



Prestwich Activities at Home

Oct 2022

Social Prescribing in Prestwich



Caring for relatives
and friends



Support groups



Healthy Lifestyle



Local activities,
groups and services



Money Worries



Managing stress
and anxiety



Living with
health conditions



Housing issues



Alcohol
and drugs



Employment

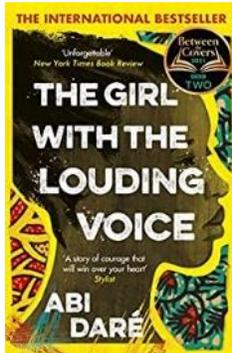
Welcome to our Prestwich at Home activities pack

Within our local community there is a wide range of community groups, activities, events and services all of which can help improve our health and wellbeing, making us feel more connected to our neighbourhood and where we live. We know that it's not always easy to get to these for many different reasons so working with local residents, community groups and organisations we've created a series of activities which give you the chance to get involved from your own home.

You can do as many of the activities as you want and activities can be adapted to suit your needs whether that's reading to grandchildren or setting up a knitting group in the care home you live in.

Your social prescriber is here to listen and help make the changes you need to improve your own health and wellbeing. For more information please contact julie.bentley8@nhs.net or ring me on 07713 750 458 or come along to our weekly social drop in every Tuesday 1pm – 3pm at Church Lane Community Centre, Church Lane, Prestwich.

Thanks to Gemma at Lowther Road Free Little Library for the monthly book reviews! If you live locally and are looking for books or have any to donate go along to Gemma's Free Little Library on Lowther Road, Prestwich.



Adult - Girl with the louding voice written by Abi Dare - after her mother's death, at just 14, Adunni is pulled out of school and sold by her father to be the 3rd wife of an old man. Her unhappy life is hit with sudden tragedy and she is forced to flee to Lagos. Employed as (an unpaid) house girl to the cruel and wealthy Big Madam, she finds herself ricocheting from one bad situation to the next. Trying to solve the mystery of the girl employed before her, and being pursued by Big Madams husband can she ever find her way to a happier life?



Childrens - Rabbit and Bear (rabbits bad habit) written by Julian Gough and Jim Field - Rabbit and Bear are the most unlikely of friends, one being calm and gentle, the other being prone to outbursts and big emotions. Bear is woken early from hibernation, and decides to build a snowman. Rabbit has never built a snowman but decides he must build one even better than Bear. Will an avalanche and hungry wolf convince Rabbit he may need a friend more than a competitor? Between the illustrations and the story this is a book you'll return to again and again; if you're not offended by a bit of poo!

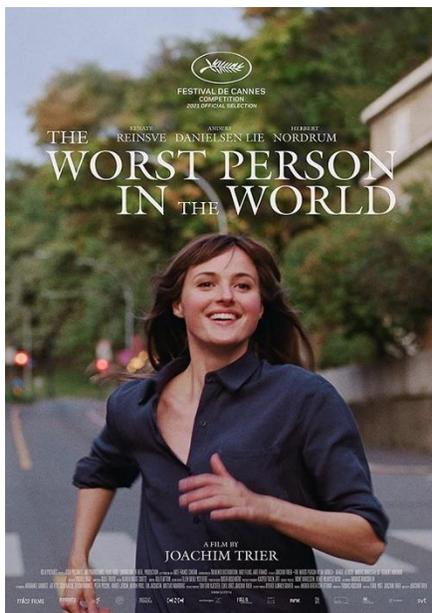
You can borrow these from the local library or access them free at Borrowbox
<https://www.borrowbox.com/>

Prestwich Community Cinema

Prestwich Community Cinema will be meeting on Sunday 9th October 2022 at 7:30pm (doors open at 6:30pm) at The Carlton Club, 279 Bury Old Road Prestwich, Manchester, M25 1JA to watch *The Worst Person in the World*.

You can buy your ticket for £5.80 on the night or book online at <https://prestwichcommunitycinema.co.uk/whatson/>

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



The Worst Person in the World

The film chronicles of four years in the life of Julie, a young woman who navigates the troubled waters of her love life and struggles to find her career path, leading her to take a realistic look at who she really is.

