

WINTER ACTIVITIES

Filled with exercises, activities and info to keep body & mind fit & active!



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



Hello and welcome to this, our second activity pack, which has been created by the team at Age UK Northumberland to keep you entertained, active and informed during the winter months.

How can Age UK Northumberland help you?

We know that this has been a terribly difficult time for you and your families and we would like to remind you that the team at Age UK Northumberland are available to talk and support you with any questions or concerns, whether you need help with a specific problem, such as a housing, finance or personal issue, or feeling lonely and would like someone to chat to...we're here to help.

Our information, advice, advocacy and friendship services are all free of charge, so don't hesitate to pick up the phone. Our lovely teams are available 9am - 5pm, Monday to Friday on 01670 784 800. And 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 second activity pack, thanks to our friends at the National Lottery Community Fund and Community Foundation, we are delighted to share with you our Winter Activities booklet, 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 we'd love to hear your feedback, 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.

Best wishes and take care.

Amy



Winter Quiz

Food and Drink

1. What are escargots?
2. What is calamari?
3. What is the term used to describe pasta that is properly cooked?
4. In which country was gin invented?
5. If you asked for scraps in a chippy - what would you get?
6. What fish is a kipper?
7. What are prunes?
8. What is tofu made from?
9. What are the ingredients of a Pina Colada?

History

10. She was Daughter of Henry VIII and Catherine of Aragon, she was crowned on 1st October 1553.
11. Son of George V and Mary of Teck, he was never crowned.
12. Daughter of Prince Edward, Duke of Kent and Strathearn and Princess Victoria of Saxe-Coburg-Saalfeld, she was crowned on 28th June 1838.
13. Which year marked the end of British rule on the Indian subcontinent?
14. In which city was RMS Titanic constructed?

TV Detectives

15. Lives in the village of St Mary Mead and solves crimes using an uncanny ability to compare suspects and actions with people and events from the Village.
16. This Priest solves mysteries and crimes using his intuition and keen understanding of human nature.
17. This medieval version of a medical examiner solves murder mysteries from the cloister of Shrewsbury Abbey.
18. This aristocratic gentleman detective is the second son of a Duke and solves mysteries for his own amusement, he is assisted by his valet Bunter.

General Knowledge

19. What type of clothing is a Glengarry?
20. What is the most consumed manufactured drink in the world?
21. In the phonetic alphabet what word is used to denote the letter K?

ANSWERS: 1. Snails 2. Squid 3. Al dente 4. Holland 5. Bits of fish batter 6. A smoked herring
7. Dried plums 8. Bean curd 9. Rum, pineapple juice, coconut milk 10. Mary I 11. Edward VIII
12. Queen Victoria 13. 1947 14. Belfast 15. Miss Jane Marple (Agatha Christie) 16. Father Brown
(G K Chesterton) 17. Brother Cadfael (Ellis Peters) 18. Lord Peter Wimsey (Dorothy L Sayers)

19. Hat or bonnet 20. Tea 21. Kilo
with thanks to the team at British Red Cross

Word Search

World Capitals

**ABIDJAN, ULAANBAATAR, NUUK, BERLIN, CAIRO, THE VALLEY,
VICTORIA, ABU DHABI, WELLINGTON, OUAGADOUGOU, PAGO PAGO, YEREVAN,
TAIPEI, STOCKHOLM, ABUJA, BANGKOK, CANBERRA, PYONGYANG, ROAD TOWN,
BRASILIA, PHILLIPSBURG, QUITO, ACCRA, SANTIAGO, ADDIS ABABA,
SAN JOSE, PHNOM PENH.**

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



SUDUKO CHALLENGE



Challenge family, friends or neighbours
to join you in completing our SUDUKO CHALLENGE.
Answers overleaf....but no cheating!

SUDUKO 1

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

calculations

SUDUKO 2

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

calculations



SUDUKO CHALLENGE

continued....



SUDUKO 3

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

calculations

SUDUKO 4

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

calculations

1 2
3 4

SUDUKO ANSWERS



SUDUKO 1

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

SUDUKO 2

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

SUDUKO 3

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

SUDUKO 4

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

Word Search

GEMS

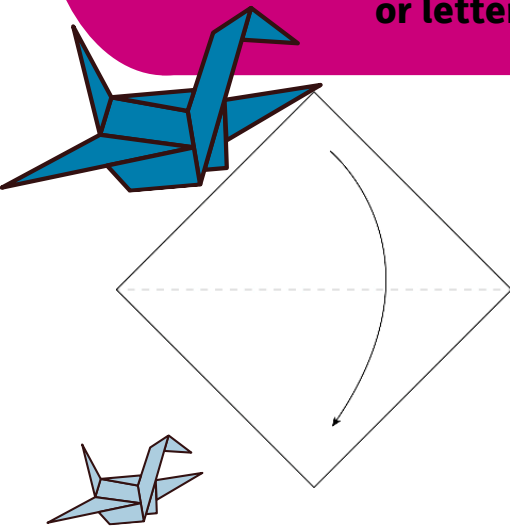
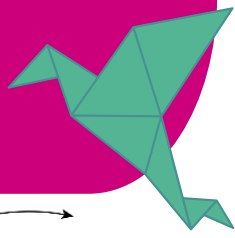
APATITE, DIAMOND, CHALCEDONY, PERIDOT, AGATE, TOPAZ, AMBER, SAPPHIRE, CHRYSOBERYL, RED TOPAZ, AMETHYST, GARNET, EMERALD, PEARL, OPAL, TURQUOISE, RUBY, MALACHITE, AQUAMARINE, CARNELIAN, JASPER, ZIRCON, TOURMALINE, CITRINE, QUARTZ



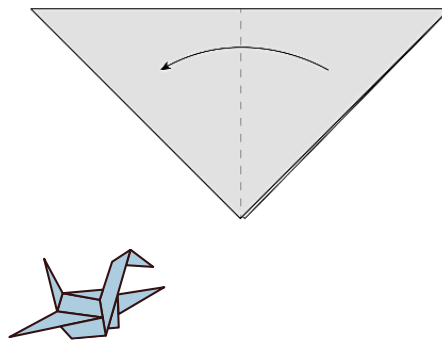
Origami - Folding your first model

The crane is probably the most famous model in origami and according to legend, if you fold a thousand cranes, you will get a ton of good luck and will be granted a wish! Feel free to use any paper that you have in the house - old newspaper, magazines or letters will do, the more colourful the better!

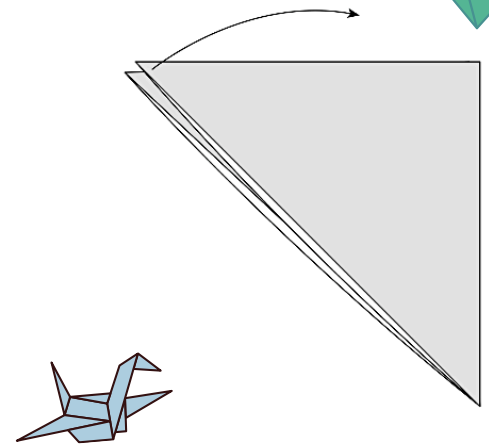
credit Origami.me



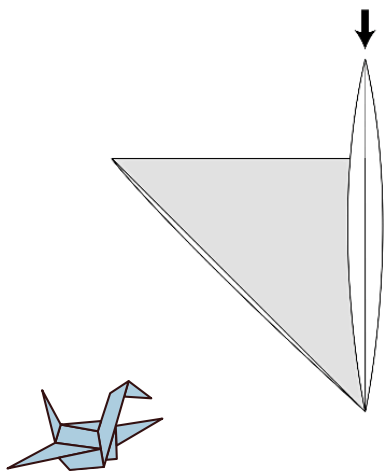
Step 1) Start with the white side of the paper facing up and fold in half diagonally.



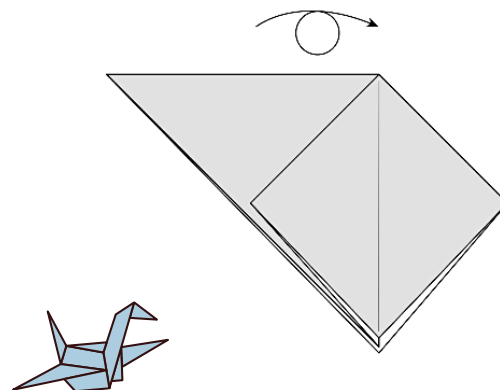
Step 2) Fold in half again along the dotted line.



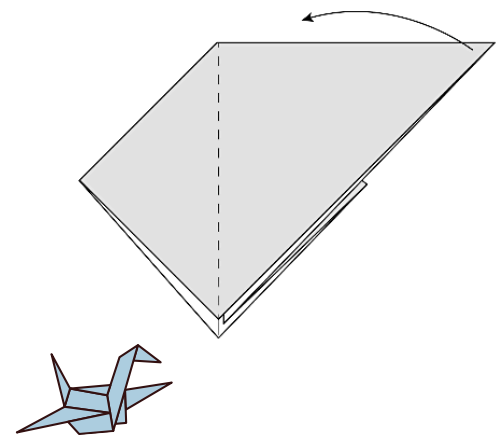
Step 3) Fold that flap back and...



