



Workbridge

Helping people realise their potential

Issue 4 February 2021

Happy News

from Workbridge

*"Kindness is a gift
everyone can afford
to give."*

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

Trip to buy carrots in village
shop lands £120,000
Euro Millions winner for
Northants couple



They were only popping in to buy
carrots for Roast Dinner!



Man who organises
Northamptonshire Walks on
Facebook sees thousands join
his facebook group in 2020 for
keen walkers!



Rosco the parrot reunited with
13 year old owner 5 months
after going missing in
Northampton home!

Rosco went missing in August
2020 but has since returned.

Chat with Workbridge staff
during lockdown

Call us in the week
on 01604 872770

Activity Pack

February 2021 Issue 4



Activities and information on...

YOUR WELLBEING

(page 3)

PUZZLES, TRIVIA & GAMES

(page 6)

CRAFTS & TASTY RECIPES

(page 10)

RESOURCES -

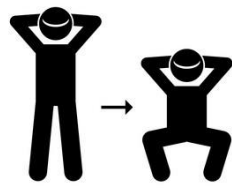
Useful information (page 17)

YOUR WELLBEING:

Try Some Mindful Colouring!



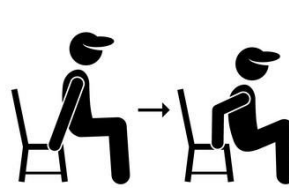
Try these exercises.... Remember work both sides!



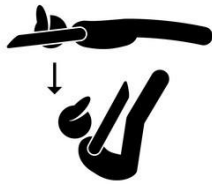
Bodyweight Squats



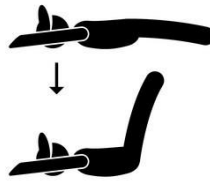
High Knees



Chair Dips



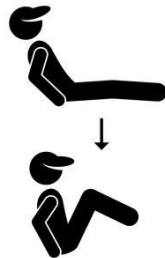
Toe Crunches



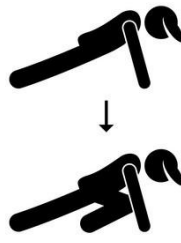
Leg Raises



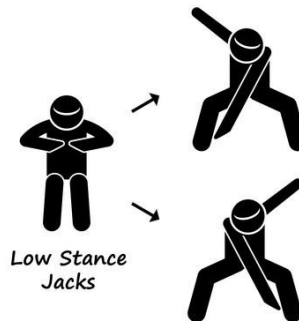
Punches



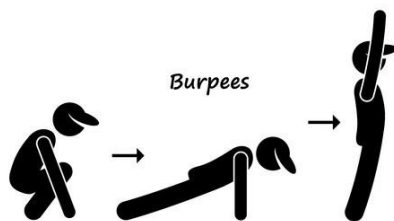
Knees Pull-Ins



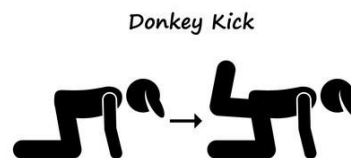
Mountain Climbers



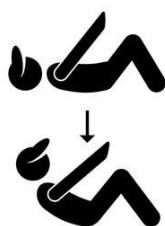
Low Stance
Jacks



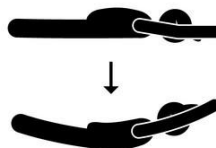
Burpees



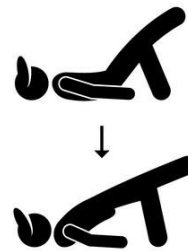
Donkey Kick



Abdominal Crunch



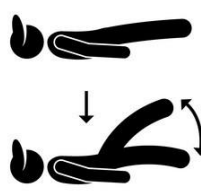
Superman



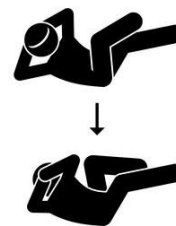
Single-Leg Bridge



Knee Crunches



Flutter Kick



Cycling Crunches

For the Body & Mind do some Yoga?

