



Welcome to Your Creative Newsletter!

Keep Calm - Keep Creative - Keep In Touch

Ready for some Spring fun?

For this month's newsletter we've put together puzzles, ideas, tips and tricks to keep you entertained during the Spring.

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.

Seasons greetings,

The MySocial Southwark Team xx

The Age UK Lewisham & Southwark Team

Phone: 02072370860 (Mon-Fri 9am-5pm)

Email: healthy.living@ageuklands.org.uk

Stay Safe - Stay Well - Stay Connected

Colour Me In!



Puzzle Page



Summer Word Scramble Puzzle

1. NCBCAIGKKPA

2. ALAELSB

3. ABIOGNT

4. NBIK

5. MNAGPC

6. LOREFSW

7. EICRAMEC

8. CANEO

9. IICCPN

10. LRXAE

11. USN

12. ETAH

13. OTH

14. AADSLSN

15. MISW

16. ELVART

17. CIONTAAV

18. TERMWAONEL

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

Keeping Cool In the Heat!

BEAT THE HEAT

STAY HEALTHY & SAFE THIS SUMMER



Drink water

Stay hydrated & don't wait until you're thirsty.



Wear sunscreen

Apply sunscreen before going outdoors. Reapply every 2 hours.



Avoid peak times

Stay indoors during the hottest time of the day from 10AM - 4PM if possible.



Protect your eyes

Wear sunglasses to protect your eyes from UV rays.



Keep cool

Protect your skin from direct sunlight to prevent sunburn.



Look before you lock

Never leave children or pets inside the car. Protect them from heatstroke.



Seek shade

Use a tree, umbrella or tent to protect you from the sun.

Jump Back Up July 2023

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together

Classic Beef-Stuffed Peppers



Ingredients:

- 1 pound Ground Beef (93% lean or leaner)
- 4 medium red, yellow or green bell peppers
- 1/2 cup minced onion
- 2 teaspoons minced garlic
- 1 can (14-1/2 ounces) diced tomatoes with green peppers and onions, drained
- 1/2 cup cooked white or brown rice
- 3 tablespoons tomato paste
- 2 teaspoons dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Chopped fresh parsley (optional)

Method:

1. Coat a large baking dish with cooking spray; set aside. Preheat oven to 475°F. Cut tops off bell peppers; set tops aside. Using a paring knife, carefully remove the membranes and seeds from bell peppers. Arrange peppers about 2 inches apart in prepared baking dish. Place tops on empty peppers. Cover baking dish tightly with aluminum foil; bake 15 minutes. Remove from oven; cool slightly.
2. Meanwhile, heat large nonstick skillet over medium heat until hot. Add Ground Beef, onion and garlic; cook 3 to 4 minutes, breaking beef into 1/2 inch crumbles and stirring occasionally. Stir in tomatoes, rice, tomato paste, dried parsley, salt and black pepper; cook 3 to 4 minutes until heated through, stirring occasionally.
3. Remove pepper tops. Divide beef mixture evenly among peppers; replace tops. Bake in 475°F oven 17 to 22 minutes until instant-read thermometer inserted into center of beef mixture registers 160°F and bell peppers are tender. Garnish with parsley, if desired.

Vegetarian Stuffed Peppers

Ingredients:

- 1 tbsp vegetable oil
- 0.5 onion, finely chopped
- 167.5 g cherry tomatoes, halved
- 500 g golden vegetable microwave rice
- 3 mixed peppers
- 1 orange pepper
- 125 g Abergavenny goats' cheese, crumbled
- 100 g Italian-style peppery baby leaf salad, to serve

Method:

Step 1

1. Preheat the oven to 200°C, fan 180°C, gas 6. In a large frying pan, heat the oil and cook the onion for 3 minutes until softened. Add the cherry tomatoes and rice and cook for a further 5 minutes.

Step 2

2. Meanwhile, slice the tops off the peppers, reserve them for later, then remove all the seeds. When the mixture has cooked, stir through half the goats' cheese and fill the peppers with the mixture, scatter over the remaining goats' cheese, top with the lids and bake for 15-20 minutes until the peppers have softened and the middles are hot. Serve with salad.



One-pot Jerk-style Chicken And Rice



For the jerk marinade

- 10 roughly chopped spring onions
- 3 scotch bonnet, seeds and stalks removed, roughly chopped
- 1 tbsp fresh thyme, leaves only
- 1 tbsp ground allspice
- 15g fresh ginger, peeled and roughly chopped
- 2 garlic cloves, roughly chopped
- Juice of 1 lime
- 1 tbsp cider vinegar
- 1 tbsp light brown sugar
- ½ tsp ground nutmeg
- ½ tsp ground cinnamon
- 1 tbsp sunflower oil

For the chicken, rice and peas

- 8 chicken drumsticks
- 1 tbsp sunflower oil
- 1 onion, diced
- 250g long-grain rice
- 400g light coconut milk
- 410g red kidney beans
- 1 sprig of thyme
- 2 bay leaves
- 3 cloves
- 1 scotch bonnet pepper
- 1 lime, cut into wedges

Method:

Step 1 Combine all the jerk ingredients in a mini food processor until it forms a marinade. Season well. Slash the chicken drumsticks in the fleshy area a few times, then place in a mixing bowl. Cover with the jerk marinade and stir to coat. Cover and leave to marinate for at least 2 hours, preferably overnight.

