Northumberland age UK

Let's change how we age

# Fun activities to keep you entertained in the

# WINTER MONTHS

MINDFULNESS
COLOURING, RECIPES,
QUIZZES, PUZZLES,
EXERCISES,
AND MORE!

With thanks to

COMMUNITY FUND

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

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

Inside you'll find plenty of fun activities designed to keep you entertained, active and feeling your best throughout the winter months.

We'd also like to remind you that we're here for you. Winter can be a challenging time, and our range of services is here to help you with any questions or concerns. Whether you need Information & Advice, Scams Awareness guidance, Bereavement Support, exercise classes or our Friendship Line. We also run Social Groups and Live Well with Dementia Groups across the county, so don't hesitate to give us a call for more information on 01670 784 800. If we're unable to answer right away, do leave a message and we'll return your call as soon as we can. Our team is always happy to help.

Now onto our activity book! A big thank you to The National Lottery Community Fund for their support and funding of this book. Inside, you'll find a variety of activities to enjoy - crosswords, wordsearches, and quizzes to keep your mind busy, along with winter recipes, relaxing colouring pages, and gentle exercises to help you improve your mobility.

And if you've got any feedback, we'd love to hear from you! Please feel free to share your comments with us via email at info@ageuk-northumberland.org.uk.

From myself and all of the team, we'd like to wish you a very Merry Christmas and a happy, healthy New Year.

Best wishes, and take care!

Amy

# MINDFULNESS CHRISTMAS COLOURING

Unwind, relax, and enjoy a spot of colouring!

Credit: www.homemade-gifts-made-easy.com/christmas-coloring-pages-for-adults.html#

# WINTER WARMERS

## Leek and Potato Soup

Enjoy this delicious recipe for Leek and Potato Soup, the perfect winter warmer to enjoy on a cold day.

### Ingredients

- 1 tbsp vegetable oil
- 1 onion, sliced
- 225g potatoes, cubed
- 2 medium leeks, sliced
- 1.2 litres (2 pints) vegetable stock
- 150ml double cream or crème fraîche
- Salt and freshly ground black pepper

**Recipe will serve 6 people.**

* You can double the quantity to make more!

### Step 1

Heat the oil in a large pan and add the onions, potatoes and leeks. Cook for 3 to 4 minutes over a medium heat until they start to soften.

### Step 2

Add the vegetable stock and bring to the boil. Season with salt and pepper. Simmer for 10 minutes until the vegetables are tender.

### Step 3

Whizz with a hand blender or in a blender until smooth. Reheat in a clean pan, stir in the cream or crème fraîche. Heat through and serve. Enjoy with crusty bread!

### HANDY TIP!

It's best to use either floury or all-purpose potatoes for this recipe. The big bags of cheap potatoes sold in supermarkets are great for this recipe.

Recipe taken from: www.bbc.co.uk/food/recipes/leekandpotatosoup_1920

# SUDOKU PUZZLES

Test your brain power, and see if you can solve these Sudoku puzzles.
You can use the post-it-note spaces to jot down your workings.

**1**

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

**2**

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

# GUESS THE FAMOUS FACES!

Recognise any of these famous faces in the grid below? Try and guess who they are!

**Answers (no cheating!):**

1. Stacey Solomon; 2. Sidney Poitier; 3. Julie Walters; 4. Alan Carr; 5. Barbara Windsor; 6. Bill Owen; 7. Denise van Outen; 8. David Bowie; 9. Amy Winehouse; 10. Anthony Hopkins; 11. Tina Turner; 12. Judge Rinder; 13. Joan Crawford; 14. Richard Whiteley; 15. Jean Alexander; 16. Benedict Cumberbatch; 17. Letitia Dean; 18. Cary Grant; 19. Whitney Houston; 20. Mathew Horne; 21. Emily Maitlis; 22. Mo Farah; 23. Adele; 24. Ricky Tomlinson; 25. Emma Thompson

Picture Credits: www.gettyimages.co.uk

# CHRISTMAS WORDSEARCH

## Can you uncover the Christmassy related words in the grid below?

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

Advent
Bells
Bethlehem
Carols
Cheer
December
Elves

Feast
Festive
Holly
Joy
Merry
Mistletoe

Nativity
Reindeer
Santa
Stocking
Tinsel
Wreath
Yuletide

# KEEPING WARM AND WELL THIS WINTER

**Here are six handy tips to get yourself ready for winter.**

## Are You Entitled to Extra Money?

- Don't be tempted to leave your heating off, and put up with the cold to keep your bills down - there are benefits and discounts available to help you keep your home warm.
- If you'd like more information about the benefits you may be entitled to, our friendly team of advisors are here to help. You can give us a call on: **01670 784 800** or email: **info.advice@ageuk-northumberland.org.uk.**

## Look After Your Health:

- Flu viruses are always changing; it is important to get a flu jab every year.
- Eat well. Not eating enough makes it harder to keep warm, and to fight infections.
- Order repeat prescriptions in plenty of time, you may want to ask if your pharmacy offers a prescription delivery service.
- Keep simple cold, flu and sore throat remedies at home, and be conscious and regularly wash your hands.

