

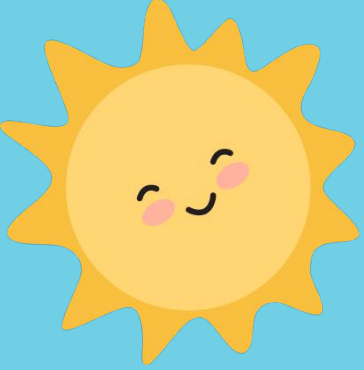
# EASTER

# FUN!

## Family Book



**Healthworks**  
the community health charity



The Spring Holidays are coming and there's no better time to get off the sofa and do some fun things with the family!

The Healthworks Team have designed this fantastic resource to provide you with a range of activity ideas to enjoy safely with your family over the holiday period.

We hope you have fun trying some of our ideas out!

Pop over to **[www.healthworksne.org.uk](http://www.healthworksne.org.uk)** for more inspiration and to find out more about the work we do.



**Healthworks**  
the community health charity







CELEBRATING 30 YEARS

Helping people live  
longer, healthier and  
happier lives since 1995

Healthworks has been at the heart of the  
North East for three decades, delivering  
innovative services and programmes that  
have a lasting impact on health and  
wellbeing

[www.healthworksne.org.uk](http://www.healthworksne.org.uk)

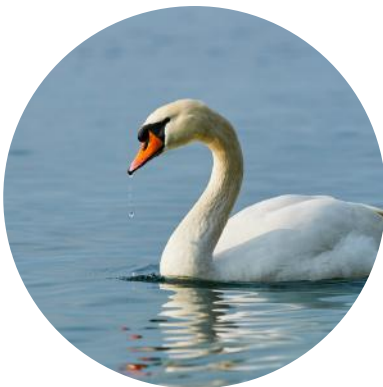


# Make a 'Bunny Hug'



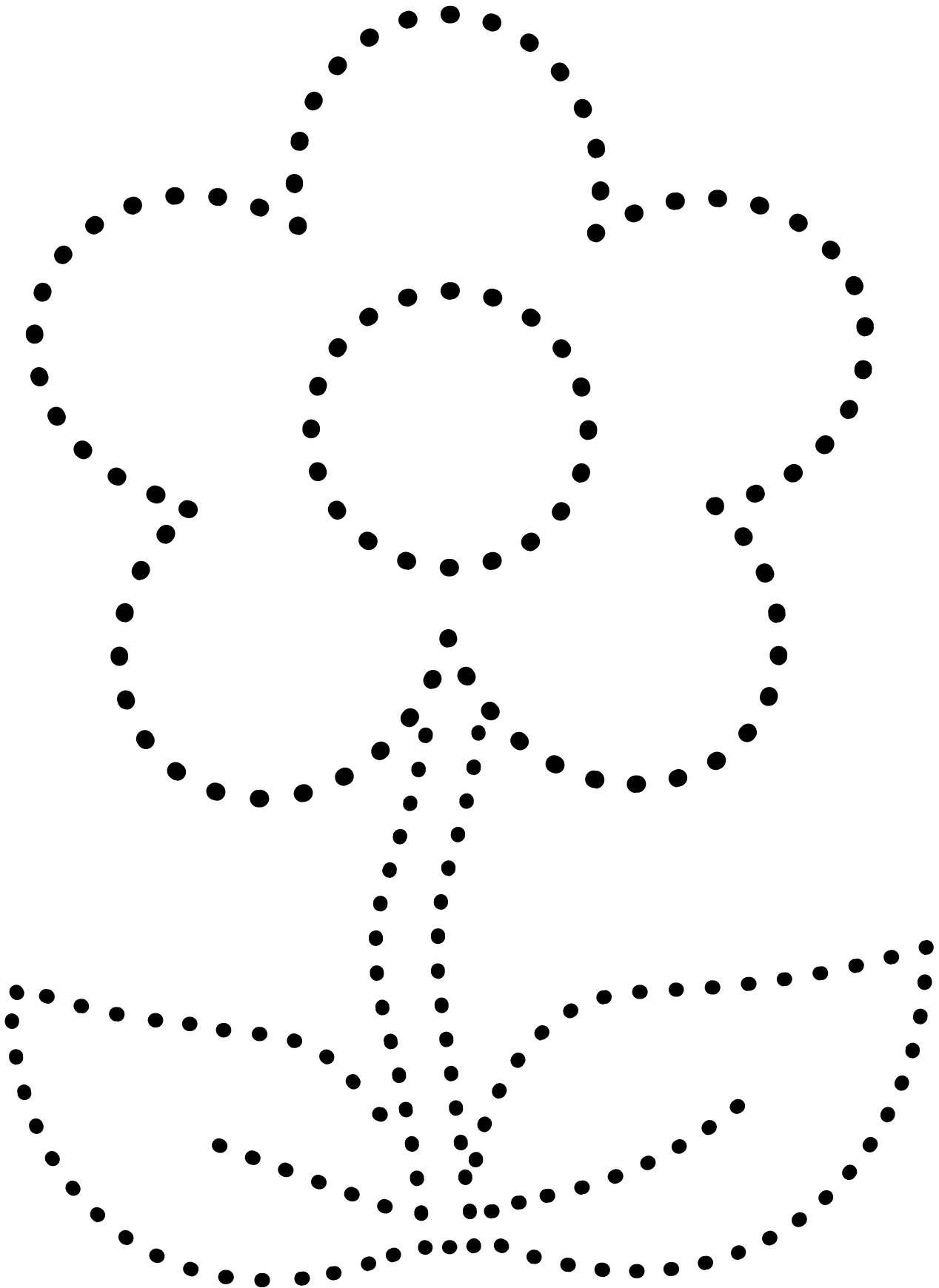
# **Bird quiz...**

## **How many can you name?**

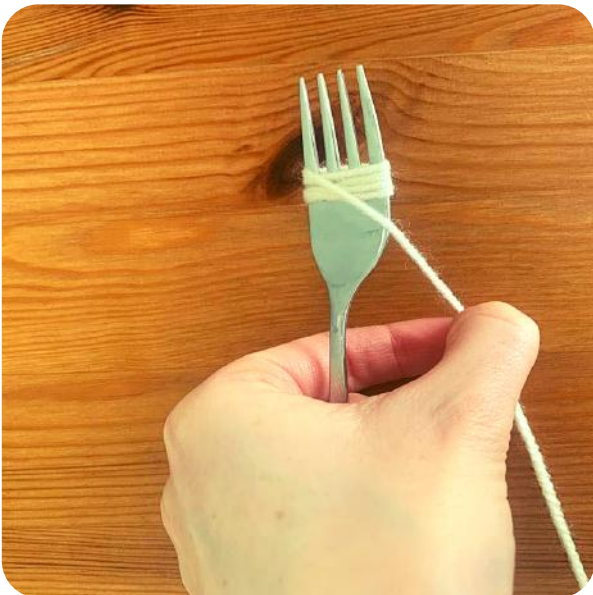




Carefully trace along the dotted line then color the picture.



# Make 'Bunny Bunting'



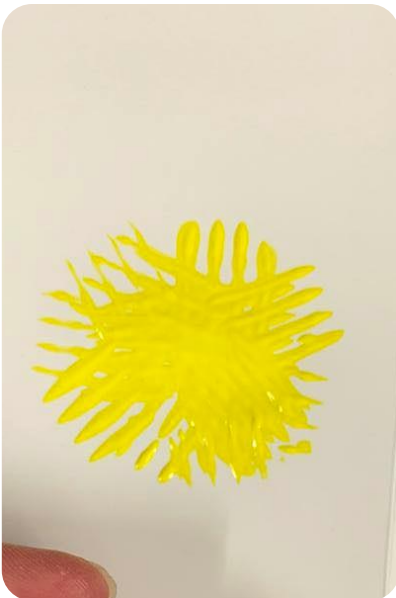
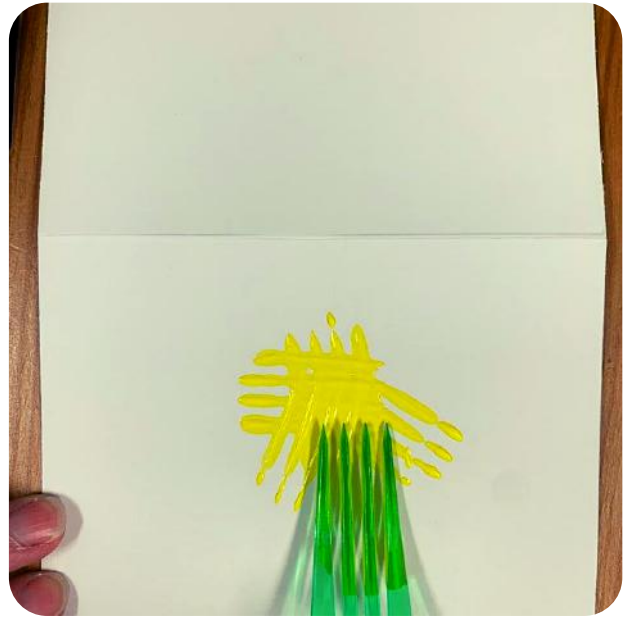


