

Healthy Hearts & Minds Resource Pack

**Workouts for your mind and body
to help you through 2021**



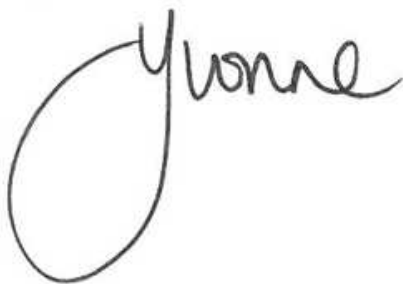
This resource pack has been funded by RISE

Introduction by Yvonne Probert

Staying healthy and feeling your best is important at any age. We know it's not just about living longer, it's about living healthily and happily for longer.

But coping with change is difficult, regardless of age. Especially given the Covid-19 pandemic and the restrictions around lockdowns. Healthy ageing means continually reinventing yourself as you pass through landmark ages such as 60, 70, 80 and beyond. It means finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to others.

To help you live life to the full during the restrictions, we have created this Healthy Hearts & Minds activity resource pack for you. These articles can help you maintain your physical and emotional health, whatever your age or circumstances. They can also help you cope with change and live life to the fullest whilst we stay at home. We do hope you enjoy this resource pack.



Yvonne Probert
Head of Charity Services



New Year, New You

Greetings to all of our customers across North Tyneside!

Following on from the success of our virtual Zoom physical and social activities, we decided to put together this resource pack, which we hope will brighten up the winter months and help us to move forwards into the lighter, brighter days of spring!

January is always a good time to start afresh, kick out the old, bring in the new but I think we would all agree that perhaps most of us are even more grateful to leave 2020 behind.

As you know, we were forced to cancel all face to face activities last March and, since then, wherever possible, we have used Zoom to deliver our social and physical groups. This has proved so popular that we are offering our customers the opportunity to take part in activities, delivered on Zoom, during January and February.

However we are aware that not everyone can, or wishes to use online services so we have produced this resource pack that contains a mix of activities for you to enjoy in your own home, together with feature articles about the services we continue to offer. We hope you will find the pack both useful and of interest.

We are featuring a series under the 'Healthy Habits' banner, produced by our Healthy Habits Co-ordinator, Tom Shaw. Tom has written a number of articles which you will find sprinkled throughout the resource pack. We hope that you will find the information and tips beneficial.



If you are interested in finding out more about Healthy Habits, please contact our Healthy Habits Co-ordinator, Tom Shaw, at tom.shaw@ageuknorthtyneside.org.uk

Or Rachel Haldenby, the Healthy Habits Co-ordinating Officer at rachel.haldenby@ageuknorthtyneside.org.uk



Multiple Choice Quiz

1. Before the COVID-19 pandemic, Newcastle Airport handled how many passengers per year?
a) 3 million b) 4 million c) 5 million
2. How many blue stripes are there on the U.S. flag?
a) 7 b) 13 c) 0
3. Which one of these characters is not friends with Harry Potter?
a) Ron Weasley b) Neville Longbottom c) Draco Malfoy
4. What is the colour of Donald Duck's bow tie?
a) Red b) Blue c) White
5. What was the name of the band Lionel Richie was a part of?
a) Spectrums b) Commodores c) The Marshall Tucker Band
6. Which animal does not appear in the Chinese zodiac?
a) Dragon b) Rabbit c) Hummingbird
7. Which country held the 2016 Summer Olympics?
a) China b) Ireland c) Brazil
8. Which planet is the hottest?
a) Venus b) Mercury c) Mars
9. Who was the only U.S. President to resign?
a) Herbert Hoover b) Richard Nixon c) George W. Bush
10. What does the "D" in "D-Day" stand for?
a) Dark b) Denmark c) Dunkirk
11. In which city can you find the Liberty Bell?
a) Washington, D.C. b) Boston c) Philadelphia
12. In The Pirates of the Caribbean, what was the name of Captain Jack Sparrow's ship?
a) The Black Pearl b) The Black Python c) The Slytherin
13. According to Forrest Gump's mother, "life was like..."
a) A handful of roses b) A lollipop c) A box of chocolates
14. Where is Newcastle Brown Ale brewed?
a) Manchester b) Lancaster c) Tadcaster
15. What is the rarest blood type?
a) O b) A c) B d) AB-Negative



How to Stay Healthy

Take a look at the following suggestions to help you stay healthy this year:

Do you suffer from 'Winter Tiredness'?

