



Healthworks
the community health charity

HALF TERM

FUN

Half term activity ideas and health and wellbeing tips for all of the family!

The Half Term holidays are coming and there's no better time to get the kids off the sofa and do some fun things together!

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 enjoy trying our ideas out!

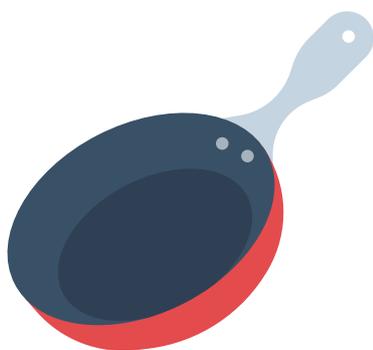
Pop over to www.healthworksnewcastle.org.uk for more inspiration and to find out more about the work we do.

Take a walk near to your house, how many can you spot?



How many of these items can you find around your home?

Can you name them too?



Top tips for a healthier heart!

As it's St Valentine's Day on 14th February, it seemed appropriate to share 10 things you can do to look after your heart!

Give up smoking

If you're a smoker, quit. It's the single best thing you can do for your heart health. Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker. Our staff are here to help and support you to quit - it's never too late!

Get active

Getting - and staying - active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster. The NHS recommend 150 minutes of moderate-intensity aerobic activity every week. One way to achieve this target is by doing 30 minutes of activity on 5 days a week. Fit it in where you can, such as by cycling to work and check out our Get Active At Home playlist on YouTube for some great home workouts.

Manage your weight

Being overweight can increase your risk of heart disease. Stick to a healthy, balanced diet low in fat and sugar, with plenty of fruit and vegetables, combined with regular physical activity. Take a look at our Healthy Eating page on our website for ideas and inspiration.

Eat more fibre

Eat plenty of fibre to help lower your risk of heart disease - aim for at least 30g a day. Eat fibre from a variety of sources, such as wholemeal bread, bran, oats and wholegrain cereals, potatoes with their skins on, and plenty of fruit and veg.

Cut down on saturated fat

Eating too many foods that are high in saturated fat can raise the level of cholesterol in your blood. This increases your risk of heart disease. Choose leaner cuts of meat and lower fat dairy products like 1% fat milk over full-fat (or whole) milk.

Top tips for a healthier heart!

Get your 5 A Day

Eat at least 5 portions of a variety of fruit and vegetables a day. They're a good source of fibre, vitamins and minerals. There are lots of tasty ways to get your 5 A Day, like adding chopped fruit to cereal or including vegetables in your pasta sauces and curries.

Cut down on salt

To maintain healthy blood pressure, avoid using salt at the table and try adding less to your cooking. Once you get used to the taste of food without added salt, you can cut it out completely. Watch out for high salt levels in ready-made foods. Most of the salt we eat is already in the foods we buy. Check the food labels – a food is high in salt if it has more than 1.5g salt (or 0.6g sodium) per 100g. Adults should eat less than 6g of salt a day in total – that's about 1 teaspoon.

Eat fish

Eat fish at least twice a week, including a portion of oily fish. Fish such as pilchards, sardines and salmon are a source of omega-3 fats, which may help protect against heart disease. Pregnant or breastfeeding women should not have more than 2 portions of oily fish a week.

Drink less alcohol

Do not forget that alcohol contains calories. Regularly drinking more than the NHS recommends can have a noticeable impact on your waistline. Try to keep to the recommended daily alcohol limits to reduce the risk of serious problems with your health, including risks to your heart health.

Read the food label

When shopping, it's a good idea to look at the label on food and drink packaging to see how many calories and how much fat, salt and sugar the product contains. Understanding what's in food and how it fits in with the rest of your diet will help you make healthier choices. The Change4Life website has lots of information to help you make healthier choices for you and your family.

Make Pancakes

It's Shrove Tuesday also known as 'Pancak Day' on Tuesday 16 February - so give our simple recipe a go and get flipping!

You will need:

- 100g Plain flour
- 2 eggs
- 300ml milk
- Oil
- Syrup or Fruit to top or another sweet or savoury topping of your choice!

How to make them:

- Add flour to the bowl
- Add in 2 eggs and whisk mixture
- Add in the milk and whisk
- Add 1 teaspoon of oil to the mixture
- Heat frying pan and add 1 teaspoon of oil
- Spoon the batter into the pan until the bottom is coated
- Fry until browned
- Flip onto the other side until cooked
- Serve with topping of your choice



Pancake Songs!

