



Workbridge

Helping people realise their potential

Issue 8 April 2021

Happy News

from Workbridge

*Full to the brim with activities and
positive stories, made by
the Workbridge Team!*

Workbridge is now open again onsite

We are really pleased to be welcoming
back service users.

And we can't wait to see you soon!



Let us know when
you plan to return
to Workbridge on
01604 872770
(open 8am to 4pm
weekdays)



Activity Pack

April 2021 Issue 8



Activities and information on...

**WELLBEING
PUZZLES, TRIVIA & GAMES**
(page 3)

CRAFTS & TASTY RECIPES
(page 9)

RESOURCES -
Useful information (page 23)

Try Some Mindful Colouring!



Try some yoga poses



Have a go at these exercises, on both sides!



SUDOKU

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

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

SUDOKU SOLUTIONS

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

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

PUB QUIZ

1. What year was KitKat Chunky released in the UK?
2. What is the largest cricket stadium in the world?
3. Who sang backing vocals on 'You're So Vain' by Carly Simon?
4. What type of weapon does Thor mainly use?
5. What is the name of the fault line that extends approximately 1200kms through California?
6. What is the stage name of Paul David Hewson?
7. What is the currency of Croatia?
8. What word beginning with the letter V, describes the point where two sides of a triangle meet?
9. What is the hardest known material in the world?
10. Who released a song in 2013 called 'Get Lucky'?
11. Which sea is bordered by Turkey, Bulgaria, Romania, Ukraine, Russia and Georgia?
12. What is the fastest growing plant in the world?
13. What is planet Earth's ratio of water to land: a) 50:50 b) 60:40, c) 70:30?
14. Which famous scientist wrote 'A Brief History of Time'?
15. How is 2020 written in Roman numerals?
16. Which animal is nicknamed 'the unicorn of the sea'?
17. Which country is the largest producer of cider?
18. By 1814, which famous composer was almost completely deaf?
19. Which King was said to turn everything to gold with his touch?
20. What type of wood are black piano keys typically made from?

PUB QUIZ ANSWERS!

1. 1999
2. Melbourne Cricket Ground
3. Mick Jagger
4. A hammer
5. San Andreas
6. Bono
7. Croatian Kuna
8. Vertex
9. Diamond
10. Daft Punk, featuring Pharrell Williams
11. The Black Sea
12. Bamboo
13. c) 70:30
14. Stephen Hawking
15. MMXX
16. The narwhal whale
17. France
18. Beethoven
19. King Midas
20. Ebony wood

CRAFTS & TASTY RECIPES

Carrot and orange smoothie

Start your day with a vibrant orange and carrot smoothie for breakfast. With added oats and ginger, it will give you vitamin C and count towards your 5-a-day



Dairy-free, Egg-free, Vegan,
Prep: 5 mins,

Easy Makes 4 (125ml)

Nutrition: Per serving, kcal
75, low in fat, 1g, saturates
0g, carbs 13g, sugars 8g,
fibre 3g

protein 2g, salt 0.04g

Ingredients

2 medium carrots peeled and
roughly chopped or grated
depending on your blender

2 oranges peeled

2 tbsp oats

100g ice

2cm piece of ginger grated

Method

STEP 1

Tip all the ingredients into a blender or smoothie maker and blitz until smooth, adding 150ml water if it's too thick - alter the consistency to your liking.

Healthy tomato soup



Enjoy this vegetable-packed tomato soup for a lovely light family meal, with leftovers for the next day. Serve with bread or Cheese, Marmite & spinach pinwheels

Prep: 20 mins, Cook: 40 mins, Easy, Serves 6
Freezable, Healthy, Vegetarian

Nutrition: Per serving, kcal 198, low in fat 10g, saturates 5g
carbs 20g, sugars 14g, fibre 5g, protein 3g, salt 0.2g

Ingredients	
2 tbsp olive oil	2 carrots chopped
2 onions chopped	2 garlic cloves crushed
2 x 400g cans tomatoes	2 red peppers chopped
1 low-salt veg or chicken stock cube	1 large sweet potato peeled and chopped
	1 tsp dried oregano
3 rosemary sprigs leaves picked and chopped & 70ml double cream	

Method

STEP 1

Heat the oil in a large pan and cook the onion for 8-10 mins until softened and starting to take on a little colour. Add the carrots, garlic, peppers and sweet potato. Cook for a further 10 mins, stirring often and taking care not to burn the garlic. Add the tomatoes, stock, herbs and 1 litre of water. Bring to a simmer. Cover and cook for 20 mins until the sweet potato is soft.

