




Healthworks
the community health charity

SPRING FUN!

**Check out our holiday activity
ideas and health tips for the
whole family**



The Spring Holidays are coming and there's no better time to get off the sofa and do some fun things with the family!

The Healthworks Team have designed this fantastic resource to provide you with a range of activity ideas to enjoy safely with your family over the holiday period.

We hope you have fun trying some of our ideas out!

Pop over to
www.healthworksnewcastle.org.uk
for more inspiration and to
find out more about the work we do.

Have a happy holiday,
from everyone at Healthworks

Make a 'Bunny Hug'

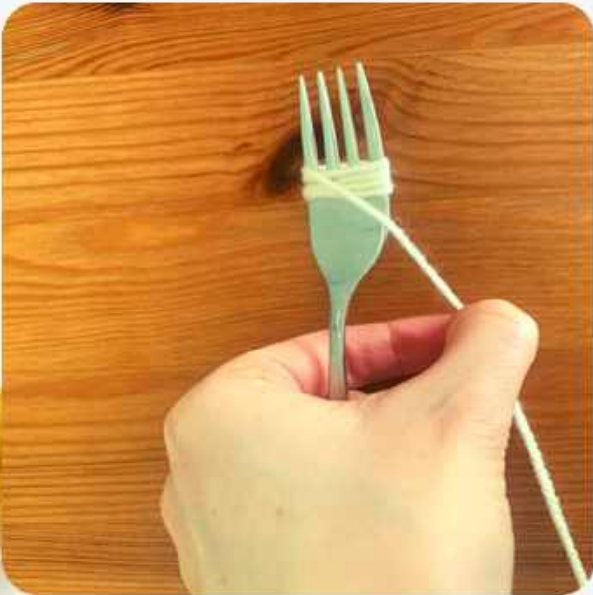


Bird quiz...

How many can you name?



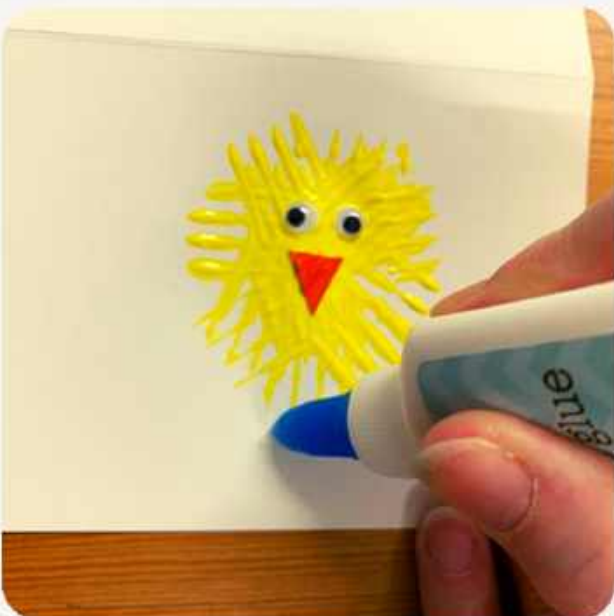
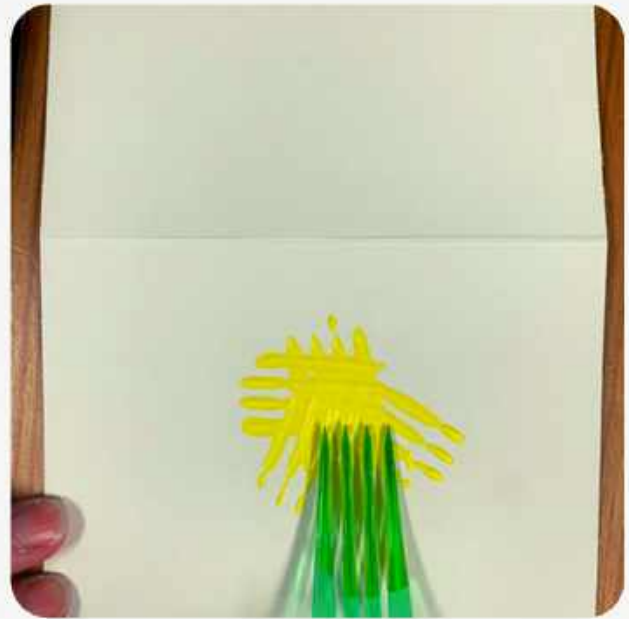
Make 'Bunny Bunting'



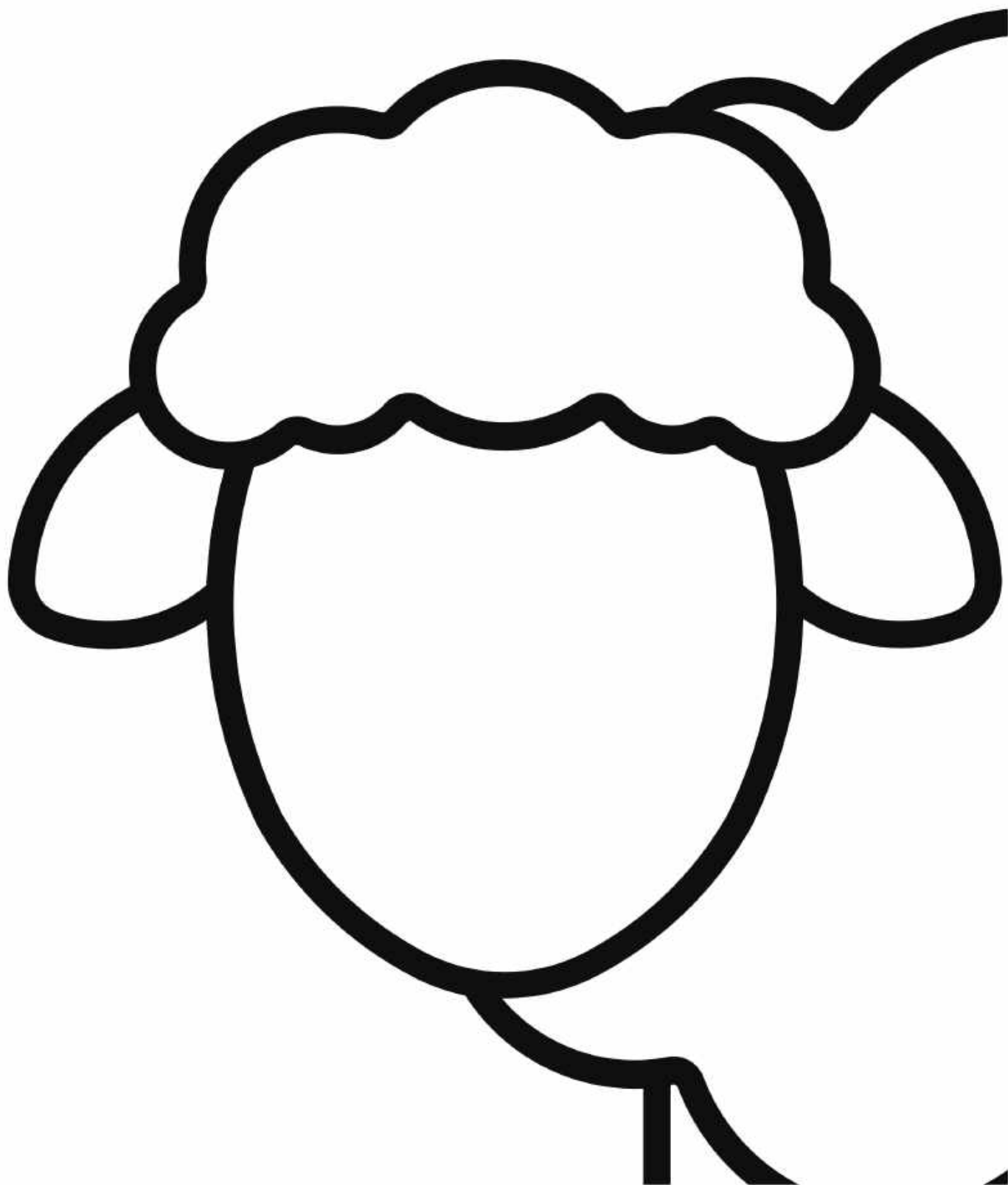
Make 'Bunny Bunting'



