



## A Christmas message to carers and their families

I would like to extend Christmas Greetings to all carers in Knowsley, as well as their families and friends, on behalf of the Board of Trustees of Knowsley Carers Centre.

During a year that has been beyond anything any of us have experienced before it is incredible to think of the resolve and strength shown by Knowsley carers in facing the absolute nightmare that is Covid 19!

Congratulations to our manager Paul Rowan and every single member of our

staff for their hard work and determination to provide a fantastic service in the hardest of situations. Trustees would like to extend our gratitude to you all and sincerely hope that we can all gather strength over the Christmas period to face the pandemic and beat the virus!

Wishing every one of our carers and staff best wishes and a peaceful Christmas. Keep well and Keep safe !!!

*Muriel O'Hanlon, Vice Chair of Trustees*

To access services from Knowsley Carers Centre please Tel 0151 549 1412 leaving clear contact details or email to [enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)



# CHRISTMAS QUIZ AND SING-ALONG-A-CHRISTMAS



Andrea and Ian will be hosting a Carers Centre Christmas Quiz online on Friday 18th Dec starting at 11.00am until 1.00pm. Why not get yourselves involved, put your Christmas jumper on and enjoy some Christmas fun, Christmas songs and who knows, you may even win a prize.

To get yourselves involved just enter this link onto your browser on a phone, tablet or ipad

<https://msngr.com/KPy-T7oZBUmpOxYT>

This will take you to Ian's room, enable video and audio if you wish and then you're good to go. If you have any queries or questions please contact Knowsley Carers Centre on 0151 549 1412, leave a message and we'll get back to you.

**Save the Date - Friday 18th December 2020 - 11am to 1pm**



# Knowsley Primary Care Networks Social Prescribing Service



Employed by One Knowsley, Debbie, Suzanne and Paula came into post in June/July this year. Debbie and Paula will be supporting patients from the GP surgeries in Kirkby and Suzanne will be supporting patients from the GP surgeries in Huyton and Stockbridge Village.

Social Prescription Link Workers are new members of the Primary Care Network and are able to work with patients using a person-centred approach to identify what's important to the individual and provide support. They can help individuals to recognise the positive things they have in their lives and help them find out what support they feel is missing in terms of their own health and wellbeing.

## How does Social Prescribing work?

A member of your G.P. Practice

Healthcare team can refer you to the Social Prescribing Link Worker. The Social Prescribing Link Worker will then contact you to arrange a 1-1 appointment. Due to COVID -19 your appointment may be over the telephone.

## A Social Prescribing Link Worker will....

Support you to make decisions about your own health and wellbeing and connect you with local services to help with any problems you may be facing like housing, debt, isolation, diet and exercise. They can also connect you to community groups to help improve your physical, mental, emotional and social wellbeing and help you find education, training opportunities and employment services

If you would like support please ask your GP for a referral to Social Prescribing

## **TO CONTACT KNOWSLEY CARERS CENTRE**

**Knowsley Carers Centre continues to provide services during the Covid 19 outbreak. You can contact us in the following ways.**

Leave a clear message and contact details on Tel: 0151 549 1412

By email to [enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)



# Dementia Support Knowsley

Living with dementia at any time brings challenges. If you need support over the festive period we are here for you.

[knowsley@alzheimers.org.uk](mailto:knowsley@alzheimers.org.uk)



## How to get support over the festive period

Contact our Knowsley dementia support worker  
between 9am - 5pm Monday to Friday:

**Melanie Campbell**

[melanie.campbell@alzheimers.org.uk](mailto:melanie.campbell@alzheimers.org.uk)

**07525 403 832 or 0151 426 4433**



**Additional Support  
Dementia Connect Helpline  
0333 150 3456**



Monday to Wednesday 9am to 8pm  
Thursday and Friday 9am to 5pm  
Saturday and Sunday 10am to 4pm



## Singing for the Brain



We look forward to welcoming new and existing members to our •spring• themed Singing for the Brain online session starting at 2pm on Monday 11th January 2021.

# Top Tips to support people affected by dementia this Christmas

## Tip 1

The appearance of Christmas decorations can be confusing for people with dementia, so introduce them gradually



**850,000**  
people live with dementia



## Tip 2



**49%**

of people affected by dementia find the change in routine at Christmas stressful. Keeping to set meal times can help

## Tip 3

**38%**

feel the extra noise at Christmas can be frightening. Why not ask visitors to spread out their visits so it is more manageable or have a dedicated quiet area



## Tip 4



Too much food can be daunting for someone with difficulties eating. Avoid overloading their plate and consider finger foods

## Tip 5

It's good to talk to others who are in a similar situation.