STEP 2

Use a hand blender to whizz the soup until smooth. Stir in the cream and season to taste. Can be chilled for three days or frozen for up to three months.

Cheese, Marmite & spinach pinwheels



Make these easy pinwheels with cheddar, Marmite and spinach flavours to serve with soup or as part of a family picnic. Freeze before baking, if you prefer

Prep:5 mins, Cook:20 mins, Easy Makes 12

Freezable, Vegetarian

Nutrition: Per pinwheel, kcal 136, fat 9g, saturates 5g, carbs 9g, sugars 0.4g, fibre 1g, protein 4g, salt 0.5g

Ingredients

320g sheet ready-rolled light puff pastry

1 tbsp Marmite

2-3 large handfuls of spinach

80g cheddar

Method

STEP 1

Heat the oven to 200C/180C fan/ gas 6. Unroll the pastry with the longer side directly in front of you. Spread the Marmite over the surface. Tear the spinach over the Marmite and scatter with the cheese, making sure it's evenly spread.

STEP 2

Tightly roll the pastry away from you (starting from the longer side) to create a long sausage shape, then cut into 12 pieces. Arrange over two baking trays lined with baking parchment, spiral side up, and squash down a little with your hand. Will keep covered and frozen at this stage. Bake for 15-20 mins (or 25 mins if cooking from frozen), until puffed and golden brown.

GOES WELL WITH Healthy tomato soup

Herb & garlic baked cod with romesco sauce & spinach



White fish is such a healthy and good source of lean protein and this herby baked cod with fresh greens makes a tasty, low-calorie, healthy supper option

Prep: 10 mins, Cook: 20 mins, Easy, Serves 2

Nutrition: per serving, low in kcal 409, fat 24g, saturates 2g carbs 11g, sugars 9g, fibre 8g, protein 33g, salt 0.3g

Ingredients

2 x 140g skinless cod loin or pollock fillets	$\frac{1}{2}$ lemon, zested and juiced
3 tbsp rapeseed oil,	1 large sliced red pepper
1 tsp fresh thyme leaves	2 leeks, washed and thinly sliced
1 large garlic clove, finely grated	1 tbsp tomato purée
$\frac{1}{4}$ vegetable stock cube or gravy powder	1 tsp cider vinegar
	100g baby spinach, wilted in a pan

Method

STEP 1

Heat oven to 220C/200C fan/ gas 7 and put the fish fillets in a shallow ovenproof dish so they fit quite snugly in a single layer. Mix 1 tbsp rapeseed oil with the thyme and garlic, spoon over the fish, then grate over the lemon zest. Bake for 10-12 mins until the fish is moist and flakes easily when tested.

STEP 2

Meanwhile, heat the remaining oil in a non-stick pan and fry the pepper and leeks for 5 mins until softened. Add in tomato purée, 5 tbsp water, the stock cube or gravy powder, vinegar and cook briefly to warm the mixture through.

STEP 3

Add the juice of up to half a lemon and blitz with a blender until it makes a thick, pesto-like sauce. Serve with the fish and the wilted spinach.

Egg Box Gardening



How to Start and grow Seeds in Egg Cartons.

A seedling is a small young plant grown from a seed.

Step 1:

Collect up cardboard egg cartons so you can recycle and use instead of plastic pots. Cardboard is biodegradable which means the cardboard will break down into the earth in about 2-3 weeks. This helps to cut down on environmental pollution.



