



Issue 5 February 2021

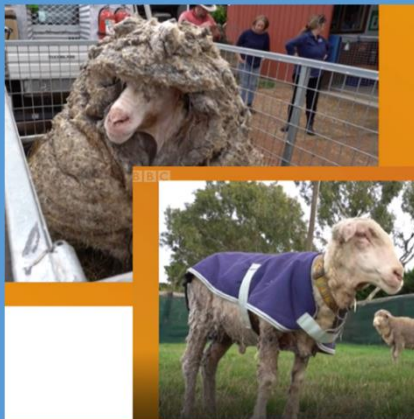
Happy News

from Workbridge

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



Australian sheep spends years wondering around the wilderness, finally gets found and given a shave for spring!



Northampton Sikh food bank helps hundreds of people during pandemic



Six year old boy leaves inspirational key rings around Northampton!

Joey spent half term making key rings and hiding them around Northampton to make people happy and raise money.

Workbridge will be in touch again soon to let you know when we can safely re-open and welcome you back.

Activity Pack

February 2021 Issue 4



Activities and information on...

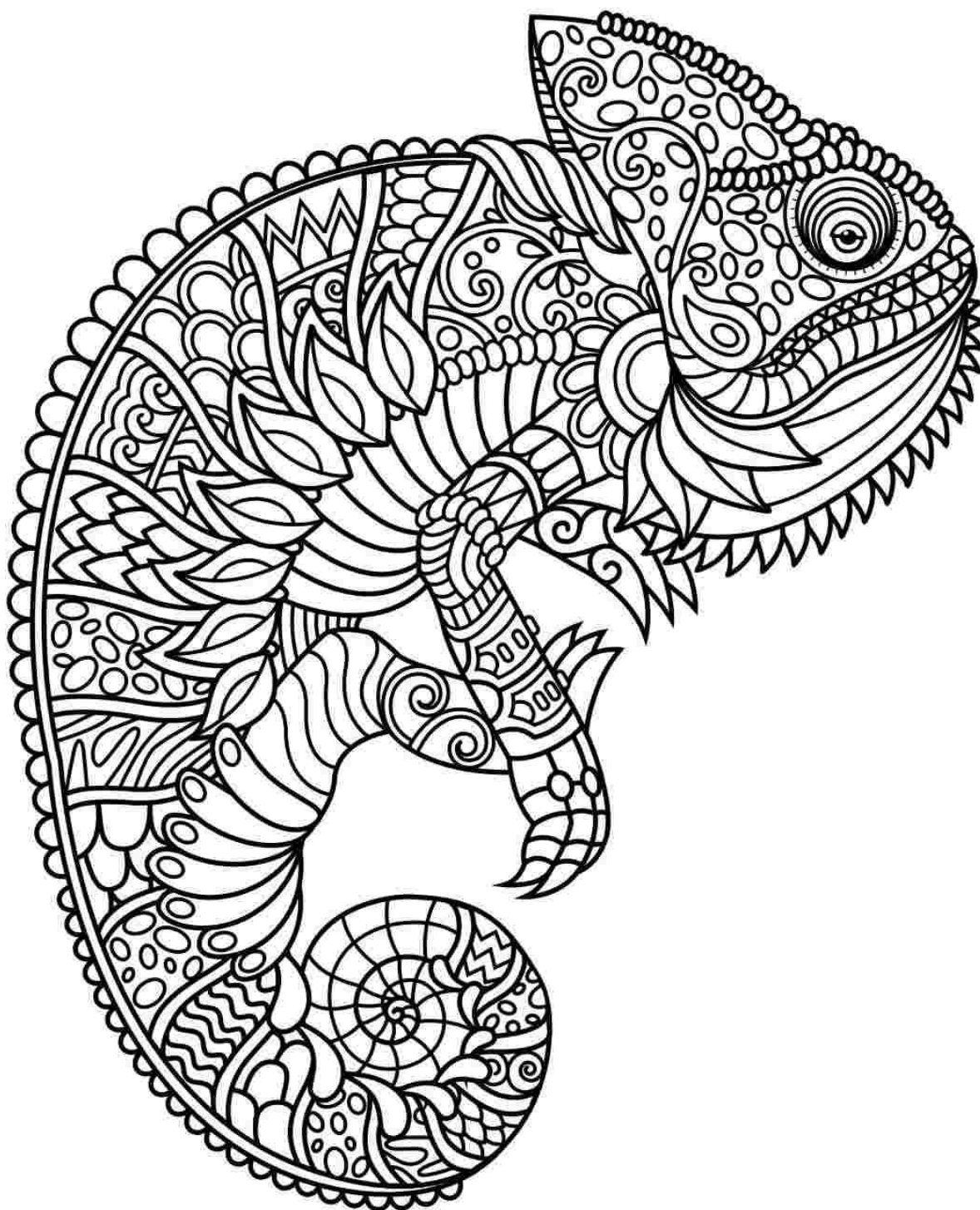
**WELLBEING
PUZZLES, TRIVIA & GAMES**
(page 3)

