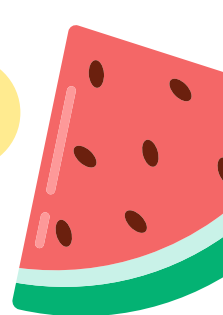



Hello
SUMMER!



Healthworks
the community health charity





The summer holidays are here and there's no better time to get the children off the sofa and making the most of the good weather!

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 summer. We want to help it to be the best summer ever for your family, so we'd love you to try some of our fun cook, play and learn activities at home or when out and about.

You could make a sun dial in your garden, cook up some recipes, try our mocktails and smoothies or play street games.

There's so much to do...we hope you enjoy trying our ideas out!

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

Make a home made sun dial

Did you know you can tell the time as the sun moves across the sky? Try it and see if you can tell the time too. All you need is a bright sunny day and some things to mark the hours as they pass!



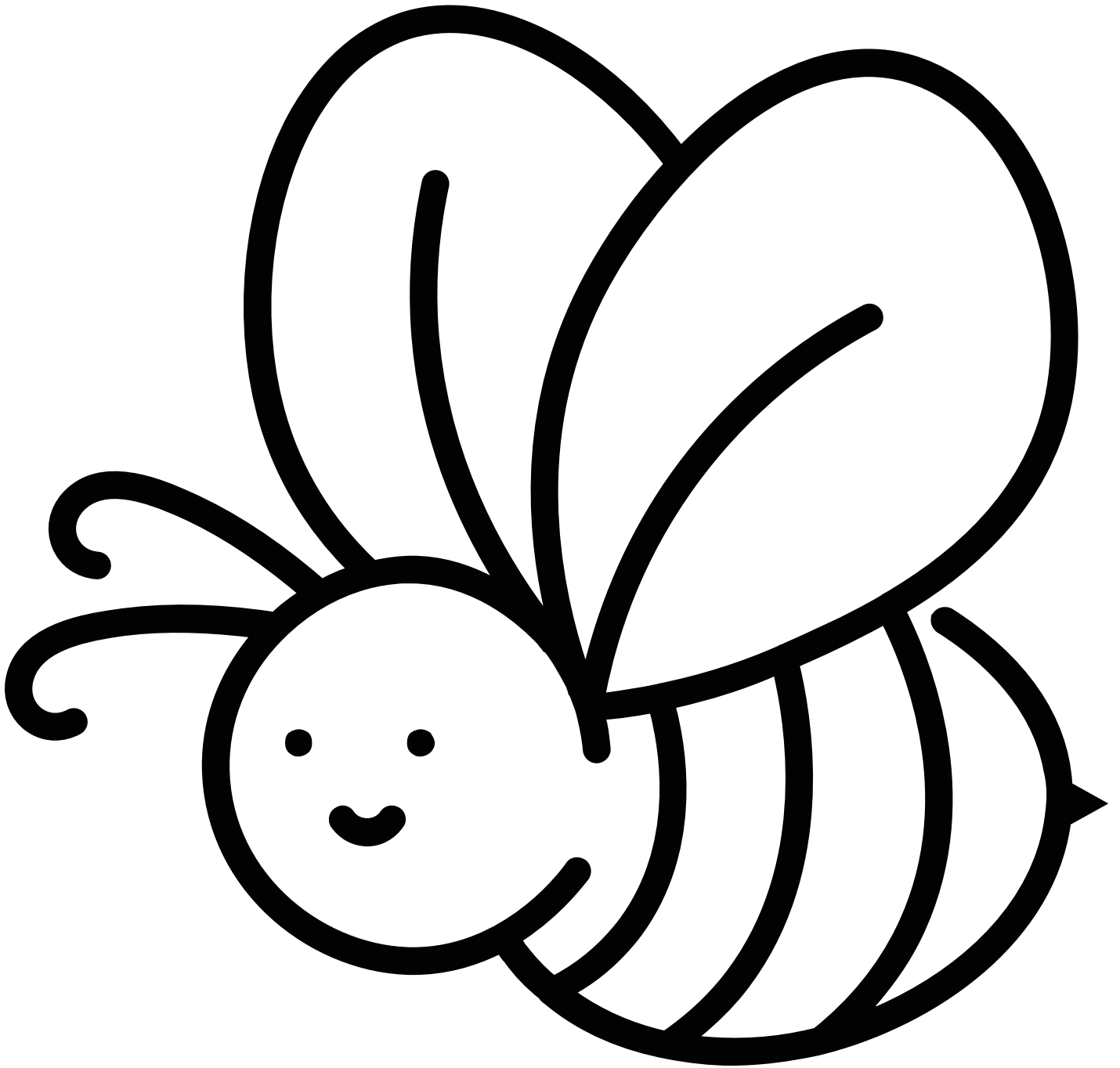
What you need:

- Bucket or any container
- Soil or sand
- Tall stick or poll—a windmill works well
- Shells, stones or something to mark out the hours

How you make it:

- Put the bucket in a spot that gets the sunlight all day
- Fill the bucket or container with the sand or soil
- Stand the stick in the middle of the bucket
- At each hour put a stone on the line of the shadow of the stick (see above), and note the time next to it
- Keep doing this until the sun goes down and it stops casting shadows
- Leave it in place so you can tell the time the next day

Colour in your own Bee



Plant a mini herb garden

You will need:

- A plant pot
- Small stones or pebbles
- Compost
- Trowel
- Herb plants



**How many can you name?
Have you tried any of them?**



Try Yummy Summery Smoothies

Green smoothie:

- Three Kiwi fruits, peeled and roughly chopped
- Half a green melon, seeds removed. peeled and roughly chopped
- 150ml of still or sparkling water

Pink smoothie:

- 100g strawberries and /or raspberries, roughly chopped
- One banana, peeled and roughly chopped
- 150ml of milk or soya milk

Yellow smoothie:

- Half a mango, stone removed, peeled and roughly chopped
- One papaya, seeds removed, peeled and roughly chopped

How to prepare:

- Place the fruit of your chosen smoothie into a food processor or blender and blend to a puree
- Add the appropriate liquid and give another quick blend
- Serve in tall glasses
- For an extra creamy smoothie, add a little low fat yoghurt and garnish with a sprig of mint

Grow and eat cress

You will need:

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



How to do it:

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



Colour in your own fruit bowl



Fruit and Veg Wordsearch

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

brussel sprout

apricot

kiwi

Tomato

mango

Banana

pineapple

avocado

broccoli

Potato

apple

Carrot

Sweetcorn

Paint with water

You will need:

- Bucket of water
- Paintbrush
- A wall or a pavement



Make your own carpet bowls game

You will need:

- 6 plastic or paper cups
- 2 pairs of socks

Place your cups in a triangle formation

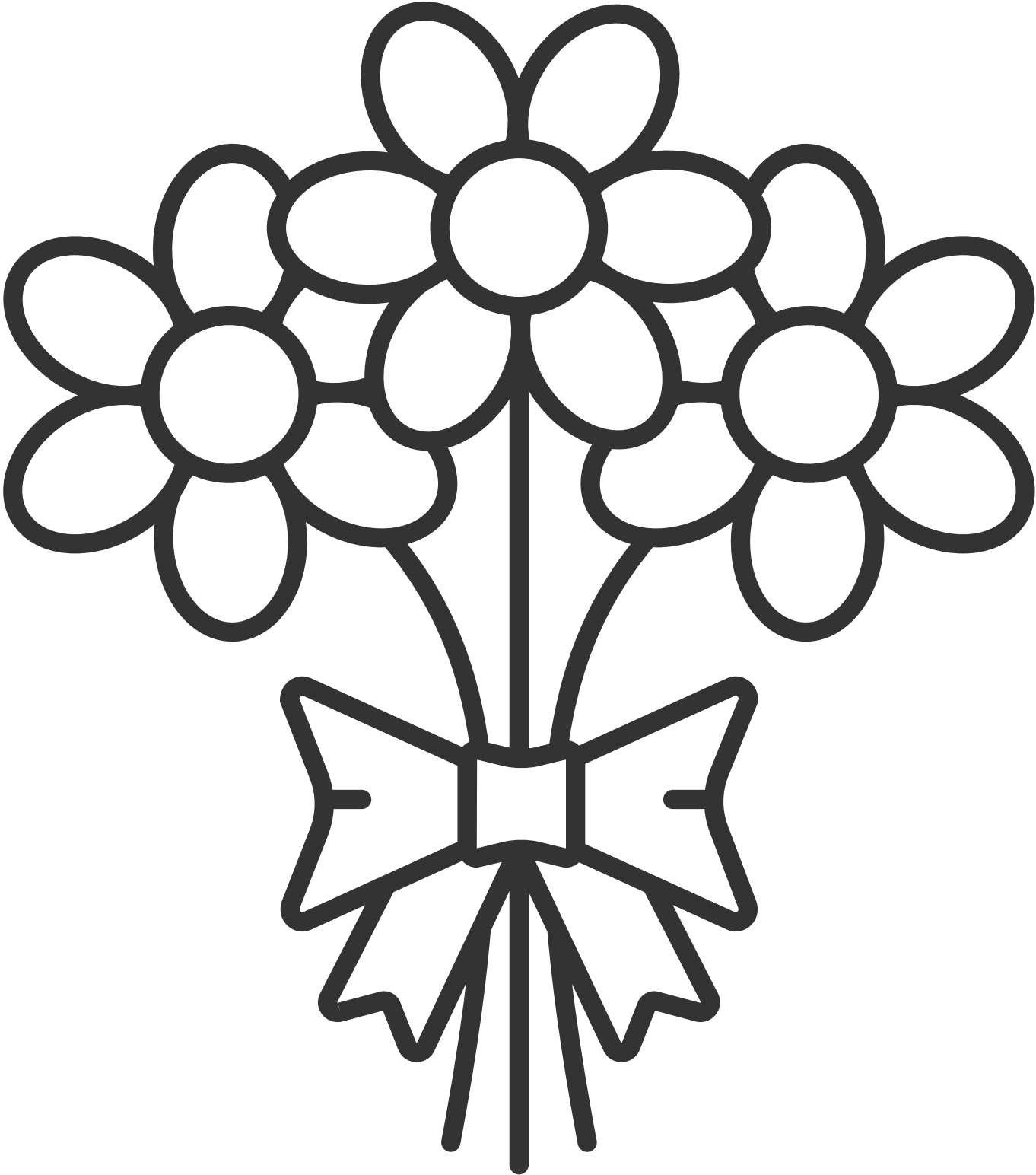
Then roll each pair of socks into a ball

Roll the ball along the ground knocking over as many cups as you can

Take it in turns to see who can knock the most over!