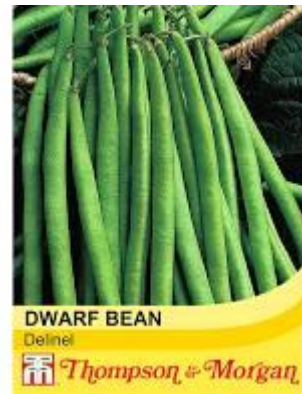
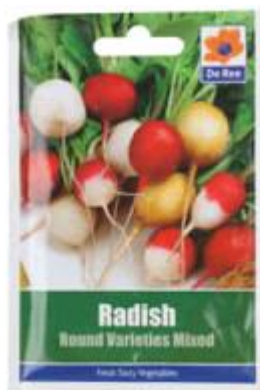
When starting seeds in an egg carton, you will need to set it on a tray.

Tip 1: You **do not** need to poke any hole in the bottom of your cardboard egg boxes.

TIP 2: Read on the back of your seed packet for full instructions of when and where to plant your seedlings.

Step 2:

Choose which seeds you would like to grow. Flowers, herbs, fruit or vegetables.



Step 3:

Fill each egg cup with potting soil and place each seeds into the recommended depth. Lightly cover with soil and water evenly and carefully over each section, the soil should be just moist but not wet or soaking.



Step 4:

To keep it warm as the seeds germinate, simply put the carton in a plastic bag. Once your seeds start to sprout you can remove the plastic and set your container in a sunny, warm spot like a windowsill until they are ready to be planted outside. On the seed packet it will tell you when they are ready to plant out eg: 2 to 3 weeks or by height of each seedling



Step 5:

Plant your seedlings outside when they are ready either by the month or the recommended weeks or size of each seedling. Each seedling can be put straight into the ground in your garden or a pot.

Place in a sunny spot.

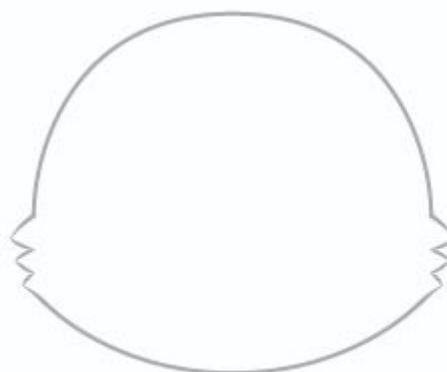


How to Draw a Cat Step by Step

Step 1 - Draw the Cats Head

Start the drawing by outlining the shape of the cats head.

Draw a half circle like a curve for the top of the head and a smaller curve for the bottom. Between these two curves you can add some teeth like jagged edges. This will be the cats fur sticking out from the sides of the head.



Step 2 - Draw the Body & Front Legs

Add the legs by drawing two curved lines from the bottom curve of the head down to the area of the feet. Inside these lines draw two more curves for the inner shape of the legs. Make these curves about half the length of the first set. At the bottom of these draw the feet (similar to ovals in shape) and connect them with one line to show the bottom of the body.



Step 3 - Draw the Back Legs

Add the back legs by drawing two curved lines down from slight above the halfway point of the front legs/body section. At the bottom of these draw the back feet with shapes similar to the front feet but slightly flatter at the bottom and partially hidden behind the front legs.



Step 4 - Draw the Ears & Tail

Draw the tail with a slight curve similar to a peeled banana in shape. Draw the ears sticking out in different directions wide towards their base and narrower towards their tips.



Step 5 - Draw the nose and snout area on the face

For this step start by drawing the nose and the top part of the snout. Position those about a third of the way up from the bottom of the face. Draw it similar to a triangle with rounded corners with a curved line for its top. From behind the top corners of the nose draw two oval like shapes that then meet at its bottom corner.

These will be the upper part of the snout. Draw the bottom of the snout with just one curved line.

Finally from the upper part of the snout draw two curved lines that go towards the fur on the sides of the face for the cats cheeks.



Step 6 - Draw the Eyes

Draw the eyes with their bottom parts slightly hidden behind the cheeks with almond like shapes pointing towards the nose. Inside the eyes draw the irises (the colour part of the eye).



