



FUN AND ENGAGING

Activities

to help
keep you entertained

THIS

WINTER!



Puzzles, Winter Warmer Recipes, Exercises,
Mindfulness Colouring... and much more!

NORTH POLE

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

Hello everyone, and welcome to the latest edition of our activity book!

This activity book is packed with lots of engaging activities to keep you entertained, fit and well during the winter months.

We know how challenging it can be during the cold winter months, and we just want to remind you that we're here to help you - whatever the challenge.

Our range of services from Information & Advice, Health and Wellbeing, Scams Awareness, Friendship Services and Bereavement Support are all free of charge so don't hesitate to pick up the

phone and our team will be delighted to help you. Just give us a call on 01670 784 800, if you're unable to get through, just leave a message and we'll get back to you.

So... onto our activity book! We're thrilled to share with you a whole range of activities for you to enjoy during the cold winter months. We've got some delicious recipes to keep you warm, crosswords, wordsearches and puzzles, colouring pages to help you unwind, exercises to support muscle strength and some Christmas crafts to keep you busy.

We really do hope that you enjoy this book, and we hope it will keep you entertained and busy. We would also love to hear your feedback, so do pass on your comments by emailing us at info@ageuk-northumberland.org.uk.

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

Best wishes, and take care!

Amy



WINTER THEMED WORDSEARCH

Can you find all the winter themed words in the grid below?

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

Earmuffs
Icicles
Skiing
Advent
Cocoa
Scarf

Eggnog
Gloves
Hibernate
Fireplace
Sleigh
Hat

Avalanche
Frosty
Santa
Igloo
Jolly
Boots

Winter
Candy
Chilly
Merry
Coat



WINTER WARMERS



Quick and Delicious Tomato Soup

Ingredients

- 400g tin of chopped tomatoes
- 1 onion
- 2 tbsp butter
- 500ml vegetable stock
- 2 tbsp tomato puree
- Pinch of salt and freshly milled black pepper
- Fresh basil (to serve)

Amount makes 2 servings

* You can double, or even triple the quantity to make more!



Step 1

Begin by heating the butter in a large pan. Once melted, add the onion and cook on a low heat for 4 minutes. Be sure to let the onions get golden brown for more flavour.

Step 2

Next, add the tin of chopped tomatoes, vegetable stock, tomato puree, salt and pepper into the pan and simmer for 10 minutes.

Step 3

When the soup has finished simmering, take it off the heat and use a blender, or a hand blender, to get the soup nice and smooth. Along with some crusty bread, serve with some fresh basil on the top, or even a drizzle of double cream to make it luxurious!

Handy Tip!

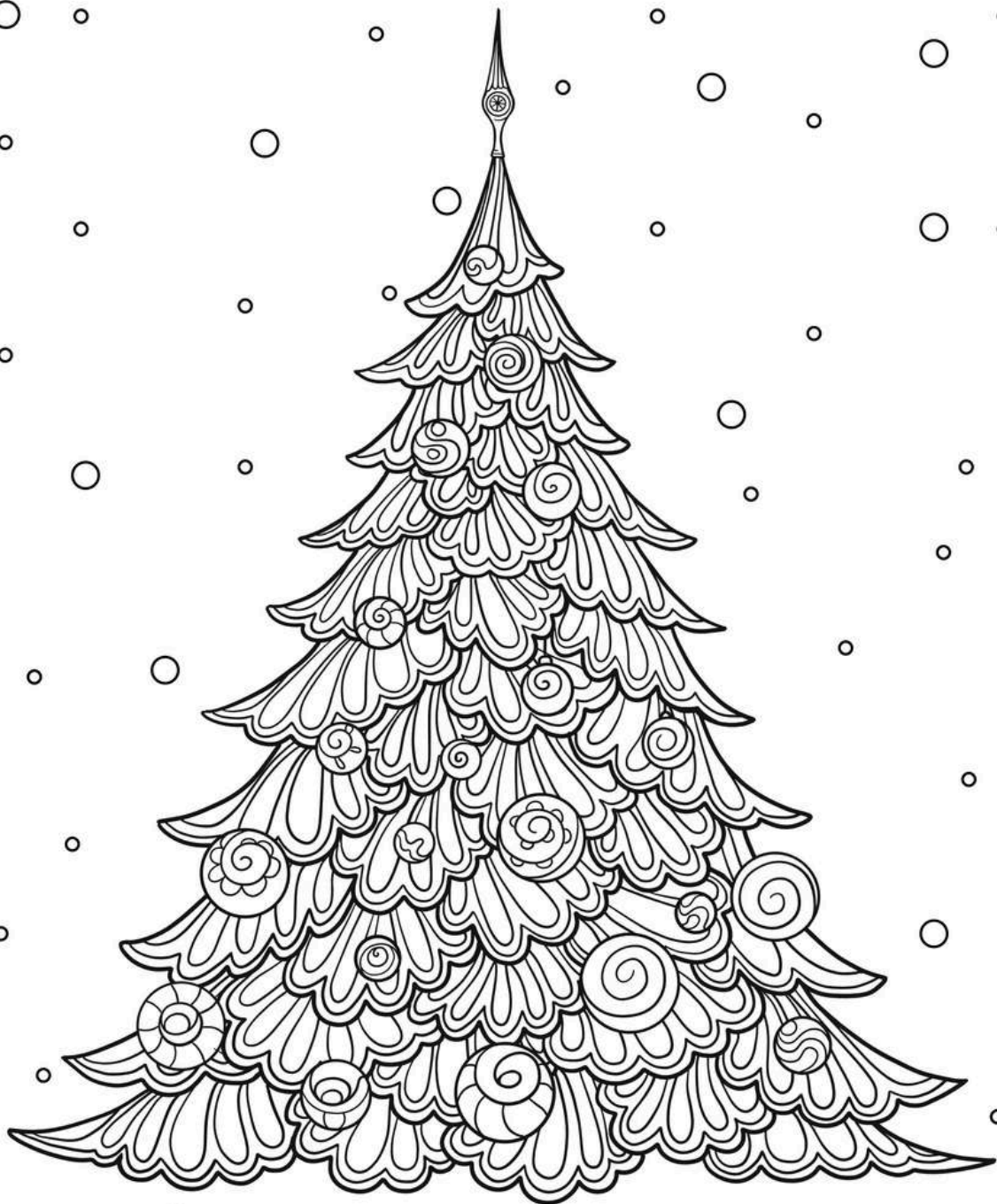
You can replace the vegetable stock with chicken stock if you want a richer flavour.



MINDFULNESS CHRISTMAS COLOURING



Do a spot of colouring where you can relax and unwind.



Merry Christmas

HANDY TIPS TO KEEP YOU WARM IN THE COLD WINTER MONTHS



It is important to keep warm, safe and well when the cold weather approaches.

Here are some handy tips on how to warm you up!



Check whether you are entitled to extra money

- With higher heating bills, it's important to make sure you are claiming all the money you are entitled to. To find out what money you may be entitled to, get in touch with our team of advisors by emailing: info.advice@ageuk-northumberland.org.uk or call: **01670 784 800.**



Keeping yourself warm

- Be sure to wrap up well even if you are sitting down - use a shawl or a blanket. And if you are cold in bed, wear warm layers such as thermal underwear and bed socks.
- When you're out and about, keep your hands and face warm with gloves and a hat, and cover your mouth with a scarf to warm up the air you breathe.
- Keep your home at a steady, comfortable temperature with curtains closed at dusk to keep the heat in.

Keep moving

- Staying active generates heat and keeps you warm. You could maybe do chair-based exercises, or even moving your arms and legs to keep active. Just do what you can!



Think about your health

- Have your yearly flu jab - it's free if you are aged 65 or over, and check if there are other winter vaccines you may be eligible for.
- Order repeat prescriptions in plenty of time.
- Keep cold, flu and sore throat remedies at home, and follow hygiene measures like washing your hands to avoid the spread of germs.

Prepare for low temperatures and bad weather

- Keep some extra food in your cupboard or freezer if you can't get out to the shops.
- Know where your main stopcock is as water pipes can freeze and burst in the cold.
- Have some salt and sand handy to put on steps or paths when its icy - this can help to avoid a fall.