CRAFTS & TASTY RECIPES
(page 7)

RESOURCES -
Useful information (page 14)

Wellbeing, puzzles, trivia and games

Try Some Mindful Colouring!



A Quiz!

1. Which of the following creatures is the odd one out and why:
a) Spider, b) Lizard, c) Snake, d) Crocodile?
2. What is the name of the famous puppet created by a woodcarver named Geppetto?
3. Bangkok is the capital city of which Asian country?
4. Which planet is closest to the Earth?
5. How many pairs of segmented legs does a honey bee have?
6. Which three female artists released a song called 'Don't Call Me Angel' in 2019?
7. Which country has the largest population:
a) Canada, b) Mexico, c) The United States?
8. What word, beginning with the letter C, describes a person who directs an orchestra?
9. What type of pet does Joey give to his roommate Chandler in the sitcom Friends?
10. Which country's flag features a crimson red disc on a white rectangular background?
11. Which dinosaur had three horns on its head?
12. Which of the following words describes a deep gorge, often with a river running through it:
a) Cliff, b) Canyon, c) Cave?
13. How many World Wars have there been?
14. Which classical ballet tells the story of a girl who visits the Land of Sweets on Christmas Eve?
15. What are the two main ingredients of a Spanish omelette?
16. What type of gas makes up most of the Earth's atmosphere?
17. In the famous story, what did Peter Pan leave behind in Wendy's bedroom?
18. What is a baby puffin called?
19. Who became the first male artist since Ed Sheeran to have two songs in the top 5 of the UK singles chart?

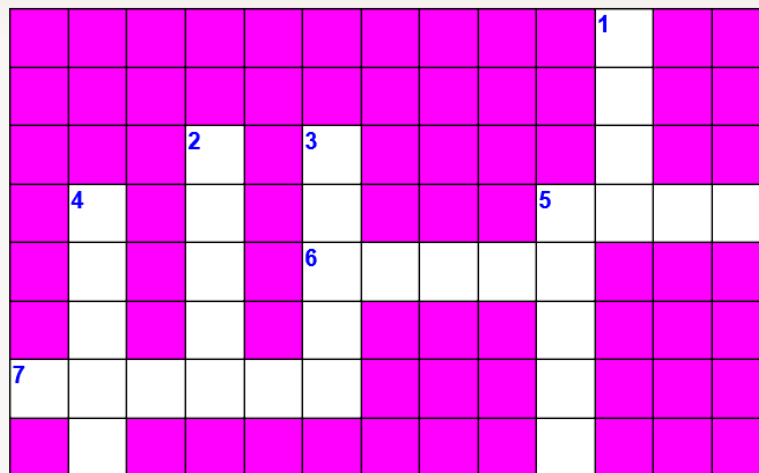
20.What is the fastest animal on two legs?