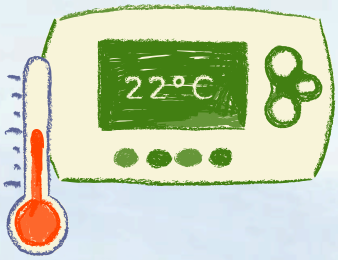
## Keeping Yourself Warm:

- Wrap up with a shawl or blanket if you're sitting down. And if you struggle to stay warm in bed, wear warmer layers such as bed socks and thermal underwear, or even a hat.
- Use a hot water bottle or an electric blanket to warm the bed - never use them together.
- When you're out and about, make sure you keep your hands and face warm. Your blood pressure can rise if they are cold.

## Prepare for Bad Weather:

- Stock on extra food in case you're unable to get out to the shops. You could do your food shopping online and have it delivered to your door.
- Know where your main stopcock is - water pipes can freeze or burst when it's cold.
- It's always handy to have a mixture of salt and sand to put on your steps or path if it is icy.

## Keep Your Home Warm:




- Get to know the timer and thermostat on your heating system. If it's very cold, set the timer for the heating to come on a bit earlier than you need it.
- Keep the rooms you spend the most time in warm.
- Be safe when heating your home. Make sure you have a carbon monoxide alarm in each room with a gas or solid fuel burning appliance in it.
  - Test your carbon monoxide alarms regularly.

## Keep Moving:

- Keep moving - do a short walk in the middle of the day, or indoor exercises.
- If walking is difficult, you can do chair-based exercises while sitting or holding on to the back of a chair. Even moving your arms and legs and wiggling your toes can help you keep warm and well.

Source: Age UK 'Winter Wrapped Up: Keeping Warm and Well' Booklet (2025)
www.ageuk.org.uk/siteassets/documents/information-guides/ageukig27_winter_wrapped_up_inf.pdf

# WINTER WARMERS

## Sausage Pasta Bake

If you want a tasty and simple meal, enjoy this hearty Sausage Pasta Bake recipe.

### Ingredients

- 400g pasta (Rigatoni, or any other dried pasta shapes)
- 1 red onion (chopped, brown onion works just as well)
- 1 red pepper (chopped)
- 1 packet sausages (6-8)
- 150g fresh tomatoes (halved)
- 2-3 garlic cloves (finely chopped)
- 1 tbsp tomato puree
- 1 tsp dried oregano
- 1 tsp chilli flakes
- 1 tsp dried Italian herbs
- Salt and pepper
- 800g tinned chopped tomatoes
- Grated cheddar cheese
- Stale breadcrumbs

**Recipe will make 4 servings.**

### Step 1

Preheat your oven to 200 degrees (180 fan) and have a large baking dish to hand. Begin by cooking the pasta. Make sure you cook it al-dente, two minutes less than the packet timings, to ensure it doesn't become too soft and turn to mush. Once cooked, leave to one side.

### Step 2

In a frying pan, fry the onion and red pepper until softened.

### Step 3

Chop up the sausages and add to the pan, frying them until cooked (you don't need to remove the skins beforehand, but you can if you wish).

### Step 4

Add the chopped fresh tomatoes and cook until they are very slightly softened.

### Step 5

Next, add the garlic, oregano, chilli flakes, Italian herbs and tomato puree. Season with salt and pepper.

### Step 6

Add the tinned chopped tomatoes and stir until well incorporated into the rest.

### Step 7

Pour in the cooked pasta and slowly stir (you may not need all the pasta, depending on the size of the pan and how much you want to include).

### Step 8

Tip everything into the baking dish, and top with the cheese and breadcrumbs, bake for 25-30 minutes until golden. Serve with salad, and crusty garlic bread.

### HANDY TIP!

This freezes really well if you have some left over. It can freeze for 3 months, and to reheat it, cover with foil and bake at 170 fan for 30 minutes.

Adapted from: www.janespatisserie.com/2024/06/16/sausage-pasta-bake/

# LET'S GET QUIZZING!

## How much do you know about all things Christmas? Test your knowledge with this quiz!

1. On what date do the Twelve Days of Christmas begin, and on what date do they end?
2. Where did the custom of sending Christmas cards originate?
3. Which drinks company is often credited with popularising Father Christmas' iconic red and white costume?
4. In Australia and New Zealand, Christmas falls during which season?
5. Which toy has been one of the most popular Christmas gifts for children of all time?
6. Who recorded the best-selling Christmas single of all time, "White Christmas"?

