



Welcome to the fifth edition of your activity pack; designed to support Anchor Hanover residents during this difficult time

In this edition, you can look forward to some activities that can be completed both on and offline! This includes a tricky proverb quiz to test your grey matter, a no cook chocolate tart (it couldn't be any easier!) and exciting news about Wimbledon coverage. We hope they offer some welcome distraction from the difficult times we all find ourselves in.

We will be sending packs weekly, with a different selection of activities each time. If you have any suggestions for future content, please email getconnected@anchorhanover.org.uk

The pack can also be downloaded from the [website](#) if you wanted to pass it on to a friend or neighbour.

For the latest coronavirus advice click [here](#).



Mind tricks!

Times are changing again! As life begins to return to normality after lockdown and we start making plans for all those activities that have had to be put on hold, it is understandable that some people may be feeling worried. Our lives have been very different over the last few months and media reports may have added to feelings of worry about your health, following social distancing and hygiene guidelines correctly or getting out and about again. There are ways you can reduce your worries so you can start to handle life in the 'new normal'.

The Mental Health Foundation has published some guidance to find our way back, and to reconnect with life. For more information, please click [here](#) where there are some hints and tips, especially for those who have had to self-isolate.

The NHS has a [list of support apps that may also be beneficial](#), including free apps such as [Chill Panda](#) - an app designed to help you relax, manage your worries and improve your wellbeing, which is currently being tested by the NHS.

The best place to keep up to date with the changing guidance from the Government is on their website [here](#).



Ready... steady... let's cook!

For those of you with a sweet tooth, and even those without, this [no cook chocolate tart recipe](#) is a great one to try. The tart can be made up to two days ahead and tastes delicious with a cup of coffee!



Sofa jet-setting

Seeking inspiration for your own creative activities or just enjoy looking at collections of the arts? You can now access a range of exhibitions from the comfort of your armchair.

Nottingham City Arts: the Armchair Gallery app is an app developed by Nottingham City Arts which brings world-class heritage, museum and gallery collections to you.

It includes artworks and artefacts from the collections of Chatsworth House, Yorkshire Sculpture Park, The Lowry, Dulwich Picture Gallery, Pitt Rivers Museum, Mr Straw's House & Newstead Abbey, and lots of creative activities alongside them.

You can download the app [here](#).

On a similar theme, [V21 Artspace](#) has made virtual tours of hundred plus art exhibitions to explore virtually, which could provide starting points for creative activities.

Brain teasers

Finish the proverb...

1. There is no place like _____
2. Beggars can't be _____
3. If you can't stand the heat get out of the _____
4. Finders keepers, losers _____
5. You can't judge a book by its _____
6. Money doesn't grow on _____
7. You catch more flies with honey than _____
8. Actions speak louder than _____
9. Rome wasn't built in a _____
10. Birds of a feather flock _____
11. Don't bite the hand the _____
12. Cat got your _____
13. A penny for your _____
14. The squeaky wheel gets the _____
15. Make hay while the _____
16. When the going gets tough, the tough _____
17. One man's trash is another man's _____
18. His eyes are bigger than his _____
19. A journey of 1000 miles begins with a _____
20. A change is as good as a _____

Answers at the end of this email.

Calendar of events

Whilst we can't get out and about, there are so many events that have been put online including theatre performances, pub quizzes, knit and natter sessions and a whole raft of other activities that might tickle your fancy! It's an ideal time to try something new or to revisit something you enjoy.



Strawberries and cream at the ready! Wimbledon may have been cancelled this year, but the BBC has made sure you can still watch plenty of classic action and hear from the top players until the 11 July. Coverage includes previous nail-biting finals every weekday and special weekend guests including an Andy Murray special! Click [here](#) to go to the BBC Sport Wimbledon home page to find out more.

For the cooks amongst us, the new Celebrity Masterchef starts on Wednesday! If you fancy joining the 2019 winner Irini on a 'cook along' you can do so [here](#) where you can make meatballs and pasta at home. Just get all the ingredients ready ahead of time, follow the link to the video and off you go!

For more ideas and options for other events and support, take a look at the [Royal Voluntary Service's Village Hall Notice Board](#).

Answers to the 'Finish the Proverbs' brain teaser:

1 - home, 2 - choosers, 3 - kitchen, 4 - weepers, 5 - cover, 6 - trees, 7 - vinegar, 8 - words, 9 - day, 10 - together, 11 - feeds you, 12 - tongue, 13 - thoughts, 14 - grease, 15 - sun shines, 16 - get going, 17 - treasure, 18 - stomach, 19 - single step, 20 - holiday.

You have received this email from Anchor Hanover Group as we have your contact details from either the Connected Resident Engagement Group or the BeSupportive befriending service we have set up in response to coronavirus. If you would rather not receive any future packs from us, please let us know by replying to this email or emailing getconnected@anchorhanover.org.uk.

Stay well and stay safe

Anchor Hanover's Resident Engagement Team

If you would like to know more about how we are supporting residents during coronavirus, please visit the residents area of the website [here](#). If you find you're feeling lonely, these may help...

- Keep in touch with friends, family and neighbours, give them a call or a video call
- Set a routine with online activities if you can, carry out regular tasks or try volunteering
- Ask for help. There is support out there and your local manager can put you in touch with these services.

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