













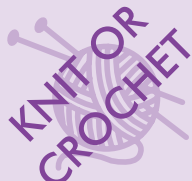

















Activity Bingo

 READ A BOOK	 AND RELAX...	 WATCH A SERIES	 START A JIGSAW	 BAKE A CAKE	 DO SOME GARDENING
 JOIN A BEFRIENDING SERVICE	 PLAY A BOARD GAME	 TIME FOR DIY	 GET ACTIVE!	 WRITE A LETTER	 FILM NIGHT
 GET CREATIVE	 PICK A HOBBY	 KNIT OR CROCHET	 LEARN A NEW SKILL	 SPOIL YOURSELF	 START A SCRAPBOOK
 PLAY CARDS	 HAVE A SORT OUT	 WRITE A POEM	 RENOVATE YOUR FURNITURE	 TAKE PART IN A COMPETITION	 TRY A NEW RECIPE
 GROW FRUIT & VEG	 LISTEN TO MUSIC	 PAINT A PICTURE	 WRITE A STORY	 SOLVE A RUBIK'S CUBE	 LEARN A LANGUAGE

Read a book – start something new or read an old favourite

And relax... – why not enjoy a nice warm bath by candlelight?

Watch a series – a documentary or a quiz show

Bake a cake – check out our Tasty Cake Recipes for inspiration!

Join a befriending service – Age UK and Silverline are great (sign up online or ask family to help you)

Time for DIY – start a new project or finish off those little chores around the house

Pick a hobby – like to bird watch? Or maybe play an instrument?

Knit or crochet – knit a blanket for charity or a member of the family

Spoil yourself – take a look at what's available on the shopping channels

Play cards – Solitaire is always fun! Or Rummy if you're with loved ones!

Listen to music – and sing along!

Paint a picture – your house, flowers, whatever you choose!



Corned Beef Fritters

Ingredients

- 400g Princes corned beef
- 100g plain flour, plus extra for coating corned beef slices
- 1 medium egg, beaten
- 75ml milk
- 1 splash vegetable oil, for frying

Instructions

1. Heat oil in a saucepan or deep fat fryer to 170°C.
2. Place flour into a medium bowl, make a well in the centre and add the egg.
3. Beat gently, adding the milk and then the water until all the flour is mixed in, then beat hard for around two minutes. Leave batter to stand for a further two minutes.
4. Cut each tin of Corned Beef into three chunky slices and coat with a thin layer of flour.
5. Cover the Corned Beef with the batter mixture using a fork or spoons.
6. Place two to three fritters at a time into the saucepan or deep fat fryer and cook until batter is a golden brown colour and crispy, approximately four minutes, remove with a slotted spoon and drain on kitchen paper.
7. Serve with salad as a delicious lunchtime snack.



Chicken Kievs

Ingredients

- 8 skinless, boneless chicken fillets
- 225g dried breadcrumbs
- 75g parmesan, grated
- 5 eggs, beaten
- 100g plain flour pinch paprika
- 4 tbsp sunflower or vegetable oil, for frying

For the garlic butter

- 4 garlic cloves, crushed
- 2 tbsp finely chopped parsley
- 200g butter, softened
- Juice ½ lemon

Instructions

1. Place all the garlic butter ingredients in a bowl and season well. Mash with a fork until well combined, shape into two sausages using cling film to help you shape it, then tightly wrap and chill or freeze until really firm. Can be made up to 3 days in advance. When firm, slice each into 8 even pieces.
2. Lay a chicken breast on a chopping board and use a sharp knife to make a deep pocket inside the breast. The easiest way is to push the point of a knife into the fat end, keep going halfway into the fillet. Be careful not to cut all the way through or the butter will leak out when cooking. Repeat with the remaining breasts. Push 2 discs of butter inside each chicken breast, press to flatten and re-seal with your hands. Set aside.
3. Mix the breadcrumbs and Parmesan on one plate, and tip the eggs onto another. On a third plate, mix the flour with paprika and some salt. Dip each breast in the flour, then the egg and finally the breadcrumbs, repeating so each Kiev has a double coating (this will make them extra crisp and help to keep the butter inside). Chill for at least 1 hr before cooking, or freeze now – see tips, below.
4. To cook, heat oven to 180C/160C fan/ gas 4. Heat the oil in a large frying pan over a medium-high heat. Fry the Kievs for 2-3 mins each side until golden – you may need to do this in batches. Transfer to a baking tray and cook for 20-25 mins until cooked through.



