

FUN ACTIVITIES TO KEEP YOU ENTERTAINED THIS WINTER



A message from Amy Whyte, Age UK Northumberland's Chief Executive

Hi everyone and welcome to the sixth 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 a little dark and dreary, so 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 the activity pack! Thanks to our friends at the National Lottery Community Fund and The Community Foundation, 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 crafts to enjoy while you relax.

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 Wordsearch



See if you can find all of the Christmas related words in the grid below.

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

Stocking
Tinsel
Fairy
Star
Sleigh
Tree

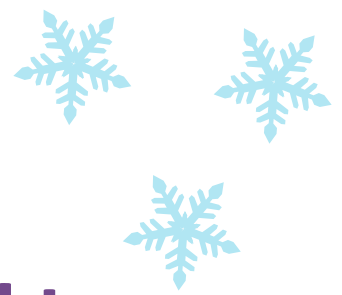
Chestnuts
Winter
Turkey
Jolly
Carols
Pudding

Angel
Bauble
Reindeer
Santa
Lights
Blizzard

Nativity
Jesus
Presents
Crackers
Mistletoe



WINTER WARMERS



Jan's left-over chicken chilli delight

Ingredients

- 1 large tin chopped tomatoes
- 1 large tin baked beans
- 1 chicken stock cube
- 1/4 teaspoon chilli powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon cumin
- OR replace the spices with a chilli con carne packet mix
- 1 courgette, sliced
- Left-over cooked chicken, cut into pieces



For the topping:

- 50g grated cheddar cheese

Step 1

Pre-heat your oven to 200 degrees, or 180 degrees for fan-assisted ovens.

Step 2

Simply throw all of the ingredients into a casserole dish. Be sure to give it a really good mix!

Step 3

Pop into the pre-heated oven for 45 minutes.

Step 4

Once cooked, grate the cheddar cheese and sprinkle on the top of the casserole. Pop it under the grill for 5 minutes until the cheese has melted and is bubbling.

Step 5

Serve with long grain rice, or crusty bread.

Handy Tip!

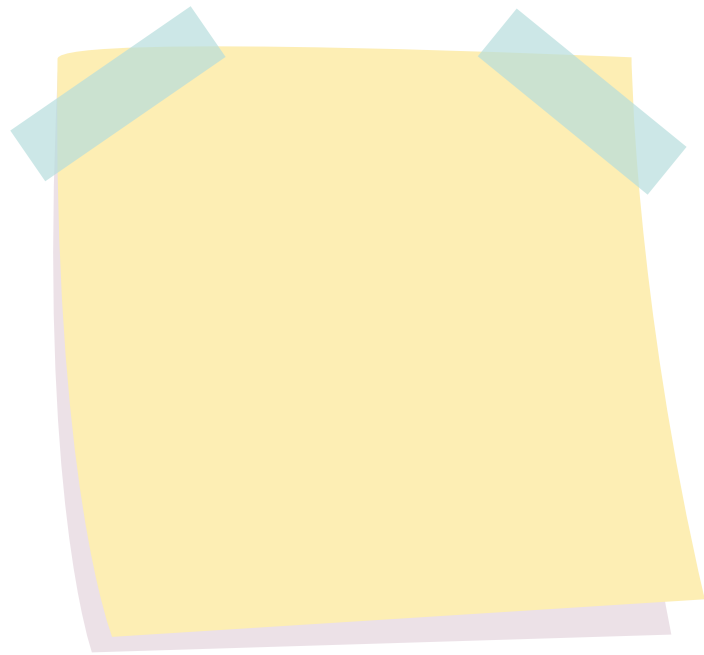
You could also cook this in a slow cooker for 4 hours.

Easy Sudoku Puzzles

Use the post-it note spaces to jot down your workings!

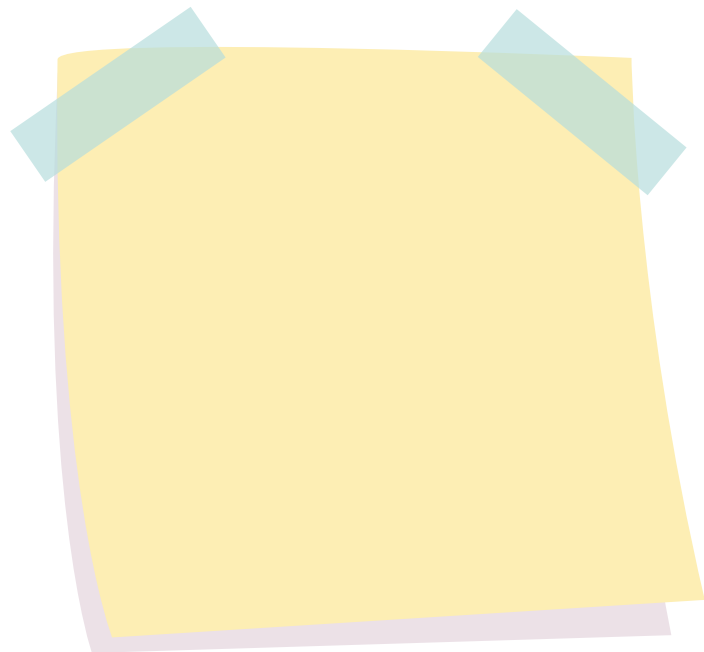
1

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



2

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

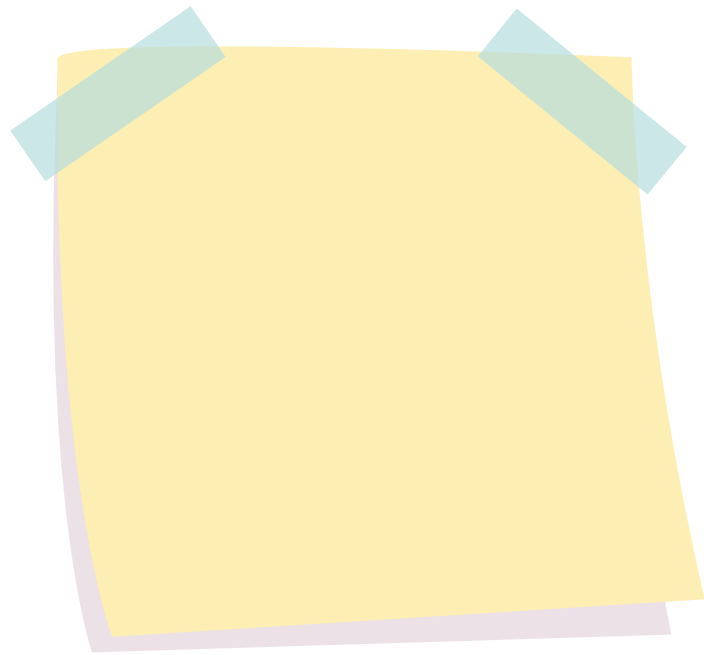


Easy Sudoku Puzzles

Use the post-it note spaces to jot down your workings!