# Make 'Bunny Bunting'

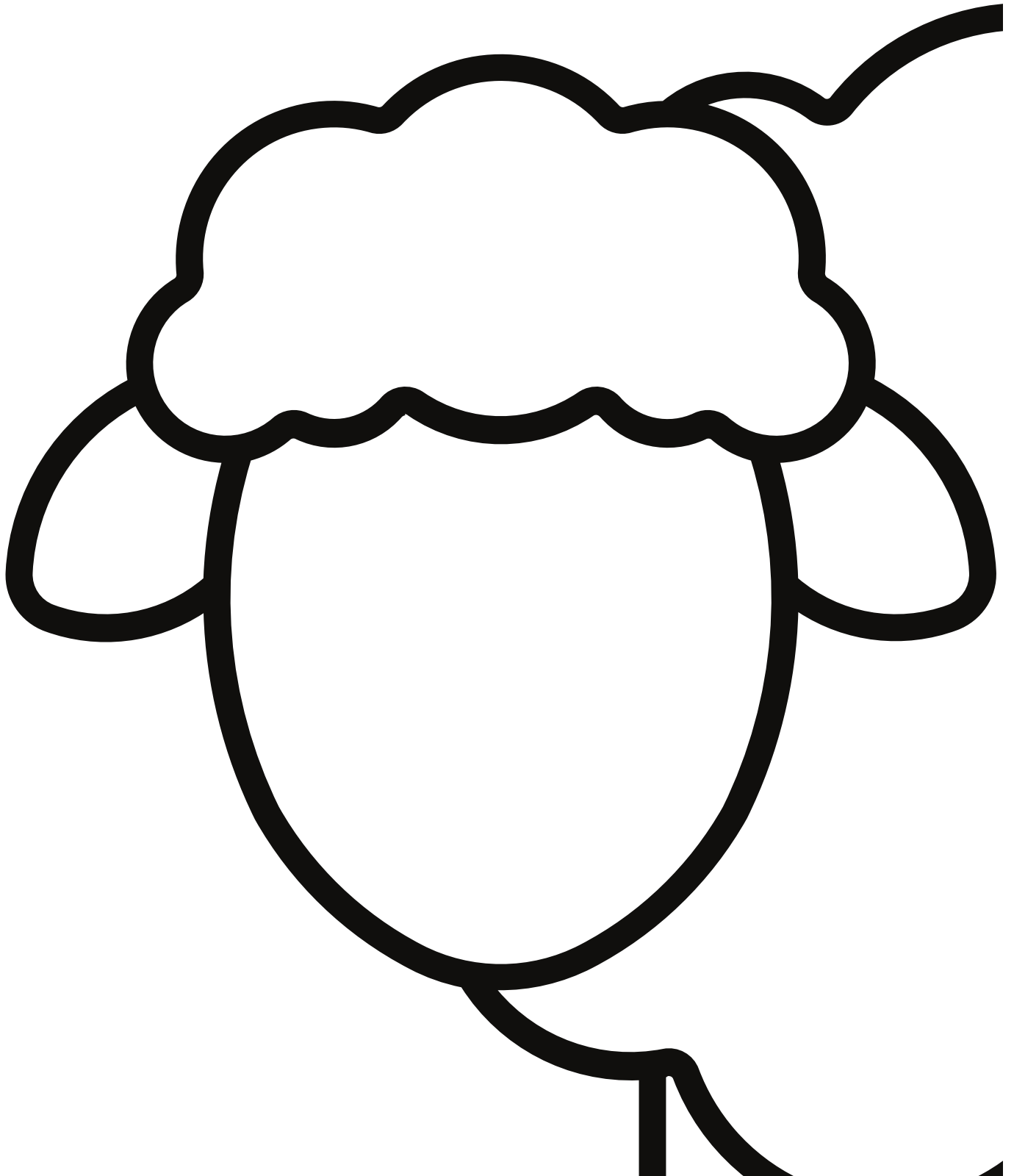




# Make a'Chick Card'



**Draw and colour  
your own Spring lamb**





# Make a 'Crispy Carrot'





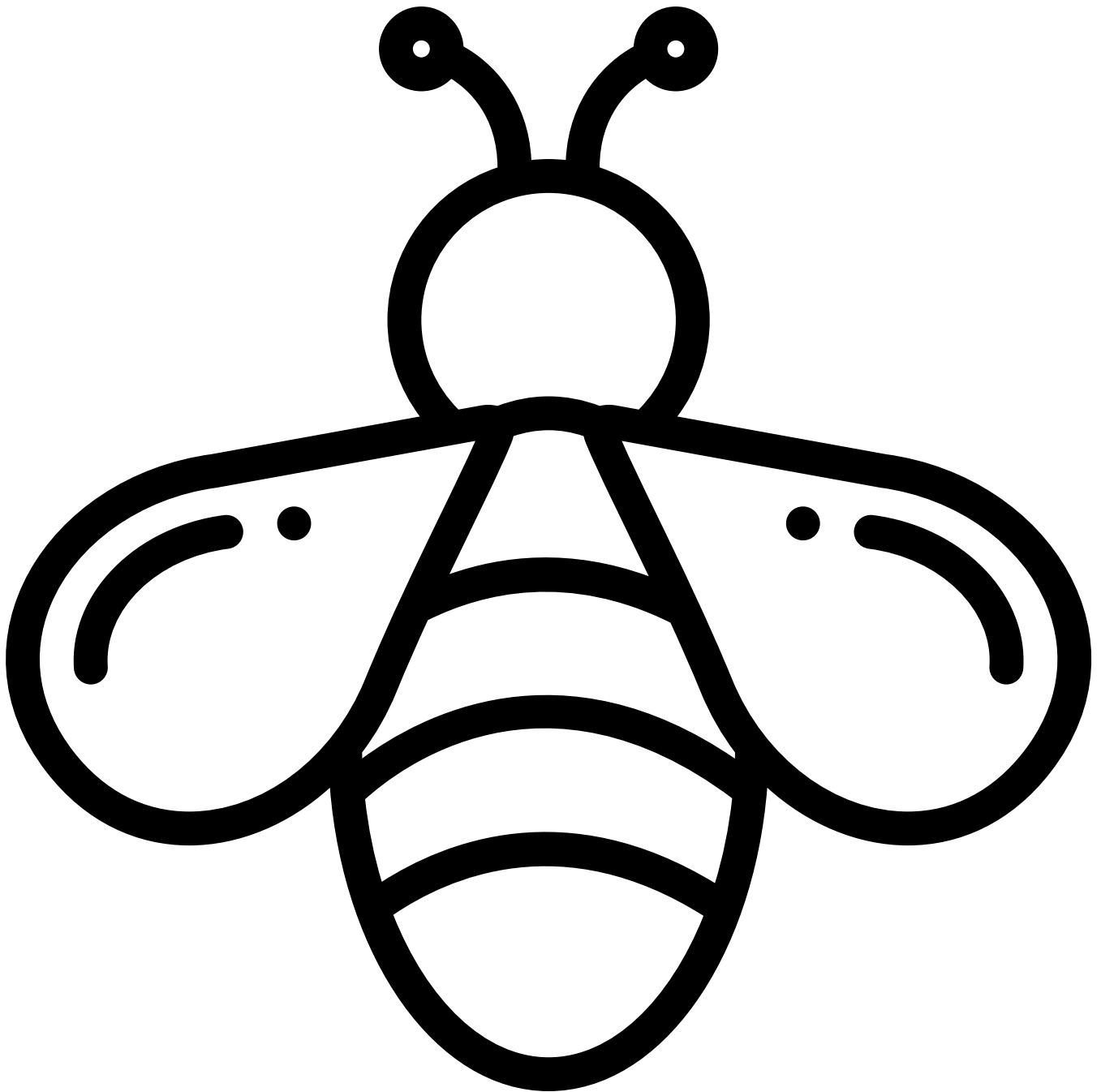
# Nature quiz...