Colour in your own Flowers



Make a pasta necklace

All you need is:

- A piece of elastic or string that is big enough to fit over your head when the ends are tied,
- Hollow pasta
- Paint, PVA glue and glitter if you want to decorate it



How you make it:

- Take one piece of pasta and tie it to one end of the string or elastic to secure it and stop the other pieces falling off
- Thread pieces of pasta onto the elastic or string
- Tie the ends together at a length that will slip easily over the child's head
- Decorate the pasta as you wish
- Place around your child's neck
- Why not make matching bracelets too?

Make an edible Hungry Caterpillar

You will need:

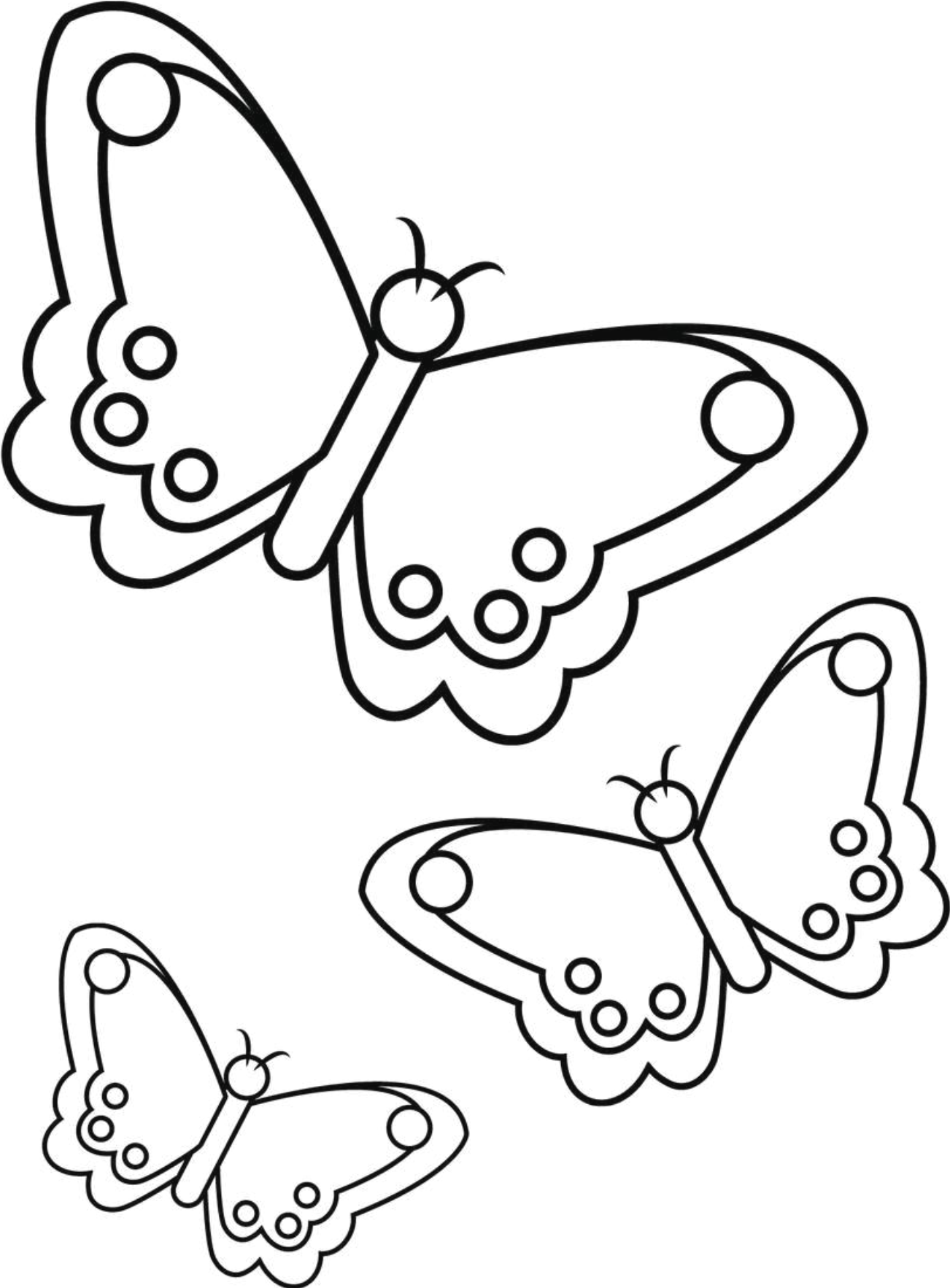
- 12 slices of bread—you can use lots of different types.
- Slices of ham
- Cheese spread
- Tuna
- To decorate: half tomato, sultanas, small piece cheese, cucumber
- Margarine to spread

