

# Age UK Enfield Activity pack

Quiz, Crossword, Recipe  
and so much more!



# A Welcome from our Head of Prevention Services, Alison Gordon...

Hello,

A big warm welcome from us all at Age UK Enfield to our new Activity Pack. This month as the clocks turned back and the days are shorter, we have put together a collection of activities and articles to keep you occupied. Our teams are all busy in our winter preparations and in this activity pack you'll find details about how to create your own personalised well-being plan so that you can feel prepared throughout the winter months. As Head of Prevention Services my role is to keep people well informed, well prepared, keep active and look at ways to improve your well-being.

We have great teams that are available to talk through any concerns you may have, some fantastic digital projects and our Fit for Life Exercise sessions and health walks are a great way to keep active, with all social distanced measures. As the days grow colder, many people worry about the cost of fuel bills and some are frightened to use their heating. Don't be afraid, with our Winter Warm Homes project we can help.

At Age UK Enfield we really value your contributions and I would personally welcome volunteers to help co-produce our newsletters moving forward, so if you are interested, call me on 0208 375 4120

I hope you enjoy the rest of this Newsletter!

Alison Gordon



## Tales of Enfield past...

What with Lockdown 2 well and truly upon us, I thought I'd look at entertainment in Enfield to help lift the mood a little. I hope that when things change in December, we can see Pantomimes again. As rehearsals will have been cut short, it might be we will see only One Babe in the Woods, Snow White and Two Dwarves, or Puss in One Boot.

I am sure we've all been to see local shows at various locations, done at various levels of ability. I can remember going behind the screen at the Regal, Edmonton only to find all the sets from the last Panto there which I think was Hughie Green in Babes in the Wood. The Regal was a super cinema which could seat 2,500 people and had further indoor space for 500 to stand. The area behind the screen was virtually the same as the Auditorium! The stage was bigger than many West End theatres and when a Ballet Company played there, quite often dancers would come out on the stage only to find they needed to take extra steps to get to meet their partner.

It is surprising to learn that in the early years of the last century, a businessman came home one day to tell his family he was going into the Home Rental business and he had bought at an Auction a group of houses which he intended to continue to manage with the existing tenants but included in the lot was a Music Hall. The businessman felt this was losing money and so he was going to sell it on. His son Sydney and his pal Tom decided to go and see a show there. When Sydney came home he asked his father why he wanted to sell it and explained to him that it was popular and should be profitable.



His father showed him the returns but Sydney and Tom couldn't understand it. From what they could observe the money declared was less than should be declared, and they assumed that money was going astray. Sydney's father admired their zeal but still wanted to get rid of it. Sydney on the other hand still wanted to keep it going. His father pointed out that if the manager left, who would run it? Sydney and Tom both agreed with Sydney's father that they would try and run it themselves.

The two lads took it on running first as a Music Hall and later, as tastes changed, it became a Cinema. It was The Empire on the Hill, just off of Fore Street in Edmonton. One of the major stars who worked there was Marie Lloyd. Unfortunately, it was the last place she appeared in as she was taken ill. Sydney insisted she went home where she died a few days later. He locked up her dressing room and I understand it was not used again.

Many of you may recall it as being The Granada, it was the first of a line of Cinemas that the chain developed. Sydney's company later went on to control Granada TV, who are the makers of Coronation Street. The young lad called Sydney, his surname Bernstein, became a major player in the 20th Century entertainment industry. The cinema eventually became a Bingo Hall before it was pulled down as part of the Green Precinct. The organ from the building was saved. If this story has reminded you of things, why not drop a line to Anna Kourdoullou-Iqbal and perhaps your story can be in the next edition of this newsletter!

Howard Whisker, Chairman of the Edmonton Hundred History Society



## Jumpers for goalposts a reminiscence piece...

“Jumpers for goalposts” was a line made famous in the mid-1990s by a character named ‘Ron Manager’ who was played by Paul Whitehouse on the sketch show ‘The Fast Show’. Ron was a football pundit that was supposed to analyse the game he was watching for TV but would instead have a reminiscing monologue about the purity and innocence that he believed football had when he was younger. He was clichéd and out of touch and (I think) was plagiarising Jimmy Hill’s style of punditry.