## How many can you name?





**Colour in your own Bee**



# Easter Wordsearch

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

lamb  
church  
Sunday  
eggs  
jellybeans

decorate  
lily  
hunt  
marshmallow  
Jesus

basket  
treats  
pink  
celebrate  
cross

spring  
sweet  
purple  
flower  
chick



# Make an 'Bunny Hat'

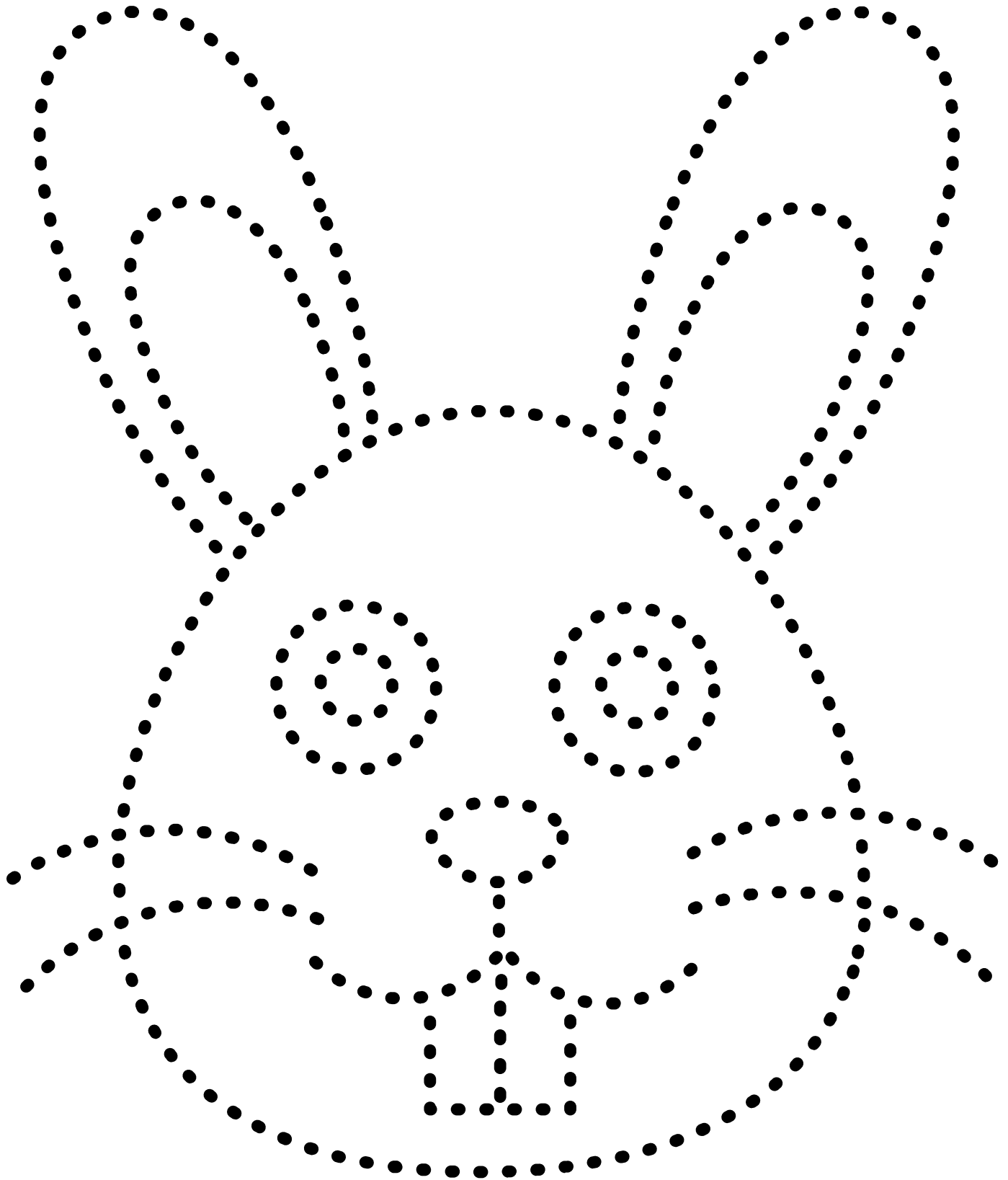


# Fun facts about Easter

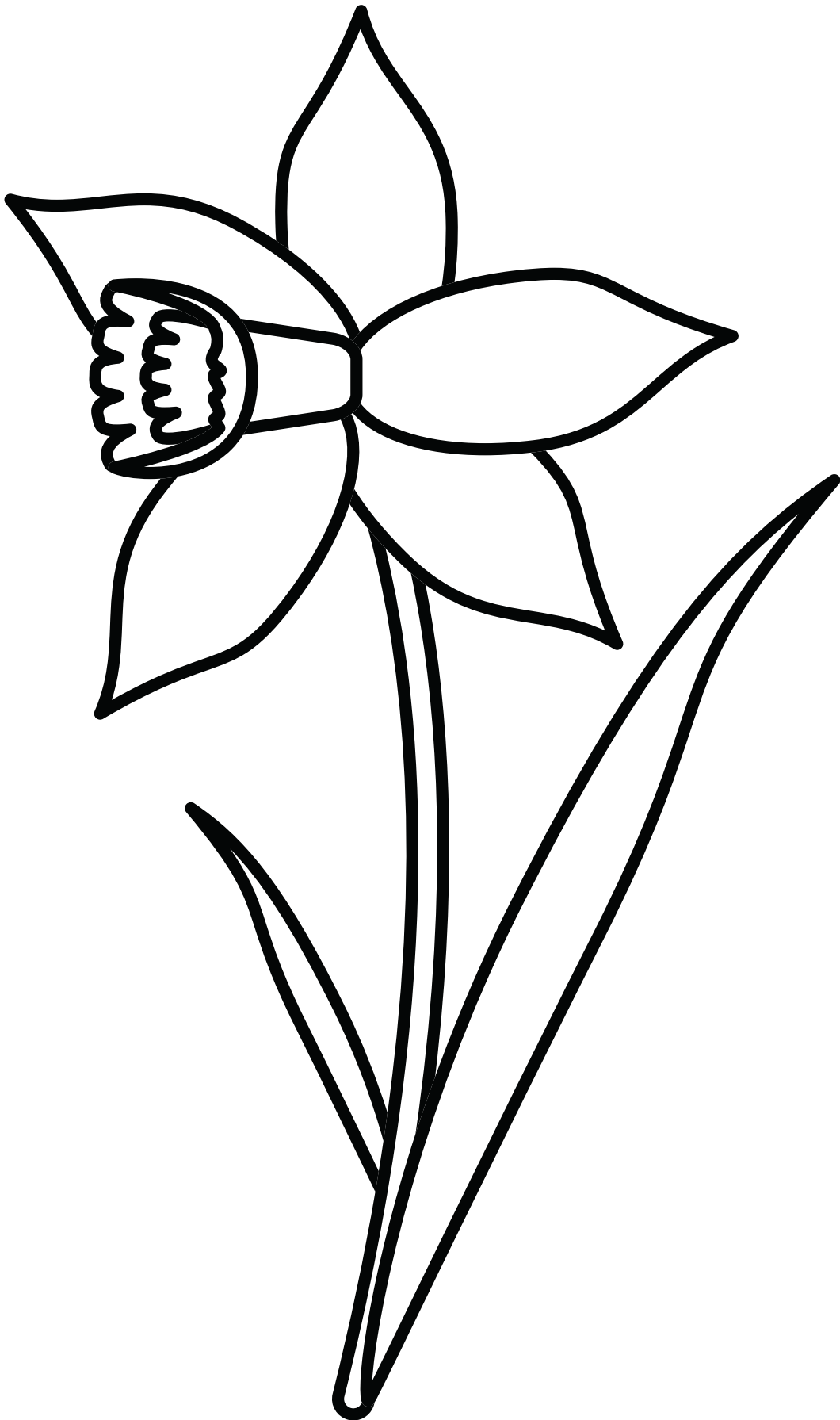
- 1) Many historians believe that Christians named Easter after Eastre or Eostre, a pagan Anglo-Saxon goddess of fertility
- 2) Easter is the oldest Christian Holiday. Holy Week is the celebrated during the week leading up to Easter. It begins on Palm Sunday, continues on to Maundy Thursday, Good Friday, and then finally, Easter Sunday
- 3) Some Germans mark Easter by burning their Christmas Trees
- 4) The act of painting eggs originates from a Ukrainian tradition
- 5) There's evidence showing that Easter eggs originated from Medieval Europe and Christians may not have actually been the ones to start the tradition of giving eggs
- 6) The cross on the top of a Hot Cross Bun symbolises the crucifixion and the spices represent the spices used to anoint the body of Christ.
- 7) The UK's first chocolate egg was produced in Bristol in 1873
- 8) The World's Tallest Easter Egg was made in Italy in 2011 - it stood a jaw-dropping 34 feet tall and weighed 15,873 pounds
- 9) Easter is celebrated on the Sunday after the full moon following March 21st
- 10) In 2007, a Faberge jewelled Easter egg sold at Christie's in London for £9 million



Carefully trace along the dotted line then color the picture.



