



Welcome to Your Creative Newsletter!

Keep Calm - Keep Creative - Keep In Touch

Ready for some festive fun?

For this month's newsletter we've put together puzzles, ideas, tips and tricks to keep you cosy and entertained during these winter months.

We'd also like to remind you of our brilliant online calendar which features fun packed events that you can access from the comfort of your own home or at 95 Southwark Park Road! You can simply type in the link below:

www.ageuk.org.uk/lewishamandsouthwark/activities-and-events/

To take part in any of the activities in the calendar, 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.

Keep an eye out for our Christmas countdown with a whole load of activities and parties to get you into the festive spirit. We can't wait to celebrate with you!

Seasons greetings,

The MySocial Southwark Team xx

The Age UK Lewisham & Southwark Team

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

Email: healthy.living@ageuklands.org.uk


Stay Safe - Stay Well - Stay Connected

Colour Me In!



Word Search and More!

WINTER WORD SEARCH



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

WORDS TO FIND:

BLIZZARD

COLD

FROZEN

HAT

ICE

MITTENS

SNOW

SNOWMAN

WINTER

BOOTS

FIREPLACE

GIVING

HOLIDAYS

ICESKATE

PINETREE

SNOWBALL

SNOWSUIT

CHILLY

FROSTY

GLOVES

HOTCHOCOLATE

ICICLE

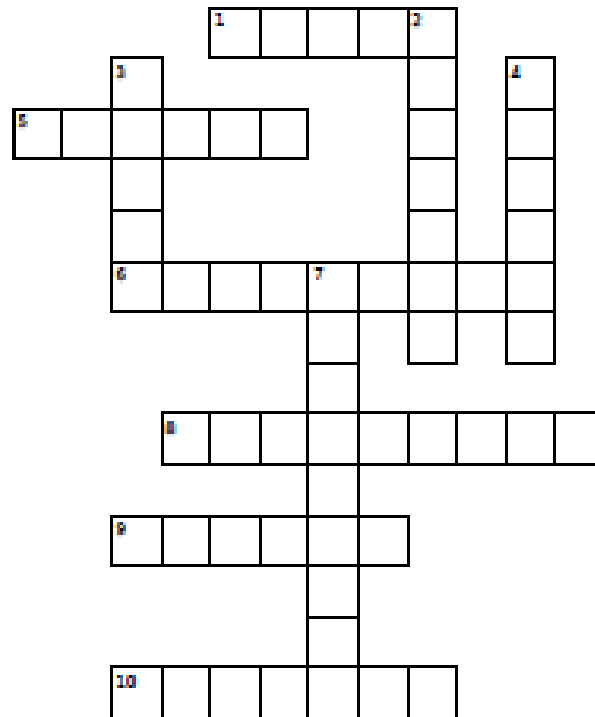
SCARF

SNOWFLAKE

WIND

Word Search and More!

Winter Crossword Puzzle

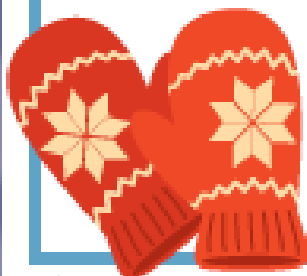


Down:

2. something you make out of snow with a carrot nose
3. you might give or receive these for the holidays in wrapping paper
4. winter sport where you skate around with a puck
7. something attached to your chimney that you can light a fire in

Across:

1. warm shoes that you wear outside in the winter
5. a thin tapered object formed by frozen water drops
6. a unique crystalized object that falls from the sky
8. something bears and other animals do to sleep during the winter
9. something scented that you light with a match
10. you wear these on your hands to stay warm outside



Su Doku!

Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

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

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

Keep Warm and well with Tai Chi!



NHS website advice:

What is tai chi?

Tai chi, also called tai chi chuan, combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, tai chi is now practised around the world as a health-promoting exercise.

What are the health benefits of tai chi?

