

Spring Activity Pack



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Welcome to our Spring Activity Pack



CACE have created this pack in the hopes of providing you with stimulating activities, that will put a 'Spring' in your step from the comfort of your own home. It is a free resource that incorporates some of the interests we enjoy at our face to face groups, some materials, and signposting to health and wellbeing services. The contents of this pack encourages you to be active during Spring time, enjoy the change in season, and help reduce any isolation you may be experiencing.

Staying active

It is important to stay active, not just physically moving but also mentally stimulated. As we grow older we may feel less able or inclined to be active, we may be more isolated and experience a loss of motivation – but it is so important that we look after our minds and bodies. Hopefully some Spring sunshine will boost our motivation and energy levels!

Effects of Inactivity

The effects of inactivity can take a toll on our health. Therefore, it is essential to make sure we find ways to keep busy, even if we live alone, have physical, or mental health limitations. Exercise and mental stimulation is important for everyone, but older people are especially prone to the ill effects that occur when not being active. For example, inactivity can lead to:

- Reduced muscle mass
- Intolerance for physical activity
- Increased risk of falling
- Loss of cognitive skills, mobility and/or confidence
- Stress or depression

TOP TIP - This pack should provide you with activities to keep your brain and body active!

Exercising and staying active also helps reduce the chances of conditions such as cardiovascular disease and can help regulate blood pressure, so we encourage you to enjoy the Spring someshine and get active!

STAY ACTIVE - EXERCISE INDOORS



Regular standing

If you sit down a lot during the day, try to get up once an hour. If that's not possible, moving your arms and legs for a few minutes will help.

Balance Exercise - Heel-to-toe walk

1. Standing upright, place your right heel on the floor directly in front of your left toe.
2. Then do the same with your left heel. Make sure you keep looking forward at all times. If necessary, put your fingers against a wall for stability.

Try to perform at least 5 steps. As you progress, move away from the wall.

Balance Exercise - One Leg Stand

1. Start by standing facing the wall, with your arms outstretched and your fingertips touching the wall.
 2. Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Gently place your foot back on the floor.
- Hold the lift for 5 to 10 seconds and perform 3 on each side

Gentle stretches

Try some gentle stretches in bed or a chair every day to keep supple.

1. While sitting or lying, bring your toes towards your shin and then point them toward the floor. Repeat for both feet.
2. Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.
3. Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.
4. Sitting on a chair with your feet on the floor, bend your knee as much as possible. Repeat for both legs.

Walking between rooms

Walk from one room to another and back if you're steady on your feet, and time how long it takes. Try to beat your time each day.

TOP TIP - WORK OUT ONLINE

Have a look at YouTube or search online to find some free exercise videos that you can do from home safely.

STAY ACTIVE - EXERCISE OUTDOORS

Walking

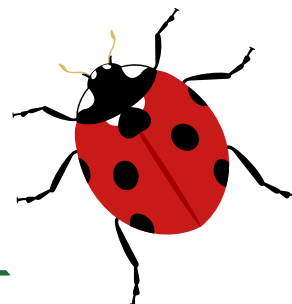
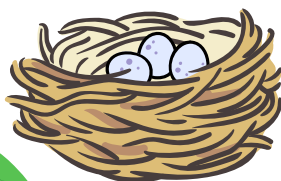
As the temperatures begin to rise and there are more daylight hours then why not enjoy a short outdoor walking trail, an amble around the park or even a loop of your garden or street? If you prefer or feel safer knowing that the path is even and assistance is on hand then why not take a stroll through your local shopping centre?

Treasure Hunt

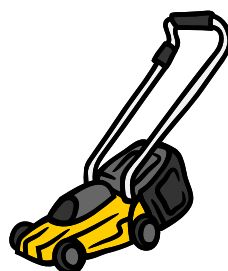
Give yourself a reason to get out and about for much needed exercise this Spring by completing our Treasure hunt. Try and find the 12 items we have listed below whilst you are out – remember to cross them off as you go!



