

## **Welcome to the latest edition of our Beacon Box**

### **A monthly activity pack to do in your own homes**

Beacon Service is a social prescribing service which helps people improve their health, wellbeing and social welfare by linking them to voluntary community services, activities and organisations available locally.

At present, we recognise that community services, activities and provisions are not as they were and that people cannot attend community activities for many reasons. We are working with local community groups to show the wide variety of activities available locally for people over the age of 18 and to provide people with things that they can do in their own homes.

The activities give people a taste of what is going on in their local area. The activities are designed to be done from peoples own homes to support people who cannot attend groups and sessions locally for whatever reason.

Each pack is available on request by individuals or through referrals to Beacon Service.

For more information and support accessing community services suitable for your needs and in line with current government guidelines, or to request a pack or share an activity idea please ring 0161 518 5550 or email [buccg.beaconservice@nhs.net](mailto:buccg.beaconservice@nhs.net)

**JUST FOR FUN! Thanks to Bury VCFA**  
**Answers will be provided in next month's box**

**GENERAL KNOWLEDGE**

1. What subject would a Vexillologist be an expert on?
2. What is the name of the currency used in Poland?
3. In what year did Guy Fawkes attempt to blow up the Houses of Parliament?
4. Where is the one place in Great Britain that the Monarch is not allowed to enter?
5. Who is the Greek God of the sea?
6. How many squares are there on a chess board?
7. Who wrote the novel Black Beauty, first published in 1877?
8. Who wrote Principia Mathematica in 1687?
9. Whose assassination on 28th June 1914 sparked World War 1?
10. Which Monarch's crown has been used for all Royal coronations, since his own rule?

## JUST FOR FUN!

### Answers from last month

### February Facts, Valentine Veracities

#### FEBRUARY FACTS, VALENTINE VERACITIES

1. What do Americans call the 2nd of February, as made famous by the film starring Bill Murray? **Groundhog Day**
2. British actress Pauline Collins found fame playing the title character of which play and subsequent film adaptation, winning an Olivier, Tony and BAFTA along the way? **Shirley Valentine**
3. Valentine is the lead character of which of Shakespeare's comedies that also happens to have the smallest cast? **Two Gentlemen of Verona**
4. Saint Valentine is the traditional patron saint of which occupation, they are formally known as apiarists? **Beekeepers**
5. In February 2018 for the first time since 1999 there will not be a what? It will happen every other month of the year, sometimes twice a month? **Full Moon**
6. Shakespeare wrote 'A rose by any other name would smell as sweet' but which writer coined the phrase 'Rose is a rose is a rose?' She also wrote of her hometown of Oakland, California that 'There is no there there'? **Gertrude Stein**
7. Famed as the original Latin lover on the silver screen, which Italian actor died at the age of 31? **Rudolph Valentine**
8. Which gangster masterminded the Saint Valentine's Day Massacre in Chicago? **Al Capone**
9. Normally falling in February, which festival has a name that means "Fat Tuesday" in French? **Mardi Gras**
10. Which Italian professional motorcycle racer followed in his father's footsteps to become one of the best racers of all time, winning nine Grand Prix World Championships? **Valentino Rossi**

**Looking for something to read?  
Thanks to Gemma at Lowther Road Free Little Library for  
the monthly book reviews!**

**Michael Rosen Good Ideas** - If you're a parent or guardian trying to navigate home learning during the pandemic this is bound to give you some incredible ideas. But it's also a really interesting exploration of how we learn, what makes us good learners, and how to facilitate fun learning and encourage curiosity which will last our kids a lifetime.

**The Water Cure - Sophie Mackintosh** - part mystery, part dystopia, The Water Cure is a tale of 3 sisters being raised in unusual circumstances on an island, cut off from the rest of the world. The sisters are subject to odd practices, rituals, and cures performed by their parents to keep them safe but their world begins to unravel with the disappearance of their father and the appearance of 3 unknown men. Unsettling and odd, but compelling all the same.

**Girl who speaks bear (9+) - Sophie Anderson** - based in Russian folklore (as her books tend to be) this is a beautiful story about growing up and finding who you are, it's also a story about family being people you choose as much as people you're both yo. All with a heap load of adventure and daring do from the strong female character.

**The Greedy Goat -Petr Horacek** - a silly romp with fantastic illustrations. The goat doesn't fancy her regular meal, so goes off round the farm in search of other things for dinner. Bound to raise lots of giggles when read aloud, worth it for the illustrations of the poorly goat alone!

**You can borrow these from the local library or access them free at Borrowbox <https://www.borrowbox.com/>**

## Film Ideas to Watch

### Thanks to Prestwich Community Cinema

#### **The Third Man** <https://www.imdb.com/title/tt0041959/>

An out of work pulp fiction novelist, Holly Martins, arrives in a post war Vienna divided into sectors by the victorious allies, and where a shortage of supplies has led to a flourishing black market. He arrives at the invitation of an ex-school friend, Harry Lime, who has offered him a job, only to discover that Lime has recently died in a peculiar traffic accident. From talking to Lime's friends and associates Martins soon notices that some of the stories are inconsistent, and determines to discover what really happened to Harry Lime.

#### **The Maltese Falcon** <https://www.imdb.com/title/tt0033870/>

Spade and Archer is the name of a San Francisco detective agency. That's for Sam Spade and Miles Archer. The two men are partners, but Sam doesn't like Miles much. A knockout, who goes by the name of Miss Wonderly, walks into their office; and by that night everything's changed. Miles is dead. And so is a man named Floyd Thursby. It seems Miss Wonderly is surrounded by dangerous men. There's Joel Cairo, who uses gardenia-scented calling cards. There's Kasper Gutman, with his enormous girth and feigned civility. Her only hope of protection comes from Sam, who is suspected by the police of one or the other murder. More murders are yet to come, and it will all be because of these dangerous men -- and their lust for a statuette of a bird: the Maltese Falcon.

