



Keeping residents chipper

Useful online activities

We all know what a difficult year 2020 has been, especially for residents and staff at our fabulous care homes and sheltered accommodation across Sunderland.

Due to COVID-19 restrictions and lockdown we have been unable to visit all of you lovely people since March this year, but you are still in our thoughts.

Through our care home life visits we have seen and reported on some amazing activities that are on offer to residents.

To promote health and wellbeing we have compiled this booklet packed full of Christmas events, leisure interests, crafts and much more.

So, please take part and enjoy!



Table of contents

Christmas activities	3
Church services	8
Exercise	10
Creativity, arts and crafts	11
Apps and downloads	13
Useful resources	16



Christmas activities

With something to suit everyone, from church services to pantomimes, you will find it here:

Sunderland Illuminations

Friday 9th October 2020 to Sunday January 3rd 2021

Roker and Seaburn seafront are awash with colour as the annual lights are turned on for residents to enjoy.

Lighting has been installed along Roker Terrace and Whitburn Road, however there will be no events or activities at the seafront to coincide with the Illuminations this year.

Sunderland's Stadium of Light

Two churches in Sunderland are holding a drive through carol service at the Stadium of Light to give people 'something to look forward to' after a tough year of lockdowns and restrictions.

The carol service will take place at the football stadium's yellow car park on Sunday, 20th December from 5pm.

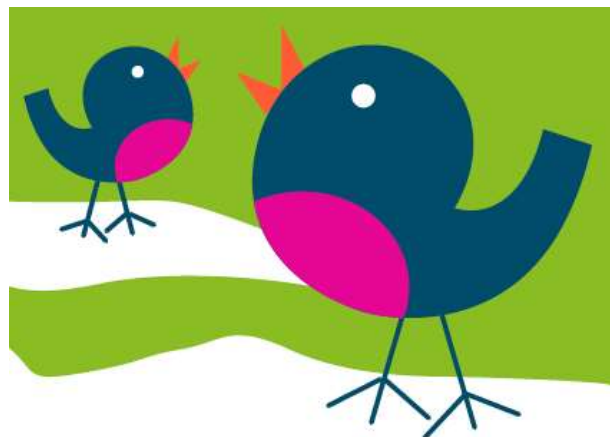
Find out more here: <https://bit.ly/3a09abh>

Christingle from Fulwell Methodist Church

Thursday 24th December 2020 at 4pm

Christingle is a joyful celebration that brings families and communities together to share the light of Jesus and spread a message of hope. Christingle celebrations are named after the Christingles that are lit during the ceremony.

Find out more here: <https://bit.ly/386DsXF>





Create a Snowstorm with Sunderland Culture

With the current venue closures Sunderland Culture are really missing their visitors this Christmas!

To bring some seasonal cheer they are inviting residents across the city to create a Snowstorm of paper snowflakes to decorate your homes.

Visit Art Centre Washington's website to download the activity here: <https://bit.ly/2lyxAgO>

Kev the Care Home Singer

Kev the care home singer has released his Christmas Party Video for you all in the lovely Care Homes.

The show is entirely free for you all to watch and enjoy sing along and dance along to some party classics as well as some Christmas songs too from here: <https://bit.ly/3naG2SA>

Sage Gateshead Christmas Cracker

Featuring Sam Fender will be live-streamed for free.

Sam will perform with Royal Northern Sinfonia at the special one-off show, which also features Martha Hill, Paul Eddis and Virtue Gospel Choir: <https://bit.ly/2KbiBtI>

Equal Arts

Equal Arts are a leading creative ageing charity supporting older people and those living with dementia in Gateshead, Newcastle, Sunderland and across the UK.

The team works to improve the lives of older people through creativity and arts activities around the North East providing creative opportunities to help improve people wellbeing.



Creative Christmas Crackers with Equal Ai

Find out more here: <https://equalarts.org.uk/>





Durham Cathedral

Festival of Nine Lessons and Carols - Tuesday 22nd December from 6pm

A highlight of the Christmas season, the celebration with readings and music will feature Durham Cathedral Choir and the pre-recorded service again will be broadcast on the cathedral's [YouTube](#) and [Facebook](#) pages.