Talking Point is an online discussion forum for people affected by dementia to share advice and experiences [www.forum.alzheimers.org.uk](http://www.forum.alzheimers.org.uk)



## Tip 6

### Listening

to familiar Christmas music and reminiscing over photos can be particularly enjoyable for people with dementia



# Stay safe when temperatures drop

The cold weather can increase the health risks to vulnerable people, particularly at the moment with the additional health risks posed by Covid-19. So, if you have elderly or vulnerable neighbours or friends, you may want to check on them to ensure they are managing to keep warm and well during the cold spell.

Follow these tips to ensure you stay safe during the cold weather:

- If you have a long-term condition and start to feel unwell, get advice from your pharmacist.
- Ensure you have plenty of warm food and drinks.
- Wear lots of thin layers (clothes made from wool, cotton or fleecy fibres).
- Homes should be heated to the right temperature: at least 18C (65F).
- If you can't heat all the rooms you use, heat the living room during the day and your bedroom just before you go to bed.
- Keep heaters and fires away from clothes, blankets and other combustible materials.
- Ensure electric blankets are safe to use. Check that wires are not frayed. Once an electric blanket has been switched on, do not leave it unattended.
- If you have a gas/solid fuel appliance/boiler, consider getting an audible carbon monoxide alarm and test it weekly – this could save your life.
- Please bear in mind the importance of circulating air indoors this winter, to reduce the effects of viruses in circulation, including Covid-19.
- Try to stay as active as possible. Spending more time indoors due to lockdown/shielding may result in a reduction of activity, which could affect health and wellbeing.
- Check on elderly and vulnerable relatives and neighbours. Please bear in mind that they may not be able to receive visits from health professionals or the voluntary sector this year.



# Knowsley Carers Centre AGM

Knowsley Carers Centre will be holding an AGM on Thursday 7<sup>th</sup> January at 11:00am via Zoom.

If you are interested in attending can you please email

[enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)

and we will send you a Zoom invite.

## JOIN US ON FACEBOOK



Knowsley Carers Centre has a new way that you can stay in touch with us. We have a Facebook page for those of you who use it. This way we can keep you up to date with all our news and events.

We'd love for you to join us!! So get involved and help us promote the work of Knowsley Carers Centre

## healthwatch Knowsley Your views and comments are important to us

Healthwatch Knowsley makes sure your views on local health and social care services are heard. If you have received a service from Knowsley Carers Centre—whether that be information support, advice or any other service, please feedback your comments to the Knowsley Healthwatch website [www.healthwatchknowsley.co.uk](http://www.healthwatchknowsley.co.uk)

If you are using the Healthwatch Knowsley website to leave feedback about Knowsley Carers Centre, why don't you leave feedback about your GP surgery at the same time? It is really important for us to hear how people are accessing services.

## WELFARE BENEFITS ADVICE



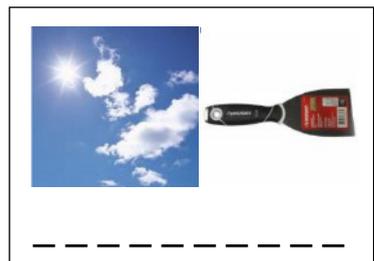
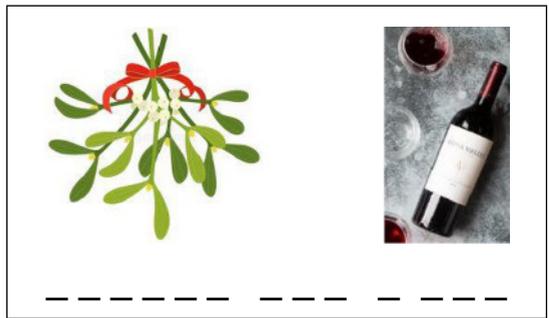
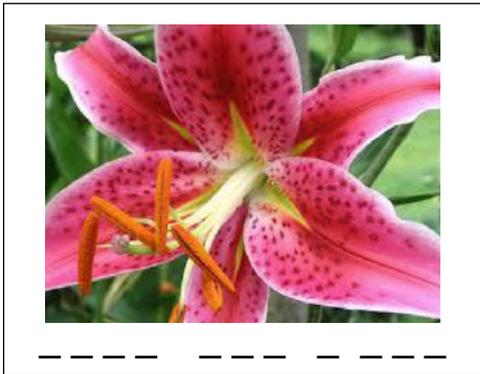
Our Benefits Advisor, Paul Murphy continues to provide telephone advice, information, benefits calculations, and support to help complete forms.

