



## **Welcome to the December 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 provision 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 will 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, 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)

**We would like to take this opportunity to wish you a Happy Hanukkah, Merry Christmas and a Happy New Year from all of us at Beacon Service and we look forward to seeing you in 2021**

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## **What's inside this month?**

1. Bury VCFA Quiz answers from last month and this month's quiz
2. Books to read – Lowther Road Free Little Library
3. Films to watch – Prestwich Community Cinema
4. Fill My Cup – Creative Living Centre
5. How to make a Bird feeder – The Woodies
6. How to make Gift Pots – Growing Together Radcliffe
7. Making salt dough decorations – Church Lane Community Centre
8. Recipe for Honey Cake – The Fed
9. Making Gift Boxes – Church Lane Community Centre
10. Star of 2020 – Bury Council and Bury GM Town of Culture

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## JUST FOR FUN!

Fill in your time with this fun quiz and challenge other people –  
Answers to October 2020 Quiz

### LOGOS

1. Bacardi: Which animal appears on their logo? **Bat**
2. Which Japanese car manufacturer uses a logo with 6 stars within an oval?  
**Subaru**
3. Domino's pizza: What is the total number of dots shown on the domino tile? **3**
4. Wenlock and Mandeville are logos that were used at which event? **2012 Olympic and Paralympic games in London**
5. The World Wildlife Fund logo features which animal? **Panda**
6. Which international company has an arrow "hidden" within it's logo? **Fed Ex**
7. Eddie Stobart: Which 2 colours are used on their iconic livery? **Green & white**
8. Which company logo was redesigned in 2012, with a more aerodynamic shape, a haircut, and an upturned beak? **Twitter (blue bird)**
9. Which high street bank features a blue eagle on it's logo? **Barclays**
10. Which animal is featured on Swarovski (jewellers) logo? **Swan**

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## JUST FOR FUN!

**Thanks to Bury VCFA for their fun quiz - Answers will be provided  
in next month's box**

### CHRISTMAS SONGS

1. Which act has had more Christmas number one singles than any other?
2. According to the song "Frosty The Snowman", what were Frosty's eyes made out of?
3. Which Christmas song won an Oscar for Best Song at the 1942 Academy Awards?
4. The first line of the song "Do They Know It's Christmas?" by Band Aid was originally intended for which singer, who finally got to sing it during Live Aid?
5. Which Christmas song includes the line "It seems so long since I could say 'sister Susie sitting on a thistle'"?
6. In 1965, which Christmas song became the first song to be broadcast from space?
7. In 1987, the Pogues featuring Kirsty MacColl were denied a Christmas Number One with the song "Fairytale Of New York". Which song kept them at number 2 with Pogues singer Shane McGowan saying "we were beaten by two queens and a drum machine"?
8. From which animated short film does the song "Walking In The Air" come?
9. In the song "Twelve Days Of Christmas", what are there 11 of?
10. In 1986, whose song was Christmas number one in the UK, 2 years after he had died?

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## Looking for something to read?

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

**Queenie - Candice Carty-Williams** - on the surface this feels like a throwaway holiday read, a bubbly story of poor choices and wanton self destruction. In fact I almost put it down after chapter one as the main character seemed so one dimensional. Boy am I glad I stuck with it! Queenie sneaks up on you with its subtlety, reflecting accurately that mental health is often times chipped away without you realising it. The story of 26yr old Queenie and the ending of her relationship actually becomes a story of race, gender, society, politics, and feminism. Wandering the fine line we all tread between mental wellness and mental illness.

**God's Own Country - Ross Raisin** - based in the Yorkshire Moors this is the story of outsider Sam Marsdyke, a young farmer who is cut off socially from his village after being expelled from school. His inward battles veer from the gentrification of his town, the troubled history which causes his exclusion, and his stoic father battling on in the old ways. Becoming consumed by an obsession with a girl new to the area his next moves are both peculiar and inevitable.

### Young adult

#### **Wolf Hollow - Lauren Wolk**

Very reminiscent of Harper Lee and John Steinbeck this story is deceptively sure footed. It tells the story of Annabelle who has lived all her life in a quiet town in the period following two world wars. A new, cruel, girl arrives and begins a series of events which escalate quickly, turning many lives upside down. A strong, young female lead, and an exploration of thoughts and feelings when you come of age and realise the world is more murky and subtle than good or bad.

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### **Child**

The Scarecrow and His Servant - Phillip Pullman - this is a chapter book absolutely packed with humour and adventure. There is no doubting Pullman as a master storyteller and this book is no exception. It was so good that the whole family gathered in bed to listen to a chapter a night. The story follows a scarecrow who is both wonderfully charming and (quite literally) pea brained. He's filled with grand ideas and along with his faithful servant Jack they encounter brigands, wars, shipwrecks, desert islands, unscrupulous businessmen and talking birds. Laughs and adventures this book is best read aloud I think though older children (8+) would likely manage it alone.