GUESS THE FAMOUS FACES

Recognise these famous faces? Look at the pictures and see if you can work out who they are.



Answers (no cheating!)
 1. Beyoncé; 2. Paul Hollywood; 3. Alison Moyet; 4. Christopher Eccleston; 5. Hannah Waddingham; 6. Prince; 7. Victoria Wood; 8. Wilfrid Brambell; 9. Dusty Springfield; 10. Idris Elba; 11. Brenda Blethyn; 12. Lewis Hamilton; 13. Kathy Staff; 14. Julie Goodry; 15. Alan Cumming; 16. Sam Fender; 17. Shirley Bassey; 18. Gregory Peck; 19. Liz Smith; 20. Stevie Wonder; 21. Bette Davis; 22. Alan Cumming; 23. Mariah Carey; 24. Trevor McDonald; 25. Sue Barker

Knit a little hat, and...

MAKE A BIG DIFFERENCE!

Grab your needles, use your brightest yarn, and knit a little hat!

Heart Bobble Hat

Beginner pattern by Juliet Bernard

Yarn: Blue and white DK

Needles: 4mm

Hat

Cast on 31 sts in white

Knit 1 row (garter st)

Change to blue and knit 1 row

Now work from the chart below in stocking stitch until you've finished row 14

Continue in blue

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

Next row: purl

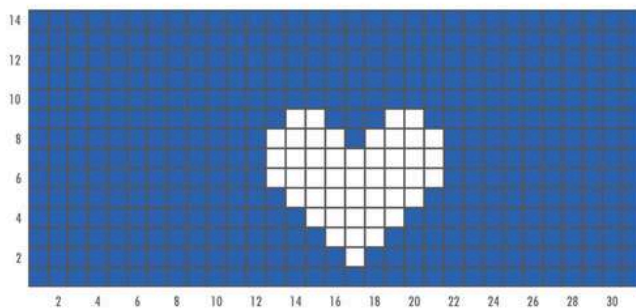
Next row: k2tog to end (8sts)

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

Making up

Use a sewing needle to join side seams.

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



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

Pattern taken from: <https://www.innocentdrinks.co.uk/content/dam/innocent/gb/en/files/big-knit/heart-bobble.pdf>

For every little hat, we get 30p donated which will help to fund our services!



Remember to send your little hats our way!

Drop them off at The Round House, Ashington NE63 9JZ, or give us a call on 01670 784 800 for more information.





HANDY TIPS FOR YOUR GARDEN THIS WINTER

Despite the cold, gardens can still thrive and you can still enjoy a bit of colour, look after wildlife, and prepare for the warmth of the spring months to come. Here are some handy tips for your garden in winter.



Prune your roses

Most roses should be pruned in January or February to allow new leaves to emerge. Always make sure to remove any damaged or diseased stems. Older roses need to be pruned gently, while modern roses can be cut right back.

Leave your perennials alone

It is very tempting to tidy your garden, but leaving dry leaves and stems on herbaceous perennials can attract insects. Dry seed heads are also good for birds too.



Look after wildlife

Put out fresh food and clean water for birds in the freezing cold. You can even make a bug hotel with wood and sticks! Fill gaps with hollow plant stems and pine cones to make a welcoming place for bugs to hide.



Protect outside taps

Drain your outside taps and isolate them if you can, this will stop the tap from getting damaged in frosty weather, and prevent burst pipes.



Bring colour with winter plants

Different types of plants can bring colour and interest to your garden. Snowdrops flower between January and March, while Crocuses can be planted in containers or in small groups in a border. The Hellebores flowers from late November and all the way through the winter.



OUR IMPACT

See for yourself the difference our teams make to the lives of older people in Northumberland.

“ I had a very reassuring chat... I hugely appreciate the support I've received from Age UK Northumberland and wouldn't hesitate to contact you again. ”
- **Information & Advice Client**



Our team helped clients access £2.3 million in welfare benefits



Our care teams delivered nearly 4,874 hours of care each week



Our teams provided services to over 4,500 people



“ I couldn't recommend the service highly enough. After 3 years of struggling, life makes sense again. I still miss them terribly, but thanks to my counsellor, I am no longer questioning everything. I am dwelling on the happy times we had the privilege to share. ”
- **Bereavement Client**

“ Age UK Northumberland has helped me. I feel less stiff and really enjoy the classes, they are marvellous. ”
- **Florence, Health & Wellbeing Client**

Our services are supported by a dedicated team of Volunteers, who have helped to maximise the impact we make.



Exercise Classes

Our exercise classes, which run across the county, help to improve health and wellbeing, and are designed to suit all abilities.



Friendship Services

Our Friendship Line and Social Groups provide friendship and support for those who may feel lonely or isolated.



Scams Awareness

Our Scams Awareness team provide practical advice on how to spot a scam with one-to-one support and group talks.

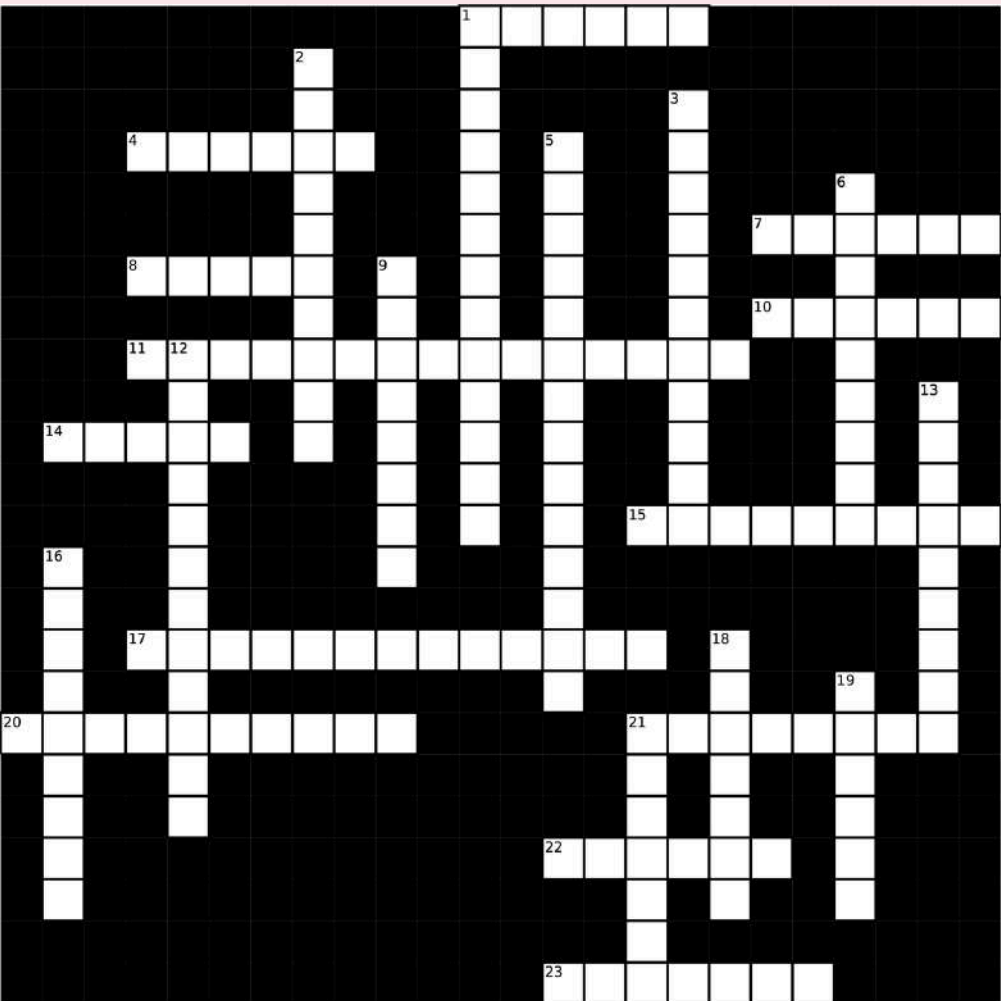
Always remember, we are here to help!