Lamb Tagine

Ingredients

- 2 tbsp olive oil
- 1 onion, finely diced
- 2 carrots, finely diced (about 150g)
- 500g diced leg of lamb
- 2 fat cloves garlic, crushed
- ½ tsp cumin
- ½ tsp ground ginger
- ¼ tsp saffron strands
- 1 tsp ground cinnamon
- 1 tbsp clear honey
- 100g soft dried apricot, quartered
- 1 low-salt vegetable stock cube
- 1 small butternut squash, peeled, seeds removed and cut into 1cm dice
- Steamed couscous or rice, to serve
- Chopped parsley and toasted pine nuts, to serve (optional)

Instructions

1. Heat the olive oil in a heavy-based pan and add the onion and carrot. Cook for 3- 4 mins until softened.
2. Add the diced lamb and brown all over. Stir in the garlic and all the spices and cook for a few mins more or until the aromas are released.
3. Add the honey and apricots, crumble in the stock cube and pour over roughly 500ml boiling water or enough to cover the meat. Give it a good stir and bring to the boil. Turn down to a simmer, put the lid on and cook for 1 hour.
4. Remove the lid and cook for a further 30 mins, then stir in the squash. Cook for 20 – 30 mins more until the squash is soft and the lamb is tender. Serve alongside rice or couscous and sprinkle with parsley and pine nuts, if using.



Classic Victoria Sponge

Ingredients

- 200g caster sugar
- 200g softened butter
- 4 eggs, beaten
- 200g self-raising flour
- 1 tsp baking powder
- 2 tbsp milk
- For the filling
- 100g butter, softened
- 140g icing sugar, sifted
- drop vanilla extract (optional)
- half a 340g jar good-quality strawberry jam (we used Tiptree Little Scarlet)
- icing sugar, to decorate

Instructions

1. Heat oven to 190C/fan 170C/gas 5. Butter two 20cm sandwich tins and line with non-stick baking paper.
2. In a large bowl, beat 200g caster sugar, 200g softened butter, 4 beaten eggs, 200g self-raising flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.
3. Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon.
4. Bake for about 20 mins until golden and the cake springs back when pressed.
5. Turn onto a cooling rack and leave to cool completely.
6. To make the filling, beat the 100g softened butter until smooth and creamy, then gradually beat in 140g sifted icing sugar and a drop of vanilla extract (if you're using it).
7. Spread the buttercream over the bottom of one of the sponges. Top it with 170g strawberry jam and sandwich the second sponge on top.
8. Dust with a little icing sugar before serving. Keep in an airtight container and eat within 2 days.



Chocolate Rice Krispie Cakes

Ingredients

- 100g milk chocolate, broken up
- 50g dark chocolate, broken up
- 100g butter
- 4 tbsp golden syrup
- 100g rice pops (or Rice Krispies)

To decorate

- 50g milk chocolate, melted
- sprinkles, mini marshmallows, nuts, Smarties, dried fruit or white chocolate buttons

1. Put the chocolate in a heatproof bowl with the butter and golden syrup and gently melt in 10-second bursts in the microwave, or melt it over a pan of simmering water, making sure the bowl doesn't touch the water. Stir until smooth, then take off the heat and stir in the rice pops, coating them gently with the chocolate until they are all completely covered.
2. Divide the mixture between nine cupcake or 12 fairy cake paper cases – it's easier if you slide these into a muffin tin as it will help them hold their shape. Leave to set. If you want them to set faster, put in the fridge for 1 hr.
3. Drizzle with a little melted chocolate and decorate with sweets, dried fruit or nuts while they are still wet enough to stick them on. Will keep in an airtight container for five days.