When The Fast Show was being broadcast, I was in my teenage years and, at this point, gradually building my obsession with football. I was watching as much as I could and knew everything about my team. I would collect stickers and record matches and highlights to watch them back, my bedroom wall was covered in posters and I regularly went to games with my father. For me, football was at its pinnacle and the notion that anyone would compare it to the football that was played decades before was ludicrous. This was part of Ron Manager’s appeal, we were supposed to laugh at how he hadn’t moved with the times and his old fashioned turn of phrase, football from the 1960s/70s was old news and from an era that was no longer relevant.

Now, a quarter of a century on and in my late 30s, I find that I myself reminisce about what football was like when I was younger and I’m sure that if I were to speak to a younger football fan about my childhood and teenage experiences they’d consider that I was now out of touch. Those that know me would tell you my obsession is as strong as it ever was and they’d probably be right, but, there are certain eccentricities and novelties that I miss and will never get back. Watching football now is easier than it has ever been, there are multiple channels showing games almost every day of the week and for those that are tech savvy there are also ways to watch games online. If I wanted to (and I always do) I could watch every game my team plays. This wasn’t always the case and one of the novelties I miss is listening to the matches on the radio, I used to listen with my father, we’d react to what was going on without ever really knowing what was happening and we’d have to wait for the news and/or highlights to see the action. My father also used to avoid finding out what the results were and would watch the highlights as if they were live. The technology and information available makes this almost impossible nowadays and, in my opinion, can dilute the excitement and drama.

The game itself is also ever evolving; there are rule changes and, most notably in recent years, the introduction of (VAR) Video Assisted Referee. The squad numbers worn by the players can reach into the 90s, there are female officials and every continent is (or definitely has been) represented in the English game. The women’s game is also gathering momentum and has more mainstream coverage now than ever before.

Continued on the next page..





For me and a lot of other football fans, following our team has felt personal and documented our lives, we have adapted our obsession to fit with current trends and maintain the same level of support. However, there will always be room to reminisce, footballing memories intertwine with personal memories and stir emotions. I support the same team my father and grandfather supported and am lucky enough to have extended family members that share the same interest and some of the best times I've spent with them have been when we've talked about our footballing memories.

Written by Nick Kourdoullou

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## Poetry Corner

### Three wise men delivering gifts

Three wise men delivering gifts,  
Is a story we all know.  
But here's an updated version  
I really need to show.

Not three wise men but one calm sage,  
Appeared upon the scene.  
Not frankinsense or gold or myrrh  
Or gifts that may have been.

But beer and bread and bog-rolls too  
Even milk and pills.  
Soothed an old bloke's quiet concern  
Of present shortage ills.

O tempora and O mores  
The Romans often said.  
Kindly actions such as these  
Prove gallantry's not dead.

Witten By Eddie Hoare



Eddie is a long standing member of our Tea and Chatter Group in Ordnance Library. During lockdown Eddie sent us many fabulous poems to post on our seocial media. Recently he entered a poem to the "Enfield in Poetry" project where his poem will be displayed on an interactive map of Enfield. The concept is for the map to have markers that, when clicked on, open up with a photo and brief description of the part of Enfield written about, the name of the author and title of poem and a link to an audio file of the poet, or another, reading the poem. When live, this will be hosted on the Enfield Poets' website.

The map will go live March/April 2021 so please start sending in your submissions to [map@enfieldpoets.com](mailto:map@enfieldpoets.com).

Poets can be from anywhere but the poem has to be relevant to Enfield in some way. Poems this year need to be in English; as the project develops it is hoped that other languages will be included. To be included, please send

- The poem(s) as a PDF or Word document
- A statement that you give permission for this to be published by Enfield Poets
- A recording of the poem being read; any file format accepted; help available if required!text

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Lets get reading!