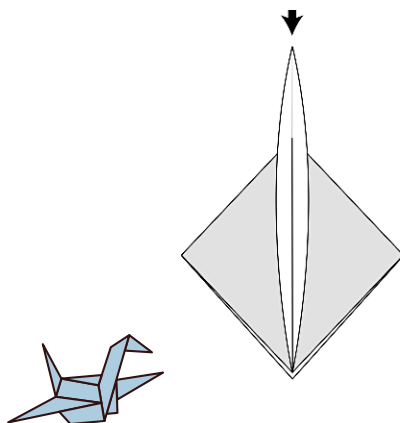
Step 4) Squash fold this flap down.



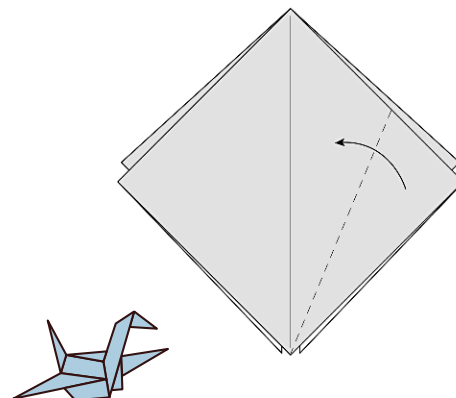
Step 5) Turn the model over, we're going to repeat the last few steps on the other side.



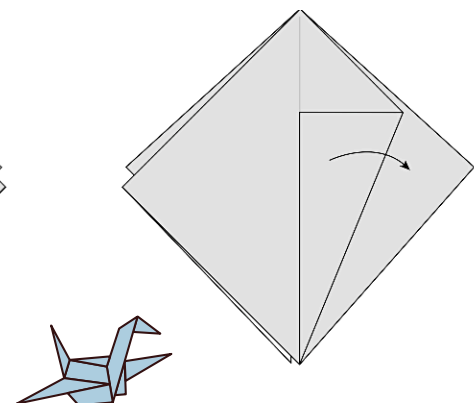
Step 6) Fold the flap over to the left along the dotted line.



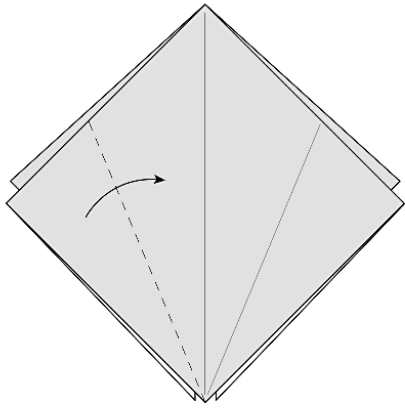
Step 7) Squash fold this flap down.



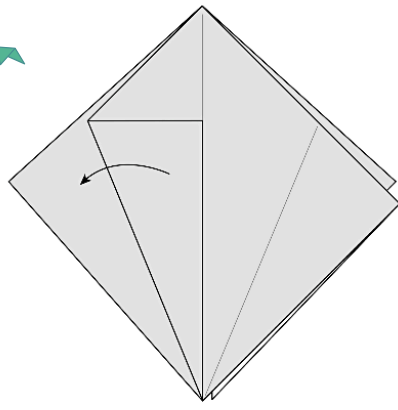
Step 8) You now have a completed square or preliminary base. With a few more folds we'll turn it into a bird base. Fold the side flap to the centre along the dotted line.



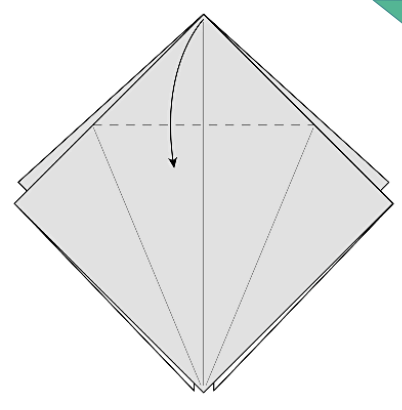
Step 9) Crease this fold well and then unfold it.



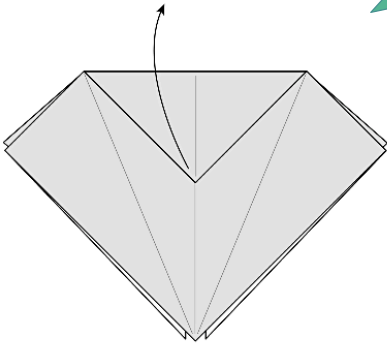
Step 10) Fold the flap on the other side to the centre along the dotted line.



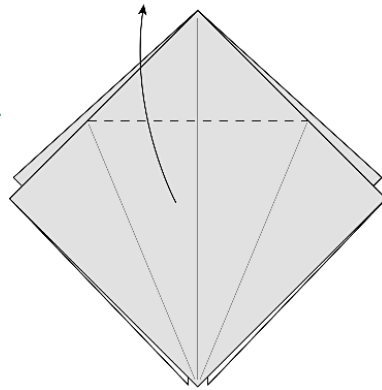
Step 11) Crease this well and unfold.



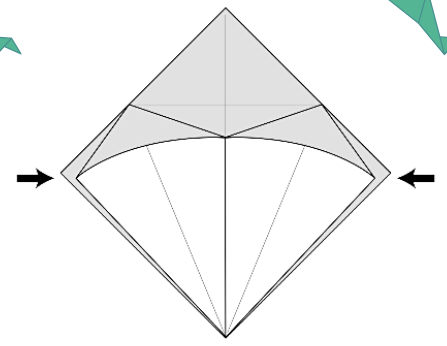
Step 12) Fold the top down along the dotted line.



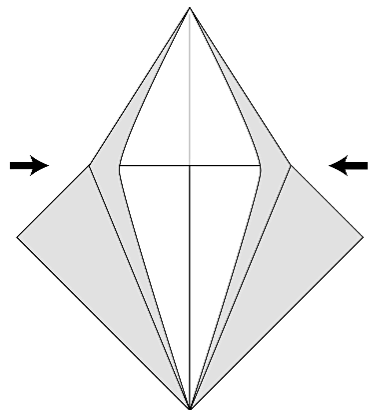
Step 13) Crease this well and unfold.



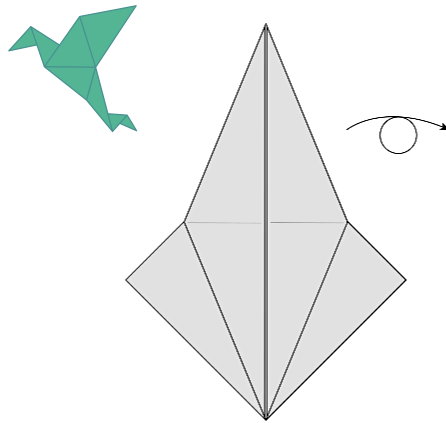
Step 14) Lift the top flap of paper up along the crease you just made. We're going to make a petal fold.



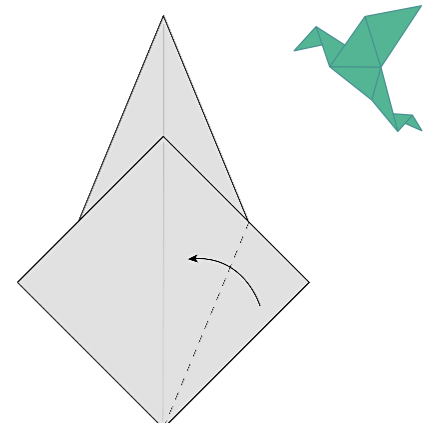
Step 15) Continue lifting up and push in the sides along the creases you made in the previous couple of steps.



Step 16) Flatten everything along the creases you already made.

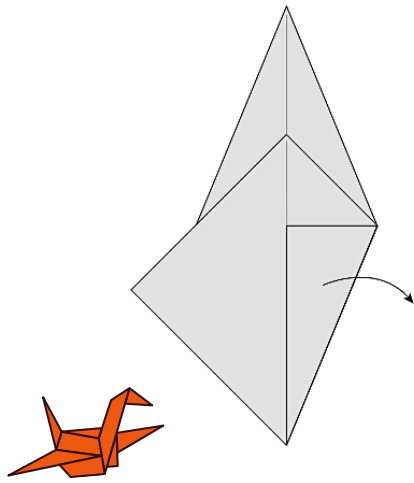


Step 17) The completed petal fold. Turn the model over, we're going to make a petal fold on the other side too.

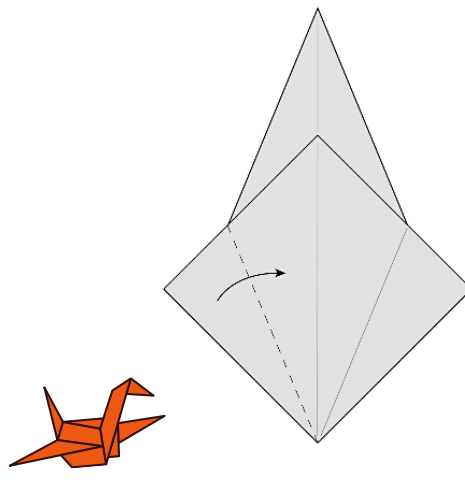


Step 18) Fold the side to the centre along the dotted line.

