



Hello Everyone!

Image: Alana Bullock



HM Government

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

Welcome to your fourth Happy Activity Pack!

We hope you are keeping well!

We're really pleased to announce that our main gallery and reception spaces at Qube are now open to the public Monday- Friday so if you are taking a trip into town come in and see our latest exhibition!

We're mindful that the weather has caused us to cancel some of our mini meet ups in the park lately. As we approach the Autumn months we are looking at ways to move our mini meet ups back into Qube, so don't be disheartened if you've missed out because of the bad weather. We will keep you updated as we move into September!

We've enclosed a feedback form with this pack as it's really important that we report to our funders how we are doing.

Please take the time to complete it and send it back to us if you can. If you can't complete the form then call us in the office on **01691 656882 and we can do it over the phone- we'd love to talk to you!**

www.qube-oca.org.uk



This week you can enjoy the following;

- Step back in time- August in history
- Simple exercises to help you 'stay well and stay strong'
- Create your own Picasso Portrait
- Cathy Preston- 'More than Willow'
- Elderflower Fizz recipe
- Brain training puzzles
- 'Time for tea' poetry
- Oswestry Heritage Comics
- Flower Quiz answers
- Give us your feedback

Step back in time...

This year may be memorable for all of the wrong reasons... But let's take a look back in history to see what else made the news in August....

1814 British Troops burnt down Washington

D.C. Led by General Robert Ross they entered the US capital of Washington D.C. and burned many of the public buildings down, including the White House and the US Capitol building.



1945 Allied nations celebrate VJ Day

Japan surrendered to the Allies after almost six years of war. There was joy and celebration around the world and 15 August was declared Victory in Japan day.

1963 Train robbers make off with millions

Thieves ambushed the Glasgow to Euston mail train and committed the historical crime. Banks estimated they lost over £2m in used, untraceable banknotes in the biggest ever raid on a British train.



1981 American Mark Chapman was given a 20 year sentence for shooting John Lennon, the former member of the British group, The Beatles. Chapman has applied for parole every two years since 2000. All the applications have been rejected.

1990 The UK recorded it's highest ever temperature coming at 37.1C in Cheltenham, Gloucestershire. This was beaten in July 2019 when temperatures topped 38.7C at the Botanical Gardens in Cambridge.



Stay strong, stay well!

During lockdown many of us have become less active and even though social restrictions are easing you may be finding that you've lost some strength after months of staying at home... When you don't use your muscles they can become weak.

Here are some simple strengthening exercises taken from the 'live well' section of the NHS website. Practice these movements two or three times per week and you'll feel stronger and more confident for when you are ready to go out and about again.

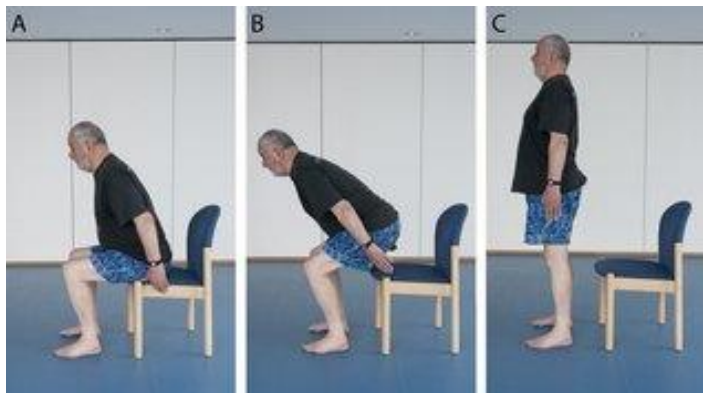
Sit to stand

A. Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.

B. Stand up slowly using your legs, not arms. Keep looking forward and do not look down.

C. Stand upright and then slowly sit down, bottom-first.

Aim for 5 repetitions – the slower, the better.