You are not alone. Many people feel tired and sluggish during winter, often due to a lack of sunlight. This can disrupt our sleep and waking cycles.

Try these tips:

- Get outdoors in natural daylight as much as possible
- Get a good night's sleep – if possible, go to bed and wake up at the same time every day
- Destress with exercise or meditation – stress has been shown to make you feel tired

Eat more Fruit and Vegetables:

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet that includes fruit and vegetables.

If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead.



Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a comforting winter meal. Many meals can also be frozen so you might want to consider batch cooking and freezing.



As you are more likely to get a cold in winter, it is important to make sure that your immune system is in tip-top condition.

Start the day well with a healthy breakfast:

For example, winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre, gives you energy and helps you to feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain vital vitamins and minerals.



Drink more milk*:

Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of:

- Protein
- Vitamins A and B12
- Calcium, which helps to keep bones strong



*If you follow a vegetarian or vegan diet, or you are unable to tolerate dairy, check out local supermarkets for the wide range of alternative products now on offer.

Why not kick start the New Year by trying out new activities?

During the last few months it has often been difficult to access formal exercise classes but don't let the cold winter months keep you indoors if you are able to get out and about.

Maybe try a gentle stroll around the area where you live, or, if you are able to, further afield; perhaps on the beach or through a local park.

Regular exercise helps control your weight, boost your immune system, and is a good way to break the tension that can build if you are constantly cooped up inside the house.

If however you are unable to leave your home, there are always things that you can do to remain fit and active.

(See the next two pages for ideas on how to safely exercise at home).

Age UK North Tyneside will be offering free exercise sessions on Zoom, during January and February 2021, where our qualified instructors will guide you through a range of moves to help keep you mobile.

If you would like to try out exercises or any of our online activities but you have never used Zoom before, please contact us on 0191 287 7027 to request a Zoom Guide.

Exercise/Move More

Before starting any new exercise routine, make sure you get the all clear, or advice from your doctor.

Exercise is incredibly important for staying healthy and helping to prolong life. It doesn't have to mean going to the gym and hitting the weights for hours!

There all sorts of activities you can do, as long as you are moving your body, it is exercise. You can turn chores (such as vacuuming/cleaning/gardening or mowing the lawn) into exercise or incorporate them into your exercise routine.

Remember to stay hydrated before/during and after training.
(Visit page 14 for more information on hydration)

Here are a few ideas of how to exercise/move more:

- Walking: even just 15-30 minutes a day will help and gets you outside into the fresh air, or, if you are isolating at home, you can walk around the house.
- Exercise classes: be it in physical groups when they resume, or via YouTube or the internet; these can be fun and social ways to get moving. You can pick and choose the ones that best suit you, your needs and abilities.
- Resistance/weight training: helps to build muscle mass that you can lose as you get older and helps to build balance, co-ordination and strength as well as reducing the risk of osteoporosis.
- Gardening: it's not only therapeutic and getting you in touch with nature, it's also a great way to stay fit and active.



Basic Gentle Exercises

Don't worry if you haven't done much for a while – these strength exercises are gentle and easy to follow.

For the chair-based exercises, choose a solid, stable chair that does not have wheels. You should be able to sit with your feet flat on the floor and your knees bent at right angles. Avoid chairs with arms, as these will restrict your movement.

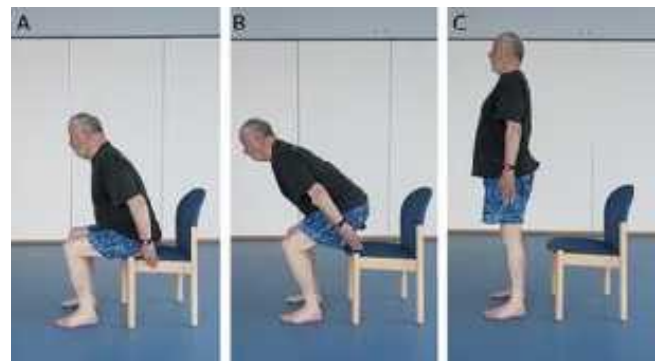
Build up slowly and aim to gradually increase the repetitions of each exercise over time. Try to do these exercises at least twice a week and combine them with the other routines in previous editions of this pack.