Song one:

Sing this to the tune of 'One potato, Two potato'

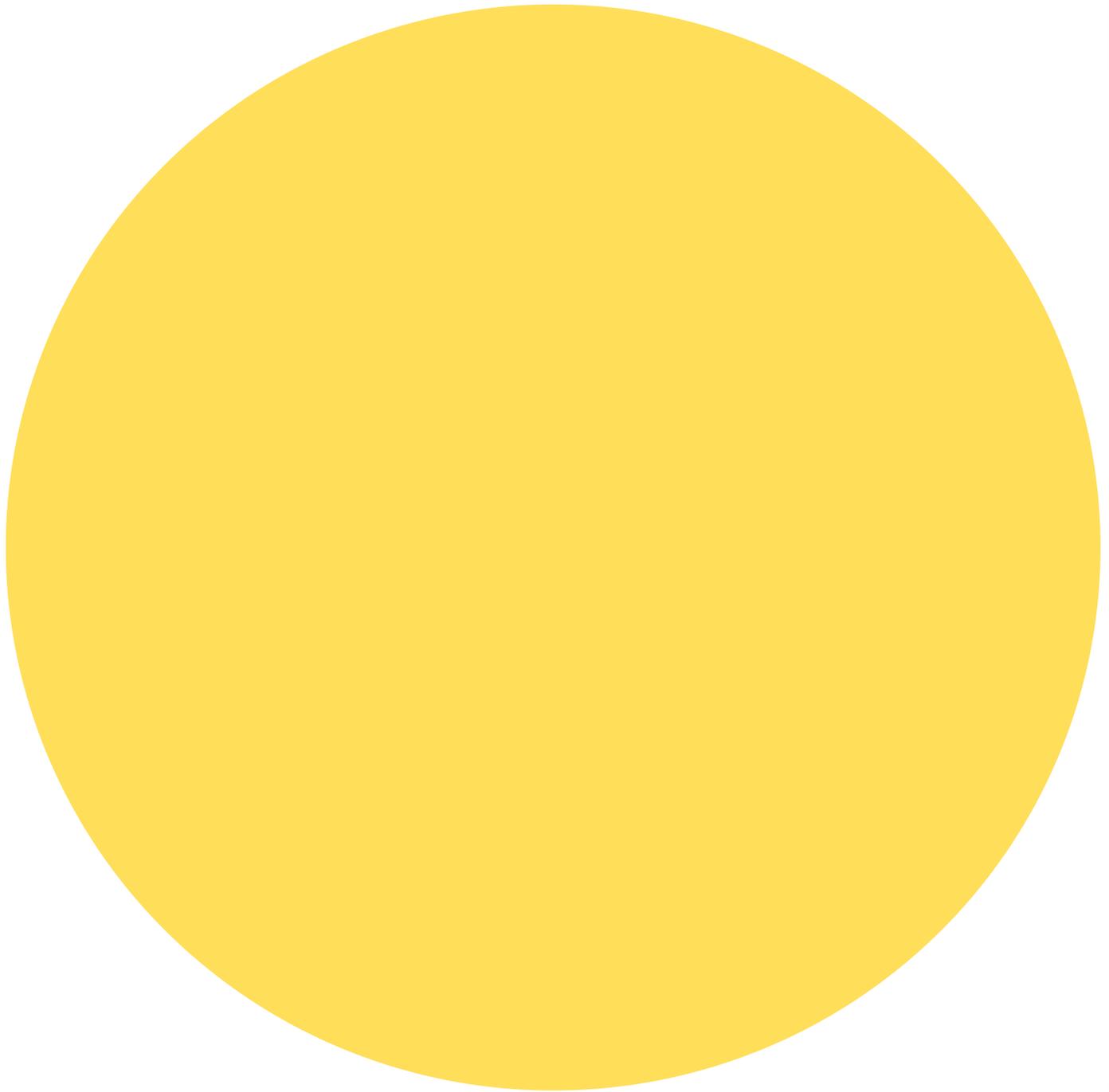
*"Mix a pancake
Stir a pancake
Pop it in the pan
Fry a pancake
Toss a pancake
Catch it if you can"*

Song two:

Sing this to the tune of 'I'm a little teapot'

*"I'm a little pancake round and fat
You can see my tummy but not my back
When I start to sizzle and turn brown
Toss me up high and turn me around"*

Draw your own pancake face!



Play Bounce Ball

You will need:

