

## Age UK Sutton Spring Wellbeing pack

Welcome to our third activity pack. As Spring approaches, I am sure we are all looking forward to the easing of restrictions and exploring our new normal!

In this pack, we have lots of information to share with you about the work we are doing in the community, some activities for you to enjoy in your own home, a delicious Soup recipe from Sutton Community Farm and lots more!

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## **Introduction**

Age UK Sutton is a small independent local charity which provides key services to people ages 50 and over.

We offer information and advice, where we give free confidential advice on health, housing, care, income, local services and more.

We provide a service for older people who are coming home from hospital, where we support people in their homes and ensure they have what they need when they are first discharged from hospital.

Our Help at Home service is a paid for service that enables older people to live independently at home.

Our trained Support workers can do your shopping, prepare light meals and do surface cleaning to help you.

For more information about Age UK Sutton and the services that we offer, please call us on 0208 078 0002 and one of the team will be happy to help. You can also email us at [info@ageuksutton.org.uk](mailto:info@ageuksutton.org.uk)

## **Community Support**

### **Don't delay - we can help with all matters big or small so contact us today!**

Do you have a query, or concern that you need some support with? Our Community Support team is still working and available to help you with a variety of issues and concerns.

Our office may not be open to drop in at the moment, but that doesn't mean we can't help. Our team can support via the telephone or a home visit can be arranged. Don't put off those admin tasks that are worrying you, we can support you, or refer you to other services in Sutton that may specialise in your area of concern.

To give you an idea of how we can support you, we have created a word search with some of the categories that we help our clients with on a daily basis.

If you would like to talk to one of the team, please call us on 0208 078 0002.

## Age UK Sutton Wordsearch

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

IMPARTIAL  
 INFORMATION  
 ADVICE  
 GRANTS  
 PIP  
 TRADERS  
 FAMILIES  
 HOME VISIT  
 CARERS  
 BEFRIENDING  
 BLUE BADGE  
 TAXICARD  
 BENEFIT CHECK  
 APPEALS  
 HOUSING  
 FORM FILLING

Play this puzzle online at : <https://thewordsearch.com/puzzle/2102305/>



### ***About the farm***

Sutton Community Farm is a 7-acre mixed-crop farm growing vegetables according to organic principles.

The vegetables are then sold via a VegBox delivery service run by the farm, delivering fresh fruit and vegetables to households all over south London and parts of Surrey. The farm also sells high-value crops to restaurants in central London. As a community enterprise, people and community are at the heart of how the farm operates. It's business model is that of a not-for-profit Community Benefit Society (CBS) - a form of co-operative - it is owned by its 400+ community shareholder members.

We were lucky enough to work with a member of the farm on our recent cooking project called Food & Friends. A member of the team joined us for two sessions and taught us how to make a simple, healthy soup.

Please see the recipe below and enjoy!

## Leek and potato soup



### Ingredients (makes 4 portions):

500 grams of leeks washed  
 1 Head of washed celery (optional)  
 500 grams of potatoes  
 2-3 cloves of garlic crushed  
 1 lemon  
 Salt & pepper to taste  
 Cooking oil (any type but not olive oil)

### Method:

Chop the leeks into 1-2cm chunks (a top tip for cutting leeks is to cut the whole leak in half first and then chop into chunks!)

Chop the celery- you can use the leaves and go down to the very bottom part. Cut the potatoes into chunks, it is best not to peel the potatoes as you will lose the fibre and vitamins that are in the skin of the potato.

Heat the pan, add the oil and then add the leeks and sauté for 5 minutes on a low heat, this will give them a nice caramelised taste. Turn the heat up to medium, add the celery and then the potatoes and let them soften whilst stirring for around 10 minutes. Add enough hot water to cover the vegetables and then turn the heat back down and let the soup simmer for around 15 minutes. Once the potatoes are cooked, add the garlic to the pot, give it a good stir and then remove the pot from the heat.

Use a hand blender to blend to your desired texture and then add in the lemon juice and salt and pepper just before serving. Enjoy with a fresh roll- or whatever you like to eat soup with!

### Top Tips:

Use hot water when adding water to your soup, this keeps the flavour of the soup rather than adding cold water. If you have crème fraiche or natural yogurt you can add a dollop for extra flavour!

Making the soup for four means that you will have three portions that you can freeze!



### **Activities to enjoy at home**

Age UK Sutton runs a variety of activities that give older people the opportunity to exercise and socialise amongst peers. We run Nordic Walking, a choir, a dance class, exercise classes and facilitate a variety of social clubs welcoming older people who want to socialise amongst peers. Unfortunately, we are unable to offer these activities during Coronavirus due to restrictions in place.

If you would like to know about the activities we offer, and when these will restart, please contact us on [activities@ageuksutton.org.uk](mailto:activities@ageuksutton.org.uk) or call us on 0208 078 0002

In this section, you can find out about some clubs we are able to run virtually and from home, along with some tips on how to keep active at home and some reminiscence to keep our minds active.

