the bottom section up. Flip it up again, and fold it up once more.

4

Flip the Paper Over

Flip the paper over to the other side, and rotate the paper so that the folded corner is now at the top. Bring the top left and right sections in towards the middle. Collapse the top section down and fold well. Fold the bottom corner up to the top corner.





5

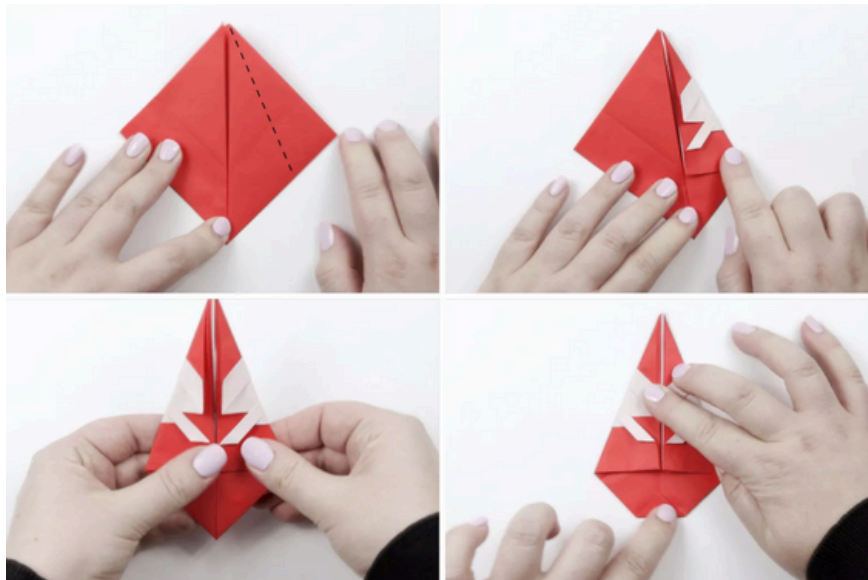
Make Santa's Hat and Beard

Fold the top corner down, leaving a small gap between Santa's hat and his beard. Fold another small section down, creating Santa's moustache. Flip the paper over to the other side. Fold the bottom right corner up to the top corner.

6

Continue to Fold

Fold the bottom corner up to the crease you just made. Unfold. Fold the bottom corner up again to the crease you just made. Flip the bottom section up. Flip it up again, and fold it up once more.



7

Finally decorate the Santa

Now it's time to decorate it. Use a black pen for his eyes, a pink pen for the nose, a white pen for the buttons, and a small ball of wool for the top of Santa's hat.

Credit: thesprucecrafts.com



Word Search Challenges



Here is a list of words relating to Christmas. Can you find them in the grid? The answers can be found running backwards, forwards, horizontal, vertical or diagonal

Angel, Bells, Carols, Chestnuts, Decorations, Egnog, Festive, Garland, Goodwill, Mistletoe, Myrrh, Nativity, Poinsettia, Presents, Scrooge, Snow, Sprouts, Turkey, Yuletide

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

Here is a list one word films. Can you find them in the grid? The answers can be found running backwards, forwards, horizontal, vertical or diagonal



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

Alien, Armageddon, Braveheart, Evita, Frozen, Gladiator, Gravity, Grease, Halloween, Jaws, Jumanji, Rocky, Saw, Seven, Skyfall, Titanic, Tootsie, Twilight, Vertigo



Sudoku

Hard Puzzles

1

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



2

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



Sudoku

Hard Puzzles

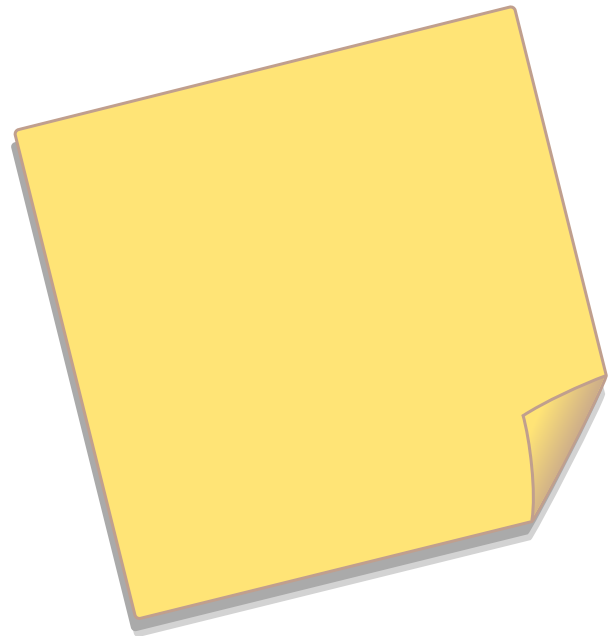
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			9			1		2
8		1				4	7	
2	4				3			1



4

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



Sudoku Answers

Hard Puzzles

1

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

3

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

2

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

4

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

WORD SEARCH CHALLENGE

Here is a list of words related to flowers.

