



WINTER WELLBEING ACTIVITY PACK



Your Winter Guide
to keeping connected,
keeping warm & keeping well



Welcome to Age UK Sutton's Winter Wellbeing Pack 2021

This pack has been put together to give you some guidance on keeping well this winter, along with activities in the area that will help you stay connected during the colder months.

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Introduction



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

This year we celebrate our 30 years of service delivery since we were founded in 1991, called Age Concern then, with a name change to Age UK Sutton in 2010.

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

Keeping warm and well this winter

Winter wrapped up 



A guide to keeping warm
and well this winter

AgeUKIG27

Ways to Keep Well This Winter

Winter can bring extra challenges to keeping well. It may be tough, but there are things we can do to help to keep us well.



1) Get your Covid Booster and Flu Jabs

Get your free flu vaccine if you are aged 50 and over or a carer from your GP or local pharmacy. Make sure you check which other winter vaccines you are eligible for. *For more information about flu and covid booster vaccinations, please read on.*

2) If you're worried about your health – get it checked out.

If you have a health concern speak to your GP. You can also call 111 or go to your local pharmacy. Putting things off can make things worse so if you have concerns, get it sorted.





3. Ask for help

Winter can be hard, don't be afraid to ask for help whether from friend or family or Age UK Sutton, we are here to help.

You can sign up to our Bad Weather alerts and you will be notified if the mean temperature falls below 2 degrees for 48 hours or longer or there is heavy snow or widespread ice. Register **here** or call 020 8078 0002 to register to be added to our **Bad Weather Contact list** so we can call you and check if you need any assistance.

4. Keep your spirits up

If you are struggling to keep your spirits up, you are not alone.

Talking to friends and family about how you are coping can help, but if you've been feeling low for a while and are struggling to cope speak to your GP.

5. Keep moving and eat well

Try not to sit still for more than one hour at a time. Moving even a little bit can help you to keep strength and mobility.

Eating and drinking enough is also important. If you are finding it difficult to prepare and eat three big meals, try smaller ones throughout the day. Age UK Sutton can give you advice if you are concerned about weight loss or mobility.

6. Make sure your home is warm enough

It is best to heat your home to a comfortable temperature throughout the day and you may be spending more time in your home this year, which may put an extra strain on your finance. If money worries are preventing you from heating your home properly, Age UK Sutton may be able to help make sure you are getting all the support you can.

Remember:

- If you are worried about someone's health call 111. If it is an emergency or you think they are in danger call 999, or 112 from a mobile.
- For more tips, advice and ways to get support this winter, visit www.ageuk.org.uk/winter or call us on 0208 078 0002.



NHS Information about the Covid Booster and Flu vaccinations



This year, because we have all been keeping ourselves from mixing as normal, experts think that there may well be more flu and other respiratory viruses around. We need to do all we can to protect ourselves and others this winter.

Flu is a seasonal illness which is usually at its most prevalent from October to March each year.

Flu is much more than a nasty cold. In England, flu caused over 1700 admissions to hospital in people aged 65 and over in 2018-19.

As we age, our immune system weakens meaning our body is less able to fight off illnesses. This happens even if we are fit and healthy.

The best way to protect yourself and others against the flu is with to get the flu vaccine. Antibiotics and other medication won't help to prevent you from getting it.

There are different flu strains and so each year the vaccine is created to protect against the most prevalent strain. This is why you should get a new vaccine each year.

Don't believe everything you see or hear – there are a lot of myths around the flu and Covid booster vaccine.

Can you fill in the blanks and then check your answers to the Myth Busters below.

1. The flu is worse than having a heavy _____
2. The _____ vaccine does not give you flu
3. Vaccination side effects are likely to be _____
4. There are more places to get _____ now than ever before
5. You _____ get the flu or Covid-19 vaccine if you aren't feeling your best.
6. The flu and Covid-19 vaccines are _____ and protect against _____ illnesses
7. For the most protection from Covid-19 this winter's the _____ booster vaccine is important
8. The Covid-19 booster vaccine can be of a different _____ to your first doses

Now you can find out the answers in the article on the next page.

Who should get the flu vaccine?

The following groups can get a flu vaccine for free from their GP, Pharmacy, or other healthcare professional:

- you're aged 50 and over (including those who will be 50 by 31 March 2022)
- you live in residential care or another long-stay care facility
- you provide care for an older or disabled person
- you live in the same household as someone who is immunosuppressed · you have certain health conditions. A full list can be found on the NHS website.
- you're pregnant
- Frontline health and social care workers

Myth Buster – 7 things you might not have realised about the Flu and Covid-19 - fill in the blanks on page 8

1. **Flu kills** - flu is much worse than a heavy cold. While some people will get the flu and recover others will get complications caused by flu and become seriously ill and have to go to hospital.