How to make it:

- Spread the margarine onto the bread
- Make two ham sandwiches, tuna sandwiches and cheese sandwiches
- Using a scone cutter cut out circles in the sandwiches (you should get two or three depending on the size of your cutter)
- Place onto a platter to form a wiggly shape in the form of a caterpillar's body, alternate the flavours
- Put the tomato at the front for his face, add the sultanas for his eyes and cheese for his mouth
- Chop the cucumber for his feelers and legs.
- Eat and enjoy or cover, pop into the fridge and save for later



Colour in your own Butterflies



Sun Safety

It's important to enjoy the sun safely and know when and how to protect your skin. Too much ultraviolet (UV) radiation from the sun or sunbeds are the main cause of skin cancer.

Even in the UK the sun can be strong enough to burn.

Did you know?

- 16,700 skin cancer cases occur every year in the UK
- 86% of skin cancer cases could be prevented in the UK
- Skin cancer is the 5th most common cancer in the UK

SUN SAFETY TIPS

- Protect your skin when the sun is strong by enjoying the cool shade.
- Wearing a t-shirt helps to protect your skin, and a hat that covers your face and the back of your neck.
- Sunglasses also help in the sun.
- Use sunscreen with at least SPF 30 and 4 or more stars.
- Remember to reapply often to get the level of protection on the label.
- Sunscreen doesn't give 100% protection, so it doesn't mean you're safe to stay out in the sun longer.



'ABCDE' can help you remember mole changes to look out for

A

Asymmetry

The two halves of your mole don't look the same

B

Border

Might be irregular, blurred or jagged

C

Colour

May be uneven with different colours, or be different from other moles

D

Diameter

Might be the width of a pencil (6mm or more) and could be getting bigger or changing shape