Carrot Cake

Ingredients

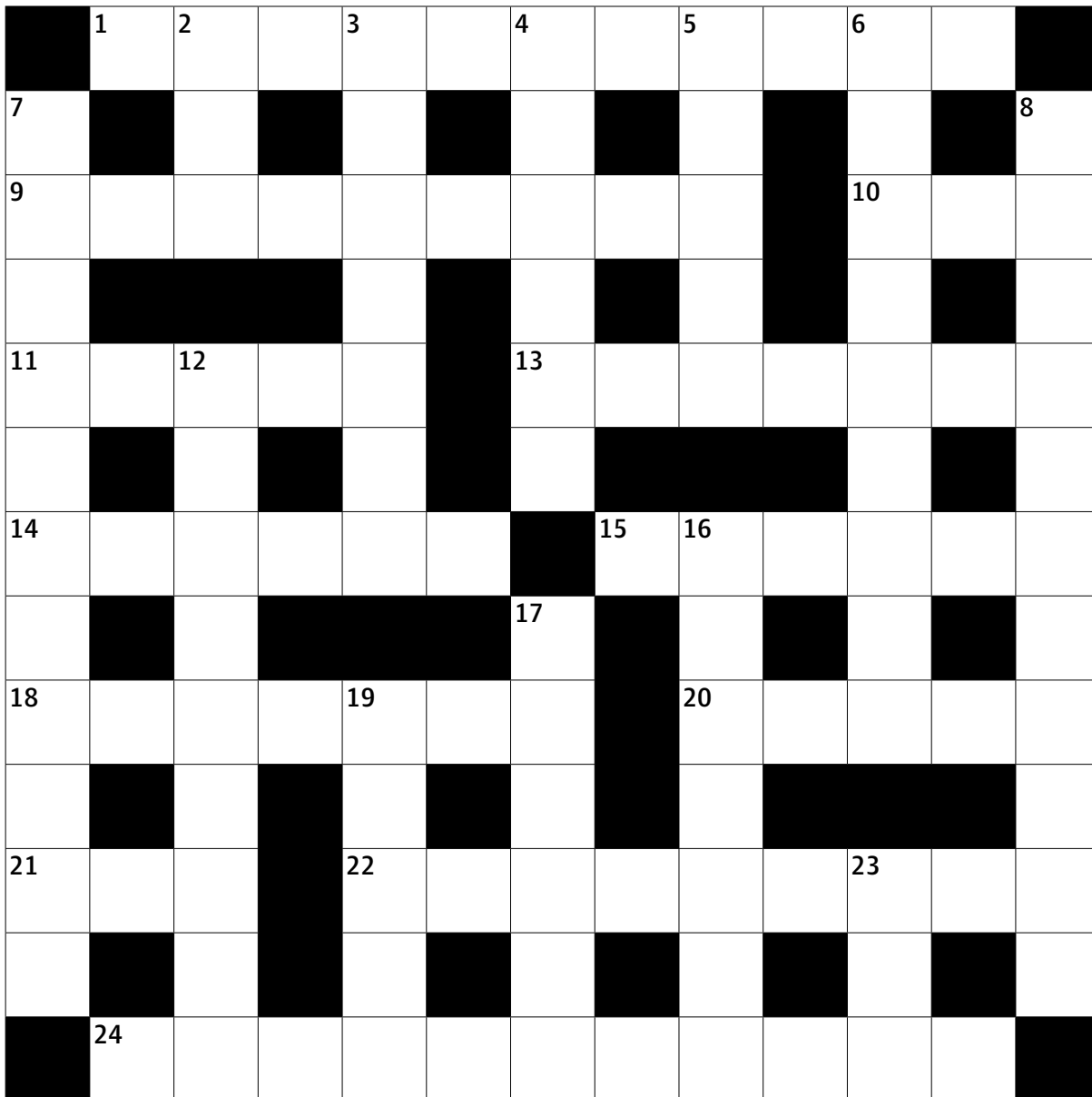
- 175g light muscovado sugar
- 175ml sunflower oil
- 3 large eggs, lightly beaten
- 140g grated carrot (about 3 medium)
- 100g raisins
- grated zest of 1 large orange
- 175g self-raising flour
- 1 tsp bicarbonate of soda
- 1 tsp ground cinnamon
- ½ tsp grated nutmeg (freshly grated will give you the best flavour)

For the frosting

- 175g icing sugar
- 1½-2 tbsp orange juice

1. Heat the oven to 180C/fan160C/gas 4. Oil and line the base and sides of an 18cm square cake tin with baking parchment.
2. Tip 175g light muscovado sugar, 175ml sunflower oil and 3 large beaten eggs into a big mixing bowl. Lightly mix with a wooden spoon. Stir in 140g grated carrots, 100g raisins and grated zest of 1 large orange.
3. Sift 175g self-raising flour, 1 tsp bicarbonate of soda, 1 tsp ground cinnamon and ½ tsp grated nutmeg into the bowl. Mix everything together, the mixture will be soft and almost runny.
4. Pour the mixture into the prepared tin and bake for 40-45 mins or until it feels firm and springy when you press it in the centre.
5. Cool in the tin for 5 mins, then turn it out, peel off the paper and cool on a wire rack. (You can freeze the cake at this point if you want to serve it at a later date.)
6. Beat 175g icing sugar and 1½ - 2 tbsp orange juice in a small bowl until smooth – you want the icing about as runny as single cream.
7. Put the cake on a serving plate and boldly drizzle the icing back and forth in diagonal lines over the top, letting it drip down the sides.