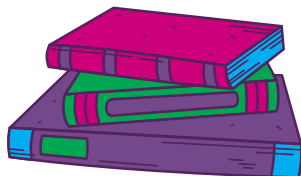
“Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers.”– Charles W. Eliot



English Literature graduate Rianna gives us the low down on two of her favourite reads for you to get stuck into on these long winter nights....

### The Great Gatsby- F. Scott Fitzgerald

Nick Carraway moves to New York City to obtain a job as a bond salesman. He rents a bungalow in West Egg, next to a mysterious, luxurious estate owned by the infamous Jay Gatsby, an extravagant, enigmatic multi-millionaire who hosts the most incredible parties of the roaring twenties, yet is never seen to part take in them. Nick visits his distant relative, Daisy Buchanan who lives across the bay in East Egg and rekindles his friendship with her and her husband. One morning, Nick is given a formal invitation to one of Gatsby's parties, where he meets Gatsby for the first time. Later in the novel, we learn the obsession that causes Gatsby to host such flamboyant soirees and how he came to earn his fortune, which is not all it seems to be. This novel is one of decadence and idealism which also portrays the roaring twenties in all its glory. Aside from this, the novel explores anguish, love, tragedy, and social upheaval. The novel is known for its extremely detailed descriptions and is considered by many critics to be one of the greatest ever written.



### Atonement- Ian McEwan

A dramatic love story, divided into three parts, taking place just before, during and just after World War II. Part one takes place just before World War II, where young lovers Robbie and Cecilia begin their whirlwind romance, and self-important little sister Briony Tallis carefully constructs a lie that may affect the lives of everyone around her, including her cousins who have come to stay amid their parents' messy divorce. Part two follows one of the consequences of Briony's lie, and the affects it has on its victim. It is here that the reader questions Briony's motives and we even begin to wonder if what she did could be considered a crime. Part three follows the affects Briony's lie had on her, and her future self. She reflects on her actions occasionally, however the reader cannot not always be sure that she sees the error of her ways. We see glimpses of the effects of Briony's lie on her cousin, Lola, and on her sister Cecilia. The novel's epilogue is what truly makes the novel fantastic, as an older Briony writes in reflection. It turns any assumptions the reader makes about the novel on their head and in some ways, really helps to ignite the realism of the novel. A truly dramatic, heart-breaking and intriguing novel that is almost impossible to put down.





# Easy Peasy Chocolate Scone Recipe!

## 3 Ingredient marbled Nutella scones

350g Self-raising flour plus extra to  
roll if needed

150g Nutella, plus extra to serve

100ml Lemonade, plus a little extra if  
needed

Clotted cream to serve with Nutella  
(optional)

### METHOD

1. Add the flour, nutella and lemonade to a mixing bowl and stir through to form a dough, you'll need to stir this pretty well for about 5 minutes or so to bring all the ingredients together. You are after a dough that comes together as a ball nicely, but is not too dry, but can still hold it's shape.



2. Add to a floured chopping board and roll out to an inch thick, cut a circle shape using the bottom of a glass and place on a lined baking tray, make sure you use all the dough up. If you have a 6cm / 2.5inch cutter that will be better, but a glass works fine.

3. Bake for 15 mins at 200c/180fan.

4. Allow to cool before serving still just slightly warmed, sliced in half with Nutella and if you wish, some clotted cream added, yummy!



# Staying Active!

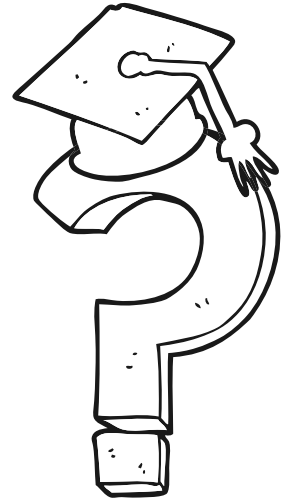
Just a few simple exercises like the one shown below can help you maintain your well-being and help you to stay active! Here is an example of just one of the exercises shown in our "Home exercise living well pack". If you haven't got yours yet give us a call 0208 375 4120 and we can post you one out!

