

Welcome to the latest edition of our Beacon Box (Issue 3) A monthly activity pack to do in your own homes

The Beacon Service is part of Bury VCFA and is a Social Prescribing Service working to support local residents in the borough of Bury. We support people aged 18+ who are registered with a Bury GP.

We provide a totally person centred approach recognising that everyone is unique and has their own individual needs and make sure the support you receive is completely personal to you helping to improve your health and wellbeing.

As Covid restrictions are starting to be lifted, community groups, activities and events will be starting again and we know that many of you are looking forward to seeing family and friends and being able to go to groups, activities and events. We also understand that many of you have concerns and worries about what 'getting back to normal' looks like.

That's where we can help you. It's very important to us to listen to your concerns and support you to access relevant activities, groups, services and organisations which meet your needs and help improve your health and wellbeing.

We will be continuing to send the Beacon Box and showcase some of the activities available in your 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.

For many of you receiving this pack has been because of the lockdown restrictions and if you want more information about different groups setting up please contact your link worker or the office on 0161 518 5550.

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 please ring 0161 518 5550 or email beaconservice@buryvcfa.org.uk

JUST FOR FUN!

Answers to last month's quiz

GENERAL KNOWLEDGE

1. What subject would a Vexillologist be an expert on?

Flags

2. What is the name of the currency used in Poland?

Zloty

3. In what year did Guy Fawkes attempt to blow up the Houses of Parliament?

1605

4. Where is the one place in Great Britain that the Monarch is not allowed to Enter?

The House of Commons

5. Who is the Greek God of the sea?

Poseidon

6. How many squares are there on a chess board?

64

7. Who wrote the novel Black Beauty, first published in 1877?

Anna Sewell

8. Who wrote Principia Mathematica in 1687?

Sir Isaac Newton

9. Whose assassination on 28th June 1914 sparked World War 1?

Archduke Franz Ferdinand of Austria

10. Which Monarch's crown has been used for all Royal coronations, since his own rule?

Edward III "The Confessor"

Bury VCFA Monthly Quiz – What a Hope! Answers to follow next month

1. Comedian Bob Hope was born in which city ?
2. Hoffen means hope in which language ?
3. Who composed the music to Land of Hope and Glory ?
4. The 2012 film Hope Springs, starring Meryl Streep & Tommy Lee Jones, was set in which US state ?
5. Fill in the missing word from the Russian proverb. `It is never _____ in the land of hope.
6. `If there was hope, it must lie in the Proles` is a quote from which novel ?
7. The Hope diamond, one of the most famous jewels in the world, was mined in which country ?
8. How many times is the word hope used in the King James Bible ? :
a : 130 b : 230 c : 330
9. The Hope & Anchor pub, famous for its Pub Rock scene in the 1970s, is in which London borough ?
10. The Cape of Good Hope is to be found in which country ?

Create a Good Mood Board

Thanks to The Creative Living Centre

Using a cork board, pin, board, large piece of card the aim of creating your own mood board is to focus on the things that make you happy, the small things every day and collect them together sharing them in one big collage which you can display in your home.



Think about what makes you smile every day it could be a person, place, food, colour, books, clothes, animals, a finished piece of coursework.

Add a picture of it to your board, a hand drawn picture, a photograph, a cut out from a magazine whatever way you choose.

You can add to your board whenever you like creating a piece of 'happy' art for your home and to remind you of all the things that make you happy.

Film ideas to watch

Thanks to Prestwich Community Cinema

Easter Parade https://www.imdb.com/title/tt0040308/?ref_=fn_al_tt_1

Don Hewes and Nadine Hale are a dancing team, but she decides to start a career on her own. So he takes the next dancer he meets, Hannah Brown, as a new partner. After a while, this new team is so successful that Florenz Ziegfeld is interested in them, but due to the fact that Nadine Hale also dances (and stars) in the Ziegfeld Follies, Don says no. Despite the fact that he is in love with Hannah, he keeps the relation with her strictly business. So Hannah is of the opinion that he is still in love with Nadine, and her suspicion grows when he dances with Nadine in a Night Club Floor Show.

