

Welcome to the latest edition of our Beacon Box (Issue 8)

A monthly activity pack for you to enjoy in your own homes

The Beacon Service at Bury VCFA provide a social prescribing service offering a totally person centred approach to anyone aged over 18 and registered with a Bury GP. We recognise 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.

There are lots of community groups, activities and events available locally and we know that many of you are looking forward to getting involved with things in your communities, but we also know it can be difficult to access and join in for many different reasons.

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.

Our Beacon Box gives you a taster of some of the local activities and shows you opportunities to join in if you want to, you can. 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 please ring 0161 518 5550 or email beaconservice@buryvcfa.org.uk

Signs of Autumn



For many plants, insects and some mammals, autumn is a time of slowing down, of shutting down. It's all about changing where and how you live in preparation for the great annual emergency: winter. For many birds it's about arrivals and departures, some flying south in pursuit of food and warmth, while others arrive from the Arctic for a mellow winter. The red deer decide that this is the moment to get dramatic about breeding and start the annual rut.

'While all around them summer's lush greens become browns and oranges, punctuated with pops of red and purple berries.'

**Now is a great time to get out into nature and see for yourself the astonishing changes.
Why not get out for a walk and see if you can spot any of these signs of Autumn...**

Fabulous Fungi

Leaves changing colours
and falling from the branches

**Migrating birds (saying goodbye
to the swallows and swifts and
saying hello to the redwings and waxwings)**

Falling tree seeds
(conkers, acorns, hazelnuts etc.)

Flowering Ivy

Creatures such as hedgehogs getting
ready to hibernate

More foggy or 'dewy' mornings

Abundance of fruit and berries

Shorter days with longer nights

Why not join us at Philips Park on 15th October at 10am, for a walk to see if we can spot any signs of autumn together? For more information please contact Jenni Lea at jlea@lancswt.org.uk

Protecting Wildlife for the Future

Be part of it



Looking for something to read?

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

Strange weather in Tokyo - Hiromi Kawakami Tsukiko and Sensei, the central characters to this story meet unexpectedly in a bar many years after first meeting - in high school where sensei was her teacher. Through peaceful silences, unplanned meeting, unspoken understanding, and limited discourse, an unlikely friendship, and eventual romantic love develops across the pages. Poetic and intriguing this book beautifully displays that romantic love can transcend age, and can be very simple if we allow it to be so. The story itself sounds very sparse, but the expression on the page is compelling. If you're a fan of Japanese literature you'll love this, if you've never read any it's a lovely place to start.

Punching the air - Ibi Zoboi and Yusef Salaam- 12+ co-authored by one of the Exonerated 5 this is the story of a teenage boy convicted of a crime didn't commit, one case of wrong place, wrong time, wrong face, send him rapidly down a path he never expected. An exploration of racism, classism, and the judicial system in America told completely from the point of view of Amal, young and artistic and brave. Written entirely in the form of poetry; lyrical, hopeful, and gut wrenching.

Skunk and badger - Amy Timberlake - 7-11 - illustrated by Jon Klassen you know this to be an instant classic. The story of a geologist Badger (who does very important rock work) having an unexpected roommate arrive at his door. Badger is forced to reassess his lifestyle, learn how to coexist, and discover that the world is a much nicer place with friends. A fantastic example of how children's literature can be complex and beautiful, not only filled with toilet humour or dumbed down. Wonderfully and unapologetically absurd, it will inspire belly laughs and good conversation, especially good read out loud!

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

Prestwich Community Cinema

Prestwich Community Cinema are back and will be meeting on Sunday 10th October 2021 at 7:30pm (doors open at 6:30pm) at The Carlton Club to watch Judas and the Black Messiah.

You can buy your ticket for £5 on the night or book online at <https://prestwichcommunitycinema.co.uk/whatson/>

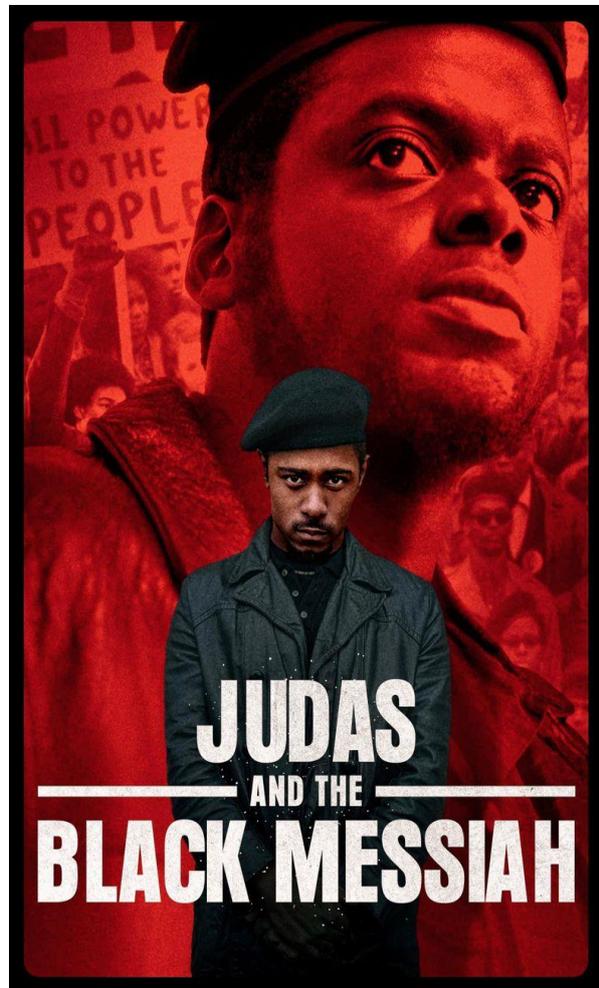
If you can't go along have a watch at home.

