



**Workbridge**

*Helping people realise their potential*

# ***Activity Pack***

**from Workbridge**

**We've had so much fun at Workbridge in April... We are looking forward to welcoming you safely back soon!**



May 2021

## SUDOKU!

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## SUDOKU SOLUTIONS!

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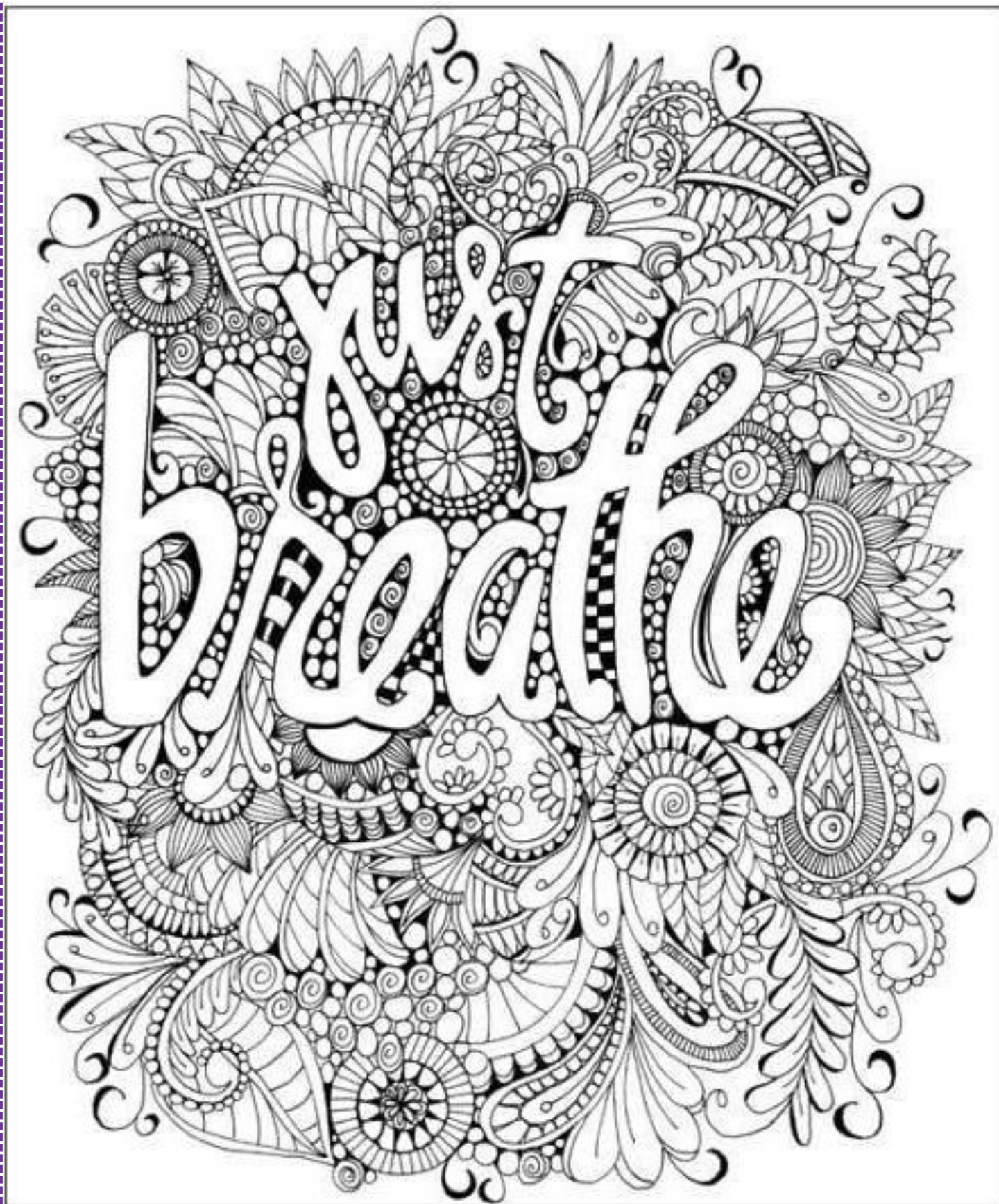
## PUB QUIZ!