Christmas Eve Midnight Mass - Thursday 24th December from 11pm

This service, which celebrates the birth of Christ as Christmas Eve becomes Christmas Day, will be open to the public - subject to Government guidelines at the time - as well as being live-streamed here: <https://bit.ly/3qHGn1b>

Christmas Day Festal Eucharist - Friday 25th December at 9.30am and 11.30am

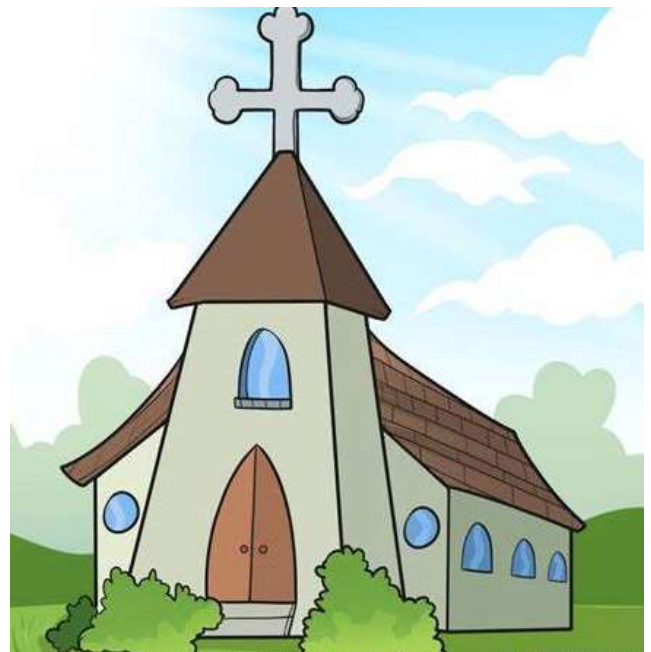
Celebrate the birth of Christ with a sung service from Durham Cathedral Choir.

The service will be live-streamed to the cathedral's [Facebook](#) pages.

Christmas Day Evensong

Friday 25th December from 3.30pm

A joyous service of Evensong sung by Durham Cathedral Choir. This pre-recorded service will be broadcast on Durham Cathedral's [YouTube](#) and [Facebook](#) pages.





Sunderland Museum and Winter Gardens Panto Quiz

From Thursday 3rd December - FREE

Are you are missing the panto this year?

Well Sunderland Museum and Winter Gardens have just the thing - a fun Panto Quiz!

Oh yes they do!

Explore their collections and their hidden links to pantomimes and well-known panto characters. Download the quiz here and see how many you can guess correctly:

[Panto Quiz Questions](#)

Then when you've finished, see how well you've done and check your answers (no cheating mind!): [Panto Quiz Answers](#)

Good luck!

The Stand Comedy Club

Will live stream two pantomimes for free over YouTube this Christmas.

The Stand in High Bridge usually puts on a panto every year, but with the North East in Tier 3, the club will not be able to open.

That hasn't stopped [The Stand](#) from putting together two [Christmas shows](#), which will be shown online for free.

Online & Streaming Pantos 2020

If you want to get your panto fix this year from the comfort of your own home, there are lots of online and streaming pantos that you can watch.

Here are some of the theatres that are streaming either recorded or live performances this year: <https://bit.ly/342F3MR>



Cinderella & the Beanstalk (Family Friendly)