# Colour in your own Daffodil

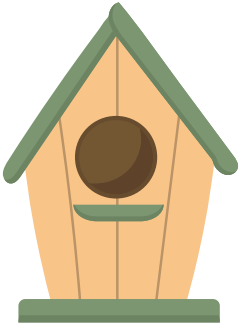




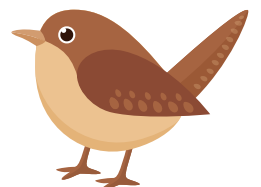
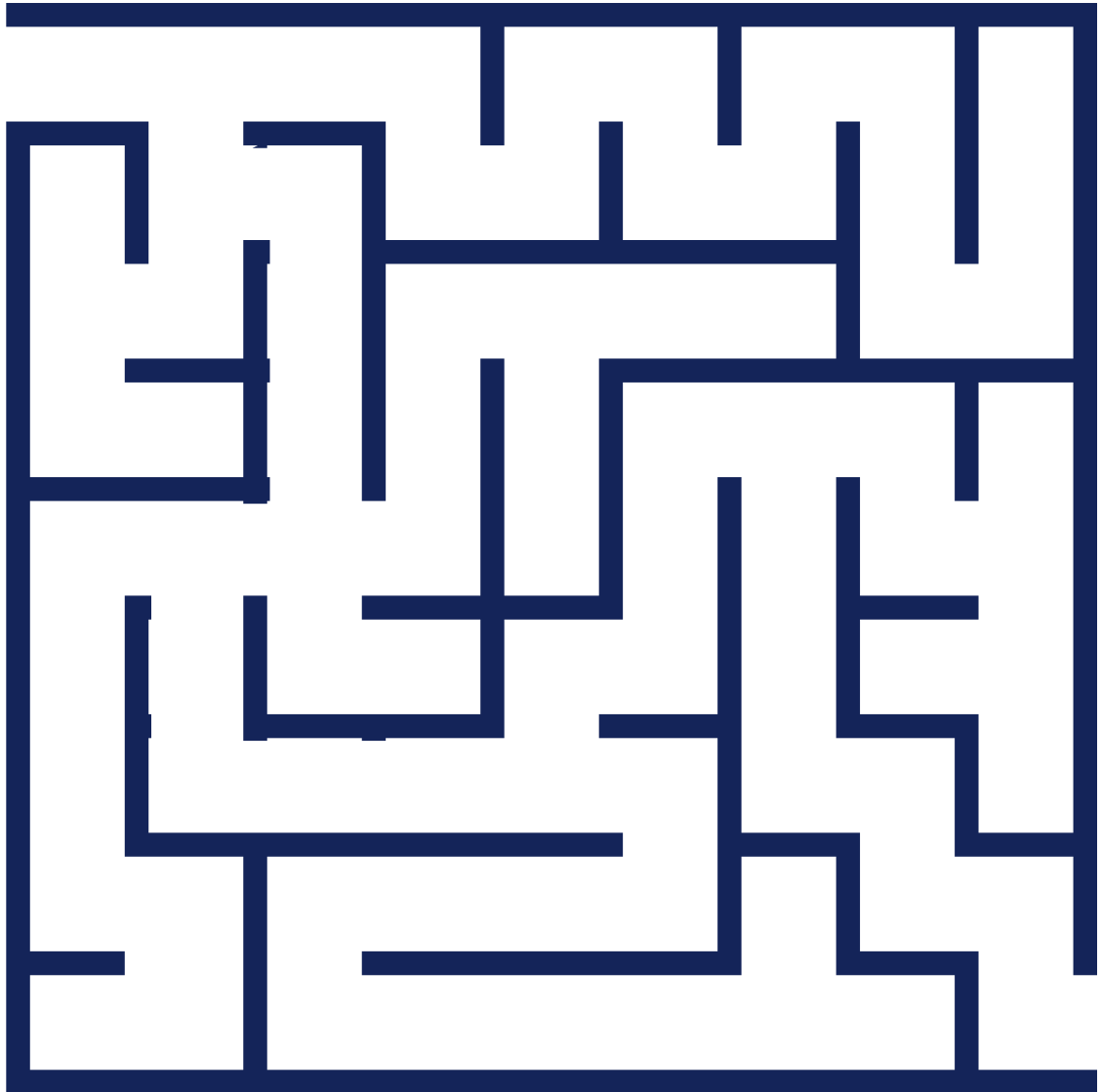
**When you are in your garden or out  
and about how many can you spot?**



# Spring Maze Puzzle

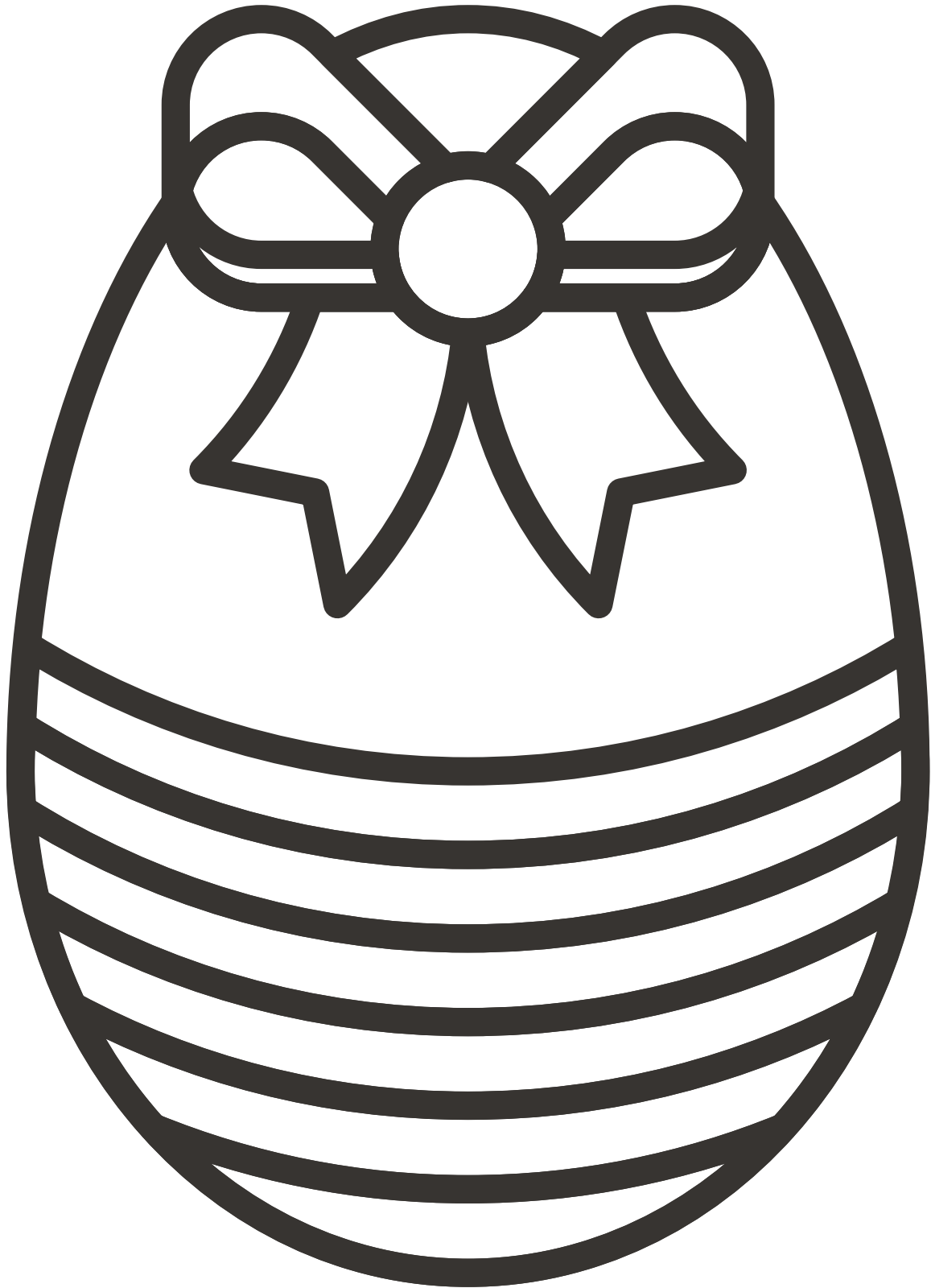


Help mother bird to find the way  
through to her birdhouse.