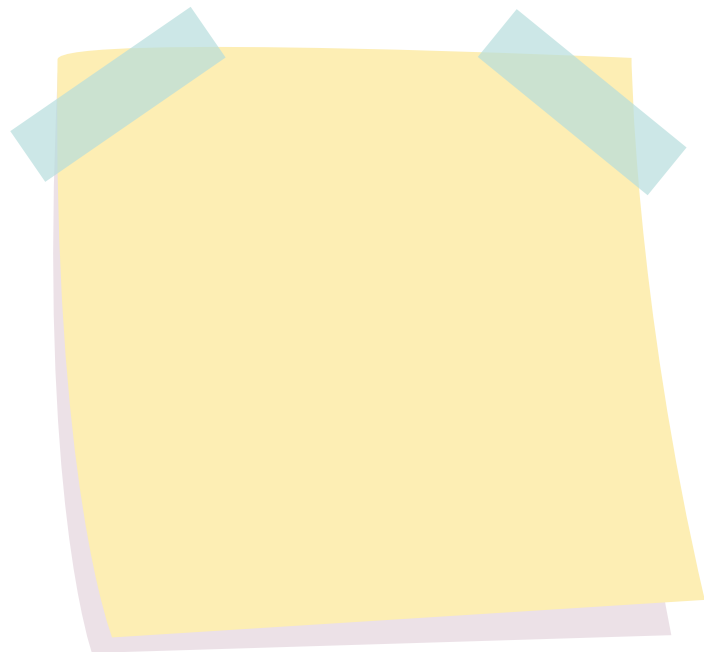
3

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



4

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



Easy Sudoku Answers

See if you got the puzzles right!

1

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

2

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

3

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

4

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

Guess the Golden Age Stars!

Look at the pictures and guess who these famous film stars are.



Answers (no cheating!): 1. Elizabeth Taylor; 2. Clark Gable; 3. Barbara Stanwyck; 4. Henry Fonda; 5. Judy Garland; 6. Gregory Peck; 7. Marlene Dietrich; 8. Charlize Chaplin; 9. Joan Crawford; 10. Spencer Tracy; 11. Bette Davis; 12. James Stewart; 13. Ingrid Bergman; 14. Fred Astaire; 15. Marilyn Monroe; 16. Marlon Brando; 17. Katharine Hepburn; 18. Cary Grant; 19. Audrey Hepburn; 20. Gary Cooper; 21. James Cagney; 22. Humphrey Bogart; 23. Grace Kelly; 24. James Cagney

A Funny Tale: A Good Wedding Cake

4 lb of love
1 lb butter of youth
1/2 lb of good looks
1 lb of sweet temper
1 lb of blindness of faults
1 lb of self forgetfulness
1 lb of pounded wit
1 lb of good humour
2 tablespoons of sweet argument
1 pint of rippling laughter
1 wine glass of common sense
1 oz of modesty



Put the love, good looks and sweet temper into a well-furnished house. Beat the butter of youth to a cream, and mix well together with the blindness of faults. Stir the pounded wit and good humour into the sweet argument, then add the rippling laughter and common sense. Work the whole together until everything is well mixed, and bake gently for ever.

Found in a church booklet of recipes printed at the turn of the century.

Taken from:

Tips & Wrinkles: A Treasury of Household Hints to Save Time, Energy and Money around the Home.

Exercises to Keep You Fit and Healthy This Winter

This is our Health and Wellbeing section featuring simple, but very effective, exercises to improve your mobility, strength, balance and coordination. Just remember that doing some exercise is better than none at all, and be sure to have a bit of fun too! The exercises on these three pages have been taken from the www.howfittoday.co.uk website which features NHS approved exercises for all levels and exercise areas.

MOBILITY



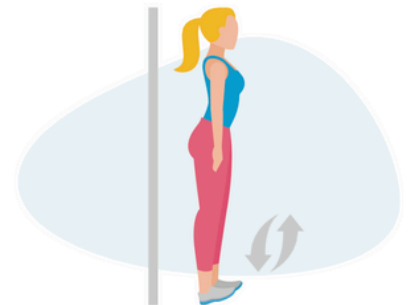
Standing ankle mobility

1. Stand as shown with one foot touching the wall
2. Bend both of your knees and try to touch the wall with your front knee without your heels lifting up
3. Repeat 10 times each side

* To progress: step your foot back a few centimetres

Standing toe-heel raises

1. Stand with your feet hip width apart, using a sturdy chair, kitchen bench or wall for support
2. Lift your toes up for 2-3 seconds, then lower to a flat foot position
3. Lift your heels up for 2-3 seconds then lower to a flat foot position
4. Repeat 10-15 times



Standing hip rotations

1. Stand upright using a chair or wall for support
2. Raise one foot off the ground to where you can stay balanced
3. Slowly move the knee out to the side as far as is comfortable
4. Hold for a second and return to the start
5. Repeat 5 times on each side



Seated reach backs

1. Sit upright and reach your hands behind your body
2. Top hand palm facing forward, bottom hand palm facing away
3. Keeping your elbows out, bring your hands as close together as you can
4. Alternatively, do this with your hands to the front
5. Switch the hand positions over and repeat 5 times



Exercises to Keep You Fit and Healthy This Winter

STRENGTH, BALANCE AND COORDINATION



Single leg balance

1. Stand upright using a sturdy chair, kitchen bench or wall for support
2. Raise one knee upwards to waist height if possible and hold for 5-10 seconds, then lower your leg slowly
3. Repeat with your other leg
4. Complete 5-10 times on each leg

