

FUN ACTIVITIES TO HELP KEEP YOU ENGAGED DURING THE WINTER MONTHS!



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

Hi everyone, and welcome to the eighth edition of Age UK Northumberland's activity book!

This edition is packed with activities, information and advice to entertain and keep you fit and well.

The Winter months can be dark and dreary at the best of times and that's why we want to remind you that our teams are here to help Monday to Friday, whatever the challenge.

Our Information & Advice, Advocacy, Scams and Friendship services are all free of charge, so don't hesitate to pick up the phone and the team will be delighted to help. Just call 01670 784 800, and if you don't get straight through, please do leave a message and we'll get back to you.

Now on to our activity book! With thanks to our friends at the National Lottery and Community Foundation, we're delighted to share with you our Winter activities book, packed with recipes to warm the soul, Suduko, wordsearches, quizzes, exercises to support muscle strength and some Christmas crafts to have a go at.

We really hope you enjoy the book! Please do pass on your comments by emailing us at info@ageuk-northumberland.org.uk or give us a call on 01670 784 800.

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

Best wishes, and take care!

Amy



WINTER WARMERS



Comforting Apple Crumble

Ingredients

For the filling:

- 350g (12oz) apples
- 1 to 2 dessertspoons caster sugar
- Cinnamon (optional)

For the crumble:

- 100g (4oz) self-raising flour
- 50g (2oz) caster sugar
- 50g (2oz) butter



Step 1

Pre-heat your oven to 190 degrees (170 degrees fan).

Step 2

Start by preparing your apples by peeling and coring them, and then chop into thin slices. Place the slices of apple into an ovenproof dish and sprinkle the sugar on top, moving the slices around so they get a good coating of sugar. If you like cinnamon, sprinkle some in with the apples (apples and cinnamon are a wonderful combination).

Step 3

In a mixing bowl, rub the butter into the flour so it looks like rough breadcrumbs. Add the sugar to the crumble topping, and mix thoroughly. Spoon the crumble mix onto the top of the apples, making sure it is evenly spread and covers the fruit.

Step 4

Place the ovenproof dish onto a baking tray, and bake the crumble on the centre shelf for 30 minutes. It may take a bit longer, just make sure the crumble is golden brown, and the apples are cooked and soft by placing a small knife into the crumble.

Step 5

Serve the crumble warm from the oven. It is lovely with served with cream, custard or ice cream.

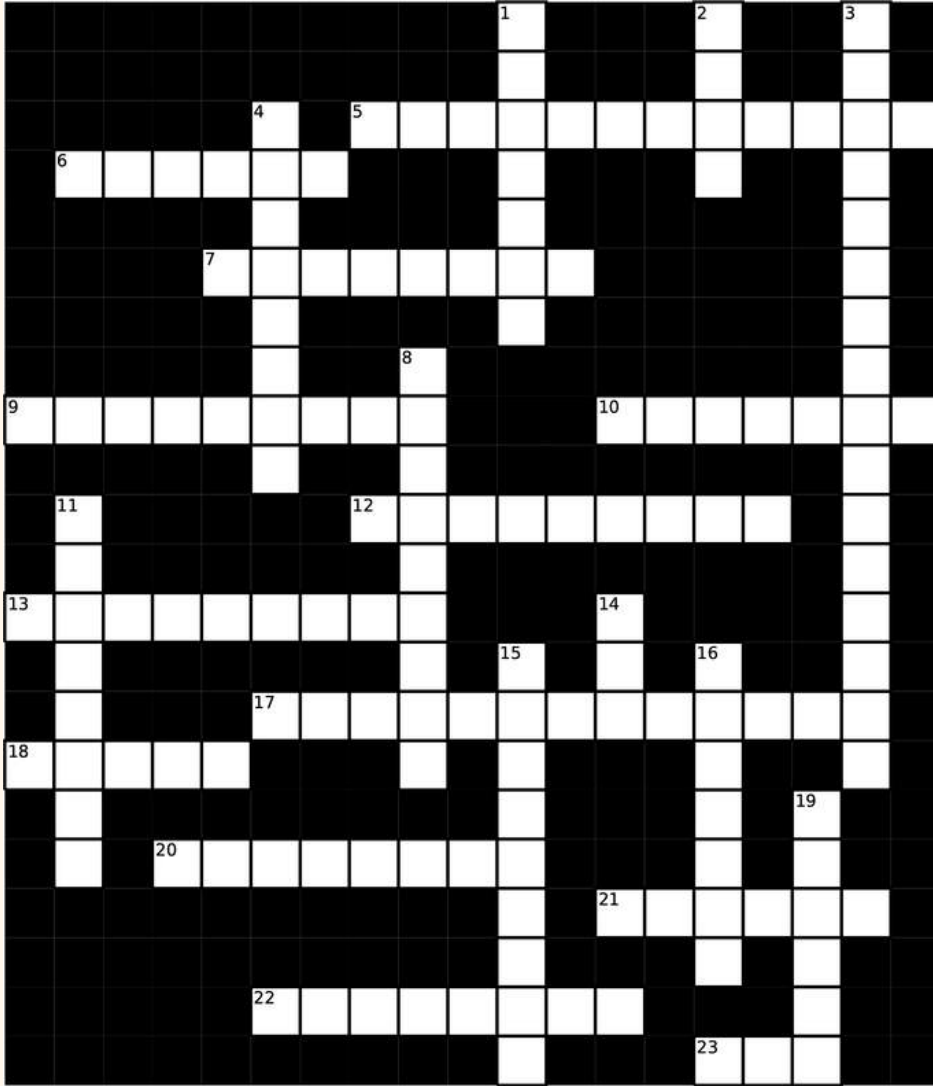
Handy Tip!