E

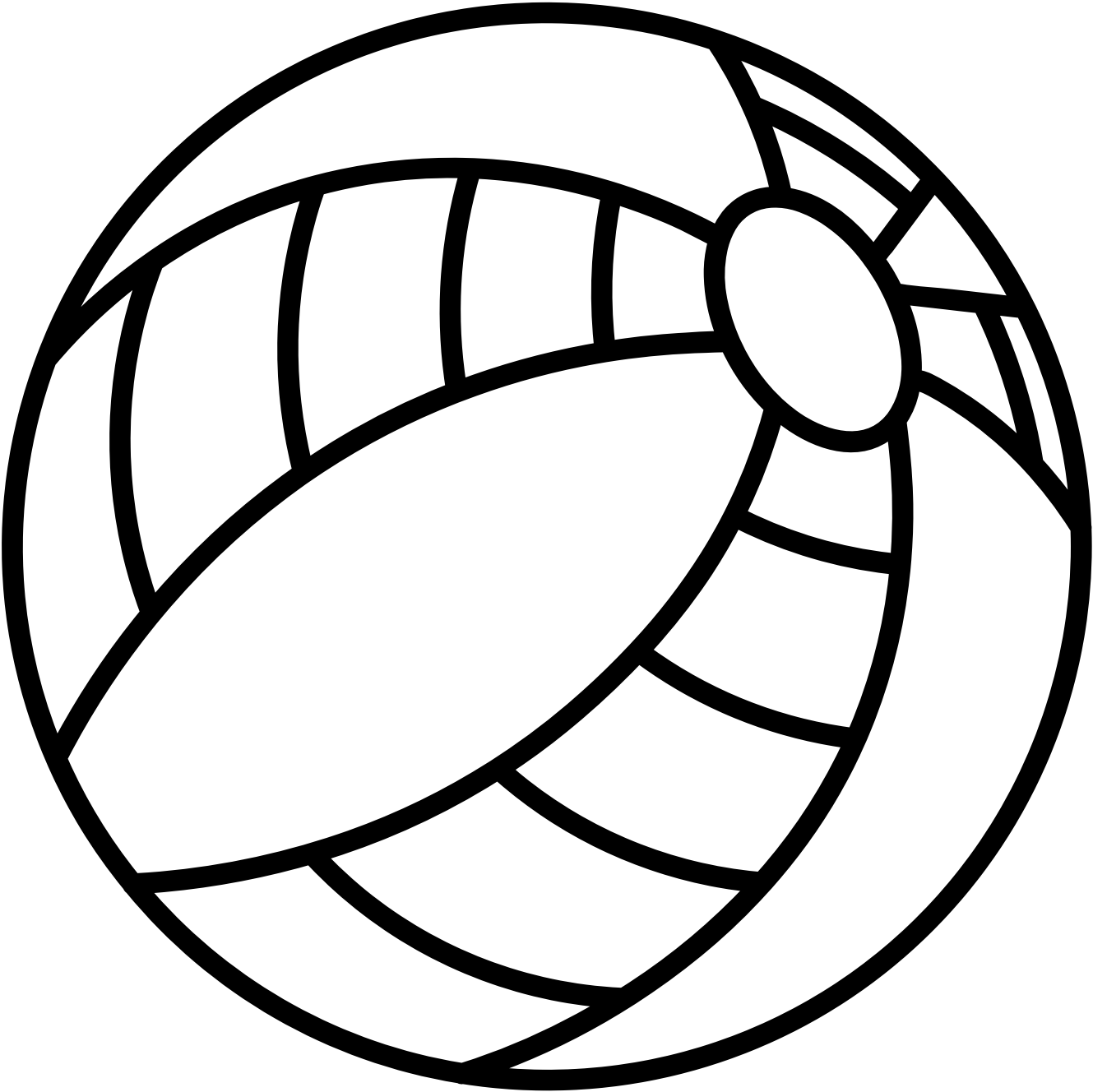
Evolving

Anything that changes over time

For more information about our Cancer Awareness work and to access some great free resources, please visit our website:

www.healthworksnewcastle.org.uk

Colour in your own Beachball



Play the Pairs Game

You will need:

- Lots of pairs of socks in assorted colours and patterns
- Sticky notes or pieces of paper

How to play:

- Lay out your folded socks individually
- Look at them and memorise where the pairs are
- Cover each of the socks with a sticky note
- Try and match the pairs from memory, if you don't get it right, recover with the sticky note and try again until you match them all



Play Penny Push

You will need:

- Chalk
- Some pennies
- A ball

How to play:

1. Draw a circle on the ground
2. Place the pennies inside
3. Bounce the ball onto the pennies and try and move them out of the circle

It's sometimes easier for little ones to stand over the pennies and drop the ball



Make your own "gloop"



You will need:

- Cornflour
- Water
- Food colouring (optional)
- A table cloth or large towel (please supervise your children as this can get very messy!)

How you make it:

1. Mix a little water with the cornflour until it is thick but still a little runny in a washing up bowl
2. Put the towel or table cloth onto the floor
3. Put the bowl in the middle of the towel
4. Get your hands in there and have fun!

Healthy Eating

The Eatwell Guide depicts a healthy, balanced diet, which includes:

- eating at least 5 portions of a variety of fruit and vegetables every day
- basing meals on potatoes, bread, rice, pasta or other starchy carbohydrates, ideally wholegrain
- having some dairy or dairy alternatives (such as soya drinks) choosing lower fat and lower sugar options
- eating some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- choosing unsaturated oils and spreads and consuming in small amounts
- drinking 6 to 8 cups or glasses of fluid a day

If consuming foods and drinks high in fat, salt and sugar then have these less often and in small amounts.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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**How many can you name?
Have you tried any of them?**



Try a mixed vegetable stir fry

What you need:

- One red and one green pepper sliced
- One carrot cut into thin strips
- One onion sliced
- Two tablespoons of garlic chopped
- 300ml of water
- Two teaspoons light soy sauce
- 225g Chinese leaves or half a cabbage
- 4oz/100g mushrooms sliced
- One tablespoon oil to fry
- Salt and pepper

How to prepare:

- Cut the Chinese leaves or cabbage, carrot and mushrooms into strips
- Add the oil to the frying pan/wok and heat
- Add the garlic, salt and pepper and stir fry for 1 minute
- Add the onions, carrots and peppers and stir fry for 1 minute
- Add the mushrooms, water and soy sauce, cook on a high heat for 2 minutes.
- Add the Chinese leaves or cabbage and stir fry for up to 3 minutes or until the leaves or cabbage are thoroughly wilted and serve

Try different flavours such as Chinese five spice or sweet chilli sauce.



Top Tips for energy efficient cooking

1. Cook in batches: cook as much as possible in the oven in one go to make sure all the space and heat is being used. You can always freeze portions of food to warm up at a later date.
2. Keep the oven closed while you're cooking: when cooking, each time you open the door the oven loses heat and requires more energy to get back up to temperature. Also, try to keep the oven door clean so you can look in, rather than having to open it to see how your food is doing.
3. Defrost frozen food in the fridge overnight: defrosting food in advance typically halves the cooking time.
4. Get to know your oven: learn how long it takes to pre-heat, so you're ready to start cooking as soon as it's up to temperature.
5. Pre-boil potatoes before roasting: by doing so you'll reduce the amount of time they take to cook in the oven.
6. Use glass or ceramic dishes: they're the most efficient to use in the oven and can reduce the temperature required for cooking.
7. Use stainless steel skewers: insert them into baked potatoes and other food items to speed up the cooking process.
8. Cut food into smaller pieces: that way it will cook more quickly.
9. Use the fan assist cooking option: this allows you to set the oven at a lower temperature compared to when using the static cooking option.
10. Turn your electric oven off ten minutes before the end of the cooking time: it will still keep to the same temperature for this time period.