* Tighten your stomach, leg and bottom muscles when standing on one leg

Arms crossed stand eyes closed

1. Stand with your feet hip width apart, using a sturdy chair, kitchen bench or wall for support and tighten your stomach, leg and bottom muscles throughout exercise
2. Stand with your arms crossed and hands on opposite shoulders
3. Close your eyes and hold position for 10 seconds
4. Repeat 5 times

* Open your eyes immediately and hold onto support for balance if you begin to feel unsteady



Standing turns

1. Stand with your feet slightly wider than hip width apart, with both shoulders and your back against a wall
2. Turn to your left whilst pivoting on your right foot and reach for the wall with your right hand, keeping your left shoulder in contact with the wall
3. Slowly return to the start position and repeat on the other side
4. Repeat 5 times on each side

Exercises to Keep You Fit and Healthy This Winter

STRENGTH



Supported half squats

1. Stand with your feet slightly wider than hip width apart, using a sturdy chair or wall for support
2. Bend your knees and sit back from your hips as if you were going to sit down but only go halfway whilst keeping your head and chest up
3. Push through your feet and squeeze your leg and bottom muscles to stand up straight
4. Repeat 10-15 times

* Breathe in when squatting and breathe out when standing back up; try not to hold your breath

Seated leg lift with hold

1. Sit upright, away from the back of your seat throughout
2. Lift one leg straight out in front of you, do not lock your knee and be gentle with the knee joint
3. Squeeze your thigh muscles for 5-10 seconds then slowly lower your leg down
4. Complete 5-10 times on each leg

* Do not hold your breath throughout the exercise



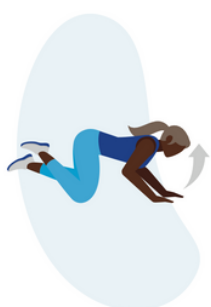
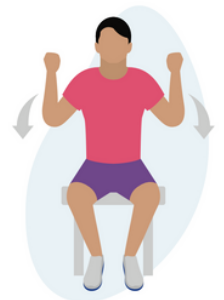
Leg marching

1. Sit upright, keeping your back off the back rest throughout
2. Raise one knee slowly up as far as it feels comfortable
3. As you place your foot back down, lift your opposite knee up in a slow marching fashion
4. Count to 3 going up and down
5. Repeat 10-15 times on each side

Seated reach up and pull down

1. Sit upright keeping your back off the back rest throughout
2. Reach your arms up overhead, slightly wider than shoulder width apart
3. Imagine grabbing a bar and pulling it down whilst squeezing your arm and shoulder muscles
4. When you have pulled down, hold here and squeeze your back muscles for 3 seconds
5. Repeat 10-15 times

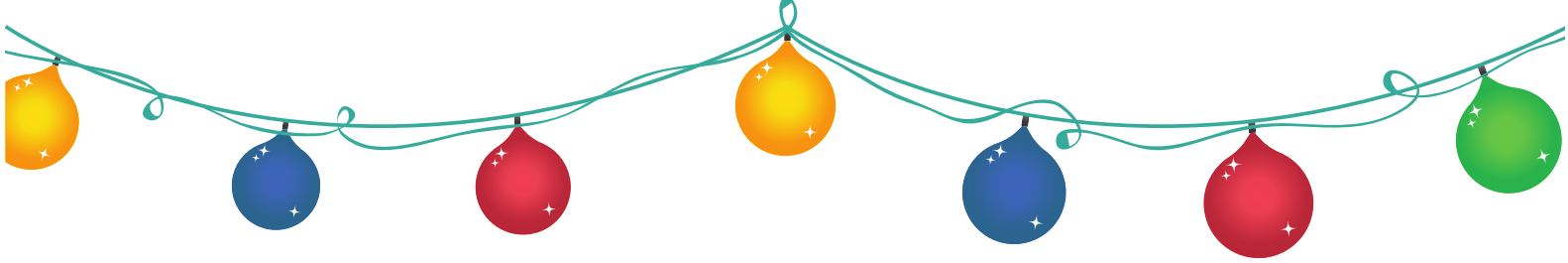
* To make this exercise more challenging, apply some resistance



Kneeling push up

1. Get onto your hands and knees
2. Place your hands on the floor, slightly ahead of your shoulders and cross your feet
3. Gently lean forwards and tighten your stomach muscles
4. Lower yourself towards the floor by bending your elbows, getting as close to the floor as you can
5. Tighten your stomach muscles and push through your hands away from the floor to return to the starting position
6. Repeat 5-10 times

* Breathe in when lowering yourself, breathe out when pushing away from the floor; try not to hold your breath



UNSCRAMBLE ME THIS!

Can you solve these Christmas anagrams?
Unscramble the letters to find the festive word or phrase.

1. Casual ants?
2. Deplored, he is the odder runner?
3. Anagram wine ya?
4. Knife scanner?
5. Archery mm stirs?
6. Ole ugly?
7. clad rave tanned?
8. Drastic charms?
9. Hurl pod?
10. Its omelet?



11. Him sweetener?
12. Is a tin poet?
13. Miss Chatterer?
14. Fit garishly?
15. Campers nests shirt?
16. Off the sane pest?
17. Cars rims thinned?
18. Pe sequence sh?
19. Scent thus?
20. Amber gardening?



Answers (no cheating!):
1. Santa Claus; 2. Rudolph the red-nosed reindeer; 3. Away in a Manger; 4. Frankincense;
5. Merry Christmas; 6. Yule log; 7. Advent calendar; 8. Christmas card; 9. Rudolph; 10. Mistletoe;
11. Three wise men; 12. Poinsetta; 13. Christmas tree; 14. Fairy lights; 15. Christmas presents;
16. Feast of Stephen; 17. Christmas dinner; 18. Queen's speech; 19. Chestnuts; 20. Gingerbread man

WORDSEARCH CHALLENGE

Here is a list of famous people,
can you find them in the grid?

**George Orwell, Oprah Winfrey, Queen Victoria, Thomas Edison,
Neil Armstrong, Marie Curie, Maya Angelou, Alan Turing,
Kate Bush, Muhammad Ali, John Lennon, Coco Chanel,
Oscar Wilde, Jane Austen, Barack Obama, Madonna**

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



WINTER BIRDS

Look out of your window, or into your garden, and see if you can spot these feathered friends.



