



Workbridge

Helping people realise their potential

Issue 2 January 2021

Happy News

from Workbridge

"Kindness is spreading sunshine into other people's lives, no matter what the weather."

Full to the brim with activities and positive stories, made by Workbridge staff, to help you get through lockdown!

The Big Garden Bird Watch is nearly here!

Join the RSPB
29th - 31st January
to see what birds you can
find in the garden.



BE THE
REASON
SOMEONE
smiles
TODAY.

All of the staff at Workbridge
miss you and cannot wait
to welcome you back!

We hope you enjoy
this activity pack.



Local Fire Service save
Pet Iguana from Corby
house fire on 17th Jan

Doris the Iguana hitched
a lift out of the house on
the firefighter's head.

Chat with Workbridge staff
during lockdown

Call us in the week
on 01604 872770



Activity Pack

January 2021 Issue 2



What's in this Pack?

Activities and information on...

YOUR WELLBEING

(page 4)

PUZZLES, TRIVIA & GAMES

(page 9)

CRAFTS & TASTY RECIPES

(page 15)

RESOURCES -

TV, INTERNET, BOOKS & RADIO

(page 32)

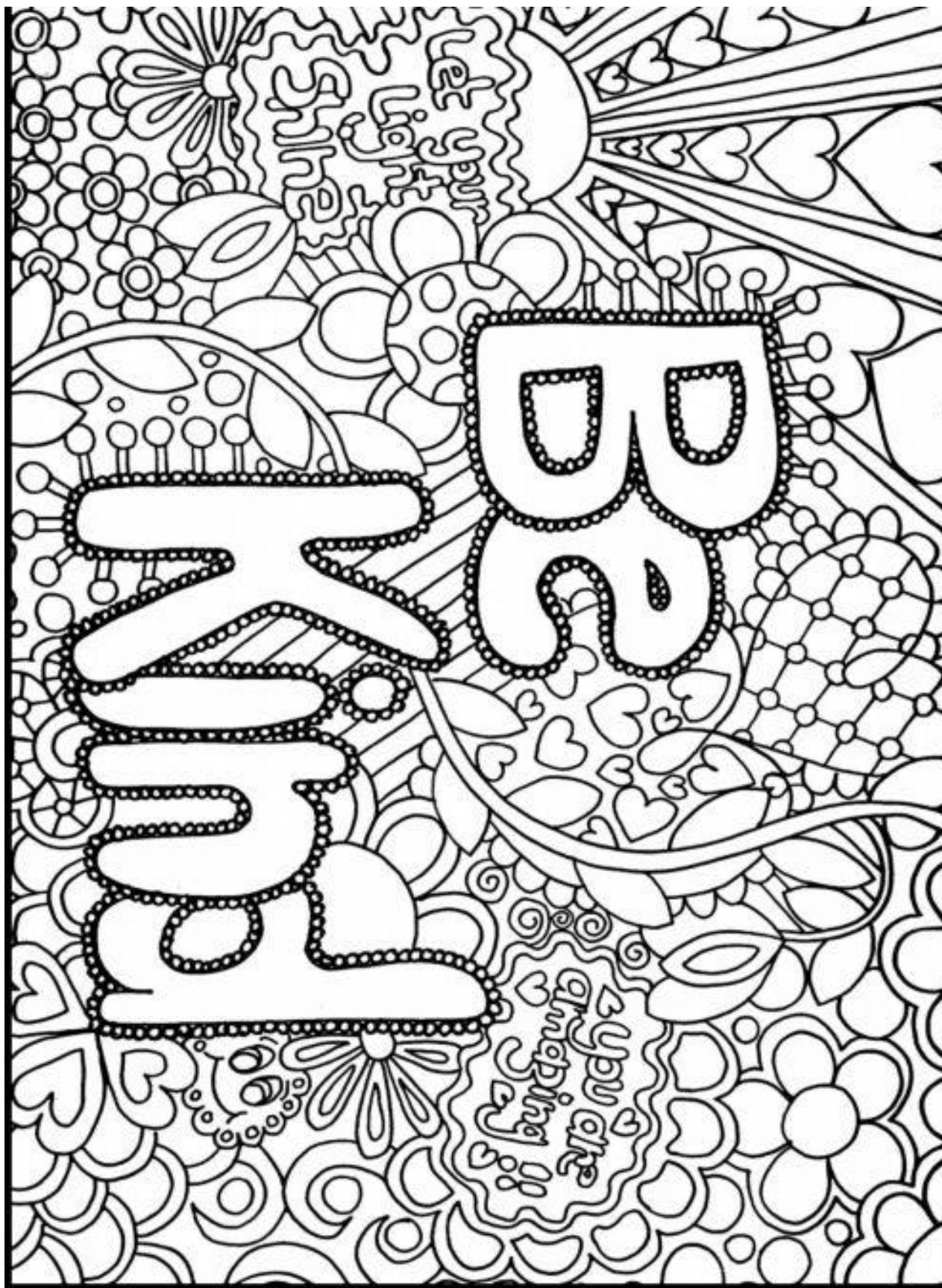


YOUR WELLBEING: MENTAL AND PHYSICAL HEALTH

You are not your age,
Nor the size of clothes you wear,
You are not a weight,
Or the colour of your hair.
You are not your name,
Or the dimples in your cheeks,
You are all the books you read,
And all the words you speak,
You are your croaky morning voice,
And the smiles you try to hide,
You're the sweetness in your laughter,
And every tear you've cried,
You're the songs you sing so loudly,
When you know you're all alone,
You're the places that you've been to,
And the one that you call home,
You're the things that you believe in,
And the people that you love,
You're the photos in your bedroom,
And the future you dream of,
You're made of so much beauty,
But it seems that you forgot,
When you decided that you were defined,
By all the things you're not.

~e.h

Colouring In



Keep Active and try some seated exercises!



Or....Some seated Yoga?





PUZZLES, TRIVIA AND GAMES

Can you guess the name of these logos?



Find the word from these clues...

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 _____

Famous Bands

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

MCFLY
 PSY
 ELBOW