If we can help you with any of our services, please do get in touch with us.



CRYPTIC WINTER CROSSWORD

Have a go at this cryptic Winter themed crossword, and see if you can guess the answers.

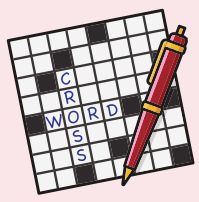


Across

- 1 - A type of Christmas decoration
- 4 - Word to describe cold weather
- 7 - These can keep your hands warm in Winter
- 8 - Bird with a red breast
- 10 - Something you sit on as you ride down a hill
- 11 - Novella written by Charles Dickens, and published in 1843
- 14 - Something you put on top of a Christmas tree
- 15 - Sauce you have with turkey
- 17 - The name of Laurel & Hardy's dog who was kept hidden on a snowy winter night in the classic 1931 film short
- 20 - Soap where a record 30 million people watched Den divorce Angie
- 21 - A Partridge in a [...]
- 22 - Away in a [...]
- 23 - Vegetable we love to hate at Christmas

Down

- 1 - Classical ballet by Tchaikovsky set on Christmas Eve
- 2 - An event celebrated on December the 31st 1999
- 3 - Lead singer of Slade who sang 'Merry Xmas Everybody'
- 5 - What did Bing Crosby dream of?
- 6 - Name of a Christmas film starring Macaulay Culkin
- 9 - Drink mixed with water, whiskey, honey and lemon
- 12 - The day before Christmas Day
- 13 - How many days are there in December?
- 16 - A word for snow crashing down a mountain
- 18 - Fun objects you pull that have bad jokes and toys
- 19 - Can be hung on the front door
- 21 - Name of a reindeer beginning with P



Answers (no cheating!)
 Across: 1 - Tinsel; 4 - Chilly; 7; Gloves; 8 - Robin; 10 - Sledge; 11 - A Christmas Carol; 14 - Fairy; 15 - Cranberry; 17 - Laughing Gray; 20 - Pear Tree; 22 - Manger; 23 - Sprouts
 Down: 1 - The Nutcracker; 2 - Millennium; 3 - Noddy Holder; 5 - White Christmas; 6 - Home Alone; 9 - Hot Toddy; 12 - Christmas Eve; 13 - Thirty One; 16 - Avlanche; 18 - Cracker; 19 - Wreath; 21 - Prancer

GENTLE EXERCISES WITH ANNE

Exercising, and getting your body moving, is a great way to keep active in the winter!

Our Health & Wellbeing Manager, Anne Robinson, is here with some simple exercises to improve your mobility, stability, balance and coordination.

Standing heel raises

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



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

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



Single leg balance with side way reach

1. Stand upright using a sturdy chair, kitchen bench or wall for support
2. Stand on your left leg with a slightly bent knee
3. Now lift your right foot slightly above the ground then reach your foot out to side then back
4. Complete 3-5 times on each leg

* Try to keep your foot off the floor throughout the exercise when standing on one leg.



Balance with arm reach

1. Stand with one arm against a wall or a chair for safety
2. Lift your knee up on the same side as the wall
3. Now place the opposite hand on your hip of the raised leg
4. Slightly bend your knee on the standing leg and tighten your stomach, leg and bottom muscles
5. Now sweep your hand from your hip, up and across the body until it's above your opposite shoulder
6. Repeat 5 times on one side then the other

Single leg balance with reach

1. Stand upright using a sturdy chair, kitchen bench or wall for support - aim to not hold onto the support if possible
2. Lift one foot up in front of you, slightly off the ground
3. Reach the foot of lifted leg forward, just above the floor, pause and return to the start position
4. Complete 5-10 times on each leg

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



We have a fantastic range of exercise classes at The Round House in Ashington, and across Northumberland, to suit all levels and abilities.

All are welcome to come along, the more the merrier!

WORDSEARCH CHALLENGE

Look at the grid below, and see if you can find some familiar places in Northumberland!

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

Morpeth
Corbridge
Ashington
Wooler
Bedlington
Bamburgh

Berwick
Rothbury
Amble
Ulgham
Cramlington
Blyth

Newbiggin
Alnmouth
Warkworth
Alnwick
Powburn
Hexham



WINTER SCAMS

SIX FESTIVE SCAMS TO
KEEP A WATCH OUT
FOR...



With the Christmas months approaching, scams are on the rise.

Our Scams Awareness Team have got some winter scams to keep a watch on.

SPECIAL OFFERS



If an offer is too good to be true... it usually is!

Be wary of supposed well-known retailers advertising free gifts and special offers.

GENUINE WEBSITES



Sometimes criminals can set up bogus websites advertising goods that are not what they seem, or don't exist!

Always check if a website is genuine.

WINTER FUEL SCAMS



With changes to the Winter Fuel Payment, scams are circulating via texts with a link to claim allowance.

Government officials will never contact you via text message.

PARCEL DELIVERY SCAMS



Keep an eye out for parcel delivery scams.

Scammers can send out fake texts or emails asking for a small amount of money for re-delivery.

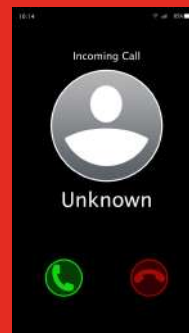
CHECK BANK STATEMENTS



We can do a lot of online shopping over the festive period.

Be sure to check your bank statements for any unusual transactions.

UNKNOWN NUMBERS



Phone calls from unknown numbers can be very annoying.

Never give out personal information to unknown callers - we can help you with call blockers if you need one.

Scams tips taken from:

<https://www.ageuk.org.uk/bp-assets/globalassets/cheshire/scams-awareness-update-bulletin-issue-44---november-2023-pdf-digital--printed.pdf>

<https://www.ageuk.org.uk/information-advice/money-legal/scams-fraud/phone-scams/>

Our Scams Awareness Team can provide you with free one-to-one support, or group talks, if you need advice or help regarding scams.



Call: 01670 784 800

Email: scams@ageuk-northumberland.org.uk



WINTER WARMERS

Comforting Chicken Pasta Bake



Ingredients

- Butter, for greasing
- 250g (9oz) penne pasta (or similar pasta shapes)
- 1 onion, roughly chopped
- 3 skinless, boneless chicken breasts, cut into thin strips
- 1 tbsp paprika
- 2 tbsp olive oil
- Salt and pepper

For the sauce:

- 50g (1¾oz) butter
- 50g (1¾oz) plain flour
- 750ml (1 pint 6 fl oz) hot milk
- 1 tsp Dijon mustard
- 100g (3½oz) Parmesan cheese, coarsely grated
- 2 large tomatoes, deseeded and cut into small cubes



Step 1

Preheat the oven to 200 degrees (200 degrees fan), and butter a shallow ovenproof dish.

Step 2

Cook the penne with the onion in boiling, salted water according to the packet instructions. Drain, refresh in cold water and leave to drain again in the colander.

Step 3

Put the chicken strips in a resealable freezer bag with the paprika and a little salt and pepper, seal the bag and shake to coat.

Step 4

Heat 1 tablespoon of the oil in a large frying pan and quickly fry the chicken over a high heat for about 2 minutes until golden-brown and just cooked through (you may need to do this in batches). Using a slotted spoon, transfer the fried chicken to a plate and set aside.

Step 5

To make the sauce, melt the butter in a large saucepan, add the flour and whisk together to form a roux. Cook for 1 minute, then gradually add the hot milk, whisking over a high heat until the sauce is smooth and thickened, and allow to boil for 4 minutes. Stir in the mustard and half the cheese and season with salt and pepper.

