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## Welcome to the third edition of your activity pack; designed to support Anchor Hanover residents during this difficult time.

In this edition, you can look forward to some activities that can be completed both on and offline! This includes making a bird feeder, staying active and getting to grips with video calling. We hope they offer some welcome distraction from the difficult times we all find ourselves in.

We will be sending packs weekly, with a different selection of activities each time. If you have any suggestions for future content, please email [getconnected@anchorhanover.org.uk](mailto:getconnected@anchorhanover.org.uk)

The pack can also be downloaded from the [website](#) if you wanted to pass it on to a friend or neighbour.

[For the latest coronavirus advice click here](#)



## Get crafty!

Why not give the birds in your garden a helping hand, with these three easy-to-make bird feeders made from recycled materials?

Follow this step-by step guide from the team at Wicken Fen Nature Reserve and make your own homemade bird feeder. All you'll need is a plastic bottle, toilet roll or chipped cup.

[Click here for instructions](#)

For the bird seed, we recommend buying a small seed mixture. Millet and pinhead oatmeal will help a wide range of birds like sparrow and finches, and if you have tits in your garden, they'll enjoy sunflower seeds. For the fat, use vegetable fat or lard. It's worth noting that you should avoid using cooking fat, which can coat birds' feathers.

Source - National Trust



## Get connected!

Video conferencing can enable you to see and hear your friends and relatives. There are many platforms for doing this, which are listed below. Click on the platform link to be directed to the relevant website, which provides an easy guide on how to use it. This is not an extensive list and many more can be found online.

[Skype](#)

[Zoom](#)

[Microsoft.com](#)

People across the world are thinking of creative ways to use these platforms to keep connected. Some of the activities people are doing include organising quizzes, and running book clubs online. [Click here](#) for a free quiz maker.

Websites such as "[Wheel Decide](#)" can even spin an online wheel and give you some exciting activities to do, such as suggesting a film to watch or a book to review!

Source - ABL (A Better Life)



## Be active!

Why not try something new together? Join an adapted dance class.

The instructors focus on your abilities; what you CAN do, and modify and adapt teaching methods to meet your needs. If you use a wheelchair, no problem, If you have limited use of your arms, that's fine! They will tailor sessions to suit you and create a stunning piece of choreography that you will be proud of.

Please be aware that there is a fee to take part (from £15)

Source - Airbnb

[Tune in here](#)

## Brain teasers!

An escape room, also known as an escape game, is a game in which an individual or team of players cooperatively discover clues, solve puzzles, and accomplish tasks in one or more online 'rooms' in order to progress and accomplish a specific goal in a limited amount of time. The goal is often to escape from the site of the game. Here are a few examples:

[Sneaky dog escapes](#)

[Elgin Escapes](#)

[The Minotaur's Labyrinth Escape Room](#)

Source - Wikipedia

## Calendar of Events

Whilst we can't get out and about, there are so many events that have been put online including theatre performances, pub quizzes, knit and natter sessions and a whole raft of other activities that might tickle your fancy! It's an ideal time to try something new or to revisit something you enjoy.

While coronavirus lockdown measures are slowly being eased across the UK, it's still likely to be some time until music fans can attend music events. However, thanks to the wonders of technology, you can still see live performances via a comprehensive list of gig footage compiled by the [Money Saving Expert](#).

[The National Theatre at home](#) presents The Madness of George III, the acclaimed Nottingham Playhouse production of Alan Bennett's award-winning drama, with Mark Gratiss. Streaming until 18th June.

Online events are amazing opportunities to have fun and learn. Find a new online course, a fun live stream, or an insightful webinar on [Eventbrite](#).

[Jay's Virtual Pub Quiz](#) has emerged as a lockdown sensation, bringing together 180,000 households across the UK each week to raise money for vital dementia research – and you can still take part!

Let Stephen Fry put your general knowledge to the test, try Jonathan Ross' entertainment-themed extravaganza, or take on Scarlett's fun and quirky quiz.

You have received this email from Anchor Hanover Group as we have your contact details from either the Connected Resident Engagement Group or the BeSupportive befriending service we have set up in response to coronavirus. If you would rather not receive any future packs from us, please let us know by replying to this email or emailing [getconnected@anchorhanover.org.uk](mailto:getconnected@anchorhanover.org.uk).

Stay well and stay safe  
**Anchor Hanover's Resident Engagement Team**

If you would like to know more about how we are supporting residents during coronavirus, please visit the residents area of the website [here](#).

If you find you're feeling lonely, these may help...

- Keep in touch with friends, family and neighbours, give them a call or a video call
- Set a routine with online activities if you can, carry out regular tasks or try volunteering
- Ask for help. There is support out there and your local manager can put you in touch with these services.



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