

Age UK Sutton Wellbeing pack

Tips to stay active and healthy whilst staying at home during the Coronavirus

Age UK Sutton Wellbeing pack

We hope you enjoyed our first activity pack, welcome to those who are receiving their first pack! Here is our second pack for you to enjoy.

We hope you enjoy the activities and please do continue to give some feedback on what you would like to see in future packs. Age UK Sutton is here for you to provide support and help you stay well during these challenging times.

In this pack you will find the following:

- A reminder of our services, activities and some updates from Age UK Sutton
- Telephone scams fact sheet
- Rainbows of Joy community craft project
- Some exercises with instructions on how to do these safely at home
- A selection of riddles, mindfulness colouring sheets and brainteasers
- Some relaxation techniques



info@ageuksutton.org.uk
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Age UK Sutton Services Update

Age UK Sutton's service provision during Coronavirus

Our ongoing services

During the Coronavirus pandemic, Age UK Sutton continues to provide vital services to older people, their families and carers across the Borough of Sutton. Our usual Information, Advice and Support services continue to be available by phone and email, and we have taken our befriending and social activities online and onto the phone, so we can keep in touch and support each other whilst observing safety guidance.

New services

To make sure everyone who is isolating or affected in other ways by Coronavirus, we have also introduced a number of new services for older people across Sutton.

FREE essentials shopping service

With the support of Sutton Council, we are currently able to offer a FREE shopping service to older people who are not able to get their own groceries and household supplies. You pay for the groceries via our cashless system, we get the shopping for you, and a trained member of our staff team delivers it to the door, where they can check in on you and see if you need any other support.

Wherever we can, we will help you to find a longer term solution to getting groceries, and are working closely with partners to find different options for Sutton residents to try.

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Door-step food drop and welfare check

We are a proud partner in the new Sutton Food Hub, along with Community Action Sutton, Homestart Sutton, Sutton Carers' Centre, and Volunteer Centre Sutton. Thanks to generous public donations, and support from Sutton Council, Sutton Community Farm and the Dukes Head Pub in Wallington, we can provide essential groceries and household supplies, and freshly prepared meals for people who need them, along with a doorstep welfare check by a trained member of our team. The food is free and from a standardised selection, and available for any older Sutton residents who are in need and struggling financially.

Wellbeing Programme

We have developed a new Coronavirus wellbeing programme to support older people who are isolated, lonely, or facing emotional difficulties during this time. This includes social activity, wellbeing packs, and our befriending calls - all are free of charge and available for all older people across the Borough of Sutton.

Age UK Sutton Activities:

During these unsettling times, we have been working hard to think of ways we can still connect, and create activities to remind us of normal times. Whilst we may not be able to meet face to face, we are using video conferencing to enable us to meet in groups to keep a social connection for our friends.

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Age UK Sutton Services Update

Virtual Friday Club

Join us on a Friday morning for a catch up over a beverage of your choice and a cake if you choose! We meet via Zoom every Friday at 11:00am and our discussions take us from V.E. Day, to our new game 'This is the year' to discussing gardening top tips and many more. If you would like to join us, please email Jemma at comms@ageuksutton.org.uk or call on **0208 915 2233**

If you are unsure about using zoom, we have a handy how to guide that we can send out to help you along the way, and can offer some telephone support to help you get set up



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Age UK Sutton Services Update

Book Club

Do you love to read? We are pleased to announce the launch of our brand new book club. As this is a new club, we are yet to name it, hoping our members can choose a name together. We are very pleased to have been able to work with our local Asda in Wallington who have donated 8 copies of our first book, 'Girls in Tin Hats' by Annie Murray. You can also buy the book online from amazon including the kindle edition. If you are unable to make a purchase online, but would like to buy the book, please let us know and we can help you. Here is the link if you would like to buy from amazon.

<https://www.amazon.co.uk/Girls-Tin-Hats-Annie-Murray/dp/1529011760/>

We will be holding our first meeting on **Thursday 25th June**

As we cannot meet face to face, we are trialing some different options:

A telephone group call which will take place at **3:00pm on the last Thursday of every month.** This will eventually become our face to face meeting.

'Zoom' videocall group - Last Thursday of the Month at 7.30pm. This will remain a virtual book club meeting.

If you are unable to join the call or zoom, we would still love to hear your thoughts by writing a review of the book.

If you, or someone you know might like to join our book club or review the books we read, please contact **Jemma at comms@ageuksutton.org.uk** or call 0208 915 2233.

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Scams

April 2020

Coronavirus information

Getting help with nuisance and scam calls



Millions of older and vulnerable people are spending longer at home to help protect themselves from the Covid-19 pandemic. Unfortunately, scammers have found new ways to identify and target potential victims, and people could face being harassed by nuisance and scam callers.

This guide offers information and advice about how to protect against these calls and what to do if someone becomes a victim.

What is a nuisance call?

Nuisance or cold calls are phone calls from companies trying to sell you something, even though they have had no business with you previously. These calls aren't usually illegal and don't necessarily count as a scam although they can be annoying, frustrating and even frightening.

Common nuisance calls ask about a car accident you've supposedly had claiming you may be entitled to compensation, while others may involve trying to sell you a warranty for home appliances or your boiler. However, these calls can cover a wide range of things.

For more information on nuisance calls, see advice from [Ofcom](https://www.actionfraudonline.org).

What is a scam call?

Phone scams are a way for criminals to con people out of money. Common scam calls claim to be from your bank telling you there's a problem with your card or account and ask you to transfer money to a safe account. **Your bank would never ask you to do this.**

Other scams claim to be from a well-known IT firm, such as Microsoft. They'll tell you that your computer has a virus and will say you have to pay to have it 'fixed' or ask you to download software that contains a virus. **Legitimate IT companies don't contact customers this way.**

Criminals have the technology to mimic an official telephone number, so it comes up on your caller ID display (if you have one on your phone). This can trick you into thinking the caller is really from a legitimate organisation, such as a bank or utility company. If you're in any doubt, hang up and call the organisation directly.

What should I do if I get a nuisance or scam call?

Stop: Taking a moment to stop and think before parting with your money or information could keep you safe.

Challenge: Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Protect: Contact your bank immediately if you think you've fallen for a scam and report it [Action Fraud Online](https://www.actionfraudonline.org) or by calling 0300 123 2040.

Coronavirus information

Getting help with nuisance and scam calls



How can I avoid nuisance and scam calls?