Crossword 1



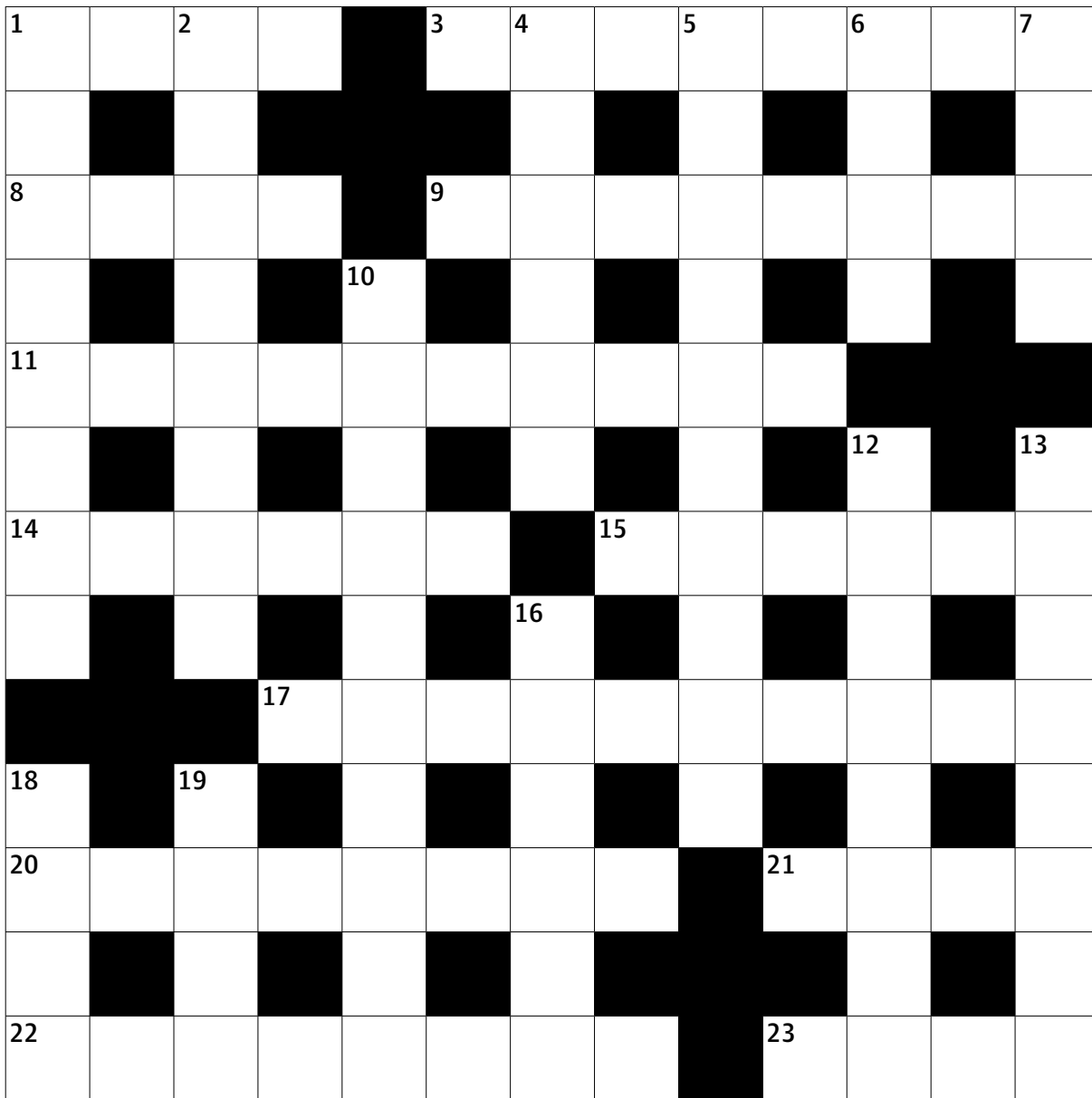
Across

- 1 Blenheim Orange, for example (6,5)
- 9 Generally (2,3,4)
- 10 Farewell! (informal) (3)
- 11 Flash of reflected light (5)
- 13 Hold dear — he's rich (anag) (7)
- 14 Source of extreme provocation (3,3)
- 15 Cutting tool (6)
- 18 Special aptitudes (7)
- 20 Unit of length (5)
- 21 Hit a ball in a high arc (3)
- 22 Enrage (9)
- 24 Non-stop (11)

Down

- 2 Legislation (3)
- 3 Cold drink (4,3)
- 4 Look quickly at — cricket stroke (6)
- 5 Coppers (5)
- 6 Substance used to reduce friction (9)
- 7 Digital protection (11)
- 8 Unshaven (11)
- 12 Cannot be removed (9)
- 16 Bone (which sounds funny) (7)
- 17 Advantageous (6)
- 19 Talons (5)
- 23 Boring instrument (3)