Running time: 2hours 8 minutes

Director: Joachim Trier

Local resident Marilyn loves the theatre and will be sharing her experiences with us each month.

The Osmond Musical

We were very excited to be going to see this musical as it had been such a nostalgic evening as everyone remembers the Osmonds.

This musical is the full story of the Osmonds, some of which I hadn't known.

They came from Utah and were brought up in the Mormon faith. Their father George Osmond was very strict but knew that 4 of his 9 children were very talented and he took them to California to see if they could break in to show business. Whilst there, they went to Disneyland and did an impromptu performance of their barber shop quartet who were so impressed they hired them for a Disneyland special. Andy Williams father was so impressed that he asked his son to go and see them perform.

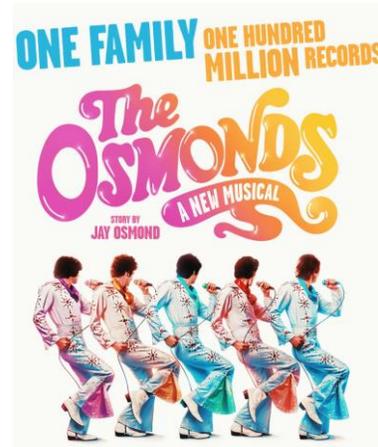
Their next step to fame was on the Andy Williams show. They made a great impression on the show and the audiences loved them.

In the show when the young actor playing Jimmy Osmond sang 'Long Haired Lover' from Liverpool' and the one playing Donnie sang 'Puppy Love' the whole audience were singing along. The atmosphere in the theatre was so feel good.

In the 2nd half of the show they sang 'Crazy Horse', again to loud applause and singing from the audience, especially when Jay Osmond emerged from the wings to join in the show. There was quite a bit about Donny and Marie, and their songs, and they sang 'Morning Side of the Mountain'. The actors really did look and sound the part.

Then the sad part of the show was that they decided to create a television studio and set in Utah to record the Marie and Donny Show and then the TV station cancelled the show and they lost a vast amount of money causing them to nearly go bankrupt. This was after they had earned a fortune, which was now all lost. They decided not to go bankrupt but to go 2 world tours and clear all their debts plus keep their good names.

If you want to feel happy and relive your teenage memories go and see this show, watch TV shows and play the music from The Osmonds and have a sing along!



Thanks to Jenni from the Nature for Health team at Lancashire Wildlife Trust for our Autumn activity.

myplace

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





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Thanks to John at Dignifying Dementia for this months activity.

Dignifying Dementia hold a weekly social group for those who are worried about their memory. The group meets every Tuesday from 1pm – 3pm at The Welcome Inn, 61 Bury Old Road, Prestwich M45 6TA

CODEWORD is a crossword grid where each letter of the alphabet has been substituted for a number from 1-26. There will be at least one occurrence of each letter of the alphabet. Certain letters are given as starters. The solver must decipher the rest of the code to discover the words in the completed puzzle. In this puzzle every 21 is a P and every 3 a L.

18	15	24	6	11	19	8		24	20	23	11	15	17	16
26		20		20		21		20		26		8		8
20	3	3	23	12	20	16	8	11		20	4	26	23	16
15		22		6		23		3		12		21		6
5	23	14	23	18		15	3	6	1	6	11	3	10	
		20						7				6		23
2	8	10		25	23	2	8	17		22	23	13	6	4
23				8		17		23		11				8
25	8	11	20	13		4	20	9	4	10		21	20	3
6		6				23						20		
	23	26	21	3	23	15	23	16		3	17	9	15	24
25		8		23		23		24		20		20		20
11	20	1	6	9		20	7	17	6	4	17	15	16	18
8		20		12		11		26		6		24		16
14	23	3	3	8	14	10		25	6	9	19	6	9	6

A B C D E F G H I J K L M

N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

What's for tea?

We'll be adding a recipe from a local resident every month. If you want to share a recipe please get in touch.

This month we have Allans tuna cutlets

I normally use 140 gram tins of tuna chunks in sunflower oil in preference to tuna in water or brine. For every tin of tuna, you will need 1 finely chopped onion and 1 egg.



For every tin of tuna, it should make 3 or 4 cutlets depending how big you “roll” them in the palm of your hand.

