

August Activity Pack

Filled with lots of seaside themed quizzes, colouring, recipes, poems and much more.

Created by the Age UK Shropshire Telford & Wrekin Day Services Team





It is with great pleasure that I can tell you that Dean, my ride partner, and I successfully completed our cycle ride across Britain from the most westerly point in Cornwall to the most northerly point in Scotland, all in aid of Age UK Shropshire Telford & Wrekin. It took us 12 days, as planned, with approximately 80 miles of cycling a day. Our most surprising day was our second day from Camelford to Taunton where we cycled 103 miles with nearly 7000ft of climbing, saying that, my legs could have done more cycling that day – I was still in the honeymoon period!

Our journey took us along the sea front in Penzance, along quiet country lanes, up challenging bridleways, copious amounts of hills – although none of the hills were beyond us, surprisingly! The scenery into Scotland was terrific with much of the route off road.

Of course, we couldn't have done any of this without a whole team of people – my family who gave me their blessing to leave them for a fortnight; colleagues from Age UK Shropshire Telford and Wrekin who helped us with our promotion and were very supportive along the route ensuring our safety as well as providing lots of encouragement; a team of 9 drivers who drove the van 'Bob LEJOG' and supported us along different parts of the route - making sure we were fed and watered each day as well as setting up camp at night when required; friends who popped up to Edinburgh to support and who fed us extremely well, and all of our donators who have been incredibly generous.

Arriving into John O'Groats was really special although the weather had been against us all day rain, wind and thick fog (the rest of our trip was warm and dry). We were welcomed in by my son, Tom, who was our driver for the last three days, a couple of friends, and Heather, the CEO from Age UK STW, had organised a bagpiper to play especially for us. How special!

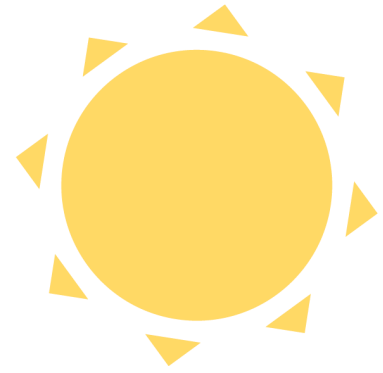
To date, the total is around £12k which is unbelievable particularly as we aimed to raise so much less. So, this letter comes with a huge THANK YOU to all those that donated to Age UK Shropshire Telford & Wrekin's Platinum Appeal, where the money will be spent on reducing loneliness and isolation, supporting people with dementia and providing information and advice.

I am asked what were the most difficult parts, probably being away from my family for so long, the sheer exhaustion after day 1 with self-doubts, my sore hands that could not get comfortable and still hurt a week later. But of course, all the difficult times are totally outweighed by the positive – the amount of amazing support we received each day of utter faith that we would complete this challenge, reaching 45 mph on a downhill, surveying the beauty of our country by bike, our drivers who provided a great distraction to the days pedaling, raising so much money, riding into Uffington near Shrewsbury to masses of people applauding us – this was very overwhelming. But ultimately feeling proud of myself that I achieved this challenging cycle ride for a very special charity.

Best wishes

Emma and Dean

Seaside Quiz



1. Where was the sitcom Fawlty Towers set?
2. Which resort is famous for its 'Pleasure beach' and illuminations?
3. True or false. Nowhere in the UK is more than 125 miles from the sea?
4. Which town is known as 'The Queen of the Welsh Resorts'?
5. What is a golf course by the sea called?
6. Where did Billy Butlin open his first holiday camp in 1936?
7. Which British seaside attraction is 158 metres tall?
8. What term is often given to a period of dry hot weather that occurs in the autumn?
9. Which edible blue-black shellfish is found in clusters on coastal rocks?
10. What do we call an open air swimming pool?
11. Who went to sea in 'a beautiful pea green boat'?
12. Salmon has what colour flesh?
13. What do we call a herring fillet rolled up with onions and pickled?
14. What forms the filling in a Summer Pudding?
15. With which TV comedy duo would you associate the song Bring Me Sunshine?
16. The television series 'Hi di Hi' was set in which fictional holiday camp?
17. What name is given to the wood that is found washed onto a shore or beach by the action of winds, tides or waves?

Can you name these seaside towns and beaches?



1.



2.



3.



4.



5.



6.



7.



8.