 WESTLIFE
 PINK
 TAKE THAT
 COLDPLAY
 FLEETWOOD MAC
 LITTLE MIX
 WANTED
 THE KILLERS
 GREEN DAY
 THE WHO
 UNION J
 BLUR
 BUSTED
 MUSE
 QUEEN

....Word search time!

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	copng	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		

Sudoku (this one is a little tricky)

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



CRAFTS & TASTY RECIPES

Healthy Granola Bars



Healthy, no-bake granola bars with just 5 x ingredients and a sweet, crunchy texture. Peanut butter and maple syrup complement each other perfectly in this ideal portable breakfast or snack.

PREP TIME

10 minutes

TOTAL TIME

15 minutes

Servings

10 (bars)

Course Breakfast, Snack

Cuisine Gluten-Free, Vegan

Freezer Friendly for 1 x month

Keep 3 - 4 Days

Ingredients

1 heaped cup packed dates, pitted (stones removed)

1/4 cup maple syrup or honey

1/4 cup creamy peanut butter or almond butter

1 cup roasted unsalted almonds (chopped)

1 1/2 cups rolled oats



(Optional additions) Chocolate or banana chips, dried fruit, raisins, cranberries, sultanas

Method

1. Chop or Process dates in a food processor until small (about 1 minute). It should form a "dough" like consistency.
2. Optional step: Toast your oats (and almonds if raw) in a 350-degree F (176 C) oven for 10-15 minutes or until slightly golden brown. Otherwise, leave them raw -
3. Place oats, almonds and dates in a large mixing bowl - set aside.



4. Warm maple syrup or honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.

5. Once thoroughly mixed, transfer to an 8 × 8-inch baking dish or other small pan lined with parchment paper so they lift out easily



6. Press down firmly until uniformly flattened with a drinking glass, press down firmly and really pack the bars, which helps them hold together better.

7. Cover with cling film and let firm up in fridge or freezer for 15-20 minutes.

8. Remove bars from pan and chop into 10 even bars (or 9 squares)

TIP: your dates don't feel sticky and moist, you can soak them in water for 10 minutes then drain before processing. This will help them blend better and hold the bars together.

Store in an airtight container for up to a few days or in the freezer to keep them extra fresh, but it isn't necessary.