Robins

They are spotted throughout the year, and are a British winter icon. We associate Robins with winter because of their red breast. They use their voice to warn intruders away from their territory! Robins need lots of food to survive winter.

Starlings

Starlings are found almost everywhere in the UK, except parts of the Scottish Highlands. They are easily identifiable in winter with the addition of white speckles on their bodies. They can be noisy, gather in communal roosts at dusk, and can easily empty garden feeders!



Blue tits

Another easy bird to spot with their recognisable bright cerulean and yellow-green colouring. They spend a lot of time on bird feeders, as well as hunting for insects and spiders, to help them get through the cold winter nights. They like to keep warm by using nesting boxes to roost overnight.

Sparrows

There are two types of sparrows - a tree sparrow and a house sparrow. They may look alike but they are identifiable by their different coloured crests and cheeks. These birds can be seen all year round.



Blackcaps

These used to be just summer visitors, but are now seen all year round in gardens. Males have a black cap, but females have a chestnut coloured quiff. They eat ivy berries if there is a shortage of food for them, and like to scare off other birds from feeders.





SOME STORIES TO TELL

A woman had twin babies and fell asleep immediately after.

A couple of weeks later she wakes up and asks the doctor, "where are my babies?" The doctor replies, "they are both fine, you have a beautiful boy and girl. Your husband went back to work and you were out so long that your brother had to name them"

"Oh no! What did he name them?" The woman asks looking concerned as her brother wasn't the sharpest tool in the shed. "He named the girl Denise" the doctor replies.

"Well that's not so bad. What about the boy?"

"Denephew"

A teddy bear applies for a job at a building site...

...the foreman is a bit surprised, but the teddy bear is quite insistent, so Monday rolls around and the teddy bear is put on the payroll, and issued with a hard hat, a safety jacket, a pick and shovel.

The teddy bear works hard all day, and the foreman is pleasantly surprised. In the evening, the teddy bear clocks off, and leaves his tools in the site shed. The next morning the teddy bear is back at work bright and early, but almost as soon as he arrives he goes up to the foreman.

"Sir, I've got a problem. I left my kit here overnight, and someone has taken the pick. I've still got the shovel and the hard hat and the safety jacket, but the pick's gone."

The foreman thinks for a moment, then slaps his head and looks at the calendar, then says "of course, today's Tuesday. Sorry, I should have warned you... Today's the day the teddy bears have their picks nicked."



A man sees his shed being robbed...

A man, about to crawl into bed with his wife for the night, looks out his window to see 3 men robbing his shed. So, he calls the police. "Hello, I see three men stealing from my shed, can you please send someone down here?" The operator replies, "I'm sorry sir, but there's no units available in your area. It will take 30 minutes for someone to get to you." The man thinks this is odd, but hangs up.

A minute later he calls back and says, "Ok, you can take your time now, because I've shot them all." Within 6 minutes police cruisers arrive on-scene and catch the 3 robbers red-handed. A police officer walks up to the man and says, "I thought you said you'd shot them all?" The man replies, "I thought you said there were no units available in the area?"

My wife and I were sitting at a table at her high school reunion, and she kept staring at a drunken man swigging his drink as he sat alone at a nearby table.

I asked her, "Do you know him?"

"Yes", she sighed,

"He's my old boyfriend. I understand he took to drinking right after we split up those many years ago, and I hear he hasn't been sober since."

"My God!" I said, "Who would think a person could go on celebrating that long?"

And then the fight started...

Story credits: The Red Cross

A Very Cautious Man

Anonymous poem as told by S. Harland

There was a very cautious man who never laughed or played.

He never danced, he never sang, nor kissed a pretty maid.

So when he passed away, they said insurance was denied.

Because he never really lived, he claimed he never died.



WINTER WARMERS



Delicious Leek and Potato Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, sliced
- 225g (8oz) potatoes, cubed
- 2 medium leeks, sliced
- 1.2 litres (2 pints) vegetable stock
- 150ml (5fl oz) double cream or crème fraîche
- salt and freshly ground black pepper



Step 1

Heat the oil in a large pan and add the onions, potatoes and leeks. Cook for 3-4 minutes until starting to soften.

Step 2

Add the vegetable stock and bring to the boil. Season well and simmer for 10 minutes until the vegetables are tender.

Step 3

Whizz with a hand blender or in a blender until smooth. Reheat in a clean pan, stir in the cream or crème fraîche, heat through and serve.

Recipe Tip!

Switch the cream for low-fat crème fraîche to make this soup a bit lighter. This leek and potato soup will keep in the fridge for up to three days, but it also freezes really well. (If you are using low-fat crème fraîche, add this after defrosting.)



Keeping Warm and Healthy in the Winter



When the weather starts to get colder, we can all feel less energised and in need of a pick me up. It is important to stay warm, healthy and active in the winter months. Here are some simple tips to keep you warm and healthy in the cold Winter months:

Keep moving

Try not to sit still for more than an hour at a time. Even a little bit of activity now and then can help you maintain strength and mobility.

Eat well

It can sometimes be difficult to keep up the motivation to prepare meals. But it's good to try and keep to a routine where you can. It is good idea to keep your cupboards stocked with some basics.

Get your winter vaccinations - even if you're fighting fit

Respiratory viruses are more widespread in winter, so it's especially important to get your vaccinations. Those who are aged 50 and over are eligible for a COVID-19 booster jab, and you are entitled to a free flu jab.

Make sure your home is warm enough

Try to heat your home to a steady and comfortable temperature throughout the day. Close the curtains at dusk to help keep heat in.

Stop the spread of germs

Regularly washing your hands with soap and water is one of the best ways to stop germs spreading. It's a good idea to keep some antibacterial gel with you. You can also catch coughs and sneezes in a tissue, avoid close contact with people who are unwell and leave windows ajar to let fresh air circulate when meeting people indoors.

Wordsearch Challenge

Below is a list of European countries.
Can you find all of them in the grid?