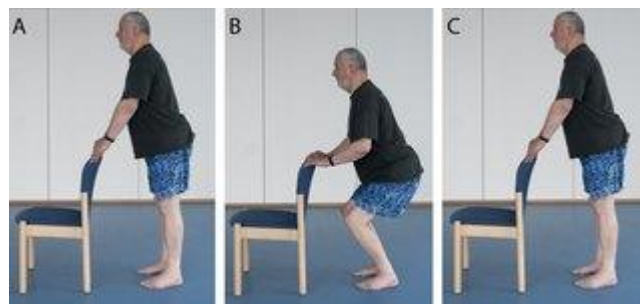
Mini Squats

A. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.

B. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.

C. Gently come up to standing, squeezing (clenching) your buttocks as you do so.

Repeat 5 times.



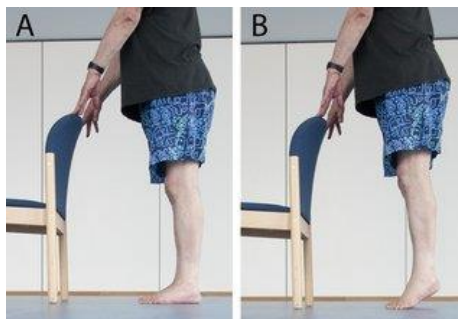
Calf raises

A. Rest your hands on the back of a chair for stability.

B. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.

Repeat 5 times.

To make this more difficult, perform the exercise without support.



Sideways leg lift

- A.** Rest your hands on the back of a chair for stability.
 - B.** Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.
 - C.** Return to the starting position. Now raise your right leg to the side as far as possible.
- Raise and lower each leg 5 times.



Wall press up

- A.** Stand arm's length from the wall. Place your hands flat against the wall at chest level, with your fingers pointing upwards.
 - B.** With your back straight, slowly bend your arms, keeping your elbows by your side. Aim to close the gap between you and the wall as much as you can.
 - C.** Slowly return to the start.
- Attempt 3 sets of 5 to 10 repetitions.



Create your own Picasso Portrait!

Qube have teamed up with 'Taking Part' and Shropshire Council to create imaginative, fun and creative activities for people who normally attend Day Care Services to do at home during lockdown and beyond.

One of the activities is to make your own Picasso Portrait and it's so simple that anyone of any age can make a masterpiece! All of the 'Good things to do at home' activities are listed on our website at www.qube-oca.org.uk and we are asking people to send in photos of their work to feature in our online exhibition.

Here's a few examples of the portraits we've been sent so far;



Create your own portrait following the instructions on the next page. Send us a picture of them if you can and we'll include them on our website!

GOOD THINGS TO DO AT HOME

A PICASSO

Picasso was an artist who created a lot of abstract artwork with a mismatch of proportions. Go to - <https://qube-oca.org.uk/goodthings/> to watch the step by step video!

INSPIRED PORTRAIT WORKSHOP

YOU WILL NEED!

- PAPER
- PENCILS / COLOURING TOOLS
- SCISSORS & GLUE!



Start off by drawing a portrait! (This can be of anyone you like!)



Colour in your portrait! Feel free to use lots of exciting colours!



Cut up your portrait into lots of different shapes.