Chariots of Fire https://www.imdb.com/title/tt0082158/?ref_=fn_al_tt_1

It's the post-World War I era. Britons Harold Abrahams and Eric Liddell are both naturally gifted fast sprinters, but approach running and how it fits into their respective lives differently. The son of a Lithuanian Jew, Harold, who lives a somewhat privileged life as a student at Cambridge, uses being the fastest to overcome what he sees as the obstacles he faces in life as a Jew despite that privilege. In his words to paraphrase an old adage, he is often invited to the trough, but isn't allowed to drink. His running prowess does earn him the respect of his classmates, especially his running teammates, and to some extent the school administration, if only he maintains what they consider proper gentlemanly decorum, which isn't always the case in their minds. Born in China, the son of Christian missionaries, Eric, a Scot, is a devout member of the Church of Scotland who eventually wants to return to that missionary work. He sees running as a win-win in that the notoriety of being fast

Looking for something to read?

Thanks to Gemma at Lowther Road Free Little Library for the monthly book reviews!

Adult - Where the Crawdads sing - Delia Owens - when Kya is abandoned by her family at age 6 she is forced to raise and financially support herself from her home in a shack on the literal and metaphorical edges of 1950s America. Subtle in its telling of racial and social divisions, Kya's resilience and love of nature carry the story through to her adulthood. The story jumps back and forth between the 50s and 60s interlinked with a potential murder investigation.

YA (14+ maybe?) - The Apple Tart of Hope - Sarah Moore Fitzgerald - When Megan's best friend Oscar disappears, presumed dead, her life is thrown into confusion. As she tries to piece together what happened she finds stories which sound nothing like the Oscar that she knew. With the help of Oscar's brother, she attempts to keep alive the hope that he is still out there, whilst figuring out what drove him to his apparent suicide. Told alternately from Oscar and Megan's point of view this mystery will break and mend your heart all at once. A delicate telling of how things can so quickly build and spiral beyond our control, but how love and hope are sometimes the first steps back. (I read this in one sitting it was so good!)

Child - Pretty Salma - Niki Daly - A story of Salma, her Granny, and a bad dog. A little red riding hood style story from Ghana, Salma is sent to market and warned against talking to strangers, but is tricked out of her things by a bad dog who takes her place. Luckily she realises her error and goes to find help. Beautifully illustrated.

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

Busy Birds



March to late September is the UK official bird nesting season. During this time, most birds are busy finding a mate, building nests, sitting on eggs and raising young.

Although most birds only spend a few days building a nest, it is crucial they build a quality nest in a suitable site in order to successfully raise their young. Here are some ways you can give your garden birds a helping hand to create their perfect home, sweet home...

Look after the bugs

In particular, think about creating homes for spiders. Love them or hate them, if you want to give your garden birds a helping hand during nest building season, encourage web spinning spiders.



Lots of birds use spider webs to help 'stick' their nests together. By doing something really simple, such as adding some piles of sticks and logs you are creating space for spiders to set up home.

What else could you do?

- Why not think about planting some bushes? Having a hedge (even a small one) provides cover and potential nesting sites for birds such as blackbirds.
- Leave piles of dry materials like straw, sheep wool, and moss round your garden, both on the ground but also at higher levels, (tucked into the fence maybe?)
- Put up a bird box in a suitable location here's some info on how to make and install one: <https://www.wildlifetrusts.org/actions/how-build-nesting-box-birds>
- Please don't leave human or pet hair out as nesting material. Birds may get entwined or, they may be poisoned by residue products.
- Provide water. A pond is great, however, just leaving out a small bowl will help.
- Create a damp muddy spot. Just like the spider webs, some birds opt for wet mud to hold their nest together.



Protecting Wildlife for the Future

Be part of it

