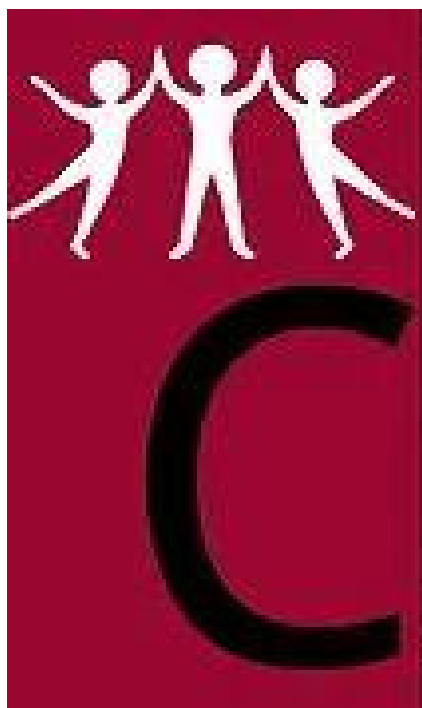


Winter Activity Pack



Older People
Active Lives

CACE

CACE (Cumbernauld Action on Care of the Elderly)

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Welcome to our Winter activity pack



CACE have created this pack in the hopes of providing you with engaging, stimulating activities, that can be done from the comfort of your own home. We have put this together as a free resource, incorporating some of the interests and exercises we enjoy at our face to face groups. The contents of this pack encourages you to be active over winter, and our sincerest hope is that it helps towards reducing any boredom or isolation you may experiencing over the coming weeks.

Staying active

It is important to stay active during the winter months, not just physically active 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.

Effects of Inactivity

The effects of inactivity can take a toll on both physical and mental health. Therefore, it is essential to make sure we find ways to keep busy, even over the colder, darker months, when it can be harder to get outdoors or socialise. 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.

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.

Standing without help

Work towards pushing up from sitting in a chair to a standing position without using a walker or leaning on someone else.

Sit on a chair without arm rests, with your arms across your chest.

Lean forward.

Put your weight on your feet while leaning forward.

Stand up by straightening your knees. Sit down again.

Repeat this as many times as you feel able.

Try to do this exercise 3 to 5 times a day.

Gentle stretches

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

While sitting or lying, bring your toes towards your shin and then point them toward the floor. Repeat for both feet.

Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.

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.

Sitting on a chair with your feet on the floor, bend your knee as much as possible. Repeat for both legs.

Sitting on a stool, let your back drop and get rounded, then use your back muscles to straighten your back and arch it (but not too much!).

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 temperatures drop and walking trails and paths ice over, walking can become treacherous, but this can all be avoided by walking indoors. you can easily walk indoors at your local shopping centre to avoid any bad weather whilst still getting the necessary exercise.

Treasure Hunt

Give yourself a reason to get out and about for much needed exercise this winter by completing our Treasure hunt. Try and find the 10 items we have listed below when you are out this winter – cross them off as you go!



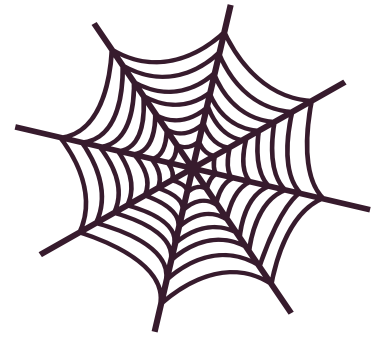
Lost Glove/Mitten



Last Leaf



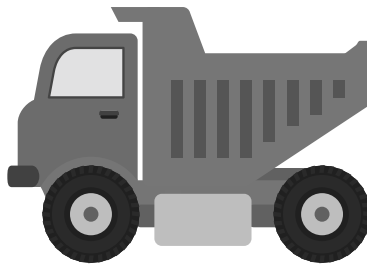
Snowman



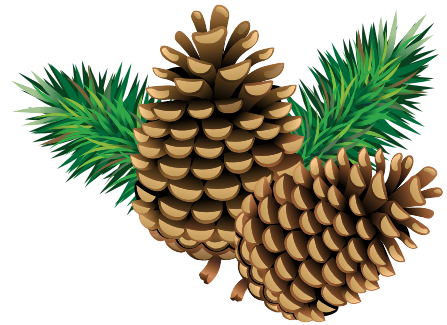
Frozen Cobweb



Robin



Gritter Truck



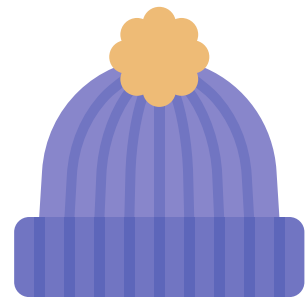
Pine Cone



Festive Lights



Animal Tracks



Bobble Hat

TOP TIP – WALK IN COMPANY

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.