Step 6

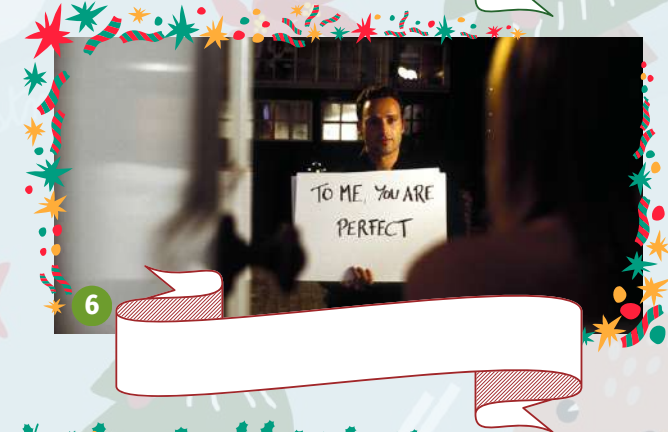
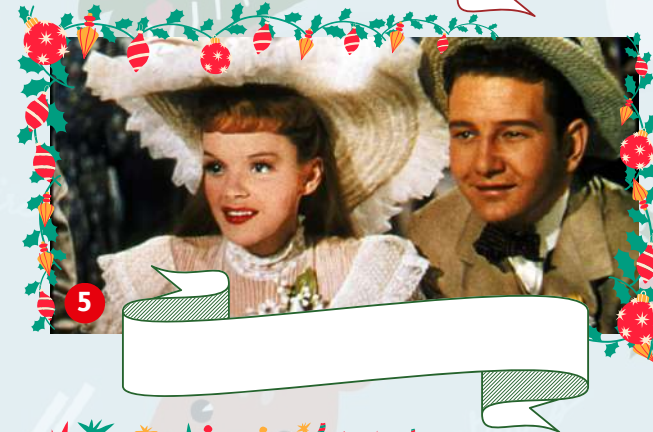
Add the pasta and onion to the sauce in the pan and stir together. Spoon half this mixture into the dish, arrange the chicken strips over the top and spoon the remaining pasta and sauce on top of the chicken. Scatter over the tomatoes and then top with the remaining cheese. Bake in the oven for about 20 minutes until piping hot and golden-brown on top.

Handy Tip!

The pasta bake is freezable, but it is best not to oven bake beforehand. To cook from frozen, cover the top with foil and bake for 40-45 minutes at 200 degrees (180 degrees fan).

GUESS THE CHRISTMAS FILM!

Look at the stills from these eight classic Christmas films below, and guess what you think they are called.

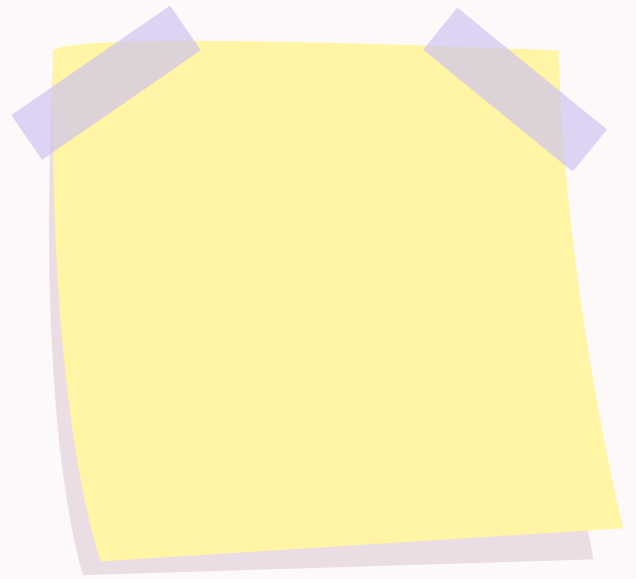


SUDUKO PUZZLES

Get the brainpower going, and have a go at these Sudoku puzzles!
If you need to, use the post-it note spaces to jot down your workings.

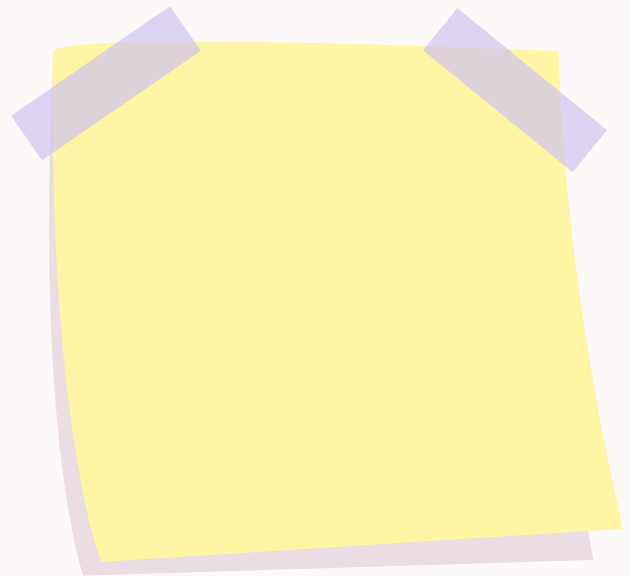
1

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



2

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

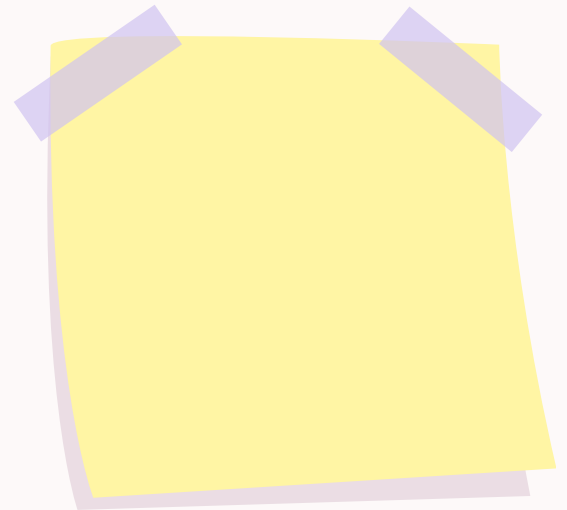


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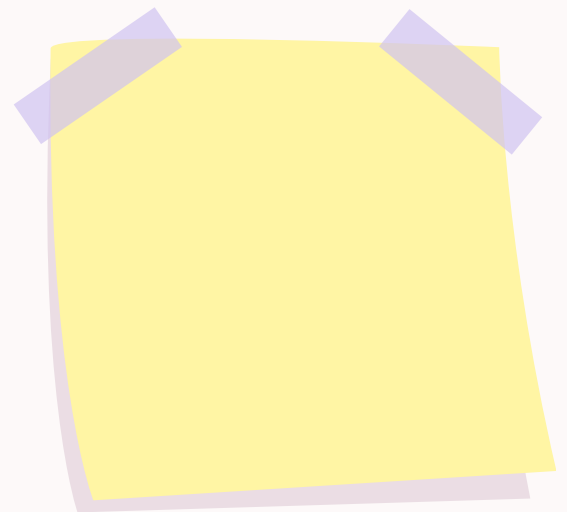
3

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



4

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



To see if you've got them right...
turn the page for the answers!



SUDUKO ANSWERS

See if you got the puzzles correct!

1

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

2

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

3

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

4

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



Knit a little hat, and...

MAKE A BIG DIFFERENCE!

Grab your needles, use your brightest yarn, and knit a little hat!

Pineapple Hat

Advanced pattern by Juliet Bernard

Yarn: Yellow and green DK

Needles: 4mm

Hat

Cast on 37 stitches in yellow.

Row 1: k to end

Row 2: *p3tog, (p1, k1, p1) into the same stitch, repeat from * to end of row p1.

Row 3: k1, *k3tog, (k1, p1, k1) into the same stitch, repeat from * to the end of the row.

Repeat rows 2 and 3, three more times and row 2 once more.

Next row: *k2tog repeat until last st, k1 (19sts)

Next row: *p2tog repeat until last st, k1 (10sts)

Next row: *k2tog repeat across all sts (5sts)

Fasten off by threading yarn through 5sts and drawing tight.

Leaves

Cast on 30 stitches in green and work 4 rows in st st beginning with a knit row. This is the stalk.

Row 5: K5 and turn leaving remaining stitches on a stitch holder.

Row 6: P5 and turn.

Row 7: K2tog K1 K2tog (3sts)

Row 8: P3

Row 9: K3

Row 10: P3tog fasten off.

Re-attach yarn to the stalk and work rows 5 to 10 for the second leaf on the next 5sts. Continue working leaves as above until you have made 6 leaves. Sew in ends.