Because of the economic situation at the moment it is more cost effective to make large batches and freeze the surplus for a later date. I prefer to fry them in a deep fat fryer rather than in a frypan. When cooking it is best to use a medium heat because if the oil is too hot it will cook the outside of the cutlet and not the middle.

1. Empty the tuna in a mixing bowl.
2. Mix and squash the tuna so there are no lumps
3. Beat the egg and pour it over the tuna.
4. Put the onion in a food processor to spin so that there are no lumps
5. Empty the onion in the mixing bowl.
6. Add Rakusens medium matzo meal, or very fine bread crumbs as you mix the ingredients. Make the mixture supple and not too wet so that when you put the mixture in the palm of your hand to make the tuna cake it will not fall away.
7. Add salt and pepper to taste as required.
8. When the cutlets are ready, take them out of the fryer or pan and put them on a kitchen roll to take away the surplus oil and leave to cool.

Let's Knit!

We are knitting hats, prem baby and baby hats and hats for the homeless. We've included 2 patterns below but feel free to use your own patterns.

For hats and if you can donate any wool they can be dropped off at Church Lane Community Centre between 10am and 3pm on Tuesdays and we will distribute locally.

1

Fits the Whole Fam

Materials:

Size 5.5mm (US9) for brim and size 6mm (US 10) for body of hat. Use your favorite method for knitting in the round.

Approx. 400 yds of Fingering weight yarn held TRIPLE.

Gauge: Using larger needles in 1x1 rib in the round: 12sts and 22 rows in 4 inches.



Abbreviations:

k: knit p: purl
 sts: stitches
 pm: place marker
 1x1 ribbing: *k1,p1* repeat around
 s2kpo: sl2sts as if to k2tog, k1, pass slipped stitches over
 s2ppo: wyif, sl2 sts as if to p2tog lbl, p1, pass slipped stitches over

Pattern Starts Here:

With smaller needles cast on 68 sts
 Pm and join in the round being careful not to twist your stitches.
 Work in 1x1 ribbing for 4 inches
 Switch to larger needles and continue in 1x1 ribbing for approx. 5" (9" total from cast on)

Decreases

Work all stitches as they present themselves unless otherwise stated. All decreases are worked over 3 stitches. Some decreases will use the first stitch from the next row becoming new last stitch.

Work 14 stitches, s2kpo, work 13 stitches, s2kpo, work 15 sts, s2kpo, work 13 stitches, s2kpo, p1

Work one round as stitches present themselves.

Work 13 sts, s2ppo, work 11 sts, s2ppo, work 13 sts, s2ppo, work 11 sts, s2ppo

Work one round as they present

Work 12 sts, s2kpo, work 9 sts, s2kpo, work 11 sts, s2kpo, work 9 sts, s2kpo (using the 1st st from next row)

Work 1 round as they present

Work 4 sts, s2ppo, work 3 sts, s2ppo, work 2 sts, s2kpo, work 2 sts, s2ppo, work 3 sts, s2ppo, work 3 sts, s2ppo, work 2 sts, s2kpo, work 2 sts, s2ppo (using the 1st st from next row)

Work 2 sts, s2kpo, work 1 st, s2kpo, s2ppo, s2kpo, work 1 st, s2kpo, work 1 st, s2kpo, s2ppo, s2kpo (using 1st st from next row)

Cut a tail leaving a few inches, draw through remaining sts on needle and cinch tight.

We hope you enjoyed this knit and we would love to see it. Use the #fitsthewholefamhat and tag us on Instagram @cozyupknits

Can't wait to see how you make this your own.

Happy Knitting!



COZY UP  KNITS

Pattern support email us at: cozyupknits@gmail.com



Fits the Whole Fam by Cozy Up Knits



Preemie Hats

A knitting pattern

By Carissa Browning

Materials:

Small amounts of sport-weight soft, washable yarn in pastels, or colors of your choice
US3 (3.25mm) double-pointed needles
Tapestry needle

Gauge:

6.5 to 7 sts = 1in (2.54cm), depending on your yarn
A slightly different gauge will give you a slightly smaller or larger hat, but all baby heads are different anyway.