Make a Tuna Pasta Bake

What you need:

- Tuna
- Pasta
- Sweetcorn
- Bolognese sauce
- Two slices of bread

How to prepare:

- Cook the pasta until soft then drain
- Add the Bolognese sauce and the sweetcorn
- Drain the tuna and add to the mix
- Put the mix into an oven proof dish
- Blend the bread into breadcrumbs and sprinkle on top of the mix
- Bake in the oven for 10-15 minutes until the bread crumbs are golden and crisp

If you have some left over roast chicken, replace the tuna with this

A little bit of grated cheese mixed in with the bread crumbs will add extra flavour

If you have mushrooms these can be chopped and added to the mix too

Make your own chicken nuggets

What you need:

- Chicken breast
- Egg white
- Crisps (any flavour)

How to prepare:

- Cut the chicken breast into cubes of the same size
- In a bowl whisk up the egg white
- Crush the crisps into small pieces and put them in a bowl
- Dip the chicken pieces into the egg whites and then into the crushed crisps
- Place on a baking tray and bake until cooked through and crispy 15-20 minutes
- Serve and enjoy
- These go great with a side salad or wedges

Easy Cheese Puffs

What you need:

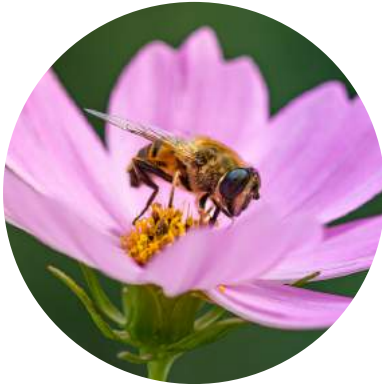
- 1 egg
- 125ml milk
- 150g Self Raising flour
- 200g grated strong cheese
- 1 tsp mustard or cayenne (optional)

How to prepare:

- Heat oven 180 degrees C / gas mark 4
- Beat the egg and milk into a large bowl
- Add all ingredients and mix well
- Drop spoonful's onto a lined baking tray
- Bake in oven for about 15-20 minutes
- Cool on a wire rack and enjoy

These are great for packed lunches, picnics and snacks

When you are out and about,
how many can you spot?



Do you know your units?

It's recommended to drink no more than 14 units of alcohol a week, spread across 3 days or more. That's around 6 medium (175ml) glasses of wine, or 6 pints of 4% beer.

There's no completely safe level of drinking, but sticking within these guidelines lowers your risk of harming your health.

Try using [Alcohol Change UK's unit calculator](#) to work out how many units you drink.

One standard drink is...



Half a pint of regular beer



1 small glass of wine



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitif

One standard drink is not...

The following drinks contain more than one standard unit of alcohol.



Pint of regular beer/lager/cider - Premium brands contain 3 units!



1.5

Alcopop or can/bottle of regular lager



A can of premium lager or strong beer. Super strength contains 4!



A 175ml glass of wine



A standard 750ml bottle of wine

Instead of drinking cocktails this summer, why not try one of our delicious mocktails instead?



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Make A Pom Collins Mocktail

All you need to make
one glass:

- 60mls
pomegranate
juice
- 30mls soda
water
- Ice
- Lime to garnish



How to make it:

- In a tall glass, add ice and lime
- (gently squeezing as you do)
- Add the pomegranate juice and soda
water
- Stir and garnish with lime slices

Make A Shirley Temple Mocktail

All you need to make one glass:

- 5mls grenadine
- 180mls ginger ale
- 1 lemon sliced in rounds
- Ice

How to make it:

- In a tall glass, add ice and pour in grenadine
- Add ginger ale and stir
- Garnish with lemon slices



Make A Mock

Champagne Mocktail

All you need to make one punchbowl:

- 1 (2 litre) bottles ginger ale, chilled
- 1 (46 fluid ounce) can pineapple juice, chilled
- 1 (64 fluid ounce) bottle white grape juice, chilled
- Strawberries to garnish

How to make it:

- In a large punch bowl, combine ginger ale, pineapple juice and grape juice
- Serve over ice and garnish with a strawberry



Make A Cran-Dandy Doodle Mocktail

All you need to make one pitcher:

- 2 cups cranberry juice
- 1 cup pineapple juice
- 1 cup orange juice
- 2 tablespoons lemon juice
- 1 (12 fluid ounce) can or bottle ginger ale
- 1 orange sliced in rounds



How to make it:

- In a gallon pitcher combine cranberry juice, pineapple juice, orange juice and lemon juice
- Just before serving, slowly add the ginger ale, stir to blend
- Serve over ice and garnish with orange slices