Crossword 2



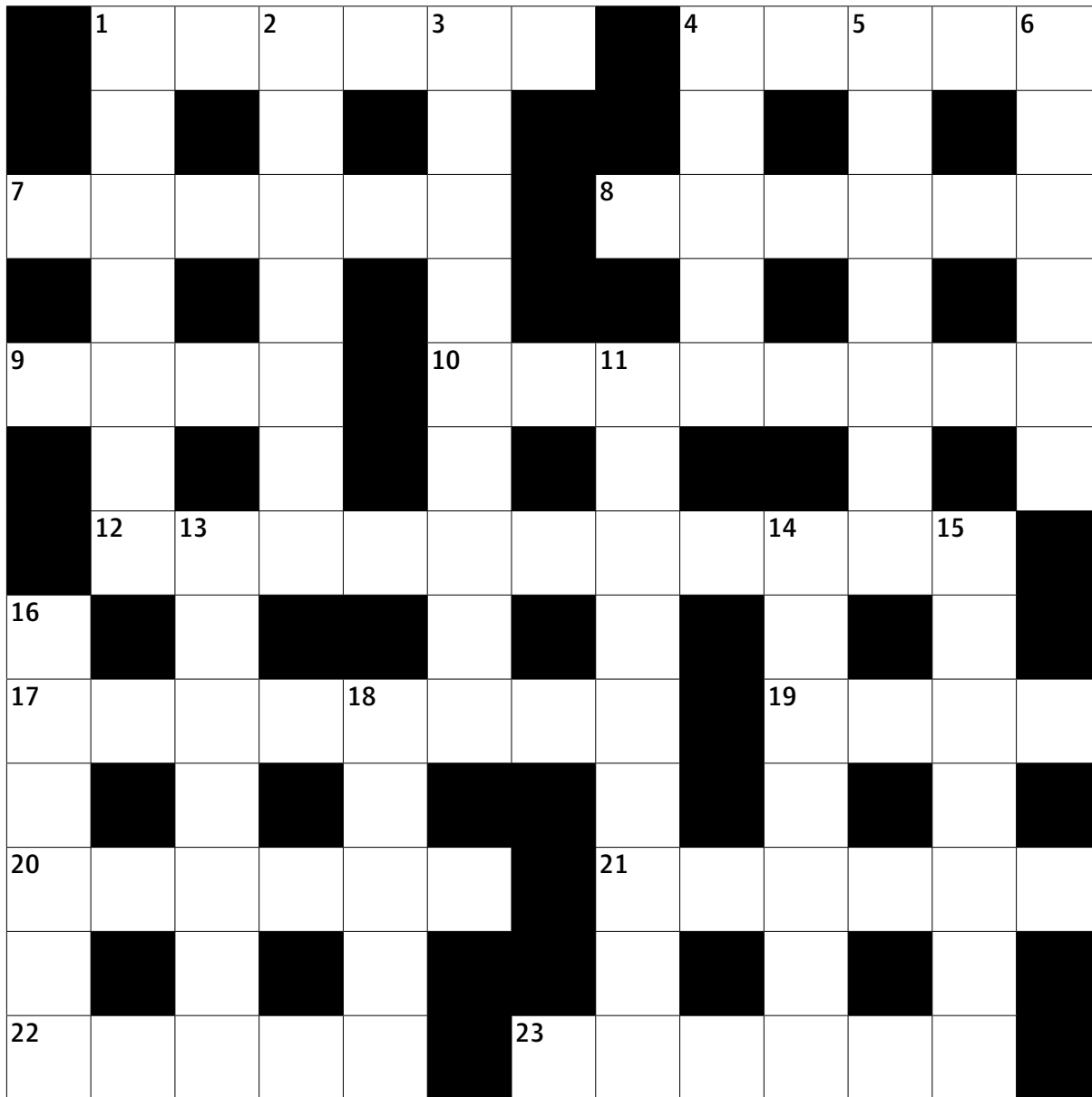
Across

- 1 Early American revolver (4)
- 3 Broke through (8)
- 8 Become weary (4)
- 9 Seafood (8)
- 11 Fairground attraction (7,3)
- 14 Square peg in a round hole (6)
- 15 Have ambitious plans for (6)
- 17 In a sticky situation? (2,1,3,4)
- 20 Self-important (8)
- 21 Ill-temper (4)
- 22 Better balanced (8)
- 23 Reject as false (4)

Down

- 1 Underground cemetery (8)
- 2 Song writer — it's Cyril (anag) (8)
- 4 Repeat from memory (6)
- 5 Nevertheless (3,3,4)
- 6 Cowl — violent criminal (slang) (4)
- 7 Directional antenna — good-looking woman or man (4)
- 10 Poorly (10)
- 12 Severe recurrent headache (8)
- 13 Graveyard (8)
- 16 Set alight (6)
- 18 Loch in the Great Glen (4)
- 19 Unemployment benefit (4)