To make more crumble, you can double the quantities of the ingredients!



CHRISTMAS CRYPTIC CROSSWORD

Have a go at this Christmas cryptic crossword, and see if you can guess the answers!



Across

- 5 - The star of the classic film 'It's a Wonderful Life'
- 6 - A type of meat served for Christmas lunch
- 7 - Animals that pull Santa's sleigh
- 9 - A plant you can share a kiss under
- 10 - Can be used to decorate a Christmas tree
- 12 - The creature who 'stole Christmas'
- 13 - Where Santa's workshop is located
- 17 - Something that was given on the fifth day of Christmas
- 18 - Name of Santa's reindeer beginning with V
- 20 - Sometimes used to cover a Christmas cake
- 21 - Vegetable left for Rudolph on Christmas Eve
- 22 - A Christmassy drink made with advocaat
- 23 - Fill in the missing word - "The holly and the [...]"

Down

- 1 - Fill in the missing word - "On the feast of [...]"
- 2 - Anagram for Lone
- 3 - Comedy duo whose Christmas shows were watched by millions in the 1970s
- 4 - The month of Christmas
- 8 - Birthplace of Jesus
- 11 - A sock that hangs by the chimney
- 14 - Colour of Santa's suit
- 15 - The day after Christmas Day
- 16 - Band who released the song 'I Wish It Could Be Christmas Every Day'
- 19 - Name of a snowman

Down: 1 - Stephen; 2 - Noel; 3 - Morecambe and Wise; 4 - December; 8 - Bethlehem; 11 - Stocking; 14 - Red; 15 - Boxing Day; 16 - Wizzard; 19 - Frosty

Across: 5 - James Stewart; 6 - Turkey; 7 - Reindeer; 9 - Mistletoe; 10 - Bubles; 12 - The Grinch; 13 - North Pole; 17 - Five Gold Rings; 18 - Vixen; 20 - Marzipan; 21 - Carrot; 22 - Snowball; 23 - Ivy

Answers (no cheating!)



MINDFULNESS COLOURING

Unwind, relax and do a bit of colouring!



Credit: https://iheartcraftythings.com/wp-content/uploads/2021/05/ChristmasTree_2.jpg

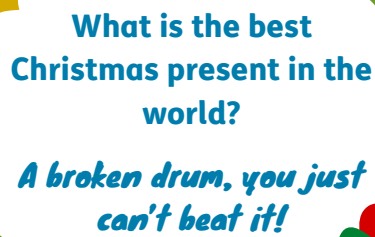


FESTIVE FUNNIES!

Crack a smile, or maybe groan, at these **HILARIOUS** Christmas jokes!



What do you get if you cross Santa with a duck?
A Christmas quacker!



What is the best Christmas present in the world?
A broken drum, you just can't beat it!




Why is it getting harder to buy Advent calendars?
Their days are numbered!



What did Adam say the day before Christmas?
"It's Christmas, Eve!"



What do sheep say at Christmas?
A Merry Christmas to Ewe!




Why wouldn't the cat climb the Christmas tree?
It was afraid of the bark.



What do elves cook with in the kitchen?
Utinsels!




Which famous playwright was terrified of Christmas?
Noël Coward!



When is a boat just like snow?
When it's adrift!



What do you get if you eat Christmas decorations?
Tinsilitis!



What did Santa say to the smoker?
Please don't smoke, it's bad for my elf!





DID YOU KNOW?



Last year, our teams at Age UK Northumberland were here to support over 4,500 people. Here's how they helped...



Our Information & Advice team helped clients access over £1.5 million of welfare benefits for clients.

2,956 friendship calls were made to clients who needed a friend to chat to.

Volunteers gave us 15,936 hours of their time.

Our Home Care team helped people across the county to live independently in their own homes, providing shopping, cleaning, enabling and personal care services.

Over 80 volunteers helped us to deliver Social Groups, Information & Advice support, Exercise Classes, Bereavement Counselling, Scams Awareness, Friendship Calls, Dementia Groups and provided Office Support services.

Our Veterans Co-ordinator is an ex-paratrooper, and works across the county to support the wellbeing of local veterans.

We have 9 social groups across Northumberland, where people enjoy a cuppa and a chat, activities, outings and friendship.



