



We, at Age UK Wigan Borough, hope that you are all keeping well and looking forward to Summer.

Due to the ongoing need for social distancing we are sorry to say that there will be **NO** face to face activities again during May.

We will however continue to provide our alternative phone, Zoom and postal activities. Please consider joining in. Many people are already enjoying the sessions. All telephone activities require either a landline or mobile number and Zoom sessions require internet access and an email address. If the telephone or Zoom sessions are not for you then why not try our postal quizzes? All sessions are **FREE** and **FUN**. This program includes our activities for May. Many activities are 'open to all'. If you have access to the internet please continue to check our website, Facebook page and Twitter for items of interest. To register for any activity ring

Pauline or Harry on 01942 615883.



Sing Along with Harry VE Day Special

If you have Zoom why not join Harry, Pauline and Chris for a good old sing song at our VE Day Special on

Thursday 13th May at 11am

Contact Pauline or Harry on 01942 615883 for the link.

Sessions for members of groups April programme

Wednesday 5th, 12th, 19th, 26th May at 10 am Wednesday Club Quiz and sing (this is a phone group)

Wednesday 5th, 12th, 19th , 26th May Silver Choir Zoom Sing 10.30am

Wednesday 5th, 12th, 19th, 26th May Members of Kuega Jammers 12.30pm (Zoom hosted by Jammers)

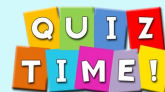
Thursday 6th , 13th, 20th, 27th, May members of Hindley Ukulele Group 7:30 pm.


(Zoom hosted by Ukulele Group)

Sessions 'open to all' April programme



Telephone Activities



- Tuesdays at 1pm **Quiz** (this is a phone group)
 - Wednesdays at 1.45pm **Quiz** (this is a phone group)
 - Thursdays at 1pm **Quiz** (this is a phone group)
 - Thursdays at 2pm **Bingo** (this is a phone group)- 
 - Fridays at 10.30am **Quiz** (this is a phone group)
 - Fridays at 1pm & 1.45pm **Bingo** (these are phone groups)
- **Note**** Quizzes are sent out to you by post in advance and answers are given at the session.



Zoom Activities

- Thursday 6th May at 11am—Zoom **Bingo**
- Thursday 13th May at 11am—**Sing along with Harry VE Day Special** (this is a Zoom session)
- Thursday 20th May at 11.45am—Zoom Café. Make yourself a brew and enjoy **Name that Tune and Family Fortunes**. First round is songs, second is Family Fortunes! (this is a Zoom session)
- Thursday 27th May at 11am –**Blankety Blank** . Join in the fun with Pauline, Harry & Chris (this is a Zoom session)



**Name That
Tune and
Family
Fortunes**

Blankety Blank

Call 01942 615883 to book any ses-
sion

All Sessions are FREE to join!



Age UK Wigan Borough Advocacy Service

From blue badges and consumer issues to health care and tribunals, the Advocacy Service is here to ensure anyone aged 60+ living in the Wigan Borough has their views heard so that their rights are respected and their needs are met.

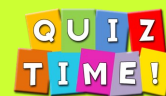
The Advocacy service will help by:

- Ensuring your views and wishes are accurately expressed;
- Challenging decisions and outcomes which you do not feel to be fair;
- Attending meetings where you feel you need support;
- Ensuring people have access to information and services.

Contact Chris or Sharon on 01942 615880

A few questions from our General Knowledge quizzes (answers on the back page)

1. In which ocean are the Seychelles?
2. Who is 'Thomas John Woodward' better known as?
3. A rugby union team is made up of how many players?



Why not try this quick and easy pudding from Paula, the newest member of our Food Action Together (FACT) team?

Sweet Omelette & Berries

Ingredients

3 eggs (separated)

1 teaspoon of sugar

1 teaspoon of vanilla essence

Raspberries or strawberries

Greek yoghurt

Method

Whisk the 3 egg whites until frothy

Fold in the egg yolks

Add the sugar & vanilla essence

spoon the mixture into a pre heated frying pan (the same depth as when making pancakes) turn occasionally

(I find the small frying pans are easier to manage)

Once the omelette(s) are made, layer with the yoghurt & decorate with the berries * (& icing sugar if desired)*



Mini Food Quiz (Answers on the back page)

1. Which cheese is considered 'King of English Cheeses'?
2. What vitamin is particularly high in carrots?
3. With 400 flavours, what is bought by 93% of households?

APRIL: Plant & Share Month & 'Let's Get Potty' Competition.

The FAcT (Food Action Together) Project & our Growing Club are celebrating Plant & Share month. We are encouraging everyone to plant a few seeds, grow some flowers or veggies, and then share any extras with friends, family, or neighbours.

Our funders, the Soil Association & 'Food For Life,' are running a competition, with a prize for the most unusual growing container. Most types of pot can be used to plant seeds. You just need to create a few holes in the bottom for drainage.

Can you design an unusual growing container? It could be an old welly, a painted yoghurt pot, or even an old tea-cup. All you have to do is pick your pot, plant your crop and send us a snap or short video. Can you do better than the potty of parsley pictured here?

Send in your entries to Sarah-Jane.Tarn@ageukwiganborough.org.uk or phone Sarah-Jane or Paula on 01942 615 880 for details of the competition, FAcT, and our growing club.



Quiz Answers; 1. Indian Ocean 2. Tom Jones 3. 15

Food Mini Quiz Answers

1. Stilton 2. Vitamin A 3. Crisps



In addition to the **Bright Days** telephone and Zoom activities the following services are also currently available from Age UK Wigan Borough:

- **Information and advice for benefits advice and form filling (by phone, email or Zoom only)**
- **Home Help service**
- **Handyperson Service**
- **Advocacy Service (by phone, email or Zoom only)**
- **Food Action Together**

Please note that the Care Home and Housing Options service is no longer provided by Age UK Wigan Borough but is available by contacting Wigan Council on 01942 486183.



Contact us:

Age UK Wigan Borough, Pennyhurst Mill, Haig Street, Wigan WN3 4AZ.

Tel: 01942 615880 (Monday-Friday 09:00-16:00).