Register with the [Telephone Preference Service](https://www.actionfraudonline.org) – it's free and it allows you to opt out of any unsolicited live telesales calls. This should reduce the number of nuisance calls you receive but may not block scammers. **To register your mobile phone, text 'TPS' and your email address to 85095.**

Talk to your home phone provider to see what other privacy services and call blocking services are available.

If you have a mobile, you can use the settings on the phone to block unwanted numbers.

There are call blocking products you can buy which will help reduce the number of unwanted calls.

What should I do if I've been a victim of a phone scam?

Scammers are constantly finding new ways to trick people and phone scams are changing all the time. If you've been the victim of a scam don't be embarrassed to report it. It can happen to anyone. **Report it [Action Fraud Online](https://www.actionfraudonline.org) or by calling 0300 123 2040.**

If you're concerned about whether a scheme or offer is legal or legitimate, contact the [Citizens Advice Consumer Service online](https://www.actionfraudonline.org) or by phoning 0800 250 5050. The service is open Monday – Friday 9am to 5pm (excluding bank holidays). It is free to call from mobiles and landlines.

Getting help from your phone company

The majority of landline providers offer services to help avoid unwanted calls. Talk to your phone company to see what help you can get.

BT Call Protect helps to prevent unwanted nuisance calls. By managing your settings, you can decide which calls you want to send to a junk voicemail.

It's free for BT customers.

Sky Talk Shield is a call screening service for your home phone. You can choose to answer the calls you want and block the ones you don't. **It is free for Sky Broadband and Sky Talk customers.**

Virgin Media offer **free services** such as caller display, the option to withhold your number when making a call and anonymous caller rejection.

TalkTalk Callsafe allows you to approve, block or screen calls before you answer. **The service is free** and can be activated by dialling 1472 from your TalkTalk landline.

If you know or suspect someone has fallen victim to a scam then get them to contact their bank immediately and report it to [Action Fraud Online](https://www.actionfraudonline.org) or by calling 0300 123 2040.

If you are concerned that an older person has been targeted and they are unable to keep themselves safe due to age, injury or illness then contact your local authority, local police force, local Age UK or Age UK's Safeguarding Team.

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Rainbows of Joy

Calling all crafters! We are excited to share with you our new craft campaign. Rainbows of Joy. We would like our crafty friends to join us in making some rainbows to bring some joy. We will then send these on to older people in Sutton so they too can put a rainbow at their windows to show their support.

Kerry at Kerry Jane Designs has kindly let us share her pattern with you all to get you started!

<https://www.kerryjaynedesigns.com/>

Please see below for the pattern.



To make the Rainbow

Supplies

I have used 2 strands of DK weight yarn (USA light worsted), held together and worked as one. Most similar weight yarns may be used for this pattern.

Stylecraft Special DK – in colour order of use

1. Fondant
2. Wisteria purple
3. Aster blue
4. Grass green
5. Citron yellow
6. Shrimp orange
7. Lipstick red.

**Crochet Hooks: (6mm, 7mm)
(USA K/10½, J /10).**

Darning needle

Scissors.

Approx size - My rainbow circle measures 9½” diameter. If your tension is loose, use a hook one size smaller, or if your tension is tight, go up a hook size.

CROCHET TERMS	
British English	USA - American English
Treble (tr)	Double crochet (dc)
yarn over hook (yoh)	yarn over (yo)

Stitch Guide

Double crochet (Dc): Yarn over hook, insert hook in stitch, yarn over hook, pull up loop, yarn over hook, draw through two loops, yarn over hook, draw through remaining two loops on hook.

For more help on How to make a Dc stitch please visit my website

<https://www.kerryjaynedesigns.com/blogs/tutorial/how-to-make-a-double-crochet-stitch>

*Notes

Joining of a new color. There are various ways to join a new color, in this pattern the new color has been tied to the previous color: Cut yarn, leaving a 4” tail, draw up hook pulling out yarn end from loop (pic 5), tie on new colour, close to work, insert hook into 1st st (pic 6), pull up new yarn to begin.

Working with two strands together. Use one end from the outside of the yarn ball and one end from the inside of the yarn ball at the same time, hold them together and crochet as usual, remember to untwist the two yarns occasionally so as not to get in a twisted muddle! Alternatively separate the yarn ball into two separate balls and work with 2 balls at the same time.

Colour order. Refer to color order above and the photos, or choose your own color order.

Attaching the pom-pom. Lay the pom-poms along the bottom of the rainbow at equal distances apart, using the 2 long ends, threaded onto a darning needle, take yarn ends through a st along the bottom edge, take the yarn ends through the centre of the pom-pom, back and forth a couple of times until secure, cut ends level with pom-pom.

Read through pattern thoroughly to familiarise yourself with the instructions.

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To make the Rainbow

To start

Hook size 7mm (USA K/10½)

With main color and using 2 strands of yarn together (see *notes above for working with two strands).



1

Chain (ch) 4, join into a ring with a sl st into the 1st ch.



2

Round 1. Ch2 (counts as a st here and throughout), 11Dc into ring, sl st into 1st Dc. 12 sts



3



4

Join new colour, refer to *notes above for joining new colour.



5

Round 2. Ch2, Dc into same st, 2Dc into each st around, sl st into 1st Dc. 24 sts



6

To make the Rainbow



7



8



9

Join new colour



10



11



12

Round 3. Ch2, Dc into same st, Dc into next st, *2Dc into next st, Dc into next st; repeat from * around, sl st into 1st Dc.

Round 4. Ch2, Dc into same st, Dc into next 2 sts, *2Dc into next st, Dc into next 2 sts; repeat from * around, sl st into 1st Dc.

48 sts

To make the Rainbow

13



Join new colour.

Round 5. Ch2, Dc into same st, Dc into next 3 sts, *2Dc into next st, Dc into next 3 sts; repeat from * around, sl st into 1st Dc.
60 sts

14



Join new colour.

Round 6. Ch2, Dc into same st, Dc into next 4 sts, *2Dc into next st, Dc into next 4 sts; repeat from * around, sl st into 1st Dc.
72 sts

15



Join new colour

Round 7. Ch2, Dc into same st, Dc into next 5 sts, *2Dc into next st, Dc into next 5 sts; repeat from * around, sl st into 1st Dc.
84 sts

To make the Rainbow

16



17



For a professional finish, cut yarn leaving a 4" tail, draw up hook, pulling out yarn end from loop, take yarn end from back to front through next st, and from front to back through previous st, sew in ends. There is no need to sew the rest of your ends in as they have been tied and will be encased inside your rainbow.