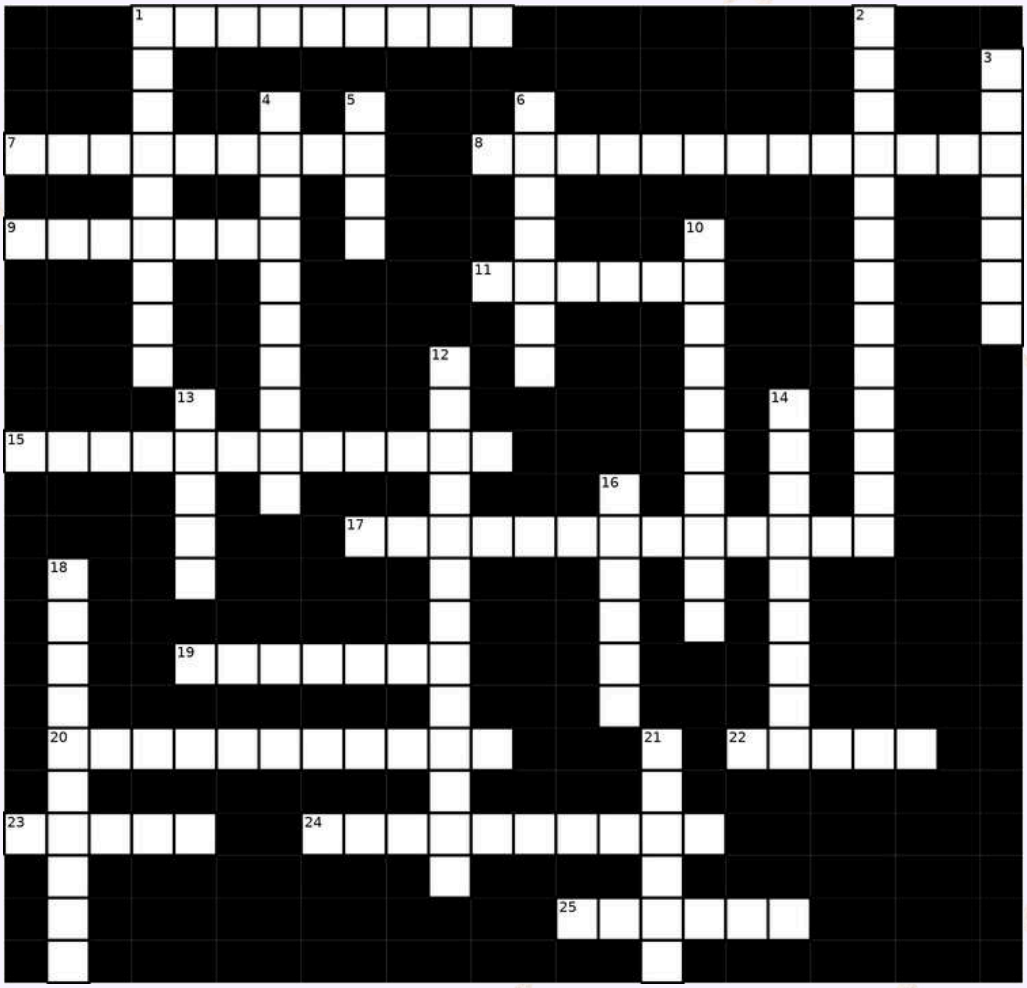
7. Which artist holds the record for achieving four consecutive UK Christmas number one singles?
8. Which iconic song was the Christmas number one in both 1975 and 1991?
9. What is the most popular vegetarian alternative to turkey for a Christmas dinner main?
10. Which berry is traditionally used to make a sauce that accompanies Christmas turkey or goose?
11. During the famous World War I Christmas truce, what game did soldiers from both sides play together on the battlefield?
12. From which country does the Christmas cake called Stollen originate?
13. Where did the custom of sending Christmas cards originate?
14. In 'The Muppet Christmas Carol', which Muppet plays Bob Cratchit?
15. In the classic film 'It's a Wonderful Life', what happens every time a bell rings in the movie?
16. Which spirit is traditionally poured over Christmas pudding and then set alight before serving?
17. Which British monarch is credited with popularising the modern Christmas tree in the UK during the 19th century?
18. What decade did Charles Dickens publish 'A Christmas Carol'?
19. Who originally performed the 1980 Christmas song "Stop the Cavalry", famous for its brass band sound and anti-war lyrics?
20. What 3 things do you traditionally find in a Christmas cracker?

**Answers (no cheating!):**
1. Begin on December 25th and end on 5th January;
2. England; 3. Coca-Cola; 4. Summer; 5. Lego sets;
6. Bing Crosby; 7. The Beatles; 8. Bohemian Rhapsody - Queen; 9. Nut roast; 10. Cranberry; 11. Football; 12. Stollen; 13. England;
14. Kermit the Frog; 15. An angel gets its wings; 16. Brandy; 17. Queen Victoria; 18. 1840s; 19. Jona Lewie; 20. Paper Hat, Toy and a Joke

Taken from: www.officereality.co.uk/blog/70-fun-office-christmas-quiz-questions-for-work

# CRYPTIC SITCOM CROSSWORD

Test your knowledge of classic British sitcoms, and try and crack this crossword using the clues below.