Cauliflower and Broccoli Cheese Bake



A tasty Vegetarian dish of Cauliflower and broccoli cheese bake and a bit of English mustard for a kick.

Serves 4

Ready in 35 minutes

Ingredients

50g unsalted butter

50g plain flour

600ml semi skimmed milk

1 tsp English mustard

75g Cheddar cheese, finely grated



1 head broccoli, cut into florets



1 head cauliflower, cut into florets

Method

Preheat the oven to 190°C/ fan 170°C/Gas 5

Step 1.



Melt the butter in a saucepan, add the flour and cook for a couple of minutes. Add a little of the milk and stir, then gradually add the rest of the milk, stirring all the time

Step 2.



Cook gently until you have a smooth sauce. Add the tsp of mustard and half of the cheese

Step 3.

Steam the broccoli and cauliflower until just cooked but still firm and put into an ovenproof dish

Step 4.

Pour the sauce over the top of your veg

Step 5.

Sprinkle the remaining cheese over and bake for 15 minutes until golden

TIP: Why not put sliced tomatoes on top of your dish for an extra one of your 5 a day

Chai Tea

A warming spiced tea



Ingredients

2 mugs milk (you can use almond milk)

2 tea bags

6 cracked cardamom pods

$\frac{1}{2}$ cinnamon stick

a grating of fresh nutmeg

2 cloves

2-4 tsp light brown soft sugar



Method

STEP 1. Heat the milk in a saucepan over a very low heat. Place the tea bags into the pan, then add the cracked cardamom pods, cinnamon stick, nutmeg and cloves.

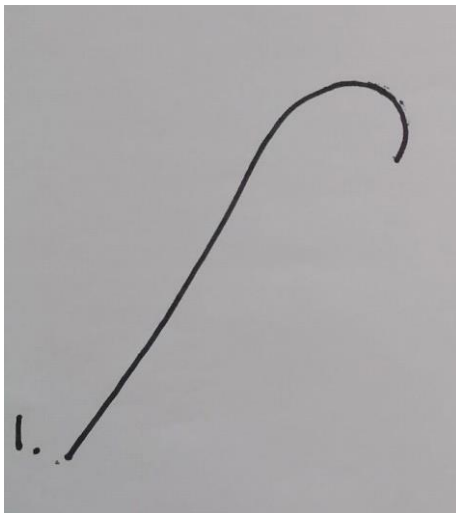


STEP 2. Add the light brown soft sugar and then leave to infuse, and lightly simmer (but not boil) for 10 mins.

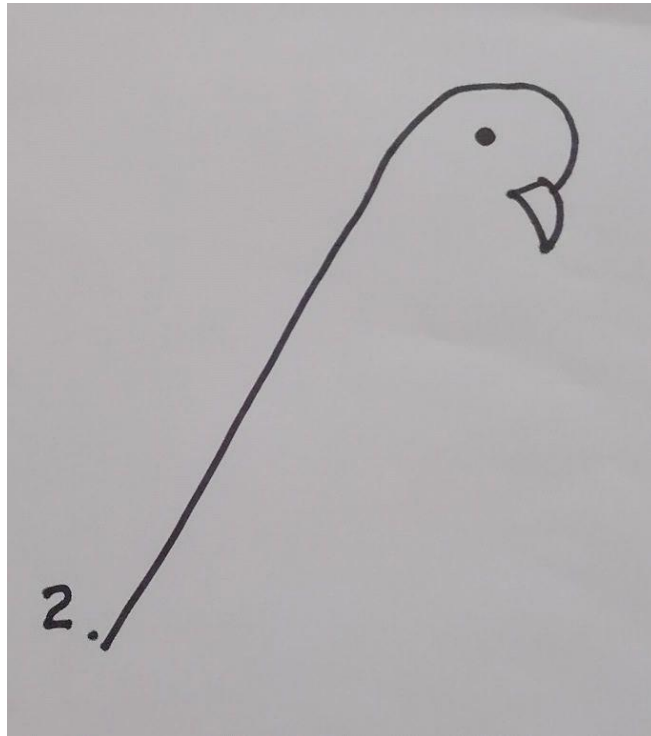
Once lightly steaming strain the liquid removing spices and froth the top with a whisk to create some foam before serving. Strain into mugs and enjoy.