Please call on 0151 549 1412 leaving clear contact details or email [enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)

# CHRISTMAS NUMBER 1 SAY WHAT YOU SEE



These were all at the top of the charts at Christmas time.



Answers on pg 19

# Mental Health Training

North West Boroughs Trust is offering training on topics led by John Chiocchi a highly specialised peer support worker.

Topics include;  
Personality Disorder  
8<sup>th</sup> and 15<sup>th</sup> February  
1:00pm - 3:00pm

ASD and Mental Health  
22<sup>nd</sup> February  
1:00pm - 3:00pm

Course run every week for three weeks. Carers wishing to attend the sessions will be sent a weekly invitation to a Zoom meeting.

To register your interest contact Knowsley Carers Centre on  
Tel 0151 549 1412  
or email  
[enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)



## Young Carers Service

Merry Christmas and a Happy New Year from The Young Carers Service! We are excited to continue working with Young Carers during the Christmas period. For many, Christmas is a period of joy and celebration, however for some Young Carers it can be isolating over the Christmas period. That's why we are taking extra time to contact all our Young Carers over this period to provide support. If you know of a child who is helping to support a family member with physical or mental health needs please contact Chris Wong 07717 301 325/ Mike Kehoe 07760 991 108 to make a referral over the phone. We can look at different ways to support that child and the family whatever the issues may be.

**Best Wishes,  
The Young Carers Service Team**



**What's purple and shouts "Help"?**  
A damson in distress.



**What drink do frogs like best?**  
Croaker-cola!



**What lies in a cot and wobbles?**  
A jelly baby



# CHRISTMAS FUN FACTS



An artificial spider and web are often included in the decorations on Ukrainian Christmas trees. A spider web found on Christmas morning is believed to bring good luck. Tinsel became a popular Christmas tree adornment after a mythical spider created sprawling webs from branch to branch. It is believed the Christ Child changed the webs to a silver colour



Frumenty was a spiced porridge, enjoyed by both rich and poor. It is thought to be the forerunner of modern Christmas puddings. It has its origins in a Celtic legend of the harvest god Dagda, who stirred a porridge made up of all the good things of the Earth.



In Norway on Christmas Eve, visitors should know that after the family's big dinner and the opening of presents, all the brooms in the house are hidden. The Norwegians long ago believed that witches and mischievous spirits came

out on Christmas Eve and would steal their brooms for riding



Christmas trees become popular in the UK from 1841 when Prince Albert erected a tree in Windsor Castle following a German tradition. Fir trees have been decorated at Christmas time in Germany since the 8th century. The Christmas tree displayed in Trafalgar square in London is an annual gift to the UK from Norway since 1947. The Norwegian spruce given is a token of appreciation of British friendship during World War II from the Norwegian people.



"Hot cockles" was a popular game at Christmas in medieval times. It was a game in which the other players took turns striking the blindfolded player, who had to guess the name of the person delivering each blow. "Hot cockles" was still a Christmas pastime until the Victorian era.



## A 'CUPPA' For Carers

Mobilise is an organisation providing a daily e-support package for carers through the Covid19 pandemic. Carers can sign up for the daily mailing here:

<https://james816492.typeform.com/to/NZSI88>

They are running a virtual 'Cuppa' for carers at 4pm, which is proving popular: [www.mobiliseonline.co.uk/cuppa](http://www.mobiliseonline.co.uk/cuppa)



**(Together in  
Dementia Everyday)**

**Tide is an involvement network for carers and former carers of people living with dementia. We help to build skills, knowledge and confidence so that carers can speak up and influence change in society.**

- Become a member of Tide by signing up here:  
<https://www.tide.uk.net/>
- Join our private peer support group on Facebook: **Facebook Group**
- Take part in our **National Wednesday Coffee Mornings** on Zoom, 10.30 - 11.30 am.
- Follow us on **Facebook** and **Twitter**
- Share your experiences
- Get involved in projects that influence policy, research, and practice

**Merseyside/Cheshire Virtual Meet-Up  
Every Thursday, 12.00noon - 1.00pm**

All carers and former carers of people living with dementia are welcome to come along to this local virtual meet-up - for peer support, discussion, advice and ideas. You can register on the link below and a zoom link will be automatically sent to you.