Crossword 3



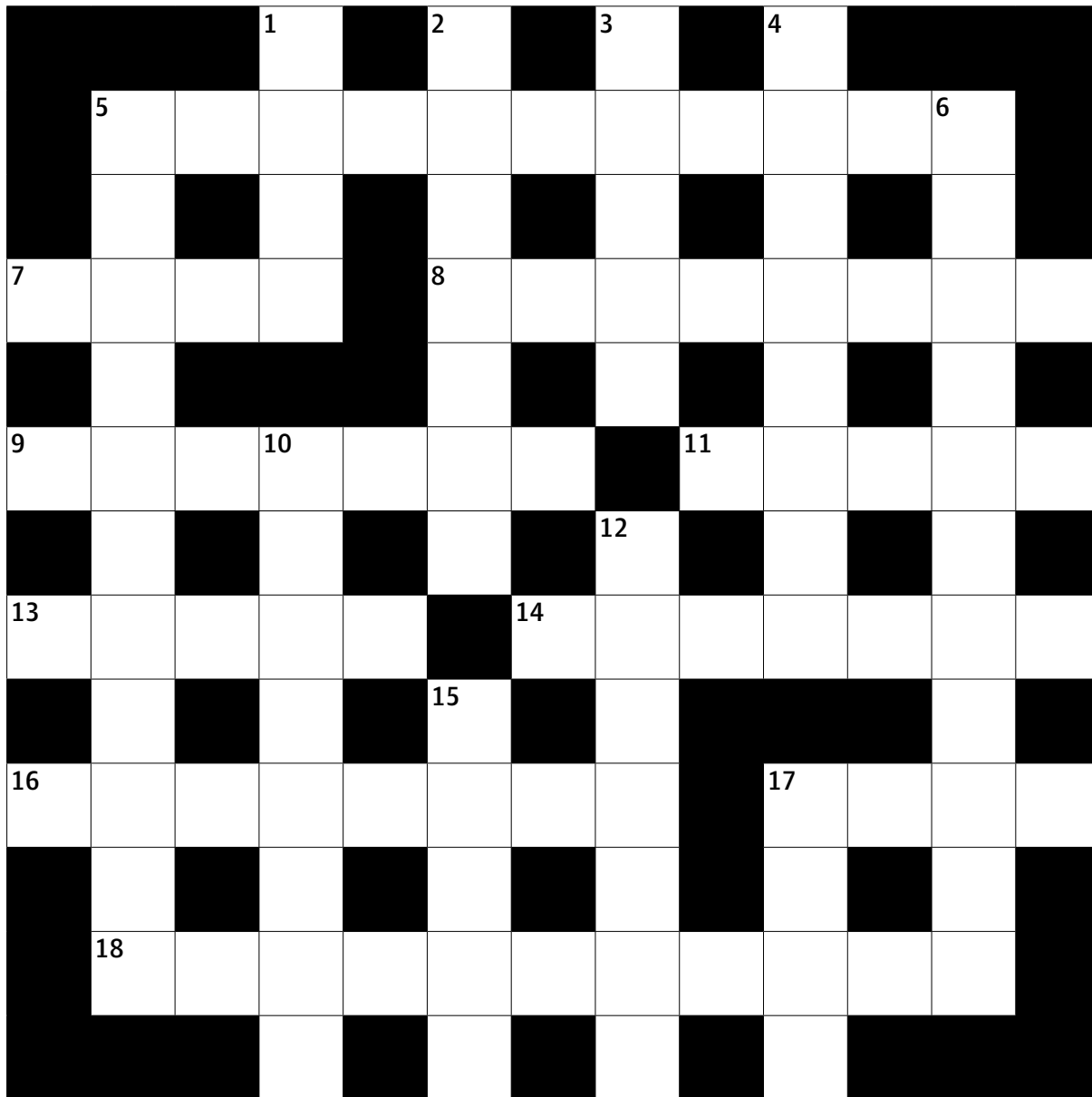
Across

- 1 Long tubes (6)
- 4 Renowned (5)
- 7 Hold up (6)
- 8 Highly strung (2,4)
- 9 Vein of metal ore in surrounding rocks (4)
- 10 Sorcerer (8)
- 12 Idiot (11)
- 17 Sudden disturbance (8)
- 19 Game played on a table with six pockets (4)
- 20 Samuel Johnson's drink fit for heroes (6)
- 21 Whenever one wishes (2,4)
- 22 Allude (5)
- 23 Polecat bred for hunting rats and rabbits (6)

Down

- 1 Prepare food in advance (3-4)
- 2 High flat land (7)
- 3 Person not using tobacco (9)
- 4 Toadstools, say (5)
- 5 Fortified Portuguese wine (7)
- 6 Female chaperone (6)
- 11 Dog — a tad green (anag) (5,4)
- 13 I couldn't agree more! (3,4)
- 14 Give authority to (7)
- 15 Tiny bead of liquid (7)
- 16 Thief (6)
- 18 Source of milk (5)

Crossword 4



Across

- 5 Unsympathetic treatment (5,6)
- 7 Kick on the shins (4)
- 8 In shreds (8)
- 9 Arrogant and presumptuous person (7)
- 11 Flinch with pain (5)
- 13 Young horse (5)
- 14 Patient's resting place (7)
- 16 Headlong rush (8)
- 17 Bad-mannered person (4)
- 18 Today's name for the Hellespont (11)
- 3 Loincloth worn by Indians (5)
- 4 Type of humorous verse (8)
- 5 Showing keen intelligence (5-6)
- 6 Disloyal (11)
- 10 Meet Karl (anag) — skiing turn (8)
- 12 Drunk (3-4)
- 15 Exclude — bread (anag) (5)
- 17 Great size (4)

Down

- 1 Irish county — stopper (4)
- 2 High level of respect (7)

Crossword answers



Crossword 1

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

Crossword 2

C	O	L	T		B	R	E	A	C	H	E	D
A		Y				E		L		O		I
T	I	R	E		S	C	A	L	L	O	P	S
A		I		I		I		T		D		H
C	O	C	O	N	U	T	S	H	Y			
O		I		D		E		E		M		C
M	I	S	F	I	T		A	S	P	I	R	E
B		T		S		I		A		G		M
				U	P	A	G	U	M	T	R	E
N		D		O		N		E		A		T
E	G	O	I	S	T	I	C		B	I	L	E
S		L		E		T				N		R
S	T	E	A	D	I	E	R		D	E	N	Y