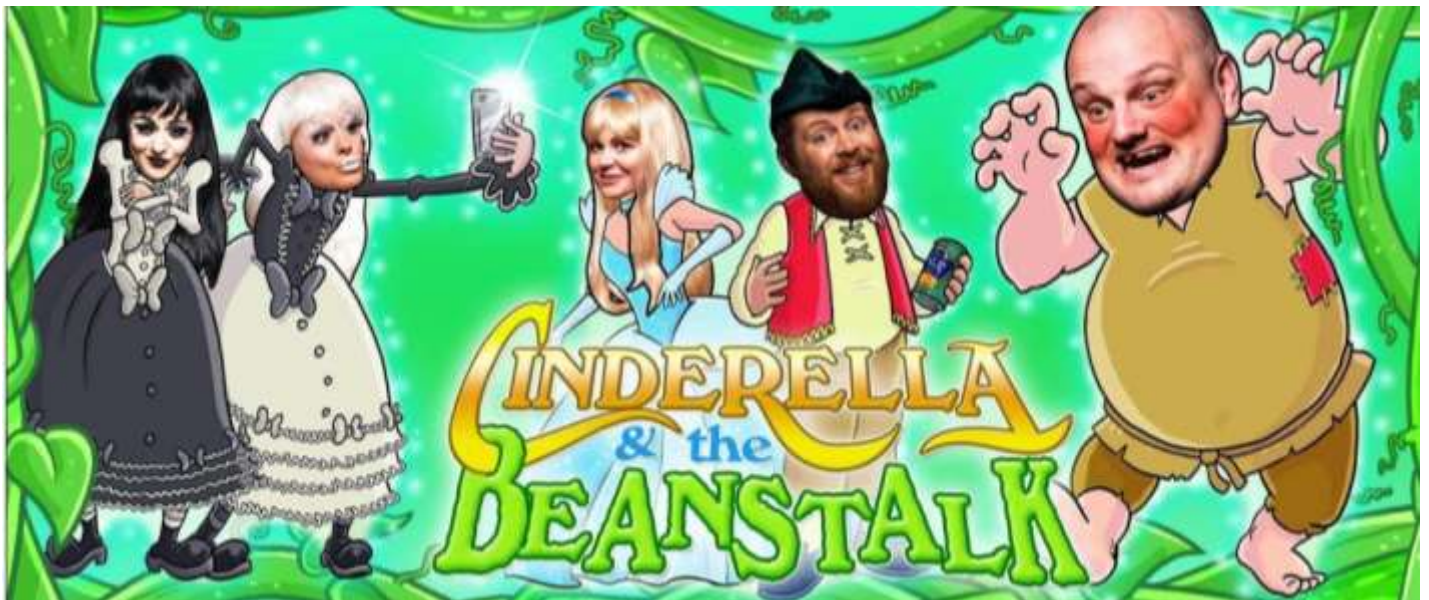
Hal Branson, Hannah Walker, Lee Kyle and Sammy Dobson star in the updated family-friendly panto, which will be streamed live on [YouTube](#) on Sunday 20th December from 3pm.

It will also be streamed on [Facebook](#) and [Twitter](#) and is FREE to watch.

The show will be available to watch again until Sunday 17th January 2021.

Free streaming of Cinderella and the Beanstalk will be on [YouTube](#), [Facebook](#) and [Twitter](#).

Find out more here: <https://bit.ly/3oGHEUA>



Top 5 COVID-19 Friendly Christmas Activities for Care Homes

Christmas 2020 is fast-approaching and, undoubtedly, it will be a very different and difficult time for many, including care homes due to COVID-19 restrictions.

So, enjoy these five COVID-19 friendly activities from Trusted Care: <https://bit.ly/340csYe>



Church services

Sunderland Community Church

Daily online prayers and readings from the bible: <https://bit.ly/39Z6db9>

Bethany City Church

Sunday Livestream: <https://www.bethanycitychurch.org/>

Podcasts: <https://www.bethanycitychurch.org/pod-casts>

City Life Church Sunderland

Have you missed church?

Online service available here: <https://www.clcsunderland.org/bio-3>,

Sunderland Circuit Methodist Church

Please visit the Sunderland Methodist Circuit Facebook page and the individual churches Facebook pages where you will find streamed Christmas services, prayer groups, Bible study, Advent calendars, Cairn of Hope and how you can become involved during this Advent period.

You are invited to join them: <https://sunderlandmethodistchurch.org.uk/>

Springwell Village Methodist Church Washington

On-line Bible Study - Every Monday at 7pm and repeated every Thursday at 10.30am

ID: 91968795706 Password: 711688

Zoom hymn-sing-along - Please contact Rev Matt (phone (0191) 431 2572) or leave your email details here, if you wish to be included in his list of people wishing to take part in normally weekly hymn-sing-alongs.