Judas and the Black Messiah

BBFC Cert: 12A5

Fred Hampton, a young, charismatic activist, becomes Chairman of the Illinois chapter of the Black Panther Party – putting him directly in the crosshairs of the government, the FBI, and the Chicago Police. But to destroy the revolution, the authorities are going to need a man on the inside.

Oscar nominees Daniel Kaluuya and LaKeith Stanfield play Black Panthers Chairman, Fred Hampton and FBI mole Bill O'Neal in this gripping true life drama.



TWO BY TWO Quiz Answers from last months quiz

1. The tallest building in the world with 2 towers is in Kuala Lumpur. What is it called.

Petronas Towers

2. Who was the male actor in the 1980s comedy "The Two of Us" alongside Janet Dibley

Nicholas Lyndhurst

3. Paris has two main airports. Charles de Gaulle (CDG) is one, what is the other.

Orly (ORY)

4. The American bomb that was dropped on Hiroshima was called Little Boy. What name was given to the bomb dropped on Nakasaki

Fat Man

5. Who wrote The Two Towers

J R R Tolkein (Part of the Lord of the Rings trilogy, preceded by The Fellowship of the Ring and followed by The Return of the King)

6. Venus & Serena Williams are tennis playing sisters, but what is the surname of Czech twins Karolina & Krystina. (Karolina has previously been ranked no1 in the world)

Pliskova

7. The 2 Ronnies were a popular British comedy partnership, but which comedians created "The 2 Rons"

Hale and Pace

8. The River Dee is a small river in Cumbria, but shares its name with a much bigger river in England & Wales. Which English City does this river flow through.

Chester. (There are a total of 4 "Dees" in the UK, 2 of which in Scotland).

9. Sparks was a pop group of the 70s, with hits such as "This Town Ain't Big Enough for the Both of Us". Brothers Ron (keyboard) & Russell (vocal) had what surname.

Mael brothers. (They plan to release a new album end 2019)

10. Phil & Gary Neville once played for Manchester United, but what is the name of their sister who coached the England netball team.

Tracey

At Bury VCFA we are busy doing wordsearches – can you find all the hidden words?

Fun things to do

C	E	E	N	T	O	Y	S	N	E	K	E	O	E
S	R	A	P	P	P	U	Z	Z	L	E	S	Z	O
O	I	T	I	O	E	S	D	R	A	C	I	E	C
G	W	I	E	K	S	S	P	E	R	G	C	T	N
N	A	N	I	E	N	D	S	I	S	S	R	S	L
I	L	G	O	R	R	T	I	B	L	E	E	E	L
Y	K	G	P	K	E	G	I	R	O	I	X	I	A
A	I	N	A	P	A	A	P	F	R	V	E	B	B
L	N	I	R	K	D	K	A	E	L	O	E	B	T
P	G	D	K	K	I	P	S	A	R	M	T	O	O
D	I	I	T	G	N	L	O	F	L	O	G	H	O
R	G	R	R	L	G	S	G	L	R	N	L	R	F
B	A	S	E	B	A	L	L	P	O	D	E	R	L
R	U	N	N	I	N	G	D	R	I	V	I	N	G

EXERCISE
GOLF
POLO
WALKING
HOBBIES
EATING
CARDS
PETS
BASEBALL
POKER
READING
RUNNING
PARK
FOOTBALL
DRIVING
PLAYING
RIDING
TOYS
PUZZLES
MOVIES

Play this puzzle online at : <https://thewordsearch.com/puzzle/294/>

Whittaker Lane Walks!

Do you live in Prestwich or the local area?

Join us on our monthly social walks!

If you can't why not go for a walk and a coffee with a family member or friend

"I had a lovely time, I met some really nice people and am looking forward to going to some other local groups"



We'll be meeting at 10am and will be back around 12 noon after a walk into Prestwich Village and a cup of tea/coffee in a local cafe.

Meet us outside Whittaker Lane Medical Centre, 2 Beaufort Street,
Prestwich M25 1EX

Thursday 14 October 2021
Wednesday 17 November 2021
Tuesday 14 December 2021

Please email amshalks@yahoo.co.uk to book your place

Please note: Walkers are advised to wear appropriate, comfortable footwear and a waterproof coat.



Creating A Coconut Poem



Handle a coconut and write a poem – an activity for to do on your own or with others

What you will need

A coconut or any other fruit or vegetable

A pen and paper

What to do

Begin by looking at the coconut – Do you recognize what it is? Have you ever eaten one? What would you do to eat it? Where would you get one from?

Hold the coconut – How does it look close up? How does it feel? Is it light or heavy? What would you use it for?

Write down everything that is said – you will use this to create your poem.

If possible you could also have some coconut available to eat how does it taste? What texture is it? Is it hard or soft?

Finish by reading back the poem that has been created, or by getting your partner to read it. After the reading ask the person you are working with if they can think of a name for their poem.

How to make Garden Noughts and Crosses

You will need:

10 Stones

Paint and Paintbrushes or permanent marker

Varnish

Sticks

String



How to make

1. You need two different pictures to paint on the stones. This can be anything butterflies, caterpillars, ladybirds, bumble bees etc. Draw these on the stones using permanent markers, paint, felt tip pens. Once they are dry you can varnish them to protect the paint if you want to.
2. You then need 4 sticks about the same size as each other. Trim them to the same length and tie them together with string to make the noughts and crosses grid.



There are lots of different things you can do to make this easier or harder to make, using tops of logs or paving flags to draw the grid using different coloured stones for the noughts and crosses. You can even make a bag to store the pieces.