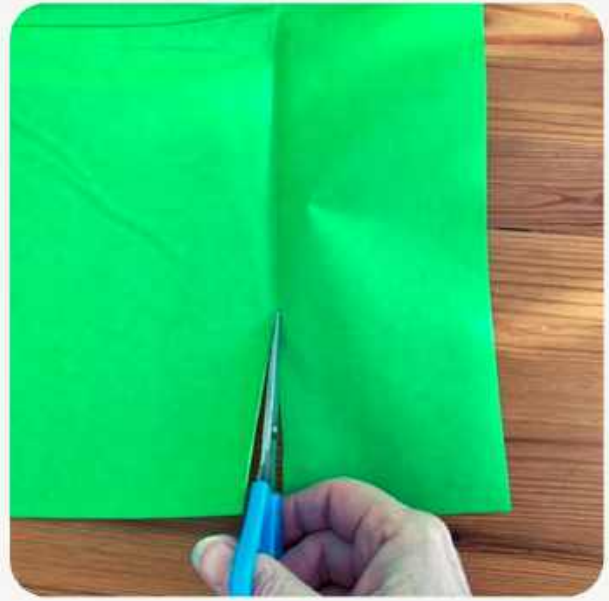
Make a 'Chick Card'



**Draw and colour
your own Spring lamb**



Make a 'Crispy Carrot'

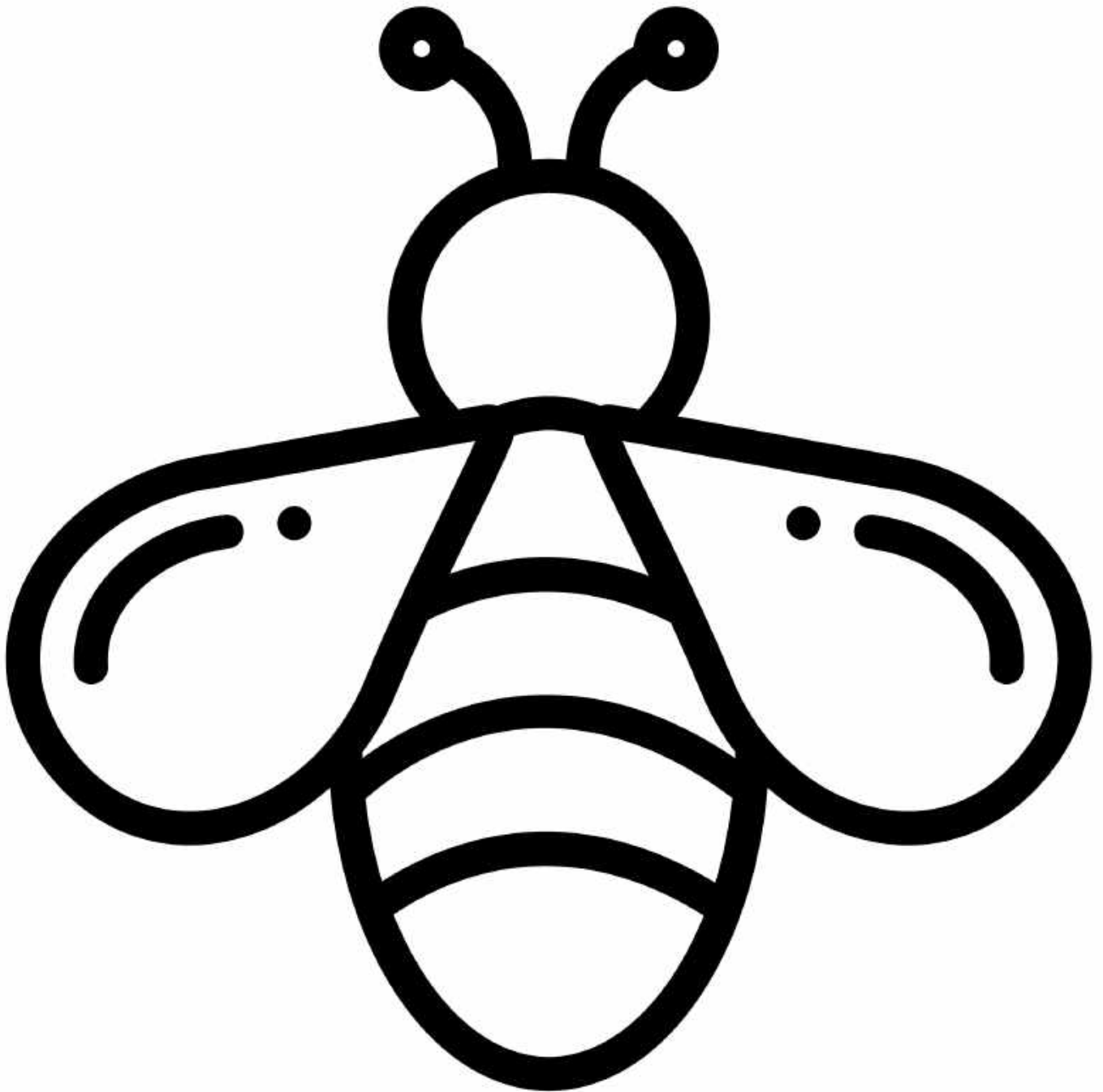


Nature quiz...

How many can you name?