Spring Flower Seedlings Butterfly Bee



Bird Nest Green Leaf Insect



Squirrel Lamb LawnMover Watering can

TOP TIP – Benefits of Outdoors

It is great to get outdoors and even a short walk round the block can do wonders, but stay safe by perhaps walking with a friend or neighbour, that way you have help if there is a need for any assistance. Outdoors reduces the risks of COVID due to improved ventilation/fresh air, and you get the benefits of natural light! Did you know that getting outdoors can help your vitamin D production, your sleep cycle, your mental health and even your skin?

STAY ACTIVE – FUEL THE BODY

Whilst it is important to keep physically active, we need to remember to fuel the body by eating a balanced diet – so here we have a couple of recipes for you.

SPRING SOUP (Pea, Mint & Spring Onion) – Recipe from BBC Good Foods (Makes 6 portions and can be frozen)

Ingredients:

- knob of butter
- ½ bunch spring onion , sliced, plus a few extra to serve
- 1 potato , cut into small dice
- 1litre hot vegetable stock
- 900g frozen petits pois
- ½ small bunch mint , leaves picked, plus a few extra to serve
- 1 tbsp olive oil
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STEP 1 -Heat the olive oil and butter in a heavy based pan. When foaming, add the spring onions and potato. Gently fry without colouring for about 5 mins. Stir in the stock, bring to the

boil and simmer for 10 mins or until the potato is tender.

STEP 2 - Stir in the peas, bring to the boil again, then cook for about 3 mins until they are just

done. Remove the pan from the heat, add the mint leaves and whizz in a blender or food processor until smooth.

STEP 3 - Serve heated and scatter with mint and sliced spring onions, and optional bread roll

LEMON CURD & YOGHURT FOOL – Recipe from BBC Good Foods (Serves 4 and will keep in the fridge for a couple of days)

Ingredients:

- 300g jar of lemon curd
- 500g tub 0% Greek yogurt
- 200g punnet raspberry
- 1 tbsp icing sugar
- Shortbread biscuit (to serve)
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STEP 1 - Put the lemon curd and yogurt into a bowl. Fold together for a rippled effect.

Divide the mixture between four glasses and chill.

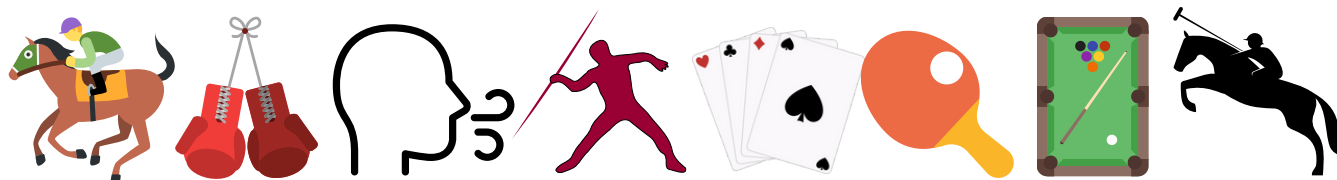
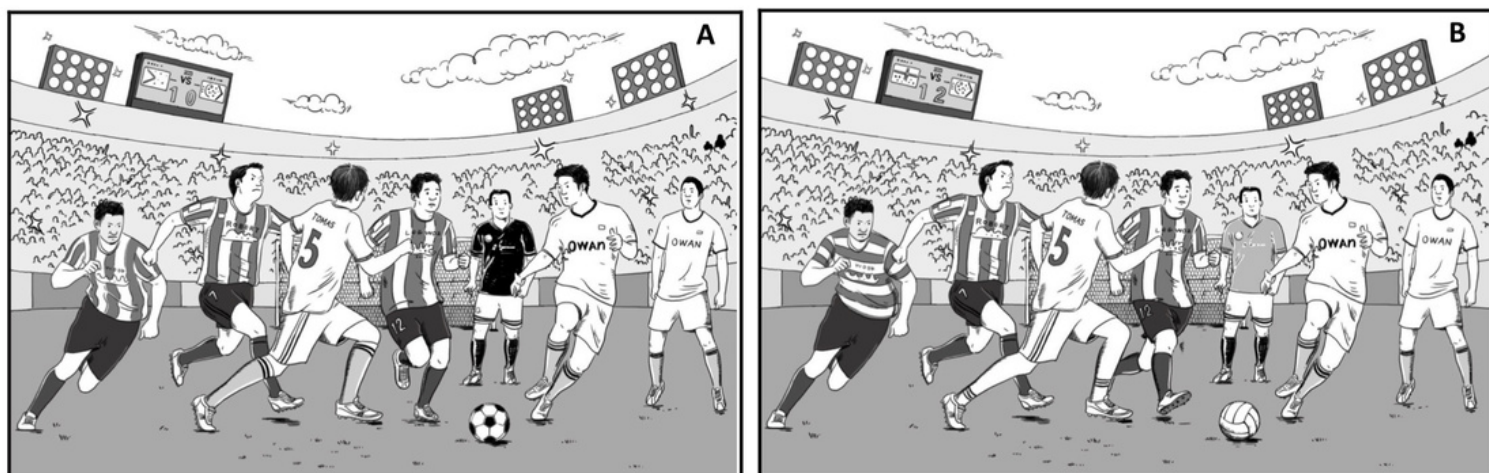
STEP 2 - Mix raspberries and icing sugar together and gently crush, then spoon with their juices over the chilled mix and serve.

