



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

We created these digital wellbeing packs in response to the coronavirus pandemic lockdown to support residents during a very challenging time. As lockdown continues to ease, we are reviewing how helpful, or not, these emails have been. We would be very grateful if you could click on the link below to complete a short survey.

[Complete survey](#)

In this edition, you can look forward to some activities that can be completed both on and offline! This includes a 'berry' good idea for some outdoor activity and a link to twice daily, short activity sessions with Reminiscence Learning. We hope they offer some welcome distraction from the difficult times we all find ourselves in.

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](#).



## Be active!

Time for a different kind of activity now that some of us can get out and about a little more. Not only does this offer the opportunity to get some steps in, move around a little more and be outside where it's safer, you also reap the rewards of fresh fruit and berries to enjoy at home!

There are plenty of pick your own (PYO) farms across the country, typically open from late spring through to October (peak season is the end of June-August), where you can stock up on everything from chard to rhubarb to berries and beans - just walk, pick, pay by weight and enjoy the fruits of your labour when you get home.

The easiest way to locate the one closest to you is to use a search engine such as [Google](#) to search for 'pick your own farm near me'. Please note that considering the current pandemic, rules will vary at each location, but expect to pay by card and there may be limits on the number of people allowed on site. Many are now offering pre-booked slots online ahead of your visit, so be sure to check the relevant websites.

For anyone a little less mobile, some offer tabletop berries for picking too!



## Get crafty!

Ever wondered how to make a 'granny square', a doily or a baby's cap? While a stick with a hook and a pile of yarn might not seem like it has much potential, the possibilities are endless when you give crocheting a go. Follow [these simple steps](#) to learn how to crochet and you will be making sweaters and scarves like a pro in no time.

You can buy beginners kits from craft shops on the High Street or online and [here](#) is how you can get started!



# Get connected

This week we are focussing on YouTube as it often features as a link to be able to watch music events (see the calendar of events section), shows and theatre productions. You can even rent films to watch on it!

Essentially, it is a website that supports sharing of video's, which vary from individuals' own content, lots of 'how to' guides, through to videos by large organisations or celebrities. It spans many countries and languages, making it really accessible.

[www.YouTube.com](http://www.YouTube.com)

Watching videos is straightforward - just press the play button and the video will start streaming on your computer or mobile phone. By default, the video appears in a box on your screen, but you can make it fill your screen by selecting the full-screen icon.

One point to note is that you do not need to set up an account to view the content on YouTube. If you do want to register, you can do so for free or sign up for a 'premium' account, which means you can skip the adverts on the video content.

If you are looking for something specific, you can use the search function to find what it is you are looking for. For example, if you were a fan of the Curve Theatre in Leicester, you could type this in to bring up their channel.

If you come across a channel that you want to come back to again, you can 'subscribe' via the red subscribe box under the video or on the home page of the channel. You will then be notified via your subscriptions feed of any new music, videos, shows or tours that become available. You will need to register for a YouTube account to be able to subscribe, but it is a handy feature. Once you have an account, you can also start your own channel to upload your own videos!

Like most things online, often the best way is to have a click and explore around the website. More detailed guidance can be found [here](#).

# Brain teasers

One for the footie fans this week! You can also play this word search online [here](#).

## UK Football Teams

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

NORWICH  
WEST BROM  
BOLTON  
CHELSEA  
STOKE CITY  
MAN CITY  
TOTTENHAM  
MAN UNITED  
FULHAM  
SUNDERLAND  
QPR  
EVERTON  
ARSENAL  
NEWCASTLE  
BURNLEY  
WEST HAM  
LIVERPOOL

# 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.

## **My Favourite Broadway: The Leading Ladies**

This recording on YouTube presents highlights of a concert given on 28 September 1998 at Carnegie Hall in New York City. Performers include Julie Andrews, Liza Minelli, Jennifer Holliday, Karen Ziemba and the Rockettes, Faith Prince and many more.

Some of the ladies offer songs with which they have been closely associated over the years, while others explore the road not taken. There are also a couple of stunts: Rosie O'Donnell sneaks onto the stage and begins singing "Liza With a Z," only to be interrupted by Liza Minnelli, for whom the song was written.

Click [here](#) to see and listen to the recording.

## **Online activity sessions**

We wanted to share some activity sessions from [Reminiscence Learning](#) who run intergenerational and activity projects in some of our schemes in the South region. Since lockdown began, they have been broadcasting lots of different activities such as baking, crafting and singing at 10.30am and 2.30pm every day via their Facebook page [here](#). We hope you enjoy them as much as we have! You can also see their patron Angela Rippon CBE read about Archie's Adventures, who is the character that much of Reminiscence Learning's work is based around.



There is a sample video to give you a taste of what they offer on the resident's area of [our website](#).

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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