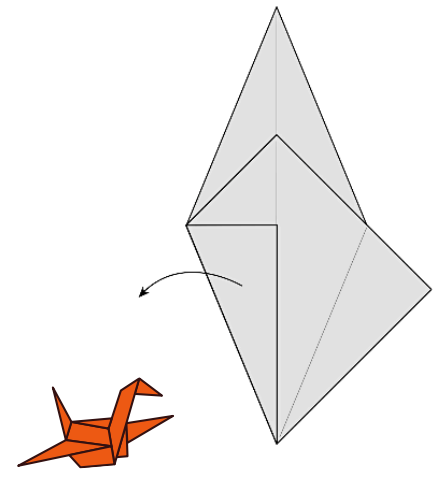




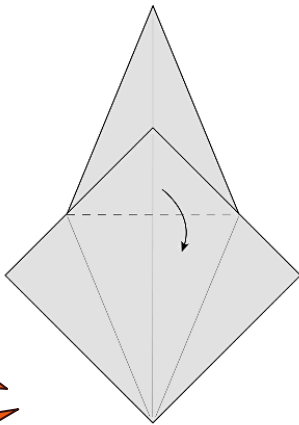
Step 19) Crease this well and then unfold.



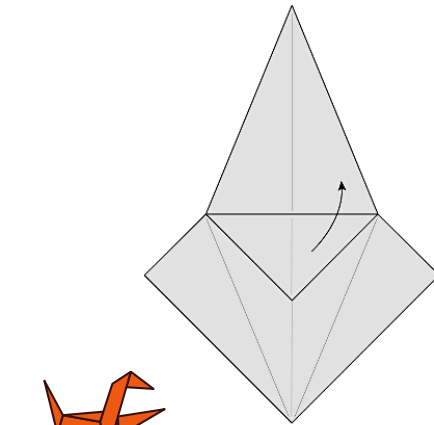
Step 20) Fold the other side to the centre along the dotted line.



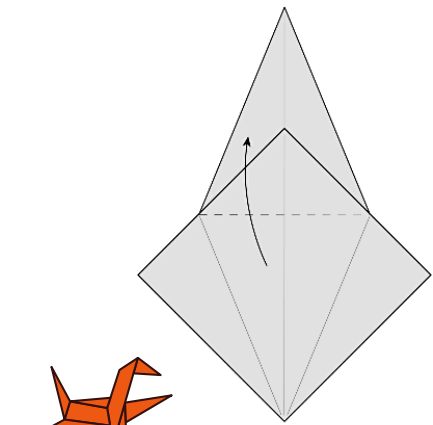
Step 21) Crease this well and unfold.



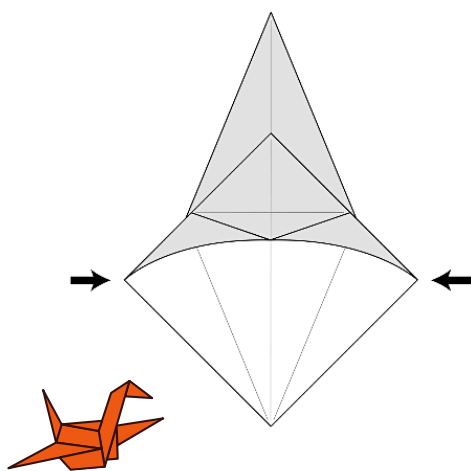
Step 22) Fold the top down along the dotted line.



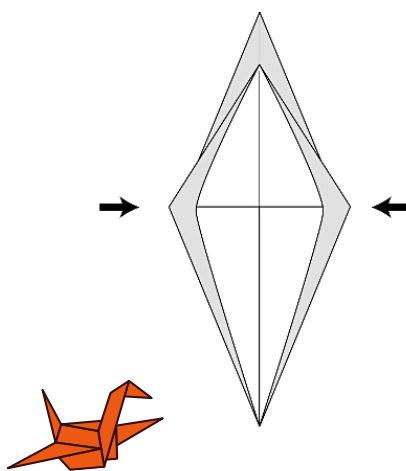
Step 23) Crease this well and unfold.



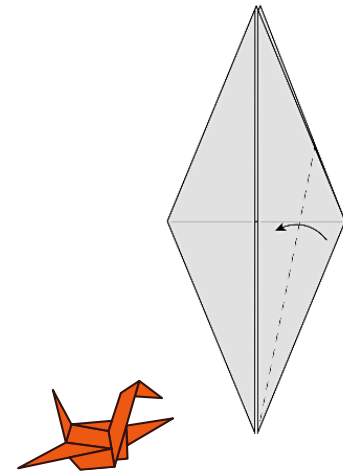
Step 24) Lift the top flap of paper up along the crease you just made. We're going to make another petal fold.



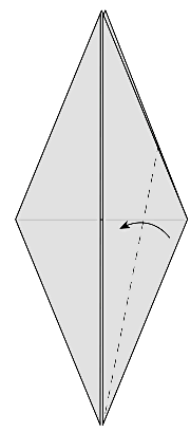
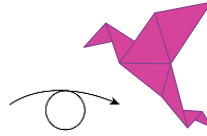
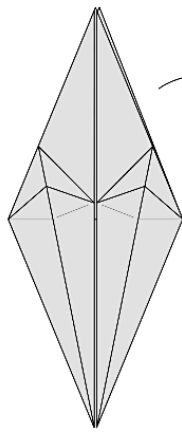
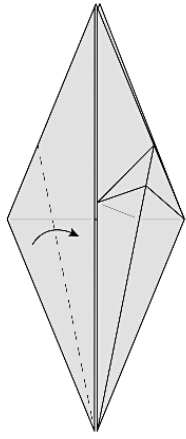
Step 25) Continue lifting up and push in the sides along the creases you made in the previous couple of steps.



Step 26) Flatten everything along the creases you already made.



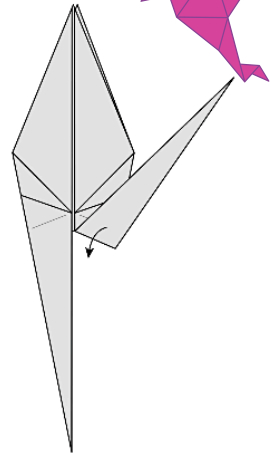
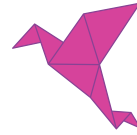
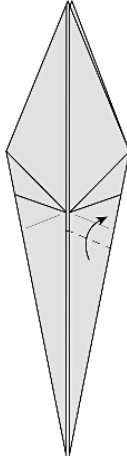
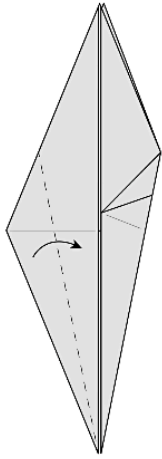
Step 27) The completed petal fold. At this point you also have a completed bird base. Next we're going to fold the neck and the tail. Fold the top flap on the right to the centre along the dotted line.



Step 28) Fold the top flap on the left to the centre along the dotted line as well.

Step 29) Turn the model over, we're going to repeat the last to steps on the other side.

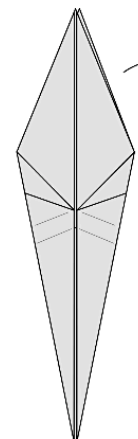
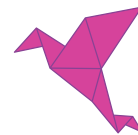
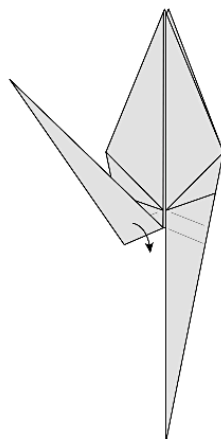
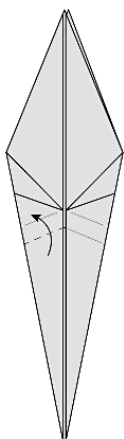
Step 30) Fold the top flap on the left to the centre along the dotted line.



Step 31) Fold the top flap on the right to the centre along the dotted line as well.

Step 32) Fold the long thin section of paper on the right up along the dotted line.

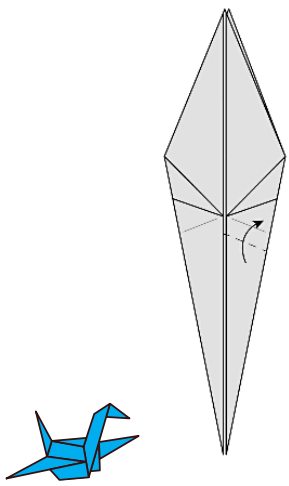
Step 33) Crease this well and unfold.



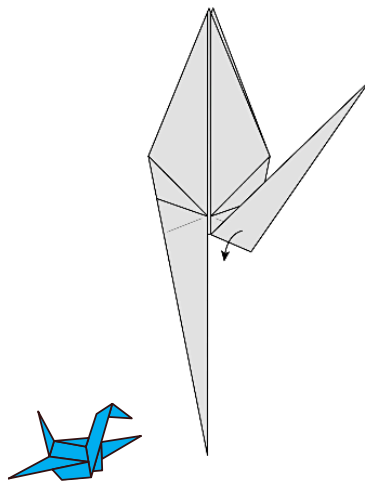
Step 34) Fold the long thin section of paper on the left up just like you did on the other side.

Step 35) Crease this well and unfold.