Quiz Answers

1. a) Spider (as it not a reptile, it is an arachnid)
2. Pinnochio
3. Thailand
4. Three
5. Venus
6. Ariana Grande, Miley Cyrus, Lana Del Rey
7. c) The United States
8. Conductor
9. A chick
10. Japan
11. Triceratop
12. b) Canyon
13. Two
14. The Nutcracker
15. Eggs and potatoes
16. Nitrogen
17. His shadow
18. A puffling
19. Lewis Calpaldi
20. Ostrich

Try This Crossword....

Fruity Crossword Puzzle



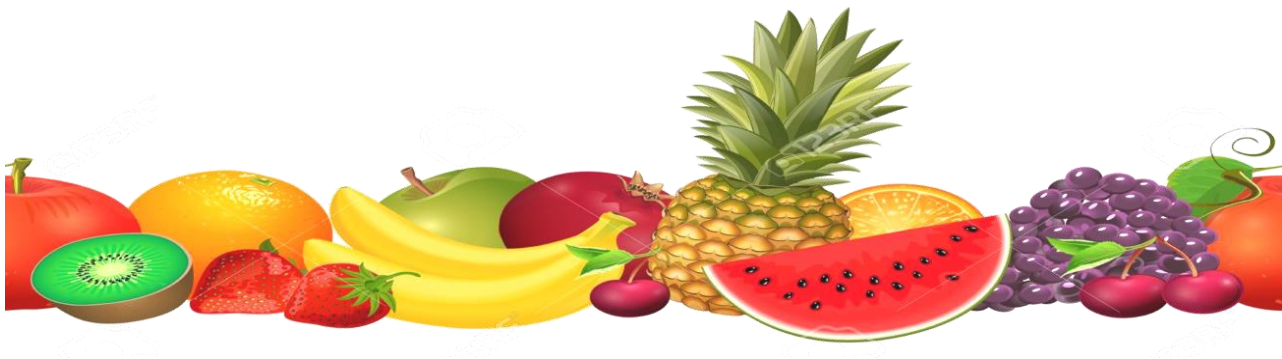
Check

Across:

5. Rhymes with the word "bear". It is similar to an apple.
6. This fruit grows on trees and has seeds inside. You should not eat this fruit if you have a loose tooth or are wearing braces.
7. The name of this fruit is also the name of a color. It has a thick skin that you must peel away to eat.

Down:

1. Similar to a lemon, only green.
2. Similar to a lime, only yellow.
3. Small and round. It turns into raisin when left in the sun.
4. There are many types of these: the Blue _____, Straw _____, Cran _____, and Rasp _____.
5. This fruit is orange and pink. It looks like an apple, but is softer.



Crafts and Tasty Recipes:

How to Spring Clean Your Room

STEP 1 : Make your bed when you start cleaning. Make sure loose sheets are tucked in under your mattress to make your bed look tidy.



TIP: Play music to make cleaning more fun and to make time go by quickly. Choose a reward to give yourself when you're done.

STEP 2: Throw away all rubbish lying around your room. Carry a bin bag through your room and look for food wrappers, loose papers you don't need anymore, and empty containers. Search for items on your floor, desk, shelves, dresser and under your bed to make sure you've found everything.



STEP 3: Put any clutter from your floor on top of your bed. You may have clothes, bags, papers and many other items on the floor and this can create a big mess.



STEP 4: Clean windows and mirrors with glass cleaner and repeat the process with any mirrors you have in your room. Only use glass cleaner on your windows and mirrors since other cleaning solutions WILL leave streaks.



STEP 5: Clean up sticky messes or spills with a multipurpose cleaner. Dust and wipe the flat surfaces in your room. Take your items off the tables or shelves while you're dusting them so you can clean them completely.



STEP 6: Sweep or vacuum your floors. If you have hard floors then sweep with a broom and dustpan. If you have carpeting, then use a vacuum. Sweep and vacuum underneath your bed as well since dirt and dust can collect there.



Tip: If you have hard floors, you may also choose to mop them with a mix of warm water and cleaning solution.

STEP 7: Separate clothing and items you placed on your bed from the floor into separate piles so you're able to see what you need to clean and organize.



STEP 8: TIDY out your wardrobe so it doesn't look cluttered. Use an organizer to stack shoes or clothes so they don't look like they're just thrown inside.