**Across**

1 - Catchphrase of Captain Mainwaring in ‘Dad’s Army’, whom he often called Private Pike.
7 - Geraldine’s favourite piece of confectionary in ‘The Vicar of Dibley’.
8 - What profession were Albert and Harold in ‘Steptoe and Son’?
9 - “I don’t [...] it!” - the catchphrase of Victor Meldrew in ‘One Foot in the Grave’.
11 - What kind of factory did Nellie and Eli Pledge own in ‘Nearest and Dearest’?
15 - In ‘dinnerladies’, who played Petula Gordeno - Bren’s mother?
17 - Name of the department store in ‘Are You Being Served?’
19 - In ‘Keeping Up Appearances’, what did Hyacinth insist her surname to be pronounced as?
20 - The name of the island in South Wales which is the setting of ‘Gavin & Stacey’.
22 - Who is Stan Butler’s sister in ‘On the Buses’?
23 - Item that made Del Boy and Rodney millionaires in ‘Only Fools and Horses’.
24 - In ‘The Royle Family’, what do the characters constantly watch?
25 - Name of Rigsby’s cat in ‘Rising Damp’.

**Down**

1 - Item of ‘wrinkled’ clothing worn by Nora Batty in ‘Last of the Summer Wine’.
2 - Title of Peter Kay’s sitcom about a working men’s club.
3 - Surname of Edina in ‘Absolutely Fabulous’.
4 - Actor who played Terry Collier in ‘The Likely Lads’.
5 - First name of the café-owner, played by Gorden Kaye, in “Allo ‘Allo!’
6 - What was the name of the fictitious holiday camp in ‘Hi-de-Hi!’?
10 - The surname of Margo and Jerry, Tom and Barbara’s next-door neighbours, in ‘The Good Life’.
12 - Fletcher’s full name in ‘Porridge’.
13 - In ‘Some Mothers Do ‘Ave ‘Em’, what does Frank Spencer often say - “ooh [...]”?
14 - City where ‘The Liver Birds’ was set.
16 - How much was a pint of blood to be donated, according to Tony Hancock?
18 - In ‘Fawlty Towers’, what did Basil use to attack his broken-down car with?
21 - Profession of Arkwright in ‘Open All Hours’.

**Answers (no cheating!):**

Across - 1. Stupid Boy; 7. Chocolate; 8. Rag and Bone Men; 9. Believe; 11. Pickle; 15. Julie Walters; 17. Grace Brothers; 19. Bouquet; 20. Barry Island; 22. Olive; 23. Watch; 24. Television; 25. Vienna

Down - 1. Stockings; 2. Phoenix Nights; 3. Monsoon; 4. James Bolam; 5. Rene; 6. Maplins; 10. Leadbetter; 12. Norman Stanley; 13. Betty; 14. Liverpool; 16. Armful; 18. Tree Branch; 21. Grocer

# UNSCRAMBLE THE ANAGRAMS

**Can you solve unscramble these anagrams? Have a go at guessing these Christmas words!**

1. Key Rut?
2. US Ports?
3. Anger Bridge?
4. Men Is Epic?
5. Dispatching Drums?
6. English Tint?
7. Thy Hog Lion?
8. Worms Thefts Annoy?
9. Joly Wet Hotrod?
10. Duel Yeti?

11. Serpents?
12. Item Stole?
13. Gin Stock?
14. My Niche?
15. Coordinates?
16. Helmet Heb?
17. Raw Dinner Letdown?
18. Dall Pan?
19. Sew Mine?
20. Arch Fish Matters?

**Answers (no cheating!):**
1. Turkey; 2. Sprouts; 3. Gingerbread; 4. Mince Pies; 5. Christmas Pudding; 6. Silent Night; 7. O Holy Night; 8. Frosty the Snowman; 9. Joy to the World; 10. Yuletide; 11. Presents; 12. Mistletoe; 13. Stocking; 14. Chimney; 15. Decorations; 16. Bethlehem; 17. Winter Wonderland; 18. Lapland; 19. Wise Men; 20. Father Christmas

Credit: christmascountdown.uk/christmas-anagrams-quiz/

# SUDOKU PUZZLES

Test your brain power, and see if you can solve these Sudoku puzzles.
You can use the post-it-note spaces to jot down your workings.

**3**

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

**4**

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

# EXERCISES TO KEEP YOU ACTIVE

**Exercises are a great way to keep warm and mobile. Anne, Health and Wellbeing Manager at Age UK Northumberland, has some simple exercises to maintain your strength and mobility during the winter months.**

## Seated March

1. Sit upright at the front of the chair.
2. Raise one knee slowly up as far as it feels comfortable.
3. As you place your foot back down, lift your opposite knee up in a slow marching fashion.
4. Repeat 10-15 times on each side.

## Ankle Loosener

1. Sit tall at the front of the chair.
2. Place the heel of one foot on the floor then lift it and put the toes down on the same spot.
3. Repeat 5 times with each foot, making the movement as big as possible.

## Head Turn

1. Turn your head towards one side, keeping your chin at the same height.
2. Hold for five seconds.
3. Return your head to the centre and repeat on the opposite side.
4. Repeat five times on each side.

# WORDSEARCH CHALLENGE!

Can you uncover the famous historical names in the grid below?