Sit-to-stand

A. Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.

B. Stand up slowly using your legs, not arms. Keep looking forward and do not look down.

C. Stand upright and then slowly sit down, bottom-first.



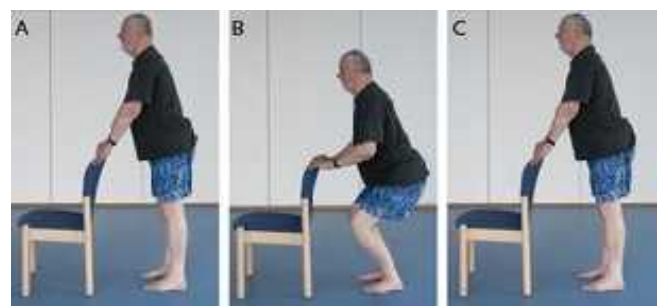
Aim for 5 repetitions – the slower, the better.

Mini-squats

A. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.

B. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.

C. Gently come up to standing, squeezing (clenching) your buttocks as you do so.



Repeat 5 times.

If you need advice...

If you need help or advice our Information and Advice team are here to help

With all the doom and gloom 2020 has delivered, it's easy to forget all the great and positive work going on in the background. The Information and Advice team at Age UK North Tyneside have continued to work tirelessly through the pandemic.

Tom had been caring for his wife for some time, and it wasn't until she was admitted to hospital that she was diagnosed with advanced dementia. Tom was then advised to contact Adult Social Care, so that his wife could be assessed for care and support. He had been caring for his wife for a very long time, and now that she was presenting with more challenging behaviours he was becoming increasingly overwhelmed. It was looking like Tom's wife may need to be moved into full time nursing care.

The stress and worry this was causing Tom was extreme. He was concerned about the costs involved – a friend had told Tom he would have to sell the family home to cover them.

Tom contacted our Information and Advice team in early April. His adviser first reassured him he would not have to sell his family home to cover care costs for his wife, providing him with information on how to get care and support in the home and sending him fact sheets to read through in his own time. Next, they advised him about what benefits were available to him, and talked him through the claims procedure. They also explained about the support available to him through the Age UK North Tyneside Dementia Service and told him about groups and activities offered. Tom felt reassured and supported, and a referral was made to the Dementia Team. He was then supported by an Admiral Nurse (specialist dementia nurse) to help him find coping strategies for his wife's behaviour and how to manage her needs as well as his own.

Tom has started to socialise again and see his family more. He says he would have been 'totally lost without the support Age UK North Tyneside have given him' and that he 'can't thank us enough for everything we've done'.

The Information and Advice team continue to offer help and support to older people in North Tyneside in matters like:

- Welfare benefits, pensions, tax and other financial matters
- Housing and property
- Health and Social Care matters
- Leisure and social activities
- Family and personal matters
- Your rights and local services
- And most other things that affect your quality of life

If, like Tom, you think you could do with our support, please don't hesitate to get in touch on 0191 280 8484, option 1.



Relaxation

If you practice these regularly when you are feeling worried or anxious, it will help to improve your ability to relax and not get to a point of feeling panicked.

Controlled Breathing

1. Take a slow breath in through your nose for 4 seconds
2. Imagine you are inflating a balloon in your stomach
3. Hold this breath for a few seconds
4. Slowly breathe out through your mouth for 4 seconds
5. Continue controlling your breathing until you feel calmer

Progressive Muscle Relaxation

Lie down flat on your back, on your bed or the floor. Support your head and neck with a pillow. Close your eyes if you're comfortable doing so. Focus on your body, tensing and relaxing each body part in the order below.