Make Sparkling Non-Alcoholic Cider Jello Shots

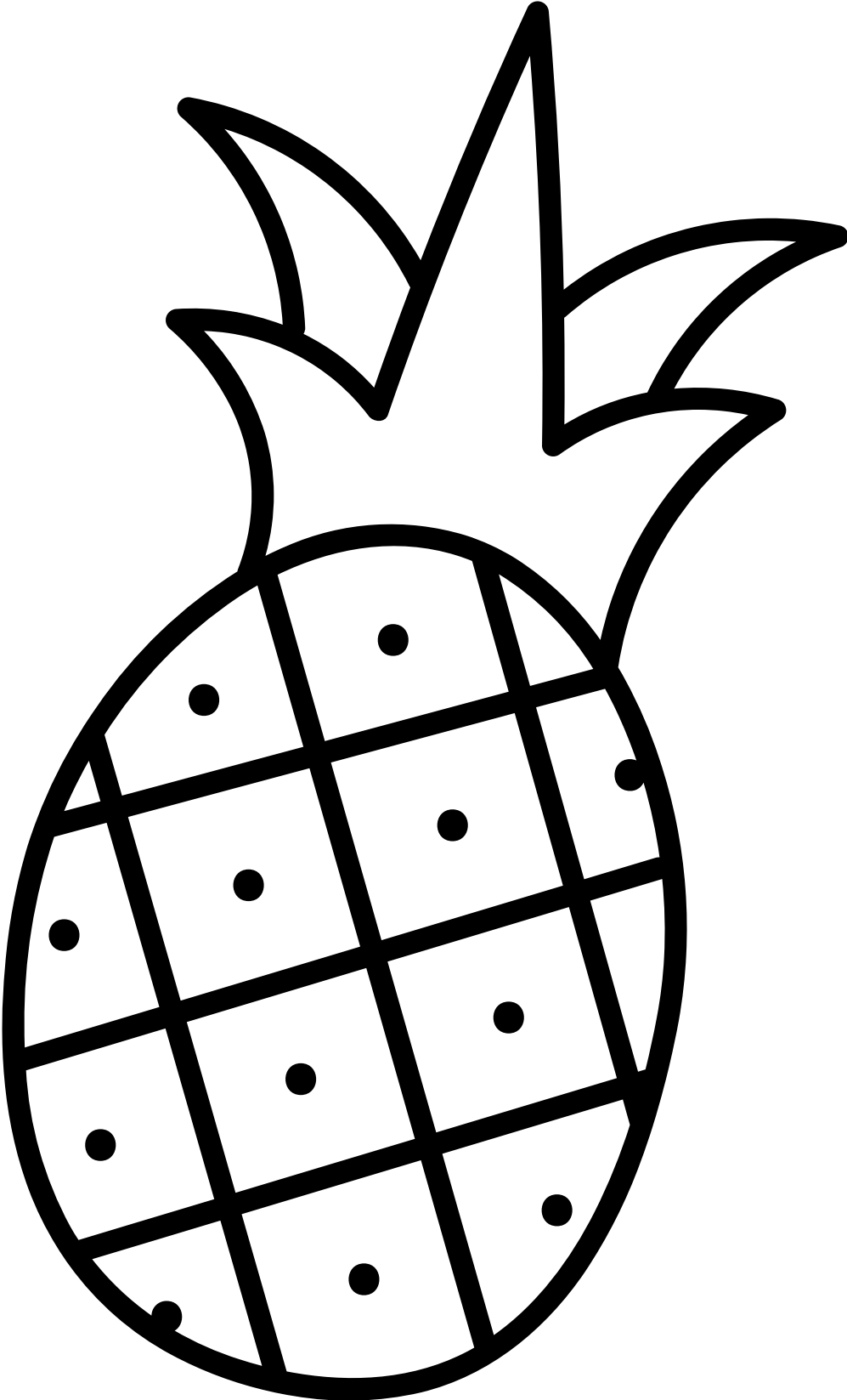
All you need to make one glass:

- 1/2 cup boiling water
- 2 envelopes unflavoured gelatin
- 2 1/2 cups sparkling juice or cider (chilled)
- optional: berries, cherries, or gummies

How to make it:

- Sprinkle the 2 envelopes of unflavoured gelatin over the boiling water and let soften for a few minutes
- Whisk to dissolve completely and to get rid of clumps
- Pour the sparkling juice or cider gently into a mixing bowl or large measuring cup with a spout (try to pour onto the inside of the bowl to minimize carbonation loss)
- Pour the gelatin mixture into the sparkling juice and gently stir to combine
- Pour the liquid into stemmed glasses or other containers you wish to use for serving.
- Add berries or gummies to each glass
- Refrigerate for an hour before serving or until jello is firm enough to eat

Colour in your own Pineapple



Energy Saving Tips

12 quick, easy and low cost things you can do to help save money and the planet!



Turning off standby mode on electrical appliances could save you around £35 per year!



A running tap wastes 3 litres of water a minute so turn off the tap while brushing your teeth or washing your face.



Make sure that dishwashers and washing machines are full before you use them.



Ensure you regularly use the most efficient water and energy settings on washing appliances.



Using a bowl to wash up rather than a running tap can save money and water.



Turning down your room thermostat by just one degree can save around £55 a year and reduce your carbon footprint.



Using a room thermostat and thermostatic radiator valves efficiently could save you around £70 a year



Turn your lights off when you're not using them and use natural light wherever possible.



Wash your clothes at a lower temperature and use cold water if you don't need hot.



Save around £22 a year from your energy bill just by using your kitchen appliances more carefully.



Fit a water efficient shower head as this will reduce your hot water usage.



Choose energy efficient appliances when replacing old ones wherever possible.



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Test your knowledge with our Energy Quiz!