Norway
Poland
Spain
Bulgaria
Estonia
Serbia
Switzerland

Italy
France
Romania
Slovenia
Lithuania
Malta

Germany
Ireland
Cyprus
Azerbaijan
Ukraine
Hungary



CHRISTMAS QUIZ TIME



1. If you're born on Christmas Day, what's your star sign?
2. What colour are mistletoe berries?
3. Which animal carried Mary before she gave birth to Jesus?
4. In which year was the first Christmas card sent - 1743, 1843 or 1943?
5. Which ocean can Christmas Island be found in?
6. Where was baby Jesus born?
7. Which one of Santa's reindeer has the same name as the god of love?
8. How do you say "Merry Christmas" in Spanish?
9. What was Frosty the Snowman's nose made out of?
10. Which horned figure is said to punish naughty children at Christmastime?
11. What's the name of the period leading up to Christmas?
12. Which Angel visited Mary?
13. On which date is Christmas celebrated every year?
14. What red-breasted bird do we commonly associate with Christmas?
15. December 26th marks which Saint's Day?
16. What is Scrooge's first name?
17. Which plant, beginning with P is associated with Christmas?
18. When Santa got stuck up the chimney, what did he have in his sack?
19. What gifts did the Three Wise Men give to Jesus on his birthday?
20. What is the name for the shortest day of the year?
21. What does Santa give to naughty children?
22. Which famous scientist was born on Christmas Day in 1642?
23. Which pantomime does Buttons appear in?
24. How do you say "Merry Christmas" in Welsh?
25. Which one of Santa's reindeer has the same name as a female Fox?



Answers (no cheating!):
1. Capricorn; 2. White; 3. Donkey; 4. 1843; 5. Indian Ocean; 6. Bethlehem; 7. Cupid; 8. Feliz Navidad; 9. A Buton; 10. Krampus; 11. Advent; 12. Gabriel; 13. December 25th; 14. Robin; 15. Saint Stephen; 16. Ebenezer; 17. Poinsettia; 18. Soot; 19. Gold, Frankincense, and Myrrh; 20. Winter Solstice; 21. Coal; 22. Isaac Newton; 23. Cinderella; 24. Nadolig Llawen; 25. Vixen

Crafting Corner

12 Easy Steps to Make a Christmas Wreath

Follow these easy steps to make a fabulous Christmas wreath!

Step 1

Collect your essential ingredients:

- 10 inch length 0.90 gauge stub wires
- Sphagnum moss and foliage
- 8 inch wire wreath frame
- Binding wire
- Mossing twine/string
- Scissors
- Secateurs



Step 2

Tease the moss into a thickish 'sausage', removing any stones, twigs and lumps of mud etc. Then bind onto the wreath frame using mossing twine or binding wire.

Step 3

Trim off any excess moss and loose ends.

Step 4

Wreath frame completely 'mossed'.

Step 5

Select suitable evergreen foliage to be used e.g. Holly, Ivy and Cupressus and trim to approx 3-4 inch lengths.

Step 6

Bunch together three or four pieces of mixed foliage, and using a 10 inch 0.90 gauge stub wire, bind them together.

Step 7

Wired foliage bunch. It will require approx 15-20 bunches of wired foliage to cover an 8 inch wreath frame.

Step 8

Push the wired foliage bunches into the mossed base starting with the outside edge.

Step 9

Continue to push the wired foliage into the moss base making sure that all pieces slightly overlap, that they all go in the same direction, and that they all lie reasonably flat.

Step 10

Completed wreath base.