<https://zoom.us/meeting/register/tJArd-6grz4uHdEurLwW2rluV1brSk4IldX>

**Specific Carer Groups:**

- Carers of People living with Young Onset Dementia: 1st Tuesday of the month, 7.00pm - 8.00 pm.
- Carers of someone living in Residential Care: 2<sup>nd</sup> Tuesday of the month, 1.30pm - 2.30pm
- Former Carers: Last Wednesday of the month, 4.00pm - 5.00pm
- Home Carers: 2<sup>nd</sup> Wednesday of the month, 7.00pm - 8.00pm

**Contact Sarah for the Zoom Links**

**Merseyside/Cheshire  
Workshop Sessions 2021**

**Welcome to Tide:**

An overview of Tide's work and the variety of opportunities available

Tuesday January 12th 5:00pm - 6.00pm  
[https://zoom.us/meeting/register/tJ0td-GhrDMjG9W\\_LjC\\_PTIE\\_gryR2RVYkB](https://zoom.us/meeting/register/tJ0td-GhrDMjG9W_LjC_PTIE_gryR2RVYkB)

Tuesday March 23<sup>rd</sup> 12:00noon - 1.00pm  
[https://zoom.us/meeting/register/tJYvc-mrqTMrGtSCj1aT\\_Y7GWctqJ00Ja6za](https://zoom.us/meeting/register/tJYvc-mrqTMrGtSCj1aT_Y7GWctqJ00Ja6za)

*continued overleaf...*

## You Can't Pour from an Empty Cup:

Take time to look at your own emotional wellbeing, understand your triggers, and find key practical skills to use.

Tuesday January 26<sup>th</sup> 5:00pm - 6.00pm

<https://zoom.us/meeting/register/tJ0vc-CsqzwoHdyVeyKsYtH5JNNp5dHYu0ym>

Tuesday March 9<sup>th</sup> 12:00 noon - 1.00pm

[https://zoom.us/meeting/register/tJEpdeChqD0oGdVTBh7E2GyUBe\\_VMqN6g6QB](https://zoom.us/meeting/register/tJEpdeChqD0oGdVTBh7E2GyUBe_VMqN6g6QB)

## Getting Your Point Across:

Strategies, tips and hints to help you prepare for tricky conversations and get your point across effectively

Tuesday February 9<sup>th</sup> 5:00pm - 6.00pm

<https://zoom.us/meeting/register/tJ0tf-isrzloE9wvr3P85Cw8wDcjlfb9sAB>

Tuesday April 20<sup>th</sup> 12:00 noon - 1.00pm

<https://zoom.us/meeting/register/tJUlc-6oqTgiEtaL6o-Wur4oC5VfchTUoISU>

## Living Grief and Bereavement:

When caring for someone living with dementia, loss is not only felt at the end of life. This session acknowledges and gives you the opportunity to talk about the grief and loss felt while caring for someone living with dementia.

Tuesday February 23<sup>rd</sup> 5:00pm - 6.00pm

[https://zoom.us/meeting/register/tJclcuuopzwoEtBgo6pZoa\\_M2WTSnSuYC-Sz](https://zoom.us/meeting/register/tJclcuuopzwoEtBgo6pZoa_M2WTSnSuYC-Sz)

Tuesday April 6<sup>th</sup> 12:00 noon - 1.00pm

<https://zoom.us/meeting/register/tJYlf-urrDkpHtKNIDtugTmLZHPrDNIQDrgN>

If you are interested in getting involved, would like the zoom details, or have any questions, please contact:

Sarah Butler-Boycott  
Carer Involvement Lead  
(Merseyside & Cheshire)