Again...work both sides!



PUZZLES, TRIVIA AND GAMES

Try this Health & Wellness Word search

Health and Wellness

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

stress	coping	activities	responsibility
physical	reliable	occupational	intellectual
spiritual	balance	give back	mental
swimming	hydrate	biking	yoga
eating healthy	no smoking	emotional	debt free
financial	savings	laugh	volunteer
walking	exercise	hygiene	therapy
church	wellness	pray	goals
prescriptions	social		

Have a Go at this Brain teaser!

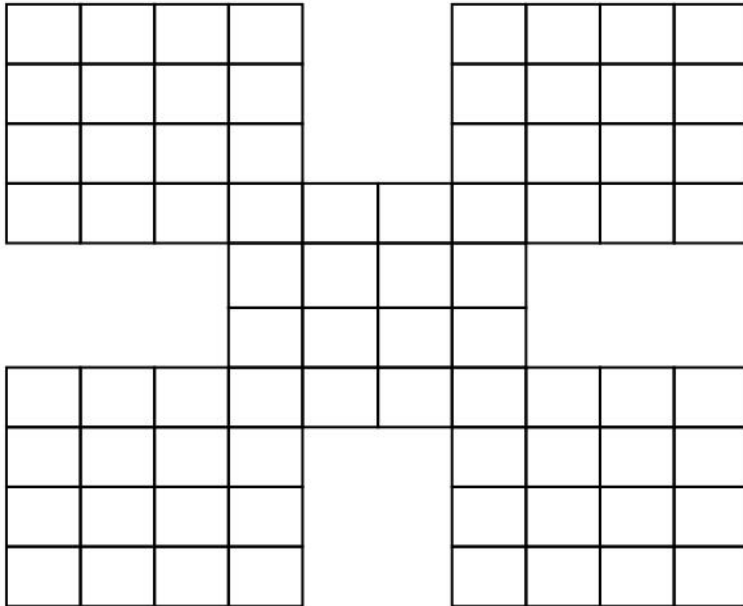
BEGIN AND END

Each phrase below is a clue for an answer that begins and end with the same letter

1. A continent at the south pole _____
2. Payment to stockholders _____
3. A word used by magicians _____
4. Physical exertion done for fitness _____
5. One television show in a series _____
6. One who reviews and gives judgments _____
7. A brief advertisement _____
8. A place for performers _____
9. An amount over and above what is needed _____
10. A great work of art or literature _____
11. A ray of moonlight _____
12. An edible seed of a literature _____
13. Accepting of others _____
14. Handwriting skill _____
15. Blue-green _____
16. An official list of names _____
17. One thousand years _____

Brain Teasers Worksheet

Connected Squares: This puzzle is similar to a crossword puzzle, except that each of the four square areas reads the same horizontally and vertically.



UPPERLEFT: 1. Frozen vapor.

2. Fastidious. 3. Prefix meaning eight.

4. To carry as covering.

UPPER RIGHT: 1. To take notice of.

2. To covet. 3. Equal. 4. A unit of force

in the centimeter-gram-second system.

CENTER: 1. To observe printed matter.

2. Always. 3. Prefix meaning pertaining

to air. 4. To let fall.

LOWER LEFT: 1. We motor on it.