1. Which character features as a clergyman in the stories of Robin Hood?
2. What star sign would you belong to if you were born on October 29th?
3. What type of beetle is sacred in Ancient Egypt?
4. What C describes a sign placed at the beginning of a musical staff indicating the pitch of the notes?
5. Which national flags make up the Union Jack?
6. What was the name of the first Scottish man to be voted European Footballer of The Year?
7. Which Las Vegas hotel did the bachelor party stay at in the 2009 film 'The Hangover'?
8. What is the highest number visible on a dartboard?
9. How many days did the Falklands War last: a) 52, b) 63, c) 74?
10. How many yards are there between the wickets in a game of cricket?
11. What type of vegetable is known as celery root?
12. Who is the author of Peter Rabbit?
13. How many lines does a Limerick have?
14. Who released a hit song in the 1980s called '99 Red Balloons'?
15. What is the name of the longest river in France?
16. Which famous poet wrote 'An Ode to a Nightingale'?
17. What is the largest planet in our solar system?
18. Lateral Epicondylitis is a condition commonly known by what name?
19. How many players are there in a baseball team?
20. What is the softest mineral in the world?

## PUB QUIZ ANSWERS!

21. Friar Tuck
22. Scorpio
23. Scarab Dung Beetle
24. Clef
25. The crosses of St. George, St. Patrick, and St. Andrew
26. Denis Law
27. Caesars Palace
28. Twenty (20)
29. c) 74 days
30. Twenty-two (22)
31. Celeriac
32. Beatrix Potter
33. Five (5)
34. Nena
35. Loire
36. John Keats
37. Jupiter
38. Tennis Elbow
39. Nine
40. Talc

## Mindfulness Colouring!



Try these yoga poses!



# CRAFTS & TASTY RECIPES

## Brie, courgette & red pepper muffins



Prep:25 mins

Cook:35 mins

Easy

Makes 10

These cheesy savoury bites are best eaten on the day they're baked - ideally fresh from the oven. They're perfect for picnics or lunchboxes.

### Ingredients

knob of butter

1 large courgette cut into small cubes

250g self-raising flour

1 tsp baking powder

1 tbsp fresh or dried oregano leaves

5 tbsp sunflower oil

2 red peppers cut into bite-sized pieces

85g cheddar grated

100g brie or camembert

3 eggs lightly beaten

100ml milk

## Method

### STEP 1

Heat oven to 190C/170C fan/gas 5. Line 10 holes of a muffin tin with paper cases. Melt the butter in a pan and gently cook the courgettes for about 5 mins until softened.

### STEP 2

Mix the flour, baking powder, oregano and some seasoning in a large bowl. Make a well in the centre and add the eggs, milk and oil, stirring all the time to draw the flour into the centre. Beat for 1 min or so to make a smooth batter.

### STEP 3

Add the courgettes, peppers, two thirds of the cheddar and all of the brie or camembert to the batter, stirring well. Divide between the muffin cases and sprinkle with the remaining cheddar. Bake for 25-30 mins until the muffins feel firm to the touch and are golden and crusty on top. Serve warm or at room temperature.

## How to grow tomatoes in hanging baskets in 6 easy steps

Regular tomato plants won't thrive in baskets. For the best results, choose a cherry tomato variety.

Tomatoes best in hanging baskets have been bred to tumble, meaning they don't need to be supported while growing. Some types also crop earlier in



the year than ground equivalents, you can enjoy tomatoes earlier.

Whether you choose Tumbling Tom Red, Yellow, or both, you can expect a flavourful and confident crop. Mixing the two varieties together gives a colourful display.

### **Step 1. Choose your basket**

There are lots of hanging baskets available to buy. It's recommended a basket of 35cm or above to give your tomato plants the space they need to grow. Some baskets come with lining already. If your basket has a solid brown layer on top of the metal frame this is probably coconut coir or plastic lined in a rattan basket.