Making up

Sew up pineapple and roll up the stalk and sew to the top of the pineapple

Abbreviations: k - knit | p - purl | st(s) - stitch(es) | p3tog - purl 3 sts together | k3tog - knit 3 sts together | k2tog - knit 2 sts together | st st - stocking stitch

NOTE: It is the wrong side of the knitting that looks most like a pineapple.

Pattern taken from: <https://www.innocentdrinks.co.uk/content/dam/innocent/gb/en/files/big-knit/pineapple-hat.pdf>



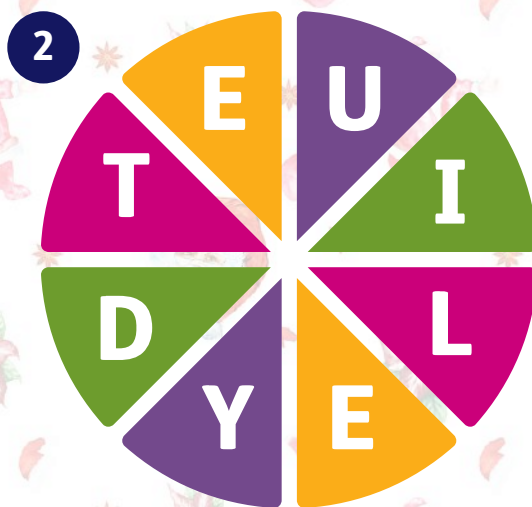
Remember to send your little hats our way!

Drop them off at our The Round House, Ashington NE63 9JZ, or give us a call on 01670 784 800 for more information.



WINTER WORD WHEELS

Look at the letters in the wheels below, and try and think of as many words as you can! Also see if you can spot the eight letter word in each wheel.



Answers (no cheating!)

1. Seasonal; 2. Yuletide; 3. Cheerful; 4. Decorate; 5. Snowball; 6. Festival



MINDFULNESS COLOURING



Unwind, and do a lovely spot of Christmas colouring!



GUESS THE CHRISTMAS TV!

Travel back in time, and write down which TV show these ten classic Christmas telly moments come from. Brownie points if you can guess the year!

1



2



3



DID YOU KNOW?

Queen Elizabeth II's Christmas message was first televised on Christmas Day 1957.

DID YOU KNOW?

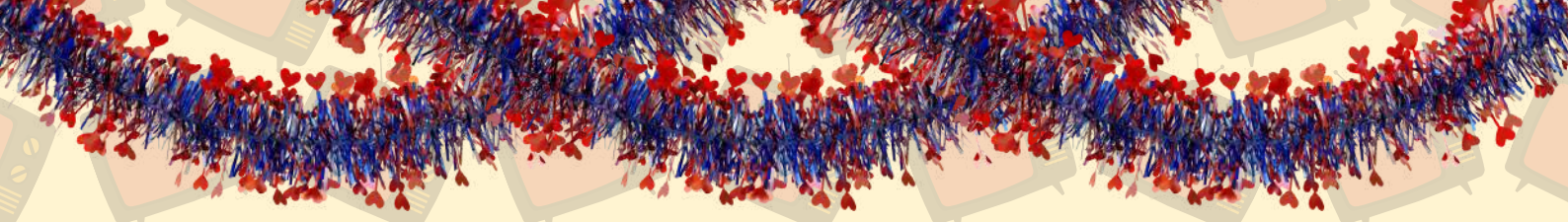
The television premiere of the film 'Crocodile Dundee' attracted 21.77 million viewers on Christmas Day 1989.

4



5





6



7



8

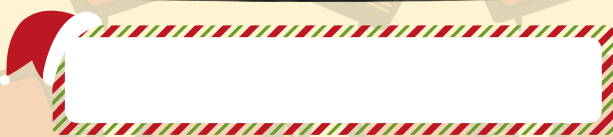


DID YOU KNOW?

During Christmas 1978, viewers in the Yorkshire TV region had no ITV programmes at all due to strike action!

DID YOU KNOW?

The Disney film 'Dumbo' received its television premiere on Christmas Day 1986, 45 years after its release!



9



10



- Answers (no cheating!)**
- The Good Life - Margo tries to join in the Christmas fun (1977); 2. Porridge - Fletcher in hospital (1975); 3. The Royle Family - Denise goes into labour (1999); 4. The Morecambe and Wise Christmas Show - Andre Previn sketch (1971); 5. Eastenders - Den divorces Angie (1986); 6. Coronation Street - Hilda leaves with a singsong (1987); 7. The Snowman - Walking in the Air (1982); 8. Only Fools and Horses - Batman and Robin (1996); 9. Wallace & Gromit: The Wrong Trousers - Final showdown with Feathers McGraw (1993); 10. The Vicar of Dibley - Geraldine's sprout eating contest (1996)

IT'S TIME TO GET CRAFTY!

Got any old Christmas cards?
Transform them into a lovely 3D star bauble to put on your tree!

What you will need:

- Scissors
- Pencil
- Glue Stick
- Sticky tape
- Image of a star as a template
- Selection of old Christmas Cards
- Ribbon



Step 1

Select some of your favourite, or old Christmas cards. Use the star template to draw and cut out six identical star shapes. Then, fold each star in half.



Step 2

Using a glue stick, stick the back half of one star to the front half of another. Continue joining the stars together until you have a stacked 3D effect.

Step 3

Before closing the final star, cut a piece of ribbon and tie a knot to make a loop. Then, stick it in the centre of the 3D star using sticky tape.



Step 4

To finish, apply glue to the inside of the star and press the shapes together to seal and complete your 3D star.

Tip - You can also use pieces of different coloured card if you don't want to use Christmas cards!



GUESS THE FAMOUS FACES

Have another go at guessing the names of these famous faces. See if you can work out who they are.



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18



19



20



21



22



23



24



25

Answers (no cheating!)
 1. Novak Djokovic; 2. Emma Watson; 3. Gene Wilder; 4. Diana Ross; 5. Samuel L. Jackson; 6. Gillian Anderson; 7. Jimmy Carter; 8. Betty White; 9. Gene Wilder; 10. Della Smith; 11. Max Whitlock; 12. Pam St Clement; 13. Vicky McClure; 14. Pauline Quirke; 15. David Jason; 16. Dawn French; 17. Bruce Springsteen; 18. Helen Mirren; 19. Yootha Joyce; 20. Sophie Ellis-Bextor; 21. Usain Bolt; 22. Bob Mortimer; 23. Jimmy Carter; 24. Maggie Smith; 25. Gary Neville.

Picture Credits: <https://www.gettyimages.co.uk/>

FAMOUS NAMES WORDSEARCH

Can you uncover the famous names from history in the wordsearch grid below?

Isaac Newton, Ingrid Bergman, Thomas Edison, Virginia Woolf, Michelle Obama, Cleopatra, Frida Kahlo, Charles Dickens, Napoleon, Francis Drake, Jane Austen, Coco Chanel, Humphrey Bogart, Ella Fitzgerald