Colour in your own Bee



Easter Wordsearch

A K V D G J G O B I G N T H D C H O C O L A T E
O Z H J D W O S Q D C A N D Y T D P O A K Y B P
V H P K B E B A S K E T E A S T E R I A V U Z W
U L Q N C Z P I N K H M D Q K S Z O B B W V S O
M H Z P L G M W A T T P P U A P A C C A R N D R
A W C H U R C H R S Y T P Z O R U F H N P M K J
R X G Y O V B L O U R S C R Q I Y R I A Q N N L
S H B C H I C K X N L W E O T N L P Q G W Z K I
H E M M A R C H L D K E P R P G O U R M C M S L
M C R M L C R B J A L E I Q T V D R C E E X A Y
A D Y F R J Y Q E Y Q T C D P J P P E S L P T N
L B D H X Q Q Z L Q A U E W P G I L D S E A R B
L X A U I N Z Q L Y M F G T I Y V E O D B G E H
O R O N D W R P Y H X L G F B F D Y Z C R S A N
W R W T E D D B B K J O S E W Q Z M N J A W T V
M B Y O C S J D E N R W J K T T H T K Q T B S G
Y P B V O X P C A P T E R H G P B P I T E J D H
U K S H R D P B N M R R C W N N U N K M F B A A
D L K Z A X K H S B O X R A J E N K M S R C J O
S L W I T N V Y S V C L O N I B N S K S H Y L Y
C W I L E C H H O Y S F S L P K Y F T D K X A U
W P E Y W Z N H P M C Y S F I U T E E M U O M Z
E N D N V A R O X Q M Q V C B W Z H O G T N B U
I R S A U J E S U S I T M R B C K V Z Q K N P S

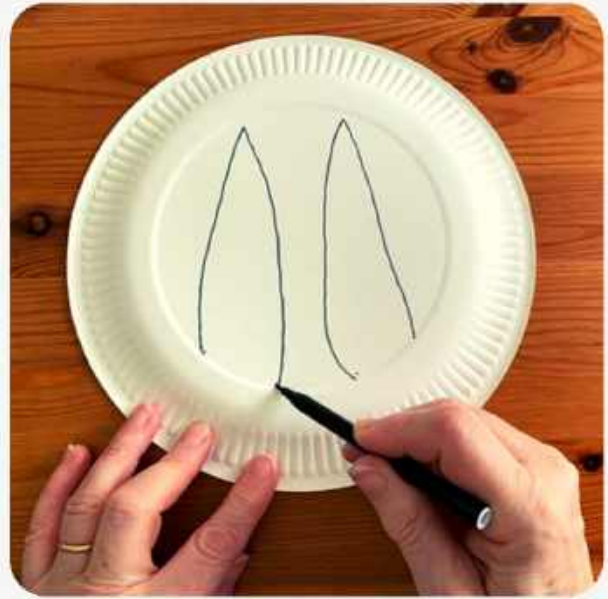
lamb
church
Sunday
eggs
jellybeans

decorate
lily
hunt
marshmallow
Jesus

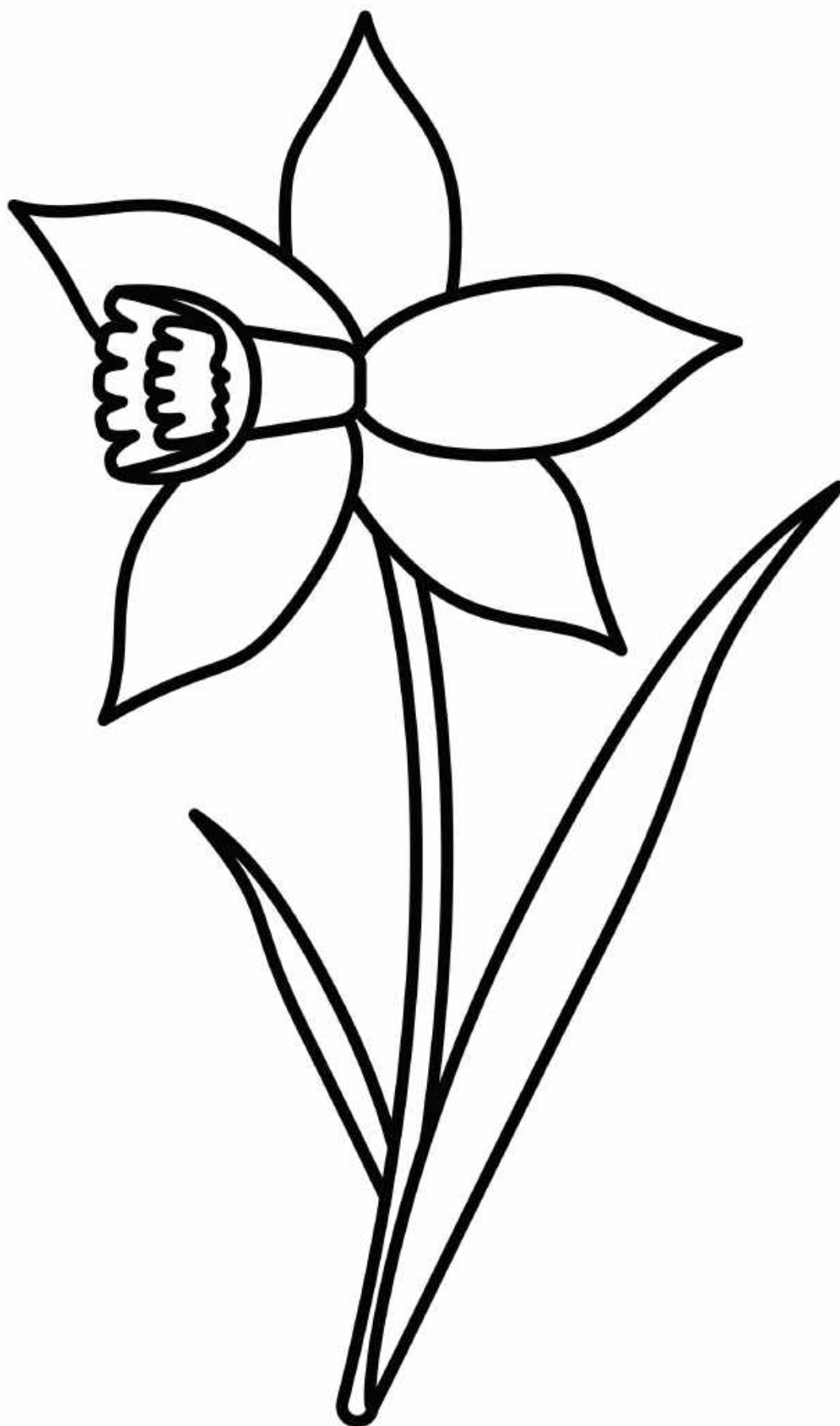
basket
treats
pink
celebrate
cross

spring
sweet
purple
flower
chick

Make an 'Bunny Hat'