**Tide - Together in Dementia Everyday**

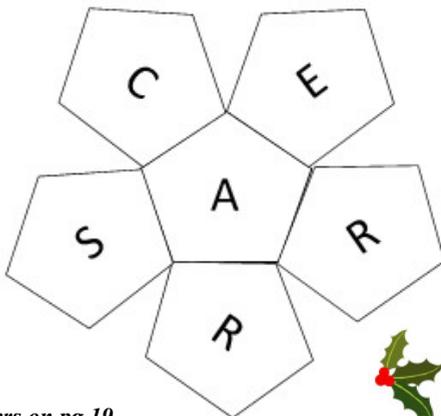
**Email:** [SarahBB@tide.uk.net](mailto:SarahBB@tide.uk.net)

**Phone:** 07704 168867

# WORD WHEEL

How many words of 3 letters or more can you make, you must always use the middle letter. No proper nouns (names of people or places), no plurals, no using same letter twice in the same word (except R) 5 Average, 10 Good, 15 Very Good, 20 Excellent.

There is also 1 more word which doesn't contain the middle letter. *Answers on pg 19*



# Carers ID Card

The Carer ID card is a useful form of photo ID to prove you have a caring role. During the Covid 19 outbreak these cards are proving useful for carers as proof that they are supporting someone if they are stopped while travelling, and carers have also used the card to gain entry to the supermarkets during

the key worker opening times. Under normal circumstances the card can help you to gain free or discounted entry to a number of venues including cinemas and sporting events. Please contact us on 0151 549 1412 or email to [enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)

I have used my card with work as proof that I am a carer when they have tried to move my location, which is important to me to be closer to home.

I use my card when supporting my adult son, it's proof that I am his carer and gives me consent to speak on his behalf.

Helped us get seats with more legroom on the plane.



I've used mine when we have been together to the cinema so I have got in for free.

## Do you have a Carers ID Card?

I forgot the Disability Concessions Card but my Carers Card was taken as proof instead.

Sometimes when booking events I show the card as proof that I need the same access as him.

# Successful funding Provides further stability for SHOP for You service

Here at KPAIS our SHOP for You service is in place to provide long-term practical support to people who need it. It allows people to maintain and retain their independence to remain living at home and we do that by providing bespoke shopping support and cleaning services, whilst developing a relationship. We can put in place a reliable, regular support call with one of our DBS checked Supporters and as a carer this service could allow you to have some much needed respite with the confidence that the person you care for is in safe hands. All Supporters are equipped with PPE and we adhere strictly to government rules around social distancing whilst in your home. **Call 0151 449 3706** today for a chat about your requirements and for further information about pricing and availability.

KPAIS are delighted to announce success in acquiring Covid-19 response funding from the National Lottery Community Fund. This initial 6 months of funding will enable us to scale up the SHOP for You service throughout the winter months so that we can continue to meet the needs of older and vulnerable local residents, which have increased as a result of the Covid-19 pandemic. The development of this service will have a significant impact in our region, allowing us to increase staff capacity and strengthen our capability to respond quickly to new referrals. Chief Officer Pat McCarthy is delighted by the news;

*“Our team have worked extremely hard*

*this year to continue offering the highest level of support to our clients during a really difficult time. I am so pleased that we can continue to offer this high standard as well as continue to receive and accept new referrals. As we move into winter and we are seeing an increase in cases in our region, it is my hope that more people can access our service and feel safe in the knowledge that we are here to help and maintain access to essentials throughout this trying time.”* If you or someone you know would benefit from the SHOP for You service, please get in touch with our SHOP Coordinator Val to discuss options and make a referral.

Call: 0151 449 3706 OR Email:

[shop@kpais.co.uk](mailto:shop@kpais.co.uk)



**SHOP for YOU**  
SUPPORTERS HELPING OLDER PEOPLE

# THE CARER'S EMERGENCY CARD



*Peace of mind for carers in Knowsley*

## **What is the carer's emergency card?**

If you look after your partner, disabled child, relative or friend who relies on your support you could receive a carer's emergency card. If you were involved in an incident, accident or emergency, then you, another person or the emergency services would use this card to contact the 24 hour telephone response service to make sure the person you care for is safe and well. By carrying one, ideally in your purse or wallet, you can be confident that the person you care for won't be left without the support they need.

## **How much does it cost?**

Nothing – the card and any emergency care that may be needed in the first 48 hours is free to all carers resident in Knowsley.

