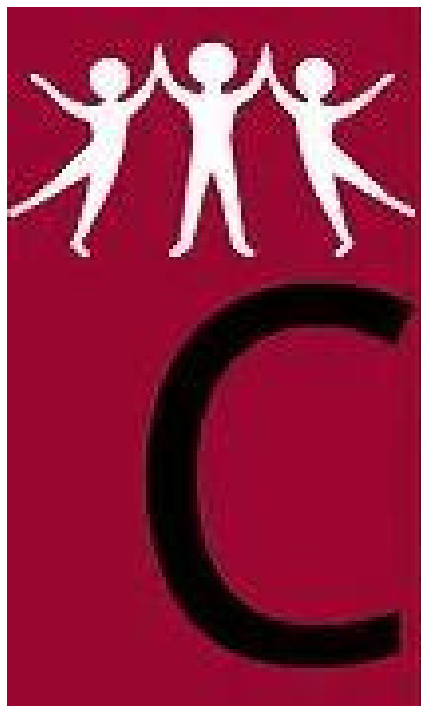


# Spring Activity Pack



Older People  
Active Lives

CACE

CACE (Cumbernauld Action on Care of the Elderly)

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4 Dunnswood Road

Cumbernauld, G67 3EN

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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 sunshine 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



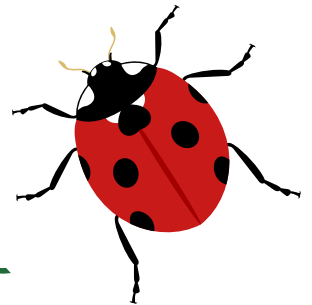
Bird



Nest



Green Leaf



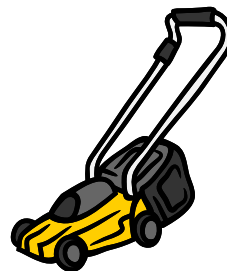
Insect



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:

- 1 tbsp olive oil
- knob of butter
- ½ bunch spring onion , sliced, plus a few extra to serve
- 1 potato , cut into small dice
- 1l hot vegetable stock
- 900g frozen petits pois
- ½ small bunch mint , leaves picked, plus a few extra to serve



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)



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 – LOOK AFTER YOUR ORAL HEALTH

Looking after the body is more than just exercising and watching what you eat, you also need to follow good hygiene and healthcare practices. Our Spring Activity packs have been part funded by the NHS oral health team - Having good oral health means being able to eat, speak and socialise without discomfort or embarrassment. Good oral health is very important to our general health and well-being.



### **Brush your teeth twice a day using a fluoride toothpaste**

Daily brushing and cleaning between your teeth is important because it removes plaque. If the plaque isn't removed, it continues to build up and can cause tooth decay and gum disease. Everyone should use a toothpaste containing at least 1450ppm fluoride. Brush your teeth for at least 2 minutes covering all surfaces of your teeth. Gently scrub each tooth thoroughly using a brush with a small head. Gently brush your tongue to remove bacteria. Spit, don't rinse after brushing. This gives the fluoride in toothpaste time to work to protect teeth.

### **Floss between your teeth**

Using dental floss or an interdental brush every day will help to remove plaque and food from in between the teeth and other areas where the toothbrush may miss. Flossing helps to prevent plaque build-up and keep gums healthy.

### **Try to limit the amount and the frequency of sugar intake**

Food and drinks containing sugars should be limited between meals, as should acidic drinks such as diet juices and fruit juices. Plain milk and water are the only safe drinks for teeth. Flavoured water often contains high quantities of sugar.

### **Have a healthy lifestyle**

Having a healthy lifestyle is good for your whole body not just your teeth. You and your family can improve your health by eating a low sugar, low fat diet, not smoking and only drinking alcohol within the recommended weekly guidelines. Register with a dentist and attend regularly. To register with a dentist simply telephone or visit a practice in your area and ask if you can register with them.

