



**Editor :Brenda Wardle  
Time for Tea Manager**



# TIME FOR TEA

## Welcome...

We hope you enjoy this edition of the Time for Tea newsletter, which has a special focus on activities during lockdown.

This edition includes activities that we know will support well-being whilst at home. There is something to stimulate the brain cells – try a word search and test yourself with the quiz!



Getting close to nature is also good for you, so we've included some information from nurturing indoor plants to taking a fresh look at your garden.

There are also some safe but effective exercises to do in your home that will support your physical health.

So, put the kettle on and enjoy reading this newsletter!

With our best regards  
**The Time for Tea team**  
**Age UK Wakefield District**



Time For Tea, our open social events, will resume as soon as government guidelines advise it is safe to do so. If you'd like to be contacted when our events are back up and running, please complete the enclosed feedback form and return to us in the prepaid envelope.

## Contents

Pages 2 - 3	Move
Pages 4 - 5	Nourish
Pages 6 - 7	Think
Pages 8 - 9	Enjoy
Pages 10 - 11	Calm
Page 12	Solutions

Please use the  
prepaid envelope  
to return  
the enclosed  
feedback form

# Move

We all know moving more is good for us. But knowing the level of activity that's right for you, especially if you've just had a fall, an operation, or are living with a long-term health condition, can be difficult.

Being more active doesn't mean you have to work up a sweat. It's just about moving more each day in whatever way works for you. This page carries activities that could help.

## Regular standing

If you sit down a lot during the day, try to get up once an hour. If that's not possible, moving your arms and legs for a few minutes will help.

## Standing without help

Work towards pushing up from sitting in a chair to a standing position without using a walker or leaning on someone else. Try to do this exercise 3 to 5 times a day.

**Sit on a chair without arm rests, with your arms across your chest.**

**Lean forward.**

**Put your weight on your feet while leaning forward.**

**Stand up by straightening your knees. Sit down again.**

**Repeat until you feel gently fatigued.**

## Gentle stretches

Try some gentle stretches in bed or a chair every day to keep supple.

**While sitting or lying, bring your toes towards your shin and then point them toward the floor. Repeat for both feet.**

**Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.**

**Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.**

**Sitting on a chair with your feet on the floor, bend your knee as much as possible. Repeat for both legs.**

**Sitting on a stool, let your back drop and get rounded, then use your back muscles to straighten your back and arch it (but not too much!).**

## Walking between rooms

Walk from one room to another and back if you're steady on your feet, and time how long it takes. Try to beat your time each day.



If you are mobile and steady you might try this. Do what you can and start slowly. It is fine to push yourself a little bit, but don't do anything that doesn't feel comfortable and trust your instincts about your own limits. Stop if you are feeling any pain or lightheaded and make sure to rest and stay hydrated. A little soreness in muscles and joints after exercise is quite normal for the first day or two.

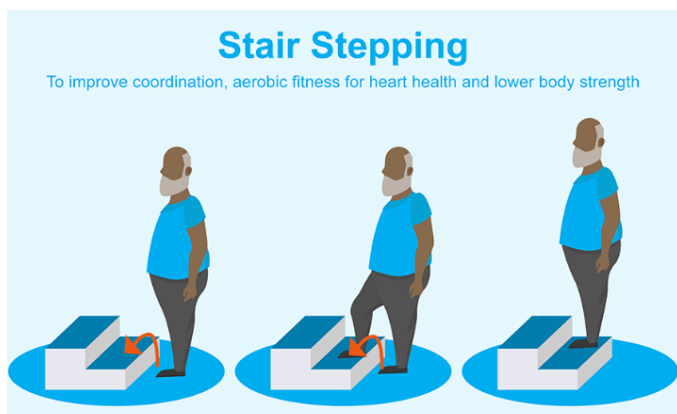
### **To improve co-ordination, aerobic fitness for heart health and lower body strength**

Stand in front of a staircase or step and step up with your right foot, then up with your left.

Then step back down with your right, then back down with your left. Try to repeat 10 times or for a period of 20-60 seconds.

Take a rest before changing the leading foot. If you need a little support, hold on gently to the railing, or gently touch the wall with your finger tip. If this is comfortable, to increase difficulty, hold some weight in each hand such as a bottle of water.

Try to perform these 2-5 times, take a break for 40-60 seconds before repeating again.