While there's scope for more rigorous research on tai chi's health benefits, studies have shown that it can help people aged 65 and over to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs.

Am I too old for tai chi?

No, tai chi is commonly performed as a low-impact exercise, which means it won't put much pressure on your bones and joints. Most people should be able to do it.

Don't I need to be fit to do tai chi?

No, tai chi is for everyone. It is ideal for inactive older people wanting to raise their activity levels gently and gradually. Also, many of the tai chi movements can be adapted to people with a disability, including wheelchair users.

What's the basic technique?

Tai chi is characterised by its slow, graceful, continuous movements that are gentle on the joints and muscles. Done correctly, you'll find that the tai chi poses flow smoothly from one into another. Many movements are completed with bent knees in a squat-like position.

We offer Tai Chi at the Yalding Healthy Living and Learning Centre. Give us a call or visit our website to find out more and sign up for a class today!

Recipes



Savoury Winter Crumble

Ingredients:

Celeriac 500 g, cut into 3cm pieces
Pumpkin 400 g, cut into 3cm pieces
Beetroot 2 large, cut into 3cm pieces
Turnip 1 medium, cut into 3cm pieces
Brussels sprouts 150 g, halved
Fresh thyme 1 tbs, plus extra sprigs to garnish
Olive oil 1 tbs
High fibre wholemeal bread 2 slice(s)
Flaked almonds ¼ cup(s), (20g)
Grated parmesan cheese ⅓ cup(s), (25g)
99% fat-free plain Greek yoghurt 1 cup(s), (240g)
Lemon juice 1 tbs
Garlic ½ clove(s), crushed
Oil spray 1 x 3 second spray(s)

- Preheat oven to 220°C or 200°C fan-forced.
- Place celeriac, pumpkin, beetroot, turnip and Brussels sprouts in a 25cm x 35cm baking dish. Sprinkle with thyme and drizzle with oil. Season with salt and pepper and toss to coat.
- Bake for 30 minutes or until just tender.
- Meanwhile, process bread in a food processor until breadcrumbs form. Stir in almonds and parmesan.
- Combine yoghurt, lemon juice and garlic in a medium bowl. Season sauce with salt and pepper.
- Sprinkle bread mixture over vegetables and lightly spray with oil. Bake for 10 minutes or until bread is golden and crunchy.
- Serve drizzled with sauce and topped with extra thyme sprigs.

SERVING SUGGESTION: Mixed salad leaves, drizzled with balsamic vinegar.

Recipes



Apple and Blackberry Crumble

Ingredients:

120g plain flour

60g caster sugar

60g unsalted butter at room temperature, cut into pieces

300g apples

30g unsalted butter

30g demerara sugar

115g blackberries

¼ tsp ground cinnamon

vanilla ice cream or creme fraiche, to serve

- Heat oven to 190C/170C fan/gas 5. Tip 120g plain flour and 60g caster sugar into a large bowl.
- Add 60g unsalted butter, then rub into the flour using your fingertips to make a light breadcrumb texture. Do not overwork it or the crumble will become heavy.
- Sprinkle the mixture evenly over a baking sheet and bake for 15 mins or until lightly coloured.
- Meanwhile, for the compote, peel, core and cut 300g Braeburn apples into 2cm dice.
- Put 30g unsalted butter and 30g demerara sugar in a medium saucepan and melt together over a medium heat. Cook for 3 mins until the mixture turns to a light caramel.
- Stir in the apples and cook for 3 mins. Add 115g blackberries and ¼ tsp ground cinnamon, and cook for 3 mins more.
- Cover, remove from the heat, then leave for 2-3 mins to continue cooking in the warmth of the pan.
- To serve, spoon the warm fruit into an ovenproof gratin dish, top with the crumble mix, then reheat in the oven for 5-10 mins. Serve with vanilla ice cream.