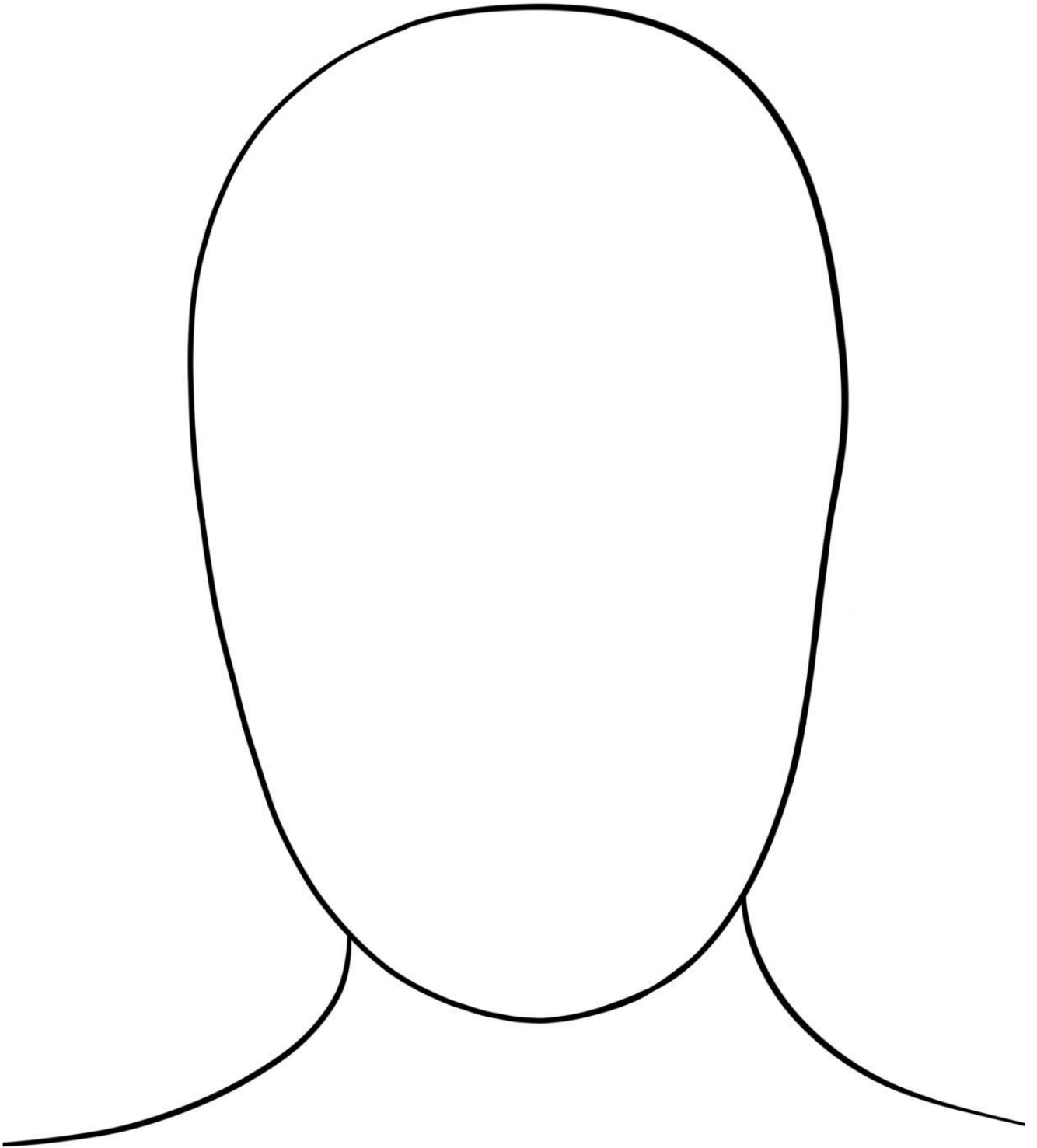
Rearrange and stick down your Picasso inspired portrait.



Take a photo of you and your finished work, and e-mail it to: art@qube-oca.org.uk and be part of the online exhibition!

[HTTP://QUBE-OCA.ORG.UK/GOODTHINGS/](http://qube-oca.org.uk/goodthings/)





Missing our Social Group talks?

We had some wonderful new speakers scheduled to visit our groups this year... they'll come back when we're able to meet again, but for now here's a snippet about one of them- Cathy Preston.

Cathy is a local willow grower and weaver. She is interested in herbs, cooking, gardening, the natural world, country living, crafts and in anything that can promote a more sustainable and grounded lifestyle.