### ***Staying Active at home this Spring***

We all know how hard it can be to motivate yourself to keep active when we have to stay at home. Adding some exercise to your daily routine can really help you to keep moving which in turn can help your body both physically and mentally - put that spring in your step!

Below are a few things you can do to keep active whilst we can't join classes or meet our friends in groups.

#### ***Walk more:***

You could take a walk on the road that you live and each day try and go a little bit further. Under the guidelines you are allowed to meet one other person for exercise. This means you could walk with a friend or family member if you don't feel comfortable walking on your own.

### ***Sit Less:***

Being at home can mean we sit for longer periods of time. Try to move every hour. You could get up to make a drink, or to do a household chore so you are not sitting still for long periods of time.

You could call a friend or family member for a quick chat and stand up whilst you are making the call.

### ***Add exercise to your daily routine***

By doing something every day, we can create habits which then become part of our everyday routine. You could go for a short walk after breakfast each day, or do some chair based exercises at the same time, or at a similar time each day.

There are exercises you could try on the NHS website, if you have access to the internet, please copy the link below into your browser. **If you are not online, but would like some exercises to try, we can send some out to you.** Please give us a call on 0208 078 002.

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>



## **Book Club**

Do you like to read? Have you been reading more throughout lockdown?

At Age UK Sutton we offer a book club for anyone who has an interest in reading. We plan to meet virtually via zoom video call, but we are aware that this is not an option for everyone.

Not everyone has access to the internet, so whilst some of us could join a video call, for now we would like to share an alternative book club idea with you. We have designed a template below and would love for you to give us feedback on any book you enjoy to read. Send your responses back to us and then we can create a club of readers where we can share our reviews of books together.

If you are online and would like more information on the virtual book club, please email us at [activities@ageuksutton.org.uk](mailto:activities@ageuksutton.org.uk)



## **BOOK CLUB**



**Pick a book to read and answer the 3 questions below!**



**What 3 words best describe the book?**



**What was your favourite part?**



**What surprised you most about this book?**



We would love to see your answers. Please email them to [activities@ageuksutton.org.uk](mailto:activities@ageuksutton.org.uk) or you can write to us at Age UK Sutton, Sutton Gate, 1 Carshalton Road, Sutton SM1 4LE



### ***Virtual Friday Club***

We run a virtual social group that meets every Friday at 11:00am. We share news catch up about our week, we also share tips of how we pass the time in lockdown! If you would like to join us please see the poster below for more information.



## **Virtual Friday Club**

**If you are over 50 living in Sutton, join us to connect, chat and discuss something new each week!**

**Our friendly, fun group meets every Friday at 11:00am via Zoom video call**

**To find out how to join us, please call us using the details below. We also have handy guides of how to download and use Zoom that we can send out to you upon request.**



0208 078 002



[activities@ageuksutton.org.uk](mailto:activities@ageuksutton.org.uk)

### ***Reminiscence***

Recalling our memories can be a great way to remember experiences of growing up and reaching later life. By recalling memories, we can share these with each other and connect with those who may have shared similar experiences of growing up. This could also create opportunities to share stories with our younger generations to enable them to connect with older people and learn about their experiences.

This exercise is for you to explore at home and share with us if you choose to. We would love to hear from you about your memories and stories of your life in younger years. If you would like to share these with us, please write to us using the address at the end of this pack. **Please mark envelopes to Jemma Thornton re Reminiscence**

A worksheet template for a reminiscence exercise. It has a light beige background with a decorative border at the top and bottom consisting of colorful geometric shapes. The corners are decorated with stylized flowers and leaves. The word "Reminiscence" is written in a large, pink, italicized font in the center. Below it are three questions, each preceded by a small flower icon: "What smell reminds you of childhood home?", "What was your favourite activity as a child?", and "What is your earliest memory?".

## *Reminiscence*

- What smell reminds you of childhood home?
- What was your favourite activity as a child?
- What is your earliest memory?

### Tablet Device Trial Scheme

Are you interested in using a device to search the internet, join video calls and explore how to use a device without committing to buying one straight away?

We have several tablet devices available to loan to clients for a 6-8 week period, so you can try before committing to purchasing a device.

We have devices that can work from your internet connection at home. **We also have devices that will work without you needing to have internet access in your home.**

We provide a handy user guide for the device you will be using, along with how to download and use Zoom, which is a common video calling site which allows you to join video calls with several other people.

If you would like more information contact us today!



**EVEN APART, WE CAN STILL  
FIND WAYS TO BE TOGETHER**



**Trial a tablet device with Age UK Sutton**

We have a number of devices that can be loaned to older people who would like to connect virtually and learn about how to use a tablet device, to see if this would suit them long term.

You don't have to have internet to trial a device! If you are over 50 and would like to trial a device, contact us today!



