

# June Activity Pack

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

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





## Cycling the length of Britain in 12 days

On 23 June, Dean and Emma, are cycling from Land's End to John O'Groats in aid of Age UK Shropshire, Telford & Wrekin's Platinum Appeal.

### Emma Wilde, Senior Coordinator of Day Services for Age UK STW

"As a member of the Day Services' staff at Age UK STW, I have witnessed first-hand how hard this last year has been for older people, those with dementia and their carers. The isolation and lack of stimulation have had a really negative impact on older people.

So, more than ever, working for Age UK STW is a real privilege. The day services' team have worked incredibly hard to continue supporting older people in new, creative ways including this activity pack.

Cycling from Land's End to John O'Groats is a gift. What a fantastic opportunity to challenge myself but also to raise money for our Platinum appeal - yes Age UK in Shropshire, Telford & Wrekin was 70 last year! This momentous ride both excites and terrifies me; excited because it is a once in a lifetime opportunity and terrifying as I ask myself, can I do this?"

### Dean Suter, Befriending volunteer for Age UK STW

"I have volunteered as a befriender at Age UK STW for the past 3 years. Prior to the pandemic, I visited an elderly couple once a week in Shrewsbury. They were the sweetest couple you could imagine, and we had so much in common. Our shared interest in music and sport ensured that our meetings for a coffee and chat were one of the highlights of my week.

The support provided by the staff & volunteers at Age UK has been immense. I know they have had to work doubly hard in these challenging times and deserve immense credit. To have to overcome so many obstacles to provide the support required for so many vulnerable people has been a superhuman effort.

I started to cycle seriously during lockdown and, with this being the 70<sup>th</sup> year for Age UK, I looked for a serious challenge. Cycling from Land's End to John O'Groats is a notoriously difficult challenge, however considering the work that the staff and volunteers at Age UK STW have put in over this period, it is the least I can do".

**If you would like to support Emma & Dean in their cycle please donate to their JustGiving pages here:**

<https://www.justgiving.com/fundraising/emmajiwilde>

<https://www.justgiving.com/fundraising/dean-suter1>



## Great British Picnic quiz questions

1. Where is the UK's oldest surviving hedge maze?
2. What flower has every Royal bride carried since 1840?
3. Which campaign encouraged Britain to use gardens, parks, and sports pitches to grow vegetables during World War Two?
4. Saffron comes from which type of flower?
5. What are Seville Oranges commonly used for?
6. Which flower inspired the William Wordsworth poem 'I wandered lonely as a cloud'?
7. Which flower was once more costly than gold and has bulbs which can replace onions in some recipes?
8. What has varieties of beefsteak, plum and cherry?
9. Which part of a tree can be used to make cork?
10. Which plant has flowers that change colour from blue to pink according to the amount of acid in the soil?
11. What is the name given to the technique of clipping trees and hedges into ornamental shapes?

## Picnic Alphabet Challenge

Can you find a picnic themed word for each letter of the alphabet?

**I'm going on a picnic and I'm taking.....**

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

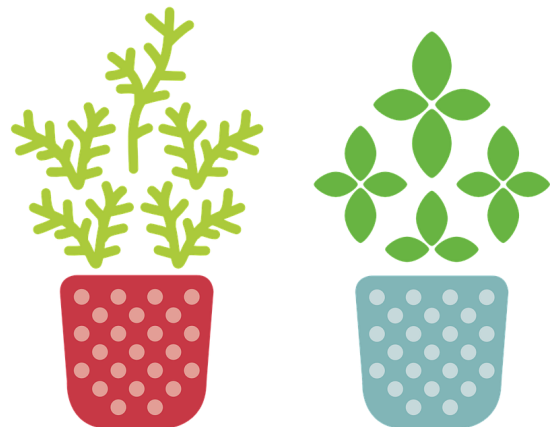
Y

Z

# Flower and Herb Quiz

Can you name the flowers and herbs from the clues below?