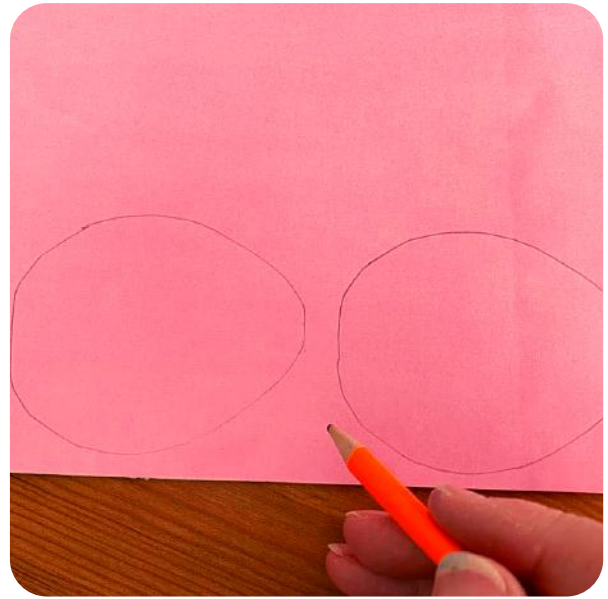




**Colour in your own Easter Egg**

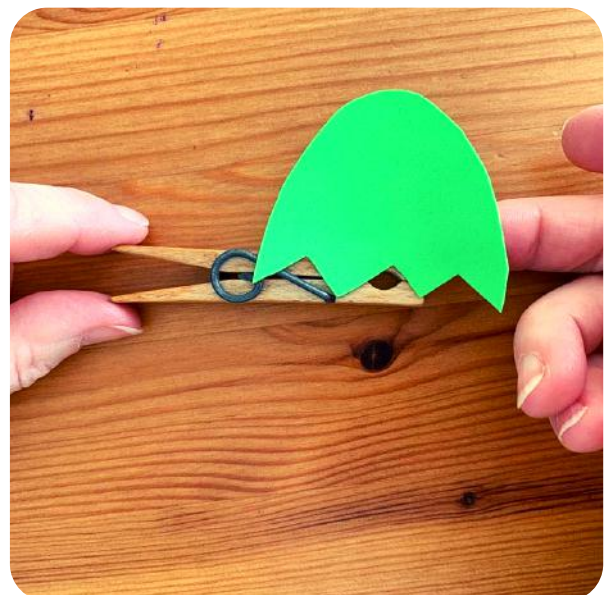
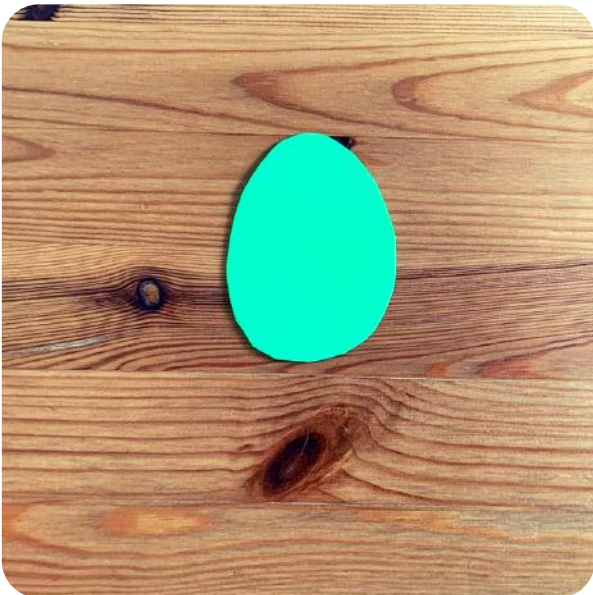
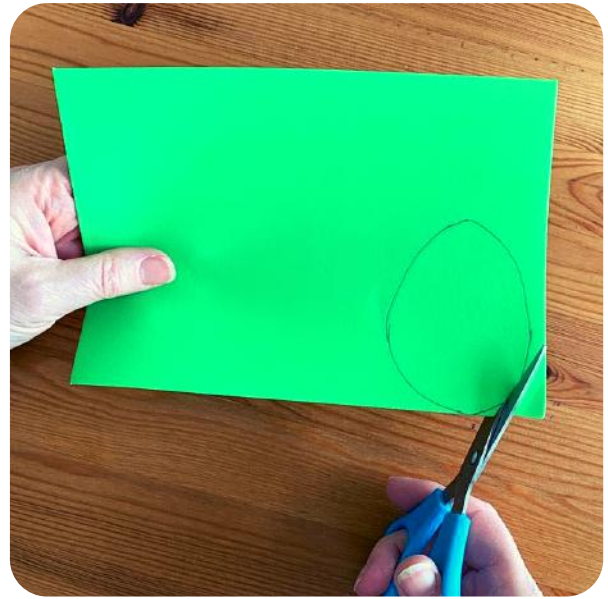


# Make an 'Easter Egg Wreath'



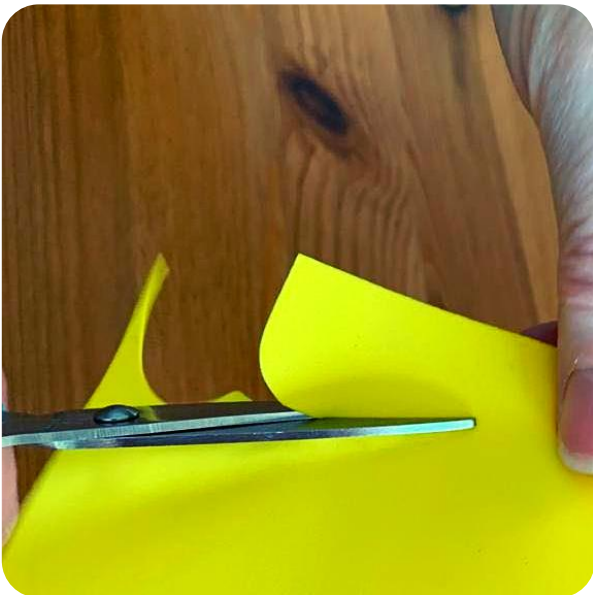
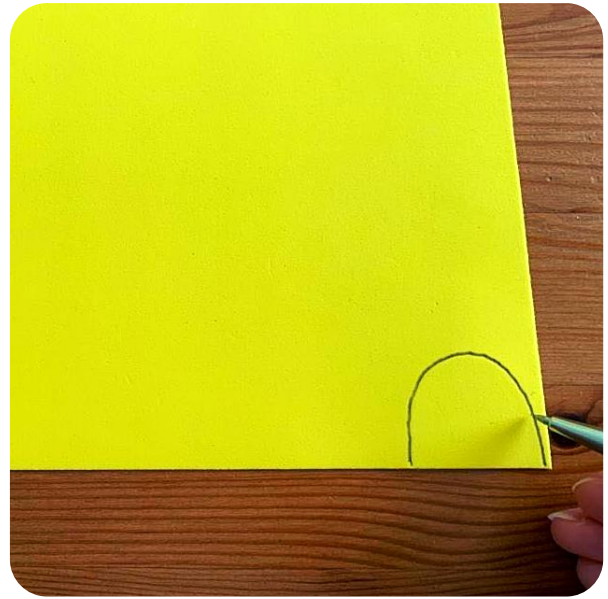
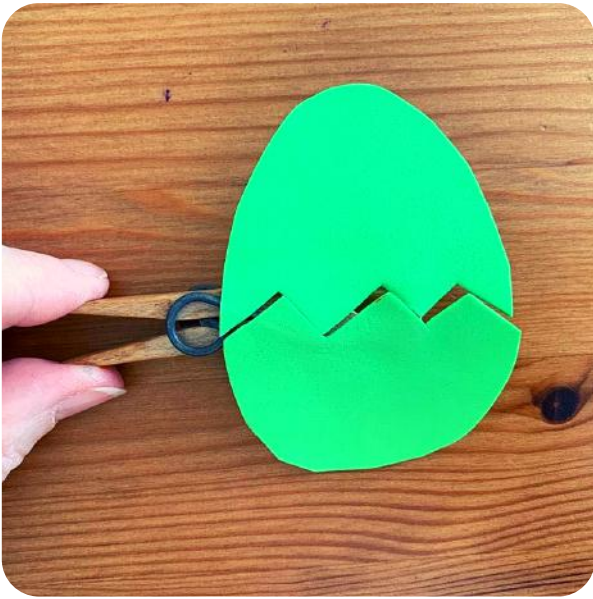


# Make an 'Egg Peg'





# Make an 'Egg Peg'







# usefulvision

**Creating opportunities for visually impaired children across the North East**



We offer a wide range of accessible activities and events for visually impaired children, and their families, throughout the North East.