Art Project: How to Draw a Bird in 6 steps

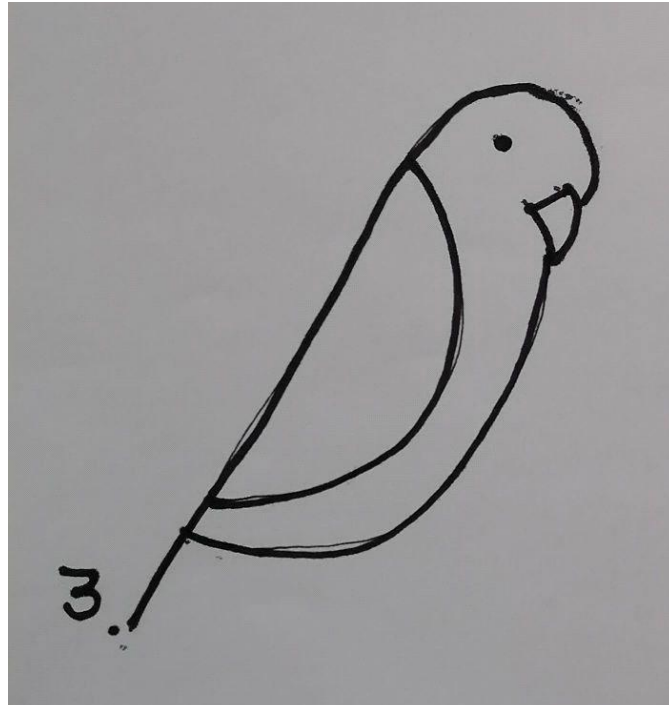
Step 1. This step will form the birds head and back. Notice how the back is drawn at a slant or angle.



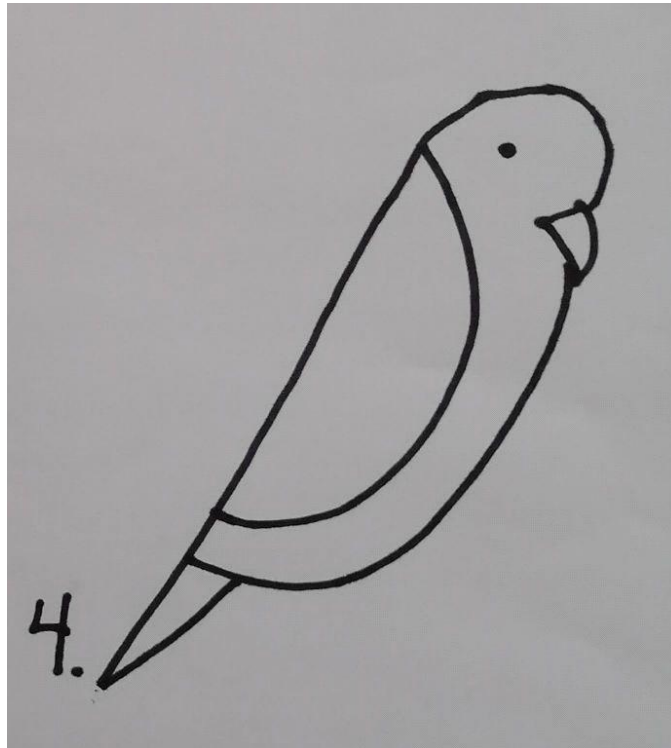
Step 2. Now add the eye and draw a beak as shown.



Step 3. Next draw the bird's body then its wing.