Living with Dementia groups run in Ashington, Alnwick, Ponteland and Morpeth to help improve mood, movement and memory. Our groups and services also support family and carers.

Over 1,900 older people in Northumberland have joined in with one of our Scams Awareness sessions. And our free 'nuisance call blocking' devices have prevented over 1,000 nuisance & scam calls getting through.

We have a team of Bereavement Counsellors who support people across the county.

We ran over 1,500 exercise classes last year.

Our Advocacy team help to give clients a voice, secure their rights, represent their interests and obtain the services they need.



If we can help you with our services, please do get in touch!



Call: 01670 784 800

Email: info@ageuk-northumberland.org.uk



WINTER WORDSEARCH

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

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

December
Santa Claus
Tradition
Decorations
New Year
Cosy

Gingerbread
Festive
Ice
Christmas
Snow
Freeze

Advent
Candles
Arctic
Happiness
Frost
Robin
Cold





SOME FESTIVELY FUNNY AND HANDY CHRISTMAS HINTS AND TIPS

Need some ideas on how to cope with Christmas? Here's some handy, and funny, Christmas hints and tips!

Try to budget for Christmas throughout the year. Put a little aside each month into a special account and do not dip into it until you need to buy presents and food for the festive season.

Be thoughtful, not over-generous. Good presents don't need to be expensive. Set yourself an affordable budget for each person and stick to it.

Condition new cake tins by applying vegetable oil, then baking in a medium oven for about 15 minutes.



'A glass of wine without some cheese is like a kiss without a squeeze.'

Many supermarkets sell undecorated Christmas cakes. Simply ice and decorate yourself.



If you have a dog or cat, Hoover up the fallen needles of your Christmas tree regularly as they can get stuck in their paws and hurt them.

Try out your Christmas lights before you put them on the tree.

Wrap your tree lights around a piece of cardboard so you aren't faced with spaghetti next year.



Save up egg boxes to store delicate bauble decorations.

Forget the rules: when else can you eat chocolate in bed?



Keep your expectations low - if you don't expect your children (or your mother-in-law) to behave, then you won't be frustrated when they don't!

Walk each day in natural bright daylight to relieve winter blues. Lack of sunlight can affect your mood.



UNSCRAMBLE THE ANAGRAMS!

Have a go at solving these anagrams, and see if you can unscramble the Christmas words.

1. Congress Liar
2. In The Glints
3. Enjoy Mad Sharp
4. Unready Cabs
5. Gap Pawn Ripper
6. I'm A Poet Madmen
7. Smart Heretics
8. In Action Slash



9. Vicars Themes
10. Honesty Warms Font
11. Tiny Pay Vital
12. Robust Spurless
13. Streaky Rout
14. Muddling Pup
15. With Ft Length
16. Be The Helm



1. Carol Singers; 2. Silent Night; 3. Mary and Joseph; 4. Brandy Sauce;
5. Wrapping Paper; 6. Pantomime Dame; 7. Christmas Tree; 8. Saint Nicholas;
9. Christmas Eve; 10. Frosty the Snowman; 11. Nativity Play; 12. Brussel Sprouts;
13. Roast Turkey; 14. Plum Pudding; 15. Twelfth Night; 16. Bethlehem

Answers (no cheating!)

LET'S GET QUIZZING!



Test your music knowledge, and have a go at this Christmas music quiz!

1. Which band sang the hit song 'Last Christmas'?
2. Which Christmas song begins with the lyrics: 'It was Christmas Eve, babe, in the drunk tank...'?
3. Who recorded the original version of 'White Christmas' in 1942?
4. Which Christmas song begins with the lyrics: 'the mood is right, the spirit's up, we're here tonight, and that's enough'?
5. Which music legend had a 1964 hit with 'Blue Christmas'?
6. How many 'las' are after the 'fa' in 'Deck the Halls'?
7. Who had a hit in 1976 with the Christmas classic 'When a Child is Born'?
8. Which Chris Rea song includes the lyrics 'Top to toe in tailbacks, oh I got red lights all around'?
9. Who had a hit in 1985 with the theme to 'The Snowman' Walking in the Air?
10. What's the second line in the chorus of "I'm dreaming of a white Christmas"?
11. Complete the lyric: 'And so this is Christmas, and what have you done, another year over ...'
12. In the twelve days of Christmas, how many ladies were dancing?
13. What year was Slade's big hit 'Merry Xmas Everybody' released?
14. Which famous comedian had a Christmas No. 1 in 1971 with Ernie (The Fastest Milkman in the West)?



Answers (no cheating!)
1. Wham!; 2. Fairytale of New York; 3. Bing Crosby;
4. Wonderful Christmastime; 5. Elvis Presley; 6. Eight;
7. Johnny Mathis; 8. Driving Home for Christmas; 9. Aled Jones;
10. "Just like the ones I used to know";
11. "And a new one just begun"; 12. Nine; 13. 1973; 14. Benny Hill

SIMPLE EXERCISES TO KEEP YOU FIT AND HEALTHY!

