



## Welcome to Your Creative Care Pack!

**Keep Calm - Keep Creative - Keep In Touch**

### Summer has officially started!

For this month's newsletter we've put together ideas, tips and tricks to inject some fresh new energy into your routine and your home to get you feeling summer ready.

We'd also like to introduce our new fabulous online calendar which features a fun packed week of events that you can access from the comfort of your own home! You can simply type in the link below:

[www.ageuk.org.uk/lewishamandsouthwark/activities-and-events/](http://www.ageuk.org.uk/lewishamandsouthwark/activities-and-events/)

To take part in any of the activities in the calendar, simply click on the colourful text of the activity that takes your fancy, and you will then be able to sign up online to take part! You will then be sent an email confirmation of your booking.

There are so many wonderful activities to choose from- from online talks on the history of Roman London to grooving along to the Bee Gee's "How Deep is Your Love" with the online choir "Sofa Singers" we have something for everyone to get stuck into!

Sign up to MySocial today for even more activities to keep you busy during lockdown.

Best wishes,

The MySocial Southwark Team xx

**The Age UK Lewisham & Southwark Team**

Phone: 02073584077 (Mon-Fri 9am-5pm)

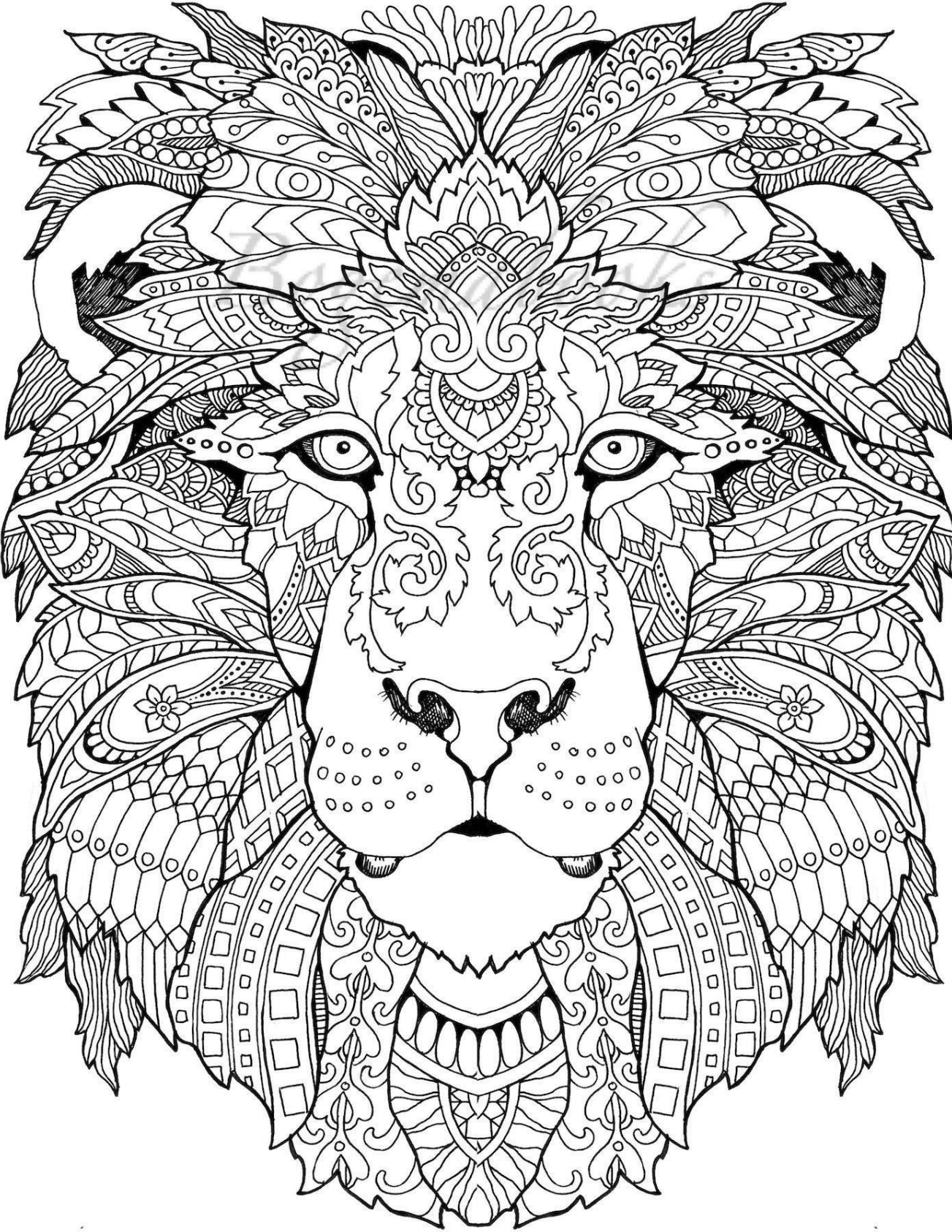
Email: [healthy.living@ageuklands.org.uk](mailto:healthy.living@ageuklands.org.uk)

Colour Me In!





Colour Me In!