1. This flower is one in the eye for the girl?
2. Got up?
3. Please remembers me?
4. Fashionable feline?
5. Cunning animals hand warmer?
6. Bovine Error?
7. Wed precious metal?
8. Spring Month?
9. Sad Ringer?
10. A vicious Welsh emblem?
11. Duration?
12. Bill sounds like a nice fellow?
13. Industrious Queen?
14. Receptacle for dairy product?
15. Used in thickening sauces?
16. Mrs Bucket's first name?
17. Enclosure in criminal court for prisoner?
18. A nice pad on a lake?
19. A wise old herb



## Can you fill in these blanks in these traditional songs?

Years ago, many homes possessed The News Chronicle National song book. We learned many of these songs at school.

1. Cherry \_\_\_\_\_
2. It was a lover and \_\_\_\_\_
3. The Bay of \_\_\_\_\_
4. Early \_\_\_\_\_
5. Charlie is my \_\_\_\_\_
6. A \_\_\_\_\_ we will go.
7. The \_\_\_\_\_ grove.
8. Heart of \_\_\_\_\_
9. Ye banks and \_\_\_\_\_
10. The \_\_\_\_\_ row
11. John \_\_\_\_\_
12. The Vicar of \_\_\_\_\_
13. O waly \_\_\_\_\_
14. The foggy \_\_\_\_\_
15. An Eriskay \_\_\_\_\_
16. All through \_\_\_\_\_

Thank you Anne Bullock for sending this in and enabling us to reminisce about our younger days.

## Jack the cat - Chapter 3

Jack's friend has an old bicycle that he keeps in the shed. It is rather special as it has a large basket on the front and inside the basket is a cushion. Who sits there, do you think? Yes, Jack curls himself up in a cosy ball and loves to sleep in the bicycle basket bed.

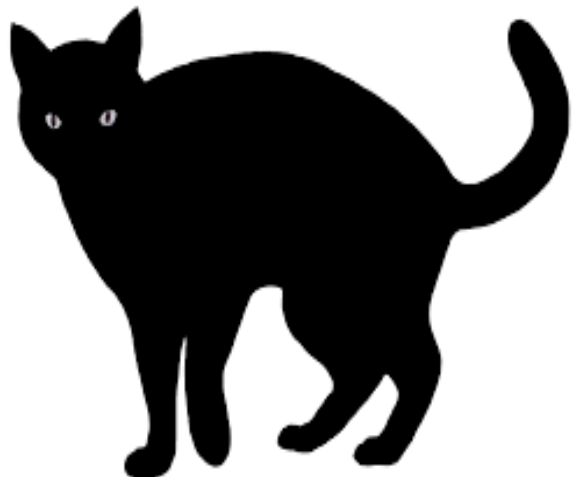
One day whilst Jack was asleep, his friend decided to cycle to the Abbey. Suddenly Jack awoke to find himself flying along in the basket and there were cars and buses all around him! He was scared but he decided to just sit still and try to enjoy the ride.

Along the road, down the hill, along the road, down the hill went the bicycle with Jack in the basket. "How exciting!" he mewed.

"Are you alright Jack?" asked his friend, "It's not far now."

The road went over the river bridge. "This is the English bridge," said his friend.

"I wonder if that is the same water that I have seen near the Quarry?" thought Jack.