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.

WARM BERRY COMPOTE – Recipe from BBC Good Foods

Ingredients:

knob of butter
2 tbsp caster sugar
1 tsp vanilla extract
200g punnet raspberry
200g punnet blueberry
Porridge, vanilla ice cream or yoghurt, to serve



Method: Melt the butter over a low heat. Stir in the sugar and vanilla extract, then cook until the sugar melts. Toss in the raspberries and blueberries. Give them a good shake, then cook for 2-3 minutes until the fruit starts to soften. Serve warm with vanilla ice cream.

MINISTRONE IN MINUTES – Recipe from BBC Good Foods

Ingredients:

1l hot vegetable stock
400g tin chopped tomato
100g thin spaghetti, broken into short lengths
350g frozen mixed vegetable
4 tbsp pesto
drizzle of olive oil
coarsely grated vegetarian parmesan-style cheese, to serve



Method: Bring the stock to the boil with the tomatoes, then add the spaghetti and cook for 6 minutes or until done. A few minutes before the pasta is ready, add the vegetables and bring back to the boil. Simmer for 2 minutes until everything is cooked. Serve in bowls drizzled with pesto and oil, sprinkled with parmesan.

TOP TIP – BE PREPARED

One of the most cost effective ways to ensure that you eat well this winter is to be prepared; don't get caught out by bad weather or a flu preventing you from having food in the house. Why not stock up with some extra canned goods or frozen meals, freeze that extra loaf or even try some batch cooking (freezing is also great way to prevent waste).

STAY ACTIVE – FUEL THE MIND

What do we mean by ‘fuel the mind’ and why is it important to do this winter? Well, so far our activity pack has explained the importance of keeping physically moving and eating well, 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.

CHRISTMAS CROSSWORD

ACROSS

- Used to wrap a present
- Decoration for a banister
- Striped and sweet
- Used to open a walnut
- Door decoration
- Many times these are strung together
- Glitter for the tree



DOWN

- Decorative spheres
- Another word for decorations
- Christmas tree fruit
- Might light the dinner table
- Place where greetings are found
- Hung by the chimney
- Might be cedar, fir or pine

STAY ACTIVE - FUEL THE MIND

SPOT THE DIFFERENCE – 10 THINGS TO FIND



STAY ACTIVE – FUEL THE MIND



SPORTS QUIZ – Festive Edition

1. Which snooker player, a world champion on eight occasions in the 1950s and 60s, died aged 75 on Christmas Day 1998?
2. Who defeated Sweden over Christmas to win the 1986 Davis Cup final?
3. In which year did the famous Christmas Day football match take place in No Man's Land in WW1?
4. Which Christmas sounding horse won the Derby, the Irish Derby and the Irish 2,000 Guineas in 1964 to become Racehorse of the Year?
5. In which year did the England First Division produce 66 goals from the ten matches held on Boxing Day?
6. Who became the first African American to win the World Heavyweight championship by defeating Tommy Burns on Boxing Day 1908?
7. The last ever English Football League match to take place on Christmas Day was between Blackpool and Blackburn Rovers, in which year did it take place?
8. The longest ever NFL game lasting 82minutes 42 seconds took place on Christmas Day 1971. which team did the Miami Dolphins defeat that day?
9. Which Scottish midfield player who captained his country for four years and was awarded the MBE in 2001 was born on Christmas Day in 1964?
10. Of which American sport has televised Christmas Day matches become a tradition since 1947?

SPORTS QUIZ – Scottish Edition

1. Which Scottish Sprinter claimed the gold medal in the 100m at the 1980 Olympics?
2. Which Scottish Snooker player won the World Championship 7 times in the 1990s?
3. Who scored the winning try for Scotland in 1990, in the Calcutta Cup match against England at Murrayfield?
4. Which Scottish Footballer, active 1950s -70s, scored 30 goals in just 55 appearances for the Scottish national team?
5. Which Scottish Formula One motor racing driver won the championship in the 1960s but was sadly killed whilst competing in Germany?
6. Which Scot won the World Professional Darts Championship twice in the 1980s?
7. Which Scot was named WNC Lightweight Champion from 1979-81?
8. Which Scot became the first British player to win the Augusta Masters in 1988?
9. Who was the Manager of Clyde Fc for 10years and later went on to become the Scotland team Manager?
10. In 1994, Clyde FC uprooted themselves from their birthplace and moved to a new stadium in which town?