## Word Search and More!

# SUMMER



# WORD SEARCH

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

summer  
pool  
swimming  
camping

fun  
sun  
grass  
outside

hot  
sprinkler  
picnic  
road trip

shorts  
vacation  
watermelon  
play

fruit  
hiking  
popsicle  
lemonade



## Word Search and More!

# ANIMALS

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

CAT  
DOG  
BIRD  
ELEPHANT

HIPPO  
SQUIRREL  
GIRAFFE  
FISH

MOUSE  
MONKEY  
ALLIGATOR  
LION

TIGER



## **Make Your Own Body Butter!**

The last few months have been quite stressful for many of us, so why not take the start of summer as an opportunity to pamper yourself and unwind. Here are some tips for how to make lotions for your hands and feet at home.

### **Homemade Body Butter Recipe**

This is a heavy-duty body butter that will breathe life back into even the driest skin and make you smell heavenly.

Please note: 1 cup =280ml

All ingredients can be purchased at Holland and Barratt or high street cultural shops.

### **Ingredients:**

½ cup shea butter

¼ cup coconut oil

½ teaspoon vanilla oil

Tbsp vitamin E oil

### **Method:**

Place the shea butter in a mixing bowl.

Add the coconut oil (melted).

Freeze for 10 minutes, then use a fork to whip for a buttery consistency.

Store in an air-tight container.

## Homemade Lavender Moisturiser

This moisturiser is a little lighter than the one on the previous page and you'll love the light lavender scent.

### Ingredients:

½ cup coconut oil

1 tsp vitamin E oil

12 drops of lavender essential oil

### Method:

Take the jar you'll be stirring the moisturiser in and place it in hot water.

Add all the ingredients and mix until the oil has melted and the ingredients have combined.

Allow to cool.

Mix it up!

These recipes are both extremely easy to adapt. Whether you're looking for more of a moisturising oil or a body butter, you can add in different essential oils depending on your skin type, the part of your body you want to use it for, and your favourite scents.

Don't be shy! Experiment, and you'll soon find a moisturiser recipe that you'll rely on for years to come.

## The Perfect Banana Face Mask

[www.livelovelash.com](http://www.livelovelash.com)

1/2 banana  
2 tbsp honey  
1 tbsp water





## Mercato Metropolitan Recipes!



### Perfect Summer Meal

#### Sunday Chicken Cutlets

##### Ingredients:

**Boneless chicken breast 500 gr/ 18 oz**

**Flour 90 gr/ ¾ cups**

**Egg 1**

**Breadcrumbs 80 gr/ 1 cups**

**Paprika 1 tsp**

**Lemon Zest 1 unit**

**Basil pesto 1 tbs**

**Salt ½ tsp**

**Black Pepper ¼ tsp**

**Olive oil 20 gr/ 1 ½ tbs**

**Fresh parsley leaves 2 tbs**

- Preheat the oven to 220 degrees C (425 F degrees).
- Line a baking sheet with parchment paper.
- In a plate, combine the flour, paprika, lemon zest, salt and black pepper.
- Beat the egg in another plate.
- Place the breadcrumbs in another plate.
- Working one at a time, dredge the chicken breasts (cut lengthwise) in flour, dip into egg, then dredge in breadcrumbs, press to coat.
- Place the chicken on the baking sheet and spray with olive oil on both sides.
- Bake for 10 minutes, turn each piece over and continue baking for an additional 12 minutes or until the chicken is cooked through and slightly golden. Baking times vary depending on thickness of the chicken.
- Garnish the crispy baked chicken breasts with a slice of lemon and chopped parsley, if desired.
- Serve on a serving plate.



# Mercato Metropolitan Recipes!



## Perfect Summer Meal

### Vegetable Skewers

#### Ingredients:

**Mushrooms 2 cups**  
**Cherry tomatoes 1 cups**  
**Red pepper 1 unit**  
**Red onion 1 unit**  
**Courgette 1 unit**  
**Yellow courgette 1 unit**  
**Olive oil ¼ cups**  
**Garlic clove 3 unit**  
**Lemon juice 1 lemon**  
**Dried oregano ½ tsp**  
**Dried basil ½ tsp**  
**Salt 25 gr**  
**Black pepper 5 gr/ 1 tsp**

- Preheat oven to 220 degrees C.
- In a small bowl, whisk together olive oil, garlic, lemon juice, oregano, and basil; season with salt and pepper, to taste.
- Thread mushrooms, tomatoes, bell peppers, onion, and round-shape sliced courgette onto skewers.
- Place skewers onto a baking sheet. Brush olive oil mixture onto the skewers and let them sit for 10-15 minutes.
- Place into oven and roast until tender, about 10-12 minutes.
- Serve immediately.

# Walking for Health and Fun!

## **NHS website advice:**

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise.

## **Getting Started**

For long walks, you may want to take some water, healthy snacks, a spare top, sunscreen and a sun hat in a small backpack.