2. It is impossible to get the flu from the adult vaccination as it doesn't contain the live virus. It takes two weeks from being vaccinated to it becoming fully effective, so it is important to get it as soon as possible.

3. Risk of a serious side effect from having winter vaccines is very low. For the most part, the side effects are mild, and short-lived. Most common is experiencing soreness around the site of the injection and aching muscles.

4. GP surgeries, some community pharmacies such as ones in supermarkets provide the adult flu vaccination.

5. You can get the flu or Covid-19 vaccine if you aren't feeling your best. If you have a minor illness like a cold you are ok to book in your flu vaccine, but it is recommended that you wait until significant illness or fever have passed before having the jab.

6. The flu and Covid-19 vaccines are different and protect against different illnesses

It's important to get both vaccinations this winter as one will not protect you against both illnesses. It is also possible to have both vaccinations at the same time.

7. For the most protection from Covid-19 this winter's Covid-19 booster vaccine is important

The first two doses of the Covid-19 vaccination were crucial in reducing your risk of severe illness and death from Covid-19. However, over time, as with many vaccines, the immunity imparted declines so to keep yourself safe this winter getting the booster vaccine is really important.

8. The Covid-19 booster vaccine can be of a different type to your first doses

The Pfizer vaccine has been recommended as the best vaccine to get for your Covid-19 booster, irrespective of which vaccine you had for your first two doses.

Covid-19 Booster

At the time of this Wellbeing pack being produced – the NHS are strongly encouraging all of us to have our First, Second or Booster Jabs if

- aged over 18
- had a previous jab 12 weeks prior or its your first one

A booster dose of the coronavirus (COVID-19) vaccine, 3 months after the second dose, helps improve the protection you have from your first 2 doses of the vaccine.

It helps give you longer-term protection against getting seriously ill from COVID-19.

If you want to know more about where you can go to have your vaccinations please contact our helpline 020 8078 0002 to find out more.

Get vaccinated. Get boosted. Get protected

NHS 119 If you are concerned or have symptoms of Covid-19 this winter you can book a PCR test

You can also call 119 and speak to a person on the phone to arrange how you can get a PCR test and what you might need to do to keep yourself and those around you safe.



Take Care of Each other – Tips from our friends at Age UK



Age UK have put together some tips of how to take care of **each other** this winter.

Top 6 things you can do to help

- **Encourage people to get the healthcare they need.** We know lots of people are worried about going to their GP or seeking help for health concerns. Healthcare services are open and ready to help, so check in with the people in your life and make sure they get the healthcare they need. And if you are worried about doing an online consultation, everyone should be able to get a face to face appointment with their GP if they need one.

- **Encourage everyone to look after their health.** As we get older, we need to take a bit more care of our health - even if we're fit as a fiddle. One of the easiest ways to protect ourselves is to get the free flu jab. If you're aged 65 and over, or a carer, you can get it for free too. [Find out more.](#)
- **Make time for relatives, friends and neighbours.** Darker nights and miserable weather can make it harder for people to get out and about. And if you're stuck at home, you can end up feeling lonely and a bit down. Calling for a chat, popping in for a cuppa or even sending a card in the post can really help let someone know you're thinking about them. Know someone who's lonely? [We offer free weekly friendship calls for over 60s.](#)
- **Ask if people have everything they need.** We know lots of people have struggled to get out for the essentials they need in recent months. When it's cold and the weather takes a turn it may get even harder. Popping out to run a few errands or doing an online shop could be a big help to someone.
- **Check their home is warm enough.** We will all likely be spending more time at home this winter meaning higher heating and lighting bills. Around 1 million people aged over 60 live in fuel poverty, meaning they can't afford to heat their homes properly. It is best to heat your home to a comfortable temperature all day. If someone is saying their home is very cold or they are worried about heating their home, [their local Age UK may be able to help.](#)
- **Help make sure everyone can get out and about safely.** When it's icy or wet outside, it's easier to slip and fall. Helping to keep paths and driveways clear and salting steps and slopes could make a big difference. Green mould is particularly slippery, but power-washing can get rid of it.

What does self-care mean to you?

Staying healthy is not just about medicines, vitamins, and medical treatments in modern life, it's much more about how we live in a healthy way and the things we can do *proactively* to encourage good health.