[www.usefulvision.org.uk](http://www.usefulvision.org.uk)  
[usefulvision@hwn.org.uk](mailto:usefulvision@hwn.org.uk)  
0191 264 1959

**Register your child today to attend our  
FREE activities**

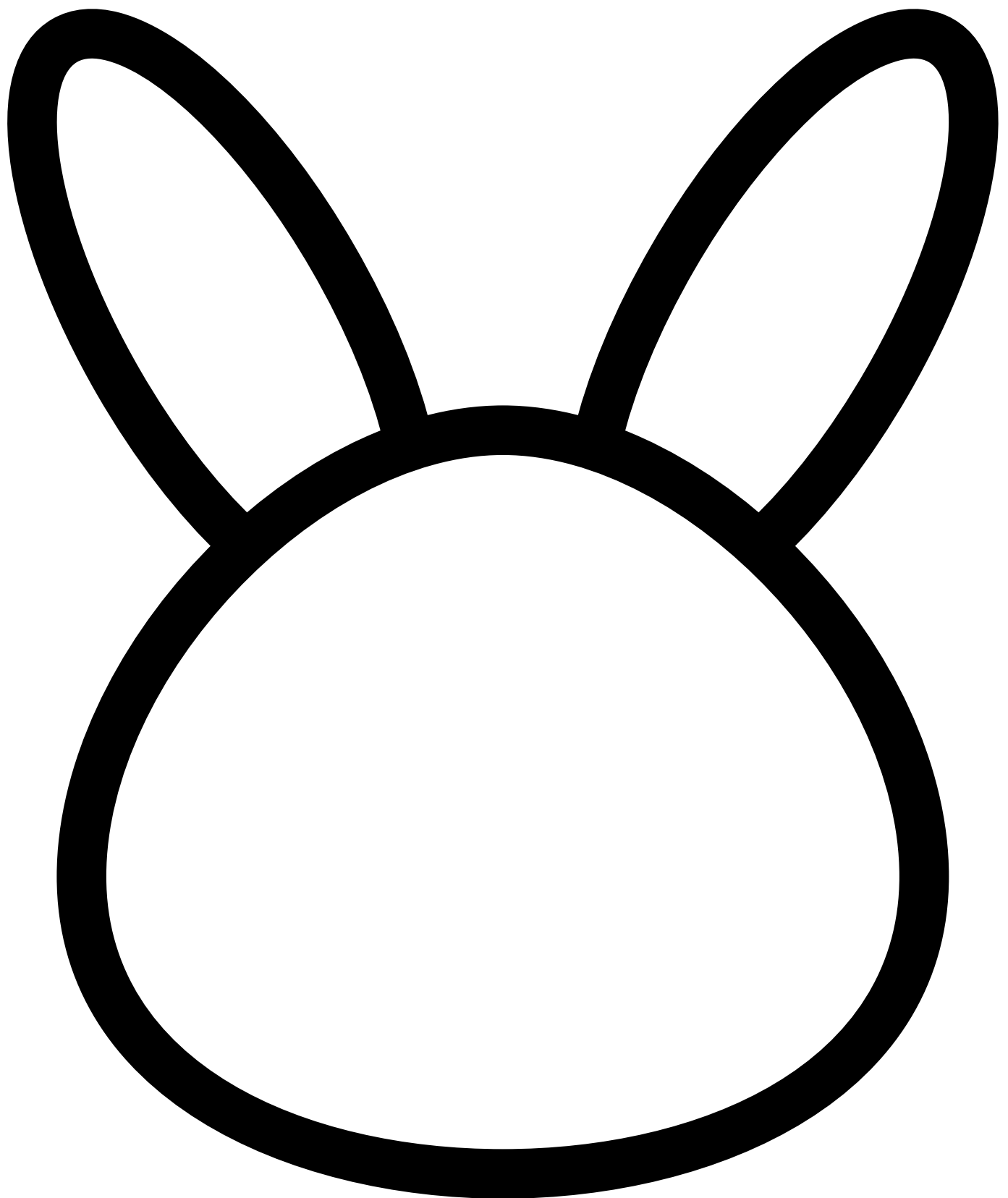
Scan the code or visit  
[www.usefulvision.org.uk/register](http://www.usefulvision.org.uk/register)



SCAN ME



**Draw your own Bunny face**



# Make a 'Sweet Treat'



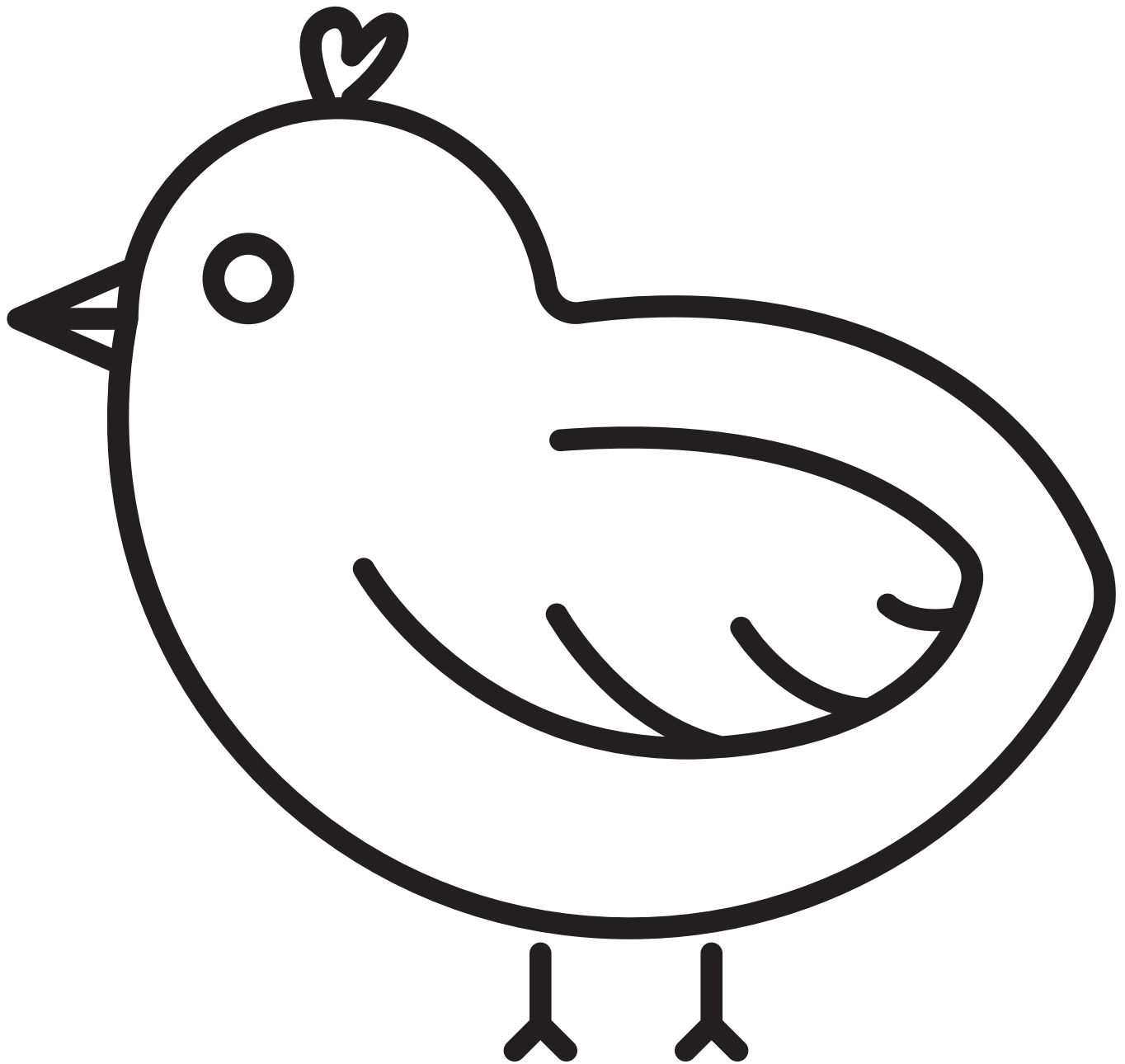


# Have an 'Egg Hunt'





**Colour in your own Chick**



# BOOST YOUR FEELGOOD!



## AND LOWER YOUR STRESS LEVELS

### #1 Have a digital detox!

Turn off the technology, especially before bedtime, so you don't get overwhelmed with social media alerts, world news and work emails. Give yourself a break from it, pop the 'phone on silent and enjoy spending time with your family and friends in real time!

### #2 Set aside and protect some "me-time" everyday

Make sure you take time out each day for you...think about things that bring you joy, things that energize you or relax you, and set aside (and protect) at least 20 minutes everyday to enjoy doing them!

### #3 Get outdoors

Try and get out and about as much as you can. A walk, even if it is cold, is a great way to boost your mood.

### #4 Eat well

You are what you eat! Too many unhealthy choices, for example too much sugar, can have an impact on your health and wellbeing in the short and longer term. Try to eat fruit and veg every day, and drink plenty of water (drinking a glass before every meal can help keep you hydrated).