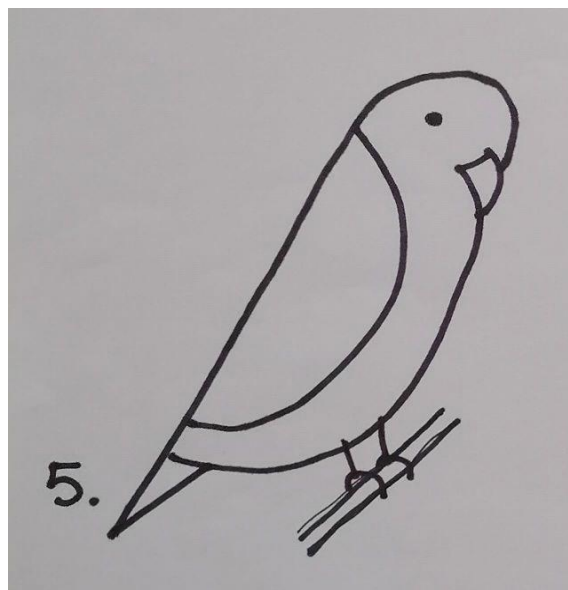


Step 4. From the bottom end, draw a line upward to connect to the body. This forms the tail.



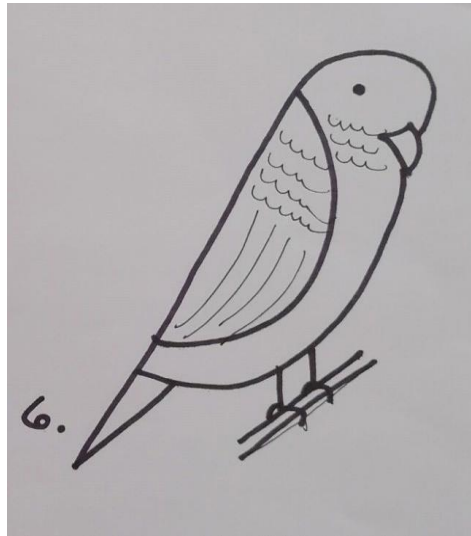
Step 5.

Your bird needs something to stand on. Next draw a branch as shown and two stick legs and claws to grab its branch.



Step 6.

Your bird is almost complete. It needs some feathers. Make little curvy lines as shown on its head and upper wing. For the lower wing draw a few lines swooping downwards. Your bird is now complete.



Homemade Bird Fat Ball and feeder



Bird fat balls are a good source of food for birds and this is an easy recipe to follow. You will need a 750 g bag of wild bird seed mix and a packet of lard.

What you will need

1 x packet of soft Lard at room temperature

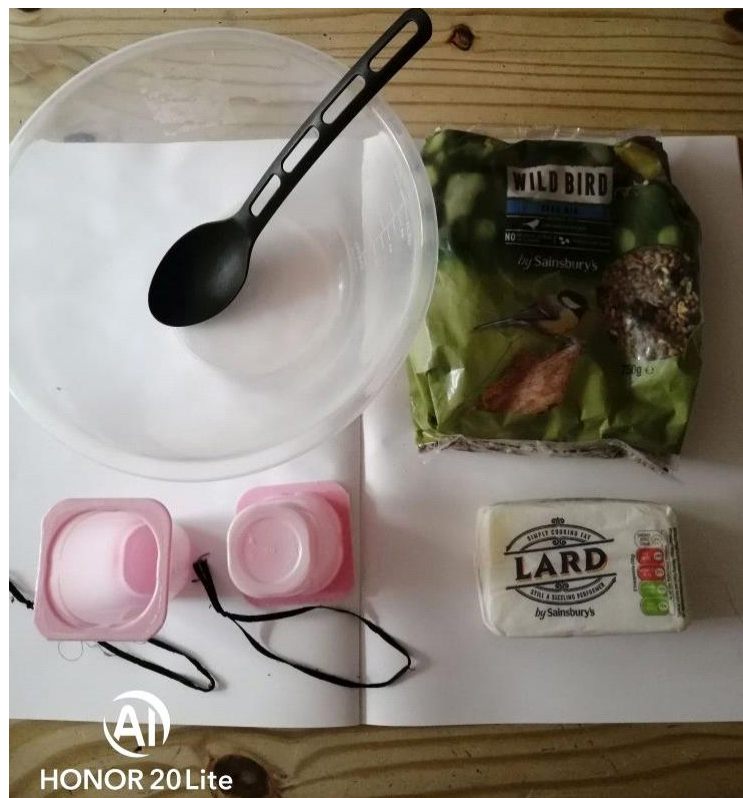
1 x 750g of Wild bird seed

1 x mixing bowl

1 x spoon

String or twine

1 x empty and washed yoghurt pot or a cookie cutter



Step 1:

Place your wild bird seed in a bowl. You can buy bird seed from supermarkets or online.