TIP: Look for clothes that you don't wear often and see if you're able to donate to a charity shop.

STEP 9: There's a chance that you have jewellery, coins, pens, or other knick-knacks somewhere in your room that are cluttering up your space. Use tiny bowls or baskets to store your items you want, to keep your shelves and surfaces organized.



Tip: Shoeboxes work great for storing small items and they fit easily in a closet or on a shelf.

Making a Greetings card

You can make a greeting card from scratch or on the computer easily enough, and you might have some fun doing it.

Things you may need:

Cardstock (A4 or A5)

Coloured paper or other decorations (optional)

Scissors, Pencil, Glue or double sided tape

Ribbon and hot glue gun (optional)

Glitter (optional) Stickers (optional) Beads (optional) Flowers (optional)

Craft tape (optional)

Step 1: Gather your supplies. It's always helpful to have all your supplies laid out in front of you before you begin your project.



Step 2

Take a blank card, or fold a piece of paper in half. If you decide to use a piece of paper you have plenty of options. You can cut the paper down to a smaller size using a paper cutter, or even cut it into different shapes.



Step 3: Add decorations to your card. Another scene in the night time on the other side. If you know the person you're giving the card to, try to make something that would appeal to them.



Step 4: Consider the text you want to match the occasion. For example, you could write "Happy Birthday".



Step 5: Try decorating your card with letter patterns. Take letters from newspapers or magazines of varying sizes and fonts and paste them around your card in a mix-matched manner.



Step 6

Use a distressed look. Buy some patterned paper and cut a piece about the size of your card. Now tear it in half diagonally so that you can see the tear running across the paper. Paste this torn piece of patterned paper on top of your greeting card to give it a unique distressed or vintage look.

Step 7

Include personalized text by putting your signature on the back of the card so that the person it is being given to knows who made it.

Step 8

Find an envelope. Place the card in an envelope that fits the size of the card.

Overnight oats



Prep:10 mins

Easy

Serves 1

Adapt this recipe for easy overnight oats to suit your tastes. You can add dried fruit, seeds and nuts, grated apple or pear, or chopped tropical fruits - the perfect healthy breakfast.

Ingredients: $\frac{1}{4}$ tsp ground cinnamon 50g rolled porridge oats 2 tbsp natural yogurt	50g mixed berries fresh or frozen drizzle of honey $\frac{1}{2}$ tbsp nut butter (we used almond)
STEP 1 The night before serving, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.	STEP 2 The next day, loosen with a little more water (or milk) if needed. Top with the yogurt, berries, a drizzle of honey and the nut butter.

How to Draw a Leaf Step by Step

Step 1 - Draw the Outline of the Leaf

Also try and draw the overall shape of the leaf so that it has a bit of a curve. This will make it look more natural.



Step 2 - Draw the Veins

Branching out from the midrib add the larger veins. Generally these should be longer near the middle and get shorter as they go up or down the leaf.

Try and draw each vein to have a slightly different curve or set of curves in it so that it looks a bit different from the rest.



Step 3 - Draw the Smaller Veins

Add some smaller veins going out from the large ones. You can draw each with just a single line.

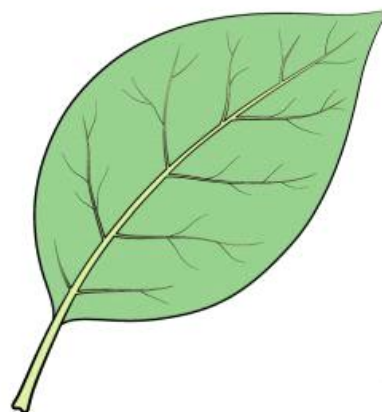
Once done you can trace over your drawing with darker pencil lines or a thin black pen/marker.



Step 4 - Colour the Leaf

When colouring make the leaf a darker green and the petiole/midrib/veins a lighter yellow green.

If you want to have an autumn leaf you can make it yellow, red or brown making the petiole/midrib/veins a lighter variation of the same colour.