Colour in your own Daffodil



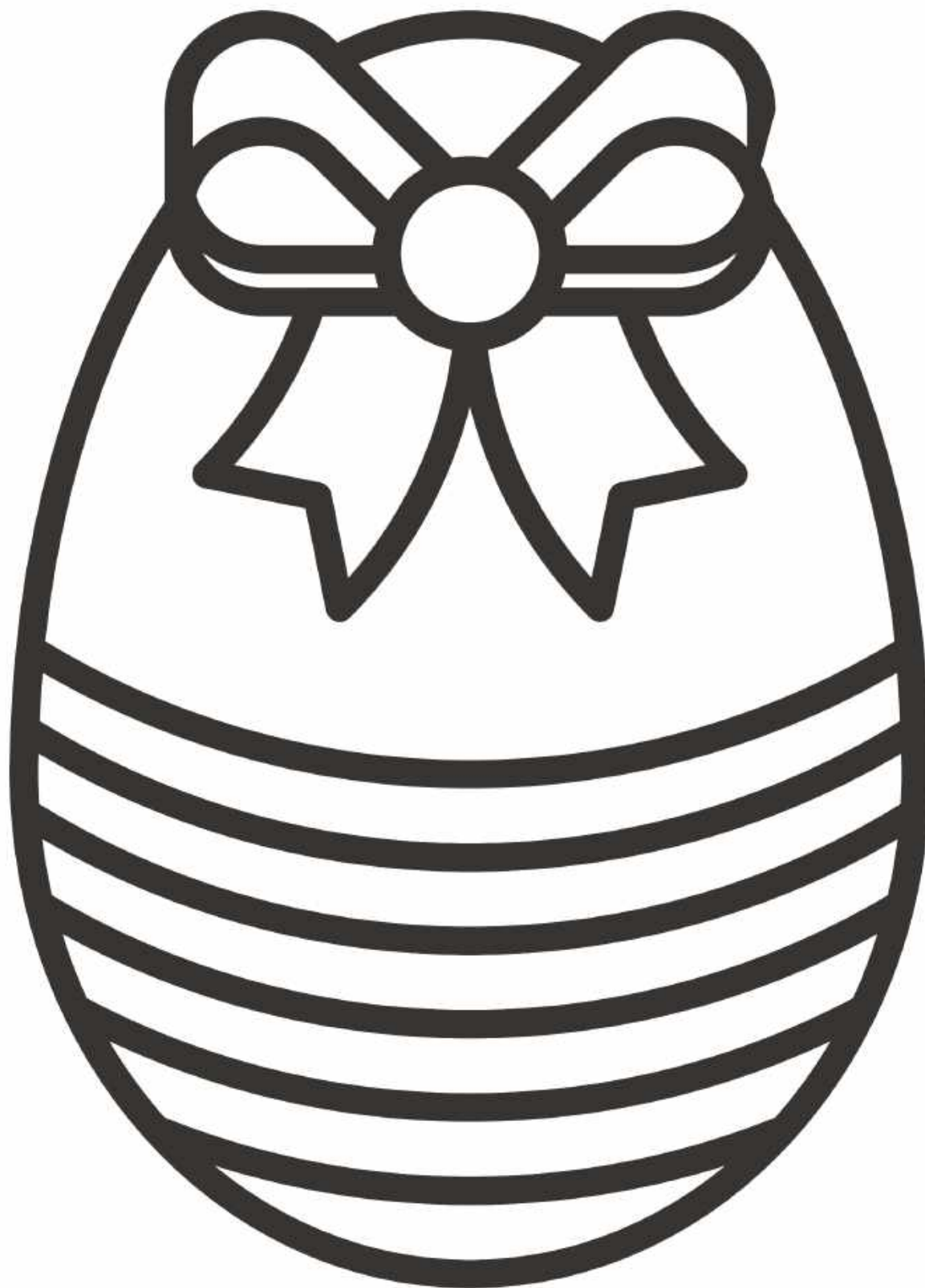
When you are in your garden or out and about how many can you spot?



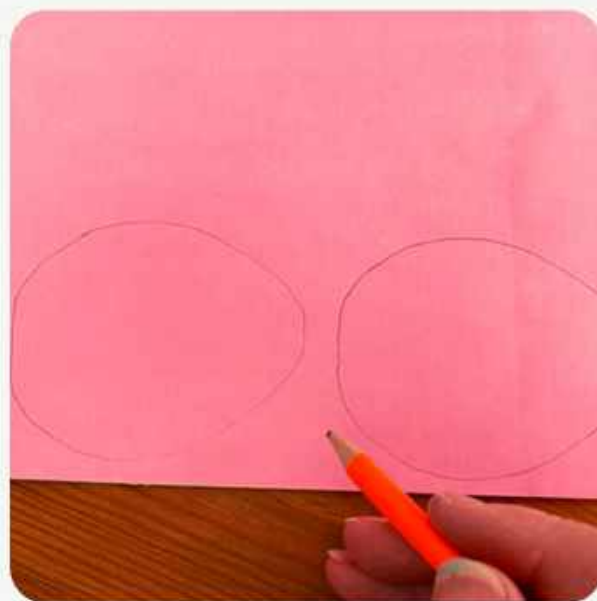
Fun facts about Easter

- 1) Many historians believe that Christians named Easter after Eastre or Eostre, a pagan Anglo-Saxon goddess of fertility
- 2) Easter is the oldest Christian Holiday. Holy Week is the celebrated during the week leading up to Easter. It begins on Palm Sunday, continues on to Maundy Thursday, Good Friday, and then finally, Easter Sunday
- 3) Some Germans mark Easter by burning their Christmas Trees
- 4) The act of painting eggs originates from a Ukrainian tradition
- 5) There's evidence showing that Easter eggs originated from Medieval Europe and Christians may not have actually been the ones to start the tradition of giving eggs
- 6) The cross on the top of a Hot Cross Bun symbolises the crucifixion and the spices represent the spices used to anoint the body of Christ.
- 7) The UK's first chocolate egg was produced in Bristol in 1873
- 8) The World's Tallest Easter Egg was made in Italy in 2011 - it stood a jaw-dropping 34 feet tall and weighed 15,873 pounds
- 9) Easter is celebrated on the Sunday after the full moon following March 21st
- 10) In 2007, a Faberge jewelled Easter egg sold at Christie's in London for £9 million