Pics above show finished circle.

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To make the Rainbow



18

Draw a circle on some thin card such as a cereal box, slightly smaller than your crocheted circle (I used a small plate to draw around). Fold the card circle in half to make a semicircle. Lay the straight edge of the card along the seam of your crocheted rounds, so that the seam will run along the bottom edge of your rainbow.



19

Fold your crocheted circle in half, encasing your card. Using a darning needle and matching yarn to sew the rainbow together around the arch, making running sts along the top row of Dc sts.



20

Make the pom-poms using a small 1½” (4cm) pom-pom maker, leaving 6” tail ends for attaching the pom-poms to the rainbow. Refer to *notes above for attaching pom-poms.

To make the Rainbow

21



To make cord - 6mm hook)

Start and finishing with 6" tail ends.

With 2 strands of yarn together, Ch70, cut yarn, pulling yarn tail through last ch to fasten off. Use the tail ends to tie to your rainbow, weave ends between the two layers, tie a single strand of yarn around the top of the cord to make a loop.

To make the pom-poms

I used a clover pom pom maker, available from online craft stores. Alternatively use the cardboard ring method.

To make the Rainbow

22



Making Pom-poms with cardboard

Supplies needed: Cardboard and 2 circular items you can trace around, Yarn and Scissors.

Draw around two circular items onto the cardboard. The size of the circle you create determines the size of your bobble. I would suggest about 8cm, you can trim them to size once finished.

Cut a smaller circle measuring 2cm in diameter inside your larger cardboard circles so that you have two donuts. Cut your yarn into manageable lengths of around 2 meters.

Place one donut on top of the other then hold one end on the outside of the ring and feed the other end through the hole, round the back and through the front again. Essentially, you're wrapping the cardboard

donut in yarn. Work your way around the ring until all of the cardboard is covered.

As you use additional lengths of yarn to cover the cardboard, you don't need to tie them together, just make sure that the ends are on the outside of the donut, rather than in the middle.

Once your donut is covered in yarn, carefully use the scissors to cut the yarn around the outside of the donut between the two layers of card so you expose the cardboard beneath.

Pass a length of yarn approximately 12" in length between the two pieces of cardboard, around all the strands of yarn and tie it firmly together. Remove the cardboard rings, trim into a nice shape and use the long ends to attach it.

Rainbows of Joy

We would also like to ask our crafty crew to help us create a blanket of crochet squares to help us show our support for all the NHS staff and the key workers for their hard work during coronavirus. Please could you crochet your granny squares to the measurement of 10cm x 10cm. If you are knitting your squares, please use garter stitch or stocking stitch to the same measurements. (If you are one of those people with the ability to knit different stitches like basket weave or moss stitch, then please be our guest. The more variety the better!)

Please send your creations to

Age UK Sutton
Sutton Gate
1 Carshalton Road
Sutton
SM14LE

Marked Rainbows of Joy

Keeping everyone safe

We are following guidance on safety to ensure everyone is protected. Once your packs arrive at our offices, they will stay here for 3 days before we open them and then send them on to our clients. Our staff are using advised precautions when opening and repacking the letters, as we do with all items delivered to older people. They will then be sent on in the post, or dropped off by our staff and volunteers as they visit older people to deliver food, medication, and to check on wellbeing and welfare.

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Exercises



1

Chair march

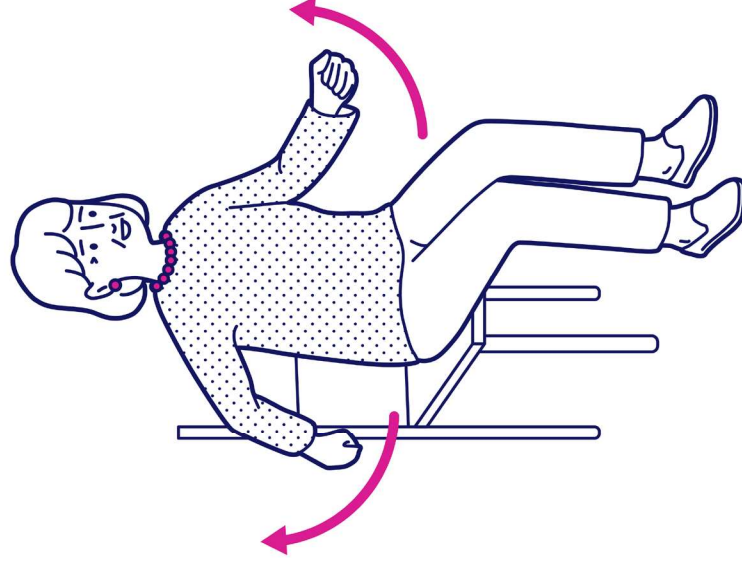


- Sit tall
- Hold the sides of the chair
- Alternatively lift your feet and place them down with control
- Build to a rhythm that is comfortable for you
- Continue for 30 seconds

To make this exercise more difficult, You can lift your knees higher as you march and quicker.

2

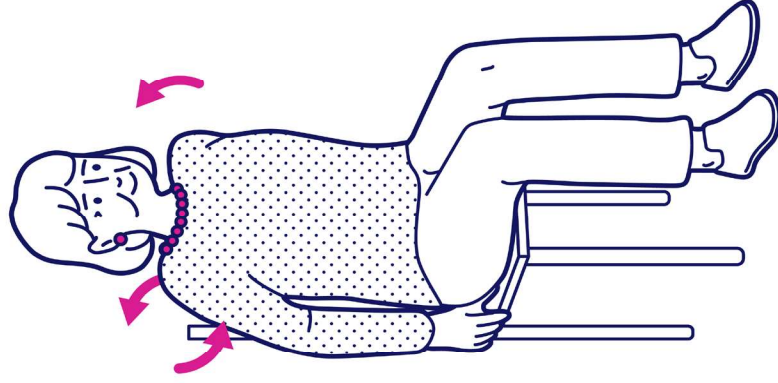
Arm swings



- Sit tall away from the chair back
- Place your feet flat on the floor below the knees
- Bend your elbows and swing your arms from the shoulder
- Build to a rhythm that is comfortable for you
- Continue for 30 seconds