1. Feet – tense your toes for a few moments and relax
2. Legs – tense your calves for a few moments and relax
3. Stomach – tense your stomach for a few moments and relax
4. Buttocks – squeeze your buttocks together for a few moments and relax
5. Chest – take a breath, hold it for a moment and relax
6. Arms – bend your arms, tensing the muscles for a few moments and relax
7. Hands – clench your fists for a few moments and relax
8. Neck – bring your shoulders up, hold for a few moments and relax
9. Jaw – clench your teeth for a few moments and relax

And finally...

10. Face – scrunch your face up for a few moments and relax



Sudoku

Easy

Here's a summary of the rules of Sudoku in case you've never played before or need a refresher.

The rules are quite simple. The hard part lies in solving the puzzle!

A Sudoku puzzle consists of a 9 x 9 grid. This grid is subdivided into nine 3 x 3 boxes.

Some of the cells in the grid are prefilled with a number between 1 and 9, while other cells are blank.

Your job is to determine the correct number to be entered into each of the empty cells.

To figure out which number between 1 and 9 belongs in a particular cell, you need to adhere to the following rules:

- The numbers 1 through 9 must appear exactly once in each row.
- The numbers 1 through 9 must appear exactly once in each column.
- The numbers 1 through 9 must appear exactly once in each 3 x 3 box.

The challenge of Sudoku is using the process of elimination and other strategies to identify the unique solution for the Sudoku puzzle. Sudoku is an excellent brain game as it trains logical reasoning and visual perception, among other brain skills.

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

Medium

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

Hard

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

‘Five a Day’ Health Booster

- Try to get at least 5 portions of fruit and vegetables a day from various colours and types.
- Look to focus mainly on vegetables as they contain more fibre and less sugar than fruit. Fibre helps to keep you regular as well as help to prevent against a number of ailments and diseases. Fibre will also help you feel fuller for longer, so reduce the cravings for snacks.
- Fruit is full of sugar and, although it is natural, too much sugar can be bad for our teeth and our weight. Aim to eat more vegetables than fruit, for example 3 portions of vegetables and 2 portions of fruit a day.
- If possible, steam your vegetables, rather than boil, as it will help to retain as many of the vitamins as possible, rather than boiling them out.
- If you have a sweet tooth you can use fruit as a healthy alternative to chocolate etc. Make a fruit salad or add some of your favourite fruit to some yoghurt.
- Do not rely on fruit juice for your main source of fruit. A small glass can help towards your total target but it is full of sugars, so drinking a lot of it will almost certainly make you gain weight.



The Importance of Hydration

It is very important to stay hydrated for many different reasons.

- Our bodies are made up of water, about 50%, and we all need adequate water to function properly.
- Adults should aim for about 6-8 drinks a day of about 300ml, preferably unsweetened drinks such as water, milk, tea and coffee (without the sugar), sugar free soft drinks etc.
- Be cautious about getting all your fluids from coffee and tea, as both can contain caffeine which is a diuretic and can promote dehydration.
- The amount we need to drink varies, depending on our size, the amount of exercise we do and also the weather/temperature. So if we are exercising a lot or the weather is hot we need more water.
- Get into the habit of drinking enough as by the time you start feeling thirsty you are already starting to become dehydrated.
- Dehydration (not getting adequate fluid) can cause a lack of focus and confusion, leading to falls and accidents in older people.



Befriending: Could it be for you?

Age UK North Tyneside has delivered a successful face to face befriending service for the last twenty years. By matching volunteers with older residents in North Tyneside, the service offers people a chance to share stories, make new friends and connect with someone outside their usual social circle.

However, due to the pandemic, with the introduction of tiers and lockdown across the country, the charity needed to quickly adapt its services to respond to changing needs, whilst ensuring that both customers and volunteers were kept safe at all times.

This led to the introduction of a new Telephone Befriending Service, building on the knowledge and expertise of the existing service. Telephone Befriending has in fact proved so popular over the last few months that a new Telephone Befriending Co-ordinator, Carole Macmurtie, was recently appointed. Carole joins Beverley Swan, Age UK North Tyneside's Befriending Co-ordinator since 2019.