Shake off those Winter blues, and have a bit of fun, by doing some simple exercises to keep you fit and healthy! These exercises are designed to improve mobility, strength, balance and coordination.



Seated ankle circles

1. Sit upright with your flat feet
2. Lift one foot off the ground
3. 'Draw' a circle with your big toe 10 times clockwise and 10 times anti-clockwise
4. Repeat with the other foot



Seated toe-heel rocks

1. Sit upright with your flat feet and toes pointing forwards
2. Lift your heels, then lower to a flat foot position
3. Lift your toes, then lower to a flat foot position
4. Use momentum to rock between the two 10-15 times



Seated marching (out and in)

1. Sit upright with your flat feet
2. March your legs alternatively for 30 seconds
3. Step your left leg to the side, then return to the middle 10 times
4. Repeat with your right leg

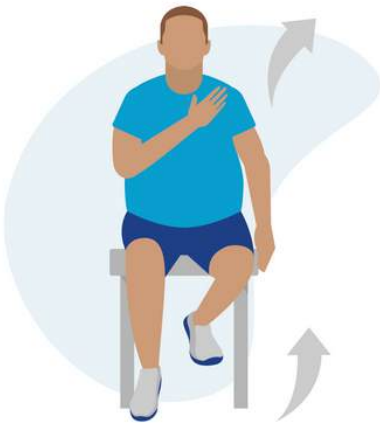
* - Try to stay within a marching motion and rhythm

SIMPLE EXERCISES TO KEEP YOU FIT AND HEALTHY!



Seated march with knee tap

1. Sit upright and begin to march
2. When lifting your left knee, reach your right hand to tap your left knee
3. When lifting your right knee, reach your left hand to touch your right knee
4. Keep alternating and complete 10 times on each side



Seated marching with shoulder tap

1. Sit upright and begin to march
2. When lifting your left knee, reach your right hand to tap your left shoulder
3. When lifting your right knee, reach your left hand to touch your right shoulder
4. Keep alternating and complete 10 times on each side



Seated side rock

1. Sit upright and hold firmly onto the sides of your chair
2. Gently lean to the left until all your weight is on your left hip - keep your left foot planted firmly into the floor and raise onto your right toes/lift right foot off the floor as able
3. Hold for 5-10 seconds and return to start
4. Repeat 5 times on each side



CHRISTMAS COLOURING



Why not do a spot of mindfulness colouring, and colour in this beautiful ornate bird.



WORDSEARCH CHALLENGE

Can you find the list of famous people in the grid below?

Elvis Presley, Walt Disney, Pablo Picasso, Greta Garbo, Emily Bronte, Grace Darling, Nelson Mandela, Mother Teresa, Eva Peron, Amelia Earhart, Pele, Anne Frank, Bill Gates

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

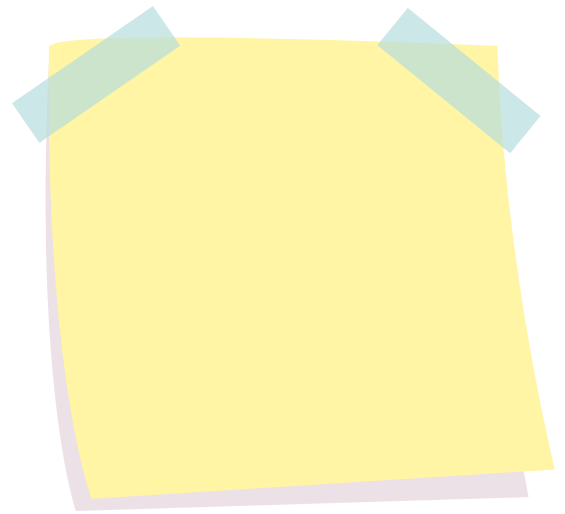


SUDUKO PUZZLES

Have a go at solving these sudoku puzzles! You can use the post-it note spaces to jot down your workings.