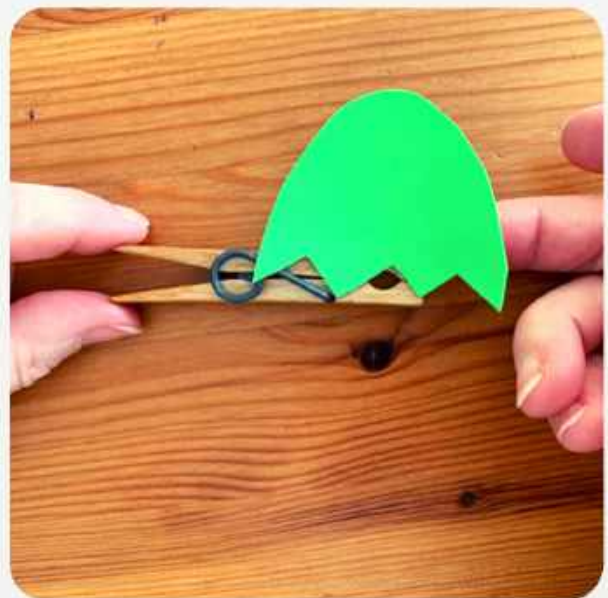
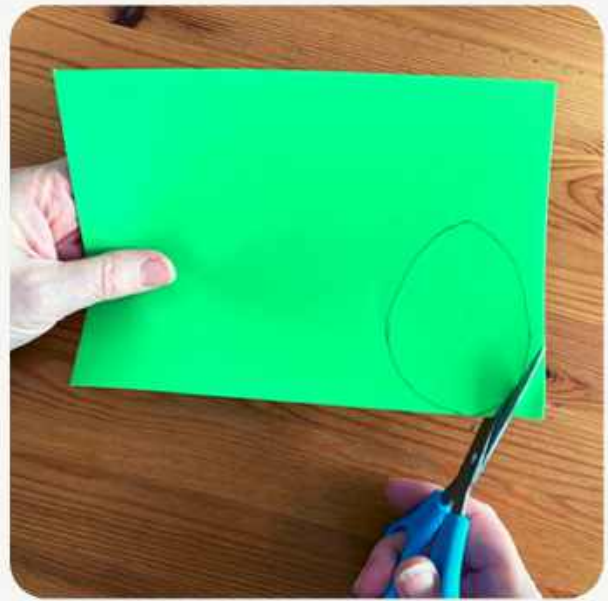
Colour in your own Easter Egg



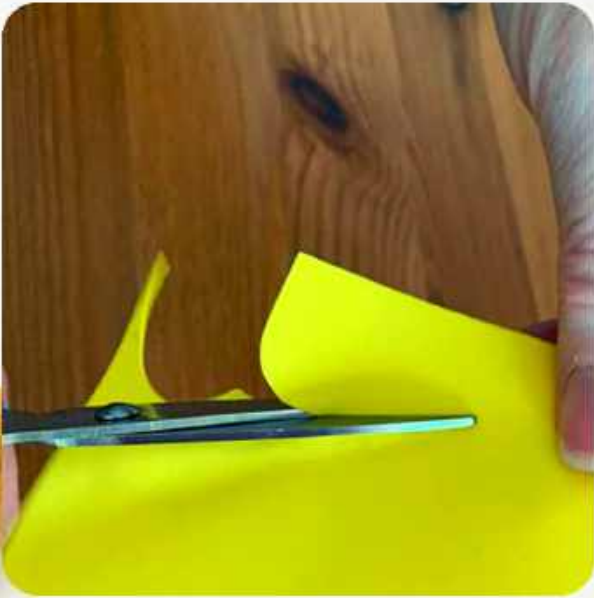
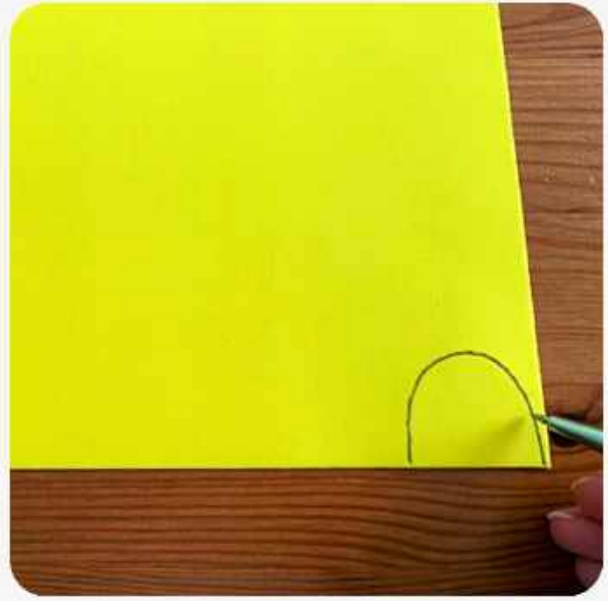
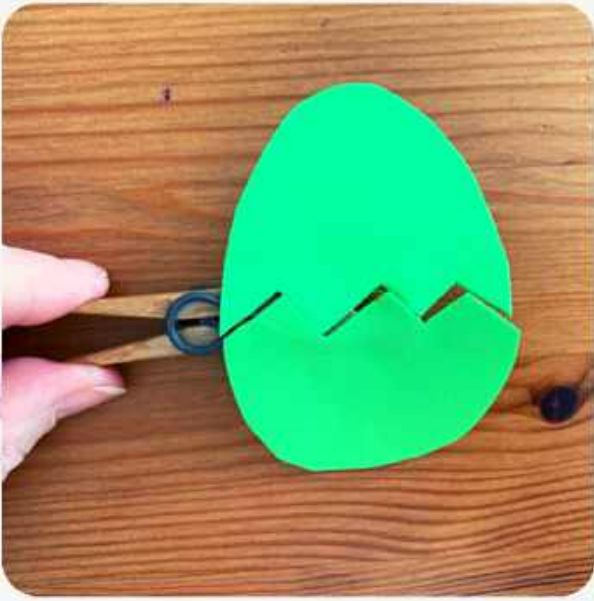
Make an 'Easter Egg Wreath'