## **How to register with the Carer's Emergency Card scheme**

You can download a registration form from :

[http://www.knowsleycarers.co.uk/forms/6084.18\\_carers\\_registration\\_form.pdf](http://www.knowsleycarers.co.uk/forms/6084.18_carers_registration_form.pdf)

Once completed it should be posted to :  
Home Care Link (CC)  
Freeport LV5348  
Ormskirk, Lancashire, L39 2HT

# KIND TO YOUR MIND

Kind to your mind campaign  
[www.kindtoyourmind.org](http://www.kindtoyourmind.org)

During the coronavirus outbreak having access to resources which support good mental health is vitally important as many of us are finding ourselves outside of our usual routines and have less social contact. The Kind to your Mind website was developed for people who live or work in Cheshire and Merseyside as a one stop shop for information. The website links to the NHS Every Mind Matters website which contains expert advice and lots of practical tips to help you look after your mental health and wellbeing.

The website also promotes awareness of a wellbeing portal – ALMA. ALMA provides free access to resources such as approved apps to improve health and wellbeing and free self-referral access to online cognitive behavioural therapy. There are short courses which focus on dealing with stress and anxiety, building mental resilience and getting better quality sleep.

The campaign also has its own Podcast (search Kind to Your Mind) to support people during this time.

# NHS Mental Health Crisis Lines

People living in Knowsley who are experiencing a mental health crisis can now access support via two new 24/7 dedicated NHS mental health crisis lines. These are available 24 hours a day, seven days a week and are open to people of all ages. · The crisis lines are now the first port of call for mental health crisis help – operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be redirected to this local service. · A&E and 999 are not the best to get help for the majority of mental health problems – call the crisis line to be directed to the best local service to support you. · You should still call 999 or go to A&E if you have a life-threatening emergency

requiring immediate mental or physical health assistance. ·

Children and Young People under 18 years who need to call should use the number operated by North West Boroughs.

For all other patients with a Knowsley GP telephone 01925 275 309 (service operated by North West Boroughs NHS Trust)

For patients over the age of 16 with a Kirkby GP telephone 0800 145 6570 (service operated by Mersey Care NHS Trust).

For patients over the age of 16, with a Kirkby GP, Mersey Care also operates a COVID 19 helpline (8am-8pm) for anyone with any anxieties over COVID. Telephone 0151 473 0303.

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## NEWS UPDATE - CARE HOME VISITS

### **Important updates on new guidance for Care Home Visits and the Coronavirus vaccine. (Correct at time of issue)**

The guidance for providers does allow for care home visits to happen indoors. The guidance applies to all care homes – regardless of which Tier the care home is in. Visitors will need to take a Coronavirus test and if that comes back negative, will need to wear PPE throughout the visit. Physical touching, such as holding hands and hugging, will be allowed. These tests will be a rapid test, with results returned in half an hour.

An extra 46 million items of free PPE will be sent to CQC-registered care home providers through the Government portal in addition to PPE already available. The

number of tests kits being supplied has been modelled to allow up to two visitors per resident, visiting twice a week. Care homes will manage the number of visits to ensure they can enable safe visiting and the programme will be continuously reviewed as it is rolled out. The guidance does say that ideally and when possible, it would be the same two visitors each time.

There will be extra infection control measures in place and providers are told to highlight to visitors that measures such as Coronavirus Tests and PPE reduce, and do not eliminate risk.

Unpaid carers of people who live in care homes should contact the care home and ask to make arrangements for visits.

## Expressive Writing

Thursday 14th January 1.00pm-2.00pm (4 weeks)

Learn how the power of expressive writing can explore feelings and experiences in a unique way. No experience of creative writing needed.

Join us online via Zoom -  
Register on our webpage :  
[www.wellbeingenterprises.org.uk/whats-on/](http://www.wellbeingenterprises.org.uk/whats-on/)

T: 01928 589 799

## Wellbeing with Nature (in partnership with Cheshire Wildlife Trust)

Tuesday 26th January 2.00pm-3.00pm (6 weeks)

Build a stronger connection with nature, help wildlife thrive in your local area and improve your wellbeing with our fantastic Wellbeing with Nature course.

Join us online via Zoom -  
Register on our webpage :  
[www.wellbeingenterprises.org.uk/whats-on/](http://www.wellbeingenterprises.org.uk/whats-on/)

T: 01928 589 799

## Confidence through Drama (in partnership with Everyman Playhouse)

Wednesday 27th January 1.00pm-2.00pm (4 weeks)

A variety of games and exercises to encourage laughter, fun and creativity. This course is designed to build self-confidence and boost self-esteem.