### **Young child**

The big orange splot- Daniel Manus Pinkwater

Mr Plumbean lives on a neat street, where everyone prides themselves on being the same. Until something happens to Mr Plumbean's house, which makes it different and gives him the realisation that he doesn't have to be the same. A beautiful story of individuality, celebrating yourself and encouraging others to follow their dreams no matter what other people might think. One of our favourite picture books.

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

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## Film ideas to watch

### Thanks to Prestwich Community Cinema

#### December

**It's A Wonderful Life** [https://www.imdb.com/title/tt0038650/?ref=fn\\_al\\_tt\\_2](https://www.imdb.com/title/tt0038650/?ref=fn_al_tt_2)

George Bailey has spent his entire life giving of himself to the people of Bedford Falls. He has always longed to travel but never had the opportunity in order to prevent rich skinflint Mr. Potter from taking over the entire town. All that prevents him from doing so is George's modest building and loan company, which was founded by his generous father. But on Christmas Eve, George's Uncle Billy loses the business's \$8,000 while intending to deposit it in the bank. Potter finds the misplaced money and hides it from Billy. When the bank examiner discovers the shortage later that night, George realizes that he will be held responsible and sent to jail and the company will collapse, finally allowing Potter to take over the town. Thinking of his wife, their young children, and others he loves will be better off with him dead, he contemplates suicide. But the prayers of his loved ones result in a gentle angel named Clarence coming to earth to help George.

**Scrooge (1951)** [https://www.imdb.com/title/tt0044008/?ref=fn\\_al\\_tt\\_1](https://www.imdb.com/title/tt0044008/?ref=fn_al_tt_1)

Stubbornly refusing to believe in Christmas, and to be separated from his inexhaustible wealth, the Victorian money lender and parsimonious recluse, Ebenezer Scrooge (Alastair Sim), can't be bothered with the poor and destitute at the most festive time of the year. Intent on spending the holy night alone, instead, the sceptical curmudgeon is visited by an unexpected and sympathetic friend, Jacob Marley (Sir Michael Hordern), who will pave the way for the inevitable visitation of the otherworldly spirits of Christmas Past (Michael Dolan), Present (Francis De Wolff), and Yet to Come (Czeslaw Konarski). But, what do the pale ghosts want? Can a wicked old miser admit the error in his ways, and embrace change? In the end, is Scrooge ready to love and be loved?

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## January

**Shirley Valentine** [https://www.imdb.com/title/tt0098319/?ref =nv\\_sr\\_srsq\\_0](https://www.imdb.com/title/tt0098319/?ref =nv_sr_srsq_0)

Shirley's a middle-aged Liverpool housewife, who finds herself talking to the wall while she prepares her husband's chip'n'egg, wondering what happened to her life. She compares scenes in her current life with what she used to be like and feels she's stagnated and in a rut. But when her best friend wins an all-expenses-paid vacation to Greece for two, Shirley begins to see the world, and herself, in a different light.

**Singin' In The Rain** [https://www.imdb.com/title/tt0045152/?ref =nv\\_sr\\_srsq\\_0](https://www.imdb.com/title/tt0045152/?ref =nv_sr_srsq_0)

Taking place during the rise of the "talkies", we meet Don Lockwood and Lina Lamont who have risen to stardom during the silent-film era of Hollywood. Beautiful, charismatic and influential, the two combine to make a great on-screen pair. The introduction of talking pictures poses a threat to the powerful duo, however, when it is discovered by audiences that Lina has an excruciatingly shrill voice. Enter young studio singer Kathy Selden, a woman who lacks the stardom of Ms. Lamont but possesses the beautiful voice of which Lina is in dire need. Can Don and Lina find a solution to Lina's laughably annoying voice to salvage their careers

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## **Fill my Cup!**

### **Thanks to The Creative Living Centre**



Let's fill our cups, we all have lots of things to be thankful for, things that make us feel happier and better about ourselves but we often forget about these things.

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

Every day take some time for yourself and do something you enjoy like go for a walk, read a book, look out of the window, soak in a bath, listen to some music.

Then each day write down up to three things you are grateful for on separate pieces of paper and fold them and put them in your cup.

At the end of the month or whenever you are feeling fed up unfold the paper and have a read and remember what makes you feel better.

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## How to make a bird feeder

### Thanks to The Woodies

Birds will be attracted to your garden if you provide food, water and shelter. There may be enough naturally in your garden to feed them in the summer and autumn months, although there is unlikely to be in winter and spring so here is a way to make a bird feeder to feed your birds all year round.



#### What you will need

About 100g of shredded suet or lard and 100g wild bird seed mix.

Any extra of the following: sunflower seeds, stale cake crumbs, cheese crumbs, raisins

A small tin or yogurt pot (washed and dried) or a coconut shell.