The easiest way to walk more is to make walking a habit. Think of ways to include walking in your daily routine. Examples include:

- walking to the shops
- doing a regular walk with a friend (at a social distance)
- going for a stroll after breakfast

## **Listen to Music**

Walking while listening to music or a podcast can take your mind off the effort. It can also get you into a rhythm and help you walk faster. You'll be surprised at how fast the time goes when you're walking to your favourite tunes.

## **Mix it up**

Add variety to your walks. You do not have to travel to the countryside to find a rewarding walk.

Towns and cities offer interesting walks, including parks, heritage trails, canal towpaths, riverside paths, commons, woodlands, heaths and nature reserves.

For inspiring walks, visit [www.walkengland.org.uk](http://www.walkengland.org.uk)

For wheelchair users, visit [www.walkswithwheelchairs.com/](http://www.walkswithwheelchairs.com/)



# FIVE SENSES NATURE SCAVENGER HUNT

Tick each item off your list as you find it.

## SIGHT

- Find something white
- Find something patterned
- Find something tiny
- Find something heart shaped
- Find something long
- Find five of the same thing

## SOUND

- Find something that snaps
- Find an animal sound
- Find a soft sound
- Find something that crunches
- Find something loud
- Find something to make music with

## TOUCH

- Find something bumpy
- Find something wet
- Find something warm
- Find something soft
- Find something prickly
- Find something smooth

## SMELL

- Find a flower with a scent
- Find a smell you like

## TASTE

- Find something humans could eat
- Find something an animal would eat

[www.kidsofcolor.com](http://www.kidsofcolor.com)

Engage the five senses...

# NATURE SCAVENGER HUNT



## Summer Spruce Up

Why not get your home freshened up for the summer? We have found some fab techniques that use products you may well have in your cupboard already. Less harsh chemicals, same sparkling results!



### **Magic Vinegar!**

Just thought it was for your chips! Think again!

### **Kill weeds**

Forget store-bought grass and weed killers. Pour full-strength white distilled vinegar on unwanted vegetation. Reapply as needed.

### **No Wax floors**

For rinse-free cleaning, mop using a solution of  $\frac{1}{2}$  cup of white distilled vinegar to a half gallon of warm water. Change water as it gets dirty.

### **Banish Smells**

Eliminating odours is never easy, but white vinegar will do the trick!

To remove bad smells from the air:

Fill a few small containers with white vinegar.

Spread the bowls around the room and leave them to work their magic for around 24 hours.

Repeat this process with fresh vinegar until the smell has dispersed.



# Summer Spruce Up

## **Say Goodbye to the Creepy Crawlies**

Ants in the kitchen or spiders in the living room? Use vinegar to get rid of them. Simply mix water and white vinegar in equal parts and spray it around the areas you see them. They hate it and will soon move on!

## **The Power of Baking Powder!**

### **Scrub Down Your Kitchen**

Nearly every dirty spot in your kitchen can benefit from a baking soda treatment. Combine it with water to clean countertops, stainless steel sinks, microwaves, range hoods and cooking utensils.

### **Brighten dingy laundry**

Both whites and colours will come out of the washing machine brighter if you add a cup,(250ml), of baking soda to your load. Combined with liquid detergent, it helps balance the pH levels to get clothes cleaner.

### **Treat Heartburn**

Baking soda can help treat heartburn by neutralizing stomach acid. Dissolve a teaspoon of baking soda in a glass of cold water and drink the mixture slowly.

### **Mouthwash**

Mouthwash is a great addition to a good oral hygiene routine. It reaches corners of your mouth and crevices of your teeth, gums and tongue that may be missed during brushing.

The recipe for baking soda mouthwash is simple. Add half a teaspoon of baking soda to half a glass of warm water, and then swish as usual.

### **Unblock your sink**

To unclog a blockage, begin by pouring a pot of boiling water down the drain, and add half a glass of baking soda. Leave the powder to sit for a few minutes before adding a mixture of hot vinegar and hot water(in a glass/cup).

Cover the drain with a plug if you have one, or cloth, and leave for 5-10 minutes. Flush once more with hot water.

## Useful Contacts and Information

### What to do if you need medical help:

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the 111 coronavirus service.

If you need help or advice not related to coronavirus:

- for health information and advice, use the NHS website or your GP surgery website
- for urgent medical help, use the NHS 111 online service – only call 111 if you're unable to get help online
- for life-threatening emergencies, call 999 for an ambulance

### 24 hour support service: Silver Line

Silver Line is a helpline for older people. They are free to call and are open at all hours. They can be reached on 0800 4 708090 (which is an easy number to remember as its for 70, 80 & 90 year olds!)

### 24 hour support service: Samaritans

Samaritans is a free helpline for everyone. Whatever you're going through, a Samaritan will face it with you. Call 116 123 for free, anytime, they are open 24 hours a day, every day.

### If you or someone you know needs help:

If you know of a vulnerable Southwark resident who can't leave the house due to coronavirus (COVID-19), and who may not have friends, family or neighbours who can help with the delivery of essential supplies, please tell the Council straight away so they can help them or put them in touch with a local group that can help:-

**1. Email [covidsupport@southwark.gov.uk](mailto:covidsupport@southwark.gov.uk)**

**2. Phone 0207 525 5000 and choose option 3**