**0208 078 0002**



**activities@ageuksutton.org.uk**



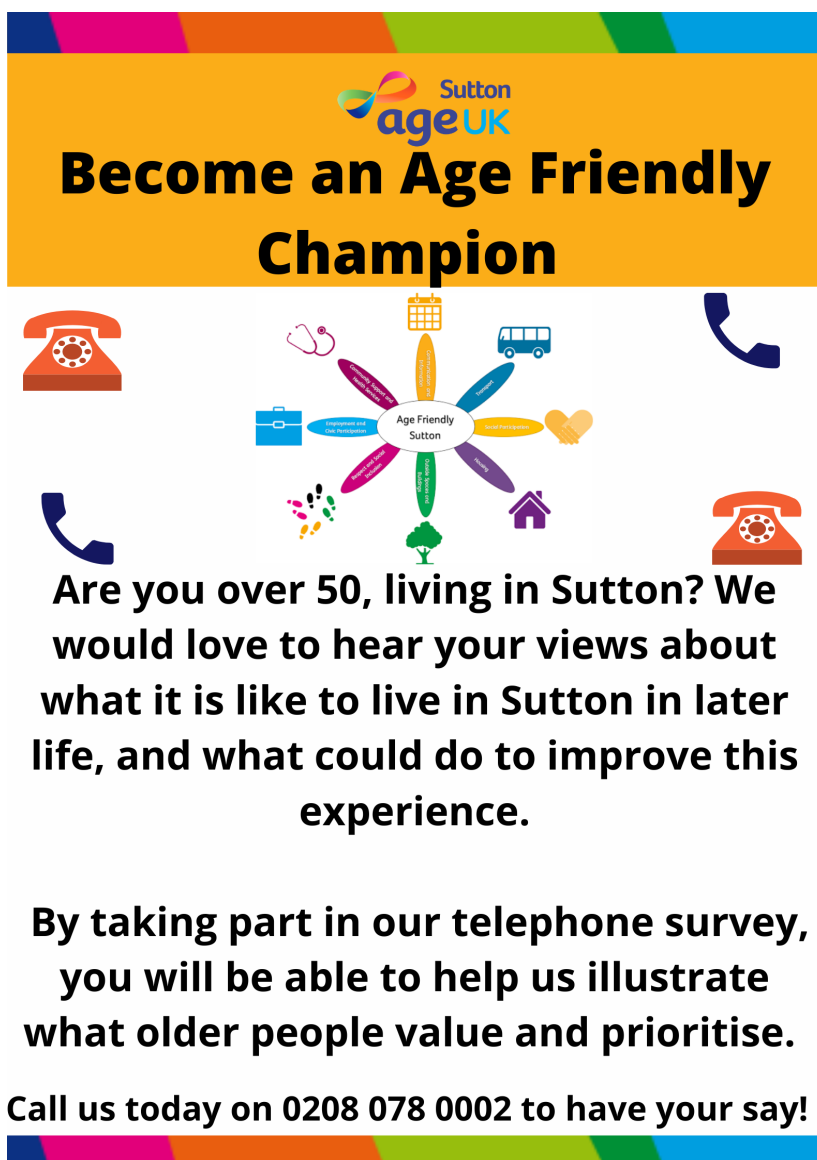
## **Become an Age Friendly Champion**

At Age UK Sutton, our Mission is to make Sutton a more Age Friendly Place, so that everyone can have a better late of life and feel valued in the community. We are pleased to be able to support Sutton Council to become an Age Friendly place to live in line with the World Health Organisation.

We are talking to older people living in Sutton to find out what Age Friendly means to them, what it is like to live in Sutton as someone later in life, and what we could do to improve this experience.

Could you help us to make Sutton a more Age Friendly place to live? We want to speak to as many older people as possible so we can make sure that planning includes listening to older people.

If you would like to take part in a conversation, please call us on 0208 078 0002 and ask to take part in an Age Friendly telephone conversation.

A colorful poster with a yellow background and a multi-colored border at the top and bottom. The top section has the Sutton ageUK logo and the title 'Become an Age Friendly Champion' in large, bold, black text. Below the title is a central graphic with a white circle labeled 'Age Friendly Sutton' in the middle. Radiating from this circle are ten colored petals, each containing an icon and a label: a stethoscope (Healthcare), a calendar (Social Connections), a bus (Transport), a heart (Safety), a house (Housing), a tree (Environment), a group of people (Community), a briefcase (Employment and Learning), a shopping bag (Access to Goods and Services), and a telephone (Communication). Surrounding the central graphic are four telephone icons: two red rotary phones and two blue mobile phones. Below the graphic, the text reads: 'Are you over 50, living in Sutton? We would love to hear your views about what it is like to live in Sutton in later life, and what could do to improve this experience.' Further down, it says: 'By taking part in our telephone survey, you will be able to help us illustrate what older people value and prioritise.' At the bottom, it says: 'Call us today on 0208 078 0002 to have your say!'

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