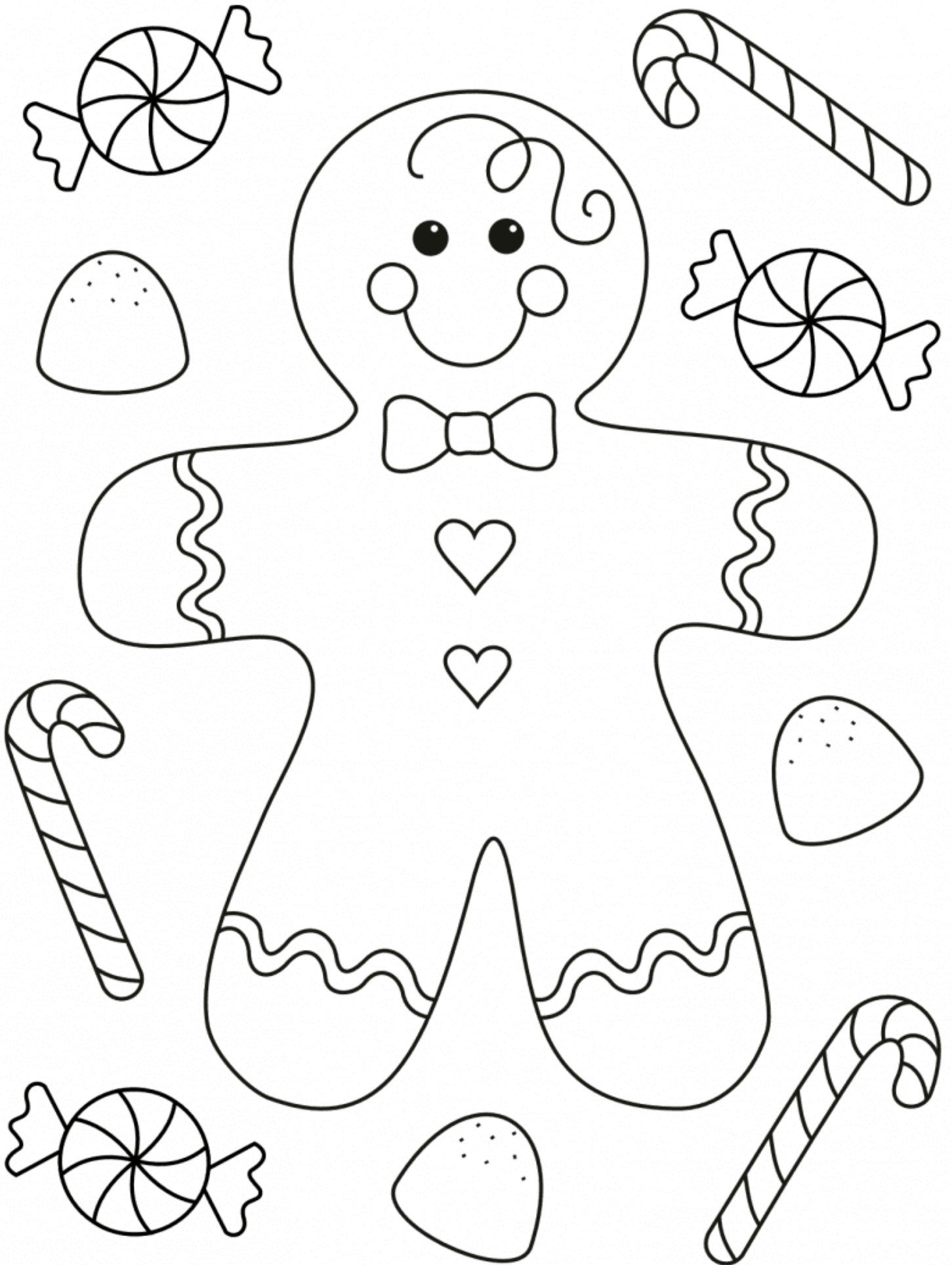
Step 11

The completed wreath can be accessorised or decorated with wired baubles (twist a stub wire through the loop at the top of the bauble and push into the wreath), ribbon bows or any other small Christmas decorations of your choice.

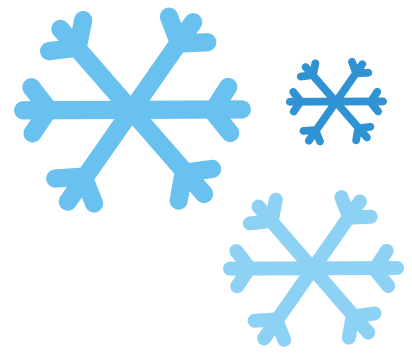
Step 12

The finished wreath can be hung from a door, using either a loop of ribbon or wire.





WINTER WARMERS



Warm and Tasty Rice Pudding

Ingredients

- 40g (1½ oz) butter
- 100g (3½ fl oz) pudding rice (or Spanish paella rice)
- 75g (2½ oz) caster sugar
- 1 litre (1¾ pints) full-fat milk
- 150ml (5fl oz) double cream
- 1 tsp vanilla extract or ½ vanilla pod, split lengthways
- pinch salt
- plenty freshly grated nutmeg



Step 1

Preheat the oven to 140C/285F/Gas 1.

Step 2

Melt the butter in a heavy-based casserole dish over a medium heat. Add the rice and stir to coat. Add the sugar, stirring until dissolved. Continue stirring until the rice swells and becomes sticky with sugar.

Step 3

Pour in the milk and keep stirring until no lumps remain. Add the cream and vanilla and bring the mixture to a simmer. Once this is reached, give the mixture a final stir and grate at least a third of a nutmeg over the surface. Bake for 1-1½ hours and cover with foil if the surfaces browns too quickly.

Step 4

Once there is a thin, tarpaulin-like skin on the surface, and the pudding only just wobbles in the centre, it is ready. Serve at room temperature.

Recipe Tip!

You can also add fruit, raisins or jam to the mixture.

FESTIVE FUNNIES



**What happened to the man who stole an Advent Calendar?
He got 25 days!**

**What do they sing at a snowman's birthday party?
Freeze a jolly good fellow!**

**What do Santa's little helpers learn at school?
The elf-abet!**

**Why does Santa have three gardens?
So he can 'ho ho ho'!**

**Who hides in the bakery at Christmas?
A mince spy!**

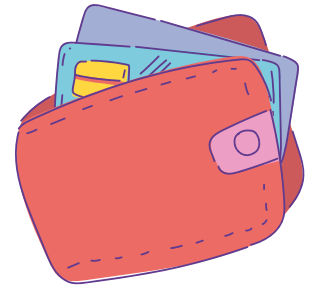
**Who is Santa's favourite singer?
Elf-is Presley!**

**What do you call an obnoxious reindeer?
Rude-olph!**



SCAMS HINTS AND TIPS

Everything you need to know to keep you safe and protected during the winter.



Easy signs to spot a cyber-scam, or fraudster:

- If you don't recognise the company, or if you don't remember ordering from that company - chances are it is a scam.
- If you have been asked to give away personal information, such as passwords or PIN numbers, don't do this!
- If someone you don't know contacts you unexpectedly, or if you don't recognise the number, be alert.
- If something seems too good to be true, such as a holiday or a cash prize, chances are it's a scam.
- Your bank, as well as services such as the Post Office, PayPal or Amazon will never normally call or email you. HM Revenue and Customs DO now send emails as you can request all correspondence to be done by email.
- If you do receive a suspicious looking email, or if it just doesn't look right, delete it and block the sender straight away.

Reducing the risk, and reporting scams:

- It goes without saying, but be alert!
- Call 999 if you feel pressured or threatened, or call 101 if you think you have been scammed. You can also visit the Action Fraud website - www.actionfraud.com
- Register with a call blocker.

Our trusted Scams Awareness Team can provide confidential and practical support if you have any queries or worries.



Call: 01670 784 800

Email: scams@ageuk-northumberland.org.uk

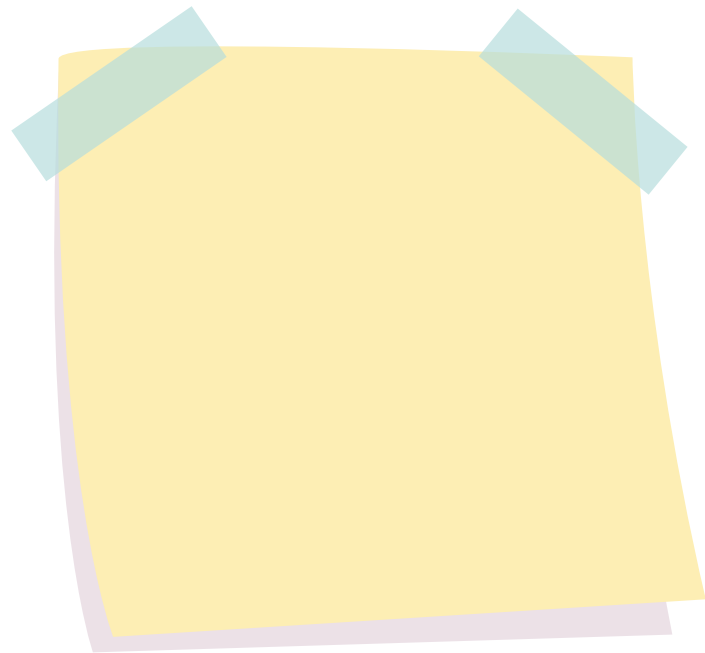


Intermediate Sudoku Puzzles

Use the post-it note spaces to jot down your workings!