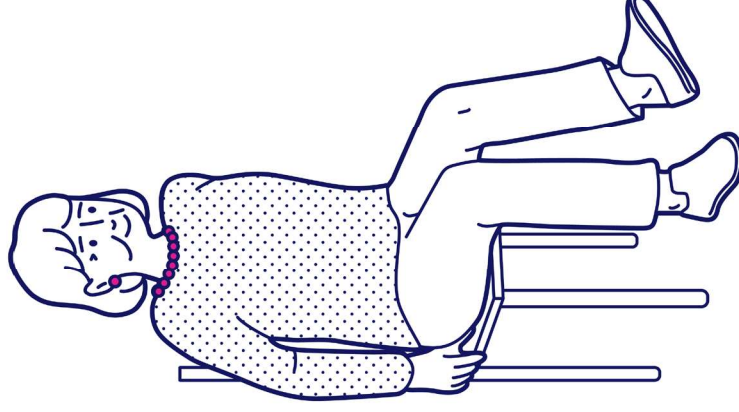
To make this exercise more difficult, you can hold a tin can in each hand.

3 Shoulder circles



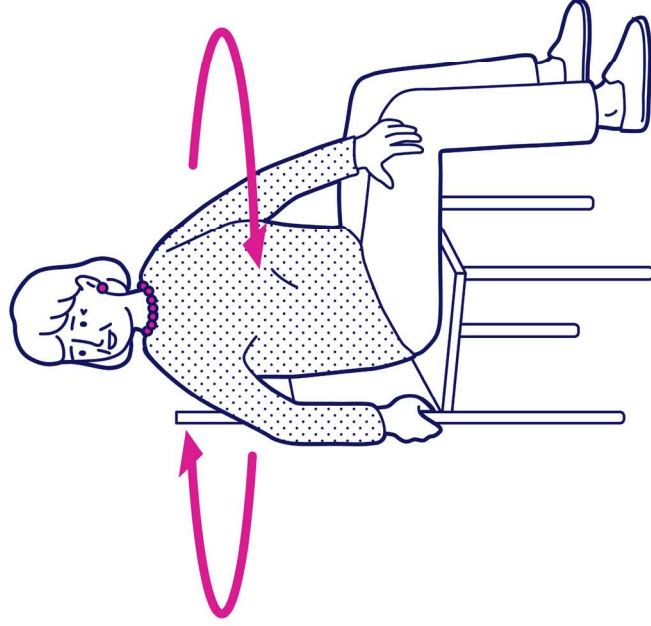
- Sit tall with your arms at your sides
- Lift both shoulders up to your ears, draw them back, then press them down
- Repeat slowly 5 times

4 Ankle loosener



- Sit tall away from the chair back
- Hold the sides of the chair
- Place the heel of one foot on the floor, then lift it and put the toes down to the same spot
- Repeat 5 times on each leg

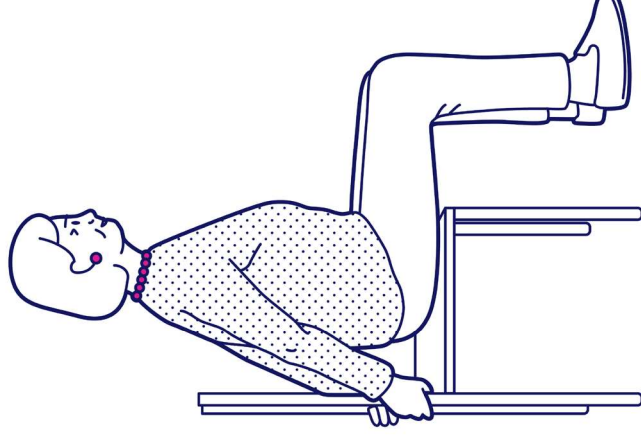
5 Spine twists



- Sit tall with your feet flat on the floor
- Place your right hand on your left knee and your left hand behind you on the chair back or side of the chair
- Sit very tall, then, with control, turn your upper body and head towards your left arm
- Repeat on the opposite side
- Repeat 5 times

You can increase the difficulty level by doing it in standing. Your feet should not move and be planted firmly on the ground. If you want to, you can hold a weight in each hand as well.

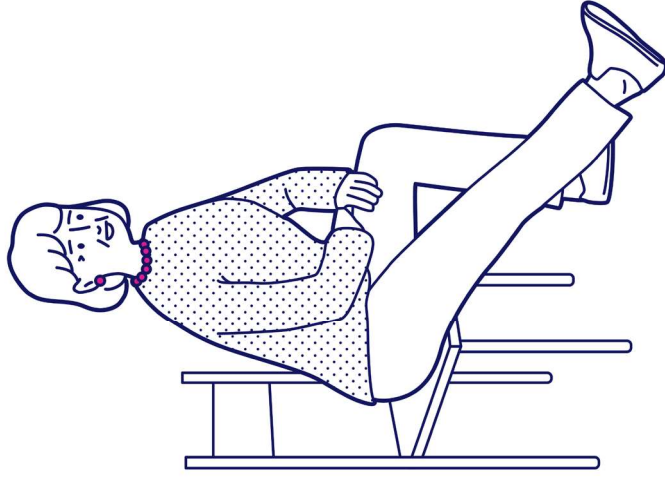
6 Chest stretch



- Sit tall away from the chair back
- Reach behind with both arms and hold the chair back
- Press your chest forward and upwards until you feel the stretch across your chest
- Hold for 8 seconds

7

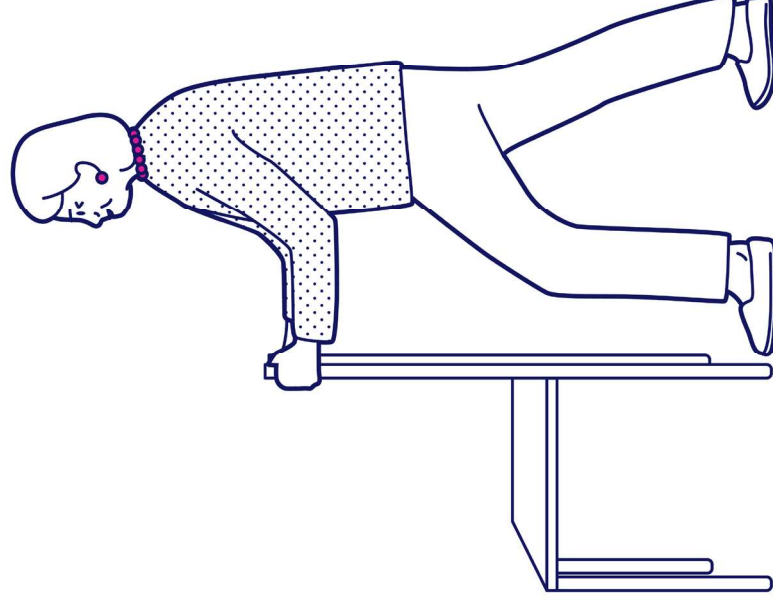
Back of the thigh stretch



- Move your bottom to the front of the chair
- Place your right foot flat on the floor, then straighten your left leg out in front with your heel on the floor
- Place both hands on the right thigh, then sit tall
- Lean forwards and upwards until you feel the stretch in the back of your left thigh
- Hold for 8 seconds
- Repeat on your other leg