TOP TIP – Choose foods that can be used for one than one meal!

One of the most cost effective ways to ensure that you have lunch and dinner meals prepared in advance is to cook food that can be used for both. Why not have some healthy cheese and coleslaws / cheese and appleslaws, hard boiled eggs and fillings that can be used in sandwiches, wraps or baked potatoes? Remember that even a cheap tin of baked beans can be great with toast or a potatoe, and baked potatoes can be frozen to reheat at a later date.

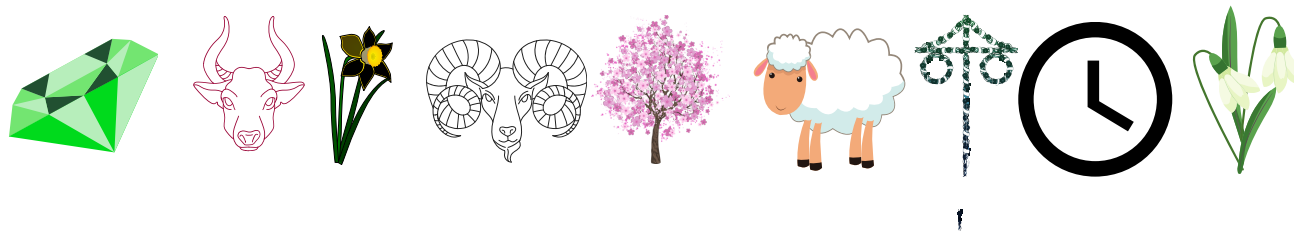
STAY ACTIVE - FUEL THE MIND

SPOT THE DIFFERENCE - 8 differences to find



SPORTS QUIZ - Spring Edition

1. At which UK horse racing course did Frankie Dettori win all seven races in 1995?
2. What is Muhammad Ali's real name?
3. In the Indian sport Kabaddi, what do the participants take it in turn to hold?
4. Jan Železný was a three times Olympic champion at what event?
5. What 'sport' uses the terms 'dummy', 'ruff', and 'trumps'?
6. Which sport's playing area is precisely nine feet long by five feet wide?
7. What colour is the centre of an archery target?
8. How many balls are there in snooker?
9. Which annual sporting event attracts the most live spectators?
10. Which sport can only be played right-handed?



QUIZ - Spring General Knowledge Edition

1. What is your birthstone if you were born in the month of May?
2. What Astrological starsigns fall in the month of May?
3. What spring flower is often associated with Wales?
4. Which way do the clocks change in Spring? Forwards or back?
5. What date was the first day of spring this year?
6. Which breed of rabbit is known for the thick tufty fur around its head?
7. What traditional dance is performed on May day?
8. In Japan, what type of tree famously produces blossom in the spring?
9. How many months are female sheep pregnant for before they give birth to a lamb?
10. Which small white flowers are among the first to emerge in the UK spring?