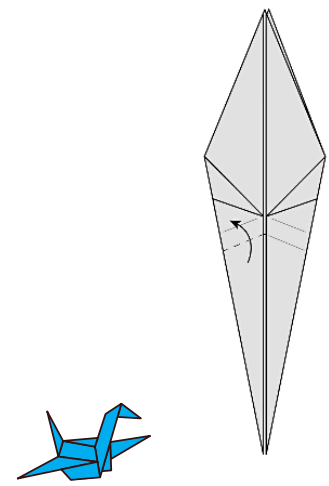
Step 36) Turn the model over, we're going to repeat the last couple of steps on the other side.



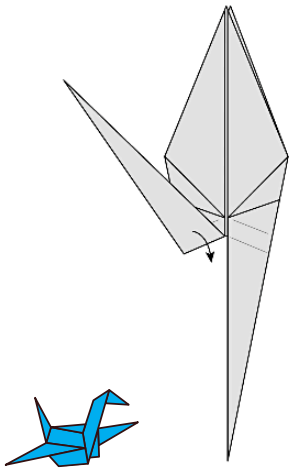
Step 37) Fold the long thin section of paper on the right up along the dotted line. There's already a crease here but now you're going to fold it the other way.



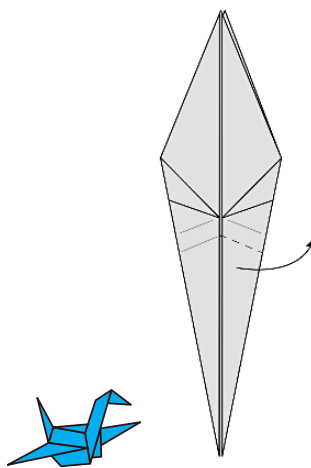
Step 38) Crease this well and unfold.



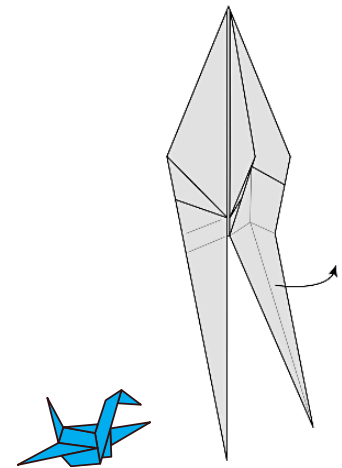
Step 39) Fold the long thin section of paper on the left up just like you did on the other side. There's also a crease here already and you're also going to fold it the other way.



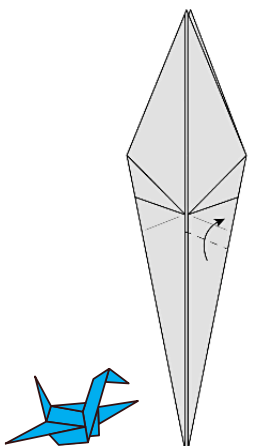
Step 40) Crease this well and unfold.



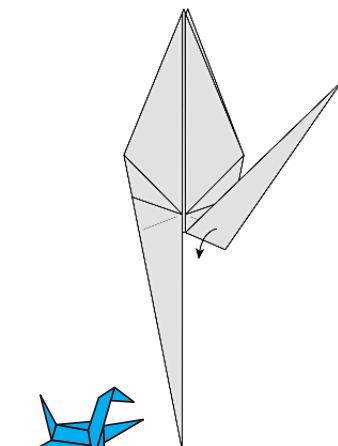
Step 41) Now we're going to make an inside reverse fold along the creases you just made on the right side of the model.



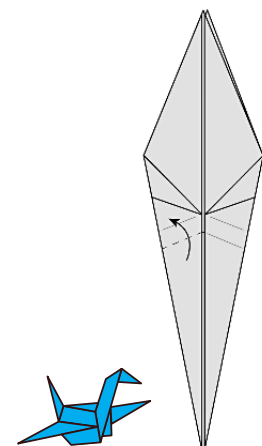
Step 42) Lift the paper up inside the model along the creases you already made and flatten everything.



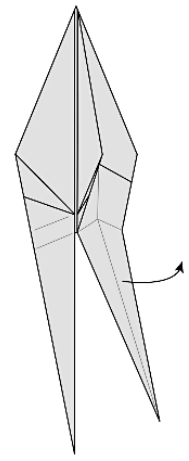
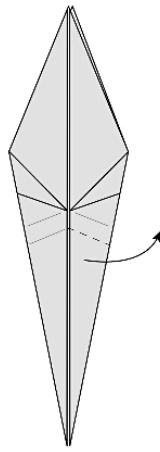
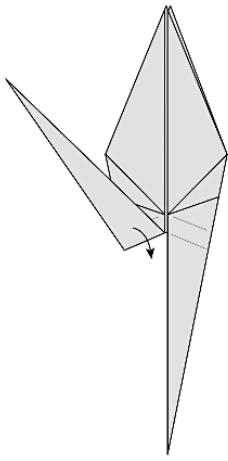
Step 37) Fold the long thin section of paper on the right up along the dotted line. There's already a crease here but now you're going to fold it the other way.



Step 38) Crease this well and unfold.



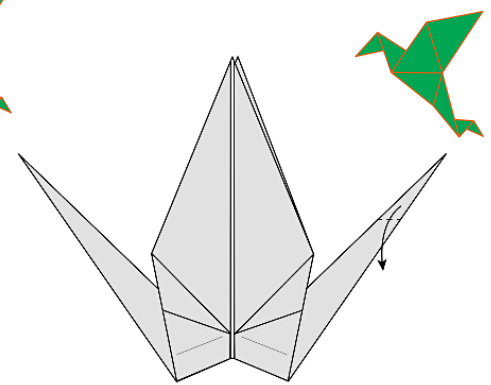
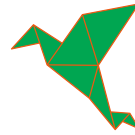
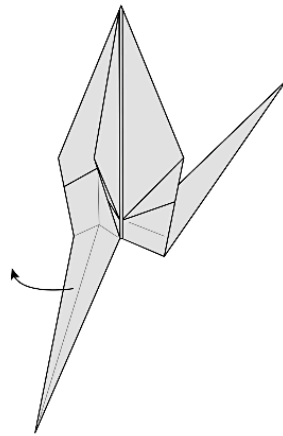
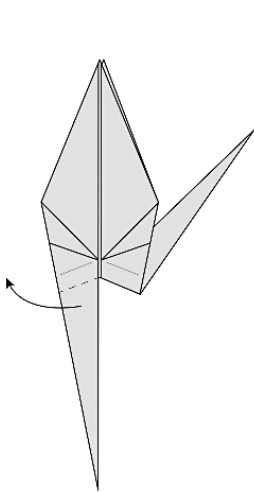
Step 39) Fold the long thin section of paper on the left up just like you did on the other side. There's also a crease here already and you're also going to fold it the other way.



Step 40) Crease this well and unfold.

Step 41) Now we're going to make an inside reverse fold along the creases you just made on the right side of the model.

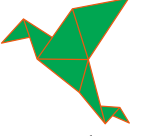
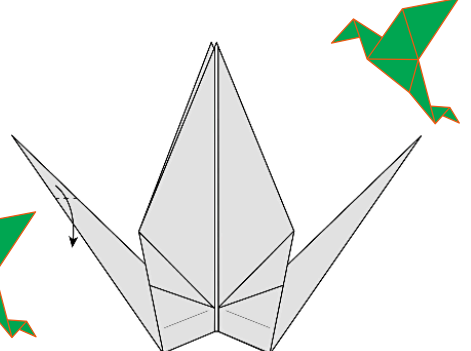
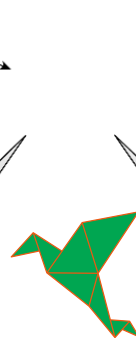
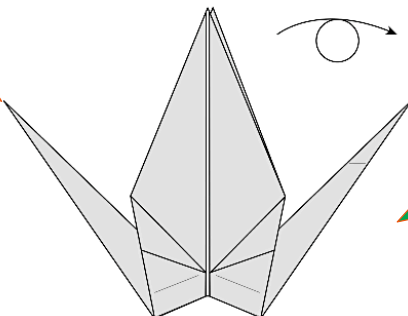
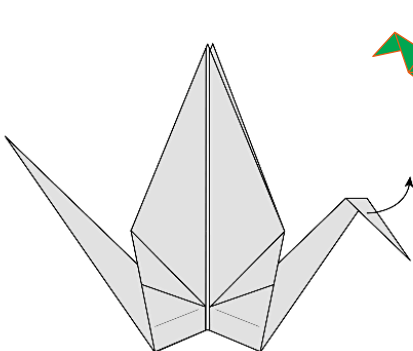
Step 42) Lift the paper up inside the model along the creases you already made and flatten everything.



Step 43) Make another inside reverse fold along the creases you already made along the left side of the model.

Step 44) Lift the paper up inside the model along the creases you already made and flatten everything.

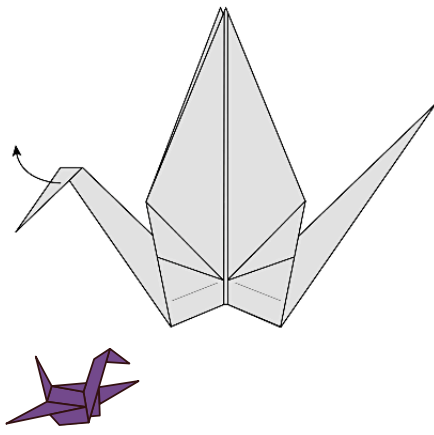
Step 45) Now we're going to fold the head. Fold the long thin section of paper on the left down along the dotted line.