RESOURCES -TV, INTERNET, BOOKS & RADIO

Lifting England's Coronavirus Lockdown - Next Steps

The UK Prime Minister Boris Johnson has outlined the Government's plan to lift coronavirus lockdown restrictions across England.

We have highlighted the planned first steps below.

8th March



Schools and colleges reopen. All students will return to full time face-to-face education.



Outdoor recreation, such as exercise and picnics, will be allowed. This can be on your own, with one other person, or with people in your household or support bubble.



Care home residents can have regular indoor visits from one named visitor.



The lockdown stay-at-home order for everybody is still in place. If you are Clinically Extremely Vulnerable, you should continue to shield.

March 29th



Up to six people- or a larger group of no more than two households - may gather outdoors.



Outdoor sport will be allowed for children and adults, including outdoor swimming pools.



The official stay-at-home order will end, but you will be advised to stay local.

STEP 1: 8 March



Schools and colleges are open for all students. Practical Higher Education Courses.



Recreation or exercise outdoors with household or one other person.
No household mixing indoors.



Wraparound childcare.



Stay at home.



Funerals (30), wakes and weddings (6).

29 March



Rule of 6 or two households outdoors.
No household mixing indoors.



Outdoor sport and leisure facilities.



Organised outdoor sport allowed (children and adults).



Minimise travel.
No holidays.



Outdoor parent & child groups (up to 15 parents).

Changes to Northamptonshire Council Services – Coronavirus

Northants County Council have updated their website with information on changes to their services during the national lockdown.

You can find out about services in your area from links on the Updates page.

Bus services



Bus operators are running reduced services. You can find up-to-date news about service changes here:

[https://www.northamptonshire.gov.uk/
councilservices/northamptonshire-
highways/buses](https://www.northamptonshire.gov.uk/councilservices/northamptonshire-highways/buses)

Country Parks



Country parks, toilets, play areas and cafes (take away service) are open, with normal charges at car parks.



Recycling Centres / Tip

There are no changes to the Household Waste Recycling Centres as a result of the National lockdown.

On-site social distancing measures are in place.

Libraries

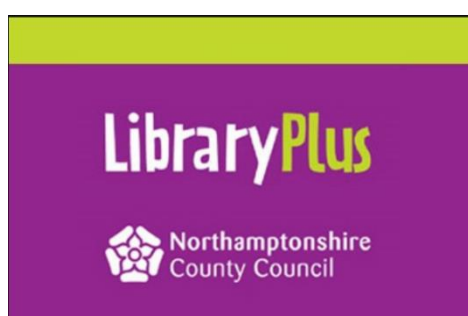
Northamptonshire Library buildings are now closed.

However, a '**Select and Collect**' service is available at most local libraries, including:

- Brixworth
- Duston
- Northampton Central
- Wellingborough
- Weston Favell

Find out more here:

<https://www.northamptonshire.gov.uk/councilservices/library-service>



Special Educational Needs (SEN)

Find up-to-date SEN coronavirus guidance here:

www.northamptonshire.gov.uk/councilservices/children-families-education/SEND/local-offer/Pages/sen-coronavirus-guidance.aspx

Northampton Saints

'Project Rugby' Community Sessions



Northampton Saints Rugby Club is preparing to run weekly online physical activity sessions aimed at people with physical or learning disabilities.

Anyone interested in taking part should go online and complete the Saints' online form here:

<https://r1.marketing-pages.com/p/4B8B-E7Q/project-rugby-community-sessions>

Message from Workbridge:

We are in the process of beginning plans for reopening Workbridge, we hope to give you a date for when we reopen soon. In the meantime we will continue to offer our virtual sessions via zoom.

Before we do set a date we would like to get an understanding of how many service users are planning to return. Please could you respond to this activity pack, if you haven't already emailed, to confirm if you will be returning to sessions once a date is set?

Please could you also advise if you attend any other day care provisions as well as Workbridge?

We will provide further information as soon as we can.

Many thanks,

Becky

Becky Phillips

Service Manager

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