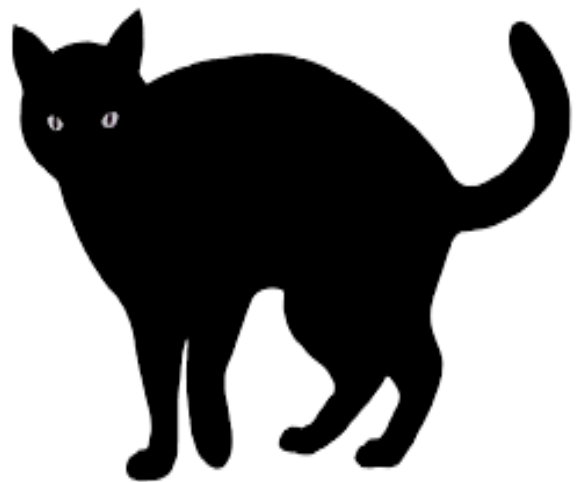
Jack the cat - Chapter 5

Jack seldom goes out when it is dark. He is warm and cosy in his new home. It is better than his old home under the hedge near the band stand.

However, one evening his friend asked him if he would like a ride to the railway station. Jack didn't know what a station was but he enjoyed riding in his friend's bicycle basket, so he jumped up and settled himself down for the trip. Down the hill and along beside the river they went. Jack liked the light on the front of his basket, he thought it was kind of his friend to put it there for him.

The shops looked beautiful at night time, but best of all, the river looked beautiful at night time because the street lights danced on the water.

"Nearly there," said Jack's friend, "we are going to meet someone from the train." They went past some traffic lights when they were green, then Jack's friend leant his bicycle against a wall.



Jack looked up and saw a castle high above them. Jack's friend said, "Keep still," as he tucked him inside his jacket for safety. Jack's little black and white nose peeped out! "What an adventure!" thought Jack.

Now you know how Jack dislikes sudden noises, well, oh dear! Suddenly he heard a very loud voice. It came from a box up in the roof of the station, though he couldn't see anyone there.

"The train approaching platform seven is the 8 o'clock from Chester," said the voice.

"The train is coming!" said Jack's friend and he ran up the stairs and onto the platform. "Hold tight!" Jack heard a noise like a strong wind. It grew and grew until he was so scared he hid inside his friend's jacket.

Jack heard doors banging and a friendly voice calling, "Hello, and what is that in your jacket?"

"It's Jack the cat, the Shrewsbury cat," my friend replied, "and he has found a home in my kitchen!"

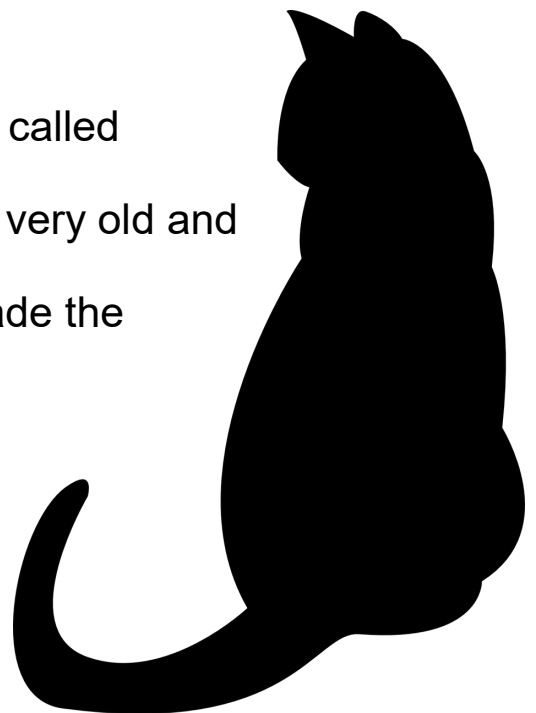


Jack the cat - Chapter 6

One morning, after eating his currant bun and drinking his milk, Jack curled up for a little nap. “Would you like to come shopping with me now Jack?” said his friend, “I’m taking my bicycle today so you can sit in the basket. We shall go near the Three Fishes and up the Bear Steps.”

“Well,” thought Jack, “the fishes sound a good idea but I’m not so sure about the bears. Perhaps I’ll be brave and go with my friend.” Down the hill they went, past a shop that sold footballs. Jack’s friend then pushed his bicycle across to the Market Square, past the old red letter box and across the road near a statue that said “CLIVE” underneath it. “These statue men seem to like standing up,” thought Jack, “except for the black one near the library.”