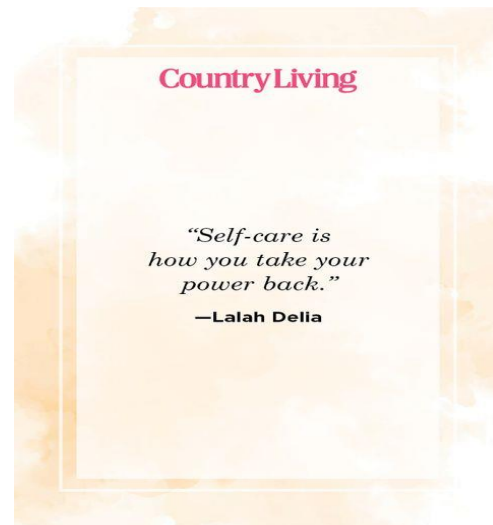
When we think about health at Age UK Sutton, we think about **Physical** and **Mental** Health. We often think of **physical health**, such as our bones and muscles; how to stay strong and how to avoid trips, slips and falls which in some cases can end up resulting in an unwanted stay in hospital.



This winter we do want you to think about your physical health and staying safe and well, but we also want you to think about how you keep mentally healthy and well.

Mental Health is not simply when things are emotionally or mentally challenging or when we are managing periods of anxiety or depression – but *good mental health* is about our overall wellbeing and healthy living.

One of the ways we can increase our mental and physical health is by increasing the time we think about and carry out tasks that are positive for our wellbeing.



Selfcare – this is the term used to describe the practice of taking action to preserve or improve ones own health, wellbeing and happiness.

We asked the team at Age UK Sutton to tell us what practices they do for their self care here are a couple of things they shared:

- **Ian**– I take long walks at the weekend, and shorter local walks in the week before I start work or at the end of the day, I like to explore nature as this makes me feel calm and gets me to breathe deep breathes of oxygen which I know is good for my health and mind
- **Michelle** – Sometimes I need to take 5 minutes away just for my own selfcare, I soak my feet, use a nice essential oil, an eye mask and relax and just let my mind wander – it helps me make sense of things I might be worrying about and after I feel I've taken better care of myself

- **Jemma**- I like to play my favourite songs and enjoy the memories that the songs bring me. If I need a boost, I play some uplifting playlists and sing along!
- **Celine** – I like to have a bubble bath, or practice yoga in the mornings, I also like to write in a journal and jot down thoughts, goals or plans that come in to my mind – baking something I've not made before and sharing the successes with a friend
- **Kerri** – Taking the time to prepare a healthy tasty breakfast that not only looks and tastes good but does good too, makes me feel good!

Some other top tips suggested

- Having a warm bubble bath to relax, and burning a few candles
- Going for a walk in nature to clear my head , and just spending time focusing on deep breathing
- Treating myself to a nice hot drink at my favourite cafe
- Having a bit of quiet "me time" every day away from the phone, TV and other daily demands
- Getting out into nature and away from human activity to enjoy the peace and change from the usual day to day environment
- Having plants around the house to look after and watch grow
- Setting aside time each week for life admin – for example, writing a meal planner for the week ahead or advance meal preparation
- Spending time with animals - either your own or when going out for a walk
- Ensuring a balance between growth and development, and rest and reflection

Whatever you choose to do for your own self care is really up to you, what is important is to plan this time into your week and make the time a priority.

Remember, if you are struggling to find the time in between caring responsibilities or general life demands, you are only able to support others if you look after yourself properly first.

🥄 **Healthy and warming recipes to try at home** *🥄*



As you can see from the information in our pack, we want to talk about the things you can do to keep well this winter. We have been looking at some really delicious winter warming recipes and have hand-picked some of our favourite options.

You will find a simple soup, a warming curry and some versatile sauces that can be used in lots of dishes.

Leek and Potato Soup

Method

Method: Chop the leeks into 1-2cm chunks (a top tip for cutting leeks is to cut the whole leek 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. 14 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!

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)

Jamaican Chicken Curry – by Shaun and Craig McAnuff

Brothers who are London based and of Jamaican descent who love cooking easy authentic meals.

An easy yet traditional Jamaican chicken curry using boneless chicken thighs, served with fragrant coconut rice.

For the curry chicken

- 300g boneless chicken thighs
- 1tsp sea salt
- 1 tsp freshly ground black pepper
- 3tbsp curry powder
- 4tbsp vegetable oil
- 1 chopped brown onion
- 4 finely chopped cloves of garlic
- 2 chopped spring onions
- Chilli of your choice split in half
- 1 large potato peeled and chopped
- 1 sliced carrot

For the coconut rice

- 225g/8oz long grained rice, rinsed
- 200ml / 7fl oz coconut milk
- ¼ tsp sea salt
- ¼ tsp coconut oil
- ½ tsp butter

Method

1. To make the curry, season the chicken with salt, pepper and a tablespoon of curry powder in a large bowl, rubbing to cover the meat completely. Cover and marinate in the fridge for a few hours.
2. Heat the oil in a saucepan over a medium heat and add the onion and garlic.
3. Cook for 5–7 minutes, or until soft. Add the remaining curry powder and a little water, stir and cook for 3 minutes, or until browned.
4. Add the marinated chicken and brown for a few minutes, then add 500ml/18fl oz water and cook for a few more minutes. Add the spring onions, chili, potato and carrot and cook for 20 minutes, or until the chicken is cooked through and the vegetables are tender. Take out the chilli before serving.
5. To make the coconut rice, place the rice in a small saucepan, add 250ml/9fl oz water and the coconut milk and place over a medium heat. Add the salt, coconut oil and butter. Reduce the heat to medium–low and cook for 20 minutes, or until the rice is tender. Drain if needed.
6. Serve the chicken curry with the coconut rice.