### **Step 2 Line your basket**

If your basket doesn't come pre-lined, you can use a compost or soil bag that's been cut to size. Make sure to add some small holes to give your tomatoes the chance to drain.



### **Step 3 Your soil, add compost to your basket**

Multipurpose compost 35cm basket will hold about a gallon of soil, and a 40lb bag of potting soil will fill about five baskets.

Water retaining gel: This will allow water to be released more slowly than otherwise, ensuring your plants stay hydrated.

Add compost to your basket, either pour or scoop handfuls of soil into the basket, fill it below the rim of basket and break down any clumps in your soil.



#### **Step 4 Plant out your tomatoes**

Gently remove the tomato plant from its pot, along with the soil and roots. Tease the roots away from the clump of soil to prevent cramping and promote healthier root growth.

You can safely fit one or two plants into a 35cm hanging basket.

**Tip:** Tomato plants will do well if they're planted reasonably deep, as they're prone to put out strong roots.



#### **Step 5. Water your tomatoes**

Once planted, give your tomato plant a generous amount of water. The roots will be thirsty at this stage, so you're giving them the best chance of a healthy start in life.

#### **Step 6 Hang your tomatoes basket**

Use a chain and hook or similar method of attachment to hang your basket in a sunny position.



#### **GROWING TIPS**

For the first week its recommend to water your tomato plant every day. Also, keep an eye out for flowers, and add tomato feed once they begin to appear. Feed every week for healthy and delicious tomatoes.

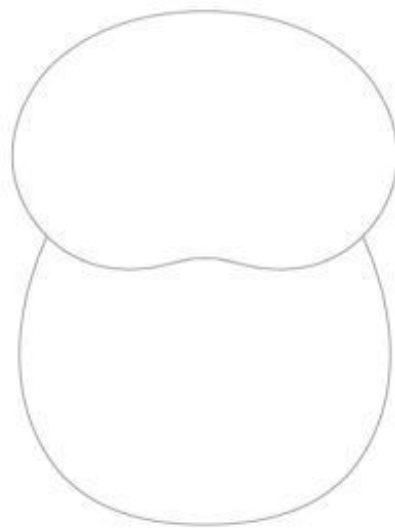
## HARVEST

Once your tomatoes are ready to eat, it's just a case of picking them. They last quite a long time on the plant so don't feel rushed to pick your tomatoes. Generally, it's better to leave them ripening on the plant or vine than sitting in the fridge.

## How to Draw an Owl Step by Step

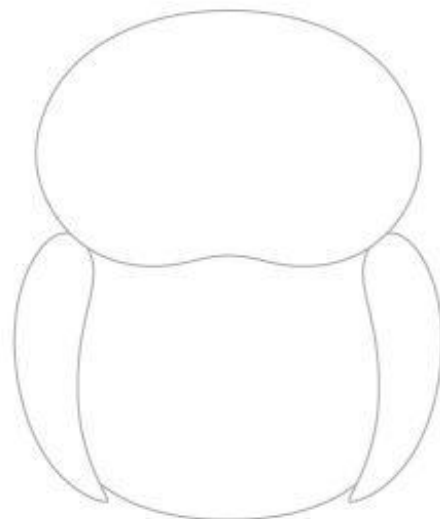
### Step 1 - Draw the Owl's Head & Body

First make a simple drawing of the outline shapes of the owl's head and body as shown in the example above.



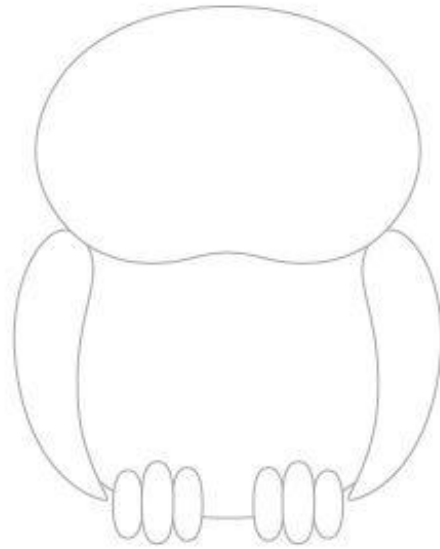
### Step 2 - Draw the Wings

Now add the wings going down from the bottom part of the head down to almost the bottom of the body. Draw them slightly wider towards the top and narrower with almost pointy tips at the bottom. The wings should curve slightly around the body sort of "hugging" it. Then draw the wings. (see above example)