She has a strong connection with the natural environment having worked for an environmental charity for more than 15 years. In 2016 she started 'More than Willow' to reflect her love of working with willow and other natural materials and to



share her enthusiasm with others by running workshops and giving talks. Encouraging people to unleash their creative talents and to take inspiration from the natural environment is at the core of Cathy's workshops. The willow she uses is mainly from her own willow beds in Shropshire and she weaves items to celebrate the seasons and to link to gardens and wildlife.

With a keen interest in the natural world and gardening Cathy also grows herbs and loves sharing her enthusiasm and quirky facts with others.

*On the next page you'll find a recipe
she might have shared with us...*

During lockdown while Cathy wasn't able to deliver her talks and workshops she started a blog instead to share some creative ideas and recipes. Here's something to wet your appetite and maybe try yourself at home!;

*'The **Elderflower Fizz recipe** I use was given to me by my mother-in-law over 30 years ago and she was given it from a lady of over 80 who had been given it by an old lady!! So I am guessing this recipe goes back a long way. For years I was perplexed by one of the ingredients 6d (old pence) white wine vinegar. Last year I was really pleased to discover a reference to 1d as a measurement so I now know that 1d = 1 tablespoon'*



Ingredients

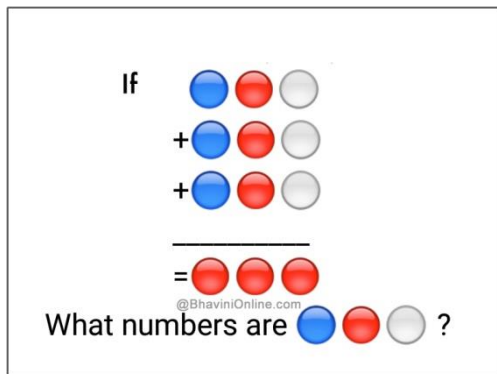
- 1 gallon (4.5 litre) of water
- 2 tablespoons (6d) white wine vinegar
- 1 1/2lb (680g) sugar
- 1 lemon (unwaxed) cut into quarters
- 5 larger elderflower heads

Method

Place all ingredients in a large bowl and stir to dissolve the sugar. Cover and leave for 24 hours stirring occasionally. Strain through muslin or a jelly bag. Bottle in sterilised screw or clip topped bottles. Stand upright for 2 weeks then lie on their side. Take care when opening as it can be quite champagne like!!



Have you got the brain power to solve these puzzles?....

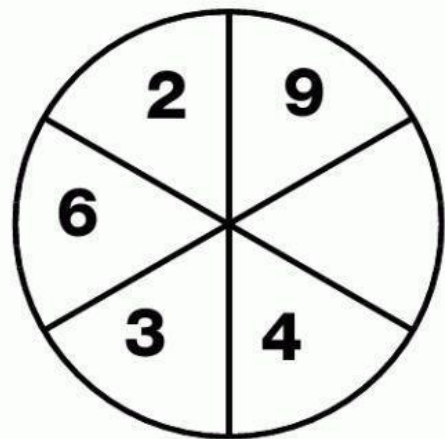


How many blocks should there be?



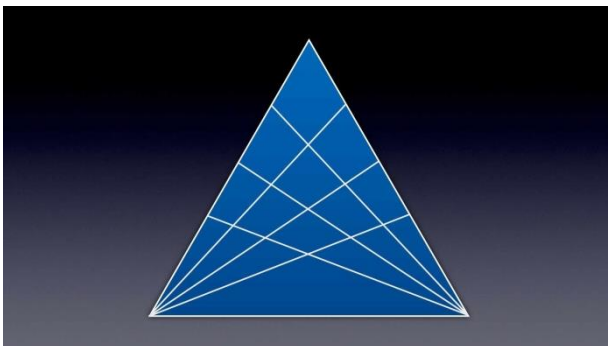
This bus is travelling around Oswestry, is it going left or right?

Which number is missing from the empty segment?



Can you find the the **mistake**?

1 2 3 4 5 6 7 8 9



How many triangles are there in this picture?