Crossword 3

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

Crossword 4

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

Sudoku 1



8			2	6				4
	1			8	3		6	2
2	6		7	4		1		
		6		7	8	2	1	
		4		3	2		8	
	2				9			7
7	4			1	6		2	
	3		8		4		7	1
		1		2	7			6

Sudoku 2

	1		2		5			8
	2	4	9	8				5
	5	8	7		1		2	
6		5	3		2		8	1
2		7	1			3		9
		1	5		8	2	6	
		2	6		7	8		
8				1		5		2
		9		2	3		1	

Sudoku 3

	2				9		7	6
	7		6	2		8	9	
	4	6		8	5		3	
	8	2	9				6	
5	6				8		2	
7				6	2	9		8
	5	8	2		6	7	4	
	3	4	8		7	5		2
	9	7	5				8	

Sudoku 4

		7	1	2		8		
	4			8				6
	6			9		7	1	
		2		6		1		
6	8		7			4	2	
	1				5		8	
7				5	1		6	8
5		8		7		2		1
1			8		2		7	5

Sudoku answers



Sudoku 1

8	9	7	2	6	1	3	5	4
4	1	5	9	8	3	7	6	2
2	6	3	7	4	5	1	9	8
3	5	6	4	7	8	2	1	9
9	7	4	1	3	2	6	8	5
1	2	8	6	5	9	4	3	7
7	4	9	5	1	6	8	2	3
6	3	2	8	9	4	5	7	1
5	8	1	3	2	7	9	4	6

Sudoku 2

9	1	6	2	3	5	7	4	8
7	2	4	9	8	6	1	3	5
3	5	8	7	4	1	9	2	6
6	9	5	3	7	2	4	8	1
2	8	7	1	6	4	3	5	9
4	3	1	5	9	8	2	6	7
1	4	2	6	5	7	8	9	3
8	6	3	4	1	9	5	7	2
5	7	9	8	2	3	6	1	4

Sudoku 3

8	2	5	3	1	9	4	7	6
3	7	1	6	2	4	8	9	5
9	4	6	7	8	5	2	3	1
4	8	2	9	5	3	1	6	7
5	6	9	1	7	8	3	2	4
7	1	3	4	6	2	9	5	8
1	5	8	2	3	6	7	4	9
6	3	4	8	9	7	5	1	2
2	9	7	5	4	1	6	8	3

Sudoku 4

9	5	7	1	2	6	8	3	4
2	4	1	3	8	7	5	9	6
8	6	3	5	9	4	7	1	2
3	7	2	4	6	8	1	5	9
6	8	5	7	1	9	4	2	3
4	1	9	2	3	5	6	8	7
7	2	4	9	5	1	3	6	8
5	9	8	6	7	3	2	4	1
1	3	6	8	4	2	9	7	5

Word search

Leonardo da Vinci

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

Parachute
Inventions
Artist
Italy
Scissors

Inventor
Bicycles
Instruments
Printing
Bridges

Ideas
Sculptor
Mona Lisa
Louvre
Rome

Algebra
Painter
Da Vinci
Writer

Word search



The Great Fire of London

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

Buckets

Day

Wood

Samuel Pepys

Burnt

Brigades

Water

Pudding Lane

People

Trouble

Bakery

Running

River Thames

Ruin

Huge

Night

Cathedral

Houses

Fire

Jewellery

Word search



The Romans

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

Bath house
Conquer
Shield
Invention
Language

Powerful
Calendar
Roads
Dagger
Successful

Tunic
Straight
Armour
Sword
Census

Latin
Crest
Javelin
Numerals
Italy

Word search



The French Revolution

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

Society
Church
Nobles
Taxes
Legislative

King
Bastille
Estate General
Third Estate
Bankrupt

Clergy
Execution
Economy
Queen
Peasants

Louis
France
Money

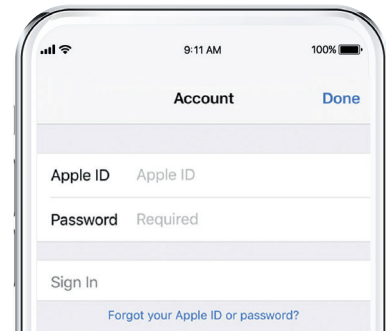
How to call using FaceTime



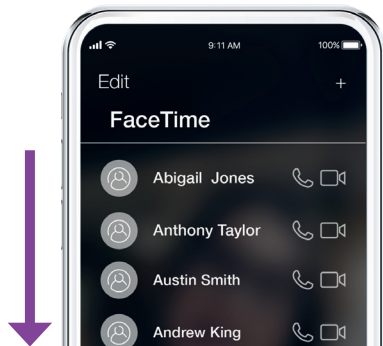
1 Open FaceTime app (on Apple product)