Finished Size:

11-12in (28-30.5cm) in circumference

Abbreviations:

cm = centimeters
CO = cast on
dpns = double-pointed needles
g = grams
in = inches
k = knit
k2tog = knit 2 together = insert needle into two stitches at once and knit as one stitch
m = meter(s)
mm = millimeters
oz = ounces
p = purl
p2tog = purl 2 together = insert needle purlwise into two stitches at once and purl as one stitch

rep = repeat
rnd(s) = round(s)
st(s) = stitch(es)
stst = stockinette stich = knit 1 row, purl 1 row if working back and forth; knit every round if working in the round
tog = together
yd(s) = yard(s)
yo = yarn over = if knitting, bring yarn to front between needles, then up and over right needle and to the back of work; if purling, bring yarn up and over right needle and to the back of work, then to front between needles

PATTERN

CO 72 sts and distribute to dpns. Join, being careful not to twist.
Work k2, p2 ribbing for 6 rnds.

Eyelet Version Only:

Rnds 1-3: knit.
Rnd 4: {k1, k2tog, yo, k3} to end.
Rnds 5-7: knit.
Rnd 8: {k4, k2tog, yo} to end.
Rep Rnds 1-8 twice more.
Continue to Crown Shaping below.



Heart Version Only:

Rnds 1-3: knit.
Rnd 4: {k6, p1, k5} to end.
Rnd 5: {k5, [p1, k1] twice, k3} to end.
Rnd 6: {k4, [p1, k1] three times, k2} to end.
Rnds 7, 9, 11: {k3, [p1, k1] four times, k1} to end.
Rnds 8, 10: {k2, [p1, k1] five times} to end.
Rnd 12: {k4, [p1, k3] twice} to end.
Knit 12 more rnds.
Continue to Crown Shaping below.



Diamond Version Only:

Rnds 1-3: knit.
Rnds 4, 12: {k6, p1, k5} to end.
Rnds 5, 11: {k5, p1, k1, p1, k4} to end.
Rnds 6, 10: {k4, p1, k3, p1, k3} to end.
Rnds 7, 9: {k3, p1, k5, p1, k2} to end.
Rnd 8: {k2, p1, k7, p1, k1} to end.
Knit 12 more rnds.
Continue to Crown Shaping below.



Crown Shaping (Eyelet, Heart, and Diamond Versions):

Rnds 1-11, odd: knit.
Rnd 2: {k4, k2tog} to end - 60 sts.
Rnd 4: {k3, k2tog} to end - 48 sts.
Rnd 6: {k2, k2tog} to end - 36 sts.
Rnd 8: {k1, k2tog} to end - 24 sts.
Rnd 10: k2tog to end - 12 sts.
Cut tail and thread through remaining loops. Pull tight and tie off. Weave in ends.

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Striped Version Only:

After initial 6 rnds of ribbing in color A, switch to color B, without cutting color A. Knit two rnds with color B.
Switch back to color A, without cutting color B, by twisting the two strands behind work. Knit two rnds with color A. Continue in stst, changing colors every two rnds, for 24 rnds above ribbing. Follow crown shaping as above, but continue to change color every two rnds.



Ribbed Version Only:

CO 72 sts and distribute to dpns. Join, being careful not to twist.
Work k2, p2 ribbing for 30 rnds.
Crown Shaping (Ribbed Version):
Rnd 1: {k2, p2, k2, p2tog} to end - 63 sts.
Rnd 2: {k2, p2, k2, p1} to end.
Rnd 3: {k2, p2, k1, p2tog} to end - 54 sts.
Rnd 4: {k2, p2, k1, p1} to end.
Rnd 5: {k2, p2, p2tog} to end - 45 sts.
Rnd 6: {k2, p3} to end.
Rnd 7: {k2, p1, p2tog} to end - 36 sts.
Rnd 8: {k2, p2} to end.
Rnd 9: {k2tog, p2tog} to end - 18 sts.
Rnd 10: {k1, p1} to end.
Rnd 11: k2tog to end - 9 sts.
Cut tail and thread through remaining loops. Pull tight and tie off. Weave in ends.



Visit CarissaKnits.com for more patterns!
Feel free to email questions to CarissaLB@yahoo.com

This pattern is intended for personal use only. Please do not try to sell it or any product made from it. Thank you.

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