Some of our recipes have been written by Anne Wren, who is member of our Virtual Friday Group. Here is a little bit of information about Anne and how she became involved with Age UK Sutton.

“Age UK Sutton has been my ‘go to’ place for many years, the website is thorough and informative, and when I have contacted the local offices, they have been extremely helpful.

I have previously worked as an ambulance woman – pre paramedic days but still with the blues and twos, I ran a residential retreat centre for Southwark Diocese in Whitstable and then worked with the deaf and hard of hearing 65+ age group in Kent for 26+ years.

I met some wonderful people with a wealth of stories, the like of which we will probably never see again as life is now so different.

I retired at the end of March this year and joined the Friday Virtual forum group around September time.

I have a partner Peter, two lovely daughters, and two grandchildren, son in law and Mum, Noreen, who is part of the Virtual Friday forum too”

White Sauce created by Anne Wren

Good basic versatile sauce, see below for variations

- This version does not have the same amount of fat in it as one made with a roux blend of flour and butter. I also find that it produces a silky, smooth sauce.
- A pinch of salt and white pepper to taste
- 1 dessert spoon cornflour mixed with enough cold milk to blend all the lumps out then add ½ pint cold milk and stir over low heat until the sauce thickens.
- If more or thicker sauce is needed, mix up a little more cornflour with cold milk and bring back to boiling point. (Don't boil milk sauces as they will stick and burn and the pans are horrible to clean.)

Examples of recipes you can use this white sauce for:

Cauliflower Cheese- par boil cauliflower, add the sauce and cheese to the cauliflower. Put in an oven proof dish and then cook until cheese is golden

Lasagne- use this as the white sauce, healthier than a jar!

Macaroni Cheese- boil the macaroni, add the sauce and cheese and bake in the oven

Ways to keep connected during the winter - local activities and what is happening in Sutton

As the colder weather approaches, it can be less appealing to brave the cold to visit friends and loved ones. Going for walks and getting some fresh air however, can be really beneficial for our health. We have highlighted some walking groups and other activities that are available in Sutton which may be a motivation to connect with others outside of your home.

We also want to highlight some great volunteering opportunities that we have here at Age UK Sutton that will help us to provide our services to residents who need support and offer a great opportunity to be part of our team in a way that suits you!

Walking groups

At Age UK Sutton, we offer a variety of activities for older residents living in Sutton. We have recently introduced two social walking groups. These groups offer a gentle stroll through a local park with others who are not able to walk as far or as fast as a general walking group.

We have chosen parks with lots of benches, and we have volunteers walking in the groups who are able to plan for rests if needed. Our walks run on **Mondays at 2:00pm in Manor Park and Thursdays at 2:00pm in Mellows Park**

Our friendly volunteers are waiting to welcome you to our groups and will be there every week for a chat.

SOCIAL GROUP WALKS



EVERY MONDAY IN MANOR PARK AT 2:00PM
MEET BY THE MONUMENT

Join us at one of our new **FREE** walking groups.
Our groups are led by volunteers who will welcome you and
adjust the pace to suit your needs.
This is the perfect opportunity to meet new people
whilst enjoying Sutton's green spaces.

Booking is required, please use the
contact details below to book

 0208 078 0002  ageuksutton.org.uk

SOCIAL GROUP WALKS



EVERY THURSDAY IN MELLOWS PARK
AT 12:00PM

MEET BY THE CARPARK

Join us at one of our new **FREE** walking groups.
Our groups are led by volunteers who will welcome you
and adjust the pace to suit your needs.
This is the perfect opportunity to meet new
people whilst enjoying Sutton's green spaces.

Booking is required, please use the contact
details below to book

 0208 078 0002  ageuksutton.org.uk

There are other groups that run throughout Sutton that also may be of interest.

The Proper Blokes Club

The proper blokes club was created in September 2020 by Scott Johnson with the aim to break the stigma of men's mental health and to start talking about it. Scott created some group walks from men, where men can get together for a walk and a chat.

The Sutton group takes place in Beddington park on Tuesdays as 6:30pm meeting at St Mary's Church. If you would like to join these walks, you can contact Scott on 07397 501110



Sutton Men in Sheds

A local group who meet virtually and in person, provides a community space and place for men to connect, engage in conversation, create and pursue practical interests.