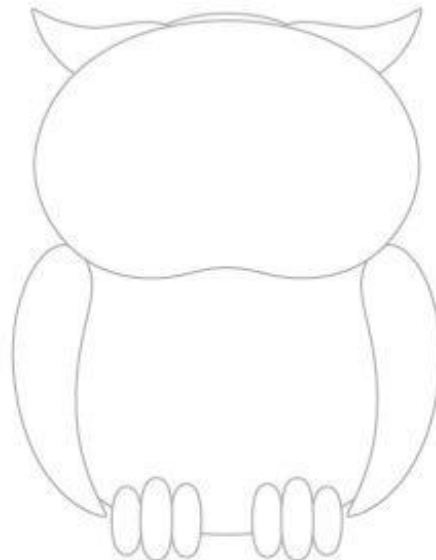
### **Step 3 - Draw the Feet**

Add the feet like small sausage shapes with the middle toe being the largest and the ones on the sides being slightly smaller.



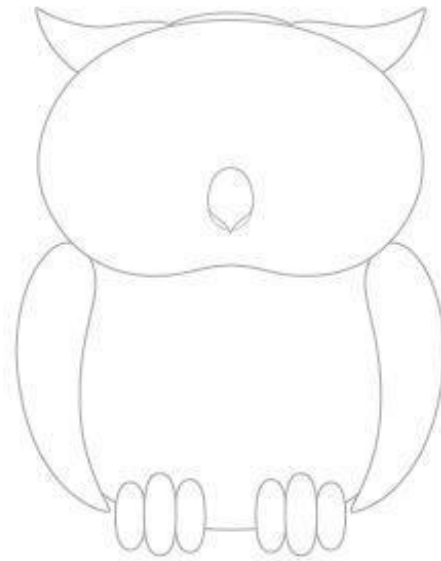
### **Step 4 - Draw the "Horns"**

As this is a horned owl add the "horn like" shapes on the top of its head (really these are just feathers) with a bump like curve between them.



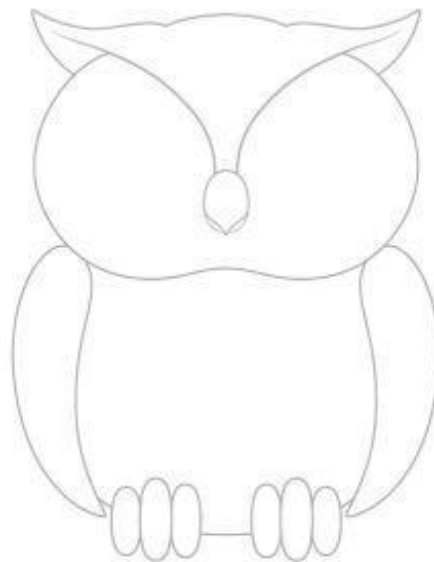
### **Step 5 - Draw the Beak**

In the middle of the head draw the beak. Owls generally have fairly small and narrow beak compared to the size of their head. The overall shape of the beak should be similar to an oval shape or a pointy tip.



### **Step 6 - Draw the Face Pattern**

Now from around the tip of each "horn" draw a curved line going down to the top part of the beak.



### **Step 7 - Draw the Eyes**

Draw a pair of large round eyes that are very characteristic of an owl and inside each eye draw another small circle for the pupils. Instead of placing each pupil directly in the middle of the eye draw them slightly closer towards the beak.

### Step 8 - Finish the Drawing

To finish the drawing of the owl add some inner patterns of its body that will be used to help colour it in the next step. On its head draw a smaller inner shape that follows the main outline of the head. Also draw an oval like shape on its chest/stomach area. Go over it with a black pen or darker pencil lines. You can also fill in the pupils of the eyes with black leave the rest of eye white.