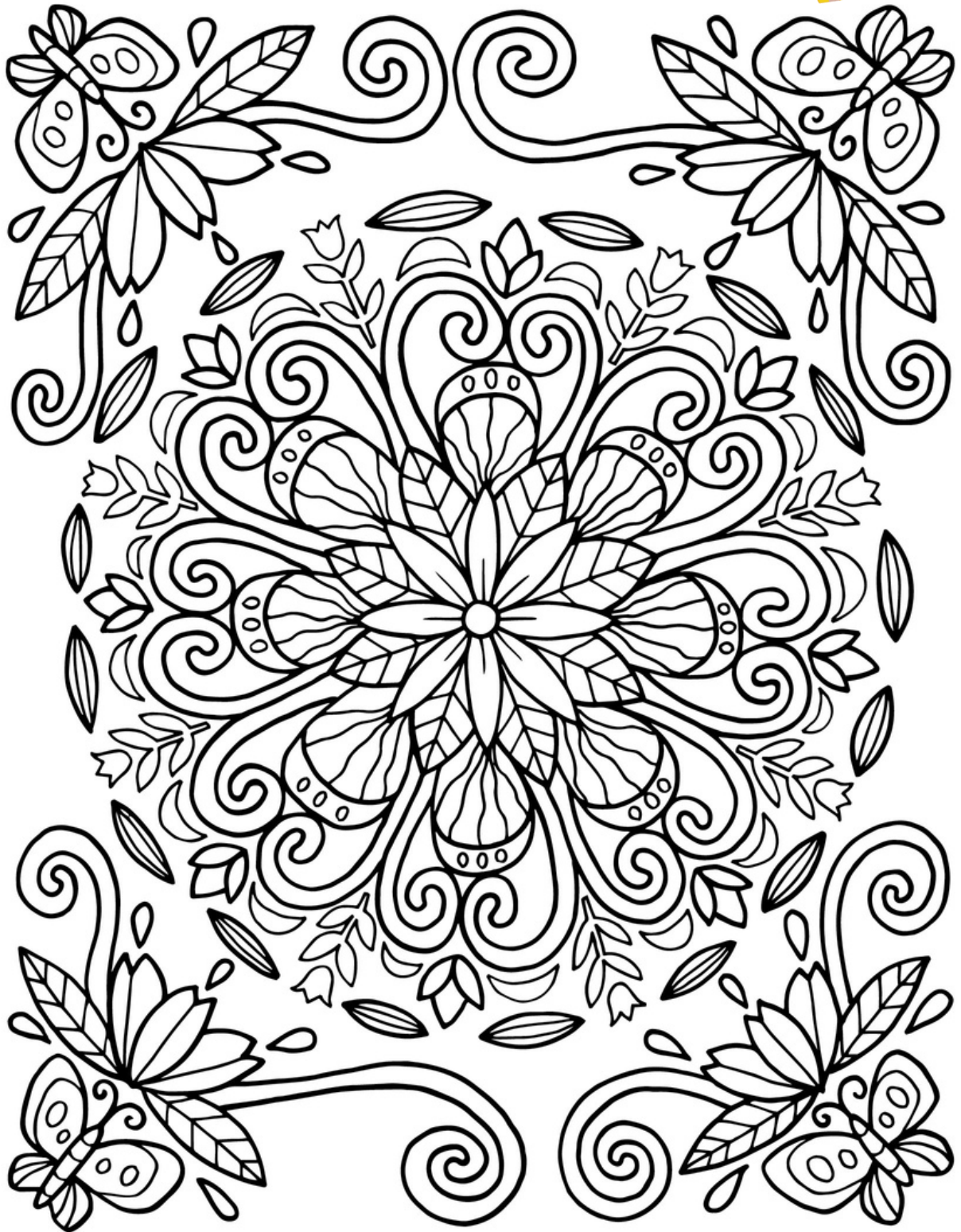
STAY ACTIVE - FUEL THE MIND

ART - Colouring Task



STAY ACTIVE - FUEL THE MIND

Art - Colouring Task



STAY ACTIVE – FUEL THE MIND

Music is a great way to stay active, you can listen along to your favourite tunes, enjoy a sing song or even have a little boogie around your house. Did you know that music is proven to elevate our mood, stimulate memories and even help to manage pain?