Yalding Gives Back: Knit a hat for those in need



AN EASY KNITTING PATTERN

Here it is – the quintessential pom-pom hat that everyone needs! With sizing for all people from babies to adults, and a classic style that suits almost anyone, this is a pattern you'll reach for again and again when it's hat-making season. Did we mention it's easy and fun, too? Let's knit!

FINISHED SIZES (hat circumference)

MATERIALS

Infant (16") [Baby/Toddler (18"), Child (20"), Adult Small (22"), Adult Large (24")]

MATERIALS

- 1 ball chunky wool hat
- Additional colors bulky yarn for pom-pom
- Size US15 16" circular needles
- Size US15 double pointed needles
- Stitch Marker
- Tapestry Needle
- Large Pom-Pom Maker

STITCHES USED IN THIS PROJECT

Cast on

K = knit

K2tog = knit 2 together decrease P = purl

St = stitch

SSK = slip, slip, knit decrease Cast off

Yalding Gives Back: Knit a hat for those in need

INSTRUCTIONS

Cast on 32 (36, 40, 42, 46) stitches and join in the round, placing marker at the end of the round.

Every Round: *Knit 1, purl 1; repeat from * for 21 (25, 25, 29, 29) rounds.

Begin Decreasing

Transfer stitches to double pointed needles to proceed.

Next Round: *SSK; repeat from * until last st – 11 (13, 20, 21, 23) stitches remain.

Next Round: Knit.

Next Round: *K2tog; repeat from * until last st, K – 6 (7, 10, 11, 12) stitches remain)

Next Round: Knit.

Infant and Baby/Toddler Sizes Only

Next Round: *K2tog; repeat from * until last st, K last st – 6 (7) stitches remain.

Cut yarn and thread yarn through remaining 6 (7) stitches and pull tight. Weave in ends.

Sizes Child, Adult Small and Adult Large

Next Round: *SSK; repeat from * until last st, K last st – 5 (6, 6) stitches remain.

Cut yarn and thread yarn through remaining 5 (6, 6) stitches and pull tight. Weave in ends.

Once you have completed your hat- donate it to your local Shelter, charity shop or schemes such as Knit For Syria or Woolly Hugs, both of which you can find online by typing their name into Google.



Yalding Give Back

As winter draws in, it's important to think about those in our communities who may need a bit of support at the moment. That's why we are sharing a couple of ideas about how you can help out in your neighbourhood this winter.



Why not donate to your local foodbank?

Next time you go to the checkout at your local supermarket, ask if they take food donations. Often there is a collection point near the tills. You can buy a couple of extra tins or dried foods on your weekly shop and pass it on to someone in need.

If your local supermarket doesn't offer this, you can look up your nearest foodbank online at www.trusselltrust.org

The Trussell Trust are committed to stopping hunger in the UK, and have a helpful 'Find a Foodbank' section on their website where you can type in your address to find your closest foodbank.

It's always a good idea to check with your local foodbank about which items are most helpful before you make your donation. However some suggestions for best products to donate are:

Cereal	Tinned meat
Soup	Tinned vegetables
Pasta	Tea/coffee
Rice	Tinned fruit
Tinned tomatoes/ pasta sauce	Biscuits
Lentils, beans and pulses	UHT milk
	Fruit juice

Get Ready for the Festive Season

This year, if you are sending Christmas cards, why not take the time to make them a little more personal?

Think about what makes the person you are writing to special, what qualities to you admire in them? Tell them!

Think about your hopes for the future, why not tell them what you wish to do together next year- give them something to look forward to!

Let them know how you are- writing about your feelings can be cathartic and people always like to know how you are getting on!

If you are going to post your letters with The Royal Mail, here are their Latest Recommended Posting Dates:

Beat the festive rush and get all your letters and parcels in the post on time.

Saturday 18th December	2nd Class and 2nd Class Signed For
Tuesday 21st December	1st Class and 1st Class Signed For and Royal Mail Tracked 48*
Wednesday 22 December	Royal Mail Tracked 24*
Thursday 23 December	Special Delivery Guaranteed



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.