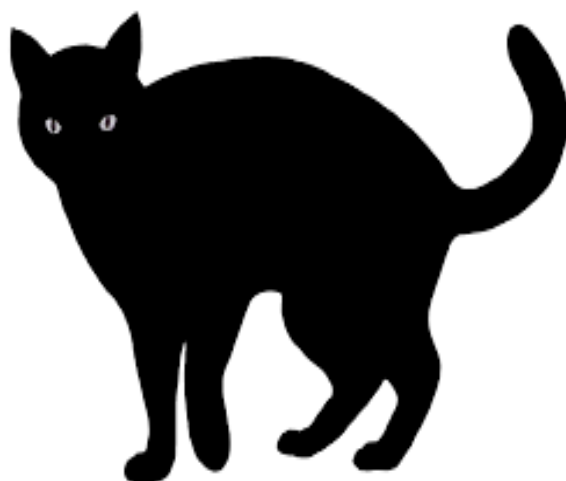


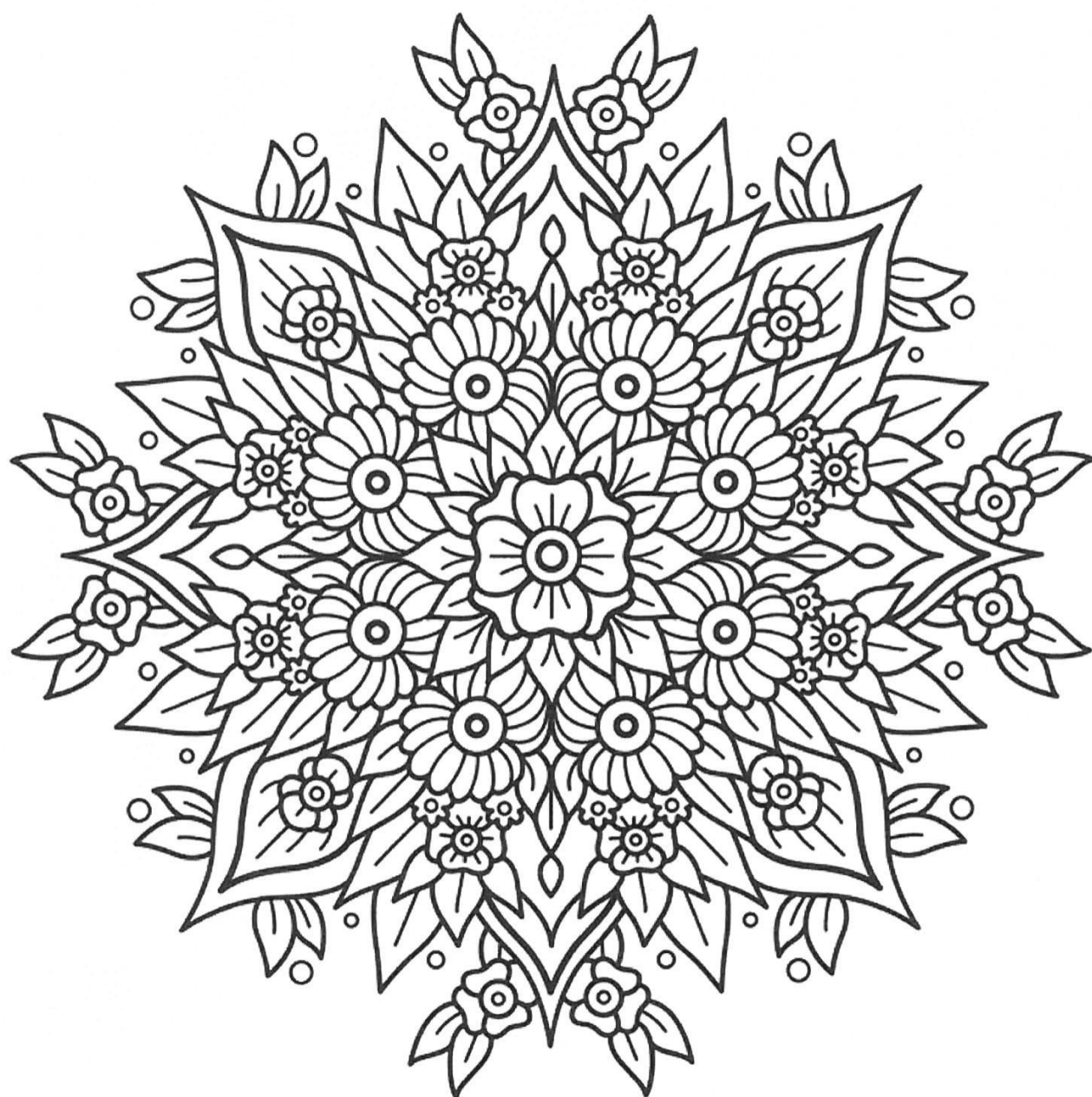
Past traffic lights and along a little road they went until Jack's friend stopped and propped the bicycle up against a hedge. "I think I'll take you with me," said Jack's friend, "in case you get into trouble out here in the car park."

The building was called the Abbey and it was enormous. Everything about it was enormous, the doors, the windows, the hallways were all so big Jack felt very small and timid in his friend's arms. He looked around at the beautiful coloured windows. "How pretty," he thought.