Jack’s friend walked up a very narrow road, called Grope Lane. The houses either side looked very old and bent. They were so close together that it made the street quite dark.

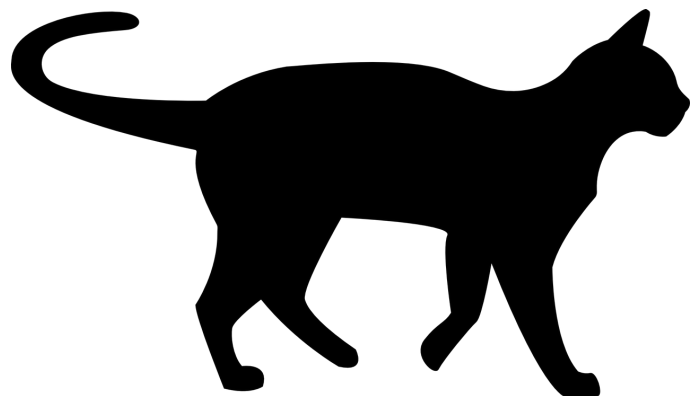


Jack curled up in a tight ball in his basket, feeling a little scared. “I hope the bear doesn’t growl,” he thought. At the top of the street Jack saw some steps.

“Here we are, the Bear Steps,” said his friend, “we’re nearly there.” Jack looked everywhere. He saw some paintings in a window, he saw some people eating and drinking at tables outside. He saw a church but he didn’t see a bear anywhere! “Well, I am pleased,” he mewed, “but I seem to have missed the fish.”

Jack’s friend pushed his bicycle along the path and propped it up near a bookshop window. “Stay there Jack, I won’t be long,” said his friend.

Jack looked in the bookshop window. He stared and stared with great big eyes. “How amazing,” he thought, “I am famous!!” There in the window was a book with a picture of himself on the front cover. “It must be me with the white blob on the end of my nose. Wow! Meow! They must like me in Shrewsbury and I’m very happy to live here.”









Ginger Biscuits

Ingredients	
100g	Salted butter, cubed
75g	Light brown soft sugar
1tbsp	Grated fresh ginger
100g	Golden syrup
250g	Self-raising flour
1.5 tbsp	Ground ginger
1 tsp	Bicarbonate of soda
1	Small egg yolk, beaten

Method

1. Heat the oven to 190C/170C fan/gas 5. Line two large baking trays with baking parchment. In a saucepan over a low heat, melt the butter, sugar, fresh ginger and golden syrup and leave to cool.
2. Mix the flour, ground ginger and bicarbonate of soda together in a bowl with a wooden spoon. Gradually stir in the cooled sugar mixture and the egg yolk and knead briefly to make a dough.
3. Roll the dough into 20g balls and put on the prepared baking trays with 3cm between each to allow for spreading. Bake for 8-10 minutes until golden brown. Leave to cool on the trays for a min, then transfer to a cooling rack to cool completely.



Mediterranean Chicken Tray Bake

Ingredients	
750g	New potatoes halved lengthways
1	Red onion cut into wedges
1	Bulb of garlic, cloves separated
1	Lemon cut into wedges
8	Whole chicken thighs
12	Baby plum tomatoes, halved
100g	Small glass of white wine
	Handful of green or black olives and oregano leaves

Method

1. Heat the oven to 200C/fan 180C/gas 6. Put the potatoes in a large roasting tray, add 2 tablespoons of olive oil and season. Toss everything to coat then roast for 20 minutes.
2. Add the red onion, garlic cloves, lemon wedges and chicken thighs, then drizzle with another tablespoon of oil and season.
3. Roast for another 20 minutes then take out and turn the oven up to 220C/fan 200C/gas 7.
4. Add the tomatoes, wine and olives, then put the tray back in the oven and cook for a final 20 minutes until the chicken is crisp and golden.
5. Sprinkle over the feta and oregano, drizzle with a little more olive oil and serve.