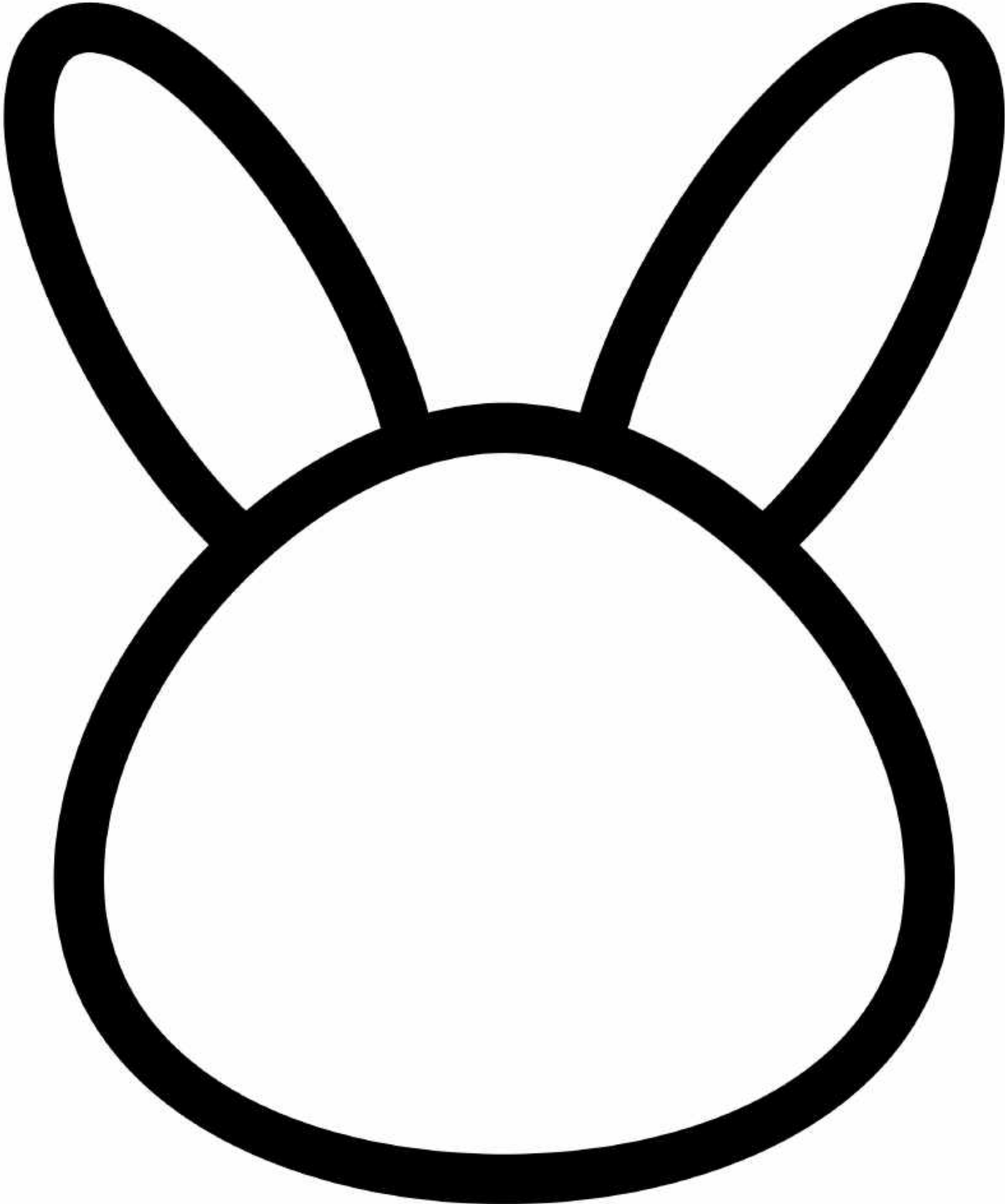
Make an 'Egg Peg'



Make an 'Egg Peg'



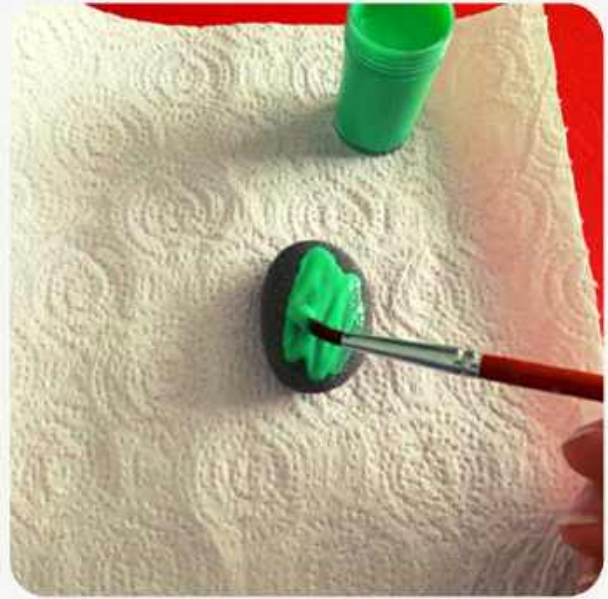
Draw your own Bunny face



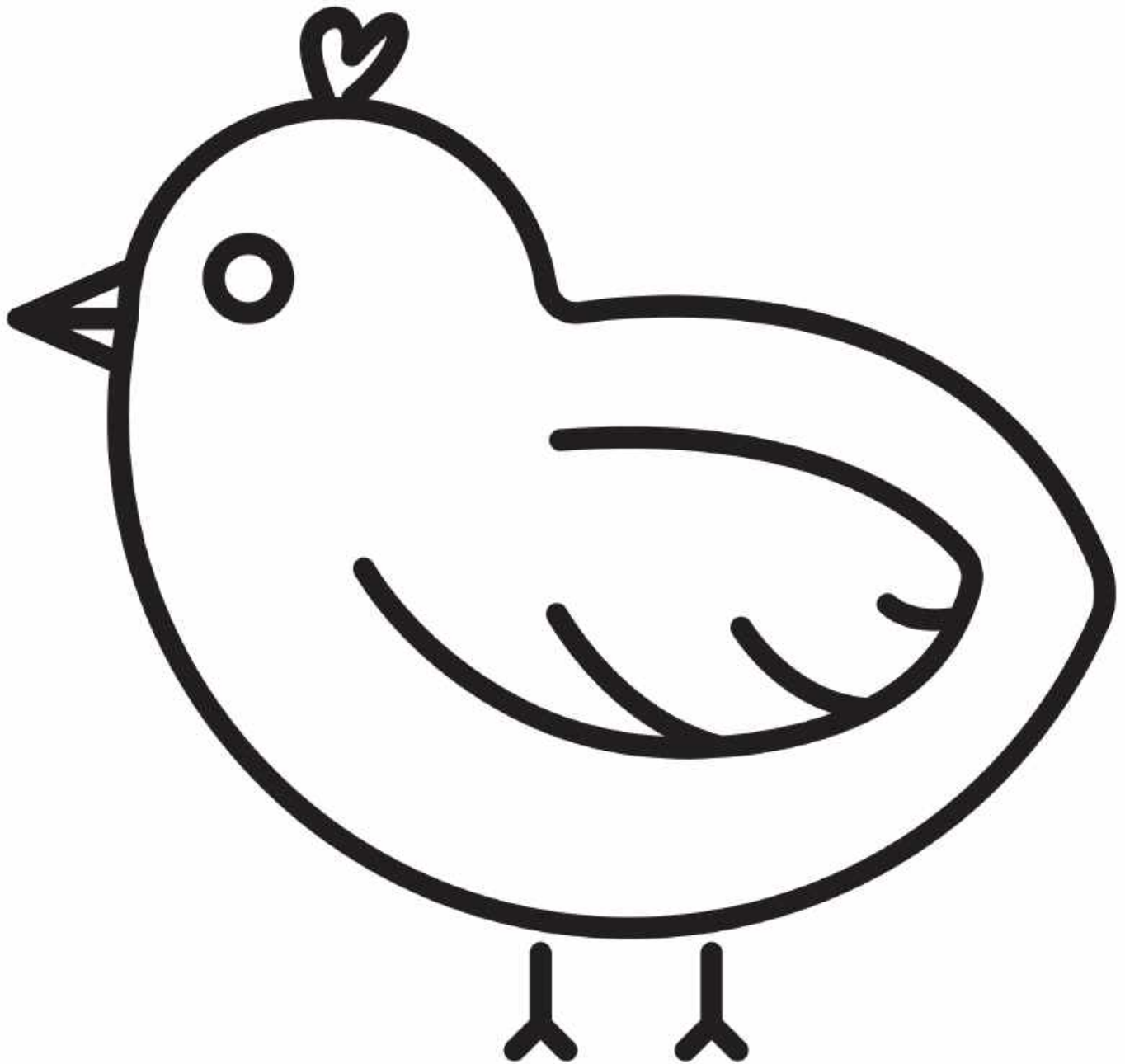
Make a 'Sweet Treat'



Have an 'Egg Hunt'



Colour in your own Chick



Test Your Easter Knowledge!