### **Locate a dentist near you using the NHS Inform National Service Directory**

When you have chosen your preferred practice, check with them that you can be accepted as an NHS patient and discuss any further needs you may have including any entitlement to free dental treatment. Everyone, even those who wear dentures, should have regular dental check-ups. Smokers and drinkers have an increased risk of oral disease so may need to be seen more frequently by a dentist.

### **In pain and need dental help?**

If you are not registered with a dentist and require help and advice out of normal working hours, call NHS 24 on 111, Monday to Friday, 6.00pm-8.00am and all day on weekends and public holidays.

## ORAL HEALTH CONTINUED.

### Mouth cancer - What is mouth cancer?

Mouth cancer, also known as oral cancer, describes one of the areas where head and neck cancers can occur and includes various kinds of tumours affecting the lips, salivary glands, tongue, gums, palate and inside of the cheeks.

Three signs and symptoms not to ignore are:

1. Mouth ulcers which do not heal in three weeks.
2. Red and white patches in the mouth.
3. Unusual lumps or swellings in the mouth or head and neck area.

If in doubt get it checked out by your dentist.



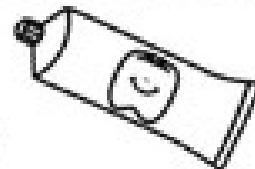
Thank you for taking the time to read about oral health.  
In this pack you'll find a complimentary toothbrush and toothpaste  
- Happy Brushing!

## STAY ACTIVE - FUEL THE MIND

What do we mean by 'fuel the mind' and why is it important to do? Well, so far our activity pack has explained the importance of keeping moving, eating well, and good hygiene, what we now want to do is keep our brains active – so 'fuelling the mind' is about finding activities that engage our thinking and stimulate our brains.

The next few pages have a series of puzzles, games and activities to enjoy.

### DENTAL WORDSEARCH

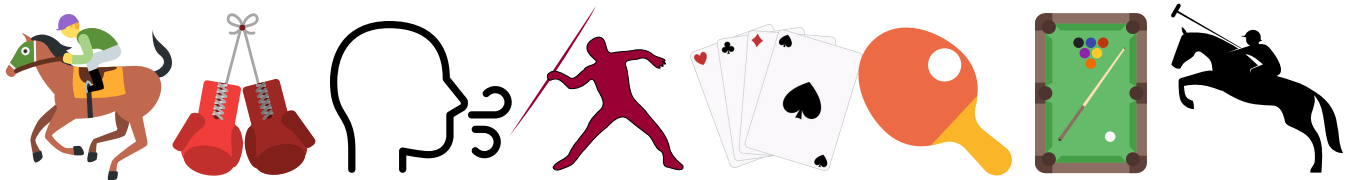
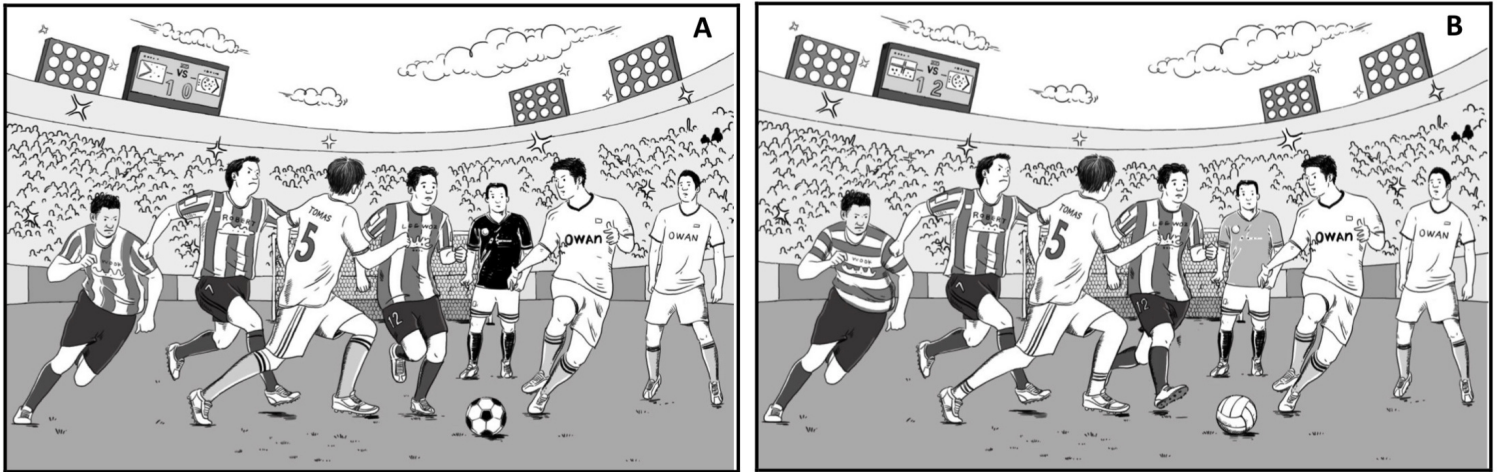