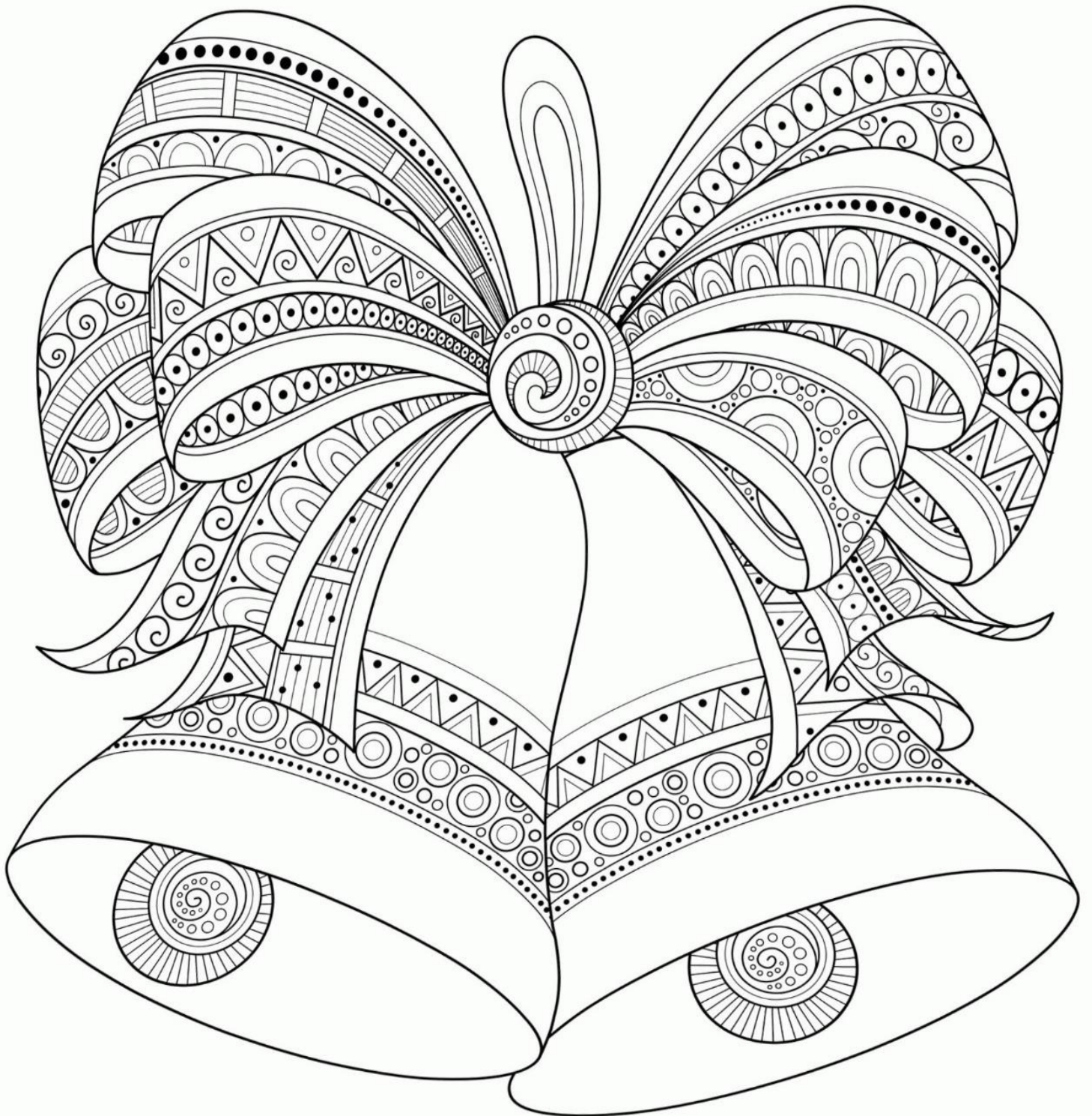
STAY ACTIVE – FUEL THE MIND

ART – Colouring Task



STAY ACTIVE – FUEL THE MIND

ART – Colouring Task



STAY ACTIVE – FUEL THE MIND

Another great way to stimulate the brain is to try digital activities. There are so many free to download games for older people, you can download these games from the app store/play store on your digital device (smart phone, tablet or computer). You can always follow our social media over winter and chat to us on there, comment and share posts.