### **To improve mobility, posture and strength**

Stand with your upper back, head, bum and heels against the wall.

Start with your hands out to the side with your palms facing outwards.

Whilst maintaining contact with the wall, slowly raise your hands above your head, stretching as wide and as high as possible.

Slowly return to your starting position and then repeat – aim to complete 5-10 times. Perform this 2-3 times, take a break for 40-60 seconds before repeating again.



# Nourish

As we age, having nutritious and varied food becomes even more important for good health and wellbeing. It can be hard to motivate yourself to prepare food, especially if feeling unwell, coping with a new disability, or feeling anxious and lonely. So here are a few tips that might make mealtimes a pleasant part of your daily routine:

Choose from a selection of healthy foods that you really enjoy and make your plate appealing with some salad and dressings. Our sense of taste changes as we age, so food can be tastier with a few herbs and spices. Try to eat sometimes with other people, even if this means using your phone or tablet or create a relaxed environment with music so you can really focus on your meal.

Build some physical activities into your daily routine to help stimulate your appetite, like stretching, gentle standing or chair-based exercises and dancing. Remember your housework counts too! Choose dishes that are easy to prepare and if large meals overface you, eat 'little and often'.

Try keeping a few favourite healthy snacks to hand. Poor nutrition can be a problem for older adults and signs can often go unnoticed until they have a negative impact on our health and wellbeing.

If you are losing weight or losing your appetite try adapting meals and snacks by adding small amounts of high energy, protein, vitamin and mineral packed items without increasing portion sizes e.g. use full fat milk and yoghurts and add cheese, butter & cream to mashed potato.

"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly" - Unknown



## Cheese Omelette

When was the last time you enjoyed a piping hot, homemade omelette? If you can almost taste it now, how about making one for your next meal. The humble egg has a lot of health credentials; rich in proteins, vitamins, and minerals, it promotes heart health, reduces the likelihood of strokes, and help protect bones with Vitamin D.

### Ingredients:

2 large eggs, 1 small knob of butter, 1 small handful of grated Cheddar cheese

### Method:

Crack the eggs into a mixing bowl with a pinch of salt and pepper. Beat well with a fork.

Heat a small knob of butter in a small frying pan on a low heat, when bubbling, add the eggs and move the pan around to spread them out evenly. When the omelette starts to firm up, sprinkle over the cheese. Using a spatula, ease around the edges of the omelette, then fold it over in half. When it starts to turn golden brown underneath, carefully slide the omelette on to a plate.



## Quick Cottage Pie

Cottage pie can be a healthy meal, particularly if you make your own. The minced beef provides a good source of the minerals iron and zinc. To bulk out the mince, add a can of brown or green lentils, or vegetables such as sliced mushrooms, diced carrots or a handful of frozen peas or sweetcorn.

### Ingredients:

1 tbsp olive oil, 1 large onion and 2 carrots, peeled and chopped, 560g/1¼lb beef mince, 400g tinned tomatoes, half a pint of beef stock, thyme, 2 tbsp tomato purée, pinch of salt and pepper

### Topping:

1/2lb potatoes, peeled and chopped, 1oz butter, splash of milk

### Method:

Preheat the oven to 190C / 170C Fan / Gas 5. Heat the oil in a saucepan. Add the chopped onion and carrots and cook over a medium heat for 5 minutes, or until soft. Add the minced beef and cook for 3 minutes, to brown. Add the tomatoes, purée, beef stock, and thyme. Cover and simmer for 30 minutes. Season. Meanwhile, to make the topping, boil the potatoes in water until soft. Drain and mash with the butter and milk, season to taste. Spoon the meat into an ovenproof dish. Top with the mash and bake for 30 minutes, or until golden brown.

# Think

This space is reserved to provide a workout for your 'little grey cells' as Hercule Poirot would say - so sit back and enjoy teasing your way through our puzzles, quizzes and riddles

## 50 and 60's TV Quiz

1. Which Sunday night variety show included the name of a London Theatre?
2. Who was coronated on television in 1953?
3. Which TV puppet was created by Harry Corbett?
4. What was the number of the emergency ward in the hospital drama?
5. Which programme recreated Old Time Music Hall?
6. Which series about astronomy started with Patrick Moore?
7. Which programme surprised its 'victims' with a big red book?
8. Which comedian had a half hour show with his name in the title?
9. Which natural history programme did Desmond Morris present?