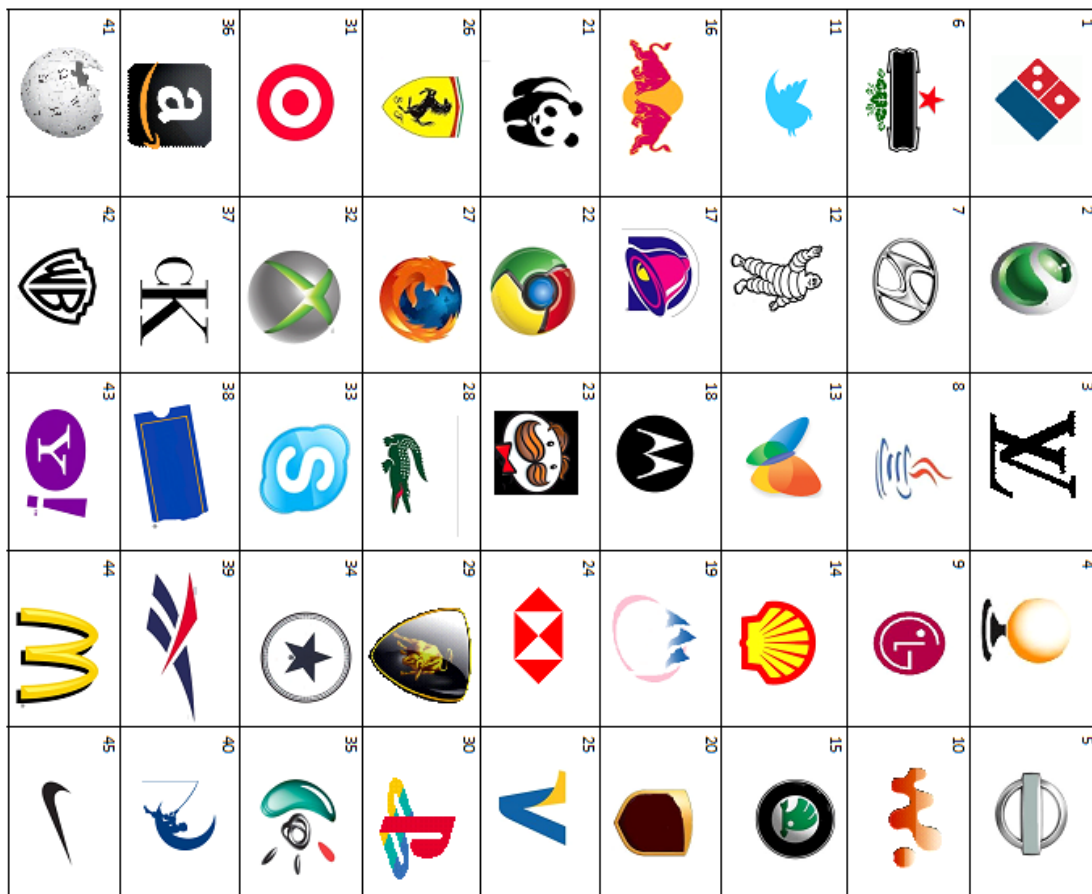
2. A boy's name. 3. An article of matter.

4. Hemispherical roof.

LOWER RIGHT: 1. To empty. 2. A

vegetable. 3. Vessels. 4. A breaking out

of the skin.



Can You Guess the
Brand Logo?



Word search

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

HAPPY
 SMILE
 POSITIVE
 NATURE
 WALKS
 CHEERFUL
 CONTENT
 JOY
 REJOICE
 GLAD
 SPRING
 SUMMER
 MERRY
 BLISSFUL
 SATISFIED

Crafts and Tasty Recipes:

How to Regrow Spring Onions in Water



Spring onions are one of the easiest cut and use again vegetables to grow. In one week you will have more growth to keep using in your cooking.

When you place the roots in water, they will grow and you can just keep reusing the top green parts.

Time: 10 minutes, easy, cost 65p
Materials needed: Clear glass or small jar
Bunch of spring onions, Water, scissors



Step 1:

Sort the onions and take out any that don't have at least a few roots growing from the white end (use onions with roots). Trim the tops of the onions so they are all the same length.



Step 2:

Place in your glass or jar and add water to just above the white part of the onion and Place the glass near a sunny window and remember to change with fresh water every other day.



Step 3: In a few days, the roots will start growing longer.



Step 4: Cut off the green part of the spring onion to use in cooking.