Mix two parts bird seed to one part lard (use your yoghurt pot to measure this) fill two thirds with bird seed and one third with lard.

Step 2:

Mix your bird seed and softened lard together in a large bowl. You can use spoons, some people find it easier to use hands.

Blend them together, the fat will bind the loose seed. You're aiming for an even spread of feed through the lard to make a fat ball that will be firm once molded together.

Step 3:

You can either make balls or shapes that you can make using cookie cutters that you'll then hang from string or you can push the mix into yoghurt pots.

STEP 4:

To make the balls you want to use your hands to shape into a ball and then cut it in half. Tie a knot in some string to make a loop, embed it and then press the ball back together.



STEP 5

For the yoghurt containers, poke a hole in the bottom of the pot and tie a string inside so it'll hang upside down. Then fill the pot with the mix. You can also attach the string onto the lip of the pot, if you'd rather it hang sideways.



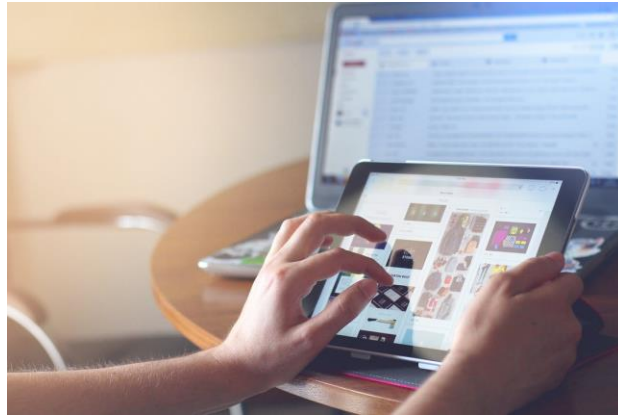
Step 6:

Put your fat balls in the fridge for a few hours until they harden up, and then they'll be ready to hang. You can also freeze your bird food balls if you make more than one.

STEP 7:

Choose a tree or shrub with easy access for birds. You can also pop them in a bird feeder, if you have one.

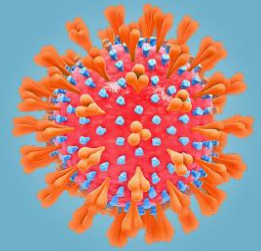




RESOURCES - TV, INTERNET, BOOKS & RADIO

Coronavirus

Back in lockdown



**If you do go out
be careful**



**Wear a face
mask to help
stop spreading
coronavirus**



**Keep your
distance from
other people**



**Wash your
hands to kill
Covid germs**



**Get back
home quickly**

**Covid is spreading fast.
We are back in lockdown
and must all stay at home.
Only go out for**

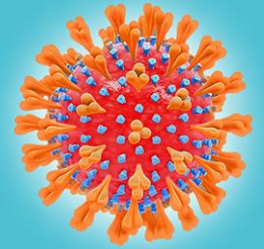
- * Food shopping**
- * Exercise and wellbeing**
- * Health or care needs**
- * Work if you need to**



**If you feel unwell
Stay at home
Call 111 or your GP
If life is in danger call 999**

Coronavirus

Keeping safe



Coronavirus or Covid-19 is the illness spreading across the world.

Look out for the signs

- * High temperature
- * New cough
- * Loss of taste or smell

Don't spread it



Wash your hands well



Wear a face covering



Keep your distance from people



**If you feel unwell
Stay at home
Call 111 or your GP**

If life is in danger call 999



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**

Online Exercise Class with WheelPower

Join WheelPower online to experience free exercise classes in the comfort of your own homes!



Ben Clark will be taking us through short 40 minute workouts every Tuesday morning, aimed at keeping you fit during lockdown.

Ella Beaumont will be your fitness instructor for these live strength training classes every Wednesday evening.