## Local Area Word Search

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

FEATHERSTONE  
 OSSETT  
 FLUSHDYKE  
 OLD SNYDALE  
 HEATH

SANDAL  
 PORTOBELLO  
 MIDGLEY  
 DURKAR  
 FELKIRK

## Sudoku

		2			7		5	
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	5		1		3		7	6
		9	6		4	8		
3	6		8		9		2	
6	1	7			2			
				8	5		6	2
	2		9			3		



TIME FOR TEA

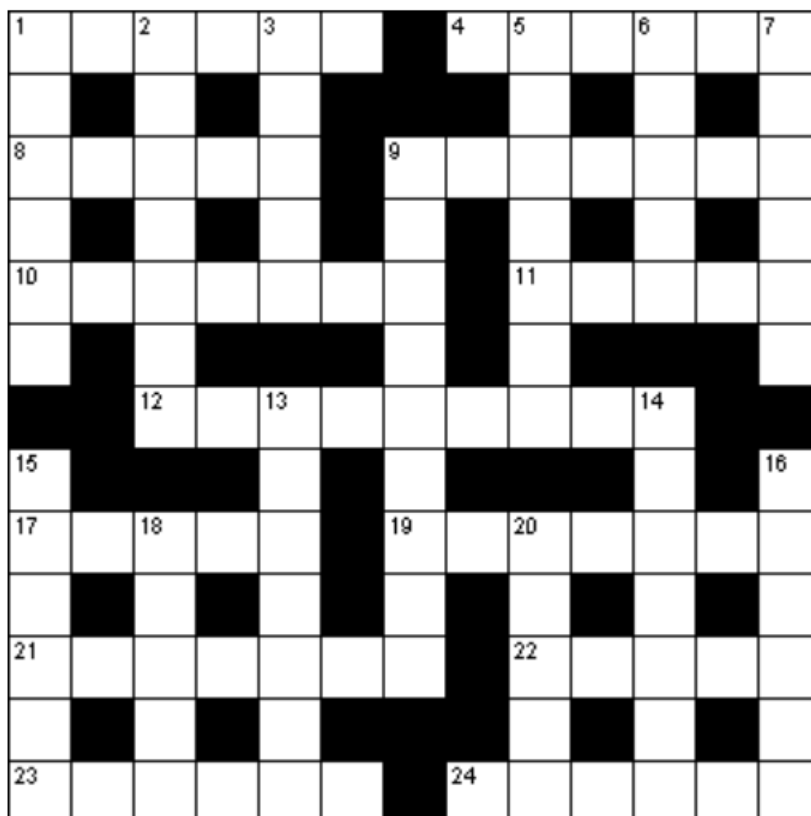
## 60's hits first line lyrics

Name the song and the artist(s)

1. 'When I was younger, so much younger than today'
2. 'The taxman's taken all my dough'
3. 'The road is long, with many a winding turn'
4. 'When no-one else can understand me'
5. 'When I said "I needed you"'
6. 'When you're alone and life is making you lonely you can always go'
7. 'Now, if you feel that you can't go on'
8. 'I see trees of green, red roses too'

## Riddles

1. You can see me in water, but I never get wet. What am I?
2. What has to be broken before you can use it?
3. I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?
4. What is full of holes but still holds water?
5. What is so fragile that saying its name breaks it?
6. What can fill a room but takes up no space?



## Down

- 1 Fundamentals (6)
- 2 Famous escapologist (7)
- 3 Northern city in France (5)
- 5 Crisp smooth fabric (7)
- 6 Tablets (5)
- 7 Patron Saint of Scotland (6)
- 9 French restaurant (9)
- 13 Frankness (7)
- 14 Away-day tourist (7)
- 15 Heavy cloth for sails (6)
- 16 Heavenly spirits (6)
- 18 Eat gluttonously (5)
- 20 Aspect (5)

## Across

- 1 See (6)
- 4 Imaginary ideal place (6)
- 8 Small light rowing boat (5)
- 9 Flummoxed (7)
- 10 Idle or wild fancy (7)
- 11 Follow as a consequence (5)
- 12 Endless (9)
- 17 Inert gas (5)
- 19 Funfair (anag) (7)
- 21 Wordy (7)
- 22 Wood, thicket (5)
- 23 Fortified wine from Spain (6)
- 24 Reversals of direction (1,5)

# Enjoy

## Gardening for Colour

Through the summer months these plants can be found in some of the larger supermarkets and garden centres. Ask whoever helps with your shopping to buy some and bring some colour to your patio or windowcill!