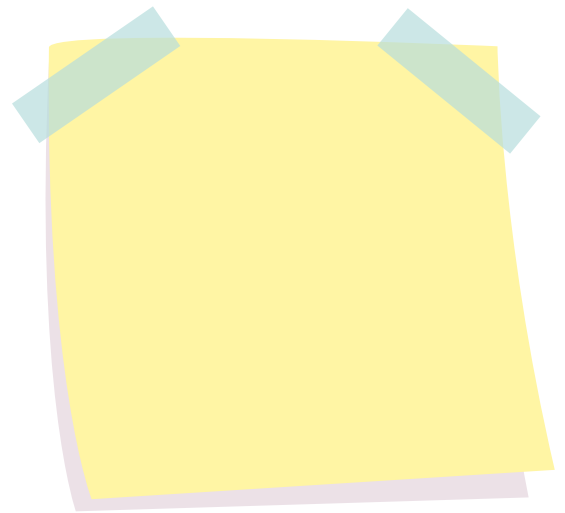
1

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



2

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

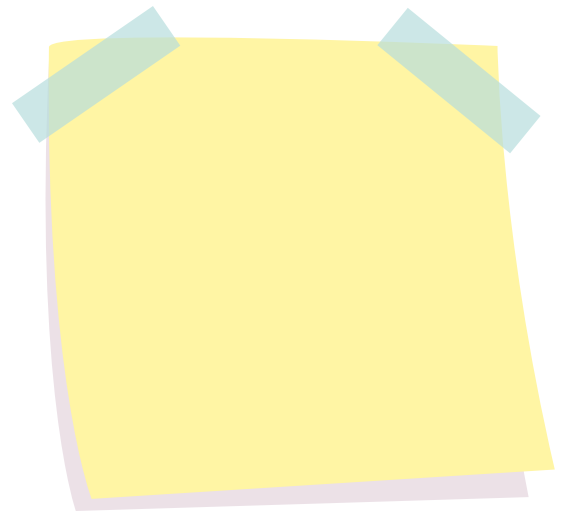


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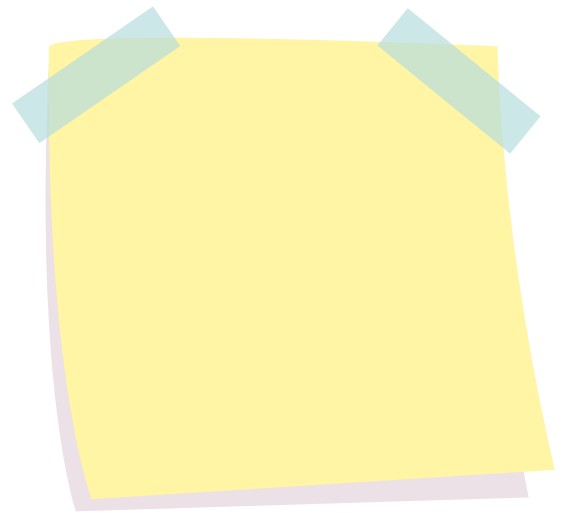
3

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



4

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



Turn the page to see the answers! 

SUDUKO ANSWERS

Did you get the answers to the puzzles correct?

1

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

2

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

3

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

4

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

WINTER WARMERS



Tasty Toad in the Hole

Ingredients

For the toad:

- 6-8 good quality pork sausages
- 1 tablespoon oil

For the batter/Yorkshire Pudding:

- 140g plain flour
- Salt and pepper
- 2 eggs
- 175ml milk



Step 1

Pre-heat your oven to 220 degrees (200 degrees fan). Put the sausages into a 20 x 30cm roasting tin with the oil, and bake in the oven for 15 minutes until browned.

Step 2

To make the batter, place the flour into a mixing bowl with some salt and pepper. Make a well in the centre, and crack the eggs into it. Begin to whisk with a balloon whisk, and then slowly add the milk, whisking in stages until the batter is smooth.

Step 3

Take the sausages out of the oven, being careful as it will be very hot. If it is not hot, place the tin on the hob for a few minutes (the tin does need to be hot to make sure the batter/Yorkshire pudding is a success).

Step 4

Pour the batter mix from the bowl into the tin (if it is easier, you can pour the mix into a jug to pour into the tin). Quickly transfer to the top shelf of the oven, and cook for 25 to 30 minutes until risen and golden brown.

Step 5

Serve with some gravy, and maybe some mashed potato and your favourite vegetables.

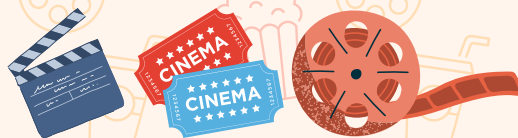
Handy Tip!

If you don't want to brown the sausages in the oven, you can fry them in a frying pan until they are nicely browned.

FILM QUOTES QUIZ

Test your film knowledge by guessing which famous star said these iconic lines, and the films they come from!

1. "Frankly, my dear, I don't give a damn."
2. "I'm gonna make him an offer he can't refuse."
3. "Toto, I've a feeling we're not in Kansas anymore."
4. "Here's looking at you, kid."
5. "Go ahead, make my day."
6. "All right, Mr. DeMille, I'm ready for my close-up."
7. "May the Force be with you."
8. "Fasten your seatbelts. It's going to be a bumpy night."
9. "You talking to me?"



10. "What we've got here is failure to communicate."
11. "They call me Mister Tibbs!"
12. "Made it, Ma! Top of the world!"
13. "Why don't you come up sometime and see me?"
14. "You can't handle the truth!"
15. "I want to be alone."
16. "I'll have what she's having."
17. "You know how to whistle, don't you, Steve? You just put your lips together and blow."
18. "You're gonna need a bigger boat."
19. "I'll be back."
20. "Well, nobody's perfect."
21. "Houston, we have a problem."
22. "A boy's best friend is his mother."
23. "Well, here's another nice mess you've gotten me into!"
24. "Carpe diem. Seize the day, boys. Make your lives extraordinary."
25. "Nobody puts Baby in a corner."