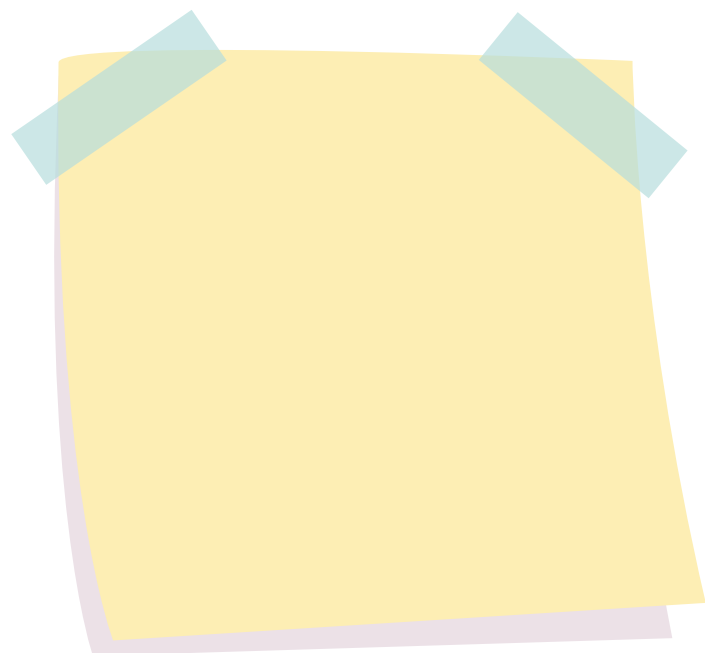
1

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



2

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

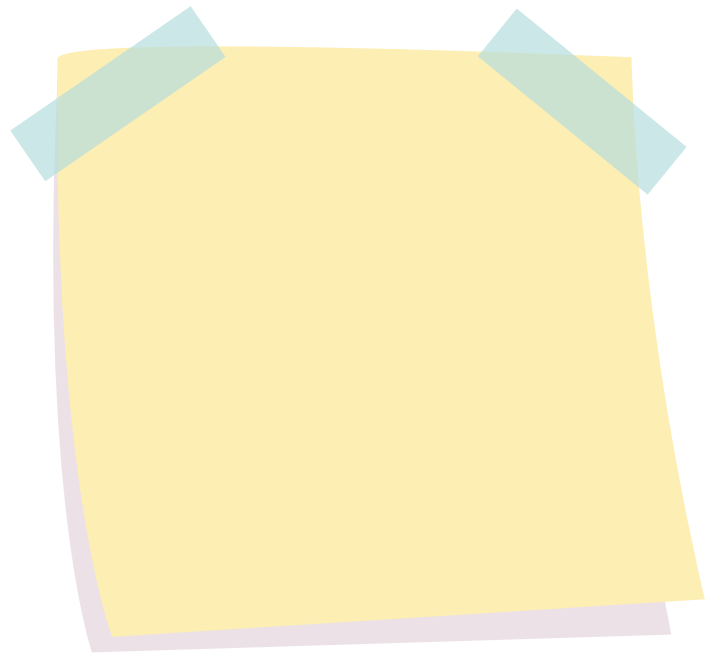


Intermediate Sudoku Puzzles

Use the post-it note spaces to jot down your workings!

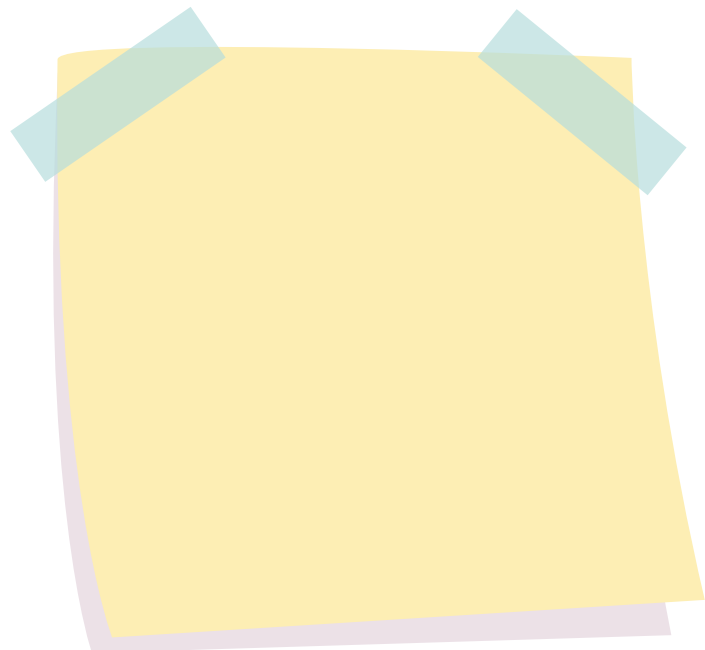
3

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



4

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



Intermediate Sudoku Answers

Did you get the puzzles right? See the answers below!

1

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

2

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

3

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

4

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

Another Night Before Christmas

by Carol Ann Duffy

On the night before Christmas, a child in a house,
As the whole family slept, behaved just like a mouse . . .
And crept on soft toes down red-carpeted stairs.
Her hand held the paw of her favourite bear.

The Christmas tree posed with its lights in its arms,
Newly tinselled and baubled with glittering charms;
Flirting in flickers of crimson and green
Against the dull glass of the mute TV screen

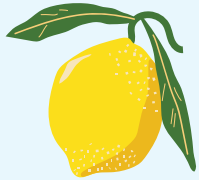
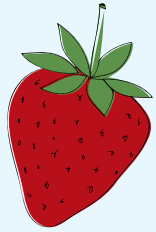
The hushed street was in darkness. Snow duveted the cars –
A stray cat had embroidered each roof with its paws.
An owl on an aerial had planets for eyes.
The child at the window stared up at the sky,

Where two aeroplanes sped to the east and the west,
Like a pulled Christmas cracker. The child held her breath
And looked for a sign up above, as the moon
Shone down like a gold chocolate coin on the town.