Step 7 - Draw Some Fur

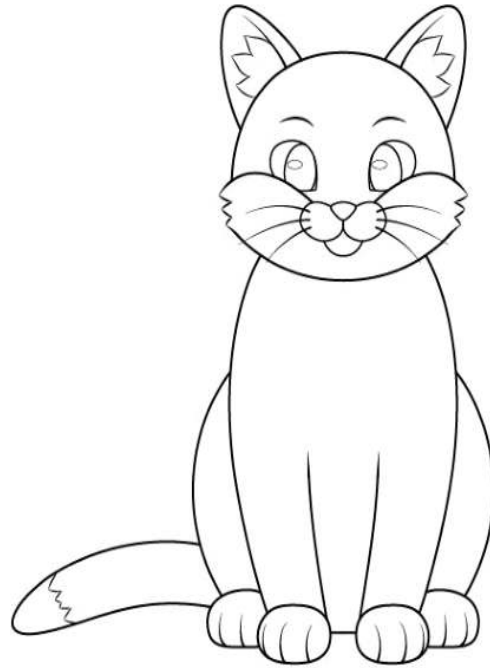
Finally to make the cat look a little more interesting add some fluff inside of its ears and give the tail a sort of "tip".

Draw the ear fluff in large pointy clumps. Define the tail tip with small sized clumps..



Step 8 - Add the Whiskers & Finish the Drawing

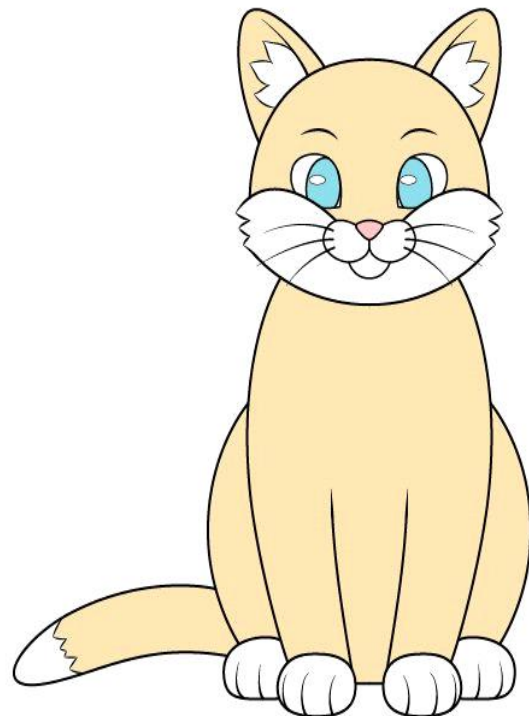
To finish off the drawing add some whiskers going from the sides of the upper part of the cats snout. Afterwards go over your line drawing with either a black pen or marker. You can also simply darken the lines with pencil as well.



Step 9 - Colour the Cat

You can make the cat any colour you like. In this example light brown for the main body leaving the feet, tip of tail, snout, cheeks and ear fluff white.

Cats often have green or grey/blue eyes and pink noses but use whatever colours you prefer.



Lifting UK's Coronavirus Lockdown

Lockdown restrictions will be eased further from **29 March** in England. Here is a roundup of what will be allowed, according to government guidance.



Fewer people have COVID-19

Fewer people are catching COVID-19 and fewer people are becoming seriously ill.



This is because of the lockdown and the **vaccine**.



The **vaccine** is a jab that helps to stop you getting very ill with COVID-19.



4 steps

Our plan is to allow people to gradually spend more time outside and mixing with people.

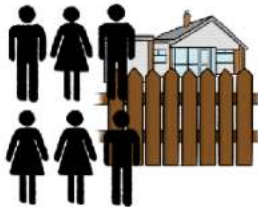


We plan to do this in 4 steps. With each step you will be able to do more things and meet more people.



From Monday, 29 March

From Monday, 29 March you will be able to:



- meet in groups of 6 people outside, including in a private garden



- meet in groups of 2 households.



Outdoor sports places will open up again, like tennis or basketball courts, and open air swimming pools.



You should still stay at home as much as you can.

You should work from home if you can. You won't be able to travel abroad.



You should still keep 2 metres away from people.

Step 2



If things go well, step 2 will start on Monday, 12 April.



Shops will open, including:

- hairdressers and nail salons



- libraries and community centres



- zoos and theme parks



- drive-in cinemas

Staying safe



We won't be able to get rid of COVID-19 altogether.



We will have to carry on:

- washing our hands often
- being careful not to touch our face
- giving people extra space
- letting fresh air in
- getting tested
- getting the vaccine when we can.





HM Government



Coronavirus

Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**