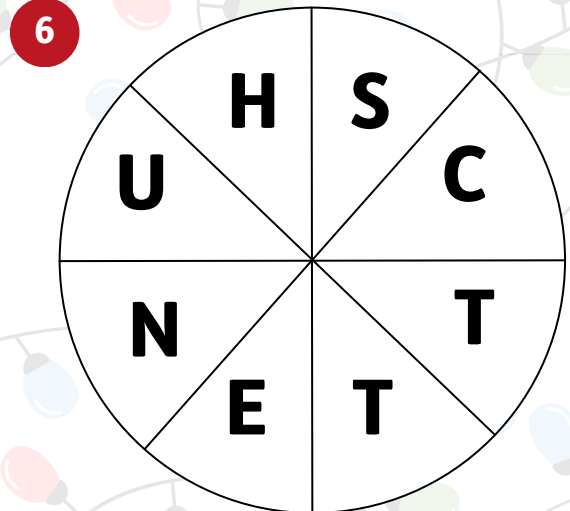
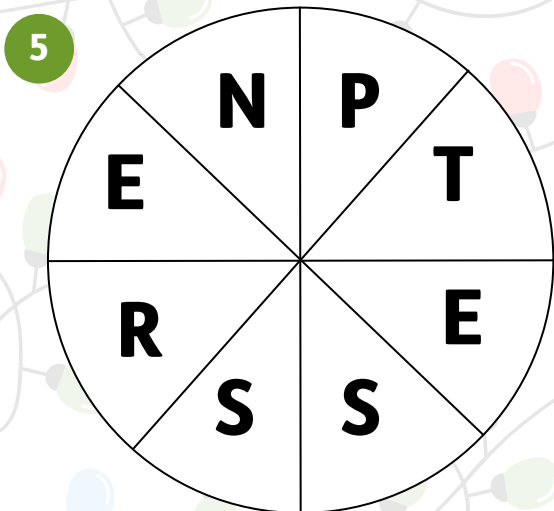
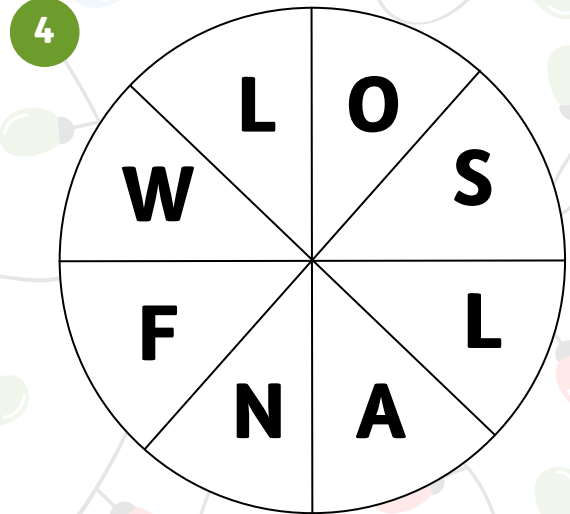
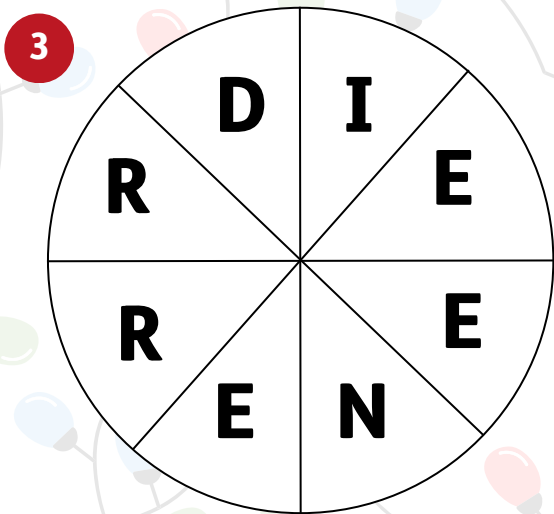
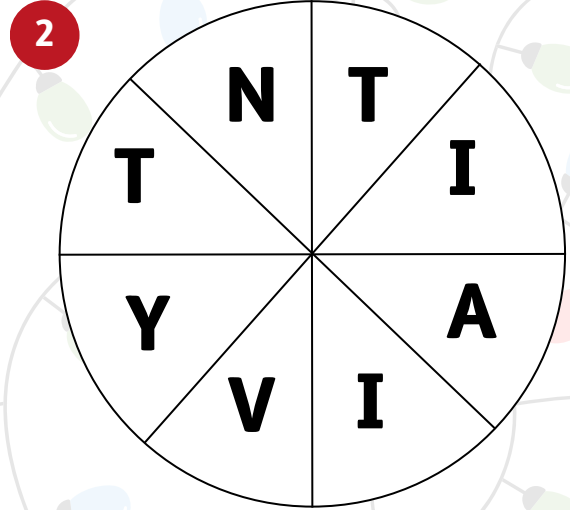
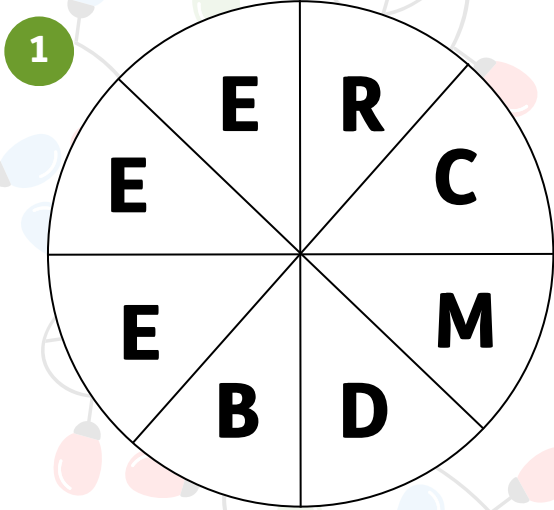