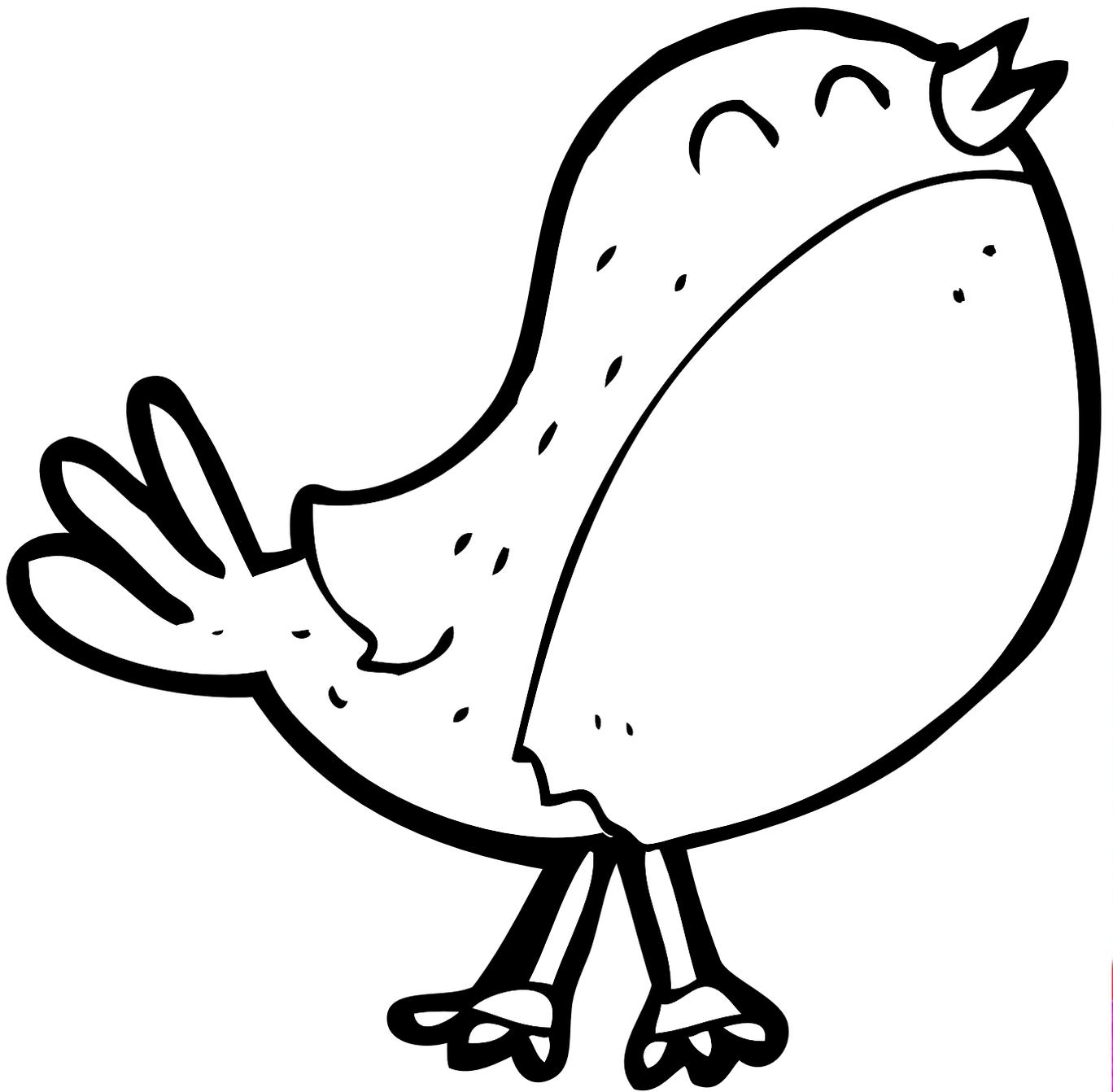
- 6 plastic cup
- 3 small balls that will fit into the cups

How to play:

- Place the cups as you wish on the ground
- Stand back and throw the balls into the cups
- Take turns to see who can get the most
- Enjoy - it's not as easy as it looks!



Colour in your own Robin



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 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...You could also use our Quiz as part of a virtual get together with family and friends



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



Everything in moderation...have alcohol free days to give your body a chance to recover.

Nature quiz...

How many can you name?



Make an edible Hungry Caterpillar

You will need:

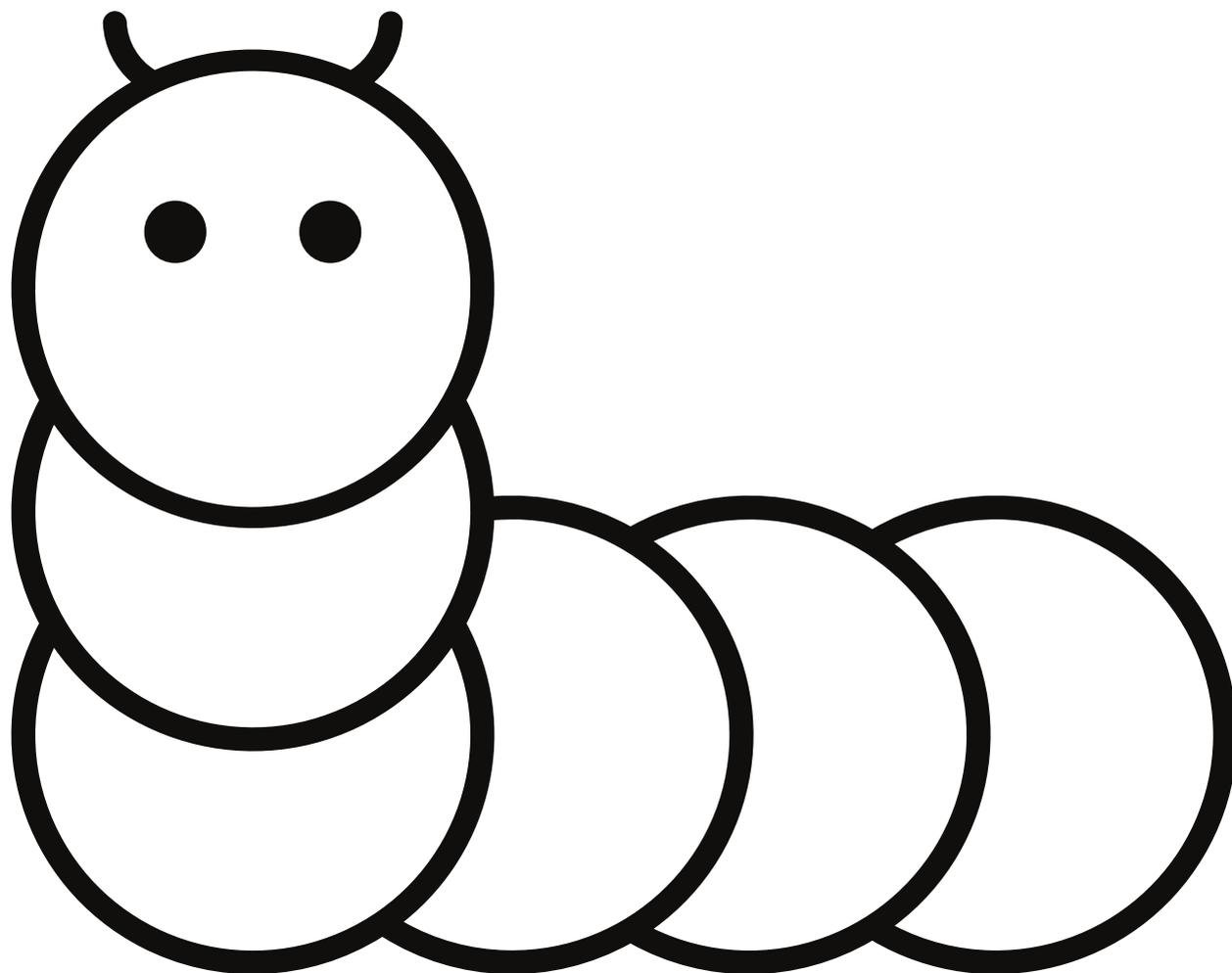
- 12 slices of bread—you can use lots of different types.
- Slices of ham
- Cheese spread
- Tuna
- To decorate: half tomato, sultanas, small piece cheese, cucumber
- Margarine to spread

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 Caterpillar



Play Simple Hopscotch

You will need:

- Chalk
- A pavement
- A small stone

How to play:

- Chalk out a grid as shown
- Throw the stone onto the grid
- Wherever it lands, you need to hop in the squares to get it
- Pick it up and hop back!
- Take turns



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

Colour in your own fruit bowl



How many can you name?

How many have you tried?



Test Your Spring Knowledge With Our Quiz!

1) What spring flower is often associated with Wales?

[Answer: Daffodil]

2) In Japan, what type of tree produces the world famous blossom?

[Answer: Cherry Tree]

3) How many months are female sheep pregnant for before they give birth to a lamb? **[Answer: 5 months]**

4) Which small white flowers are among the first to emerge in the UK spring? **[Answer: Snowdrops]**

5) What health condition is St Valentine the patron saint of?

[Answer: Epilepsy]

6) Bumblebees will start to emerge from hibernation during spring, sometimes as early as February. On average, how large are bumblebee colonies? **[Answer: 400 worker bees compared to the Honey Bee which has 50,000]**

7) Ewes can recognise up to 50 different sheep faces, but how long do they remember them for, is it two days, two weeks or two years?

[Answer: Two years]

8) Who is the Roman goddess of spring? **[Answer: Flora]**

9) For Australians, in what month does spring begin?

[Answer: September]

10) True or false: Spring is the shortest of the four seasons.

[Answer: False - it is actually winter!]

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/>

Community Family Hub

The Community Family Hub includes both Amazing Start and Early Help family support for families with children of all ages identified as needing additional support

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

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
- Accredited training
- Change4Life
- 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

You can also read our latest [Annual Report](#)



**We hope you enjoyed
this Half Term Fun activity book!**

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

Have a great half term holiday!



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