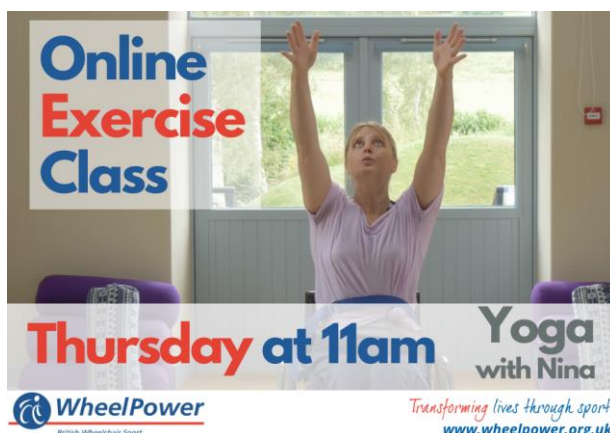


Yoga teacher Nina Bosworth-Brown will be joining WheelPower with these

Thursday morning classes aimed at keeping you relaxed and supple during this challenging time.

No experience is necessary and everyone is welcome.

To find out more and book your tickets, visit:



www.wheelpower.org.uk/sport-events

5 Best Joe Wicks Workouts on YouTube

Joe Wicks, aka The Body Coach, became the nation's unofficial PE teacher through his daily live streamed workouts during lockdown in March.

Here's are some of Joe's most popular workouts to follow from your living rooms.



1. HIIT home workout for beginners.

Joe's number 1 most popular video on YouTube. 20 minutes of easy to do exercises to get your heart rate up.



2. 15 minute fat burning HIIT workout

Another popular one for those of us without a home gym (so, most of us).



3. 10 minute home workout for seniors.



4. How to cool down after a HIIT session.

Cooling down after a workout is just as important as the workout itself to avoid injury. This video will help you do that.



5. PE with Joe

Whole families and people of all ages - even those in care homes - were inspired by Joe's enthusiasm during the first lockdown, sparking a new love of fitness across the UK.

Joe announced the return of the popular series in an Instagram post: 'PE with Joe is back. Starting Monday the 11th January at 9am on my YouTube channel. I am committing to 3 live sessions per week: Monday, Wednesday and Friday at 9am (UK time)'

Find all Joe Wicks' YouTube videos at:

<https://www.youtube.com/c/TheBodyCoachTV/featured>



Join the RSPB for the Big Garden Birdwatch

January 29 – 31 2021

Spend an hour counting the birds in your garden, from your balcony or in your local park – and tell the RSPB what you saw. Simple!



How to Take Part:

Pick a time

You can choose any hour between 29 and 31 January, so whether you're an early bird or a night owl, you can still take part.



Note down what you see

Count the birds that land in your garden or park, or on your balcony. Ignore birds that are flying. Just record the highest number of each bird species at any one time – not a running total.

Submit your results

Online: You can submit your results online at rspb.org.uk/birdwatch from January 29th to February 19th.

By post: If you'd rather send your results by post, use the submission form below. Please post your results before February 15th.



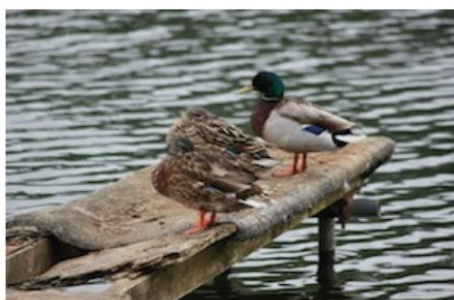
To find out more, or sign up online, visit:

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>

Northamptonshire Walks



Northamptonshire Walks is a walking blog run by Northants local, Dave Askew.



Each of the walks featured on the site includes step-by-step instructions, maps, notes on how easy the walk is and how long it should take you, and points of interest to look out for along the way.

Since lockdown, Dave has added a 'Walks from My Doorstep' section, to help people stay local and still get out of the house.

Find out more at:

<https://northamptonshirewalks.co.uk/>

Chaffinch



Female



Male

Goldfinch



Blue tit



Long-tailed tit



Coal tit



Collared dove



Great tit



Greenfinch



Female



Male

House sparrow



Robin



Woodpigeon

Duncock



Magpie



Starling



Female

Blackbird



Male

Big Garden Birdwatch

29-31 January 2021

These are some of the birds that you might see. You can use the tally to help you count. You'll find lots of tips on identifying birds as well as their calls at rspb.org.uk/birdwatch

The RSPB is a registered charity in England and Wales 207076, in Scotland SC037054. Illustrations by Mike Langman (rspb-images.com)



What will you see?

