



West Sussex  
Brighton & Hove

**ageUK**

# Activity Book

*Festive edition*



**Winter wordsearch**  
**Can you find all  
the festive words?**

.....

**Could you help us  
with the Big Knit?**

.....

**Plus even more  
puzzles, facts and  
Christmas jokes!**

# Seasonal sudoku

Can you solve these 6 tricky sudoku puzzles?

1. BEGINNER

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

2. BEGINNER

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

3. ADVANCED

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

4. ADVANCED

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

5. EXPERT

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

6. FIENDISH

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

# Christmas crackers

16 jokes to keep you laughing until the New Year

How much did Santa's sleigh cost?  
**Nothing – It was on the house!**

Why are Christmas trees so bad at sewing?  
**They're always dropping their needles.**

What could you call an elf  
who has just won the lottery?  
**Welfy**

What is the best Christmas present?  
**A broken drum, you just can't beat it!**

Why is it getting harder to buy  
Advent calendars?  
**Because their days are numbered!**

Why do Christmas trees love the past?  
**Because the presents beneath them!**

What is Santa's favourite kind of pizza?  
**One that's deep-pan, crisp and even.**

Who hides in the bakery at Christmas?  
**A mince spy**

Where would you find snowmen dancing?  
**At a snowball**

Who is never hungry at Christmas?  
**The turkey – he's always stuffed**

How did Scrooge win the football game?  
**The ghost of Christmas passed**

How many letters are in the  
Christmas alphabet?  
**25 – there's noel**

What's the most popular Christmas wine?  
**"I don't like Brussels sprouts!"**

Why shouldn't you lend money to elves?  
**They're always short**

What is the duck's favourite  
Christmas carol?  
**In The Beak Midwinter**

What you can call a polar bear  
who wears ear muffs?  
**Anything you want. He can't hear you!**

# Knit a little hat...

For our Big Knit campaign with innocent

## Blue bobble hat

### Beginner pattern

**Yarn:** Blue and white DK

**Needles:** 4mm

#### Hat

- Cast on 31 sts in white
- **Row 1:** k1, \*p1, k1 repeat from \*to end of row
- **Row 2:** p1, \*k1, p1 repeat from \*to end of row
- Change to blue and beginning with a knit row work 12 rows in st st
- **Next row:** k2tog to last st, k1 (16sts)
- **Next row:** purl
- **Next row:** k2tog to end (8sts)
- Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten

#### Making up

- Use a sewing needle to join side seams
- Make a pompom in blue and sew securely to top of the hat

## Simple crochet hat

### Advanced crochet pattern

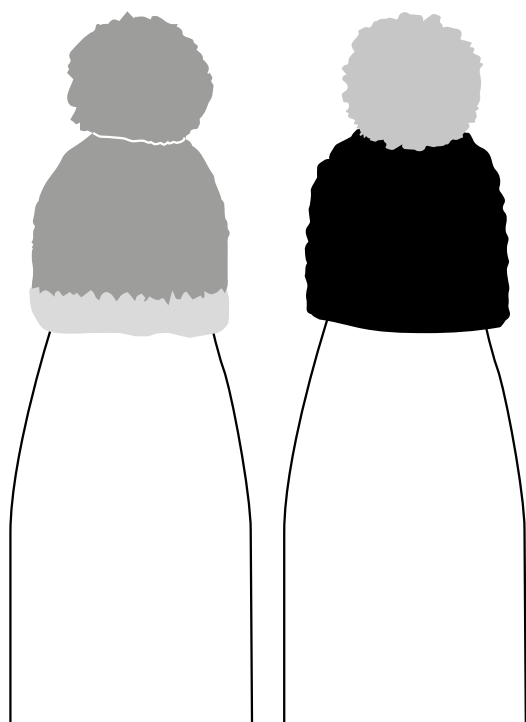
**Yarn:** Green and red

**Crochet hook:** 3.5mm

#### Hat

- Using the magic loop technique make 6dcs into the ring. Join with a ss
- **Round 1:** ch1 make 2dc in each dc from the previous round. Join with ss (12sts)
- **Round 2:** ch1, \*1 dc, 2dc in next dc, repeat from \* to end of the round. Join with ss (18sts)
- **Round 3:** ch1 \*1 dc in next 2 dcs, 2dc in next dc, repeat from \* to the end of the round. Join with ss (24sts)
- **Round 4:** ch1, 1 dc, in each dc to the end of the round. Join with ss
- Repeat round 4, 4 more times
- Fasten off and sew in ends
- Make a red pompom and sew to the top

(Both patterns designed by Juliet Bernard on behalf of Innocent)



#### Abbreviations:

**st(s)** – stitch(es)

**st st** – stocking stitch

**k2tog** – knit two together

**ch** – chain

**dc** – double crochet

**ss** – slip stitch

#### Further information:

Why not take a look at the other Big Knit patterns online at:

[www.thebigknit.co.uk](http://www.thebigknit.co.uk)

For more details call us on

**01903 731 800** or email

[fundraising@ageukwsbh.org.uk](mailto:fundraising@ageukwsbh.org.uk)

# Christmas song scramble

Can you unscramble these 15 festive songs?