## Alternate knee lifts with arm swing

1. Raise opposite arm and leg at the same time
2. Return to start position
3. Repeat on the other side
4. Complete this exercise for up to one minute

\*\*\*Ensure you are always feeling well when taking part in any exercise and never try to complete movements that cause you any pain or discomfort\*\*\*





1. WHAT WAS THE FIRST THEME PARK TO OPEN IN THE UK IN 1896?
2. WHICH COUNTRY WAS THE FIRST TO GIVE WOMEN THE RIGHT TO VOTE IN 1893?
3. WHAT IS THE NATIONAL FRUIT OF INDIA?
4. WHICH OF THE CHANNEL ISLANDS IS THE BIGGEST?
5. WHAT WAS THE NAME OF THE 1957 MUSICAL PRISON DRAMA STARRING ELVIS PRESLEY?
6. NAME THE ACTOR WHO DIED IN 1984 AND WHO ALSO STARRED IN THE FILM TITLED 1984
7. CHEDDAR CHEESE IS MOST FAMOUSLY CONNECTED WITH WHICH BRITISH COUNTY?
8. THE TV SERIES 999 FIRST AIRED IN 1992 AND ENDED IN 2003 BUT CAN YOU TELL ME WHO PRESENTED THE PROGRAMME?
9. WHO CREATED THE ANIMATION FOR MONTY PYTHON?
10. WHICH SNOOKER PLAYER IS NICKNAMED THE ROCKET?





# Age UK Enfield Wordsearch!



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

BEN INGBER  
AGE UK ENFIELD  
ADVICE  
FALLS PREVENTION  
MEMORY CLUB  
ACTIVITY PACKS  
FOOTCARE  
WINTER WARMER  
NETTA HUNT

JOHN JACKSON LIBRARY  
NAVIGATION  
LATER LIFE PLANNING  
ICAN  
FIT FOR LIFE  
PARKER CENTRE  
TEA AND CHATTER  
WE CARE  
ALISON GORDON