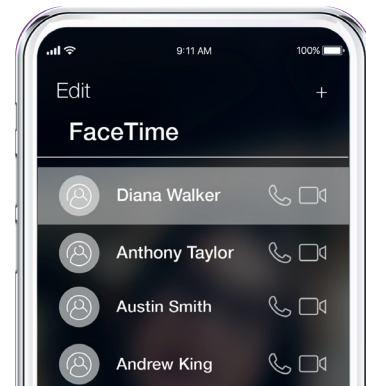
2 Sign in with Apple ID



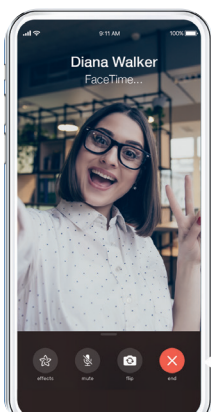
3 Find the person you want to call in your contacts



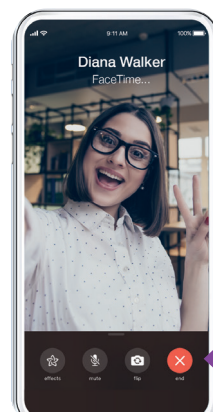
4 Tap the video icon to call them



5 Once connected, begin your conversation



6 To hang up, tap the red X



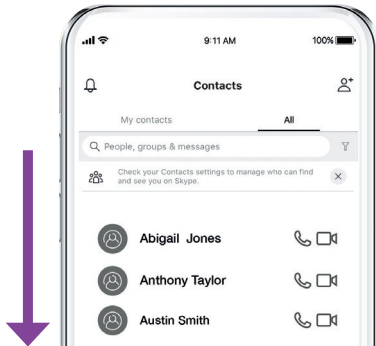
How to call using Skype



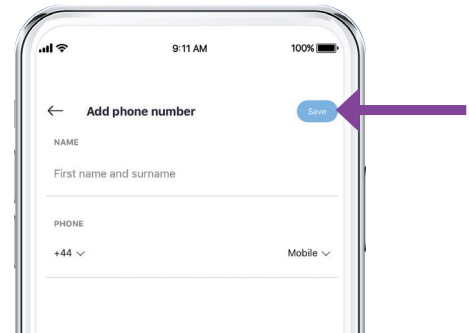
1 Download/Open Skype & sign in/register



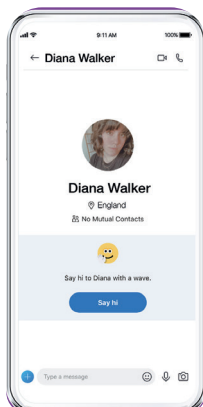
2 Find the person you want to call in your contacts



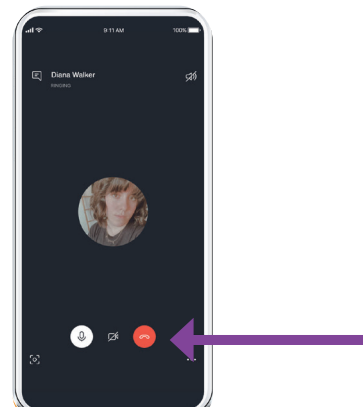
3 You may need to add a contact to call them



4 Select the contact and tap the video button



5 To hang up, tap the end call button



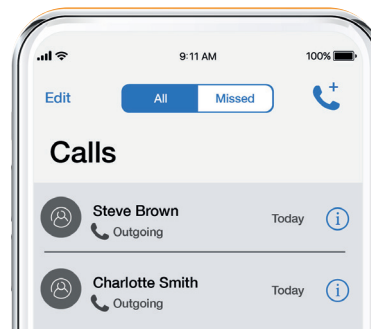
How to call using Whatsapp



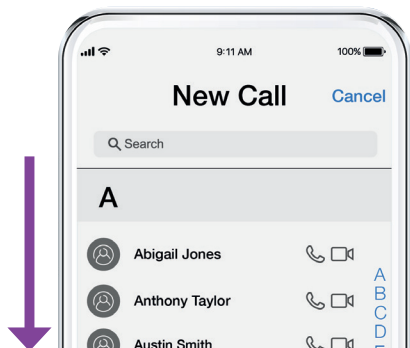
1 Download/open WhatsApp



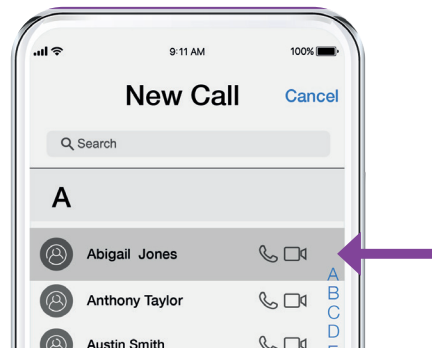
2 Tap the 'call' icon in the top right corner for contacts



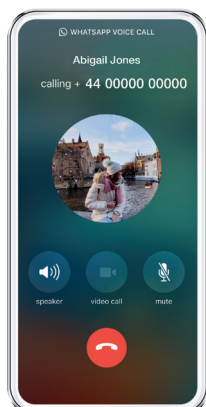
3 Scroll down and select a contact to call



4 Tap their name to call them



5 Once connected, begin your conversation



6 To hang up, tap the end call button