Here are 3 downloadable games for you to try:



Words with Friends

Words with Friends is probably one of the most popular vocabulary-based games for smartphones and tablets. It's basically a digital version of Scrabble, complete with a social component that lets you play against strangers, friends, and family with the same skill level.

Other notable features include:

Weekly challenges / Practice mode / In-app dictionary / Word of the Day

Detailed game statistics for performance and improvement tracking



2048

2048 is a tile-swiping game that features a 16-square grid that gradually gets filled with numbered tiles. To play, you must combine tiles with the same numbers until you get the coveted 2048 tile.

It sounds easy enough, but playing it is a solid mental workout and is quite addicting. If you want an uncomplicated game you can play during the day's downtime, 2048 can be a great and fun distraction.



Candy Crush Saga

Candy Crush has been one of the most popular games around the world for several years now. Its mechanics are simple, its graphics are impressive, and the developers are continually introducing updates to keep the fun endless.

As with any other game, it becomes more challenging as you progress since the difficulty intensifies as you advance. It's a great way to improve one's analytical and strategical skills.

TOP TIP – VIDEO CALLS!

Video calls are a great way of 'meeting' others even whilst we stay home and warm over winter. It allows us to see people and share the 'in person' experience from the comfort of our own home.

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?

Singing Activity – Here are the lyrics to a festive classic, do you know the tune?

Frosty the snowman was a jolly happy soul
With a corncob pipe and a button nose and two eyes made out of coal
Frosty the snowman is a fairy tale they say
He was made of snow but the children know how he came to life one day
There must have been some magic in that old silk hat they found
For when they placed it on his head he began to dance around

O, Frosty the snowman was alive as he could be
And the children say he could laugh and play just the same as you and me
Thumpetty thump thump
thumpety thump thump
Look at Frosty go
Thumpetty thump thump
thumpety thump thump
Over the hills of snow



Frosty the snowman knew the sun was hot that day
So he said "Let's run and we'll have some fun now before I melt away"
Down to the village with a broomstick in his hand
Running here and there all around the square saying "Catch me if you can"
He led them down the streets of town right to the traffic cop
And he only paused a moment when he heard him holler "Stop!"
For Frosty the snow man had to hurry on his way
But he waved goodbye saying "Don't you cry, I'll be back again someday"



Thumpetty thump thump
thumpety thump thump
Look at Frosty go
Thumpetty thump thump
thumpety thump thump
Over the hills of snow

Playlist Activity - Create your own

Create your very own playlist for life by deciding what music or songs best accompany the milestones and memories that make up your life story. A fun game that can be done as a writing exercise, or interactively by playing the songs (go digital by adding them to a playlist on a device if you can)

TOP TIP – Listen out for CACE Christmas Radio Show, featuring music and memories, only on Cumbernauld FM!

STAY ACTIVE – AND REMEMBER IT IS OKAY NOT TO BE OKAY!

Winter can be full of fun festivities and cause for celebration, but we are aware that it can also be a challenging time for many; the weather can prove problematic, there can be various seasonal health issues, holidays can mean closure of support services, increased isolation, and financially it can be a very difficult time of year. Please remember that if you are experiencing difficulties over winter, 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

Social Media: Message Facebook or Twitter pages

COUNCIL SERVICES

If you need information on grit bins, bad weather, house repairs, fuel and heating bills, or travel advice then they have everything on one page.

Visit: <https://www.northlanarkshire.gov.uk/winter-services>

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!



PUZZLE & QUIZ ANSWERS

SPOT THE DIFFERENCE – Missing Lights/ colour of cat / design of man’s xmas jumper / presents on lap / missing photo frame / Decoration on top of tree / time on clock / colour of jumper on bearded man / Santa at window / type of dog

SPORTS QUIZ – Festive Edition

1. John Pulman
2. Australia
3. 1914
4. Santa Claus
5. 1963
6. Jack Johnson
7. 1965
8. Kansas City Chiefs (27-24 after double overtime)
9. Gary McAllister
10. Basketball

SPORTS QUIZ – Scottish Edition

1. Allan Wells
2. Stephen Hendry
3. Tony Stanger
4. Denis Law
5. Jim Clark
6. Jocky Wilson
7. Jim Watt
8. Sandy Lyle
9. Craig brown
10. Cumbernauld

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 over winter. CACE would be keen to know if you valued this activity, and if there is a demand for seasonal packs next year.

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

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WEBSITE: www.cace.info

SOCIAL MEDIA: Message us on Facebook or Twitter