**Agatha Christie, Andy Warhol, Anne Boleyn, Aristotle, Billie Holiday, Charles Darwin, David Bowie, Helen Keller, Julius Caesar, Lewis Carroll, Marilyn Monroe, Rosa Parks**

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

# CHRISTMAS WORD WHEELS

**Take a look at the letters in the wheels below, and try to come up with as many words as you can. Also have a go at guessing the nine letter word in each wheel.**

1

2

3

4

5

6

**Answers (no cheating!):**

1. Candycane; 2. Ornaments; 3. Mistletoe; 4. Snowflake; 5. Avalanche; 6. Giftwraps

# CHRISTMAS MUSIC QUIZ

Do you remember Christmas music from yesteryear?
Test your Christmas musical knowledge in this quiz.

1. What was Brenda Lee doing around the Christmas tree? _____
2. In which song is there a snowman named Parson Brown? _____
3. In the Chris de Burgh song, who came travelling? _____
4. According to the song, what do you deck the halls with? _____
5. According to Frank Sinatra, what is the weather like outside? _____
6. What did my true love send to me on the 6th day of Christmas? _____
7. 'Stay Another Day' was a Christmas number one for which boyband? _____
8. 'Do They Know It's Christmas?' was a charity song to raise money for which African country? _____
9. Name the Christmas number one single from this lyric: "I know I stand in line until you think you have the time to spend an evening with me". _____
10. Who released 'Lonely This Christmas' in 1975? _____
11. Who wrote 'Do They Know It's Christmas'? _____
12. According to the song, how many times does Santa Claus check his list? _____
13. 'Driving Home for Christmas' was written by Chris Rea on a drive back to which UK city? _____
14. In what year did Al Martino have the first official UK Christmas number one hit with 'Here In My Heart'? _____
15. What does Mariah Carey want for Christmas? _____
16. According to the song, Santa Claus is gonna find out whether you're what? _____
17. In what year did Slade release 'Merry Xmas Everybody'? _____
18. 'Have Yourself a Merry Little Christmas' was first introduced in which musical? _____
19. Bob the Builder's 'Can We Fix It?' was a Christmas number one. True or false? _____
20. How many 'las' are after the 'fa' in 'Deck the Halls'? _____
21. According to the song, who was a 'jolly happy soul'? _____
22. According to the Christmas classic, what are 'roasting on an open fire'? _____
23. Which Hollywood movie did the classic, 'White Christmas', first appear in? _____
24. Which artist sang 'Blue Christmas'? _____
25. In which Christmas song is Santa encouraged to 'hurry down the chimney tonight'? _____

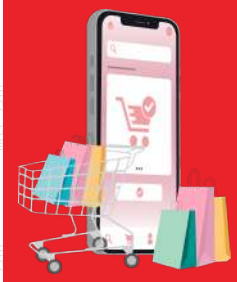
**Answers (no cheating!):**
1. Rockin'; 2. Winter Wonderland; 3. A spaceman; 4. Boughs of holly; 5. Frightful; 6. 6 geese-a-laying; 7. East 17; 8. Ethiopia; 9. Somethin' Stupid - Frank & Nancy Sinatra; 10. Mud; 11. Bob Geldof and Midge Ure; 12. Twice; 13. Middlesbrough; 14. 1952; 15. You; 16. Naughty or nice; 17. 1973; 18. Meet Me in St. Louis; 19. True; 20. 8; 21. Frosty the Snowman; 22. Chestnuts; 23. Holiday Inn; 24. Elvis Presley; 25. Santa Baby

Taken from: kwizzbit.com/christmas-music-quiz-questions-and-answers/

# SIX SCAMS TO WATCH OUT FOR THIS WINTER

## Winter Fuel Payment Texts

Text messages have been circulating inviting older people to apply for their Winter Fuel Payment. If you are eligible, you don't need to apply - these payments are made automatically. The Government will never ask you for your bank details by text.



## Online Shopping Fraud

Stay alert of cyber scams during the festive shopping season. Check if the online shop is legitimate, and read reviews on trusted websites before you buy. Scammers may manipulate people by, for example, claiming offers are only available for a limited time.

## Suspicious Texts and Emails

You may receive increasing numbers of texts and emails - this could be an email asking you to "verify" your bank details, or a text stating you need to pay for a parcel re-delivery. Do not reply, and forward any scam text messages to 7726 which is free of charge.

## Parcel Delivery Scams

Keep an eye out for 'missed parcel' text messages, particularly with the increase in deliveries. Don't click on any links, and if you're expecting a parcel, check out the official website of the delivery company.

## Charity Fraud

In the lead-up to Christmas, fraudsters may take advantage of generosity when it comes to donating to charity. Pause and check before donating, and don't respond to any messages or calls that ask you for your personal information.

## QR Code Fraud

Fraudsters are increasingly exploiting QR codes to direct people to malicious websites. In the run up to Christmas, while shopping or socialising, QR codes in public spaces (stations or car parks) may be risky. If in doubt, do not scan them.