All of a sudden there was a noise, not loud at first but getting louder and louder. It scared Jack so much that he leapt out of his friend's arms and fled under a seat! Jack sat there, trembling, and his black fur stood on end with fright! His whiskers were twitching!

"Don't be afraid," said his friend, "It is only the organ playing music for us to hear. Come out from under that pew and we'll go home for tea, you've had enough excitement for one day!"









## Easy Coronation Chicken

Make a classic coronation chicken filling to serve with jacket potatoes or in sandwiches and salads. It's an excellent way to use up leftover chicken after a roast.

Ingredients	
6tbsp	Mayonnaise
2-3tsp	Mild curry powder, to taste
1/2 tsp	Ground cinnamon
2tbsp	Mango Chutney
1-3 tbsp	Sultanas, or to taste
500g	Shredded cooked chicken

## Method

1. Mix the mayonnaise, curry powder, cinnamon, chutney and sultanas together and season with black pepper.
2. Add the shredded chicken and stir to coat in the sauce. Stir in 2 tbsp water to loosen if needed, then season and serve as desired.



## Easy Eton Mess

Ingredients	
6	Ready-made meringues
500g	Strawberries, hulled and roughly chopped
450ml	Double cream
1 tbsp	Icing sugar

## Method

1. Blitz 1/3 of the strawberries to make a strawberry sauce.
2. In a large bowl whisk the cream with the icing sugar until it just holds its shape.
3. Roughly crush  $\frac{3}{4}$  of the meringues and tip them in with the chopped strawberries and stir, then swirl through the strawberry sauce.
4. Dollop into bowls then crush the remaining meringues, sprinkling the pieces over the top.



June's warm weather makes it the perfect month for enjoying a picnic, which is why, for the past decade, it has played host to National Picnic Week, which takes place every year to help people get out into their local spaces and enjoy tasty, local food.

With the ongoing uncertainty with the coronavirus, we may not be able to celebrate as we usually do but that doesn't mean we can't dine alfresco during National Picnic Week.

This year's event runs from 19<sup>th</sup> – 27<sup>th</sup> June, so there is bound to be some sunshine and some wonderfully smelling flowers for you to enjoy while you eat.

To help you get in the mood for a picnic, whether that is outdoors or indoors, here are some fun facts you might not know about picnics!

## Did you know..?

- Picnics were invented by the French? Well, we say invented, the French popularised the concept of picnics after the French Revolution when all the royal parks fell into public ownership. Families and friends would bring refreshments and meet up in the parks to enjoy the sunshine and the landscaped gardens.
- When it comes to picnics in general, originally they were used as a social event which would involve whole communities. Everyone would bring along an item of food or drink which would then be shared around.
- Scotch Eggs were invented in London. That's what Fortnum and Mason claim anyway. They say they came up with the idea back in the 1730s and they still sell their own version today.
- The reason June was chosen for National Picnic Week is because it is the most popular time for picnics in the UK. In the USA, 4<sup>th</sup> July is their most popular day, whereas the Italians go for Easter Monday and the French head out with their baskets and blankets on Bastille Day.
- One of the first accounts of picnicking comes from tales of Robin Hood. Robin, joined by his Merry Men would informally dine on bread, cheese, and beer under the shelter of the trees.
- John W Bratton was the man responsible for the tune for the famous children's song The Teddy Bear's Picnic, which was composed in 1907.