Can you find them in the grid?

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

Anemone, Azalea, Carnation, Crocus, Daffodil, Dahlia, Freesia, Gardenia, Hyacinth, Lily, Poppy, Primrose, Sunflower, Tulip, Violet



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

Here is a list relating to space.

Apollo, Astronaut, Atmosphere, Capsule, Endeavour, Hubble, ISS, Launch, Mission, Orbit, Reentry, Rocket, Satellite, Shuttle, Spacecraft, Spacewalk, Sputnik, Telescope, Vostok, Voyager



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

Quick & Easy Non-alcoholic Mulled Wine

Ideal for kids, packed full of fruit

Ingredients:

- 500ml pomegranate juice
- 25g golden caster sugar
- handful of frozen blackberries
- 250ml apple juice
- 1 cinnamon stick
- 1 star anise
- 4 cloves
- 3 black peppercorns
- 1 orange, quartered

Method:

Put the pomegranate juice, sugar, blackberries and apple juice in a saucepan.

Add the cinnamon, star anise, cloves, peppercorns and orange. Heat gently until simmering.

Taste for sweetness, then strain into heatproof glasses.

Best served hot.

Recipe from BBC Good Food

Random Fun Facts

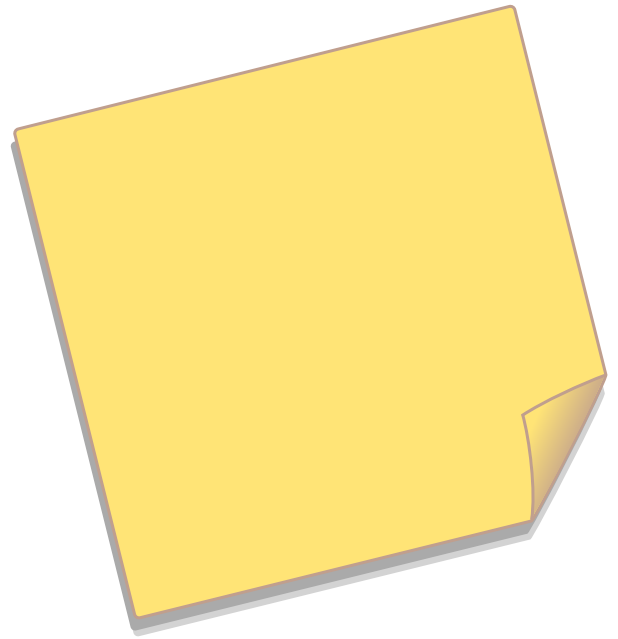
- 1) More human twins are being born now than ever before
- 2) The first person convicted of speeding was doing 8mph (in 1896!)
- 3) Pineapple works as a natural meat tenderiser
- 4) Humans are the only animals that blush (a rush of adrenaline causes it)
- 5) The first computer was invented in the 1940s
- 6) The dot over the lower case i or j is known as a “tittle”
- 7) Children ask up to 300 questions a day
- 8) “E” is the most common letter and appears in 11% of all English words
- 9) Whether you realise it or not we blink around 20 times per minute
- 10) Dinosaurs lived on every continent
- 11) For 100 years maps have shown an island that doesn't exist (Sandy Island in the Pacific)
- 12) Bram Stoker who wrote Dracula never visited Transylvania
- 13) SPAM actually stands for spiced ham
- 14) Russia has a whopping 11 time zones within the country
- 15) The most expensive film ever made was “Pirates of the Caribbean”, it cost a huge 375 million dollars
- 16) In Switzerland it is illegal to own only one guinea pig, because they crave social interaction so much
- 17) Dolly Parton once entered a Dolly Parton lookalike contest.....and lost
- 18) A group of porcupines is called a prickle – how fitting!