8

Calf stretch



- Sit behind the chair holding the chair back
- Step back with one leg checking that both feet are pointing forward
- Now press the heel of the back foot into the floor until you feel the stretch in your calf
- Hold for 8 seconds
- Repeat on your other leg

Main exercises

There are ten exercises in this section.

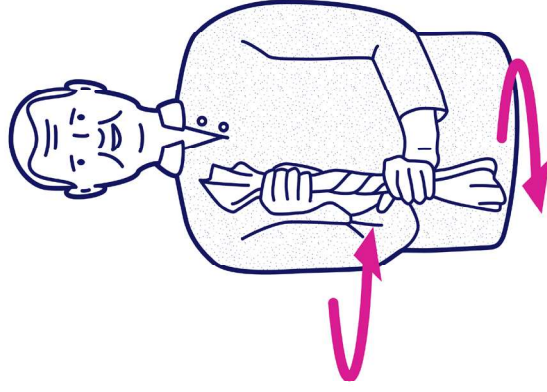
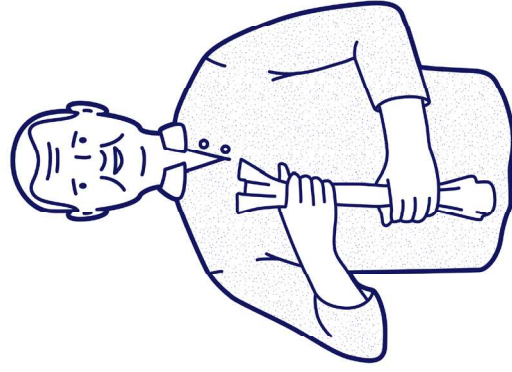
Start by using three each time you use this book. Try to select different exercises each time so that you have done them all by the end of the week.

Progress by building up gradually until you can complete all the exercises in one go. Aim to do them three times a week.

The first five exercises are to help build bone and muscle strength

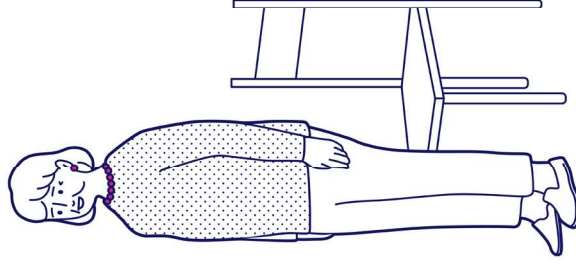
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1 Wrist strengthener



- Fold or roll the band (or towels/tights)
- Holding it with both hands squeeze hard, then twist by bringing your elbows close to your body
- Hold for a slow count of 5 (and count out loud to ensure you don;t hold your breath)
- Repeat 8 times

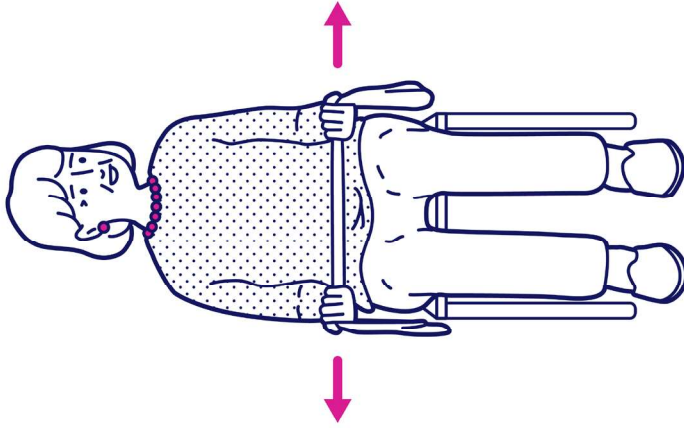
2 Sit to stand



- Sit tall near the front of the chair
- Place your feet slightly behind your knees
- Lean slightly forward
- Stand up (using your hands on the chair for support if needed. Progress to no hands per time)
- Step back until your legs touch the chair, then stand tall, bend your knees and slowly lower your bottom back into the chair
- Repeat 10 times

3

Upper back strengthener

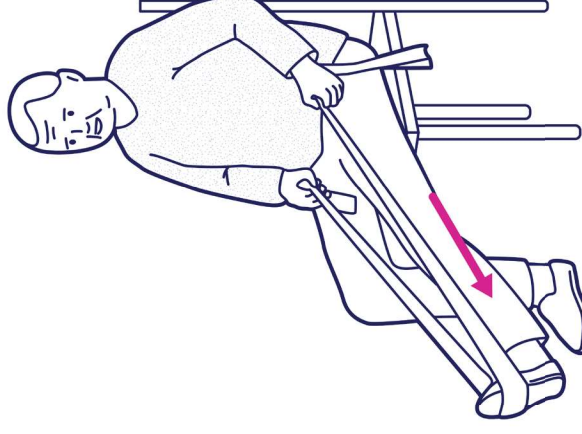
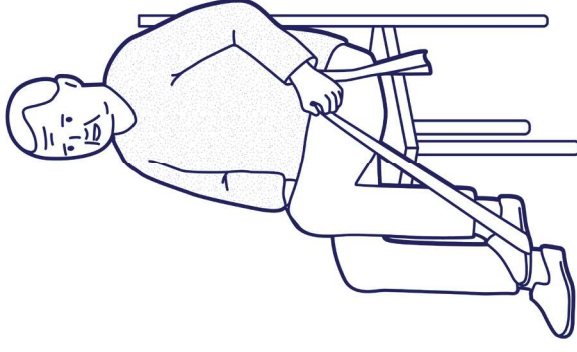