The project prioritises engaging vulnerable men dealing with mental health issues. The sessions/activities are themed (based on feedback) and are similar to those of garden sheds but solely designed for men to enjoy together.

Advice, support and sign posting facilitated by professionals will be incorporated in group sessions.

If you would like to find out more contact:

Daniel Ayeni - Community Action Sutton on Phone: 07900914547 stating where you saw this information.

We have lots more information on what is available locally on our website or give us a call to tell us about the type of thing you'd like to do and we can find out where it is available.



Help us make Sutton an Age Friendly Community.

Our vision is to make Sutton a more Age Friendly place to live.

We have spent some time listening to our older residents to understand what matters to them and what an Age Friendly community means to them.

From this listening work, we are focusing on some areas that older people told us mattered to them. One of these areas was feeling welcome. This area explores how welcome our local businesses make our older residents and will understand what is already happening naturally.

We are looking for people who would like to share their experiences of visiting local businesses and who would like to help us create and design an accreditation where local businesses can become recognised as an Age Friendly business.

If you would like to take part, please get in touch with us today on 0208 078 0002 or email us at activities@ageuksutton.org.uk

Can you help us to make Sutton an Age Friendly community?



We are looking for residents of Sutton over the age of 50 to help us **create and deliver** a pilot project to help explore how we can make our high streets welcoming place for older residents.

As a group we will:

- Discuss our experiences of high streets in the Borough
- Identify what matters when visiting shops/local businesses
- Discuss what can be done to make people feel welcome
- Speak to local shops/businesses

Participants can expect to be required for 8-10 hours over a 6 week period.

If you would like to take part, please contact us on 0208 078 0002 or email us at agefriendly@ageuksutton.org.uk



Volunteering opportunities at Age UK Sutton

Volunteering can be a great way connect with your local community. If you have some spare time and are not sure how to fill it, we have several opportunities both in the community and in our office. Our website has full details of all the roles we have available. All volunteers received full training for their roles and a general induction into our Charity. Below we have highlighted a few. If you are not online, you can call us on 0208 078 0002 and ask to speak to our Volunteer Manager Glenn who will be able to discuss the roles we have in more detail.

[Age UK Sutton | Volunteer with us](#)

Community Based Roles

Home Safety Check Volunteer

Helping with our Age Friendly work, you will visit residents at home to talk about home safety and suggest things that residents could do to feel safer in their homes.

Walk and Talk Buddy

If you like walking and talking, this will be a perfect role for you! You will be walking with a client in their local area, supporting and encouraging them to feel confident enough to join our social groups where they can continue to make social connections whilst enjoying a stroll.

Office Based Roles

Volunteer Receptionist

Joining our office team to be front of house, talking to clients in person and on the phone and checking in clients for appointments.

First Contact Volunteer

Help us be a first point of contact for our clients. By answering our phones, and directing calls to the relevant team, you will be helping us to support our clients. This role is full of variety and if you enjoy helping others, this is will be the perfect fit!

What our Volunteers Said



You get so much back from being a volunteer . To give somebody your time is a great gift and it feels good to know we are doing it for free.



"In such times talking to Age UK clients truly brightens life up."



"It is going really well. We get along so easily, can talk for hours if we wanted and have such a good laugh, which makes me feel like I am benefitting just as much as him from the calls!"



I love hearing my lady laughing makes my day



Staying sharp and feeling connected – Reading

We all want to stay sharp as we age – and this may mean different things to all of us.

Age UK have worked with the University of Edinburgh's Centre for Cognitive Ageing and Cognitive Epidemiology to understand what things we can do to keep mentally fit as we age.

Some of the advice can be confusing and if you are able to go online have a look at the Age UK webpage for [Staying Sharp](#) for more information.

Reading

One of the ways you can flex the brain muscles is to read, whether that's reading the paper, reading a novel from the library for pleasure, or using an E-Reader to explore a historical non-fiction book or in fact listening to an audiobook on a Smart device or CD.

Book clubs are great – they get people to engage with books they may not have selected for themselves, and a great social opportunity. If you are interested in joining a book club locally get in touch with our team who can discuss this more with you.

Thinking about how we can look out for others over winter do you have any books you could share with a friend or neighbour? Tell them a good recommendation – it may even be the start of your own book club! We always love to hear a good book review here at Age UK Sutton. Let us know yours by emailing activities@ageuksutton.org.uk or write us a letter and send it in.

Libraries and local book services

Sutton has a wealth of libraries offering fiction, nonfiction, audio, and now even downloadable e-books. With [8 libraries](#) accessible across the borough, warm, comfortable safe spaces to meet a friend, or even have an afternoon of peaceful reading. There is also a Housebound Library Service, so if getting out in the winter is harder than usual, you can get books delivered to you at home.

