

Quick Soup Recipe

- 2 chicken cubes or chicken stock pots or bouillon stock.
- Any veg that you have in the fridge, e.g. carrots, leeks/onions, sweet potato, butternut squash. Red, yellow or green peppers, fresh tomatoes skinned or tin chopped tomatoes. Fresh ginger, parsley or if you like, mixed herbs.
- Other suggestions: dash Worcester Sauce, dash maple syrup.
- Sauté/fry (gently) all veg in a little Olive Oil .
- Add Stock and other ingredients, simmer until cooked, do not overcook.
- Liquidise or just use a potato masher for a bit coarser soup
- Serve with a little Crème Fraiche or plain yoghurt on top if desired

Poetry Corner

“ When you think things are bad, when you feel sour and blue, when you start to get mad, you should do what I do.... Just tell yourself , Duckie, you’re really quite lucky ! Some people are much more... oh, ever so much more... oh, muchly much-much more unlucky than you ! “

Dr. Seuss

Keeping busy

Have you ever thought about doing your Family Tree?

Start by writing down your immediate family and show how they link to each other. Then call round your relatives and see how far back you can go. This will also help you to find out stories about your family that you didn’t know. We will make another suggestion for your stories next time...



Helpline

If you are on your own and would like to be registered for a chat or the Wellbeing Newsletter please phone the helpline **07708 178299**. We plan to continue to deliver the Newsletter to you as long as conditions allow.

“Everyone has inside him a piece of good news. The good news is that you don’t know how great you can be! How much you can love! What you can accomplish! And what your potential is.”

Anne Frank

Hopeman Wellbeing Newsletter



Welcome to this first Issue of the **Hopeman Wellbeing Newsletter**. We are hoping to keep you well by including articles in this Newsletter that will give you some gentle exercise and provide quizzes, poems and ideas that will give you food for thought. A number of volunteers are busy creating these various activities which we hope will be published in the Newsletter at regular intervals. We are hoping to expand these activities as we progress to incorporate your ideas, questions and suggestions.

Quiz

How many of these questions can you answer before looking them up?

Phone a friend to help you. Now how many did you get between you?

1. What nationality was Ferdinand de Lesseps, the engineer who planned the Suez Canal?
2. Which sea lies between Australia and New Zealand?
3. By what name was William F. Cody better known?
4. Who or what is Sweet William?
5. Which George did the Prince Regent become?
6. What is the main language spoken in Chile?
7. Who wrote Gulliver’s Travels?
8. Who is the only player to score a hat trick in football in a world cup final?
9. What sweet is made from whipped cream, toasted oatmeal, raspberries and whisky?
10. What was the first film which Roger Moore starred in as James Bond?
11. What food is a specialty in Rick Stein’s restaurants?





12. Which year in the 20th century were there three kings?
13. Where was I standing when I took this photo?
14. How many spines does a mature hedgehog have?
15. How many teeth does a snail have?
16. How many fish can a puffin carry in its beak at one time?

17. What are the two gadgets to the right used for?



If you don't know, phone a friend!

Some exercises to keep your body fit.

These exercises can be done either sitting on a chair or standing.

Warming up

Marching on the spot or around the room punch forwards - down – out to the side

Shoulder rolls forwards x8 and backwards x8

Shoulder shrugs – both shoulders to ears and relax x8

Circle wrists clockwise and anti-clockwise



Sitting up straight on your chair with your feet flat on the floor

Bring your chin slowly to your chest and return to start x 4

Tilt your head towards the right shoulder come back to centre

Tilt your head towards the left shoulder come back to centre

Repeat the neck stretches x4

Ankles

Ankle circles clockwise and anti-clockwise x8 in each direction

Point your foot away from your shin and then flex your foot towards your shin repeat x8 for each foot

Knees

Knee lifts x16

Opposite elbow to knee lift x16

Tap one foot at a time out to the side x 16

March on the spot

Squatting onto a chair - use a stable chair

Stand in front of the chair with legs hip width apart

Slowly lower your self, bending your knees, towards the chair.

Return to standing position x8 or x16 or as many as you are comfortable doing

Stretching

Bring your arms forward and clasp your hands together at chest height

Feel the stretch across your back

Take your arms behind you and clasp your hands together

Feel the stretch across your chest

Sitting on a chair