1) On which day over the Easter period are Hot Cross Buns traditionally eaten? [Answer: Good Friday]

2) How many Cadbury Creme Eggs are produced every year? [Answer: 500 million]

3) Which monarch was on the throne when the custom of giving chocolate began? [Answer: Queen Victoria]

4) The legend of the 'Easter Bunny' originated in which country? [Answer: Germany]

5) In which year did composer Irving Berlin introduce the Easter Bonnet into American pop culture with his ballad "Easter Parade"? [Answer 1933]

Which chocolate products were associated with the following advertising slogans from days gone by?

6) "Only the crumbliest, flakiest chocolate..." [Cadbury's Flake]

7) "All because the lady loves..." [Milk Tray]

8) "Do you love anyone enough to give them your last....." [Rolo]

9) "Take it easy" [Cadbury Caramel]

10) "If you like a lot of chocolate on your biscuit join our ... "[Club]

11) "Have a break, have a ..." [Kit Kat]

12) "The ... are on me!" [Milky Bars]

Can you guess which countries use the following way of saying "Happy Easter"?

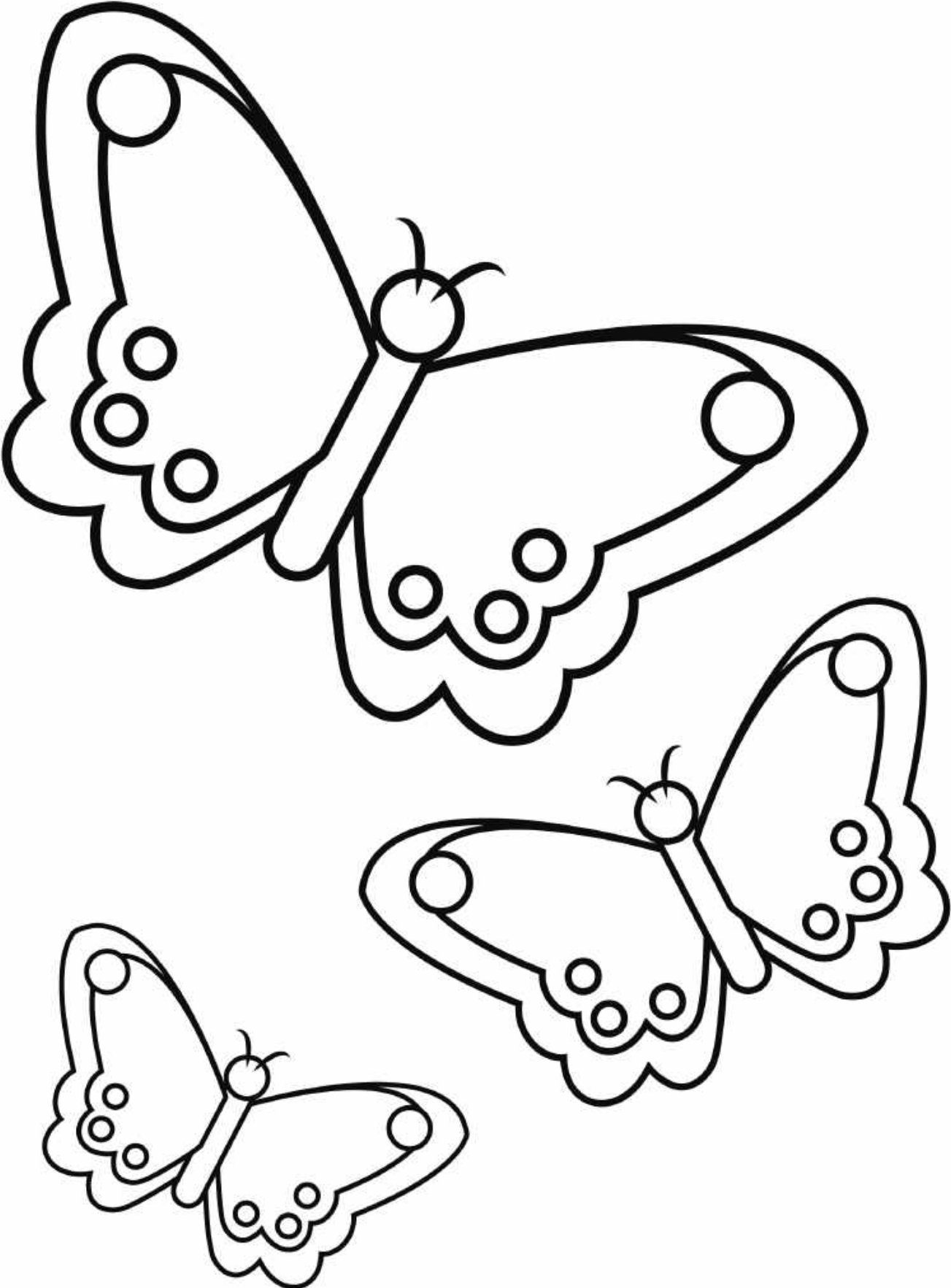
13) "Joyeuses Paques" [France]

14) "Frohe Ostern" [German]

15) "Felices Pascuas" [Spain]

16) "Buona Pasqua" [Italy]

Colour in your own Butterflies



Grow and eat cress

You will need:

- Cress seeds
- Cotton wool
- Egg shells
- Egg carton
- Bread
- Hardboiled egg



How to do it:

- Put clean half egg shells into the egg carton
- Put cotton wool in each half shell
- Add drops of water to the cotton wool
- Sprinkle the cress seeds
- Keep the cotton wool moist and the plants will grow in a couple of days
- Make an egg and cress sandwich!



Look After Yourself

Our [Improving Wellbeing](#) webpage has some great information about things you can do to promote positive mental wellbeing and where you can get support and advice if you need it... here we've included some of our 'Top Tips', with easy things you can do over the holiday period and beyond to look after yourself and improve your wellbeing.



Having a routine can help you feel more in control and will give some structure to your day



Find some time for your hobbies and for relaxation in your daily routine - listening to music, reading, crafts, baking, sewing - whatever you enjoy doing



Get some exercise...try one of our classes, our [Get Active At Home Workouts](#) or take one of our [Wellbeing Walks](#)



Call friends/ family or a service that will listen as part of your daily routine.