### #5 It's good to talk

If you are struggling, then talk to someone you trust about how you are feeling, whoever that may be. It can help improve your mood and help you deal with tough times. If things are getting too much for you and you feel you can't cope, ask for help. The Samaritans are available all year round, their new free helpline number is 116 123 and calls to this helpline number do not appear on phone bills.

### #6 Take more exercise

Get some exercise...we have two low-cost gyms, a range of fitness classes, video home workouts and a selection of wellbeing walks you could try!

**Our Improving Wellbeing webpage has some great information about things you can do to promote positive mental wellbeing and where you can get support and advice if you need it**



# Test Your Easter Knowledge!

1) On which day over the Easter period are Hot Cross Buns traditionally eaten?  
[Answer: Good Friday]

2) How many Cadbury Creme Eggs are produced every year? [Answer: 500 million]

3) Which monarch was on the throne when the custom of giving chocolate began? [Answer: Queen Victoria]

4) The legend of the 'Easter Bunny' originated in which country?[Answer: Germany]

5) In which year did composer Irving Berlin introduce the Easter Bonnet into American pop culture with his ballad "Easter Parade"? [Answer 1933]

**Which chocolate products were associated with the following advertising slogans from days gone by?**

6) "Only the crumbliest, flakiest chocolate..." [Cadbury's flake]

7) "All because the lady loves..." [Milk Tray]

8) "Do you love anyone enough to give them your last....." [Rolo]

9) "Take it easy" [Cadbury Caramel]

10) "If you like a lot of chocolate on your biscuit join our ... "[Club]

11) "Have a break, have a ..." [Kit Kat]

12) "The ... are on me!" [Milky Bars]

**Can you guess which countries use the following way of saying "Happy Easter"?**

13) "Joyeuses Paques" [France]

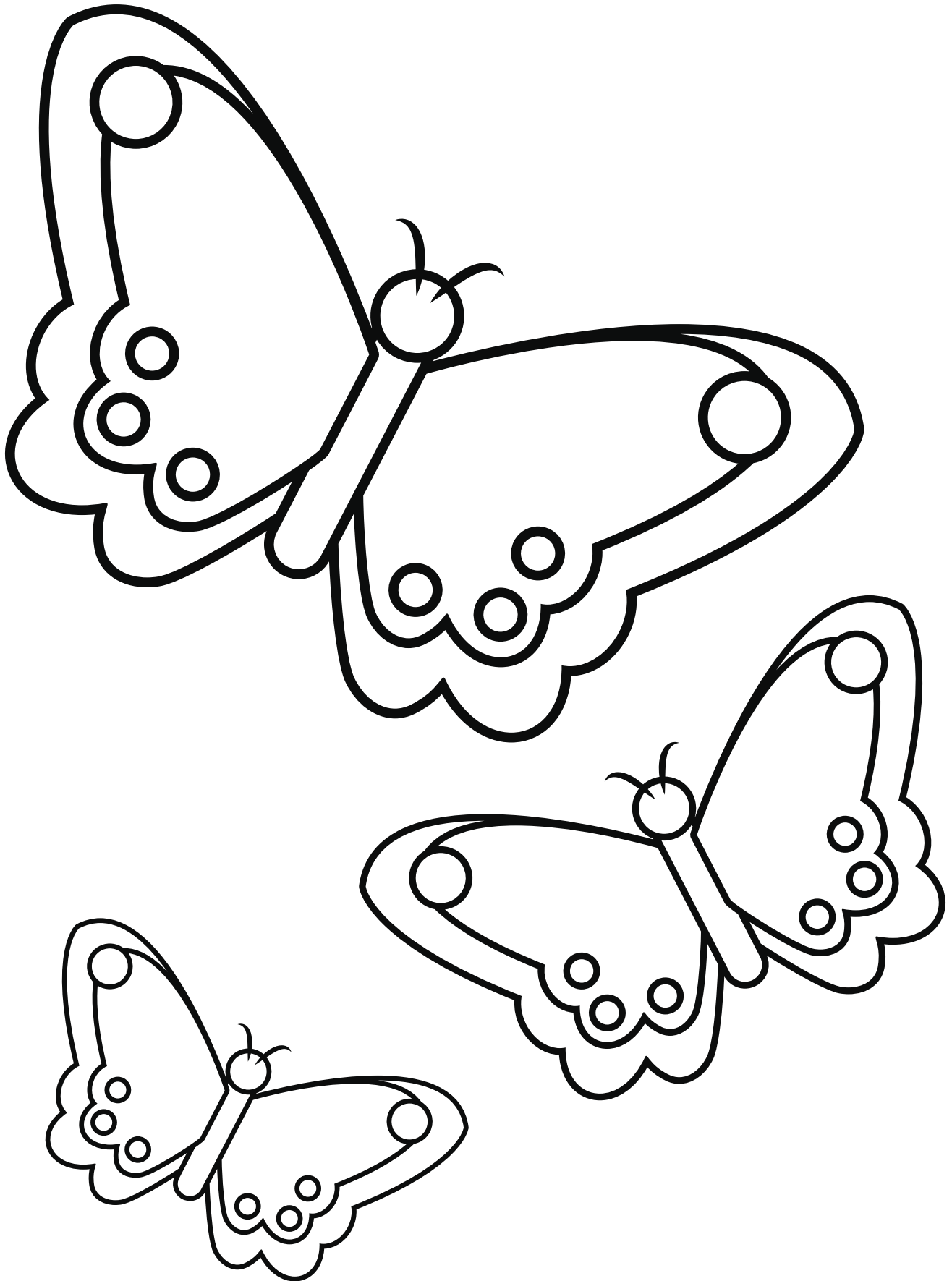
14) "Frohe Ostern" [German]

15) "Felices Pascuas" [Spain]

16) "Buona Pasqua" [Italy]



# Colour in your own Butterflies



# Grow and eat cress

## You will need:

- Cress seeds
- Cotton wool
- Egg shells
- Egg carton
- Bread
- Hardboiled egg



## How to do it:

- Put clean half egg shells into the egg carton
- Put cotton wool in each half shell
- Add drops of water to the cotton wool
- Sprinkle the cress seeds
- Keep the cotton wool moist and the plants will grow in a couple of days
- Make an egg and cress sandwich!



# Look After Yourself

Our [Improving Wellbeing](#) webpage has some great information about things you can do to promote positive mental wellbeing and where you can get support and advice if you need it... here we've included some of our 'Top Tips', with easy things you can do over the holiday period and beyond to look after yourself and improve your wellbeing.



Having a routine can help you feel more in control and will give some structure to your day



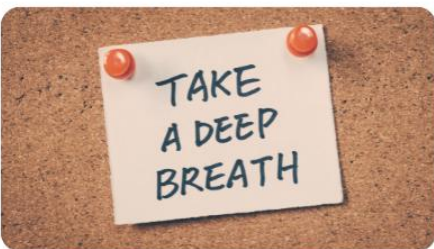
Find some time for your hobbies and for relaxation in your daily routine - listening to music, reading, crafts, baking, sewing - whatever you enjoy doing



Get some exercise...try one of our classes, our [Get Active At Home Workouts](#) or take one of our [Wellbeing Walks](#)



Call friends/ family or a service that will listen as part of your daily routine.



If you are feeling anxious try 'box breathing'...breathe in for 5 seconds, hold for 5 seconds, breathe out for five seconds, hold for five seconds and repeat 5 times!



Everything in moderation...include alcohol free days to give your body a chance to recover (the NHS website has guidance on recommended weekly amounts.





**Healthworks**  
the community health charity

# Community Wellbeing Pathfinder Service

**Looking for guidance on improving your health,  
wellbeing, and overall quality of life?**

**If you are over 18 and live in Newcastle, we can help!**

**We can support you one-to-one with:**

- Achieving a healthier lifestyle
- Your physical health – managing symptoms and self-care
- Jobs and volunteering
- Housing and financial wellbeing
- Social support and reducing isolation
- Mental health and wellbeing



**Personal Signposting - Advice -  
Information - Referrals and Plans**

**Face-to-face, telephone or video sessions available**

**Get in touch with the Health  
Improvement Team**



**SCAN ME**

**Scan the code or  
call 0191 2724244**

**[www.healthworksne.org.uk](http://www.healthworksne.org.uk)**

For 30 years Healthworks has supported people of all ages across the North East to live longer, healthier and happier lives

**Newcastle**  
City Council



A top-down view of a wooden table set for afternoon tea. In the upper left is a white cup filled with light brown tea. To its right is a white teapot. In the upper right and lower left are two white plates, each with a scone topped with a dollop of white cream and a spread of red jam. A silver butter knife lies on a saucer between the top two plates.