Step 5:

New green shoots will start to grow in about 3 days. Make sure to keep changing the water every 2 days so they stay fresh or the onions will spoil.

Step 6: Now you have an endless supply of spring onions from just one small bunch that will keep growing. Cut again and again to use in your recipes.

Healthy Pancake Recipe

Pancake Day or Shrove Tuesday this year is on the 16th February. It is the traditional feast day before the start of Lent on Ash Wednesday and 40 days leading up to Easter. We celebrate by making and eating pancakes!

Prep: 15 mins

Cook: 30 mins

Easy

Makes 10-12

These easy healthy pancakes get their fluffy texture from whipped egg whites. Stack them high with fresh berries and a spoonful of low-fat yogurt.

Ingredients

50g self-raising flour

50g wholemeal or wholegrain flour

2 small eggs, separated

150ml skimmed milk

berries and low-fat yogurt or fromage frais to serve



Method

STEP 1

Sift the flours into a bowl or wide jug and tip any bits in the sieve back into the bowl. Add the egg yolks and a splash of milk then stir to a thick paste. Add the remaining milk a little at a time so you don't make lumps in the batter.

STEP 2

Whisk the egg whites until they stand up in stiff peaks, then fold them carefully into the batter - try not to squash out all the air.

STEP 3

Heat a non-stick pan over a medium heat and pour in enough batter to make a pancake about 10 cm across. Cook for just under a minute until bubbles begin to pop on the surface and the edges are looking a little dry. Carefully turn the pancake over. If it is a bit wet on top, it may squirt out a little batter as you do so. In that case, leave it on the other side a little longer. Keep warm while you make the remaining pancakes. Serve with your favourite healthy toppings.

RECIPE TIPS

Try swapping in different wholemeal flours such as spelt or buckwheat to vary the flavour.

Detox Lemon & ginger tea

Benefits of Detox Tea

Lemon Ginger Detox Tea Recipe that will: Eliminate water retention and boost your metabolism



Prep: 5 mins

Easy: Serves 2

Lemon with root ginger to make a refreshing lemon and ginger tea a great alternative to caffeinated drinks and immune booster

Ingredients

1 lemon

2cm piece root ginger , finely sliced

STEP 1

Cut the lemon in half. Squeeze the juice from one half and slice the rest. Divide the lemon juice and slices between 2 mugs, along with the sliced ginger.

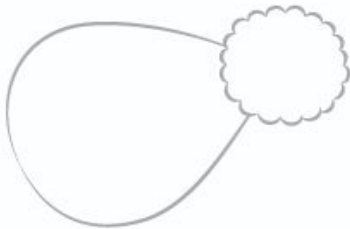
STEP 2

Fill the mugs with boiling water and leave to steep for 3 mins or until cool enough to sip. Sweeten with a spoon of honey

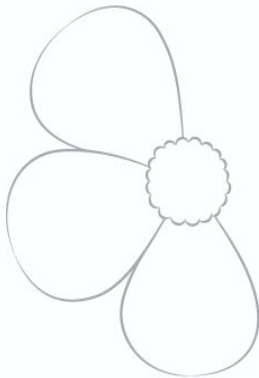
Art Project: How to Draw a Flower in 6 Steps



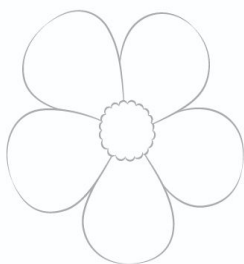
Step 1 - Draw the centre of the flower, little curves that come together to create a circle.



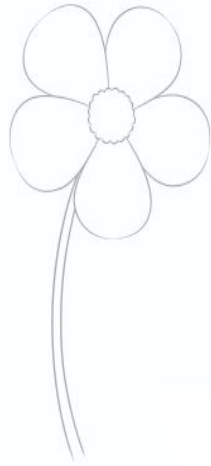
Step 2 - Draw the first petals, Add the first petal as shown in the example. Make it wider as it goes away from the centre of the flower into a nice and smooth curve on the end.