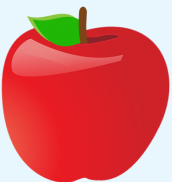


Wordsearch Challenge

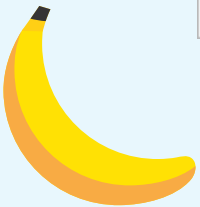
Can you find the names of the fruits in the grid below?



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



- | | | | |
|-----------|------------|------------|--------|
| Blueberry | Blackberry | Lychee | Cherry |
| Plum | Raspberry | Avocado | Peach |
| Melon | Papaya | Strawberry | Lemon |
| Banana | Apple | Orange | Grape |
| Kiwi | Mango | Pear | Lime |





WINTER WARMERS



Easy Flapjacks Recipe

Ingredients

- 175g (6oz) butter
- 175g (6oz) golden syrup
- 175g (6oz) light muscovado sugar
- 350g (12oz) porridge oats
- 1/2 unwaxed lemon, finely grated zest only (optional)
- pinch ground ginger (optional)



Step 1

Preheat the oven to 150C/130C Fan/Gas 2 and line a 20cm/8in square baking tin with baking paper.

Step 2

Melt the butter in a medium pan over a low heat. Dip a brush in the butter and brush the baking tin with a little bit of it. Add the golden syrup and sugar to the butter and heat gently. Once the sugar is dissolved and the butter is melted, remove the pan from the heat and stir in the porridge oats, lemon zest and ginger.

Step 3

Pack the mixture into the baking tin and squash down. Bake in the oven for 40 minutes.

Step 4

Once cooked, remove from the oven, leave to cool for 15 minutes, then turn out onto a chopping board and cut into squares.

Step 5

These flapjacks are delicious in a packed lunch or as a grab-and-go breakfast.

Recipe Tip!

You can also pour some melted dark chocolate over the cooked flapjacks and then leave them to set before eating.

lion hat

advanced pattern by Juliet Bernard

Yarn: Yellow DK with some brown for the mane and black for the face

Needles: 4mm

Hat

Cast on 31 sts in yellow

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)

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

Head

Cast on 12 sts

Row 1: *k1,kfb repeat from * to the end of the row (18sts)

Row 2: *p2, pfb repeat from * to the end of the row (24sts)

Row 3: repeat row 1 (36sts)

Beginning with a purl row continue in st st for 13 rows.

Row 17: *k1, k2tog repeat from * to the end of the row (24sts)

Row 18: *p2, p2tog repeat from * to the end of the row (18sts)

Row 19: repeat row 17 (12sts)

Row 20: k2tog across all sts (6sts)

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

Making up

Sew the head up stuffing with fibre as you go.

Embroider the face and the mane.

Sew up the hat and sew on the head



dinosaur

advanced pattern by Juliet Bernard

Yarn: Green and red DK

Needles: 4mm

Hat

Cast on 31 sts in green

Beginning with a knit row work 14 rows in st st

Next row: k2tog 4 times, place next 15 sts on a stitch holder, k2tog 4 times (8sts)

Next row: purl across 8 live sts

Next row: k2tog across all sts (4sts)

Neck

Rejoin the yarn to the 15sts from the holder.

Work 10 rows and cast off.

Head

In green, cast on 3 sts

Row 1: kfb, k1, kfb (5sts)

Row 2 and all even rows: purl

Row 3: k1, *m1, k1, repeat from * to the end of the row (9sts)

Row 5: k1, *m1, k2, repeat from * to the end of the row (13sts)

Row 7: k1, *m1, k3, repeat from * to the end of the row (17sts)

Row 9: k1, *m1, k4, repeat from * the end of the row (21sts)

Rows 10-12: work 3 rows of st st, starting with a purl row

Row 13: k1, *k2tog, k3, repeat from * the end of the row (17sts)

Row 14 and all even rows: purl

Row 15: k1, *k2tog, k2, repeat from * the end of the row (13sts)

Row 17: k1, *k2tog, k1, repeat from * the end of the row (9sts)

Row 19: k1, *k2tog, repeat from * the end of the row (5sts)



Abbreviations: k - knit | p - purl | St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together
yo - yarn over the needle to create a st | kfb - knit into the front and back of the same st

Continued...

dinosaur

advanced pattern by Juliet Bernard

Tail

In green cast on 3 sts

Row 1: kfb, k1, kfb (5sts)

Rows 2-4: work 3 rows of st st, starting with a purl row

Row 5: k1, m1, k3, m1, k1 (7sts)

Rows 6-10: work 3 rows of st st, starting with a purl row

Cast off

Scales

In red, cast on 31 sts

Beginning with a knit row, work 2 rows in st st

Next row k1 *yo, k2tog, repeat from * to the end of the row.

Beginning with a purl row work 3 rows in st st.

Cast off.

Fold the scales in half and sew together

Sew in all the ends

Join the edges of the neck and join to the body. Insert a little stuffing.

Embroider eyes and mouth on the head and sew on to the neck

Attach tail to the body and then sew on the scales up the tail and over the body.



Abbreviations: k - knit | p - purl | St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together
yo - yarn over the needle to create a st | kfb - knit into the front and back of the same st

• WE'RE HERE TO HELP •



ADVOCACY

Advocacy is taking action to empower you.

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



BEFRIENDING

Not having someone to talk to regularly can be lonely, but it doesn't have to be that way.

We run a range of Friendship Services across the county to support and offer friendship to people who are feeling isolated, lonely or would just like to make new friends.



BEREAVEMENT

When we experience loss, the weight of grief can feel overwhelming.

Our Bereavement Support service can assist with:

- Practical advice and signposting
- Self-help information
- Emotional Support



HEALTH & WELLBEING

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



HOME CARE

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



INFORMATION & ADVICE

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

For more information, give our friendly team a call on
01670 784 800 or email info@ageuk-northumberland.org.uk