## Compliment Jar

### Thanks to The Creative Living Centre



Let's fill our jar full of things we love about ourselves!

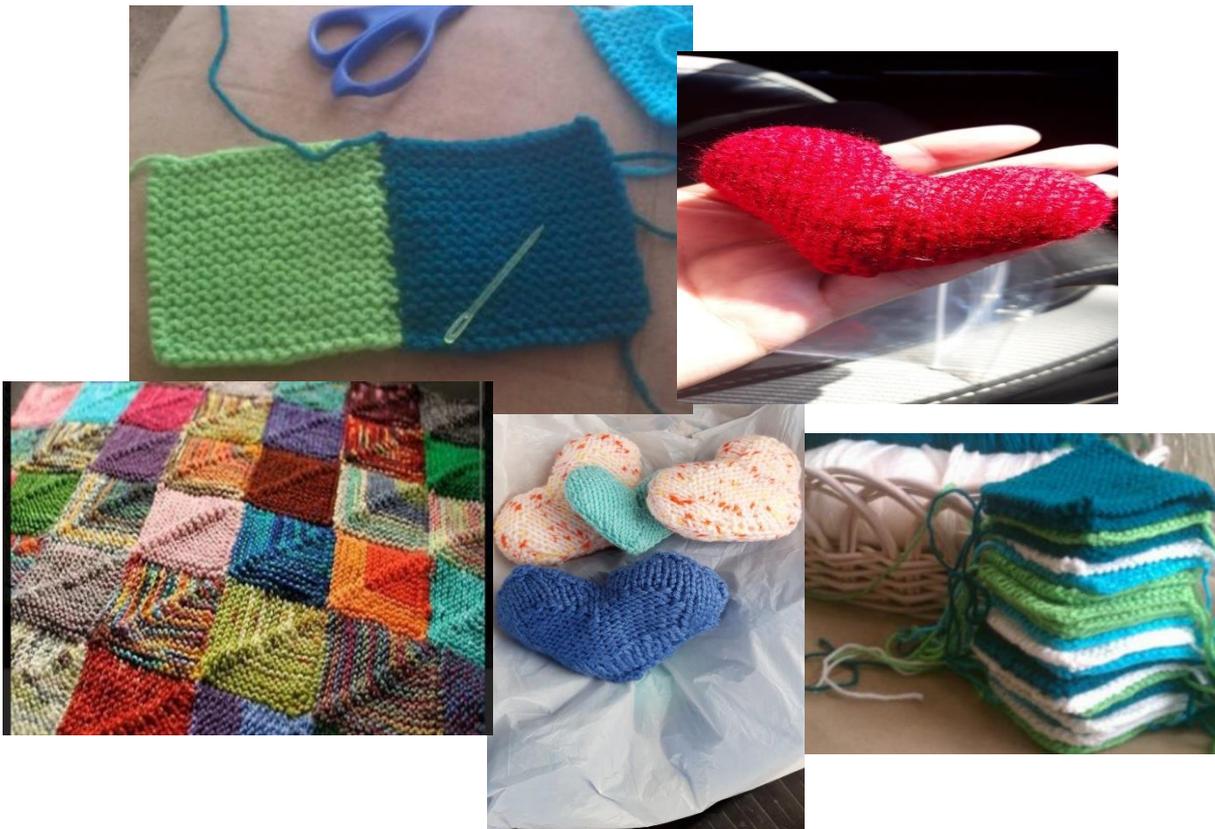
Find a jar or a cup and if you want to decorate it.

Every day for the whole of March write on a piece of paper something that you like about yourself. We are all amazing people let's celebrate this! At the end of the month you can look back through all your positive thoughts and whenever you are feeling fed up have a look back at all the ways you are amazing!

This can be anything you like – from the colour of your hair, your ability to write well, the way you smile and say Hello to everyone.

## Are you a knitter? Can you help?

Join our Beacon Service knitting group knitting hearts for the memory boxes our amazing District Nurses make & lap blankets for older residents to keep them warm outside.



Please email [julie.bentley@buryvcfa.org.uk](mailto:julie.bentley@buryvcfa.org.uk) for a pattern if required and for details of drop off points or collection.

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# Signs of Spring

Spring is just around the corner. Soon we will be welcoming those longer days, warmer temperatures and the buzz of our local wildlife, waking up after a long winter sleep.

Now is the perfect time to head outside, take some time out to take notice of the natural world around you and start spotting those early signs that spring is well and truly on its way.

For this activity, why not pop out into your garden, or even better, why not try this activity next time your out on a local walk. Have a look at the list below and see how many of these signs of spring you can spot...



See if you can spot the winter birds leaving and the summer birds (such as these swallows) arriving



Celandine - Look out in woodlands and hedgerows (and gardens if you're lucky) for this plucky little yellow flower



The first bees can be seen on warm spring days. You'll most likely spot the queens or mining bees emerging first.



Smell the fresh ransoms (Wild Garlic)



Check out ponds for frog spawn



Snow drops are in bloom - they sometimes can be seen as early as December!



If you are up and about early enough, you will be treated to a song or two from the dawn chorus



See the cattkins on the hazel trees. If you look closely enough can you also spot the delicate pink flowers hidden on the twigs?



Protecting Wildlife for the Future

Excerpt of [www.buryvcfa.org.uk](http://www.buryvcfa.org.uk)