Sudoku

Very Hard Puzzles

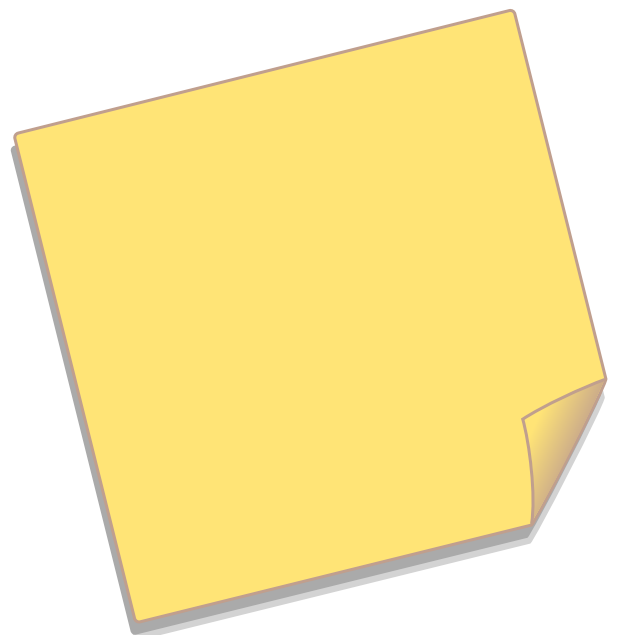
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5		8	9	1	7			
		3	5					
			6				9	2
3					6	1	7	9
	9					6	3	
	7							



2

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

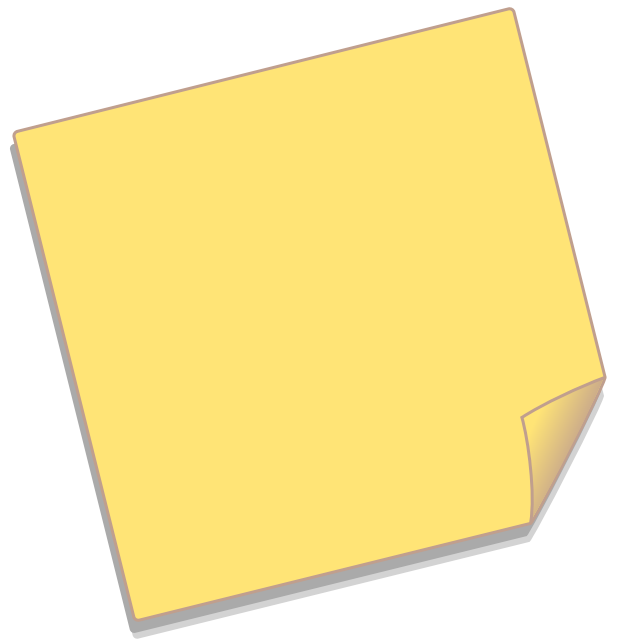


Sudoku

Very Hard Puzzles

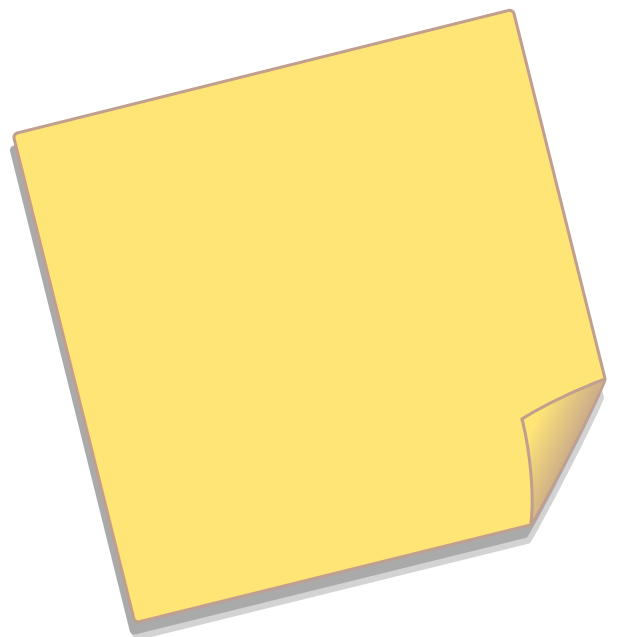
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	6		2	8				1
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2	8	3	7				4	



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



Sudoku Answers

Very Hard Puzzles

1

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

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

Word Searches

Here is a list of Harry Potter actors and actresses. Can you find them in the grid?
The answers can be found running backwards, forwards, horizontal, vertical or diagonal