How Does Befriending Work?

New customers who would prefer to receive home visits are matched with the volunteer they will eventually meet, face to face. Although initially, the relationship between befriender and befriended will be by telephone only, customers gain confidence knowing they have a relationship that will support them during the pandemic and in the future when face to face delivery can be resumed.

Volunteers telephone their befriended twice a week on set days and times. Calls last approximately 15 minutes and the service operates between the hours of 10am to 3pm, Monday to Friday excluding weekends and Bank Holidays. As and when it becomes safe and appropriate, this service will continue for all customers who prefer a telephone befriending service. Telephone befriending volunteers reduce the feeling of loneliness, help with anxiety and are a stepping stone to support a customer to move back into their community doing activities they love.

For customers who prefer a face to face relationship, telephone calls will be replaced by a home visit once a week, lasting one hour. Volunteers offer friendship, have a chat and share a cuppa.

All Age UK North Tyneside volunteers are interviewed, reference checked and trained prior to appointment. All volunteers are trained to raise any customer enquiries which in turn helps us to provide the service the customer requires. So we can immediately offer support, or signpost to appropriate agencies.

Initially, as and when home visits are able to start again, customers will be visited in their own homes by our Befriending Co-ordinator. The Co-ordinator will carry out a home risk assessment and chaperone the first face to face meeting. After the follow up meeting, both customer and volunteer will be asked if they are happy to continue.

What's befriending really like?

Gerry Robinson 81, retired Aircraft Engineer, is an experienced Volunteer Befriender with Age UK North Tyneside. Supporting befriendees in the local community since 2015, Gerry usually visits people in their home environment to help reduce their social isolation and loneliness.



When the nation entered lockdown in March 2020, Gerry recognised that it was going to be tough for us all and many of us might lose our confidence as the weeks progressed.

Gerry wanted to help and offered to telephone two of our customers regularly. Gerry believes that sharing happy memories helps us all to maintain our confidence and self-esteem.

Gerry says

“I try to help by taking Carole and Angela back to the happiest times in their lives. We re-enact them together, and as I am 81 and have some experience of life, I can engage and empathise with them on so many topics.

They actually chuckle and laugh a lot as we draw back the curtains of time and walk through the portals of memory to their earlier days of joy and happiness.

Luckily, memory plays good tricks sometimes, and they remember the lovely times with their husbands and children. Looking back it seems their children rarely misbehaved and how they all laughed so much, and of course the sun then seemed to shine almost every day.”

“When we discuss these things, I can feel them becoming stronger and most importantly, more confident.

And, of course, through bringing happiness and laughter to Carole and Angela it is also impacting on myself. My daughter, who is a paramedic, and spends her life rescuing and helping other people has noticed the change in me. It is a change for the better brought about by listening and sharing experiences.”

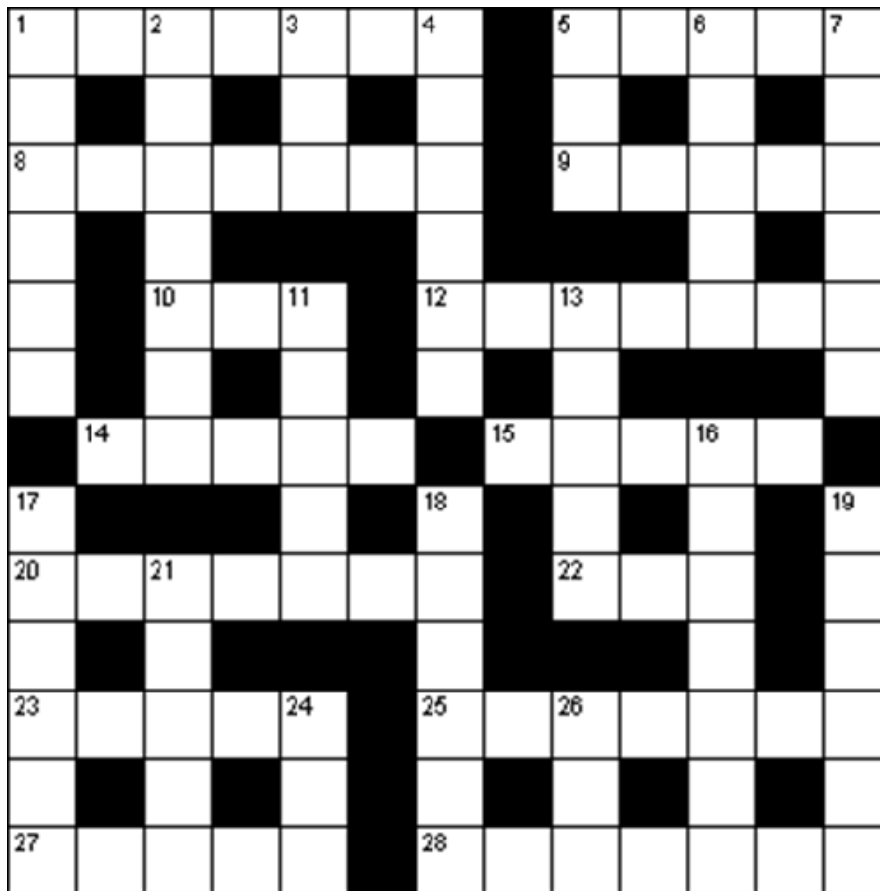
Befriending Co-ordinator Beverley Swan agrees