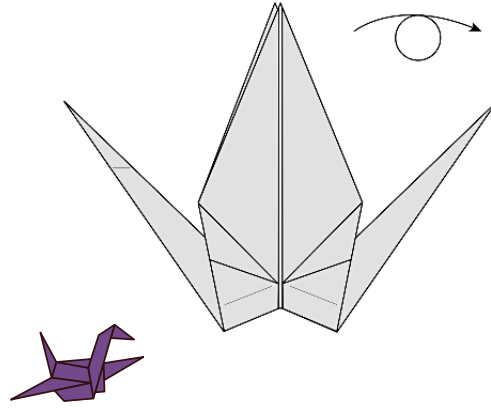
Step 46) Crease this well and unfold.

Step 47) Turn the model over so we can repeat this on the other side.

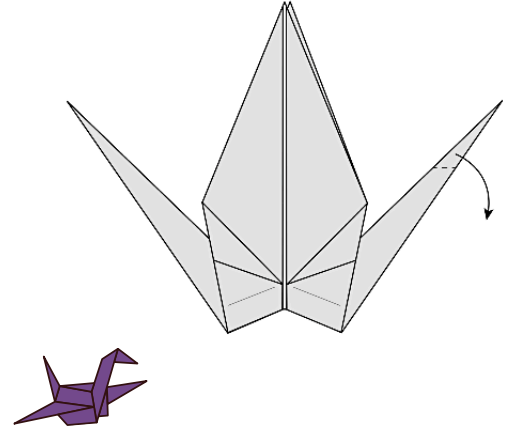
Step 48) Fold the long thin section of paper on the left side now down along the dotted line. This is folded the opposite way along the crease you already folded on the other side.



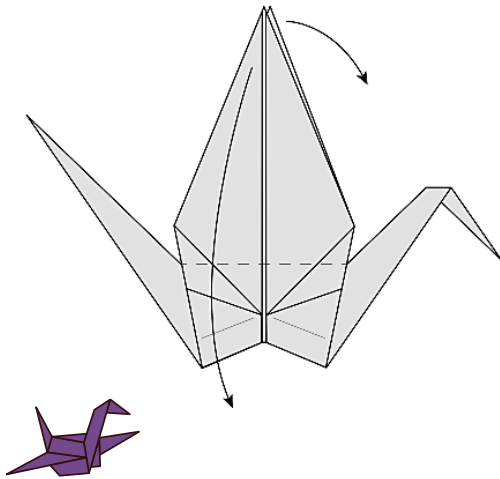
Step 49) Crease this well and unfold.



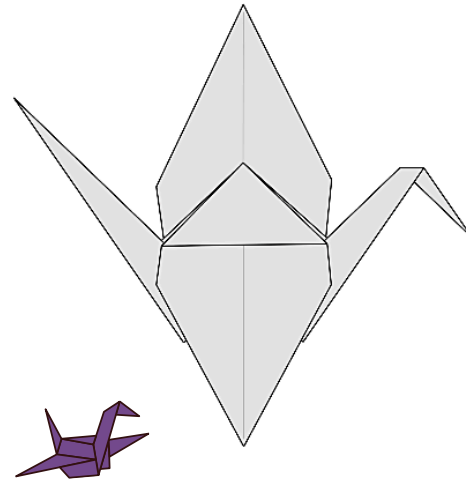
Step 50) Turn the model over again so it's facing the way it was before.



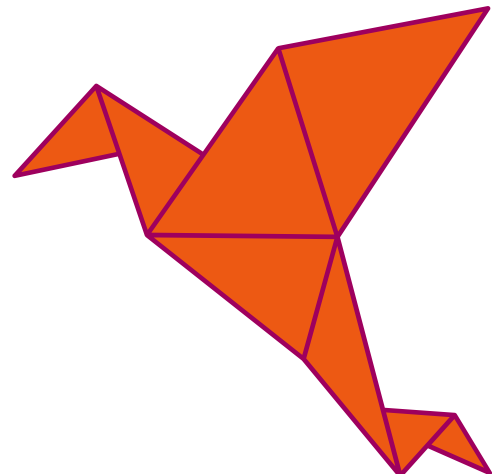
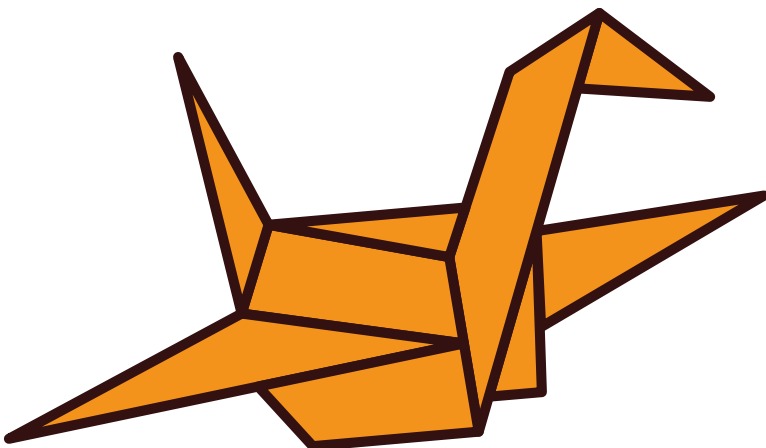
Step 51) Fold the head by making an inside reverse fold along the creases you made in the previous couple of steps. The head is then folded inside the neck.



Step 52) Fold down the wings on both sides along the dotted line.



The completed origami crane, good job!





Keeping well at home

By staying at home we are protecting ourselves, our families and our communities. No matter who we are, we are all in this together and can help and support each other at this time.

Over the past month we have listened and acted on Government advice to help protect us from the Coronavirus outbreak, which causes the disease called Covid-19.

Messages about "Staying At Home" have encouraged us all to make changes to the way we live and go about our daily lives. Already we are seeing the impact of our actions as fewer people become unwell.

We are all at risk of becoming ill, for those of us aged 70 years or older and those living with pre-existing health conditions, it is especially important that we follow the guidelines. This is the best way we can protect ourselves and others. Staying at home for a long time is not easy, for some people it is particularly hard. There are things that we can all do to look after ourselves and encourage one another to do at this time.

This booklet has lots of ideas and suggestions to help us keep well whilst at home. Together we can support and protect each other by looking after ourselves at this time. It is written for those with less or no access to online resources and includes a list of helpful contact numbers at the back. There are a large number of online resources currently available to everyone to support the information provided here. Ask a friend, family member or volunteer to help find and print additional resources if possible.

We hope you find it helpful and share it with your friends, family and community.



"Even at this time community grows, even by a phone call, life becomes a bit easier and worthwhile."

Elaine

Mind matters

Why our mind matters

Our mind matters and keeping our mind active is important. We all need to think about our mind in the same way that we need to think about our bodies, especially in times of change.

Where possible, try to keep up with normal everyday activities and interests, especially keeping in touch with friends, family and neighbours. Keeping active with interests and hobbies we enjoy keeps our mind well. Trying something new can be a great thing to do.



“I’ve been advising friends and family not to get hooked on watching, listening to and reading too much news. It only encourages negative feelings.”

Don

There may be times when things change for us, so knowing what to do if something does change will help us cope better. It is important to stay connected and remember others are likely feeling similar so sharing and being kind will help. For most of us, these feelings will pass. There are helplines and local organisations who are here to listen and support. Have a look at the helpful contacts page at the back of this booklet for more information.

Finding joy each day can really help, such as noticing the things we appreciate like blossom or flowers, a call from a friend or family member, a good cup of tea, completing a word search, baking, taking in some fresh air, watching a sunset.

Tips on keeping our mind well and active



Stay connected with others

- Stay in touch with friends, family, neighbours, clubs, and your community by phone.
- Asking for help with shopping and running errands.
- Volunteer to get or become a phone befriender to others.



Stay on top of difficult feelings and worries

- Try to focus on things in your control.
- Limit how much news you watch or listen to and use trusted sources (BBC/ITV).
- Take time to chat about how you're feeling with others, it can really help.



Plan practical things

- Keep up with usual everyday activities and interests at home.
- Make a 'to do list' for each day: writing shopping lists, making calls, order repeat prescriptions.
- Continue accessing treatment and support for health conditions from your GP.



Take time to notice and feel joy

- Take time to focus on activities you enjoy at home.
- Set yourself a goal, learn a new skill, or take on a challenge.
- Take note of things that bring you joy and share with others.

If you start to feel overwhelmed, some simple breathing exercises can help:

1. Sit or lie down in a way that's comfortable for you.
2. Take a deep breath in and hold it, at the same time raising and tightening your shoulders, and clenching your fists.
3. Count slowly to five as you breathe out.
4. Do this several times.

Moving more

Why being active and moving is important

Our everyday activities such as attending clubs, exercise classes, appointments, meeting friends and family or volunteering has temporarily changed.

Instead our indoor activities such as cooking, eating, getting dressed, reading and watching television make up much more of our day. Finding ways of being active at home will help us feel better. It will also help our bodies be better protected for fighting infection and illness.