- Hold your band with you palms facing up and your wrists firm and straight
- Pull your hands apart, then draw your bands towards your hips, squeeze your shoulder blades together
- Hold for a slow count of 5 (and count out loud to keep breathing)
- Then release
- Repeat 6 times

The nearer your hands are on the band the more strength you need to pull on it. You could also double up the band on itself (or even triple it) to also increase the tension of the band

4

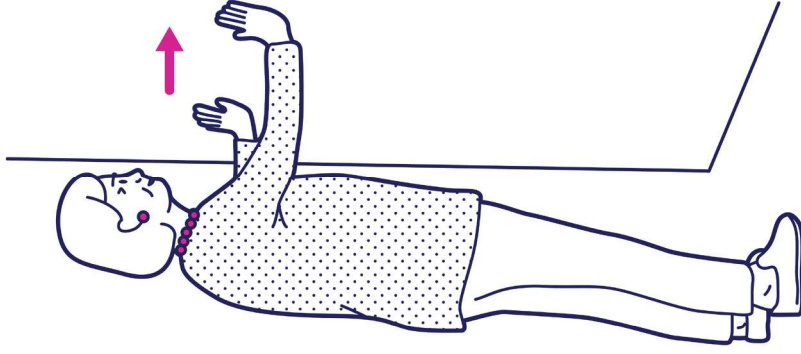
Thigh strengthener



- Place the band under the ball of one foot
- Sit tall, lift the knee a few inches, then pull your hands towards your hips and hold
- Now straighten your knee by pushing your foot firmly downwards against the band
- Hold for a small count of 5 (count out loud to keep breathing)
- Bend the knee and release the arm
- Repeat 6 times then change legs!

To challenge yourself even more, you can increase the reps, increase tension of band by doubling over or tripling, or hold your hands nearer to your ankle - all increase the tension of the band requiring more effort.

5 Wall press-up



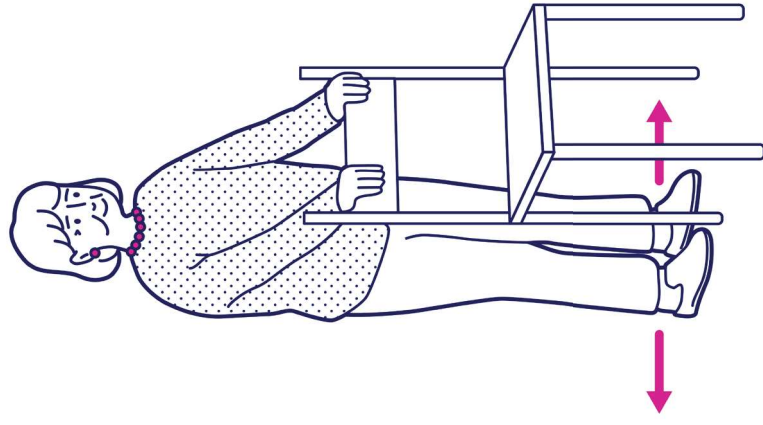
- Stand at arms length from wall
- Place your hands on the wall at chest height, fingers upwards
- Keeping your back straight and tummy tight, bend your elbows lowering your body with control towards the wall
- Press back to the start position
- Repeat 8 times

To make this exercise harder, you can slow the movement down and also increase the amount of reps up to 10-15 depending on how you feel.

The following 5 exercises are to help improve your balance

6

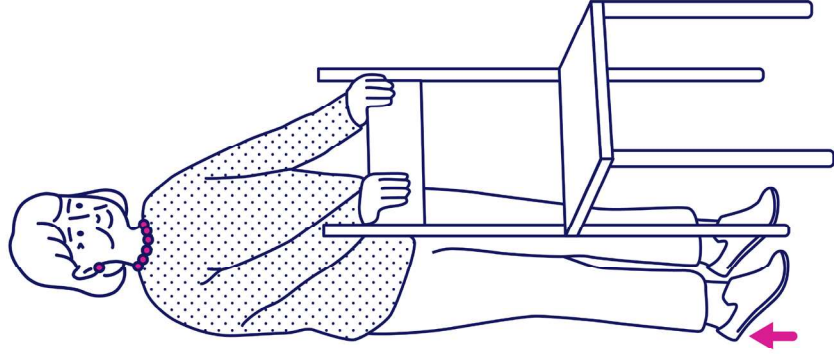
Side steps



- Stand tall holding the chair
- Take a step from side to side
- When confident try holding the chair with only one hand
- Continue for 30 seconds
- Now try 2 steps to the side and back for 30 second

Increasing your speed of steps will help to make this exercise more challenging, once you are comfortable with the current level. You can also advance to side steps without holding on to the chair, again once you are comfortable with the current level.

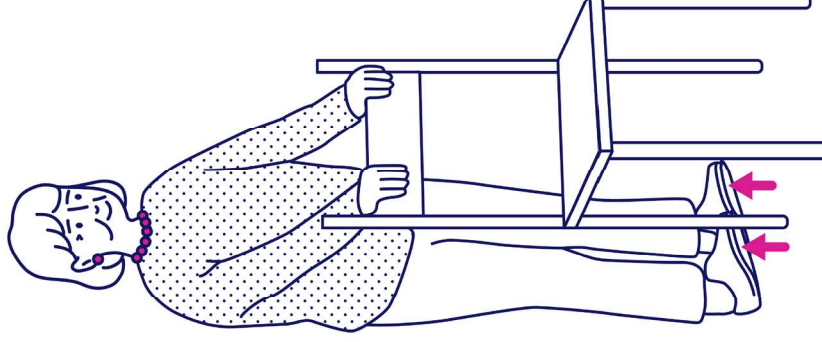
7 Heel raises



- Stand tall holding a sturdy table, chair or even the sink!
- Raise your heels taking your weight over the big toe and second toe
- Hold for a second
- Lower your heels to the floor with control
- Repeat 10 times