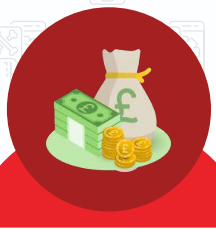
## What can you do to protect yourself from fraudsters?

### Protect Your Online Accounts

Use different passwords for your online accounts, and create strong passwords with random words.

### Do Your Research

Do a thorough check online about the authenticity of a company or organisation.



### Be Cautious About Sending Money

Avoid paying via bank transfer, and don't be pressurised into transferring large sums of money.

### Be Wary of Suspicious Messages

Always check how authentic deals or prices are on items advertised before making a purchase.

**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**

Scams tips taken from:
www.ncsc.gov.uk, www.actionfraud.police.uk, www.gov.uk/government/news/pensioners-warned-to-stay-alert-as-winter-fuel-payment-scams-surge-by-over-150

# CHRISTMAS COLOURING

Unwind, pick your brightest colours and
enjoy this mindful colouring page!

Credit: www.homemade-gifts-made-easy.com/christmas-coloring-pages-for-adults.html#

# WINTER WARMERS

## Shortbread

With just three simple ingredients, have a go at making this delicious shortbread and enjoy with a hot cup of tea!

### Ingredients

- 125g unsalted butter, softened
- 55g caster sugar, plus extra to finish
- 180g plain flour

**Recipe makes 16-20 shortbreads.**

### Step 1

Preheat the oven to 190 degrees (170 fan, gas mark 5).

### Step 2

Beat the butter and sugar together in a bowl until smooth. (You can do this in a food processor if your butter is a bit cold).

### Step 3

Stir in the flour until thoroughly combined. (If you are using a food processor, you can add the flour in this way). Turn onto a clean work surface and knead the dough just enough to bring the mixture together into a smooth ball of dough.

### Step 4

Use a rolling pin to gently roll out until the dough is 1cm (half an inch thick).

### Step 5

Cut into shortbread rounds or fingers, and place onto a baking tray lined with baking paper. Sprinkle with caster sugar and chill in the fridge for 20 minutes.

### Step 6

Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

**HANDY TIP!**

When adding the flour, don't overwork the dough and only mix as much as is needed. The dough should be quite crumbly.

Recipe taken from: www.bbc.co.uk/food/recipes/shortbread_1290

# SUDOKU PUZZLES

Test your brain power, and see if you can solve these Sudoku puzzles.
You can use the post-it-note spaces to jot down your workings.

**5**

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

**6**

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

Turn to the last page...
**to find out all six Sudoku answers!**

# FESTIVE FUNNIES

**Enjoy this selection of Christmas jokes - the perfect way to add some humour to a Christmas Card, or to have a good groan...**

**Why was the snowman looking through the carrots?**

He was picking his nose.

**What do you call an elf wearing earmuffs?**

Anything you want; he can't hear you!

**What's every parent's favourite Christmas carol?**

Silent Night.

**Why did the gingerbread man go to the doctor?**

Because he was feeling crummy.

**What do you call Frosty the Snowman on a sunny day?**

A puddle.

**How does a sheep say Merry Christmas?**

Fleece Navidad!

**Why did Santa go to music school?**

To improve his wrapping skills!

**What's the best Christmas present in the world?**

A broken drum - you just can't beat it!

**How does Santa keep his suits wrinkle-free?**

He hangs them in the Claus-et.