Most of us are able to go outside at least once a day to exercise. Going for a daily walk is a great way to enjoy the outdoors and get some fresh air.

If you are not able to go outside, standing by an open window or on a doorstep to get some fresh air can feel good too. There are also exercises we can do in our homes, that will help us to carry on doing the things we enjoy.

Being active every day helps us to:

- Keep our spirits up.
- Get a good night's sleep.
- Have a good appetite.
- Stay at a healthy weight.
- Keep your bowels healthy.
- Keeps our muscles and bones strong.
- Prevent health conditions from getting worse.

Being active every day helps to reduce:

- Risk of falls and fractures.
- Risk of heart attack, stroke, diabetes and some cancers.

Quick safety check before exercising

Being active is safe for the majority of people and it has many benefits for our health and wellbeing. There are some small steps you can take to reduce the chance of problems occurring.



Most people can exercise without speaking to a doctor first, especially if their medical condition is under control. However, if you have any symptoms from a heart, kidney or metabolic condition you should check with your GP before you start.



Prepare your exercise space by clearing away unnecessary clutter.

- Keep something sturdy and solid nearby for support (for example a kitchen work surface).
- Have a glass of water ready to sip as you exercise.
- Wear well fitting and supportive shoes, and loose clothing.
- If you are exercising on your own, keep a telephone nearby, just in case you need it.



Set the pace, always warm up and start exercising at a level you find easy and build up gradually.

- If you experience severe pain anywhere or dizziness, stop and rest.
- Remember, it is not unusual to feel some aching or discomfort if you are moving body parts that are stiff and not used to exercise.
- It is common to feel a bit stiff for a few days after exercising in the muscles you have used more than usual. This is normal and shows that your body is responding to the increased movement.
- Try not to hold your breath as you exercise, breathe normally throughout.

***For almost everyone
exercise is safer than
not moving!***

Moving well at home

Any movement is good, particularly if it makes us feel a little bit warm and makes us breathe a little faster. Small chunks of movement every day helps increase energy.

There are ways we can move well at home:

- Strength and balance exercises that will help to keep you strong and steady on your feet.
- Aerobic exercise that warm you up and get you breathing slightly harder to help keep you fit and well.
- Breaking up periods of inactivity, such as sitting or lying down throughout the day with movement and activities.



Strength and balance exercises

Our muscles, bones and joints like to be moved. Lack of movement is bad for our bodies. Just like a car, the body needs to be moved regularly or it will get stiff and rusty.

These exercises will help us stay strong and active. Aim to do these regularly throughout the week, maybe splitting them up and doing them a few at a time during the day, after breakfast or before lunch, whilst boiling the kettle or speaking on the telephone.

It's always good to 'warm up' your muscles and joints and to 'cool down' after any exercise.

The 'warm up'

Always begin with a warm up to prepare for the main exercises. There are four warm up exercises. Complete them all if doing the exercises in one session.

If spreading the exercises over the day, do the seated march first to warm up. You can also do these warm up moves throughout the day to help mobilise the joints, especially after sitting for an hour or so.



"I used to go to a class every week but now I'm doing my exercises at home they really help me to keep mobile and it helps me to think about how to structure my day!"

Christine



The 'seated march'

Warms muscles and prepares for movement.

What to do

- Sit tall at the front of the chair.
- Hold the sides of the chair.
- March with control.
- Build to a rhythm that feels comfortable.
- Continue for 1-2 minutes.



Shoulder circles

Warms muscles and prepares for movement.

What to do

- Sit tall with arms at your sides.
- Lift both shoulders up to ears, draw them back then press them down.
- Repeat slowly five times and feel the shoulder joints loosen.



Ankle loosener

Loosens ankles, improves heel to toe walking action, keeps us stable.

What to do

- Sit tall at the front of the chair.
- Hold the sides of the chair.
- Place the heel of one foot on the floor then lift it and put the toes down on the same spot.
- Repeat five times on each leg.



Spine twists

Loosens spine, helps looking over shoulders, turning in bed.

What to do

- Sit very tall with feet hip width apart.
- Place your right hand on left knee and hold the chair back with the left hand.
- Twist the upper body and head slowly to the right, back to the middle, and round to the left.
- Repeat four more times slowly each way.

Main exercises – seated

Make sure that the chair you use is sturdy and stable, so it doesn't move around when you're getting in and out of it. Wear comfortable clothes and supportive footwear.



Wrist strengthener

Improves grip strength, helps opening jars.

What to do

- Fold or roll a hand or tea towel into a tube shape.
- Sit tall then squeeze the towel tightly with both hands, hold for a slow count of five then release.
- Repeat this exercise 6-8 times.

More challenging option

Squeeze then twist your towel before holding for 10 seconds.



Arm swings

Helps with stamina and endurance.

What to do

- Sit tall away from the chair back.
- Place both feet flat on the floor below knees.
- Bend elbows and swing arms from the shoulder.
- Build to a rhythm that is comfortable.
- Continue for 30 seconds.

More challenging option

Increase pace and time to 1-2 minutes.



"These days I think it's good for me to watch the amount of alcohol I'm drinking and also have days without."

Don



Pelvic floor strengthener

Helps reduce 'leaking' when coughing and laughing.

What to do

- Tighten the muscles as if you were trying to stop passing urine and wind at the same time and hold.
- Try to hold for 10 seconds.
- Rest for four seconds, then repeat.
- Perform this 10 times.

Avoid

- Squeezing legs together.
- Tightening buttocks.
- Holding breath.

More challenging option

10 quick contractions by drawing up the pelvic floor.



Front knee strengthener

Strengthens the knee for walking and bending.

What to do

- Sit back in the chair, back supported and feet under knees.
- Brush one foot across the floor then lift the ankle slowly and straighten (do not lock) the knee.
- Lower the foot with control.
- Aim to lift for a slow count of three and lower for a slow count of five each time.
- Repeat 10 times on one leg then swap legs.

More challenging option

Sit away from the back of the chair so more of your leg is off the chair when you lift. Keep the back strong while you lift the leg.

Main exercises – standing

Make sure that you are near a sturdy and stable worktop, and that any chairs used will not move during the sit to stand exercise. Wear comfortable clothes and supportive footwear.



Sit to stand

If repeated regularly and slowly will improve lower limb strength and stability.

What to do

- Sit tall near the front of the chair.
- Place feet slightly behind knees.
- Lean slightly forwards.
- Stand up (using hands on the chair for support if needed. Progress to no hands over time).
- Step back until legs touch the chair, then stand tall, bend knees and slowly lower bottom back into the chair.
- Repeat 10 times.

More challenging option

Try doing the exercise extra slow and hover for a few seconds just before finally sitting.



Heel raises

Help strengthen muscles at the front of the foot, improves balance.

What to do

- Stand tall holding a sturdy table, chair or even the sink!
- Raise heels taking your weight over the big toe and second toe, hold for a second.
- Lower heels to the floor with control.
- Repeat 10 times.

More challenging option

Repeat the exercise, doing it slowly and hold for a second or so just before putting the heel down again.



“Drinking a glass of water before meals and a balanced diet are vital ingredients in keeping our body and mind well while staying at home.”

Bhim & Yogesh



Toe raises

Helps strengthen the muscles that lift the toe up, important for when stepping and for balance.

What to do

- Stand tall holding a sturdy table, chair or even the sink!
- Raise toes taking weight back onto heels and without sticking bottom out.
- Hold for a second.
- Lower toes to the floor with control.
- Repeat 10 times.

More challenging option

Repeat the exercise, doing it slowly and hold for a second or so just before put the toe down again.



Marching to improve huff and puff

Helps maintain bone density at the hip and spine.

What to do

- Stand to the side of the chair holding on with one hand.
- Stand tall.
- March on the spot swinging the free arm.
- Keep marching for 30 seconds.
- Turn slowly around then repeat using the other arm.
- Repeat three times.

More challenging option

If balance is good then bring in both arms and march with more effort.

Main exercises – standing

Make sure that you are near a sturdy and stable worktop, and that any chairs used will not move during the sit to stand exercise in particular. Wear comfortable clothes and supportive footwear.



Leg swings

Helps improve strength on the straight leg, improves balance and stability.

What to do

- Stand to the side of the chair holding on with one hand.
- Stand tall.
- Swing the leg furthest away from the chair forwards and back with control.
- Perform 10 swings.
- Turn slowly to repeat on other leg.

More challenging option

Raise the knee up higher to the front and make the movement slower.



Wall press-ups

Helps improve upper body strength, helps maintain bone density at the wrist.

What to do

- Stand at arms length from wall.
- Place hands on the wall at chest height, fingers upwards.
- Keeping back straight and tummy tight, bend elbows lowering body with control towards the wall.
- Press back to the start position.
- Repeat eight times.

More challenging option

Perform the movement more slowly or start further away from the wall.



One leg stands

Helps improve walking stability.

What to do

- Stand close to support surface and hold on.
- Balance on one leg, keeping the supporting leg straight but knee soft.
- Stand tall and look ahead
- Hold for 10 seconds.
- Repeat with the other leg.

More challenging option

Try to use the support surface less and hold the position for longer, up to 30 seconds.

Aerobic exercises

Any activity that warms you up and gets you breathing slightly harder such as:



Dancing.