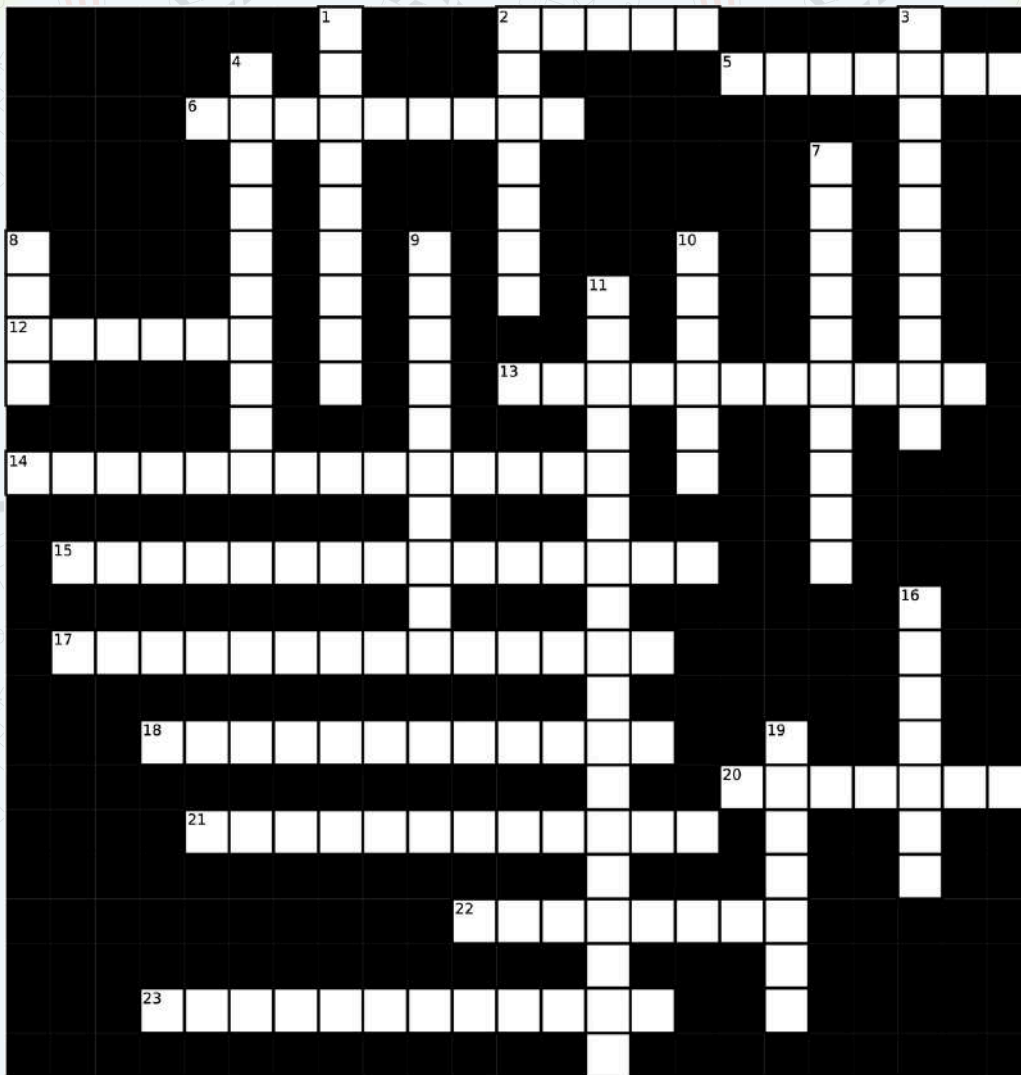


B	O	K	C	L	E	O	P	A	T	R	A	D	U
A	J	O	T	L	E	N	A	H	C	O	C	O	C
N	O	S	I	D	E	S	A	M	O	H	T	A	J
S	N	E	K	C	I	D	S	E	L	R	A	H	C
M	I	C	H	E	L	L	E	O	B	A	M	A	P
U	I	O	L	H	A	K	A	D	I	R	F	A	M
E	L	L	A	F	I	T	Z	G	E	R	A	L	D
J	A	N	E	A	U	S	T	E	N	H	O	N	B
E	N	O	T	W	E	N	C	A	A	S	I	G	D
N	A	P	O	L	E	O	N	S	N	M	G	I	E
H	U	M	P	H	R	E	Y	B	O	G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



FILM TRIVIA CROSSWORD

Test your film knowledge, and have a go at this cryptic crossword!



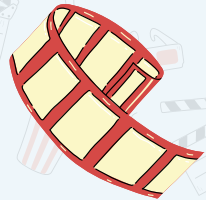
Across

- 2 - Abbreviation of the prestigious British awards given out in the film and television industry
- 5 - Type of animal featured in the classic 1938 screwball comedy 'Bringing Up Baby' starring Katharine Hepburn and Cary Grant
- 6 - Complete the title of the 1957 film 'The Bridge on the [...]
- 12 - The 1948 film, 'The Red Shoes', is about what kind of dancer?
- 13 - Actress who holds the record for the most Oscar nominations
- 14 - Who played Shirley Valentine in the 1989 film of the same name?
- 15 - Who directed the 1959 film 'North by Northwest'?
- 17 - Title of the 1964 film starring The Beatles
- 18 - Title of the 1993 sci-fi film directed by Stephen Spielberg
- 20 - The classic 'Carry On' film from 1969
- 21 - Flora Robson was born in this North East seaside coastal town in 1902
- 22 - The 1944 film, 'Double Indemnity', starring Barbara Stanwyck and Fred MacMurray is an example of which particular genre?
- 23 - Who was the cruel medical ward in 'One Flew Over the Cuckoo's Nest'?

Down

- 1 - Which British city was the 1997 film 'The Full Monty' set?
- 2 - The name of the character played by Joan Crawford in the film 'What Ever Happened to Baby Jane'?
- 3 - Occupation of Robert Di Niro's character in the 1976 film with the same name
- 4 - Hollywood is also informally known by this term beginning with T
- 7 - Maggie Smith won a Best Actress Oscar for this role
- 8 - The music of this Swedish group was the feature of the 1994 film 'Muriel's Wedding'
- 9 - In 'Forrest Gump', "Mama always said life was like a box of [...]"
- 10 - German city where Marlene Dietrich was born in 1901
- 11 - Who played Captain von Trapp in 'The Sound of Music'?
- 16 - What did James Bond prefer "shaken, not stirred"?
- 19 - Title of the 1972 film starring Liza Minnelli

Answers (no cheating!)
 Across: 2 - BAFTA; 5 - Leopard; 6 - River Kwai; 12 - Baller; 13 - Meryl Streep; 14 - Pauline Collins; 15 - Alfred Hitchcock; 17 - A Hard Day's Night; 18 - Jurassic Park; 20 - Camping; 21 - South Shields; 22 - Film Noir; 23 - Nurse Ratched
 Down: 1 - Sheffield; 2 - Blanchey; 3 - Taxi Driver; 4 - Tinseltown; 7 - Jean Brodie; 8 - ABBA; 9 - Chocolates; 10 - Berlin; 11 - Christopher Plummer; 16 - Martin; 19 - Cabaret



IT'S QUIZ TIME!

How much can you remember about Christmas No. 1 singles from the UK charts of yesteryear? Test your knowledge with this music quiz!

1. Queen topped the Christmas singles chart in 1975 for nine weeks with what song?
2. Which band released the song 'Lonely This Christmas' in 1974, which was No. 1 for four weeks?
3. Benny Hill had a Christmas No. 1 in 1971 with 'Ernie', but where was he "the fastest milkman"?
4. St Winifred's School Choir were No. 1 during Christmas 1980 with 'There's No One Quite Like Grandma'. Can you name the former 'Coronation Street' actress who was in the original choir?
5. The Flying Pickets went to No. 1 with 'Only You' in 1983. Which synth-pop duo released the original version?



6. What did Cliff Richard sing of in his 1988 Christmas No. 1 chart topper?
7. Which character from 'Noel's House Party' had a Christmas No. 1 in 1993?
8. Which girlband had three Christmas No. 1s in the 1990s?
9. Harry Belafonte and the song 'Mary's Boy Child' was the Christmas No. 1 in 1957, but which band's cover version went to No. 1 in 1978?
10. Which band released the single 'Don't You Want Me' which became the Christmas No. 1 of 1981?
11. 'Return to Sender' was No. 1 in Christmas 1962 by which iconic singer?
12. Can you fill in the missing word of The Beatles' first Christmas No. 1 in 1963 - 'I Want to Hold Your [...]?'
13. Which British city was in the title of Jimmy Osmond's Christmas No. 1 of 1972?
14. Which two singers founded Band Aid who released the Christmas No. 1 single 'Do They Know It's Christmas?' in 1984?
15. How long did it take for Wham! to reach the Christmas No. 1 in 2023 with 'Last Christmas'?

16. Which girlband, who were formed on 'Popstars: The Rivals', reached No. 1 in 2002 with 'Sound of the Underground'?
17. Whitney Houston was the Christmas No. 1 in 1992 with 'I Will Always Love You'. Can you name the film the song was featured in?
18. What year did Slade release the Christmas No. 1 'Merry Xmas Everybody'?
19. Can you name the Jackie Wilson song from 1957 which was reissued in 1986 becoming that year's Christmas No. 1?
20. Which singer sang the 1966 Christmas No. 1 'Green, Green Grass of Home'?