8

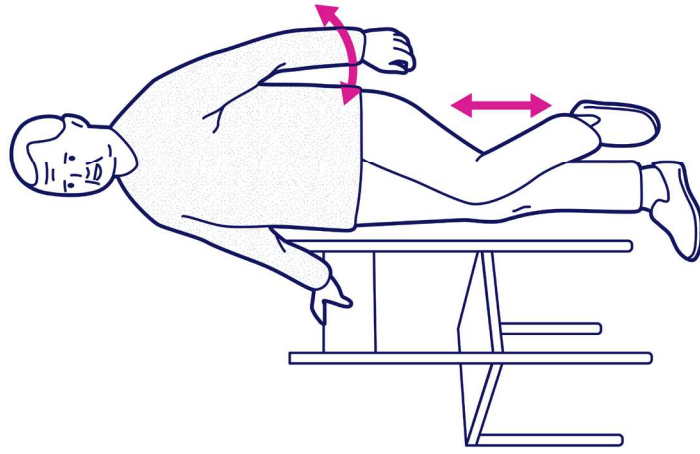
Toe raises



- Stand tall holding a sturdy table, chair or even the sink!
- Raise your toes taking your weight back onto your heels and without sticking your bottom out
- Hold for a second
- Lower your toes to the floor with control
- Repeat 10 times

9

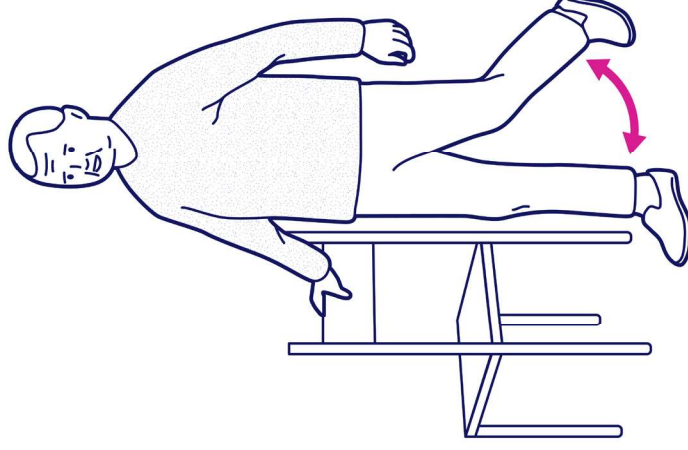
Marching



- Stand to the side of the chair holding on with one hand
- Stand tall
- March on the spot swinging your free arm
- Keep marching for 30 seconds
- Turning slowly around then repeat using the other arm
- Repeat 3 times

10

Leg swings



- Stand to the side of the chair holding on with one hand
- Stand tall
- Swing the leg furthest away from the chair forwards and back with control
- Perform 10 swings
- Turn slowly to repeat on your other leg

The slower the movement, the harder the exercise will feel, meaning the more work the muscle is doing. You can also hold you leg up at the end of the swing and count for 5 seconds to really work the glutes.

In addition to our exercises included in this pack, there are some other online exercise classes that we would like to share with you.

Online workouts:

Joe Wicks, who has been teaching the nation PE, has a selection of videos on youtube with ten minute workouts for seniors with gentle exercises. you can find an example of one here <https://www.youtube.com/watch?v=A2wp8Ipxn9s>

The NHS have also added some 10 minute workouts onto their website. <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

Audio Workouts:

Sport England's Join the Movement campaign has seen a partnership between 10 Today and BBC Radio to provide 10-minute, audio workouts designed to get older people stretching and moving at home. The audio workouts are played on repeat from 5am to 10am daily on BBC Radio 5 Live Sports Extra. They are also available on demand on BBC Sounds. There is a timetable for upcoming 10 Today radio sessions which we have been able to download for you below.

Please let us know how you get on!

Age UK Sutton strongly recommends that you consult with your doctor before beginning any exercise program.

Age UK Sutton is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.

If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Age UK Sutton from any and all claims or causes of action, known or unknown, arising out of Age UK Sutton's negligence.

Riddle me this

For those of you who are receiving weekly calls, your befriender will be given the weekly riddles and then the answers to share with you all.

For those of you who aren't receiving calls, Please email me your answers to **jemma.thornton@ageuksutton.org.uk** or call on **07735632939**. The top riddler of the month will be sent a prize!

Here are the second set of 4 riddles:

1.

I am something people love or hate. I change peoples appearances and thoughts. If a person takes care of themselves I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me but I will show. No matter how hard people try I will Never go down.

What am I?

2.

Can you write down eight eights so that they add up to one thousand?

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Good luck to all!

Here are the second set of 4 riddles:

3.

Mr. Steve lives in a mansion. He is very rich. He's so rich that he has a maid, a cook, a butler, and a lifeguard. Yesterday, Mr. Steve was found dead. The chief detective was coming from Sunday church to investigate. The police were already there. They caught 6 suspects. The maid, the butler, the cook, the lifeguard, the postman, and Mrs. Steve. The maid said she was dusting. The butler said he was playing a board game with Mr. Steve's sons. The cook said he was making dinner. The lifeguard said he was watching Mr. Steve's daughter swim in the pool. The postman said he was delivering mail. Mrs. Steve said she was watching TV. Who is lying? You only have one chance because if you choose incorrectly, you accuse the wrong person and the true killer gets away.

4.

George, Helen, and Steve are drinking coffee. Bert, Karen, and Dave are drinking soda. Using logic, is Elizabeth drinking coffee or soda?

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Good luck to all!

Brainteasers



The Guards Regiments

Can you name all these Guards regiments in the British Army?

- 1 G R D R
- 2 C D S T M
- 3 W H
- 4 B L S and R Y L
- 5 S O
- 6 I F
- 7 R F

A town on the Scottish border.

Their motto is 'Cymru am byth'

There is a thistle on their badge.

Their mascot is a wolfhound.

A Fishy Quiz

All these fish can be found in a tin. What are they?

- 1 Delicious on toast.
 Haddock or **Sardines**
- 2 Very pink out of the tin.
 Cod or **Salmon**
- 3 T N
Very popular nowadays.
- 4 A larger version of number one.
 Eels or **Pilchards**
- 5 A stripy, oily fish.
 Plaice or **Mackerel**
- 6 Small fish with a strong flavour.
 Anchovies or **Hake**

Furniture Fun Regiments

Can you get all the pieces of furniture?

- 1 Sounds like it comes from a fashion shop in Wales.
- 2 Take the final 't' from tablet.
- 3 Every living room used to have one.
 Sideboard or **Wardrobe**
- 4 Could be for drinks or for china.
 Chair or **Cabinet**
- 5 Used for writing and for business.
 Stool or **Desk**
- 6 This is full of volumes.
 Bookcase or **Sofa**

Joan's Wardrobe

What is in Joan's wardrobe?