To apply for the Housebound Library Service please call 020 8770 4545, or send an email to sutton.library@sutton.gov.uk



If you have an interest in local history, have you had a look at the Little Holland House Virtual Tour – its available online and is very interesting and interactive.

*If online tours are not for you, although Little Holland House is closed to the public at the moment, you can visit:
Whitehall in Cheam – which is now completely wheelchair accessible*

Location & Opening Hours

Address: Whitehall Historic House, 1 Malden Rd, Cheam, SM3 8QD

Opening Hours: Thursdays, Fridays and Saturdays, 10am - 5pm

General Admission: Free ([Pre-booking available online](#))

Or

Honeywood Museum

Location & Opening Hours

Address: Honeywood Museum, Honeywood Walk, Carshalton, SM5 3NX

Opening Hours: Thursdays, Fridays and Saturdays, 10am - 5pm

General Admission: Free ([Available by pre-booking](#))

If you would like any information about how to access reading materials, whether paper books, audio books, or e-books please contact us and one of the team will be happy to discuss what is available for you. Give us a call on 020 8078 0002.

Activities you can do at home

In this section we have some activities for you to enjoy at home.

Our wellbeing team have been hard at work, creating some crosswords and brain teasers, along with a sketch by our very own artist Celine, who runs our Community Connections Service.