Enjoy an hour watching nature and count the birds in your garden, local park or from your balcony.

Take time out for nature – and you!

How to take part. Everyone counts!

- Count the birds for one hour in your garden, local park or from your balcony between **29 and 31 January 2021**.
Only include those that land, not those flying over. Count the most birds you see at any one time – otherwise you could count the same bird twice.
- Submit your results by **15 February 2021**. Go to our website at rspb.org.uk/birdwatch, and using the code **BH30**, tell us what you saw. Remember even if you saw nothing, it still counts. The more results we receive, the better the picture we will have.

By submitting your results online, you're helping us spend more on saving nature. However, if you are unable to do so, you can print a copy of this form, complete and return it by post. Put it in an envelope and simply write **FREEPOST RSPB BIG GARDEN BIRDWATCH** on the front. Please ensure only this wording appears on the return envelope. This is a short address, but rest assured it'll reach us.

Name of bird	Most seen at one time
Blackbird	<input type="text"/>
Blue tit	<input type="text"/>
Chaffinch	<input type="text"/>
Coal tit	<input type="text"/>
Collared dove	<input type="text"/>
Duncock	<input type="text"/>
Goldfinch	<input type="text"/>
Great tit	<input type="text"/>
Greenfinch	<input type="text"/>
House sparrow	<input type="text"/>
Long-tailed tit	<input type="text"/>
Magpie	<input type="text"/>
Robin	<input type="text"/>
Starling	<input type="text"/>
Woodpigeon	<input type="text"/>
Other birds	<input type="text"/>

Discover more: rspb.org.uk/birdwatch

The survey results will be announced on our website in April. Don't forget to share how you got on **#BigGardenBirdwatch**

Let's keep in touch – on your terms

Thank you for caring about nature. We're determined to do all we can to save it. You're a very important part of that which is why we'd love to let you know about the conservation, campaigning, research and fundraising work that we're doing.

If you're happy for the RSPB and RSPB Shop to keep in touch, please let us know how you would like to hear from us:

	Yes	No	
Post	<input type="checkbox"/>	<input type="checkbox"/>	Please tick "yes" or "no" for each option to ensure your form is valid.
Phone	<input type="checkbox"/>	<input type="checkbox"/>	
Email	<input type="checkbox"/>	<input type="checkbox"/>	
Text	<input type="checkbox"/>	<input type="checkbox"/>	

You're in control. If you'd like to change your choices at a later date, all you have to do is call us on **01767 693680** or go to rspb.org.uk/preferences. If you decide to stay in touch, we'll also keep you up to date with news about membership, products, offers and competitions.

Your details will be kept safe and secure, only used by us, or those who work for us, and will not be shared with anyone else. To understand our supporters better we combine and analyse the information you provide; with what we know about how you've helped us; and other external sources of data. This helps us to decide what communications will be of interest to you and save the resources we have available for our conservation work. We also use this information to run our charity's operations, e.g. if you place an order or make a donation, we'll need your details to process those.

If you would like to know more or understand your data protection rights, please take a look at rspb.org.uk/privacypolicy

Please use **CAPITAL** letters.

Title (Mr, Mrs, Miss, Ms, Mx, etc)

First name

Last name

Address

Town

County/Council area

Postcode

Telephone

Mobile

Email (over 18s only)

Date of birth (if under 18) / /

How many people took part? Adults Children

If you didn't do the Big Garden Birdwatch at home, where did you do it?

Postcode (if different from above)

Please let us know your results by **15 February 2021**.

Submit your results online at: rspb.org.uk/birdwatch using the code **BH30**. It is quick, easy and the savings made on postage and processing costs, help us spend more on conservation.

SOAP KILLS COVID 19



WASH YOUR HANDS

Wash your hands well and
often to avoid contamination-

for a minimum of 20 seconds



Coronavirus
COVID-19
Public Health
Advice