Join us online via Zoom -  
Register on our webpage :  
[www.wellbeingenterprises.org.uk/whats-on/](http://www.wellbeingenterprises.org.uk/whats-on/)

T: 01928 589 799

## Tai Chi

Thursday 11th February 12.00pm-1.00pm (4 weeks)

A gentle exercise that uses slow, smooth body movements. Perfect to release the tensions and stresses of modern life.

Join us online via Zoom -  
Register on our webpage :  
[www.wellbeingenterprises.org.uk/whats-on/](http://www.wellbeingenterprises.org.uk/whats-on/)

T: 01928 589 799

## Shared Reading

Wednesday 24th February 11.00am-12.00pm (4 weeks)

Listen to stories and poems read aloud in a friendly, welcoming atmosphere. Relax, listen, share and laugh!

Join us online via Zoom -  
Register on our webpage :  
[www.wellbeingenterprises.org.uk/whats-on/](http://www.wellbeingenterprises.org.uk/whats-on/)

T: 01928 589 799

### To book:

Call: 01928 589799

Email: [info@wellbeingenterprises.org.uk](mailto:info@wellbeingenterprises.org.uk)

Online: [www.wellbeingenterprises.org.uk](http://www.wellbeingenterprises.org.uk)

### Wellbeing Booster #1 - Emotional Awareness

Tuesday 16th February 11.00am-12.00pm (1 week)

Discover where feelings and thoughts come from. Learn top tips and techniques on how to connect with others and overcome difficult challenges.

Join us online via Zoom -  
Register on our webpage :  
[www.wellbeingenterprises.org.uk/whats-on/](http://www.wellbeingenterprises.org.uk/whats-on/)

T: 01928 589 799

### Wellbeing Booster #2 - Mindfulness

Tuesday 23rd February 11.00am-12.00pm (1 week)

Discover the power of mindfulness to boost your wellbeing. Reduce stress and reconnect with the world around you through your senses and breathing.

Join us online via Zoom -  
Register on our webpage :  
[www.wellbeingenterprises.org.uk/whats-on/](http://www.wellbeingenterprises.org.uk/whats-on/)

T: 01928 589 799

### Wellbeing Booster #3 - Sleep & Relaxation

Tuesday 2nd March 11.00am-12.00pm (1 week)

Come and gain an understanding of how to get a better nights sleep by learning top tips to help you unwind and relax.

Join us online via Zoom -  
Register on our webpage :  
[www.wellbeingenterprises.org.uk/whats-on/](http://www.wellbeingenterprises.org.uk/whats-on/)

T: 01928 589 799

### Wellbeing Booster #4 - 10 Ways to Feel Happier

Tuesday 9th March 11.00am-12.00pm (1 week)

This session provides top tips to improve your health and wellbeing. Try these in a friendly environment and feel the benefits right away!

Join us online via Zoom -  
Register on our webpage :  
[www.wellbeingenterprises.org.uk/whats-on/](http://www.wellbeingenterprises.org.uk/whats-on/)

T: 01928 589 799

#### To book:

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# "Say What You See Quiz"

## Answers

Song	Year	Artist(s)
Moon River	1961	Danny Williams
Green, Green Grass of Home	1966	Tom Jones
Bridge Over You	2015	Lewisham and Greenwich NHS Choir
Perfect	2017	Ed Sheeren
Lily the Pink	1968	The Scaffold
Mistletoe and Wine	1988	Cliff Richard
Bohemian Rhapsody	1975	Queen
Skyscraper	2013	Sam Bailey



# Word Wheel

Ace, Arc, Are, Sear, Carer, Racer,  
 Car, Ear, Sac, Scare, Scarer.  
 Sea, Acre, Arse, *The other word is*  
 Care, Case, Race, Err.  
 Rare, Rear, Scar,

## Christmas Cracker Jokes

**What beats his chest and swings from Christmas cake to Christmas cake?**  
 Tarzipan!

**What do you call a crate of ducks?**  
 A box of quackers

**Why couldn't the skeleton go to the Christmas Party?**  
 He had no body to go with!

**Where do mistletoe go to become famous?**  
 "Holly" wood!

**Why was the Turkey in the pop group?**  
 Because he was the only one with drum-sticks!



**What's brown and creeps around the house?**  
 Mince spies!



**Why did the chicken cross the football pitch?**  
 Because the referee whistled for a fowl!





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