# EASY AFTERNOON TEA

Please substitute any of the ingredients if you have an allergy to them.

Cooking times may vary depending upon your oven.

# Egg and cress sandwich

## What you need:

- 2 slices of bread or a bun
- Water
- 1 egg
- Handful of cress
- 1 tbsp low fat mayonnaise



## How to prepare:

1. Place the egg into a small saucepan and fill with cold water to cover the egg by 1cm
2. Place the saucepan on the hob and bring to boil over high heat. Reduce the heat to a lower medium boil and cook for 10 minutes for a hard-boiled egg
3. Place the egg into very cold water until the egg is cool (about 3 minutes)
4. Peel the shell and mash the egg with a fork. Add mayonnaise and mix well
5. Sprinkle some cress into the egg mixture and mix
6. Spread the egg mixture across the bread evenly
7. Quarter into triangles



# Easy Tuna Quiche

## What you need:

- 5 slices of bread
- Tomato ketchup/relish
- Tuna in brine
- Small tin of sweet corn
- 3 eggs beaten with milk
- Grated cheese
- 1 sliced tomato
- Margarine to grease dish
- Season to taste



## How to prepare:

1. Grease dish & pre heat oven 190°C/375°F/Gas mark 5
2. Cut crusts off bread and spread with tomato sauce
3. Line the dish with the bread—tomato side up
4. Mix tuna, eggs, milk & sweet corn together
5. Pour on to bread, sprinkle cheese on top, place tomato on the top
6. Cook in the oven for approx. 30/40 mins
7. Serve with a side salad

# Carrot Cakes

## What you need:

- 100g/4oz self raising flour.
- 100g/4oz low fat spread.
- 100g/4oz sugar.
- 2 eggs
- 2 carrots grated.
- 1 tsp cinnamon
- 50g/2oz chopped walnuts (optional)
- 100g/4oz icing sugar
- Small tub cream cheese
- Vanilla essence



## How to prepare:

1. Cream the low fat spread and sugar together until light and fluffy
2. Beat the eggs in one at a time, gently mix in a little bit of flour
3. After both eggs have been added mix in the remaining flour and cinnamon
4. Add in the grated carrot and  $\frac{1}{2}$  walnuts then mix
5. Half fill paper bun cases with the mixture
6. Bake in the pre heated oven for about 20 minutes until firm
7. Remove from oven and leave to cool
8. Mix together cream cheese, icing sugar and vanilla essence
9. Decorate the cake with the icing and chopped walnuts



# Easter Scones

## What you need:

- 8oz/ 200g self raising flour
- 1oz/25g low fat margarine
- 1 egg beaten with skimmed milk to make  $\frac{1}{4}$  pint or 150ml
- 1 tsp mixed spice
- 1oz mixed peel chopped
- 2oz cherries chopped



## How to prepare:

1. Pre heat oven 220°C, gas mark 7
2. Rub in the low fat margarine and flour until it looks like bread crumbs. Add Mixed spice, mixed peel, cherries and mix together
3. Add egg and milk mixture to form a soft dough (leave a little egg mixture)
4. Roll out to an inch thickness and cut out with a scone cutter
5. Brush the tops with egg and milk mixture and bake for 10-15 minutes until golden
6. These are delicious with jam and whipped cream as a treat

# Chocolate Easter Cakes

## What you need:

- 75g/3oz self raising flour
- 100g/4oz low fat spread
- 100g/4oz sugar
- 2 eggs
- 25g/1oz cocoa
- 100g/4oz Icing sugar
- 50g/2oz butter for icing
- Easter sweets to decorate



## How to prepare:

1. Cream the low fat spread and sugar together until light and fluffy
2. Beat the eggs in one at a time, gently mix in a little bit of flour and cocoa
3. After both eggs have been added mix in the remaining flour
4. Half fill paper bun cases with the mixture
5. Bake in the pre heated oven for about 20 minutes until firm
6. Remove from oven and leave to cool
7. Mix together icing sugar and butter, decorate with decorations of your choice



# Chocolate Easter Nests

## What you need:

- 100g non sugared puffed rice or cornflake cereal
- 200g dark chocolate
- Easter sweets to decorate



## How to prepare:

1. Pop the cereal in the bowl
2. Break the chocolate into pieces and melt in a microwave on a low heat, stirring every 30 seconds
3. Line two baking sheets with non stick baking paper
4. Stir the cereal into the chocolate mixture and spoon 15 mounds onto the baking sheets, shaping into rounds with dips in the centre
5. Chill in the fridge for a few hours until set, then peel off the nests carefully and fill with mini eggs

# It's never too late to quit smoking!

**The sooner you quit, the sooner you'll notice the benefits!**  
Let's take a look at what happens when you quit smoking

**+8**

## After 8 hours

Your oxygen levels are starting to recover and harmful carbon monoxide levels in your blood will have halved.



**20 min**

## After only 20 minutes

Your pulse rate will already be starting to return to normal.



## After 48 hours

All carbon monoxide has now gone, your lungs are getting rid of mucus and your sense of taste and smell are improving.



## After 72 hours

You might notice you are breathing easier as your bronchial tubes are starting to relax. You are likely to have more energy too!



## After 2 to 12 weeks

Your circulation will now be improved and blood will be pumping through your heart and muscles better.



## After One Year

Your risk of heart attack is halved compared with a smoker's.

## After 10 Years

Your risk of death from lung cancer now half that of a smoker's!

Smokers who get the right support are 3 times as likely to quit successfully!  
We offer free 1:1 support sessions which are open to all adults living, working or studying in Newcastle.  
Scan to find out more or visit [hwn.org.uk](http://hwn.org.uk)



SCAN ME



# Family support and advice services

## Best Start Pregnancy and Breastfeeding Support

Healthworks has a dedicated team that works Citywide

<https://www.healthworksnewcastle.org.uk/service/antenatal-breastfeeding-support/>

## Children and Families Newcastle

Help and support for children aged 0-19

<https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/children-families-newcastle-0>

## Information Now <https://www.informationnow.org.uk/>

Online information about services for people who live in Newcastle

## Action for Children <https://www.actionforchildren.org.uk/>

## Barnardos <https://www.barnardos.org.uk/>

## Children North East <https://www.children-ne.org.uk/>

## Free and Emergency Food

<https://www.informationnow.org.uk/article/food-banks-in-newcastle/>

## Benefit Advice <https://newcastle.gov.uk/services/welfare-benefits>

## Search Services for over 50's <http://www.searchnewcastle.org.uk/>

## Riverside Community Health Project <http://www.riversidechp.co.uk/>

## Citizens Advice Bureau <http://www.citizensadvice-newcastle.org.uk/>

# Healthworks is here for you

We offer a range of services to improve the health outcomes of people across the region:

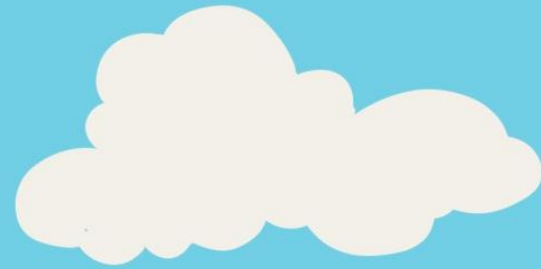
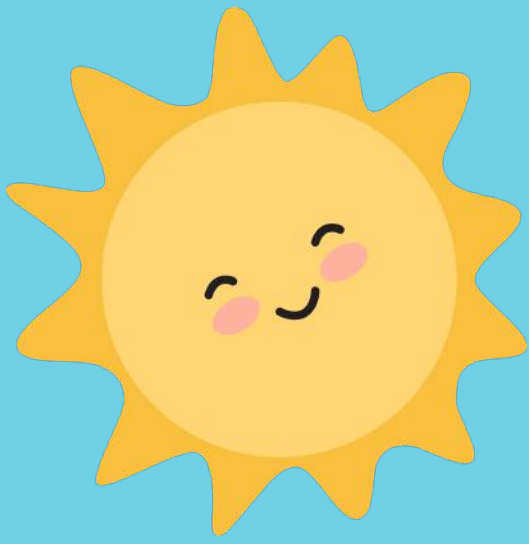
- Getting active
- Healthy eating
- Stop smoking support
- Cancer awareness work
- Accredited training
- Falls prevention
- Pregnancy and breastfeeding support
- Community wellbeing
- Healthworks Pre-school
- Healthworks Gyms

To find out more information about our work  
please visit

[www.healthworksne.org.uk](http://www.healthworksne.org.uk)







**We hope you enjoyed  
this activity book!**

For more ideas, inspiration and  
information about our work and  
how you can get involved visit  
[www.healthworksne.org.uk](http://www.healthworksne.org.uk)



**Healthworks**  
the community health charity