1. Bohemian Rhapsody; 2. Mud; 3. The West; 4. Sally Lindsay; 5. Yazoo; 6. Mistletoe and Wine; 7. Mr Blobby; 8. Spice Girls; 9. Boney M.; 10. The Human League; 11. Elvis Presley; 12. Hand; 13. Liverpool; 14. Bob Geldof and Midge Ure; 15. 39 years; 16. Girls Aloud; 17. The Bodyguard; 18. 1973; 19. Reet Petite; 20. Tom Jones

WINTER WARMERS



Tasty No-Bake Malteser Slice

Ingredients

- 350g digestive biscuits
- 100g salted butter
- 300g condensed milk
- 200g Maltesers, semi-crushed
 - 100g for the middle, 100g for the top
- 200g milk chocolate + 15g salted butter

You will need a 8" or 9" square tin.

Recipe makes around 16 squares.



Step 1

First, begin by greasing and line your square tin with baking paper.

Step 2

In a food processor, blitz the digestive biscuits until they resemble a sandy texture and put into a large bowl. If you don't have a food processor, just put them in a bowl and use the end of a rolling pin to crush them.

Step 3

In a separate bowl, melt the butter in a microwave and then add it to the crushed biscuits followed by the condensed milk and give it a good mix until its all combined.

Step 4

Next, lightly crush 100g of Maltesers with the end of a rolling pin. Add them to the mix, and fold in, before spooning it into the tin. Press the mixture down firmly using the back of the spoon, making sure its nice and smooth.

Step 5

In a small mixing bowl, break up the milk chocolate and add the 15g of butter. Microwave them in short bursts until they are both melted. Once melted, pour the chocolate mixture onto the top of the biscuit base and smooth it out.

Step 6

Top with 100g of Maltesers (lightly crushed) and then put into the fridge for 3 hours so it's nicely set. Once set, take it out of the fridge and carefully take it out of the tin. You may need to use a palette knife, or a small knife, to loosen the paper away from the edges. Once out, cut into squares and serve.

Handy Tip!

If you want a thicker topping, you can add some more chocolate! Just add another 200g with 15g of butter.

Knit a little hat, and...

MAKE A BIG DIFFERENCE!

Grab your needles, use your brightest yarn, and knit a little hat!

Post Box Hat

Intermediate pattern by Juliet Bernard

Yarn: Red, white and black

Needles: 4mm

Hat

Cast on 31 sts in black

Knit 2 rows (garter st)

Change to red.

Now work from the chart in stocking stitch until row 13 has been finished

Continue in red

Next row (ws): knit all sts

Next row: k1, *k2tog, k3, repeat from * to the end of the round (25sts)

Next row: purl all sts.

Next row: k1 *k2tog, k2, repeat from * to the end of the round (19sts)

Next row: purl all sts.

Next row: k1 *k2tog, k1, repeat from * to the end of the round (13 sts)

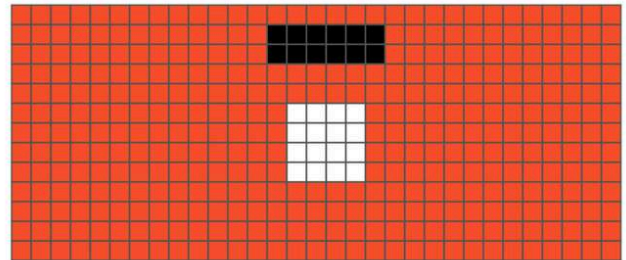
Next row: purl all sts.

Next row: k1 *k2tog, repeat from * to the end of the round (7sts)

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

Making up

Use a sewing needle to join side seams.



For every little hat, we get 30p donated which will help to fund our services!

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

Pattern taken from: <https://www.innocentdrinks.co.uk/content/dam/innocent/gb/en/files/big-knit/post-box-hat.pdf>

POETRY CORNER



Carrying Food Home in Winter

by Margaret Atwood

I walk uphill through the snow
hard going
brown paper bag of groceries
balanced low on my stomach,
heavy, my arms stretching
to hold it turn all tendon.

Do we need this paper bag
my love, do we need this bulk
of peels and cores, do we need
these bottles, these roots
and bits of cardboard
to keep us floating
as on a raft
above the snow I sink through?

The skin creates
islands of warmth
in winter, in summer
islands of coolness.

The mouth performs
a similar deception.

I say I will transform
this egg into a muscle
this bottle into an act of love

This onion will become a motion
this grapefruit
will become a thought.

Credit: <https://www.poetryfoundation.org/poetrymagazine/browse?volume=114&issue=1&page=54>

Help Wanted

by Timothy Tocher

Santa needs new reindeer.
The first bunch has grown old.
Dasher has arthritis;
Comet hates the cold.
Prancer's sick of staring
at Dancer's big behind.
Cupid married Blitzen
and Donder lost his mind.
Dancer's mad at Vixen
for stepping on his toes.
Vixen's being thrown out—
she laughed at Rudolph's nose.
If you are a reindeer
we hope you will apply.
There is just one tricky part:
You must know how to fly.

Credit: <https://www.poetryfoundation.org/poems/58519/help-wanted>





UNSCRAMBLE ME THIS!



Can you unscramble these words? Have a go at solving these Christmas words!

1. Dancey Cans?
2. Snog Stick?
3. Encases Tart?
4. Disarms Scratch?
5. Yeti Duel?
6. Starfish Rematch?
7. Truck Cane?
8. Thawer?
9. Potholer Then?



10. Blue Abs?
11. Paw Gift?
12. A Bears Currency?
13. Leftish Toner?
14. Bleats?
15. Leaf Knows?
16. Dispatch Drums Gin?
17. Bowls Gone?
18. Nieces Imp?