Answers (Did you guess right?)

1. Clark Gable - 'Gone with the Wind' (1939); 2. Marlon Brando - 'The Godfather' (1972); 3. Judy Garland - 'The Wizard of Oz' (1939); 4. Humphrey Bogart - 'Casablanca' (1942); 5. Clint Eastwood - 'Sudden Impact' (1983); 6. Gloria Swanson - 'Sunset Boulevard' (1950); 7. Harrison Ford - 'Star Wars' (1977); 8. Bette Davis - 'All About Eve' (1950); 9. Robert De Niro - 'Taxi Driver' (1976); 10. Strother Martin - 'Cool Hand Luke' (1967); 11. Sidney Poitier - 'In the Heat of the Night' (1967); 12. James Cagney - 'White Heat' (1949); 13. Mae West - 'She Done Him Wrong' (1933); 14. Jack Nicholson - 'A Few Good Men' (1992); 15. Greta Garbo - 'Grand Hotel' (1932); 16. Estelle Reiner - 'When Harry Met Sally...' (1989); 17. Lauren Bacall - 'To Have and Have Not' (1944); 18. Roy Scheider - 'Jaws' (1975); 19. Arnold Schwarzenegger - 'The Terminator' (1984); 20. Joe E. Brown - 'Some Like It Hot' (1959); 21. Tom Hanks - 'Apollo 13' (1995); 22. Anthony Perkins - 'Psycho' (1960); 23. Oliver Hardy - 'Sons of the Desert' (1933); 24. Robin Williams - 'Dead Poets Society' (1989); 25. Patrick Swayze - 'Dirty Dancing' (1987)

CHRISTMAS WORD WHEELS

Look at the wheels, and try to think of as many words as you can. Also see if you can find the eight letter words!



Answers (no cheating!)
1. December; 2. Nativity; 3. Reindeer; 4. Snowfall; 5. Presents; 6. Chestnut

CHRISTMAS POEMS TO WARM THE SOUL

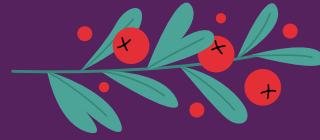
To Mrs K, On Sending Me an English Christmas Plum-Cake at Paris

by Helen Maria Williams

What crowding thoughts around me wake,
What marvels in a Christmas-cake!
Ah say, what strange enchantment dwells
Enclosed within its odorous cells?
Is there no small magician bound
Encrusted in its snowy round?
For magic surely lurks in this,
A cake that tells of vanished bliss;
A cake that conjures up to view
The early scenes, when life was new;
When memory knew no sorrows past,
And hope believed in joys that last! —

Mysterious cake, whose folds contain
Life's calendar of bliss and pain;
That speaks of friends for ever fled,
And wakes the tears I love to shed.
Oft shall I breathe her cherished name
From whose fair hand the offering came:
For she recalls the artless smile
Of nymphs that deck my native isle;
Of beauty that we love to trace,
Allied with tender, modest grace;
Of those who, while abroad they roam,
Retain each charm that gladdens home,
And whose dear friendships can impart
A Christmas banquet for the heart!

Credit: <https://www.poetryfoundation.org/poems/51877/to-mrs-k-on-her-sending-me-an-english-christmas-plum-cake-at-paris>



Mistletoe

by Walter De La Mere

Sitting under the mistletoe
(Pale-green, fairy mistletoe),
One last candle burning low,
All the sleepy dancers gone,
Just one candle burning on,
Shadows lurking everywhere:
Some one came, and kissed me there.