“Studies show that the benefits of having a befriending relationship result in positive outcomes for everyone.

Being part of the community, doing something meaningful, helping others and perhaps trying something new, makes everyone’s confidence grow.”

If you or anyone you know would like to find out more about our Befriending Service, or if you are interested in becoming a volunteer, please ring 0191 287 7013, where you can leave a voicemail for the Befriending Team.

Crossword to Keep the Mind Active



Down

1. Question and ___ (6)
2. ___ pink (7)
3. The ___ and only (3)
4. You can't beat the ___ (6)
5. Chicken and ___ (3)
6. ___ the nettle (5)
7. Fortune ___ (6)
11. A drop in the ___ (5)
13. Secret ___ (5)
16. Helter ___ (7)
17. Health, ___ and happiness (6)
18. ___ late than never (6)
19. Jack of all ___ (6)
21. ___ by the bell (5)
24. Let sleeping dogs ___ (3)
26. ___ his match (3)

Across

1. ___ speak louder than words (7)
5. Pieces of ___ (5)
8. Trade ___ (7)
9. The Holy ___ (5)
10. ___ the lion (3)
12. Lead by ___ (7)
14. A little rough around the ___ (5)
15. Last but not ___ (5)
20. Time is of the ___ (7)
22. Tic-Tac- ___ (3)
23. A ___ playing field (5)
25. Sorely ___ (7)
27. ___ your bets (5)
28. Many happy ___ (7)

Shopping Tips

Do you find that you are tempted by all the 'wrong things' when you go shopping?

Why not try out some of our Healthy Eating shopping tips?

- Write a shopping list as it will reduce the risk of buying extras.
- Plan your meals which will help avoid waste.
- Meal preparation and leftovers can provide healthy meals with little effort when you are tired. So buy slightly more and cook in batches then freeze.
- Frozen fruit and vegetables can help save waste and often work out cheaper.
- Cook with pulses such as beans and lentils, as they are cheap but good for you and fill out the dish.
- Buy bigger loaves of bread and then freeze what you don't use.
- Go towards the end of the day to pick up bargains which can then be frozen or used that day.
- Be cautious of 'Buy One Get One Free' deals as you may not need that much and they may be short dated.



The Big Knit

Calling all knitters - we need you!

Innocent, famous for their smoothie drinks, came up with the idea of adorning their bottles with hand knitted hats in 2003. During that time, for each of their bottles sold with a hat, they have donated 25p to Age UK.

Hats are knitted and crocheted by volunteers across the country. In 2019, a staggering 1.5 million hats brought the total raised for Age UK, since the introduction of the Big Knit, to just under £3 million!

Because of Covid-19, it has not been possible for The Big Knit to take place as usual, but we are delighted to announce that the Big Knit 2021 will ensure that hats will definitely be back on bottles in 2022!