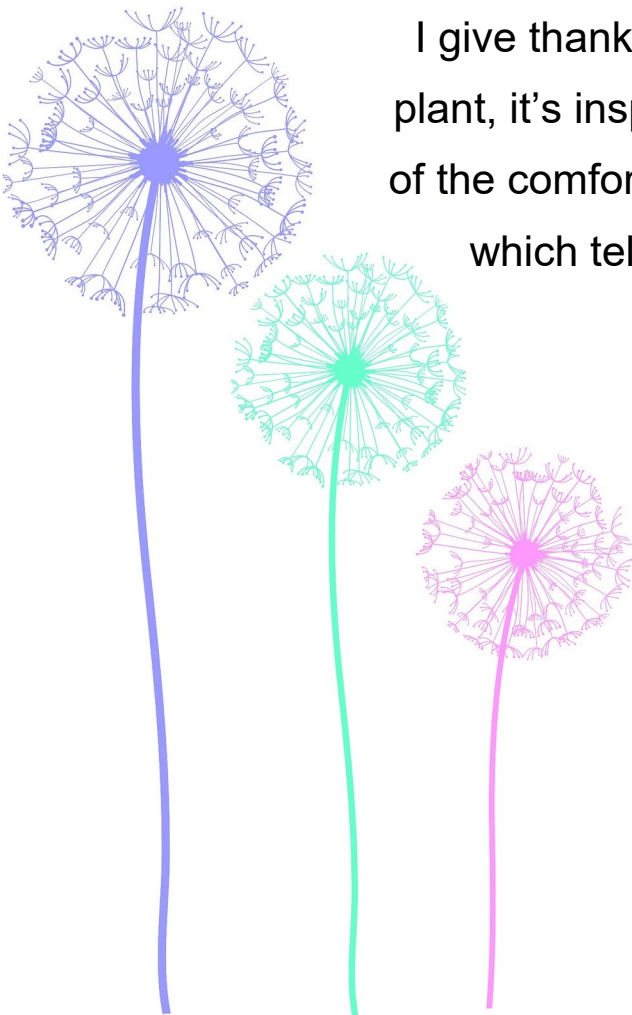
Tick Tock

By George Hill, Shrewsbury

Tick Tock dandelion clock,
how gracefully you stand,
as the gentle breeze disturbs
your seeds and sows them on the land.

Nature does your bidding so
that next year come what may,
the golden glow of dandelions
will brighten up our day.

I give thanks for nature's lowly
plant, it's inspired this tale to tell,
of the comforting sight before me
which tells me all is well.



Bee Happy

by George Hill, Shrewsbury

As I lie in the shade of a leafy bough
With dappled sunshine filtering through,
I feel so calm in the here and now
And my mind is warmed by the thought of you



Not a sound can be heard save the sound of a bee,
as he hovers around the flowers near me.
A symbol of life so beautiful too
Unhurried by the presence of me or you
It makes me feel privileged to be so alive
As the bee starts his journey back to the hive.



At the Sea-Side

By Robert Louis Stevenson

When I was down beside the sea
A wooden spade they gave to me
To dig the sandy shore.
My holes were empty like a cup.
In every hole the sea came up
Till it could come no more.

Poems chosen by Mary Whitworth

Seaside Word Search (easy)

B	H	B	P	A	C
U	S	I	A	H	D
C	I	D	I	L	I
K	F	P	E	R	L
E	S	B	A	R	C
T	T	O	W	E	L

BALL

BUCKET

CHIPS

CRAB

FISH

TOWEL

Seaside Word Search (hard)

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

BALL	BEACH	BOAT	CHIPS
CRAB	DONKEY	FISH	FUNFAIR
HAT	ICECREAM	PICNIC	SANDCASTLE
SHELLS	SEASIDE	SPADE	SANDWICHES
TOWEL			

Seaside quiz Answers

1. Torquay
2. Blackpool
3. False. It's 75 miles
4. Llandudno
5. Links
6. Skegness
7. Blackpool tower
8. Indian summer
9. Mussels
10. Lido
11. Owl and Pussycat
12. Pink
13. Roll mop
14. Fresh fruit, usually summer berries
15. Morecambe and Wise
16. Maplins
17. Driftwood
18. Osborne Beach on the Isle of White

Name the seaside Answers

1. Blackpool
2. Tenby, Pembrokeshire
3. Aberystwyth, Ceredigion
4. St Ives, Cornwall
5. St Michaels Mount, Cornwall
6. Llandudno, Clwyd
7. Port Meirion, Gwynedd
8. Crosby, Merseyside