1. If the average household replaced all bulbs with LEDs, how much could it save on bills a year - £20, £30 or £40?
2. Universal plugs fit all sinks, helping you to use only the water you need. Using one could save you up to...
- 25 litres a day, 30 litres a day or 35 litres a day?
3. If everybody in a family of four replaces one bath a week with a five-minute shower, how much could be saved on gas bills a year
- Up to £5, Up to £10 or Up to £15?
4. How much could a four-person household save each year on gas for water heating if they replaced their shower head with water efficient one
- £18, £28 or £38?
5. When making a cup of tea or coffee, only fill the kettle with the amount of water you need. You'll not only save water but could also save how much on your energy bill - £4, £6 or £8?
6. Washing your laundry at 30°C can help you use less electricity than at higher temperatures.
What percentage could you save - 37%, 47% or 57%?
7. Laptops typically use 85% less electricity over a year than desktop PCs, saving you up to...£15 a year, £17 a year or £19 a year?
8. How much money could you save on your annual energy bill by insulating under the floorboards - £20, £40 or £60?
9. Installing and correctly using a programmer room thermostat and thermostatic radiator valves could save you how much a year
- £55, £65 or £75?



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Energy Quiz answers

1.If the average household replaced all bulbs with LEDs, how much could it save on bills a year - £40

In the UK, lighting makes up around 16% of total electrical use (excluding heating), accounting for 6% of a typical household's energy bill if you include the cost of heating your home. You can save between £2 and £3 per year for every traditional or halogen bulb you switch to an LED bulb with similar brightness. So, if the average household replaced all bulbs with LEDs, it would cost around £145 and save around £40 a year on bills.

2. Universal plugs fit all sinks, helping you to use only the water you need. Using one could save you up to...30 litres a day

If you don't have a washing up bowl, using a plug in your kitchen sink can save you water when doing the dishes or washing fruit and vegetables.

Universal plugs fit all sinks, helping you to use only the water you need and saving you up to 30 litres a day.

3. If everybody in a family of four replaces one bath a week with a five-minute shower, how much could be saved on gas bills a year - Up to £10

If everybody in a family of four replaces one bath a week with a five-minute shower, up to £10 a year could be saved on gas bills and up to £10 on water bills (if you have a water meter).

4. How much could a four-person household save each year on gas for water heating if they replaced their shower head with water efficient one -£38

Replacing your shower head with water efficient one could save a four-person household as much as £38 a year on gas for water heating, as well as a further £53 a year on water bills if they have a water meter. That's a total annual saving of around £91.

5. When making a cup of tea or coffee, only fill the kettle with the amount of water you need. You'll not only save water but could also save how much on your energy bill - £6

Kettles are one of the most used appliances in the kitchen – and given that most of us are still working from home due to lockdowns, their usage has risen even more over the past year. Look for ECO kettles, as these only boil the amount of water required and can use 20% less energy than a conventional electric kettle.



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Energy Quiz answers

6. Washing your laundry at 30°C can help you use less electricity than at higher temperatures. What percentage could you save -57%

Make sure that your washing machine is full before you use them, and ensure you always use the most efficient water and energy settings.

Wash at 30 degrees or use the ECO setting if your machine has one to save electricity and reduce your energy bills.

7. Laptops typically use 85% less electricity over a year than desktop PCs, saving you up to...£17 a year

Many of us will be sitting in front of a desktop or laptop five days a week.

Laptops typically use 85% less electricity over a year than desktop PCs, saving you up to £17 a year.

8. How much money could you save on your annual energy bill by insulating under the floorboards - £40

Insulating your ground floor if you live in a house, bungalow or ground floor flat is another great way to keep your property warm. Usually, you only need to insulate the ground floor – so if you live on an upper floor, you don't need to insulate your floor space. Insulating under the floorboards could save you around £40 a year by preventing the heat from escaping through the ground.

9. Installing and correctly using a programmer room thermostat and thermostatic radiator valves could save you how much a year - £75

It's very tempting to turn the dial to 27°C and hope for the best at this time of year, but this will also trigger a massive energy bill.

In a home without any controls, installing and correctly using a programmer room thermostat and thermostatic radiator valves could save you £75 a year and reduce your carbon dioxide emissions by 320kg.



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Family support and advice services

- Amazing Start Antenatal and Breastfeeding

Healthworks has a dedicated team that works Citywide to provide Amazing Start Services :<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 (CAB) <http://www.citizensadvice-newcastle.org.uk/>

Energy Advice:

- Ofgem <https://www.ofgem.gov.uk/information-consumers/energy-advice-households>

- Energy Savings Trust <https://energysavingtrust.org.uk/energy-at-home/>

- Newcastle City Council

<https://www.newcastle.gov.uk/services/environment-and-waste/energy-advice>

- CAB <http://www.citizensadvice-newcastle.org.uk/services/energy-advice>

- Government Green Deal <https://www.gov.uk/green-deal-energy-saving-measures>

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





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We hope you enjoyed our
Hello Summer activity book.
You can find out more about us at
www.healthworksnewcastle.org.uk