If you are feeling anxious try 'box breathing'...breathe in for 5 seconds, hold for 5 seconds, breathe out for five seconds, hold for five seconds and repeat 5 times!



Everything in moderation...include alcohol free days to give your body a chance to recover (the NHS website has guidance on recommended weekly amounts).

A top-down view of a traditional afternoon tea setting on a wooden table. In the upper left, a white cup filled with light brown tea sits on a matching saucer, with a silver spoon resting on the saucer. To its right, a white teapot is partially visible. In the upper right, a white plate holds a single scone topped with a layer of red jam and a dollop of white cream. In the lower left, another white plate holds a similar scone. A silver butter knife is positioned between the top two plates. The background is a dark wood-grain surface.

EASY AFTERNOON TEA

Please substitute any of the ingredients if you have an allergy to them. Cooking times may vary depending upon your oven.

Egg and cress sandwich

What you need:

- 2 slices of bread or a bun
- Water
- 1 egg
- Handful of cress
- 1 tbsp low fat mayonnaise



How to prepare:

1. Place the egg into a small saucepan and fill with cold water to cover the egg by 1cm
2. Place the saucepan on the hob and bring to boil over high heat. Reduce the heat to a lower medium boil and cook for 10 minutes for a hard-boiled egg
3. Place the egg into very cold water until the egg is cool (about 3 minutes)
4. Peel the shell and mash the egg with a fork. Add mayonnaise and mix well
5. Sprinkle some cress into the egg mixture and mix
6. Spread the egg mixture across the bread evenly
7. Quarter into triangles

Easy Tuna Quiche

What you need:

- 5 slices of bread
- Tomato ketchup/relish
- Tuna in brine
- Small tin of sweet corn
- 3 eggs beaten with milk
- Grated cheese
- 1 sliced tomato
- Margarine to grease dish
- Season to taste



How to prepare:

1. Grease dish & pre heat oven 190°C/375°F/Gas mark 5
2. Cut crusts off bread and spread with tomato sauce
3. Line the dish with the bread—tomato side up
4. Mix tuna, eggs, milk & sweet corn together
5. Pour on to bread, sprinkle cheese on top, place tomato on the top
6. Cook in the oven for approx. 30/40 mins
7. Serve with a side salad

Carrot Cakes

What you need:

- 100g/4oz self raising flour.
- 100g/4oz low fat spread.
- 100g/4oz sugar.
- 2 eggs
- 2 carrots grated.
- 1 tsp cinnamon
- 50g/2oz chopped walnuts (optional)
- 100g/4oz icing sugar
- Small tub cream cheese
- Vanilla essence



How to prepare:

1. Cream the low fat spread and sugar together until light and fluffy
2. Beat the eggs in one at a time, gently mix in a little bit of flour
3. After both eggs have been added mix in the remaining flour and cinnamon
4. Add in the grated carrot and $\frac{1}{2}$ walnuts then mix
5. Half fill paper bun cases with the mixture
6. Bake in the pre heated oven for about 20 minutes until firm
7. Remove from oven and leave to cool
8. Mix together cream cheese, icing sugar and vanilla essence
9. Decorate the cake with the icing and chopped walnuts

Easter Scones

What you need:

- 8oz/ 200g self raising flour
- 1oz/25g low fat margarine
- 1 egg beaten with skimmed milk to make $\frac{1}{4}$ pint or 150ml
- 1 tsp mixed spice
- 1oz mixed peel chopped
- 2oz cherries chopped



How to prepare:

1. Pre heat oven 220°C, gas mark 7
2. Rub in the low fat margarine and flour until it looks like bread crumbs. Add Mixed spice, mixed peel, cherries and mix together
3. Add egg and milk mixture to form a soft dough (leave a little egg mixture)
4. Roll out to an inch thickness and cut out with a scone cutter
5. Brush the tops with egg and milk mixture and bake for 10-15 minutes until golden
6. These are delicious with jam and whipped cream as a treat

Chocolate Easter Cakes

What you need:

- 75g/3oz self raising flour
- 100g/4oz low fat spread
- 100g/4oz sugar
- 2 eggs
- 25g/1oz cocoa
- 100g/4oz Icing sugar
- 50g/2oz butter for icing
- Easter sweets to decorate



How to prepare:

1. Cream the low fat spread and sugar together until light and fluffy
2. Beat the eggs in one at a time, gently mix in a little bit of flour and cocoa
3. After both eggs have been added mix in the remaining flour
4. Half fill paper bun cases with the mixture
5. Bake in the pre heated oven for about 20 minutes until firm
6. Remove from oven and leave to cool
7. Mix together icing sugar and butter, decorate with decorations of your choice

Chocolate Easter Nests

What you need:

- 100g non sugared puffed rice or cornflake cereal
- 200g dark chocolate
- Easter sweets to decorate



How to prepare:

1. Pop the cereal in the bowl
2. Break the chocolate into pieces and melt in a microwave on a low heat, stirring every 30 seconds
3. Line two baking sheets with non stick baking paper
4. Stir the cereal into the chocolate mixture and spoon 15 mounds onto the baking sheets, shaping into rounds with dips in the centre
5. Chill in the fridge for a few hours until set, then peel off the nests carefully and fill with mini eggs

Family support and advice services

Amazing Start Antenatal and Breastfeeding

Healthworks has a dedicated team that works Citywide to provide Amazing Start Services on behalf of the Community Family Hub

<https://www.healthworksnewcastle.org.uk/service/antenatal-breastfeeding-support/>

Children and Families Newcastle

Help and support for children aged 0-19

<https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/children-families-newcastle-0>

Information Now <https://www.informationnow.org.uk/>

Online information about services for people who live in Newcastle

Action for Children <https://www.actionforchildren.org.uk/>

Barnardos <https://www.barnardos.org.uk/>

Children North East <https://www.children-ne.org.uk/>

Free and Emergency Food

<https://www.informationnow.org.uk/article/food-banks-in-newcastle/>

Benefit Advice <https://newcastle.gov.uk/services/welfare-benefits>

Search Services for over 50's <http://www.searchnewcastle.org.uk/>

Riverside Community Health Project <http://www.riversidechp.co.uk/>

Citizens Advice Bureau <http://www.citizensadvice-newcastle.org.uk/>

Healthworks is here for you

We offer a range of services to improve the health outcomes of people across the region:

- Getting active
- Healthy eating
- Stop smoking support
- Cancer awareness work
- Accredited training
- Falls prevention
- Antenatal and breastfeeding support
- Improving wellbeing
- Healthworks Pre-school
- Healthworks Gyms

To find out more information about our work
please visit

www.healthworksnewcastle.org.uk





**We hope you enjoyed
this activity book!**

For more ideas, inspiration and
information about our work and
how you can get involved visit
www.healthworksnewcastle.org.uk

Enjoy!



Healthworks
the community health charity