## Poem for Age UK

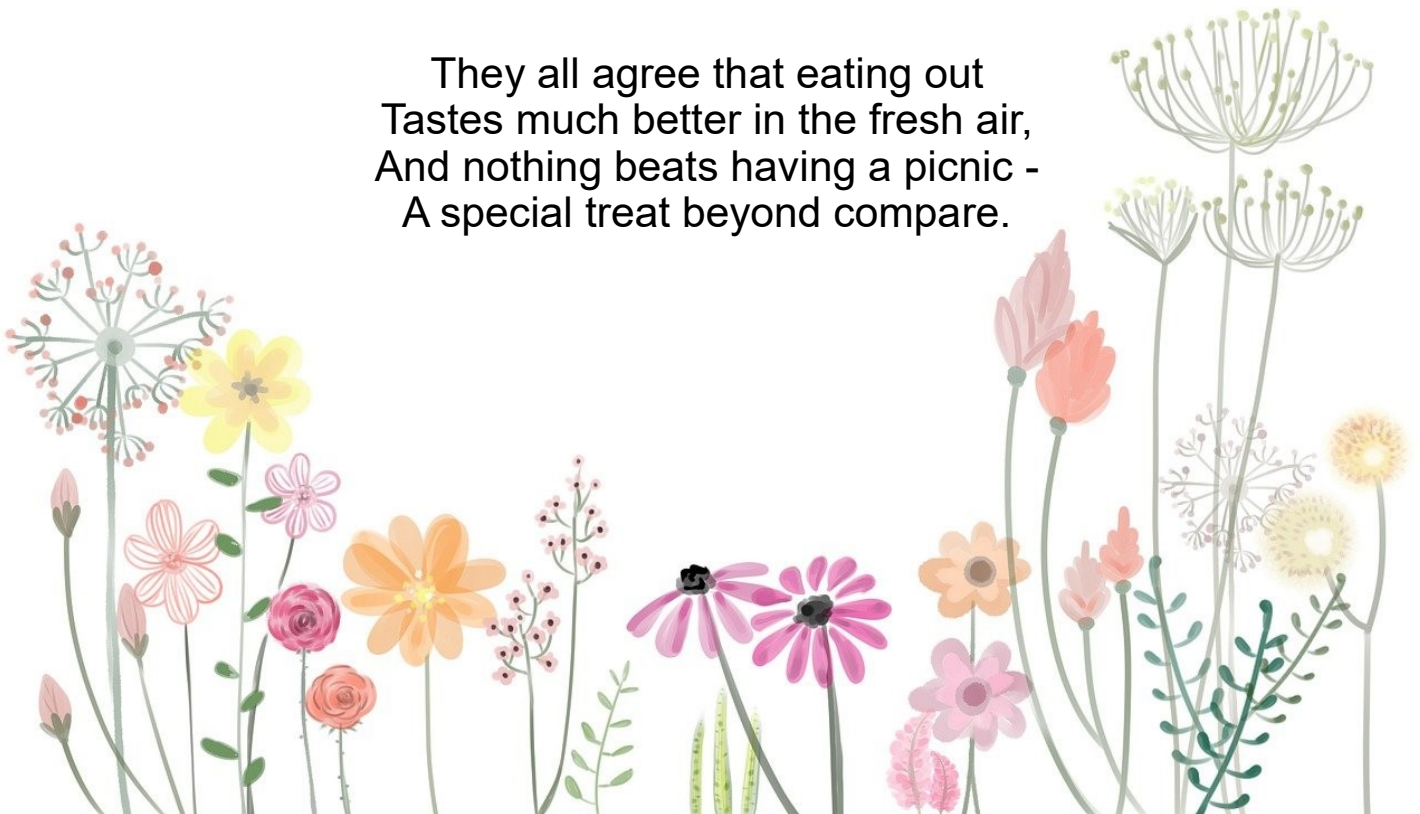
Patricia Rose © 13.4.2021

It really is a beautiful day  
for having a picnic in the park,  
Birds singing, children playing  
All as happy as a lark.  
The sun is shining brightly  
With a smile that seems to say  
It's a perfect day for a picnic  
So have a lovely day.

Young girls making daisy chains  
They can wear around their hair,  
Young boys making aero planes  
They can just fly in the air.

Mother opens the hamper  
And lays the blanket on the ground,  
Father is busy laying out the food  
As hungry children gather around...  
There are sandwiches and cup cakes  
And bottles of fresh lemonade,  
Cream cakes and a chocolate sponge  
That their clever mother has made.

They all agree that eating out  
Tastes much better in the fresh air,  
And nothing beats having a picnic -  
A special treat beyond compare.