# Crossword



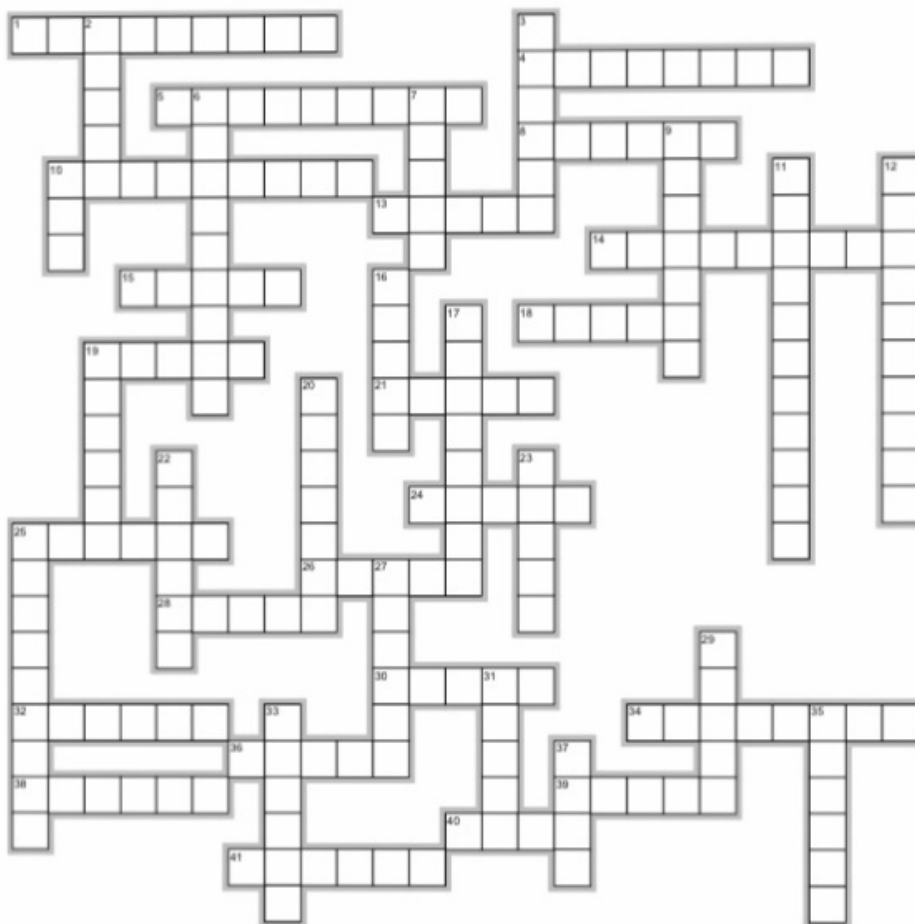
## Famous Duos

Here's a fun crossword online, or printable! Simply supply the other half of each well-known team. Duos include musicians, TV characters, cartoon characters, historical figures and foods.

Hint: If you get stuck, ask for help from someone of a different generation. 😊



Allan Hale as Skipper





## Clues

### Across

2. The Nobel Peace Prize was won by \_\_\_ Teresa in 1979.
9. The controversial war in \_\_\_\_\_ raged from 1959 until about 1975.
10. Steve Jobs and Steve Wozniak launched \_\_\_\_\_ Computers in 1976.
11. Arthur Ashe, a renowned \_\_\_\_\_ player, won Wimbledon in 1975.
14. John \_\_\_ II became the Pope of the Roman Catholic Church in 1978.
15. The \_\_\_ Show, featuring Kermit the Frog and Miss Piggy, premiered on TV in 1976.

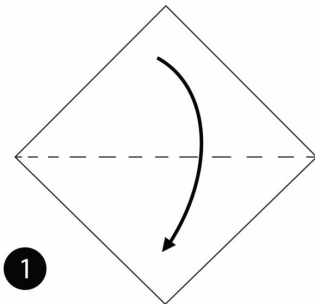
### Down

1. Gerald \_\_\_ became the first unelected U.S. President in 1974.
3. The \_\_\_\_\_ Games in Munich, Germany, were disrupted by terrorists in 1972.
4. This popular British singing group broke up in 1970.
5. The first "\_\_\_ Wars" movie, directed by George Lucas, was released in 1977.
6. This President resigned in 1974 amid scandal.
7. The Supreme Court made abortions legal in Roe v. \_\_\_ in 1973.
8. Students staged protests at \_\_\_ State University in Ohio.
12. The Aswan High Dam on the Nile river opened in this country in 1970.
13. 52 Americans were taken hostage in Tehran, the capital of \_\_\_\_\_, in 1979.

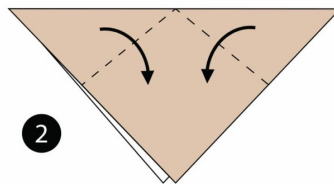




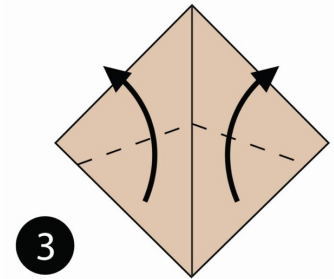
# Orgami Cat!



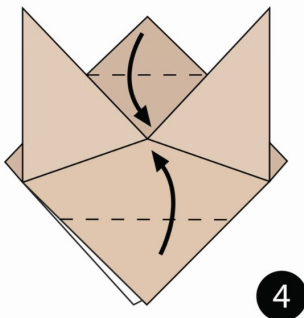
**Step 1)** Fold the paper in half.



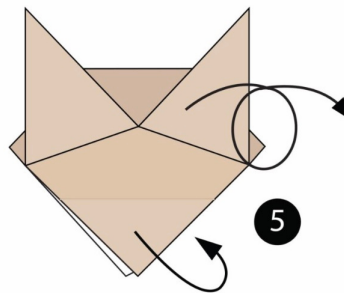
**Step 2)** Fold both corners down along the dotted lines.



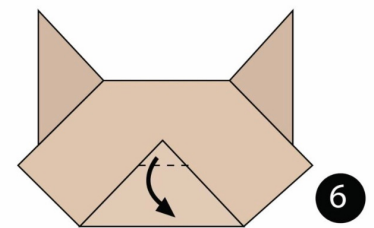
**Step 3)** Fold both flaps of paper up along the dotted lines.