1	C		D	G	N
2	B	L		S	
3	S	K		T	
4	D		S	S	
5	T				
6	M	C	K		T
7	S	M		K	
8	W		D	D	
9	R	A	I	C	T
10	H				
11	S	H		S	
12	S	L		K	

Colouring

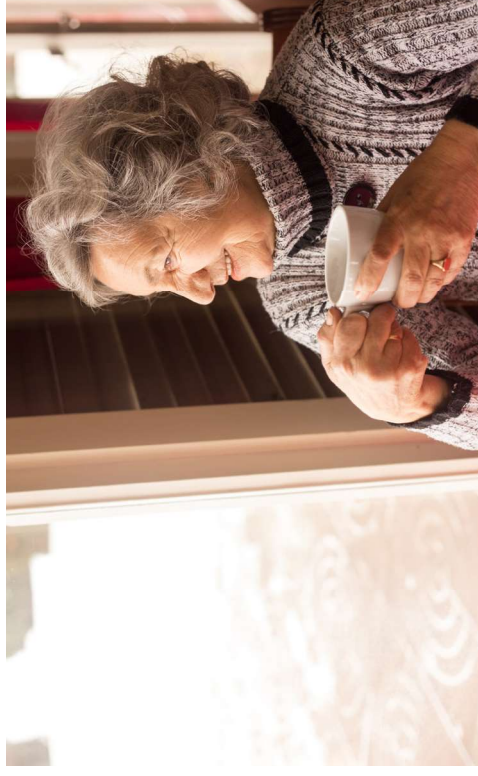




Relaxation

Our colleagues at Uplift have shared some handy tips about relaxation and what you can do if you feel stressed to try and help yourself to relax. If you, or anyone you know would like some more support from our colleagues at uplift, please drop us a message.

From the relaxation pack, we have chosen to start with some breathing exercises. These can be done in your own home in a quiet relaxing space and can really help you to relax if you feel anxious.



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Breathing for Relaxation: Exercises and Tips:

Our breathing is a stable solid ground that we can take refuge in. Regardless of our internal weather - our thoughts, emotions and perceptions- our breathing is always with us like a faithful friend. Whenever we feel carried away, or sunken in a deep emotion, or scattered in worries and projects, we return to our breathing to collect and anchor our mind.

We feel the flow of air coming in and going out of our nose. We feel how light and natural, how calm and peaceful our breathing functions. At any time, while we are walking, gardening, or typing, we can return to this peaceful source of life.

We may like to recite:

***“Breathing in I know that I am breathing in.
Breathing out I know that I am breathing out.”***

We do not need to control our breath. Feel the breath as it actually is. It may be long or short, deep or shallow. With our awareness it will naturally become slower and deeper. Conscious breathing is the key to uniting body and mind and bringing the energy of mindfulness into each moment of our life.

The benefits of Abdominal Breathing

Abdominal breathing is also known as diaphragmatic breathing. It leads to improved stamina in both disease and athletic activity.

Like blood, the flow of lymph, which is rich in immune cells, is also improved. By expanding the lung's air pockets and improving the flow of blood and lymph, abdominal breathing also helps prevent infection of the lung and other tissues. But most of all it is an excellent tool to stimulate the relaxation response that results in less tension and an overall sense of wellbeing.

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The benefits of Abdominal Breathing

1. Breathing exercises such as this one should be done twice a day or whenever you find your mind dwelling on upsetting thoughts or when you are experiencing pain.
2. Place one hand on your chest and the other on your abdomen. When you take a deep breath in, the hand on the abdomen should rise higher than the one on the chest. This ensures that the diaphragm is pulling air into the bases of the lungs.
3. After exhaling through the mouth, take a slow deep breath in through your nose imagining that you are sucking in all the air in the room and hold it for a count of 7 (or as long as you are able, not exceeding 7).
4. Slowly exhale through your mouth for a count of 8. As all the air is released with relaxation, gently contract your abdominal muscles to completely evacuate the remaining air from the lungs. It is important to remember that we deepen respirations not by inhaling more air but through completely exhaling it.
5. Repeat the cycle four more times for a total of 5 deep breaths and try to breathe at a rate of one breath every 10 seconds (or 6 breaths per minute). At this rate our heart rate variability increases which has a positive effect on cardiac health.
6. Once you feel comfortable with the above technique, you may want to incorporate words that can enhance the exercise. Examples would be to say to yourself the word, relaxation (with inhalation) and stress or anger (with exhalation). The idea being to bring in the feeling/emotion you want with inhalation and release those you don't want with exhalation.
7. In general, exhalation should be twice as long as inhalation. The use of the hands on the chest and abdomen are only needed to help you train your breathing. Once you feel comfortable with your ability to breathe into the abdomen, they are no longer needed.

Abdominal breathing is just one of many breathing exercises. But it is the most important one to learn before exploring other techniques. The more it is practiced, the more natural it will become improving the body's internal rhythm.

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Exercise 1: Noticing Breathing

Start by focusing on your breathing.

Don't try to change anything about your breathing, just notice the air moving into and out of your body.

Clear your mind of all thoughts and focus only on your breathing.

Notice the sensations of breathing air in.

Notice the sensations of breathing air out.

As you breathe air into your body, fill your mind with the thought "Just this one breath".

As you breathe air out of your body, fill your mind with the thought "Just this one exhale".

Just this one breath in.

Just this one exhale out.

Just this one breath.

Just this one exhale.

Continue focusing only on each breath in and each breath out, do not anticipate anything – even your next breath. Only focus on one breath at a time.

If anything else pops into your mind, push it aside and refocus your attention to each breath.

Continue focusing on each breath in and each exhale out until you hear the sound of the bell.



Exercise 2: Increasing Awareness

Start by observing your breathing.

Don't try to change anything about your breathing, just notice the sensations of breathing air into and out of your body.

Try to focus all of your attention on your breathing.

As you become increasingly aware of your breathing, begin to notice other sensations in your body.

Become mindful of the posture of your body.

Notice how parts of your body feel as you sit, stand, or lie down.

Notice where your body makes contact with something.....with the floor, with a chair, with a desk, or with something else.

Notice how your clothes feel against your skin.

Observe the sensations in your muscles..... along your skin.....in your stomach.....in your lungs as you breathe air in and out.

Continue to observe all of the sensations of your body, becoming increasingly aware of your physical body.

If other thoughts come into your awareness, gently push them out of your mind and re-focus your attention on your body in this moment.... continue until you hear the sound of the bell.



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