Going up and down stairs.

Breaking up sitting

Activities you can do to break up periods of inactivity such as:



Cleaning (dusting, polishing, making the bed, washing up).



Gardening (if you have one or planting bulbs, herbs or houseplants indoors).



Stretch or stand during TV advert breaks or after each chapter of your book.

Cool down

Finish by marching at a relaxed pace for 1-2 minutes. Then try to perform all of the following stretches. They will help with posture, walking and stability.



Back of thigh stretch

Helps with putting on shoes and socks, lengthens stride when walking.

What to do

- Sit at the very front of the chair.
- Straighten one leg placing the heel on the floor.
- Place both hands on the other leg then sit really tall.
- Lean forwards with a straight back and feel the stretch in the back of the thigh.
- Hold for 10-20 seconds.
- Relax and repeat on the other leg.



Chest stretch

Help improve posture, makes reaching backwards easier.

What to do

- Sit tall away from the back of the chair.
- Reach behind with both arms and grasp the chair back.
- Press your chest upwards and forwards until you feel the stretch across your chest.
- Hold for 10-20 seconds.

My exercise notes

Safety around your home:

It's important to ensure our home is safe, especially if we are doing more exercise and activities in it.



Calf stretch

Helps ensure toes are lifted when walking and for getting shoes and socks on easier.

What to do

- Sit forwards in the chair and hold the sides.
- Straighten one leg placing the heel on the floor.
- Pull your toes up towards the ceiling.
- Feel the stretch in the calf.
- Hold for 10-20 seconds.
- Repeat on the other leg.



Keep stairs clear from clutter and well lit.



Ensure shoes and slippers fit properly.



Mop up spills immediately.



Use a non-slip bathmat.



Don't overload electrical sockets.



Remove trailing leads from plugs.



Have a night-light in the bedroom or bedside light or torch by your bed in case you need to get up in the night.



Keeping nourished at home

What we eat and drink is really important for our health. It keeps our immune system strong and resilient as well as enabling us to have the energy to do the things we enjoy.

Planning for and preparing meals and cooking is also a good way to keep up our daily routine, for many it can be an enjoyable part of the day.

Here are some top tips:



Enjoy your food – why not try some new foods or go back to old favourites? Dig out some old and new recipes to try.



Have plenty of variety in your diet – to help you get all the nutrients you need and maintain a healthy weight.



Keep an eye on yourself – if you think you are eating less than usual or don't have much appetite keep track of your weight or check if your clothes, jewellery or belts are looser than usual.



If you have a poor appetite – have you been losing weight without trying or have a low body weight? You should try to increase the amount of energy and protein you get each day. You may find it useful to:

- Eat little and often.
- Use full-fat food and drinks (for example, full-fat milk, yoghurts, cheese).
- Eat more protein such as meat, fish, eggs, pulses or nuts.
- It may help to speak to your GP.



Keeping your kitchen cupboard and freezer stocked – keep some simple, tasty foods and long-lasting foods, such as dried milk powder, tinned soup, rice pudding.



Make meal preparation easy – ideal for when you need something quick and simple, for example, ready meals, snacks, finger food and meal delivery services.



Think about how you will get your shopping – ask a neighbour, family member or Community Hub to help.



Stay well hydrated – we need about 6-8 drinks per day to stay well hydrated. This reduces infections and improves concentration, energy and mood, so we can keep our minds active



If you drink alcohol – it is recommended to not have more than 14 units (one unit is a half pint or a small glass of wine) a week. Try to spread this out and have alcohol free days. Alcohol does dehydrate you, so if you can, have water, juice or a soft drink in between.

Keeping well at home daily goals checklist

Setting daily goals, routine and structure help to provide purpose and a sense of achievement.

This might include working through that list of the things you keep meaning to do but never get around to or to help you work through the information and ideas that have been shared in the booklet.

Keeping in touch

- Talk to family and friends via the phone or over the fence.
- Talk to others about how you feel or help you may need. We all need advice and reassurance and others likely feel similar to us.
- You may want to chat to a befriender or volunteer yourself

Moving more

- Try to move more throughout your day, getting out in the fresh air either on a walk, in the garden, on your doorstep or an open window.
- Try building seated and standing exercises into your daily routine around your home.
- Break up long periods of inactivity with chunks of movement.

Eating and drinking

- Drink plenty of liquids including water
- Stick to regular meal times but if your appetite is poor have healthy snacks in addition to your meals.
- Eat a balanced diet of high protein (meat, eggs and nuts) foods, dairy products, starchy foods (bread cereals, potatoes, pasta or rice) and plenty of fruit and vegetables (fresh, frozen, tinned, dried or juice).
- Eat two portions of fish a week, one of which should be oily.

Keeping busy

- Plan your day – try to get up and go to bed at a similar time each day.
- Do activities you enjoy, such as watch a film, read a book or do some puzzles.
- Try to do new things each day or start that project you've been meaning to.

Feeling joy

- Find a window with a view to take in the 'outside world'. Appreciate the nature around you.
- Listen to some music.
- Try something different, or something you have you done in the past that you have time to do again. Talk about it with friends.

What to do if you fall

If you do have a fall, lie still for a minute, try to stay calm and check yourself for injuries. Even if you are unhurt, make sure that you tell a healthcare professional, family member or carer that you have fallen.

If you know you can't get up, or feel pain in your hip or back, then try to call for help by using your phone or pendant or by banging on radiators or walls.

Try to keep warm by covering yourself with whatever is close by and try and keep moving your limbs and roll from side to side if you are able to.



Roll onto your side, and then push up onto your elbows.



Use your arms to push yourself onto your hands and knees.



Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support.



Slide or raise the foot of your stronger leg forwards so it's flat on the floor.



Lean forwards and push up using your arms and front leg, slowly rising to a standing position.



Turn around and sit down. Sit for a minute or two and catch your breath.



Quitting smoking is one of the best things you can do for your health at any time. Coronavirus is a respiratory disease and smokers are more at risk of severe illness. This means that it is more important than ever to stop smoking and protect others around you from secondhand smoke. There are lots of ways to do this, for more information see [NHS Live Well](#).

Helpful numbers

Here is a list of helpful numbers and websites. If you do not have access to the internet, ask a friend, family member, neighbour or community contact to print documents for you.

NHS - 111

If you have any concerns about your health.

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

Mental health advice and tips.

NHS Live Well Quit Smoking

www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit

Help and support to give up smoking.

Age UK Northumberland - 01670 784 800

www.ageuk.org.uk/northumberland

Information, advice, advocacy, wellbeing, befriending and home care services.

Carers Northumberland - 01670 320025

Supporting carers across Northumberland with a range of advice and support.

Samaritans - 116 123

If you want to talk through concerns, worries or troubles.

Refuge - 0808 2000 247

National Domestic Abuse Helpline.

UK Government

www.gov.uk/coronavirus

UK Government coronavirus advice.

Living life to the full

www.lltff.com

Free online courses covering low mood, stress and resiliency.

Later Life Training

www.laterlifetraining.co.uk

You tube channel from Later Life Training with evidence based exercises from Make Movement your Mission.

Chartered Society of Physiotherapy

www.csp.org.uk

Online resources to remain active.

LGBT Foundation

www.lgbt.foundation

A national charity delivering advice, support and information services to lesbian, gay, bisexual and trans communities.

With thanks to



A recipe from The Round House



Corned Beef Hot Pot

**6-8 medium potatoes peeled
and thinly sliced**

1 diced carrot

1 medium chopped onion

**3 tbsp gravy granules made up
with water**

1 tin of corned beef roughly chopped

**Put corned beef, onions and carrots in
an oven proof dish.**

**Pour stock over then place sliced
potatoes on the top.**

**Bake in oven at 180c for approx. 1hr to
1hr 20mins until potatoes are tender.**

**Just for
fun!**

**I had a knock at
my door earlier,
it was a
policeman...**

“Mr Cook?”

“Yes,” I replied.