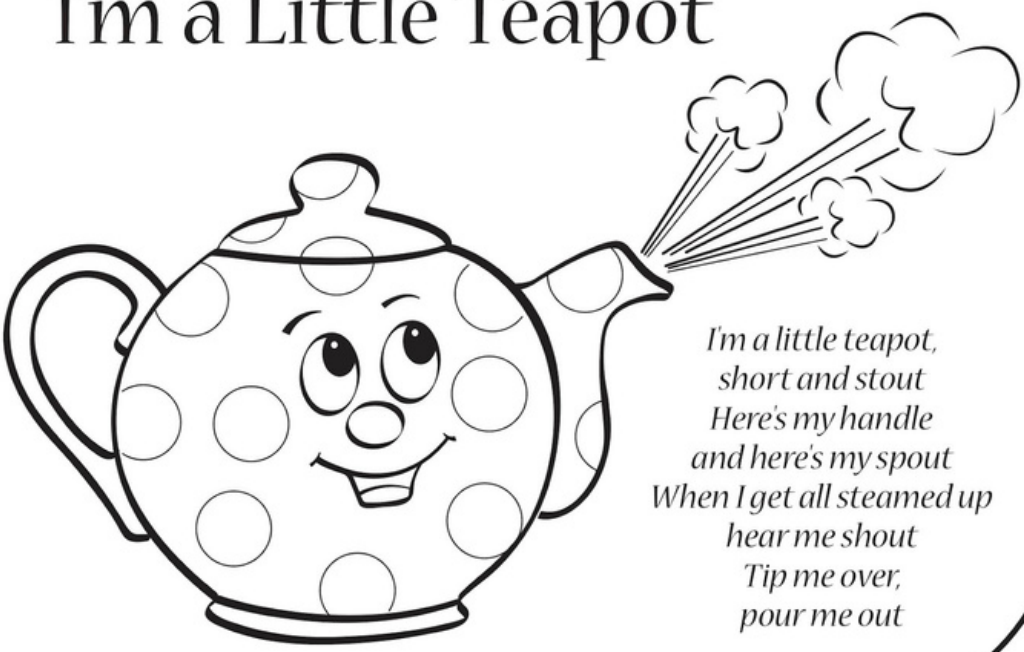
20 Songs to welcome the Spring - How many do you know?

40 s'Fawn' – Tom Waits
Spring Is Here' – Nina Simone
'Trees And Flowers' – Strawberry Switchblade
'When Its Springtime in Alaska' – Johnny Cash
'Here Comes The Sun' – The Beatles
'Waters Of March' – Art Garfunkel
'Mr Blue Sky' – Electric Light Orchestra
'Blackbird' – The Beatles
'Fruit Tree' – Nick Drake
'Otis' – Durutti Column'
'Sweet Thing' – Van Morrison
'Diamond Day' – Vashti Bunyan
'Waiting For The Sun' – The Doors
'What A Wonderful World' – Louis Armstrong
'April Come She Will' – Simon & Garfunkel
'Sunny Afternoon' – The Kinks
'April In Paris' – Billie Holiday
'Soleil' Francois Hardy
'Blue Eyed Baby' – Ed Askew
'Can't Stop The Spring' – The Flaming Lips



Enjoy a little Sing Song - Do you know the actions?