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TOOTHBRUSH  
CAVITY  
FLOSS  
GUMS  
TOOTHPASTE  
DENTIST  
SUGAR  
HEALTHY  
PLAQUE  
MOUTHWASH  
MOLAR  
TONGUE

## 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?



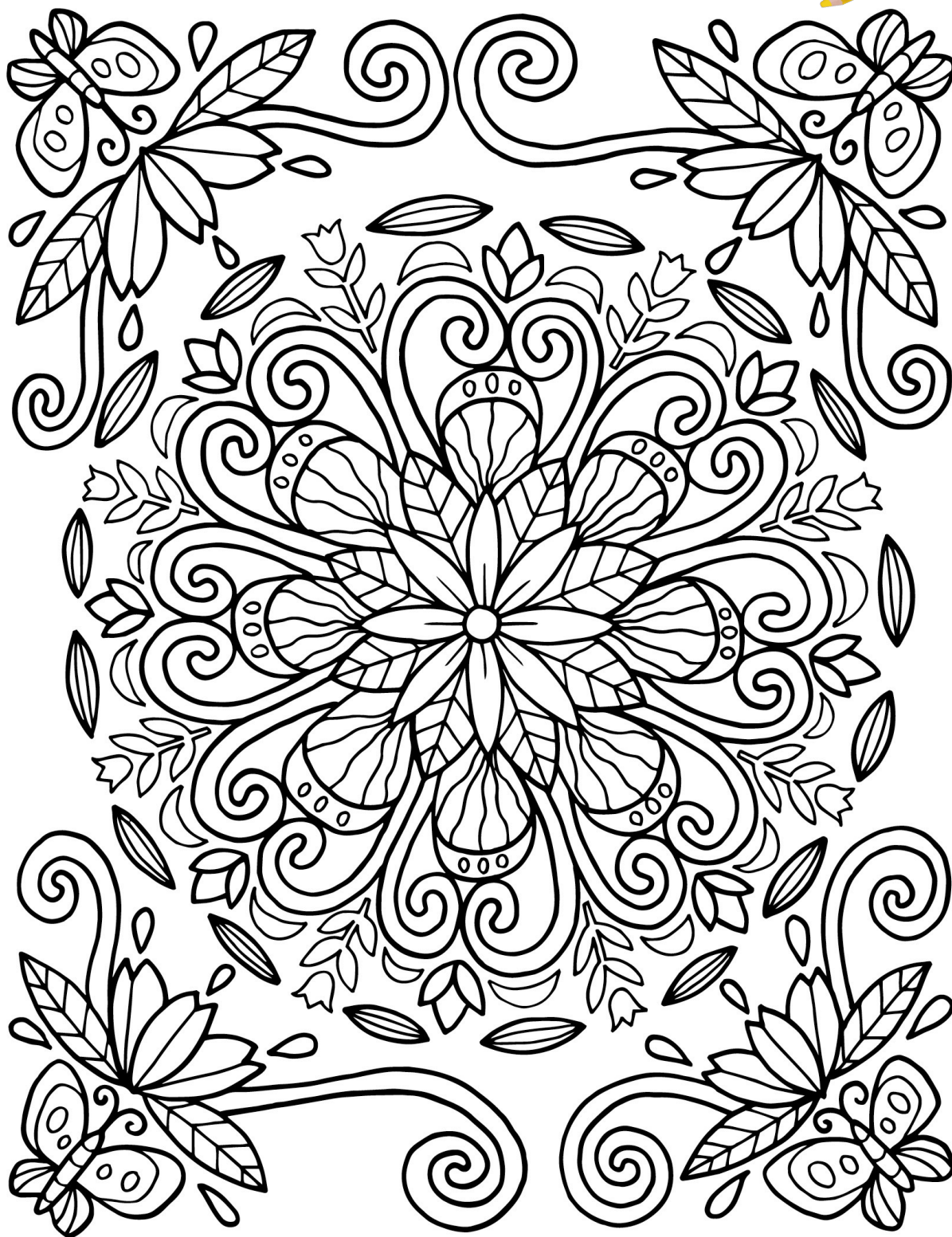
STAY ACTIVE – FUEL THE MIND

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.



### Grow Your Own Flowers From Seed

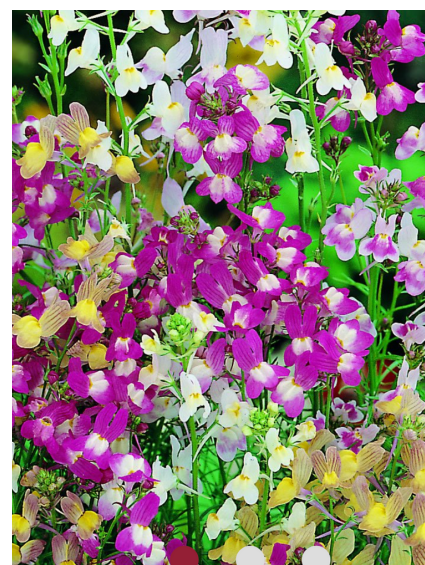
Inside your Activity Pack we have enclosed a packet of seeds, here is George's steps on how to grow your own flowers at home:

**Step 1.** Find a small tray or similar, like plastic butter pack, clean it out and then half fill it with soil

**Step 2.** Open and sprinkle 10 to 15 seeds into your tray, cover with more soil, then lightly water.

**Step 3.** Leave your tray in a warm room, remember to water every 2 days until seeds appear (usually takes around 2 weeks).

**Step 4.** When the first two leaves appear on plant you can carefully move it (only touching by the leaves), to the garden of frost free, or a window box, if the frost hasn't gone yet then cover with clear polythene bag until about 4 inches before planting outside.



Enjoy the success of growing your own!

**TOP TIP – If you enjoy this gardening page then why not consider joining our in person Allotment Group? Our CACE Green Space is due to open soon, contact us for further information.**



## 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 partner with local pantries, please contact us if you need details or help

Phone CACE: 01236 451 393

Email CACE: [Info@careatcace.com](mailto: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](mailto: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 changes 27th
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 2022 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.

**PHONE: 01236 451 393**

**EMAIL: [info@careatcace.com](mailto:info@careatcace.com)**

**WEBSITE: [www.cace.info](http://www.cace.info)**

**SOCIAL MEDIA: Message us on Facebook or Twitter**

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E: [info@careatcace.com](mailto:info@careatcace.com) T: 01236451 393 W: [www.cace.info](http://www.cace.info)

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