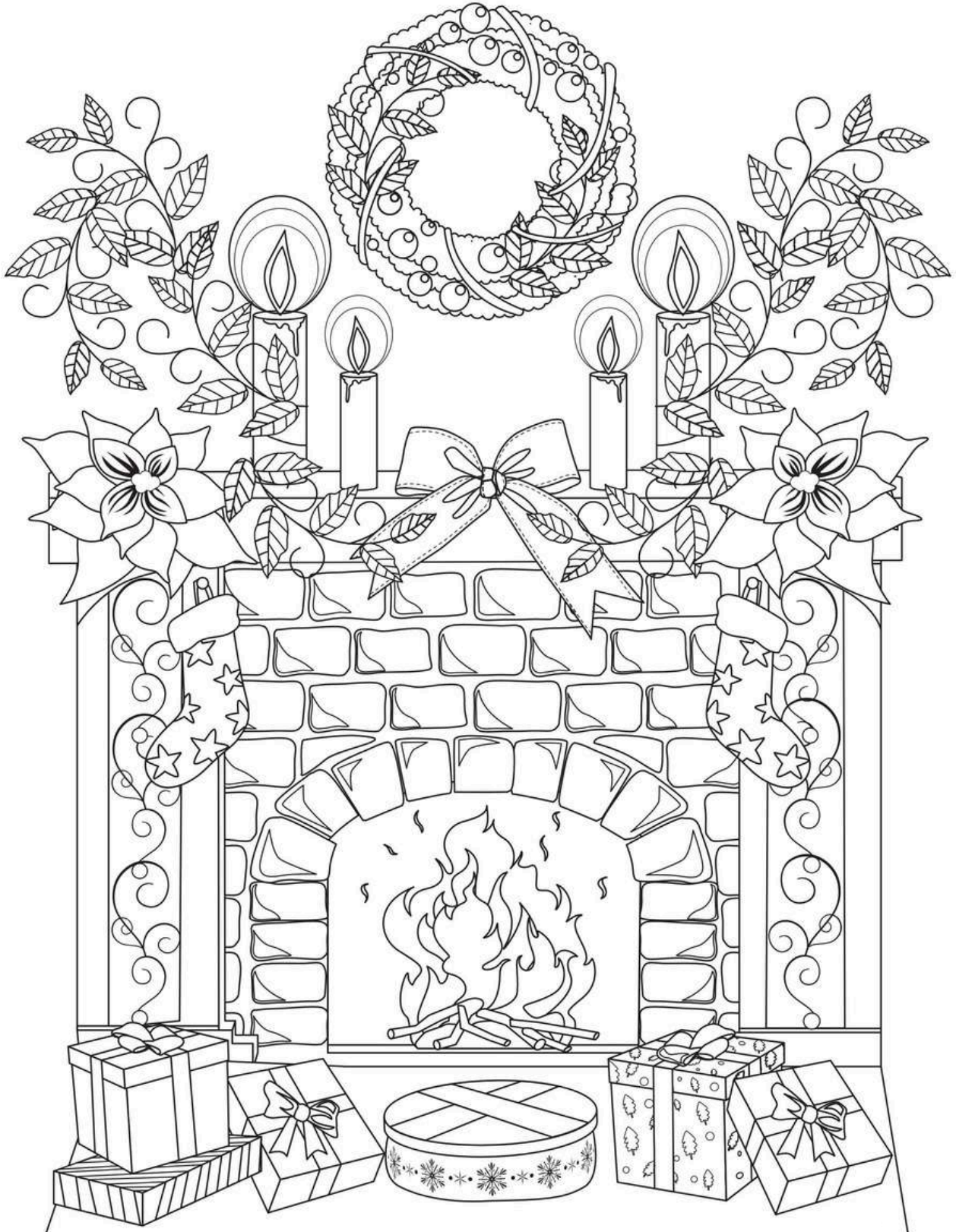


1. Candy Canes; 2. Stockings; 3. Secret Santa; 4. Christmas Cards; 5. Yuletide; 6. Father Christmas; 7. Nutcracker; 8. Wreath; 9. The North Pole; 10. Baubles; 11. Gift Wrap; 12. Cranberry Sauce; 13. The First Noel; 14. Stable; 15. Snowflake; 16. Christmas Pudding; 17. Snow Globe; 18. Mince Pies

Answers (no cheating!)

CHRISTMAS COLOURING

Relax, unwind, and enjoy this Christmas colouring page.

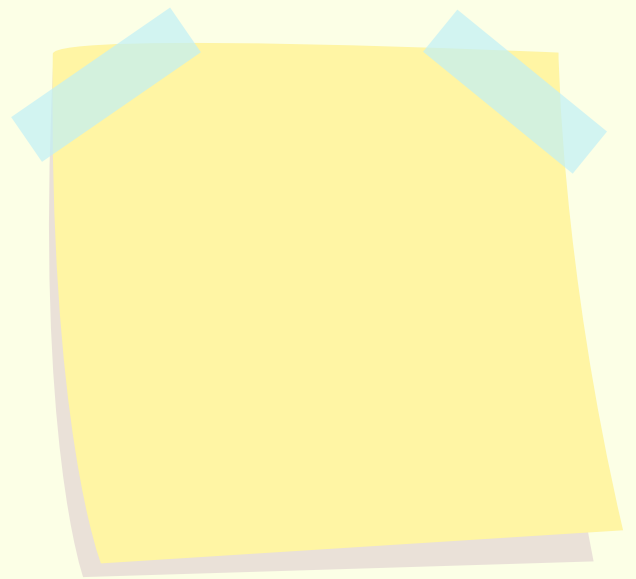


MORE SUDUKO PUZZLES

Have a go at some more Sudoku puzzles, and get that brainpower going!
If you need to, use the post-it note spaces to jot down your workings.

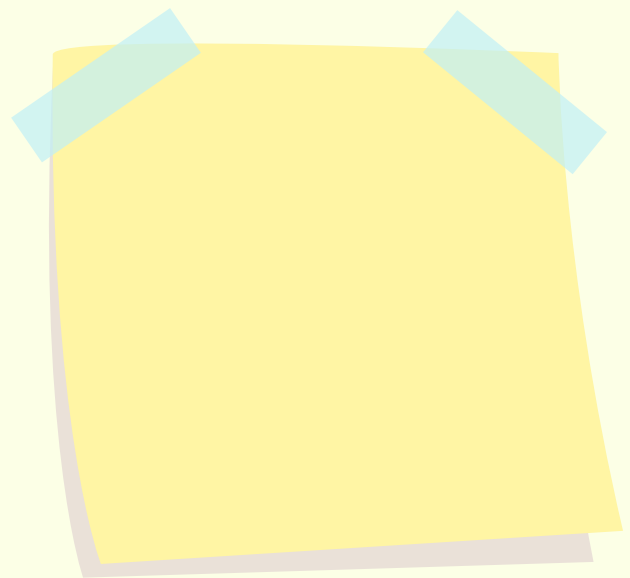
1

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



2

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

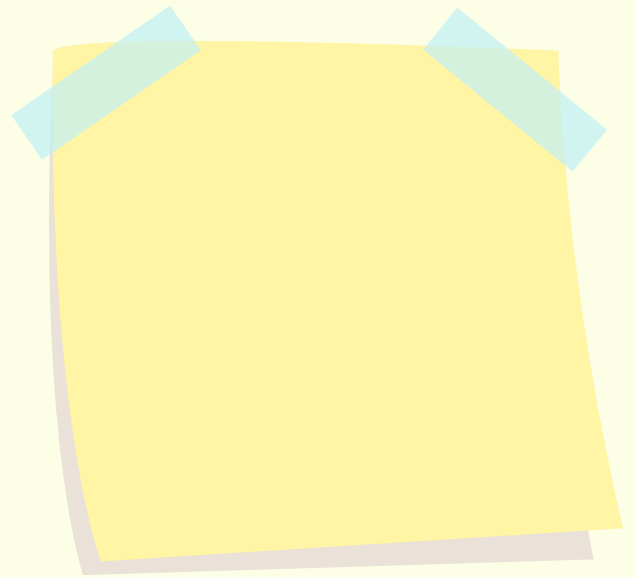


MORE SUDUKO PUZZLES

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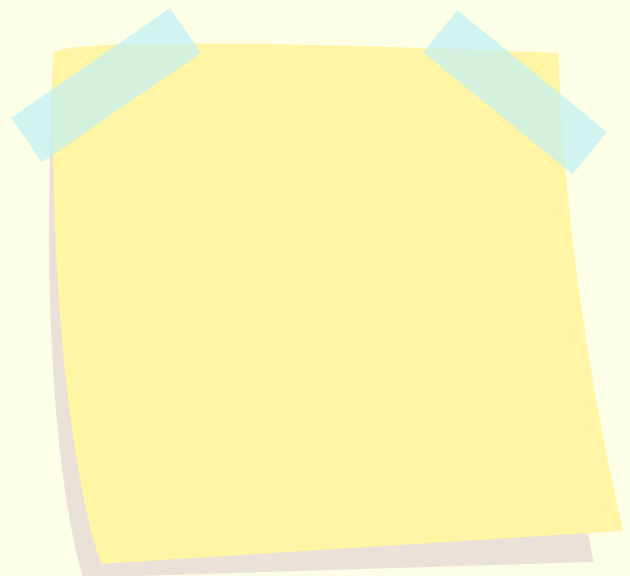
3

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



4

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



To see if you've got them right...
turn the page for the answers!



SUDUKO ANSWERS

See if you got the puzzles correct!

1

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

2

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

3

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

4

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

FESTIVE FUNNIES

Enjoy these 'hilarious' Christmas cracker gags!
Crack a smile, or maybe have a good groan...



How much did Santa pay for his sleigh?

Nothing - it was on the house.

What do you call a blind reindeer?

No-eye deer.

Why are mummies such big fans of Christmas?

Because they enjoy wrapping.

What is Santa's favourite kind of pizza?

One that's deep-pan, crisp and even.

How did Scrooge win the football game?

The Ghost of Christmas passed.

Why did no-one bid for Rudolph and Blitzen on eBay?

Because they were two deer.

Why are Christmas trees so bad at sewing?

They're always dropping their needles.

Why did Santa have to go to the hospital?

Because of his poor elf.

Why did the red-nosed reindeer help the old lady cross the road?

It would have been Rudolph him not to.



• 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 Sevices 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