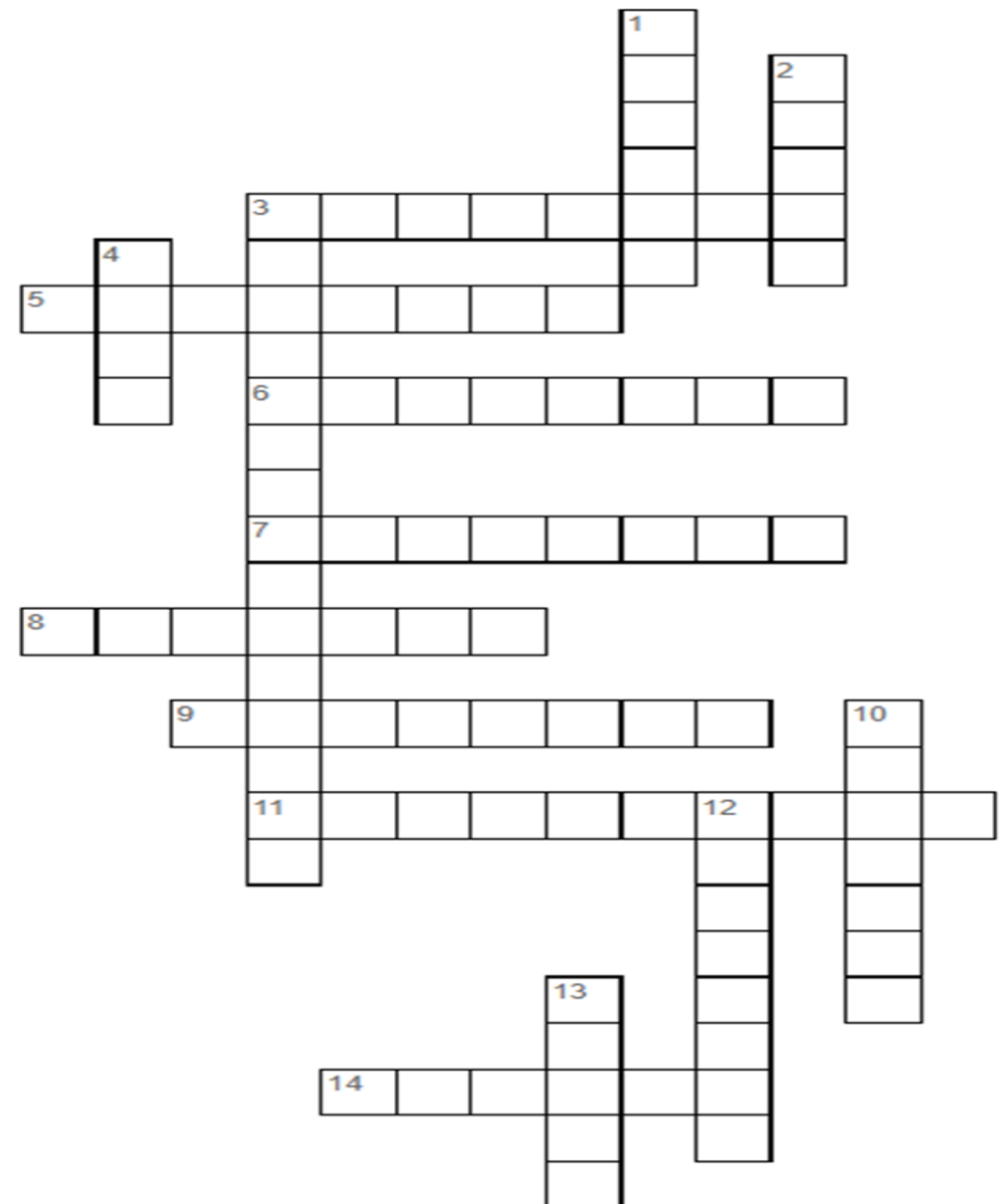
Winter Warmer Crossword

Across

- 3 Essential with tea
- 5 Jewish winter festival of lights
- 6 Small white wildflower that blooms towards the end of winter
- 7 Winter ____ - shortest day of the year
- 8 Warm woolies
- 9 Scottish new year
- 11 Heating temperature controller
- 14 Covered soup and stew dish

Down

- 1 ____ walking (Age UK Sutton activity)
- 2 Jack ____ - winter visitor
- 3 Green winter vegetable (2 words)
- 4 Knitting material
- 10 African heritage celebration, beginning 26th December
- 12 Turkey filler
- 13 Wet snow



Spot the difference

Can you spot the difference between the two photos. There are 10 differences to find in total. (Answers can be found at the end of the pack)







Exercises you can do at home

Exercises

Please read the following notice before you participate in any online exercises.

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.

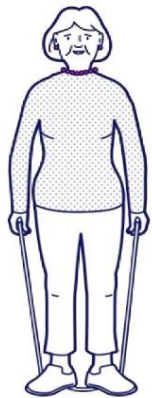
If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and

discharge Age UK Sutton from any and all claims or causes of action, known or unknown, arising out of Age UK Sutton's negligence.

For these exercises you can use some resistance bands to complete these exercises or use something similar like a dressing gown belt if you don't have a band to hand. We are able to provide some resistance bands at request just call 020 8078 0002

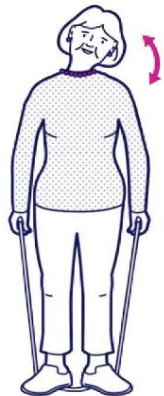
Exercises

Resistance Band Exercises.



Remember to breathe! And smile!

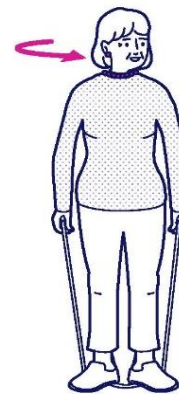
Position (A). Feet hip width apart, knees slightly soft, shoulders rolled down and back, tummy tucked in, upright posture, band taut, but not stretched.



1) Neck Stretch (side of neck).

Start in position (A)

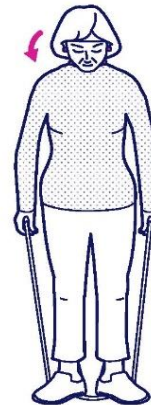
Keeping your shoulders level, drop your right ear towards your right shoulder. Hold for 5 seconds. Return to start position. Repeat to the left side. Use the tension of the band to keep your shoulders down and level. Rest and repeat.



2) Neck Stretch (rotation).

Start in position (A)

Keeping your shoulders level, turn your head to the right. Hold for 5 seconds. Return to start position. Repeat to the left side. Use the tension of the band to keep your shoulders down and level. Rest and repeat.



3) Neck Stretch (back of neck).

Start in position (A)

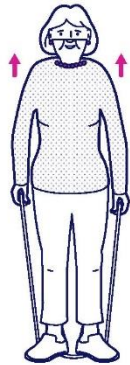
Keeping your shoulders level, drop your chin towards your chest. Hold for 5 seconds. Return to start position. Use the tension of the band to keep your shoulders down and level. Rest and repeat.



4) Shoulder Rolls

Start in position (A)

Roll your shoulders backwards 5 times. Roll your shoulders forward 5 times. Finally roll your shoulders backwards 5 times, finishing with them back and down. Feel the band helping your shoulders into their correct position. Rest and repeat.



5) Shoulder Shrugs

Start in position (A)

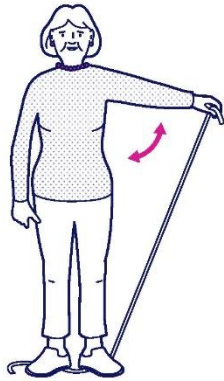
Breathe in and shrug your shoulders up towards your ears. Hold for 3 seconds and then breathe out letting your shoulders drop down helped by the tension of the band. Repeat 5 times. Rest and repeat.

For the following 3 exercises work 1 arm at a time. If there is too much resistance on the band, make it slightly looser. Right foot = right arm exercise. Breathe in to prepare, breathe out on exertion, and breathe in on the return movement. Make sure your core is tight, tummy and bottom tucked in for all the exercises.