Step 3 - Add More Petals, 5 petals in total and each petal roughly the same in size and shape. Try and size each petal so they fit nicely around the centre and none are too "squashed together" and no gaps between each petal.



Step 4 - Finish Adding 5 petals in total



Step 5 - Draw the Stem, Going down from the petals add the stem. Draw it with a smooth curve and make it slightly wider towards the bottom than the top.



Step 6 - Draw the Leafs, add a pair of leaves to the flower. Draw the one near the top slightly smaller than the one at the bottom.

Make the shapes of the leaves narrow near the stem, then wider towards their centres and then narrower again ending with pointy tips.

RESOURCES -TV, INTERNET, BOOKS & RADIO

Wellbeing Walks with Workbridge



Struggling to get out during lockdown?

Live alone?

Cannot go online or talk on the phone to Workbridge?

Workbridge would like you to contact us if you would like to join a socially-distanced walk with the Workbridge Team during lockdown.

Walks will follow COVID-19 lockdown rules, and are being set up to support people who cannot access Workbridge zoom sessions or over the phone.

If interested, call Workbridge on 01604 872770

What Is Covid-19 or Coronavirus?

Covid-19 is a new illness. It is sometimes called coronavirus.



Most people will get better from Coronavirus at home but some people can get very poorly and have to go to hospital



Sadly, sometimes people can die from Coronavirus

Some signs of Coronavirus are:

A new cough and you keep on coughing



A high temperature



Your smell or taste going away or changing



If you have the symptoms above, stay at home and arrange to have a test



If you need more information on symptoms visit www.nhs.uk/conditions/coronavirus-covid-19/symptoms

If you cannot use the NHS website, phone 119 free of charge



About the vaccine



The Coronavirus vaccine is an injection



You will need 2 injections of the vaccine, which will be up to 3 to 12 weeks apart



The vaccine has been tested to make sure it is safe

Who should have the Coronavirus vaccines?

Some people are more likely to get poorly from Coronavirus than other people



If you are one of them, you will be offered the vaccine



Some people who are more likely to get poorly:

People living in a care home for the elderly



People aged 65 years and over



Adults with Down's syndrome



The vaccine will be also offered to adults with these health conditions:

Problems with your kidney or liver



Heart conditions



Some brain conditions



Serious breathing problems like asthma (use of steroid inhaler often)



Whether you get the vaccine will depend on what condition you have, and how serious it is

This list doesn't cover everybody
If you are more likely to get poorly, you should have been told by your doctor



If you have a condition that makes you more likely to get very unwell from coronavirus it's called being 'Clinically Extremely Vulnerable'

This means that you will be able to get the coronavirus injection earlier than other people



Health and social care staff will also be able to get the vaccine



Your main carer is able to get the vaccine



If you are a paid care worker for a vulnerable person, you will also be able to get the vaccine



Knowing if you should get a vaccine

Your GP should be able to tell you if you should get the Coronavirus vaccine

Some people may receive a letter, or a phone call to invite them for their vaccination.



This is the NHS calling to make a Covid-19 vaccine appointment



How to book your appointment

Your invitation letter will explain who to call for your appointment

Use the telephone to make your appointment



You will get told where to go for your vaccine and when



Some people may be asked to go to a vaccination centre to have their vaccine



If you're not sure, speak to your GP (family doctor)



What do I do next?

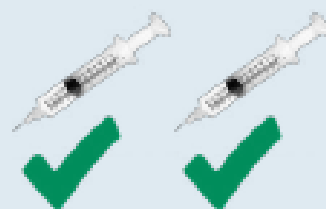
When you've had the first injection, you will get told where and when to go for your second injection



You should have a record card with your next appointment written on it for an appointment in 3 to 12 weeks time



Although the first dose will give you good protection, you need the second dose to get longer lasting protection



This is what the card will look like. Keep your card safe and make sure you go to your second appointment to get your second injection

Don't forget your COVID-19 vaccination

NHS

Make sure you keep this record card in your purse or wallet

For more information on the COVID-19 vaccination or what to do after your vaccination, see www.nhs.uk/covidvaccine

COVID-19 immunisation
Protect yourself.