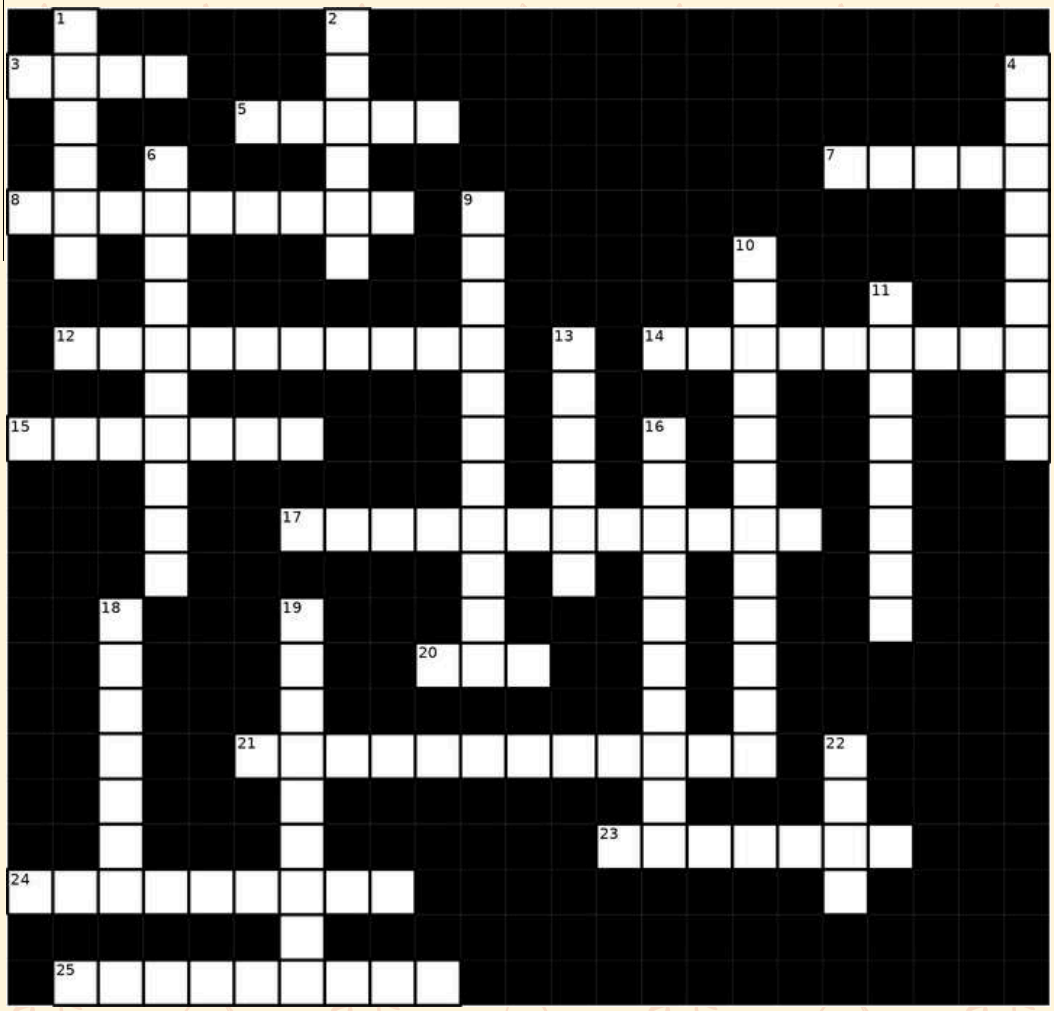
**Why did the turkey join the band?**

Because it had the drumsticks!

Credit: tree2me.co.uk/blogs/thechristmasblog/25-hilarious-christmas-jokes-to-spread-holiday-cheer

# CRYPTIC CHRISTMAS CROSSWORD

Can you crack this Christmas crossword?
Try to uncover the answers from the clues below.



**Across**

3 - Sound a cracker makes.
5 - Amount of French hens gifted during the Twelve Days of Christmas.
7 - The film 'Miracle on 34th Street' was based on this real-life department store.
8 - What the 26th of December is also known as.
12 - Director of the classic 1946 film 'It's a Wonderful Life'.
14 - What words follow "Silent Night" in the song?
15 - Bird known for its black and white tuxedo-like appearance.
17 - Actor who starred in 'The Muppet Christmas Carol'.
20 - Colour of Santa's suit.
21 - One of the gifts given by the Three Wise Men, beginning with 'F'.
23 - What water does when the temperature drops below zero.
24 - Type of Italian sweet bread enjoyed during the Christmas period.
25 - Traditionally cooked on an open fire.

**Down**

1 - Left for Rudolph on Christmas Eve.
2 - The country who sends a Christmas tree to London every year as a gift.
4 - You are supposed to kiss someone underneath this plant.
6 - Legendary 'Coronation Street' character who left the show on Christmas Day 1987.
9 - Band whose single 'Don't You Want Me' was the Christmas No. 1 in 1981.
10 - Traditional Scottish song sung on New Year's Eve.
11 - Name of a coin traditionally hidden in a Christmas pudding.
13 - Hark the [...] Angels Sing
16 - Iconic actress who was born on Christmas Eve in 1922.
18 - Name of one of Santa's reindeers beginning with 'B'.
19 - Star sign if you are born on Christmas Day.
22 - In Paris, you may be wished 'Joyeux [...]'

**Answers (no cheating!):**

Across - 3. Bang; 5. Three; 7. Macys; 8. Boxing Day; 12. Frank Capra; 14. Holy Night; 15. Penguin; 17. Michael Caine; 20. Red; 21. Frankincense; 23. Freezes; 24. Panettone; 25. Chestnuts

Down - 1. Carrot; 2. Norway; 4. Mistletoe; 6. Hilda Ogden; 9. Human League; 10. Auld Lang Syne; 11. Sixpence; 13. Herald; 16. Ava Gardner; 18. Blitzen; 19. Capricorn; 22. Noel

# MORE EXERCISES TO KEEP YOU ACTIVE

## Here's Anne with a few more mobility exercises!

### Opposite Arm and Leg Extension

1. Sit up straight in a sturdy chair with your back straight and your feet flat on the floor.
2. Extend your right arm straight out to the side.
3. Simultaneously, extend your left leg out to the side.
4. Slowly return to the starting position.
5. Repeat the movement with your left arm and right leg.
6. Continue to alternate sides for 8–10 repetitions on each side.

### Seated Leg Lift

1. Sit upright, away from the back of your seat throughout.
2. Lift one leg straight out in front of you, do not lock your knee and be gentle with the knee joint.
3. Then slowly lower your leg down.
4. Complete 5-10 times on each leg.