Position (B). Feet hip width apart, knees slightly soft, shoulders rolled down and back, tummy tucked in, upright posture, band slightly loose.

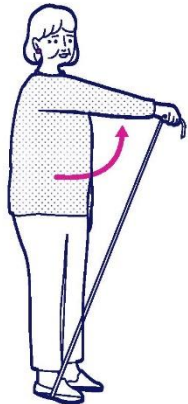




6) Lateral Raises (Shoulder & Back)

Start in position (B)

Keep your arms straight. Start with your palms facing the body. Raise your arm sideways away from the body, then back to your side. The movement comes from the shoulder, not the elbow. 5 times for each arm. Rest and repeat.



7) Front Shoulder Raises

Start in position (B)

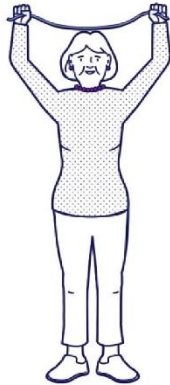
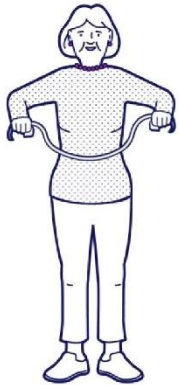
Keep your arms straight, palms facing backwards, raise your arm in front of you to shoulder height, and back down. The movement comes from the shoulders. 5 times for each arm. Rest and repeat.



8) Upright Rows (Shoulder & Back) *Start in position (B)*

but with the band on the opposite foot to the arm you are going to exercise, other hand on your hip, palm facing the body. Bend your knees and twist from the waist towards the foot with the band under it. Stand up and rotate away from the foot, pulling the band towards the opposite armpit, bending the elbow. 5 times for each arm. Rest and repeat.

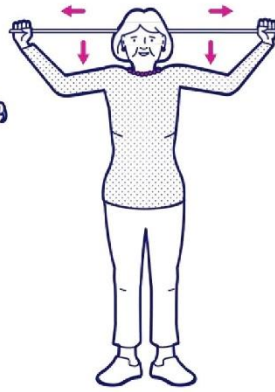
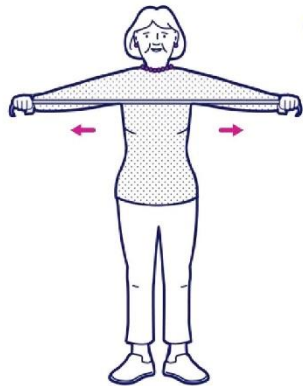




9) Mid Back Squeeze

Hold the band in each hand, taut but not stretched, arms straight out in front of you, shoulder width apart. Palms facing the ground.

Do not lock your arms. Pull your arms apart, keeping them straight, and then back to the start position (controlled). Really open up your chest and squeeze your shoulder blades together. Make



sure your core is tight. 5 times. Rest and repeat

10) Front Shoulder Raises

Start in position (B)

Keep your arms straight, palms facing backwards, raise your arm in front of you to shoulder height, and back down. The movement comes from the shoulders. 5 times for each arm.

Rest and repeat.



Buy Christmas Cards & Decorations

We're very excited to announce the launch of our 2021 Christmas cards and handcrafted decorations!

Cards are in packs of 8 with two each of 4 beautiful designs on 14cm square

thick card stock. Cards can be purchased from Age UK Sutton office for

£4.00 per pack or you can check out some bundle offers available on our [website here](#).

How to Order

You can order our gorgeous products to be delivered to your home.

You can also call us on 020 8078 0002 or please email

cards@ageuksutton.org.uk if you would like to discuss making an order.

Every purchase makes a difference

The proceeds raised from our cards and decorations will go towards

our mission to make Sutton a more Age Friendly place, enabling us to

provide vital services over the winter months and to support older people,

their family and friends to make the most of later life.



Answers to activities you can do at home

Crossword:

Across

- 3. Biscuits
- 5. Hanukkah
- 6. Snowdrop
- 7. Solstice
- 8. Jumpers
- 9. Hogmanay
- 11. Thermostat
- 14. Tureen

Down

- 1. Nordic
- 2. Jack
- 3. Brussels Sprouts
- 4. Yarn
- 10. Kwanzaa
- 12. Stuffing
- 13. Sleet

Spot the difference:



Thank you for taking the time to look through this Winter Wellbeing Pack 2021

If you would like to know more about the work of Age UK Sutton or sign up to receive further communications from the team or you would like to know more about how you can support your local Age UK Sutton to continue making resources and providing support like this pack to more people please do contact us:

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info@ageuksutton.org.uk

www.ageuksutton.org.uk

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