1. PEST IOTN SRHACSITM

Elton John

2. LLA I NWT A ROF RSMSICHTA IS YUO

Mariah Carey

3. ITEWH TISRMACHS

Bing Crosby

4. ASLT CSAMHRTIS

Wham

5. ELIGNJ LELB OKRC

Bobby Helms

6. YAPHP XMSA WAR SI REOV

John Lennon and Yoko Ono

7. NKOCIR ROANUD HTE ATSSRMHCI TEER

Brenda Lee

8. STANA BBAY

Eartha Kitt

9. LBUE SSICTRMAH

Elvis Presley

10. RUN ULDPRHO NUR

Chuck Berry

11. TWINRE LRDOAWNEDN

Dean Martin

12. STI ETH TMOS ODRWLNEFU MTIE FO TEH AREY

Andy Williams

13. ANSAT CALUS SI MNCOIG OT WOTN

Bruce Springsteen

14. LFEIZ DDAVAIN

José Feliciano

15. WRLOEDNUF METHIMARTSSIC

Paul McCartney

# Winter wordsearch

Can you find these 15 festive words?

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

## Words to find:

Frosty	Hot chocolate	Gingerbread
Mince pies	Mittens	Robin
Stockings	Carols	Decorations
Bobble hat	Brussels sprouts	Chestnuts
Snowflakes	Fireplace	Woolly socks

# Fun festive facts

**1** Robins on cards were a joke 150 years ago when postmen wore red tunics and were named after them.

**2** Mince Pies, although now mostly vegetarian, in Victorian times were made with beef and spices.

**3** In 1647, after the English Civil War, Oliver Cromwell banned festivities. The law wasn't lifted until 1660.

**4** The first Christmas celebrated in Britain is thought to have been in York in 521AD.

**5** London sweet-maker Tom Smith created the first Christmas crackers in 1847, based on the sweet wrapper design.

**6** The tradition of putting tangerines in stockings comes from 12th-century French nuns who left socks full of fruit, nuts and tangerines at the houses of the poor.

**7** The world's tallest Xmas tree at 221ft high was erected in a Washington shopping mall in 1950.

## Puzzle answers

### Seasonal sudoku

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

1. BEGINNER

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

2. BEGINNER

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

3. ADVANCED

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

4. EXPERT

### Christmas Song Scramble

- Step Into Christmas
- All I Want for Christmas Is You
- White Christmas
- Last Christmas
- Jingle Bell Rock
- Happy Xmas (War Is Over)
- Rockin' Around the Christmas Tree
- Santa Baby
- Blue Christmas
- Run, Rudolph, Run
- Winter Wonderland
- It's the Most Wonderful Time of the Year
- Santa Claus Is Comin' to Town
- Feliz Navidad
- Wonderful Christmastime

### Winter Wordsearch

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

# More ways to get involved this season...

## 1. Follow us on social media

Keep up to date with all the news from Age UK West Sussex Brighton & Hove by following us on our Facebook, Twitter or Instagram **@ageukwsbh**



## 2. Visit us



Our community spaces across West Sussex and Brighton & Hove, provide a warm and welcoming environment to chat, meet with friends, and access a range of activities, events, and helpful information and advice. **Pop in and see us!**

## 3. Help us with the Big Knit



Could you help us make a difference by knitting some mini hats for the next **Big Knit campaign**? The little hats will appear on Innocent drinks bottles and for every little hat we submit, Innocent drinks will donate 30p to Age UK. If you'd like to get involved, please get in touch or read more on **page 4!**

## 4. Volunteer with us

Age UK West Sussex, Brighton and Hove relies on volunteers to support our vital services. By volunteering, you can make a real difference in the lives of older people in your community. We welcome volunteers of all backgrounds, ages, and abilities. **Join us today and help make a positive impact!**



## Thank you

**This season, we want to express our heartfelt gratitude to everyone who has supported Age UK West Sussex, Brighton & Hove.** Your kindness and generosity have helped bring joy and comfort to those in need during this special time of year. We are especially thankful to the local businesses who have contributed items for our Bags of Support including: **Tesco Durrington, People's Partnership, Trafalgar Place, Asda Ferring, Nestle and Morrisons Littlehampton.**