Fuchsia, geranium, zinnia, periwinkles and begonias, to name but a few.

## Gardening for Nature

If we can, everyone likes to gaze out at a garden, patio or balcony, patio and here are a few ideas to attract different types of wildlife.

Providing what they need - use plants that provide food and shelter for our many interesting insects. Fragrant flowers like buddleia, lavender, dandelions or bluebells will attract butterflies and bees.

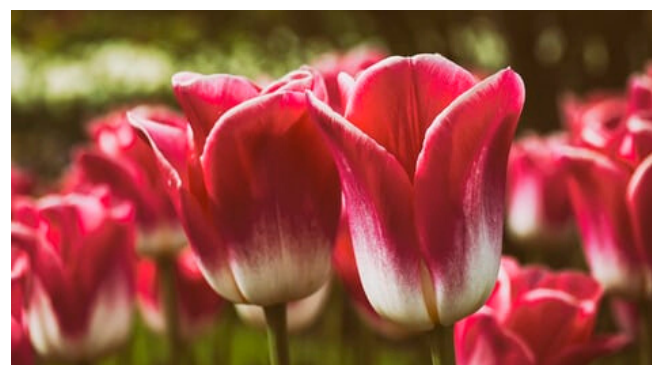
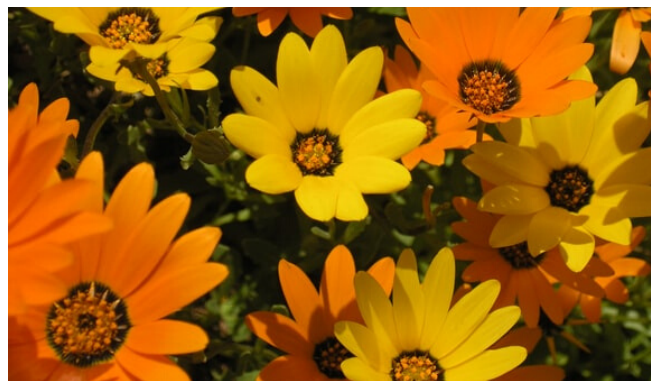
Provide a source of water - if you have room, create your own bird bath with an old washing-up bowl and watch them preen or a dish will provide refreshment opportunities to your feathered friends.

Have a 'wild corner' - if you have a garden, let a small area go wild to give nature room to do its thing with wildflowers and small mammals. Then sit back and enjoy it, with no need to 'tend'.

## Gardening for Curiosity

Did you know that beans and lentils can still sprout so can go on a voyage of natural discovery right in your own kitchen? Just soak a few and space them out on a sheet of moist cotton and watch them go!

Some veggies and fruits yield their seeds when you prepare them and no need to soak. Peppers, avocados, tomatoes, apples, pears and kiwis. When you have some growth plant them in small tubs,





## Outdoor entertainment

There is a world of daytime entertainment right outside your window and all provided for free by nature.

Have you ever wondered if the type of birds you see now have changed over the years? In 2019 the British Trust for Ornithology completed the first quarter century review.

The top 10 varieties we now see are here

- 1 Blue Tit
- 2 Wood Pigeon
- 3 Blackbird
- 4 Robin
- 5 Great Tit
- 6 Dunnock
- 7 House Sparrow
- 8 Goldfinch
- 9 Magpie
- 10 Collard Dove



25 years ago we would have seen Chaffinch, Greenfinch and Starlings in the list but they have slipped a few places. The newcomers are Magpies, Wood Pigeons and Goldfinches. Can you spot one of these outside your window?

The summer visitors are also declining too, with half as many Swifts as we used to see. But they still arrive to breed and offer us their chirrups and rapid flight.

Can you tell these three species apart? Swallows, Swifts and House Martins are often confused. Keep this with you as you enjoy your outdoor entertainment.



"I don't feed the birds because they need me; I feed the birds because I need them"  
Kathi Hutton

# Calm

## Popular and Profound Poetry

It could be some time since you last enjoyed reading a poem and yet poetry has the power to reach our imagination and bring a sense of calm to our spirit. Take a moment to savour these two quite different pieces of poetic wisdom.