We have already received donations from a number of people who have kept themselves busy by knitting during the last few months, but to enable us to meet our 4,000 target, we now need a lot more hats, which means a lot more knitters! This will help us to raise money for Age UK, enabling us to continue with our delivery of support services for older people across North Tyneside.

So, now it's time to get knitting...

Don't worry, even if you don't think you are very good at knitting or crocheting, please don't let that deter you.

Our colleagues at Innocent tell us that as long as a hat will fit on the smoothie bottle, that is good enough for them and, as every hat will make a difference to older people, that is all that matters.

This is what one of our regular Big Knit knitters, Susan Arkley, has to say about why she knits the little hats:

"I started knitting Smoothie Hats many years ago when there was an advert on the television asking for volunteer knitters, and used to mail them off myself to the head office. However, as I did more and more that was no longer an option as the postage costs were too high, so I was delighted when I found out that I could drop them off at your office in North Shields. I love working on the colours - 'do I contrast or do I match?' and the same with the pom poms and it gives me a great deal of pleasure putting a box of them together to hand in. During the lock-down it has filled in many a happy hour so I will happily keep them coming."

So, it's a massive thanks to Susan and all our loyal knitters. We really appreciate all the hard work you put into the hats and we look forward to seeing all the delightful designs you make. Well done and keep on knitting!

Where can I find patterns for the hats?

Innocent have got a huge selection of patterns for hats which you can knit or crochet. The patterns are all listed as beginner, intermediate or expert. You can find the patterns at: www.thebigknit.co.uk/knitting-patterns

If you cannot access the internet and would like to receive a selection of patterns, you can telephone Alexis Brown or Emily Houlder on 0191 287 7012 and they will post them out to you.

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 pom-pom in blue and sew securely to top of the hat.

Abbreviations: SSt: rib2x2 | st: stocking stitch | k2tog: knit two together

the innocent big knit | age UK | Age UK is a registered charity (number 1102347)



pineapple hat
intermediate 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: *k2tog, (k1, k1) into the same stitch, repeat from * to end of row (31)
Row 3: k1, *k2tog, (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 (17sts)
Next row: *k2tog repeat until last st, k1 (15sts)
Next row: *k2tog repeat across all sts (5sts)
Finish off by weaving yarn through 5sts and drawing tight.

Notes:
Cast on 30 stitches in green and work 4 rows in st at beginning with a knit row. This is the stalk.
Row 5: K5 and turn leaving remaining stitches on a stitch holder.
Row 6: P3 and turn.
Row 7: K2tog K1 K2tog (3sts)
Row 8: P3
Row 9: K3
Row 10: P2tog faster off.

Reattach 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 to ends.

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

Abbreviations: k: knit | p: purl | k1: knit1 | k2tog: knit 2 together | k3tog: knit 3 together | SSt: rib2x2 | st: stocking stitch | st: rib2x2

©2015 it is the strong side of the knitting hat that knit the pineapple.

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Word Search

AT THE CARNIVAL WORD SEARCH PUZZLE



ADMISSION
BALLOONS
CAROUSEL
CHILDREN
CLOWN

COTTON CANDY
FAIRGROUND
FERRIS WHEEL
FORTUNE TELLER
FUN HOUSE

FUNNEL CAKE
HOT DOGS
JUGGLER
MIDWAY
ORGAN GRINDER

POPCORN
PRIZES
RING TOSS
ROLLER COASTER
TICKET BOOTH

www.WordSearchAddict.com

Quiz Answers

Multiple Choice Quiz

1. 5 Million
2. 0
3. Draco Malfoy
4. Red
5. Commodores
6. Hummingbird
7. Brazil
8. Venus
9. Nixon
10. Dunkirk
11. Philadelphia
12. The Black Pearl
13. A box of chocolates
14. Tadcaster (John Smith's Brewery)
15. AB-Negative

Sudoku

Easy

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

Medium

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

Hard

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

Crossword

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

How Fit

You can also join the NHS's How Fit programme which will enable you to take small steps to feeling good. To find out more, visit www.howfittoday.co.uk



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You can also visit us at www.ageuk.org.uk/northtyneside



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