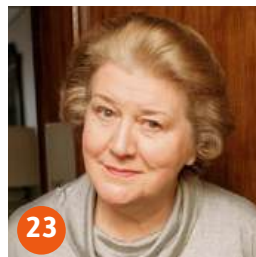
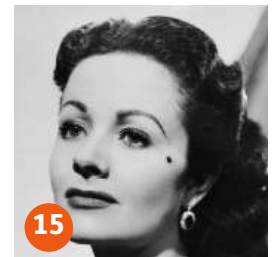
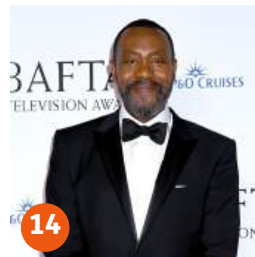
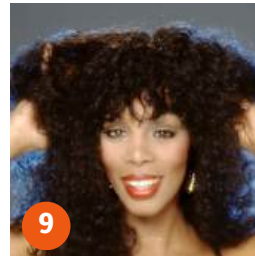
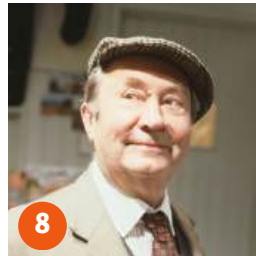
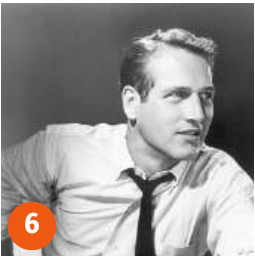
Tired I was; my head would go
Nodding under the mistletoe
(Pale-green, fairy mistletoe),
No footsteps came, no voice, but only,
Just as I sat there, sleepy, lonely,
Stooped in the still and shadowy air
Lips unseen—and kissed me there.

Credit: <https://www.poetryfoundation.org/poems/57833/mistletoe>



GUESS THE FAMOUS FACES!

Look at the pictures below, and see if you can guess who the famous faces are.



Answers (no cheating!)
 1. Celia Imrie; 2. Harry Kane; 3. Violet Carson; 4. Jon Snow; 5. Karen Carpenter;
 6. Paul Newman; 7. Donna Summer; 8. Peter Sallis; 9. Annette Crosbie; 10. Nicholas Lyndhurst;
 11. Jane McDonald; 12. Arthur Lowe; 13. Lenny Henry; 14. Margaret Lockwood;
 15. Diana Ross; 16. Ronnie Barker; 17. Lauren Bacall; 18. Barry White; 19. Alison Hammond; 20. Ben Stokes;
 21. Maxine Peake; 22. Lionel Richie; 23. Patricia Routledge; 24. John Inman; 25. Diana Ross

FLOWERS WORDSEARCH

See if you can find the flowers in the grid below.



Dahlia
Tulip
Daffodil
Lobelia

Geranium
Lavender
Carnation
Rose

Orchid
Marigold
Daisy
Sweet Pea

Lilies
Hyacinth
Pansy
Iris

MINDFULNESS CHRISTMAS COLOURING

Relax and unwind, and do a spot of colouring in.



CRAFTY CORNER



Follow these easy steps to make your very own Christmas robin paper bauble!

You will need:

- Brown, yellow and red paper
- Black felt-tip pen
- Glue stick
- String or thread
- Scissors
- Ruler
- Pencil
- Compass (optional)



Step 1

Use a compass or find something round that you can use as a template (a roll of sticky tape etc) to make eight circles from the brown paper, all identical in size. Fold all eight circles in half.

Step 2

Spread glue on to one side of a folded circle and stick another one on top. Continue until you have glued all of the halves on top of each other, creating a stack.



Step 3

Cut a 25cm length of string or thread and tie the ends together to make a loop.

Step 4

Stick the loop to the spine of the stack.



Step 5

Fan out the pages of the stack and glue the two sides together to make a sphere.

Step 6

Decorate the sphere with wings cut from more brown paper, a beak and feet from yellow paper, and the red breast from the red paper.



Step 7

Add details to the wings with the black felt-tip pen, then use it to draw on two small eyes.



TIP!

Make your bauble glisten by adding some sparkle - use glitter glue to make the beak, wings and red breast stand out!

Remember to leave to dry for at least 24 hours before hanging up on your tree.

• WE'RE HERE TO HELP YOU LIVE YOUR BEST LIFE •



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 and emotional support.



DAY CENTRES & LUNCH CLUBS

We offer a number of day services and lunch clubs across the county for those who could benefit from friendship and 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.



LIVE WELL WITH DEMENTIA

Engaging, fun and stimulating activities and social workshops to improve memory, cognitive function and quality of life for people living with dementia, their carers and family.



SCAMS AWARENESS

We offer community talks and one-to-one support to help those affected recognise a scam, and give confidential and practical advice and support.



SOCIAL GROUPS

We have fabulous social groups across the county full of friendship, lots of varied activities, chats and laughter. Anyone over 50 can join any one of our inclusive groups.



VETERANS SUPPORT

Our team provide practical advice and wellbeing to help support our local Veterans such as information and advice, benefit checks, bereavement support, friendship and personal planning advice.



VOLUNTEERING

Volunteers help so many older people across the county, and dedicate their time to our services people rely on. We have great volunteering opportunities, and we always love to hear from people who are interested in volunteering.

If you need any more information or help, please give our friendly team a call on 01670 784 800 or email info@ageuk-northumberland.org.uk