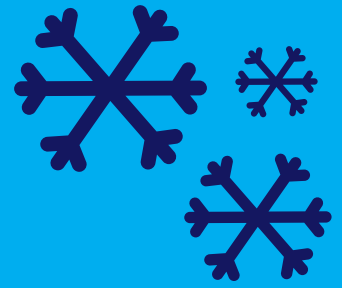
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L	C	W	I	A	M	T	O	B	P	W	Y	O	N	V
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I	E	N	C	K	H	T	A	D	A	G	A	R	N	N
L	F	N	N	O	I	S	M	L	I	T	G	E	I	R
W	F	O	O	M	L	N	C	N	L	J	S	T	T	G
E	I	T	S	V	P	T	A	A	A	Y	Q	L	T	R
H	L	L	T	B	Y	D	R	M	A	M	B	A	A	I
T	C	E	A	V	D	M	T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

**Bonham Carter,
Broadbent,
Coltrane, Felton,
Fiennes, Gambon,
Grint, Isaacs.
Nighy, Oldman,
Pattinson, Radcliffe,
Smith,
Spall, Staunton,
Thewlis, Thompson,
Walters, Watson**

**Alagiah, Austin,
Bruce, Edwards,
Guru-Murthy,
Humphrys, Kaplinsky,
McDonald, Minchin,
Murnaghan,
Nightingale,
Paxman, Raworth,
Reid,
Silverton, Snow,
Stewart,
Turnbull**

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

Crafty Corner



Penguin Pine Cone Ornaments

(Ideal to make with your grandchildren)

Materials - What you will need:

- Pine cones
- Black and yellow felt
- Black and white craft paint
- Paint brush
- Pencil
- 1" wooden beads
- String or twine
- Hot glue



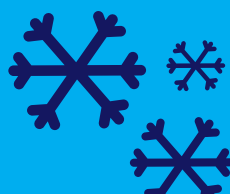
Instructions:

Step 1. Paint the tips of your pine cones white.

Step 2. Paint your wooden beads white – give them at least two coats. Allow to dry. Then draw the penguin's head and eyes in pencil. Paint those in black.

Step 3. Cut out pieces of black felt for the wings and yellow felt for the feet. Tear drop shape – long for the wings, short for the feet. Hot glue those on your pine cones. Also cut a small triangle for the beak, hot glue that on the wooden bead.

Step 4. Thread a piece of twine through your bead and secure the end with a large knot. Hot glue your bead to the pine cone.



Credit hellowonderful.com

blue bobble hat

beginner pattern by Juliet Bernard

Yarn: Blue and white DK

Needles: 4mm

Hat

Cast on 31 sts in white

Row 1: k1, *p1, k1 repeat from *to end of row

Row 2: p1, *k1, p1 repeat from *to end of row

Change to blue and beginning with a knit row work 12 rows in st st

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 and 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.

Send your hats to Angela
Clough at Age UK
Northumberland
The Round House
Lintonville Parkway
Ashington
NE63 9JZ
or call
01670 784 800



The Big Knit is back!
Please help raise funds for
Age UK Northumberland
for every little hat we send
away we receive 25p to help
older people
We have a 10,000 little hat target,
can you help us knit?

apple hat

intermediate pattern by Juliet Bernard

Yarn: Green and brown DK with some red and black for embroidery

Needles: 4mm

Hat

Cast on 31 sts in green

Beginning with a knit row continue in st st for 14 rows

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

Next row: purl

Next row: k2tog to end (8sts)

Change to brown

Next row: p2tog 4 times then work an icord for 6 rows.

Next row: K2tog twice. (2sts)

Next row: k2tog and fasten off

Leaf

CO 3 st in green

Row 1: kfb k1 kfb (5sts)

Row 2: purl

Row 3: k2 m1, k1, m1, k2 (7sts)

Row 4: purl

Row 5: knit

Row 6: purl

Row 7: k1, ssk, k1, k2tog, k1 (5sts)

Row 8: purl

Row 9: ssk, k1, k2tog (3sts)

Making up

Use a sewing needle to join side seams and sew in the ends. Attach the leaf to the stalk. Embroider eyes and mouth in black and apple cheeks in red.