### Leisure

What is this life if, full of care,  
We have no time to stand and stare.  
No time to stand beneath the  
boughs  
And stare as long as sheep or cows.  
No time to see, when woods we  
pass,  
Where squirrels hide their nuts in  
grass.  
No time to see, in broad daylight,  
Streams full of stars, like skies at  
night.  
No time to turn at Beauty's glance,  
And watch her feet, how they can  
dance.  
No time to wait till her mouth can  
Enrich that smile her eyes began.  
A poor life this if, full of care,  
We have no time to stand and stare.

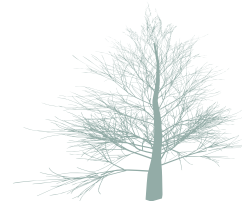
*William Henry Davies*



### Silver

Slowly, silently, now the moon  
Walks the night in her silver shoon;  
This way, and that, she peers, and sees  
Silver fruit upon silver trees;  
One by one the casements catch  
Her beams beneath the silvery thatch;  
Couched in his kennel, like a log,  
With paws of silver sleeps the dog;  
From their shadowy cote the white  
breasts peep  
Of doves in silver feathered sleep  
A harvest mouse goes scampering by,  
With silver claws, and silver eye;  
And moveless fish in the water gleam,  
By silver reeds in a silver stream.

*Walter de la Mare*



Have you written anything recently? Even putting down your thoughts in a diary, or noting three things you are grateful for in a notebook each night, can have an unexpected and very pleasant therapeutic effect.

## Daffodils

I wander'd lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host of golden daffodils,  
Beside the lake, beneath the trees  
Fluttering and dancing in the breeze.  
Continuous as the stars that shine  
And twinkle on the milky way,  
They stretch'd in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance  
Tossing their heads in sprightly dance.  
The waves beside them danced, but they  
Out-did the sparkling waves in glee: -  
A poet could not but be gay  
In such a jocund company!  
I gazed - and gazed - but little thought  
What wealth the show to me had brought.  
For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills  
And dances with the daffodils.  
*William Wordsworth*



## The Road Not Taken

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;  
Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,  
And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.  
I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference.  
*Robert Frost*



If you'd like you share your work with us, please send a poem along with  
the feedback form in the enclosed prepaid envelope

# Solutions to Think

## Word Search Page 6

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

## Sudoku Page 6

4	8	2	3	1	7	6	5	9
1	9	5	2	4	6	7	8	3
7	3	6	5	9	8	2	1	4
8	5	4	1	2	3	9	7	6
2	7	9	6	5	4	8	3	1
3	6	1	8	7	9	4	2	5
6	1	7	4	3	2	5	9	8
9	4	3	7	8	5	1	6	2
5	2	8	9	6	1	3	4	7

## Crossword Page 7

1	B	E	H	O	L	D			4	U	5	T	O	P	I	7	A
	A		O		I					A		I					N
8	S	C	U	L	L			9	B	A	F	F	L	E	D		
	I	D		L		R				F		L		R			
10	C	H	I	M	E	R	A			11	E	N	S	U	E		
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15	C			A												16	A
17	A	R	18	G	O	N			19	R	20	U	F	F	I	A	N
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21	V	E	R	B	O	S	E				22	C	O	P	S	E	
	A		G		U							E		E			L
23	S	H	E	R	R	Y				24	U	T	U	R	N	S	

## 60's hits first line lyrics

1. 'Help' The Beatles
2. 'Sunny Afternoon' - The Kinks
3. 'He Ain't Heavy, He's My Brother' - The Hollies
4. 'The Wonder Of You' - Elvis
5. 'You Don't Have To Say You Love Me' - Dusty Springfield
6. 'Down Town' - Petula Clark
7. 'Reach Out I'll Be There' - The Four Tops
8. 'What A Wonderful World' - Louis Armstrong
9. 'Daydream Believer' - The Monkeys

## Riddles

1. Reflection
2. An egg
3. Fire
4. A sponge
5. Silence
6. Light

## 50's and 60's TV Quiz Answers

1. Palladium
2. Queen Elizabeth 2nd
3. Sooty
4. 10
5. The Good Old Days
6. The Sky at Night
7. This is Your Life
8. Tony Hancock
9. Zootime



**Live Well**  
Wakefield

With thanks to Live Well Wakefield for supporting this Well-Being pack through the Wakefield Coronavirus VCS Resilience Fund.

Age UK Wakefield District, 7 Bank Street, Castleford, WF10 1JD

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