Answers to follow in the next pack!

Time to put the kettle on and
relax with a poem and this weeks
Oswestry Heritage Comics... Enjoy!

A Poem for Tea

When the world is at odds
And the mind is all at sea
Then cease the useless tedium
And brew a cup of tea

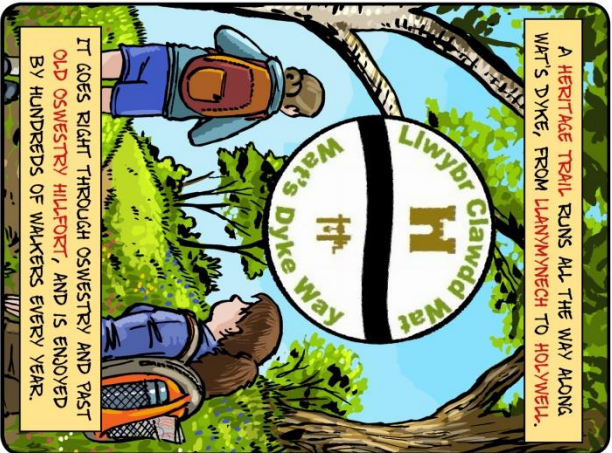
There is a magic in it's Fragrance
There is solace in it's taste
And the laden moments vanish
Somehow into space

The world becomes a lovely thing
There's beauty as you'll see
All because you briefly stopped
To brew a cup of tea

Tea-Enthusiasts.com

Oswestry HERITAGE

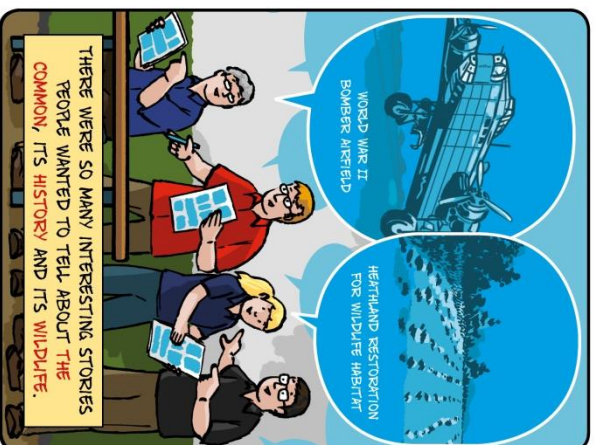
written and illustrated by John G. Swogger



Want to know more? There's information about the Wat's Dyke Way Heritage Trail on the [Oswestry Heritage Comics Facebook Page](#)

Oswestry MERITAGE

written and illustrated by John G. Swogger



Find out more about the heritage of Prees Heath Common, comics workshops for community groups and Merfest on the [Oswestry Heritage Comics Facebook Page](#).

Flower Quiz Answers

How did you do?...

1. Rose
2. Daffodil
3. Gypsophila
4. Lisianthus
5. Delphinium
6. Peony
7. Ranunculus
8. Allium
9. Gerbera
10. Alstromeria
11. Tulip
12. Astrantia
13. Anemone
14. Freesia
15. Carnation
16. Anthurium
17. Lily
18. Amaranthus
19. Strelitzia/Bird of Paradise

Give us your feedback!

It's really important that you tell us what you think about our **Happy Activity Packs** as our funders want to know how we are doing.
All feedback will be treated in confidence.

Please circle a number/answer for each statement

I enjoy the activities in the packs...

Strongly agree



1

2

3

Strongly Disagree

4

5



I look forward to receiving the Activity Packs...

Strongly agree



1

2

3

Strongly disagree

4

5



The Activity Packs make me feel...

Happy Stimulated Motivated Connected to others

Other (please state)...

The activities I enjoy most in the packs are...

Crafts Wellbeing Advice Exercise Poetry Recipes Other

Are there any activities you would like to see in future packs or any improvements you would like us to make?