**An apple a day keeps
the doctor away....**

post box hat

intermediate pattern by Juliet Bernard

Yarn: Red, white and black

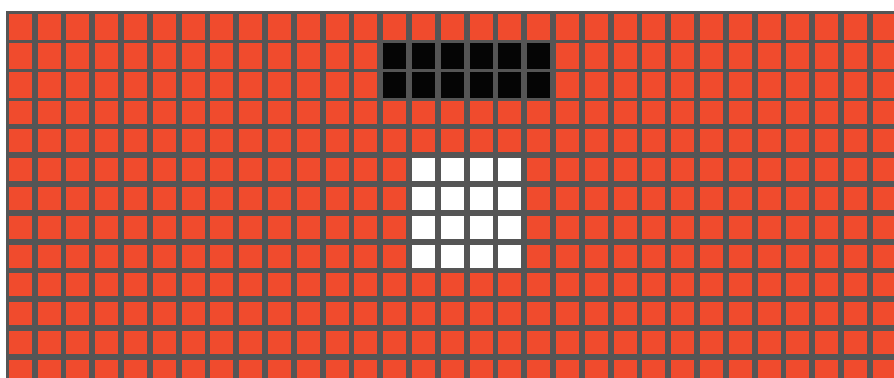
Needles: 4mm

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 the first boxes to be painted red were in London in July 1874!

duck hat

advanced crochet pattern by Juliet Bernard

Yarn: Yellow, blue and orange DK and some toy stuffing

Crochet hook: 3.5mm

Hat

Using the magic loop technique and blue yarn make 6dcs into the ring. Join with a ss.

Round 1: ch1 make 2dc in each dc from the previous round. Join with ss (12sts)

Round 2: ch1, *1 dc, 2dc in next dc, repeat from * to the end of the round. Join with ss (18sts)

Round 3: ch1, *1 dc in next 2 dcs, 2dc in next dc, repeat from * to the end of the round. Join with ss (24sts)

Round 4: ch1, 1 dc, in each dc to the end of the round. Join with ss.

Repeat round 4, 4 more times.

Fasten off and sew in ends.

Duck body

You will be working the body and head in a spiral so you might like to use a locking stitch marker to keep track of the beginning of the round.

Using the magic loop technique and yellow yarn make 6dcs into the ring.

Round 1: make 2dc in each dc from the previous round. (12sts)

Round 2: *1 dc, 2dc in next dc, repeat from * to the end of the round. (18sts)

Round 3: *1 dc in next 2 dcs, 2dc in next dc, repeat from * to the end of the round. (24sts)

Round 4: 1 dc in each dc to the end of the round.

Repeat round 4, twice more.

Round 7: * 1dc, dc2tog repeat to the end of the round (16sts)

Round 8: 1 dc in each dc to the end of the round.

Round 9: * dc2tog repeat to the end of the round (8sts)

Now you need to stuff the body.

Round 10: dc2tog, repeat to the end of the round (4sts)



“If it looks like a duck, quacks like a duck, it's a duck!”

duck hat

Continued....

advanced crochet pattern by Juliet Bernard

Break yarn and sew the top of the body together.

Duck head

Using the magic loop technique and yellow yarn make 6dcs into the ring.

Round 1: make 2dc in each dc from the previous round. (12sts)

Round 2: *1 dc, 2dc in next dc, repeat from * to the end of the round. (18sts)

Round 3: 1 dc in each dc to the end of the round.

Repeat round 3, twice more.

Round 6: * 1 dc, dc2tog repeat to the end of the round (12sts)

Round 7: dc2tog, repeat to the end of the round (6sts)

Now you need to stuff the body.

Round 8: dc2tog, repeat to the end of the round (3sts)

Break yarn and sew the top of the body together.

Beak

Using orange yarn ch 4

Round 1: Work 2dc in second ch from the hook. Work 4dc in remaining ch st.

Turn the beak 180 degrees and work 1 dc in next st and 2 dc in remaining st (10sts)

Round 2: 1dc in each dc of the previous round. Join with ss and fasten off leaving a long tail.

Sew beak to the head, head to the body and completed duck to the hat.

Add some stick-on eyes.



When your little hats are ready please send these to
Angela at Northumberland
The Round House, Lintonville Parkway,
Ashington, NE63 9JZ
or call if you can't drop these off please call
01670 784 800 and we will collect them for you.

**We're here to help
with a range of
services and we're just
a phone call away...**

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- **Advocacy**
- **Live Well with Dementia Programme**
- **Bereavement Support**
- **Health and Wellbeing**
- **Exercise classes and conditioning support**
- **Home Care and Personal Planning**



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Even if you're unsure on the type of services you need,
we will be happy to help.**