I'm a Little Teapot



*I'm a little teapot,
short and stout
Here's my handle
and here's my spout
When I get all steamed up
hear me shout
Tip me over,
pour me out*

STAY ACTIVE – MIND AND BODY

This activity is one for stimulating the mind and body; basic gardening/horticulture that can be done from the comfort of your own home, even if you don't have a garden! Who better than to share some gardening tips and talk us through an activity than our very own 'George'!

Spring Gardening Tips

1. Don't put your bedding plants into the garden until the frosts have disappeared around mid May.
2. Ensure that they have plenty of water once established i.e. water in the morning, and half as much at night.
3. Choose your colours wisely to make a great display, summer colours, yellow, red, blue, pink, white, (Petunia, Calandula, Carnation, Lobelia, Gerber, etc) with autumn colours orange and gold (Rudbeckia)
4. Grow small flowers to the front of your garden and larger ones at the back giving a terraced appearance.
5. Remember and feed your flowers after about 6 weeks in the soil, weekly is fine, and deadhead once the flowers are gone before they set seed.



TOP TIP – If you enjoy gardening page then why not consider joining our in person Allotment Volunteer Group? A small group of likeminded individuals working together to create a dementia friendly outdoor space for gardening, grow your own and outdoor projects.

Our CACE Green Space is opening soon at Airdriehead Community Allotments, Cumbernauld.

Contact us for further information: info@careatcace.com



STAY ACTIVE – AND REMEMBER YOU ARE NOT ALONE

Spring can bring lots more socialisation and outdoor activities, but we are aware that it can also be a challenging time; some people aren't able to get out, some of us may still be shielding or have health issues, and financially it may be difficult. Please remember that if you are experiencing difficulties that you are not alone and there is help available.

FOOD PROVISION

CACE often support and partner with local pantries, please contact us if you need details or help Phone CACE: 01236 451 393

Email CACE: Info@careatcace.com

Social Media: Message Facebook or Twitter pages

FINACIAL INCLUSION TEAM

North Lanarkshire residents in need of information on financial advice, benefit eligibility, rent arrears or the rising cost of utilities can contact the council financial inclusion team.

Telephone: 01698 332551 Email: fit@northlan.gov.uk

NHS SERVICES

You can use the NHS inform site to help guide you with common and non-life threatening conditions or for anything else use the details below.

Visit: <https://www.nhsinform.scot/self-help-guides>

Phone NHS 24 Call: 111

Phone A&E (Ambulance or Emergency Services) Call: 999

MENTAL HEALTH SUPPORT

BREATHING SPACE: 0800 83 85 87 Weekdays: Monday - Thursday 6pm to 2am Weekends: Friday 6pm - Monday 6am

Or call NHS 24 or your GP Surgery to be receive appropriate support



This time of year puts more pressure on Scotland's health and social care services. We can all help by getting the care we need in the right place.

Visit [NHSinform.scot/right-care](https://www.nhsinform.scot/right-care)

**Right Care
Right Place**

END OF ACTIVITY PACK - WE HOPE YOU ENJOYED IT!



Puzzle and Quiz Answers

Here are the 8 differences circled for the 'Spot the difference' puzzle.

And below are the answers for the two quizzes.



SPRING QUIZ - Sports Edition

1. Ascot
2. Cassius Clay
3. Their breath
4. Javelin
5. Bridge
6. Table Tennis
7. Gold
8. 22
9. The Tour de France
10. Polo

SPRING QUIZ - General knowledge

1. Emerald
2. Taurus & Gemini
3. Daffodil
4. Spring Forwards
5. Equinox 20th / Clocks 26th March
6. Lionhead rabbit
7. Maypole dancing
8. Cherry Trees
9. 5 months
10. Snowdrops

FEEDBACK WANTED

At CACE we welcome your thoughts and feedback on our services, and activities, if you currently attend our groups and have any ideas or suggestions for 2023 then please do share them.

This pack was created as an 'At Home Activity' that we hope you found useful for entertainment, and keeping yourself active this Spring. CACE would be keen to know if you valued this activity, and if there is a demand for seasonal packs.

You can contact us by telephone, email or social media.

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