Name

1 Name of vaccine:

Batch no:

Date vaccine given:

Don't forget to attend your appointment to have your second dose of vaccine. You will have the best protection after two doses.

Second appointment date:

2 Name of vaccine:

Batch no:

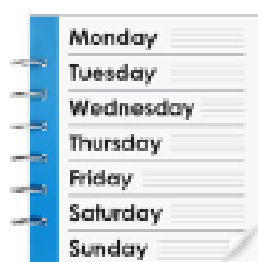
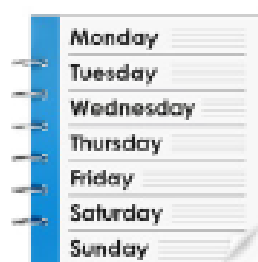
Date vaccine given:

Public Health England gateway number: 2020211. Product code: COV0020211

Follow the current guidance www.gov.uk/coronavirus

How long will the vaccine take to work?

It can take a few weeks for the vaccine to protect you



Does the vaccine work for everyone?

The vaccine doesn't completely stop everyone getting Coronavirus, but if you do still catch Coronavirus it shouldn't make you as poorly if you've had the vaccine



Allergies

If you have serious allergies, you should check with your doctor if it is safe for you to get the vaccine



You might have a serious allergy if you carry an epipen



Pregnant or think you may be?



Some women who are pregnant or breastfeeding may have the vaccine



Some may wait until after they have had their baby



Talk to your GP or midwife about it

The vaccine is safe if you have problems with your immune system (this is when your body finds it hard to fight infections)

Side effects of the vaccine

Very common side effects include:



Your arm feeling heavy or sore where you had the injection



Feeling achy or like you've got the flu



Feeling tired



Having a headache

If you feel feverish (like you're very hot or very cold) you should:

Rest



Take some paracetamol



You should feel better in less than a week



You cannot catch Coronavirus from the vaccine but it is possible to have caught Coronavirus and not realise until after your vaccination appointment

If you are feeling very poorly or you're worried you might have Coronavirus, call 111 or go on the 111 website



Make sure you tell 111 that you have just had your Coronavirus vaccine



If NHS 111 tell you to see a doctor or a nurse, make sure you tell them about your vaccination too

If you can, show them your vaccination card



 **Yellow Card**

If you think you have a serious side effect from the vaccine you can report them using the yellow card scheme

The Coronavirus yellow card system is a website where you can report any side effects from the vaccine coronavirus-yellowcard.mhra.gov.uk

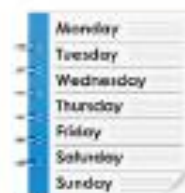
You may need support to access this website



I have had my flu vaccine, do I need the Coronavirus vaccine as well?



It's important to have the flu vaccine and the Coronavirus vaccine



You should wait 1 week after you've had your flu vaccine (jab) before you get the Coronavirus vaccine

What should I do if I am not well when it is my next appointment?



If you are not feeling well, wait to have your vaccine when you feel better



You should try to have it as soon as possible. You can call the same number that you used to make your first appointment



You should not attend a vaccine appointment if you are self-isolating, waiting for a Coronavirus test or unsure if you are fit and well

Can I give Coronavirus to anyone, after I have had the vaccine?



The vaccine can't give you Coronavirus



Having the vaccine makes you **less likely** to get very ill from Coronavirus



We do not yet know whether it will stop you from catching and passing on the virus

You still need to:



Stay away from other people (social distancing)



Wear a face mask



Wash your hands carefully and often

Vaccination, helping to protect those most vulnerable.

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