## Tick Tock

George Hill

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

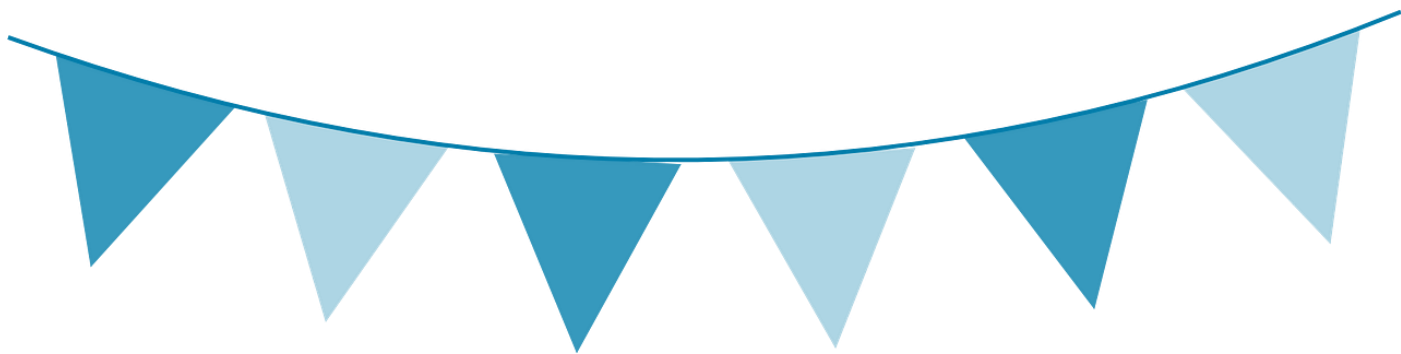
## The Bluebell Wood

George Hill

Today I walked in a bluebell wood  
What a wonderful place to be.  
I could see no other soul about  
Just the birds and bees and me.

This sanctuary seems just mine alone  
And is a most exciting find.  
Where the busy world is excluded  
As I clear the clutter of my mind.

I think everyone should have a bluebell wood  
To escape to when they can,  
For the day has been so kind to me  
And I feel such a lucky man.



## Picnic Wordsearch (easy)

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

BEACH

GRASS

RUG

CAKE

PARK

SANDWICH

FLASK

PICNIC



## Picnic Wordsearch (hard)

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

ANTS

BLANKET

COLESLAW

GRASS

PICNIC

SANDWICH

WASPS

BASKET

CAKE

CRISPS

NAPKINS

PLATES

BEACH

SUMMER

FLASK

PARK

RUG

CHEESE

UMBRELLA

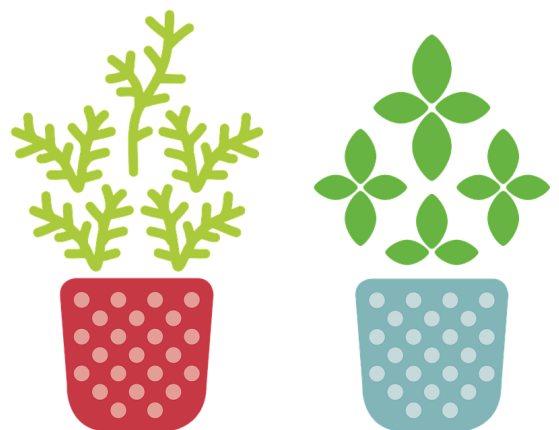


## Great British Picnic Answers

1. Hampton Court Palace
2. Myrtle, grown in Osborne, Queen Victoria's garden
3. Dig for Victory
4. Crocus
5. Making Marmalade
6. Daffodil
7. Tulips
8. Tomatoes
9. Bark
10. Hydrangea
11. Topiary

## Flower & Herb Quiz Answers

1. Iris
2. Rose
3. Forget Me Not
4. Dandelion
5. Foxglove
6. Cowslip
7. Marigold
8. April flower or May flower
9. Bluebell
10. Snap Dragon
11. Thyme
12. Sweet William
13. Busy Lizzie
14. Buttercup
15. Cornflower
16. Hyacinth
17. Dock
18. Lily
19. Sage



## **The News Chronicle National song book answers:**

1. Ripe
2. His lass
3. Biscay
4. One morning
5. Darling
6. Hunting
7. Ash
8. Oak
9. Braes
10. Keel
11. Peel
12. Bray
13. Waly
14. Foggy Dew
15. Love Lilt
16. The night