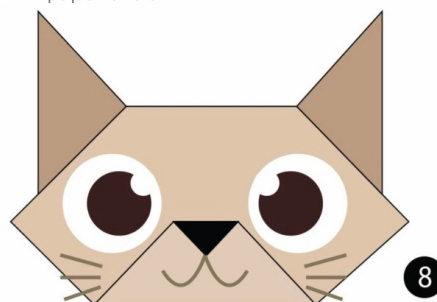
**Step 4)** Fold the top part of the paper down and the bottom two layers up along the dotted lines.



**Step 5)** Unfold the fold at the bottom and then fold it behind the model using that crease as a guide. Turn the paper over.



**Step 6)** Fold the top part of the front triangle down along the dotted line.



Feel free to draw in some eyes and whiskers.



# Age UK Enfield online events and activities!

## DIGITAL DROP IN!

Every Wednesday 11am—12noon Digital Drop In

Would you like some support in using IT? It is increasingly important to feel confident using IT

including for online shopping, finding online activities and information, online exercise classes and more.

We are hosting Digital Drop In sessions at 11am on Wednesday mornings via Zoom, where we can support you in gaining skills and confidence in navigating the internet. For more information, email [onlineactivities@ageukenfield.org.uk](mailto:onlineactivities@ageukenfield.org.uk) or call 020 8375 4120



## LATER LIFE PLANNING TALK

Friday 4th December, 1-2.30pm

Via Zoom online

Please contact Kate Reader on 0208 375 4120 or [kate.reader@ageukenfield.org.uk](mailto:kate.reader@ageukenfield.org.uk) to book your place. Zoom details will be emailed to you nearer the time. If you need support with Zoom we can help, let us know.

Planning for the future and putting certain things in place can provide peace of mind and security for both you and your loved ones.

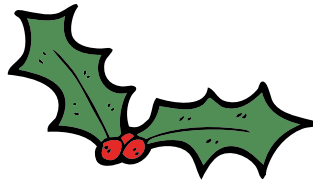
As part of Enfield Connections, Age UK Enfield are offering free Planning for Later Life sessions for people 50+ or carers of people aged 50+.

The session will cover the following ...

- Making a will
- Power of Attorney
- Advanced Decisions/Statements
- Bereavement Services

You will have opportunities to ask questions, and an information pack can be posted/emailed on request.





### IT'S CHRISTMASSSSSSSS

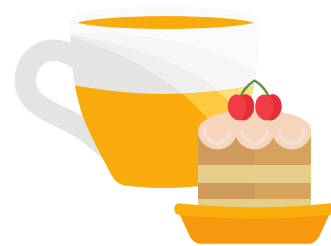
Tuesday 22nd December 11:00-12:30pm

Join us for a fun filled interactive Christmas Zoom session! We will be making our very own Christmas baubles, a Christmas quiz and ending with a reading of 'The night before Christmas'. Places are limited so please email [Annakourdoullou@ageukenfield.org.uk](mailto:Annakourdoullou@ageukenfield.org.uk) call 0208 375 4120 to book your place before Wednesday 9th December. We will be asking for addresses to send you out all the materials you will need to make your Christmas bauble. So grab yourself a glass of Egg Nog or a cheeky brandy and join us for what promises to be a great start to Christmas festivities!

### TEA & CHATTER

Tuesday 24th November 11-12  
midday

Join the iCan team for their monthly online social group- all the fun of our regular Tea and Chatters but online! This will be the last Tea and Chatter of the year with the hopes that many of you will be attending our Christmas Session on December 22nd!



### WEEKLY ONLINE SESSIONS

Mondays 11am-12pm Tai Chi falls prevention- suitable for all abilities

Tuesdays 12-12:30pm - Seated Yoga- suitable for all abilities

Tuesday 3:30- 4:30- Social Singalong!