A saucepan

A wooden spoon

#### What to do

1. Weigh out an amount of suet and put it in a saucepan. Help them to melt it over a gentle heat.
2. Next weigh out an equal quantity of seed, adding in any extra ingredients they wish to include.
3. When the fat is liquid, turn off the heat. Help them to remove the pan from the cooker, and then stir in the seeds and other ingredients you have chosen. The mixture should look quite sticky as this is what holds the mixture together once it has cooled. Leave it to cool slightly.
4. Pour the mixture into the tin or the coconut shell. Leave to cool and set completely.
5. When it is set, string up the tin or shell, and wedge it into the branch of a tree in the garden. Place it somewhere you can see it from inside your house.
6. Keep an eye on the bird feeder and see what birds come to visit.



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## How to make Gift Pots

### Thanks to Growing Together Radcliffe

You will need:

- Terracotta plant pots or a pot which you can decorate
- Paints, Felt tips, permanent markers
- String, ribbons for decoration
- Plants/ seeds/gifts to go in your pot
- Card to make a gift tag to fix to the pot for the person it is for



What to do

1. Paint/ decorate your pot however you want to
2. Leave the pot to dry.
3. Add plant or seeds to the pot or add gifts to the pot for the person – ideas include stationary, sweets, small items to use in the garden or whatever their hobby is.
4. Make the gift tag and attach to the pot.



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## Making salt dough decorations for Hannukah and Christmas

Thanks to Church Lane Community Centre

### What you need

- 1 cupful of plain flour (about 250g)
- half a cupful of table salt (about 125g)
- half a cupful of water (about 125ml)
- some flour to roll out dough
- baking tray – lined with greaseproof paper
- cutters for shapes (optional)



### Method

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of.
4. Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.
5. Leave to cool and then paint and decorate.





## Recipe for making Honey Cake

### Thanks to The Fed

Honey cake is traditional for Jewish New Year for people to have a sweet new year.

Try making this delicious cake, we hope you enjoy it!

#### Ingredients

- 6oz/175g plain flour
- 3oz/75g caster sugar
- Half teaspoon ground ginger
- Half teaspoon ground cinnamon
- 1 level teaspoon mixed spice
- 8oz/225g clear honey
- 4 tablespoons sunflower oil
- 2 eggs
- 1 level teaspoon bicarbonate of soda (baking soda) dissolved in 3 fl oz/125ml orange juice and the grated rind of 1 orange
- 2oz/50g chopped walnuts



#### Method

- Mix together the flour, sugar and spices.
- Make a well in the centre, then add the honey, oil, rind and eggs. Beat well together until smooth.
- Dissolve the bicarbonate of soda in the orange juice and add the nuts. Stir into the flour mix.
- Pour into a greaseproof or silicone paper lined tin approx. 10ins x 8ins x 2ins (25cm x 20cm x 5cm)
- Bake at gas number 4/ 350F/ 180C for 50-55 minutes or until firm to the touch. Remove from the oven and leave to cool.
- When quite cold, foil wrap and leave at room temperature if possible for 4-5 days before using. The cake improves with keeping!

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## Gift Boxes

### Thanks to Church Lane Community Centre

#### What do you need?

Paper  
Scissors  
Crayons, felt pens, craft materials to decorate your box  
Glue or double sided tape  
Small gift to go inside



#### How to make the gift box

1. Using the cube template (it's at the end of the pack) or with your own shaped template draw the template on your chosen paper – scrapbook paper or thin card works well. Or print the template if that works for you.
2. Cut out the box template and score all the folds and tabs to make it easier to fold the box up
3. Colour and decorate your box however you want to.
4. Run some paper glue or double-sided tape along the tabs and leave the tabs for the top of the box free of tape so you can open and close the lid.
5. Fold your box together.
6. Add a gift to your box before closing the lid and finishing it off with a gift tag or ribbon.



If you have access to the internet there are lots of templates you can use to create your own gift boxes.



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## Star of 2020

### In partnership with Bury GM Town of Culture and Bury Council

Join us and design, display and share your *Bury Stars* as part of a season of activity focusing on Light and Hope.

We're asking residents in the Borough to use stars to display in homes and workplaces across the Borough to recognise the people who have lit up your year, been a star in supporting your community or to recognise individuals who are close to you.

We know that 2020 has been a tough year for many people and this activity offers a chance to thank neighbours, volunteers, key workers, friends and family members. You could also use it to display your hopes for the future.

**Create:** Get creative and design your own stars or decorate the template we've produced with vibrant colours and design effects (the template is at the end of the pack). Add to this the name of the person or group you want to recognise.

**Display:** Show off your creativity - put your star(s) up in your window. You could make a display with multiple stars and create community constellations.

**Share:** Share your stars on social media using the hashtag #BuryStars. Each day in December a random star/display will be shared on the Bury Council social media pages.

*To find out more on Light and Hope follow @BuryCulture on Facebook, Twitter and Instagram*

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