**“I’m afraid your
dog has just
been reported to
have chased
someone on a bike.”**

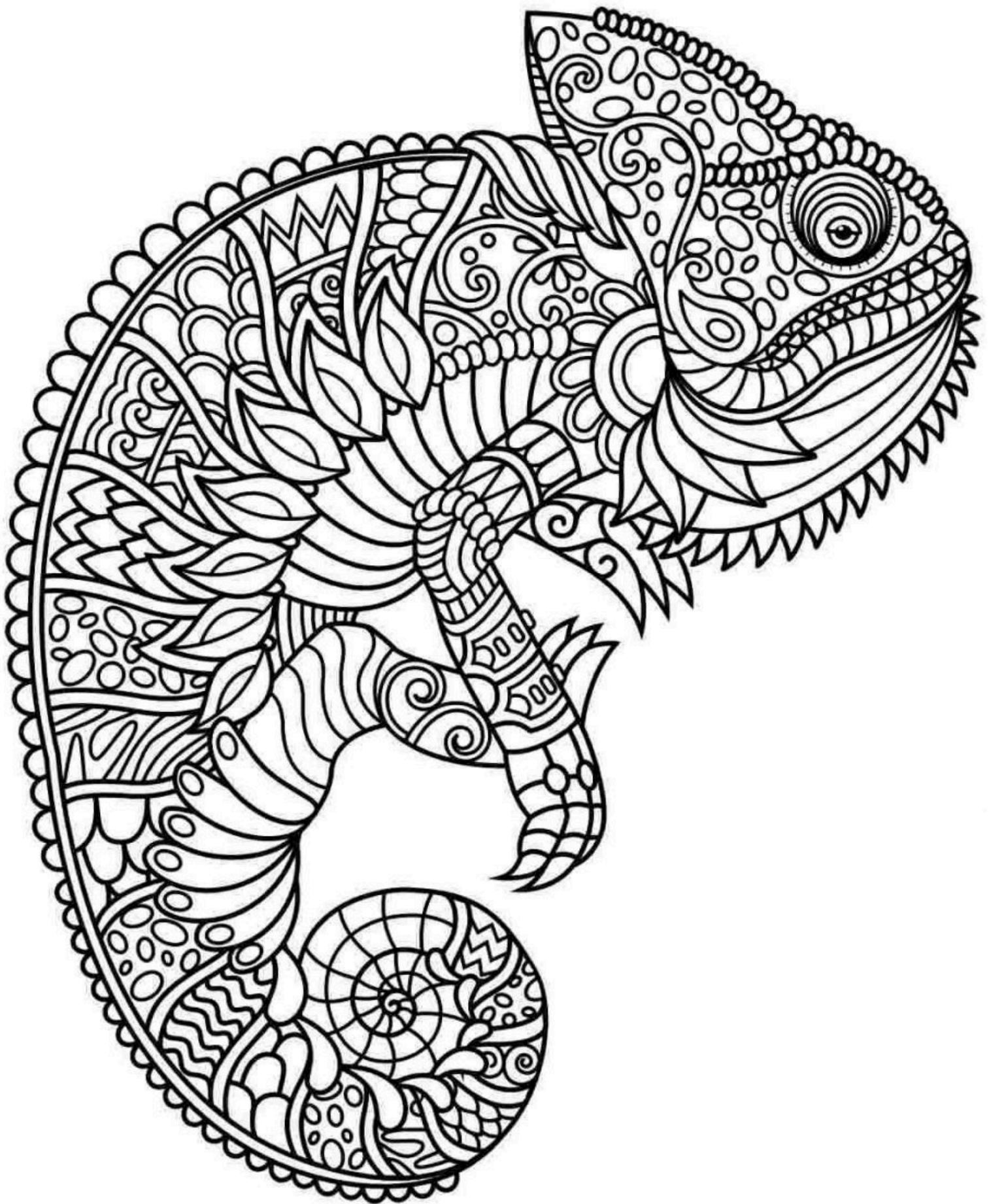
**I said, “That’s a lie –
my dog
doesn’t have a bike!”**

**A perfectionist
walked into a
bar...apparently, the
bar wasn’t set high
enough.**

**Have you
played the updated
kids' game?**

**I Spy With My Little
Eye . . . Phone.**

**Just named my dog
‘Tenmiles’ so now I
can say I walk ten
miles every
day.**



Word Search

Worlds Rivers

NILE, AMAZON, YANGTZE, MISSISSIPPI, MISSOURI, YELLOW, RIO GRANDE, CONGO, MEKONG, VOLGA, MURRAY, INDUS, GANGES, TYNE, EUPHRATES, YUKON, SAINT LAWRENCE, ZAMBEZI, NELSON, COLORADO, ORINOCO, TIGRIS, SNAKE, PLATTE, RHINE, DANUBE, LOIRE, THAMES, BLYTH, SEVERN, MURRUMBIDGEE, CIMERRON, TWEED, CLYDE, WANSBECK, LIMPOPO, SEVERSKY DONETS, WEAR, TENNESSEE, TEES





A recipe from The Round House



Leek & Potato Soup

2-3 Leeks washed and sliced
1 grated carrot
3-4 diced potatoes
2 vegetable stock cubes
Seasoning

**Put all ingredients into a large pan
of vegetable stock and boil until
tender.**

Just for a giggle

Did you hear about
the restaurant on
the moon?

Great food,
no atmosphere!

What do you call a fake
noodle?

An Impasta.

Want to hear a joke abpit
paper?

Nevermind, it's tearable.

Why
did the coffee file a police
report?

It got mugged.

Did
you hear about the
baguette at the zoo?

It was bread in captivity.

How
does a penguin build
it's house?

Igloos it
together.

Word Search

Old English Words

**ELFLOCKE, ERGOPHOBIA, FAMELICOSE, GNASHGAB, DILLYDOUN,
CUMBERSWOLD, APRICITY, FOPDOODLE, FUDGEL, COCKALORUM, BRABBLE,
TRUMPERY, CLINOMANIA, SHRIVELED, WIZENED, BEDSWERVER, WIGHT, THWART,
SWAIN, PANNIKIN, THITHER, MIZZEN, ERSTWHILE, BESMIRCH, BEDITE, LALLYGOG,
PETIFOGGER, BUMFEZZLE, HONEYFUGGLE, BROUHAHA**

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

Join in the Big Knit for Age UK Northumberland

for every little hat that you make, Innocent will donate 25p
to help us end isolation in Northumberland

For more information contact our Community Engagement Officer,
Angela Clough on 01670 784 800

Northumberland Beanie hat

Easy pattern by Jo Storie of BareFaced Knits

You will need Approx 8-10g of DK weight yarn

Needles: 4mm straight

Abbreviations

St(s) = stitches, st st – stocking st , K2tog – knit 2 sts together to decrease

MC = main colour, CC= contrast colour

Hat

Cast on 32sts in MC – yellow

Rows 1-2 Knit 2 rows In MC

Rows 3-14 Change to CC and working in st st Fairisle follow pattern chart

Decrease as follows for top shaping

With Knit row facing

Next row: k2tog to end (16sts)

Next row: p all sts

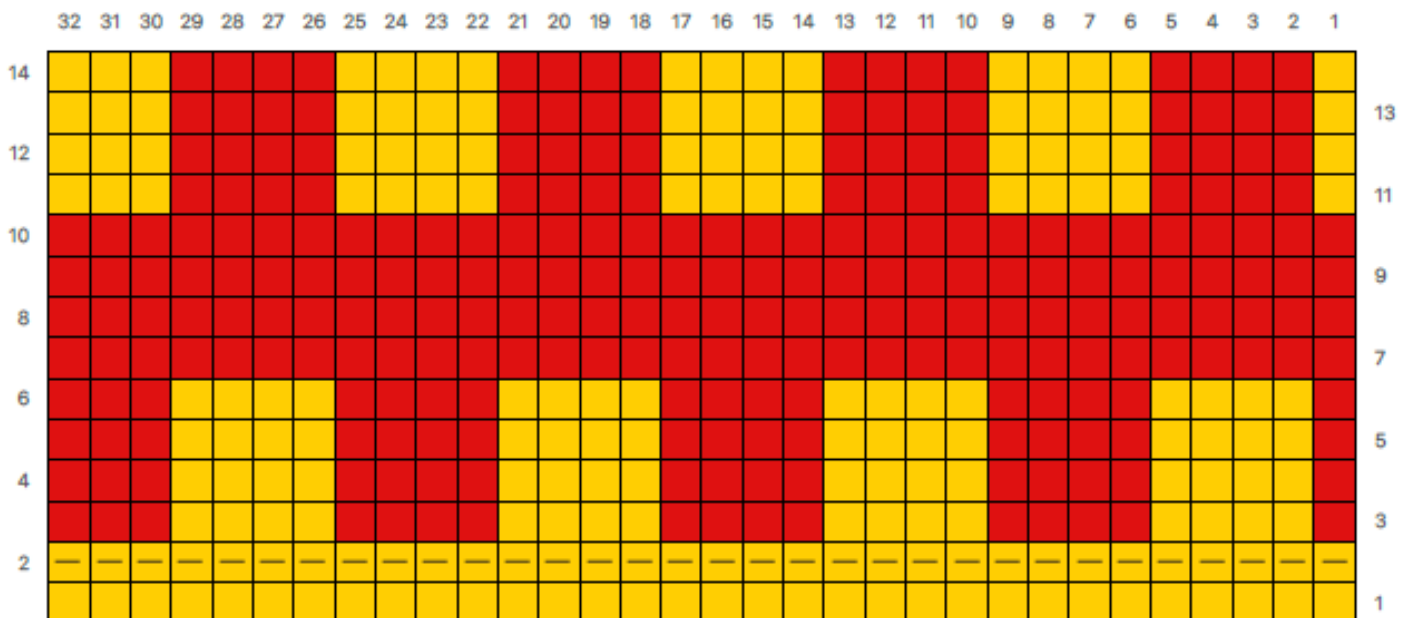
Next row: k2tog to end (8sts)

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

Making up

Use a tapestry needle to join side seams

Make a pompom and sew securely to the top of the hat.



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.



Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together

Knock-it-Off Crafts
Making Pom-poms
with a fork



TOP TIP

**Wrap the wool around the fork
50 times for the perfect pompom**

When did you last check whether you're receiving the financial support you're entitled to?



**As part of our Warm Homes Campaign, we're offering free and confidential pension and benefit checks to over 65 year olds,
For more information, give us a call on 01670 784 800 or
email: info@ageuk-northumberland.org.uk**



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health and fitness, hobbies and interests & phone-ins
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