### Sit to Stand Using Hands

1. Sit upright with your feet slightly behind your knees.
2. Hold firmly onto the sides or arms of your chair.
3. Shuffle your bottom forward towards the end of the chair.
4. Lean your chest forwards with your head up and looking forwards.
5. Push through your feet and hands to help you stand up, squeezing your leg and bottom muscles to help you.
6. To sit back down, make sure you feel the chair with the backs of your legs and keep your head up, then reach your hands back for the arm rests and gently sit down.
7. Repeat 10-15 times.

# GUESS THE CHRISTMAS SONG LYRICS

Read the lyrics below to these ten popular Christmas songs, and see if you can guess the name of the song, and the artist who performed it.

1. ***"Does your granny always tell ya that the old songs are the best? Then she's up and rock 'n' rolling with the best".*** _____

2. ***"When the snowman brings the snow. Well, he just might like to know he's put a great big smile on somebody's face".*** _____

3. ***"I just want you for my own. More than you could ever know. Make my wish come true".*** _____

4. ***"Time for parties and celebration. People dancing all night long".*** _____

5. ***"The mood is right. The spirit's up. We're here tonight. And that's enough".*** _____

6. ***"Once bitten and twice shy, I keep my distance, but you still catch my eye".*** _____

7. ***"And so this is Christmas, I hope you had fun. The near and the dear ones. The old and the young".*** _____

8. ***"When you first took my hand on a cold Christmas Eve. You promised me Broadway was waiting for me".*** _____

9. ***"Welcome to my Christmas song, I'd like to thank you for the year. So I'm sendin' you this Christmas card to say, "It's nice to have you here".*** _____

10. ***"A ray of hope flickers in the sky. A tiny star lights up way up high. All across the land, dawns a brand new morn".*** _____

**Answers (no cheating!):**

1. Merry Xmas Everybody - Slade; 2. I Wish it Could Be Christmas Everyday - Wizzard; 3. All I Want for Christmas is You - Mariah Carey; 4. Merry Christmas Everyone - Shakin' Stevens; 5. Wonderful Christmastime - Paul McCartney; 6. Last Christmas - Wham!; 7. Happy Xmas (War is Over) - John Lennon & Yoko Ono; 8. Fairytale of New York - The Pogues ft. Kirsty MacColl; 9. Step Into Christmas - Elton John; 10. When a Child is Born - Johnny Mathis

# POETRY CORNER

## Christmas Rules and Promises
by Roy E. Peterson

My first rule for this Christmas is
No carrot sticks for me.
They might have been a snowman's nose,
So I will let them be.

My second rule this Christmas is
Your gift I will remember;
So if it turns out kind of cheesy,
I'll match it next December.

My third rule for this Christmas is
Don't change the songs I play.
When you are in my house you must
Endure them for the day.

I'll gift-wrap empty boxes nice,
Then give a warning dire.
If you won't listen, or obey,
I'll throw one in the fire.

And if you breathe a bad word to
My Christmas company,
I'll douse your head with eggnog,
Throw you through the Christmas tree.

Politely say "Thank you" for every
Photo, gift, or box,
Even if it's handkerchiefs
Or just a pair of socks.

You'll wish to all a "Merry Christmas,"
When meeting them this yule.
That is my final Christmas wish,
And final Christmas rule.

## Make a Christmas Verb
by Mark F. Stone

For many, the gifts are the be-all and end-all:
the big screen, the tablet, the Barbie and Ken doll.
For me, gifts I get are like ice in the sun.
I cannot recall them. No, not even one.

How did I find a true way to remember
the import of each twenty-fifth of December?
The quest to acquire is an urge one can curb.
The lesson I learned was: make Christmas a verb.

Knock on the door of your neighbours who deal
with ageing and loneliness. Bring them a meal.
If you have means and you live in fine fettle,
drop off some greens in that little red kettle.

Visit our vets who are hurt and express
your thanks for their service as they convalesce.
Deliver to others a luminous glow.
The gifts you will cherish are those you bestow.

Credit: www.classicalpoets.org/2023/12/10-funny-and-nostalgic-christmas-poems/

# SUDOKU ANSWERS

Check your completed Sudoku puzzles in the book with the answers to each one below.

**1**

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

**2**

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

**3**

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

**4**

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

**5**

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

**6**

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

Puzzles taken from: krazydad.com/sudoku/

Northumberland Age UK

Let's change how we age

# SERVICES TO HELP YOU LIVE WELL

- ADVOCACY
- BEREAVEMENT SUPPORT
- DAY CARE & LUNCH CLUB
- FRIENDSHIP LINE
- FRIENDSHIP GROUPS
- HEALTH & WELLBEING
- HOME CARE
- INFORMATION & ADVICE
- LIVE WELL WITH DEMENTIA
- SCAMS AWARENESS
- VETERANS SUPPORT
- VOLUNTEERING

**IF YOU'D LIKE TO KNOW MORE ABOUT OUR SERVICES, PLEASE GET IN TOUCH!**

**T: 01670 784 800**
**E: info@ageuk-northumberland.org.uk**
www.ageuk.org.uk/northumberland

LPXMAS2025