Step 2 Preheat the oven to 180°C/gas mark 4. Heat the oil in an ovenproof pan. Add the chicken and brown all over for 8-10 minutes. Remove the chicken and add the onion to the pan. Cook on medium low for 5-6 minutes until just golden. Add the rice and stir through, then add the coconut milk, the kidney beans including their liquid, the thyme, bay leaves, cloves and scotch bonnet. Season, stir, then bring to the boil for 3 minutes until you can just see the rice on top.

Step 3 Nestle the chicken on top, cover with foil and transfer to the oven. Bake for 15 minutes, then remove the foil and cook for a further 15 minutes or until the chicken is cooked through and the skin has crisped up. Serve with the lime wedges.

Natural Remedies for Household Pests



12 Natural Pest Remedies

There are some natural solutions for household pests that are just as effective as the toxic chemicals, and some are really good deterrents as well. You only need to reach as far as your kitchen cupboard.

1. **Garlic**

Leave a few peeled cloves in cupboards, on shelves, and in corners to help deter pests from taking up residence. Periodically replace the cloves when they dry out.

2. **Cayenne**

Sprinkle ground cayenne pepper around the perimeter or anywhere ants are getting in.

3. **Cinnamon**

Ground cinnamon and its essential oil are both effective against pests. Sprinkle the ground cinnamon anywhere that pests are seen or apply pure, undiluted cinnamon essential oil to the areas with a cotton swab.

4. **Coffee grounds**

Sprinkle the grounds along areas where ants are entering the house or on their nests outside.

5. Bay leaves

For moths and other cupboard pests, tape bay leaves to containers or lay them on shelves. Replace when the scent fades.

6. Cucumber

Slices on counters or other places will help to repel ants.

7. Citrus

Lemon and orange essential oils are great pest deterrents. Make a natural spider deterrent spray by combining 5 drops of essential oil, 5 drops of soap, and 1 quart of water.

Pure, undiluted lemon juice can also be spritzed around cracks. Place lemon and/or orange peels in cupboards, bookshelves, and other places where spiders and other pests like to lurk. Lemon peels are also supposed to be effective for moths in closets along with cedar.

8. Vinegar

Wash floors and other areas with vinegar or leave small open containers in infested areas to deter the bugs. Add essential oils for added benefit.

9. Cornmeal

This works the same as coffee grounds. Sprinkle around the perimeter to deter ants from entering the home.

10. Eucalyptus

Eucalyptus leaves and eucalyptus essential oil are great in cupboards to deter pests. Eucalyptus has been shown to have a deterrent effect on flies and mosquitoes.

11. Tea Tree

Add 10–15 drops of tea tree oil to a spray bottle with 1 cup of water, shake well, and spray outside and inside the home. Bugs hate the smell of tea tree oil. It has been shown to have activity against flies and may also work with other essential oils to get rid of bed bugs.

12. Peppermint

Peppermint essential oil and dried mint leaves will help curb most household pests, especially ants. Mix 10–15 drops of peppermint essential oil with 1 cup of water in a spray bottle. Shake well and spray along cracks and crevices or wherever ants are seen.

Make Your Own Paper Fan



**Always wanted to know how to make a fan?
Well you've come to the right place.**

These vibrant fans make gorgeous paper decorations for your home - try hanging along a hallway or brightening up place settings - and of course, they'll keep you cool (and effortlessly stylish, at the same time) during the summer months.

We used some good-quality, brightly-coloured wrapping paper from a craft store to make our fans, but you can use any paper you like to make these summer fan-cies! Using just some paper and a pair of lollipop sticks make these fans one of our cheapest ever projects at GoodtoKnow, but they look so pretty displayed on a summer day that no one will ever guess that they cost so little.

You will need:

- Patterned gift wrap
- Ruler
- Pencil
- Craft knife
- Thin wire
- Scissors
- Double sided tape
- Lollipop sticks
- String

Step 1

Measure and cut a 20 x 48cm length of paper from a sheet of patterned gift wrap. Score at 2cm intervals along the length, then fold in an accorcion style.

Step 2

Bind the middle of the folded paper with a small piece of wire. Snip the ends in a triangle or scallop shape with scissors.

Step 3

Allow the fan to open in a bow shape. Bring 2 sides together and stick with some double sided tape. Stick a craft stick to each of the other sides of the fan. Tie the fan handles together with a piece of string.

Poem

Comfort on difficult days,
Smiles when sadness intrudes,
Rainbows to follow the clouds,
Laughter to kiss your lips,
Sunsets to warm your heart,
Hugs when spirits sag,
Beauty for your eyes to see,
Friendship to brighten your being,
Faith so that you can believe,
Confidence for when you doubt,
Courage to know yourself,
Patience to accept the truth,
Love to complete your life.

- Ralph Waldo Emerson -

Puzzle Answer Page

Summer Word Scramble Solution

1.NBCAIGKKPA	BACKPACKING
2.ALAELSBB	BASEBALL
3.ABIOGNT	BOATING
4.NIBIIK	BIKINI
5.MNIAGPC	CAMPING
6.LOREFSW	FLOWERS
7.EIC RAMEC	ICE CREAM
8.CANEO	OCEAN
9.IICCPN	PICNIC
10.LRXAE	RELAX
11.USN	SUN
12.ETAH	HEAT
13.OTH	HOT
14.AADSLSN	SANDALS
15.MISW	SWIM
16.ELVART	TRAVEL
17.CIONTAAV	VACATION
18.TERMWAONEL	WATERMELON

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**Providing Spaces with
Fun, Laughter and
a Cuppa**

10am - 4pm

**Yalding Healthy Living & Learning Centre
95 Southwark Park Road, SE16 3TY
0207 237 0860**