### Step 9 - Colour the Owl

Colour your owl with paints or coloured pencils. In this example the main colour of the body will be a light brown but you can use other colours such as grey if you prefer. Colour the feet and beak a light orange and make the eyes a light yellow.



## Lifting UK's Coronavirus Lockdown

Lockdown restrictions have lifted further since **April 12<sup>th</sup>** in England. Here is a roundup of what is allowed, according to government guidance.



### The coronavirus rules from Monday 12<sup>th</sup> April



The coronavirus rules in England have changed.



The changes are part of the Government's plan so:

- things can go back to normal
- we can make the changes safely



You can still do the things which started on Monday 29<sup>th</sup> March.



These are the new rules from Monday 12<sup>th</sup> April.



The following places are allowed to open:



- Shops



- Hairdressers



- Gyms



- Public buildings like libraries and community centres



- Outdoor places like zoos and theme parks.



If you go somewhere which is indoors (like a shop, library or the gym) you must not go with friends or family you do not live with, or who are not in your support bubble.



It is ok to go somewhere which is indoors with your support worker, or someone who is there to help you.



You can go to a pub or café for food or a drink, but you are only allowed to be outside.



Everyone who goes to a pub or café has to give their contact details, or check in with the NHS Test and Trace app.



You can sit outside at a pub or café in a group of up to 6 people.



The 6 people can be from any household or support bubble.



You can sit outside at a pub or café in a group of 2 households or support bubbles.



It is okay for there to be more than 6 people if they are from 2 households or support bubbles.



If you have a carer or support worker with you, they are not counted.



You can stay overnight in a holiday house with people who you live with, or who are in your support bubble.



You can stay overnight at a campsite if you are not using the same bathroom, toilets or washing up areas as people who you do not live with, or who are not in your support bubble.



Up to 30 people can go to a funeral.



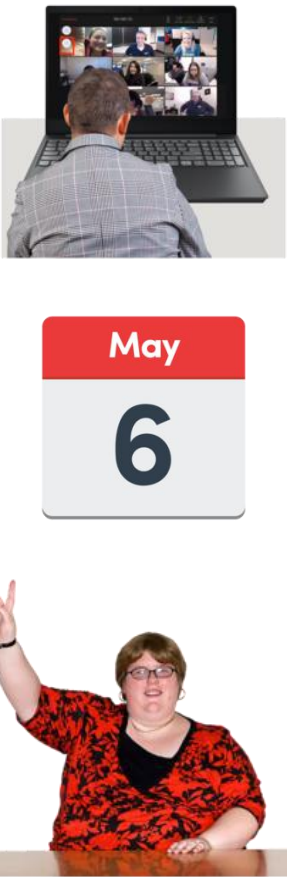


Up to 15 people can be at a wedding or an event to remember someone.



## Learning Disabilities Health Check Scheme

	<p>Northamptonshire Carers is trying to make sure more people with a learning disability have a health check with their GP once a year.</p>
	<p>If you over 14 years old and on your GP's learning disability register you can have a free health check once a year.</p>
	<p>You do not have to be ill to have a health check.</p>
	<p>If you have health check you will get to know GP</p> <p>Your GP will be able to help you before you before you get ill</p>
	<p>You can ask your GP any questions about how you are feeling or about any medicines you take.</p>

	<p>The GP can give you advice in a way you can understand</p>
	<p>We want to understand why some people with a learning disability are not having their health checks.</p>
	<p>We are holding a zoom session on 6<sup>th</sup> May 2021 10.30am.</p> <p>A GP will talk about why health checks are important.</p> <p>You can ask questions about your health check.</p> <p>You can tell us if you have had good health checks.</p> <p>You can tell us if you think you could have made your health check better.</p> <p>To register for the zoom call you can email <a href="mailto:luisaj@northamptonshire-carers.org">luisaj@northamptonshire-carers.org</a> or call 01933 677907</p>



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**