### FORTNIGHTLY ONLINE SESSIONS

Memory Club- 11am-12pm- a dementia friendly meet up for people affected by dementia and carers. Expect quizzes, activities, music and more.



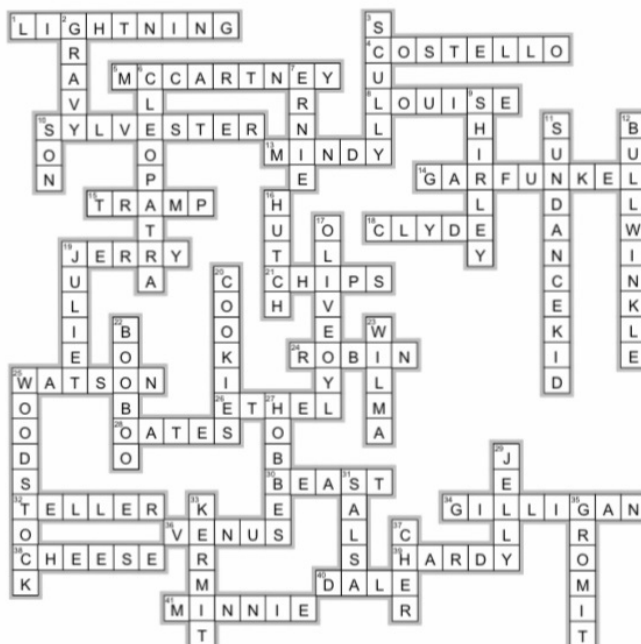
For those who want to participate in online activities you must pre-register and book via email: [onlineactivities@ageukenfield.org.uk](mailto:onlineactivities@ageukenfield.org.uk)  
If you need help setting up zoom please email: [onlineactivities@ageukenfield.org.uk](mailto:onlineactivities@ageukenfield.org.uk)



# Activity Answers

1. Blackpool pleasure beach
2. New Zealand
3. Mango
4. Jersey
5. Jail House Rock
6. Richard Burton
7. Somerset
8. Michael Burke
9. Terry Gilliam
10. Ronnie O'Sullivan

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



# Personalised Wellbeing Plan

My name:		I like to be known as:	
NHS Number:	Phone number:	Email Address:	
Address:			Post Code:
<b>Things you need to know about my health</b>			
My health condition(s)...			
Medication I take ...			
It is kept ...		I take it by:	
<p>What matters to me most whilst I am staying at home and keeping away from people...</p>          <p>What I am worried about whilst I am staying at home and keeping away from people...</p>			





**What support I will need whilst I am staying at home and keeping away from other people**

What I will do...

What my family, friends and neighbours will do ...

Other help I will need ...

Where I can get help now ...

**If you have any questions, please contact:**

**My GP is ...**

**Telephone number:**

**My designated emergency contact is:**

**Telephone number:**

**Relationship to me...**

**Other ...**

e.g. social worker, housing association, care worker

**Telephone number:**





## **Support Age UK Enfield**

*We are a local, independent charity, responsible for raising our own funds.*

### **Volunteer**

We rely on our volunteers to continue to provide services for older people in Enfield – can you help? Get in touch to see what opportunities we have.

### **Fundraise**

Can you help raise funds for Age UK Enfield? We need your help now more than ever. Please contact us to find out how you can help, or visit [www.ageukenfield.org.uk](http://www.ageukenfield.org.uk)

### **Legacies**

Would you like to help Age UK Enfield continue to help older people by remembering us in your will? Contact us for more information on the best way to leave a charitable donation to Age UK Enfield.

### **John Jackson Library**

35 Agricola Place  
Bush Hill Park  
Enfield  
EN1 1DW  
020 8375 4120  
[admin@ageukenfield.org.uk](mailto:admin@ageukenfield.org.uk)

### **The Parker Centre**

6 Houndsfield Road  
Edmonton  
N9 7RA  
020 8351 1040  
[daycare@ageukenfield.org.uk](mailto:daycare@ageukenfield.org.uk)

[www.ageukenfield.org.uk](http://www.ageukenfield.org.uk)  
Registered Charity No.1063696  
Company No. 3352062