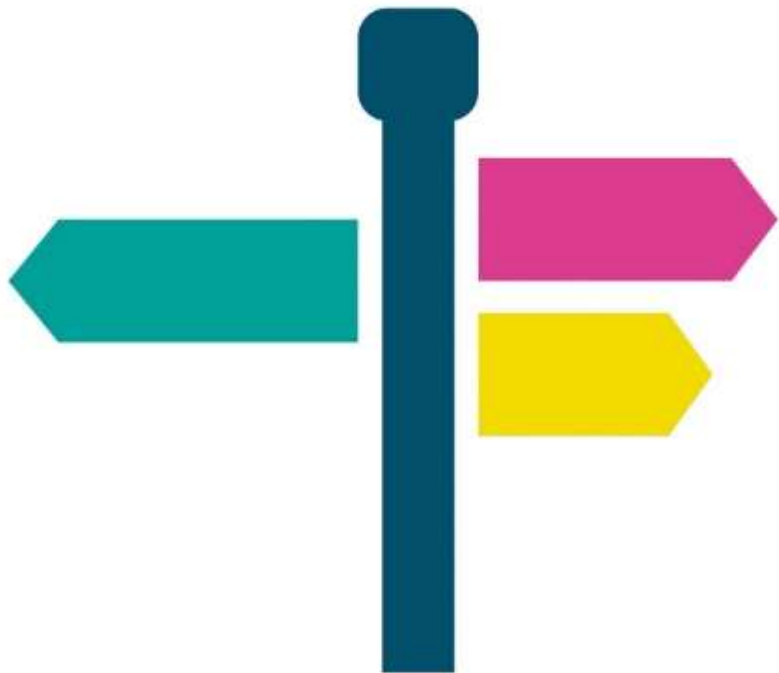


10 Spiritual Activities for People living with Alzheimer's

Providing spiritual support for people living in long term care is vital to their well-being.

It is especially important now, as residents face the challenges of being isolated from friends and family.

Brought to you by Golden Carers: <https://bit.ly/3n7Ns90>





Exercise

Some of us love it some of us don't but we all need it. There's something for most of us here!

Bethany Church

Some online exercises: <https://bit.ly/3qDUk06>

Age UK Sunderland

Online exercise from Age UK Sunderland: <https://bit.ly/342HBup>

Easy-to-follow 10-minute home workouts

The first of the fun BBC 10-minute routines to get you stretching and moving - specifically designed by and for older people.

Follow this link: <https://bbc.in/3qqSCz1>

Active at Home

This booklet has been developed to support older people and those who are shielded to be active and healthy at home: <https://bit.ly/3lAvZ7M>

NHS chair based exercises

This Chair-Based Exercise Programme from NHS has been designed for everyone whose daily routine, health and wellbeing have been affected or disrupted by Coronavirus.

Regular exercise will help you develop and maintain your fitness, strength, mobility and balance while living in isolation: <https://www.youtube.com/watch?v=EJgZygWBKaE>



Creativity, arts and crafts

We know you all enjoy your arts and craft sessions, so here a few new ones for your enjoyment!

Baring Foundation

COVID-19: Arts and creative resources for older people (and anyone else) in isolation.

Information about creative initiatives and useful resources to support particularly older people in isolation and in care homes during the COVID-19 crisis: <https://bit.ly/3m8PnsX>

Kayley Cares Vintage Singer

This lady is providing Facebook/zoom singing and weather permitting singing outside of care homes in Sunderland (for a cost).

Find out more: <https://m.facebook.com/KayleyCaresVintageSinger/>

Sunderland Stories

Six emerging Sunderland writers have had their 'Sunderland Stories' selected to be recorded by professional actors and broadcast online in this new Sunderland Culture Project. Funny, sad, absorbing and thought provoking, these stories bring to life Sunderland characters.

Find out more: <https://bit.ly/39Zw0A3>

One Day You'll be Older Too - Online Exhibition

Artist Andrew Tift has created a series of intricately drawn pencil portraits of residents living in Washington care homes.

These sensitive images brought to you by Sunderland Culture capture a moment in time and celebrate the lives of some of Sunderland's older residents.

Find out more: <https://bit.ly/37X7LzA>





No Strings: Online

The first glass beads were made one at a time by winding hot glass around a metal rod. To support a faster and greater production process, molten glass was blown and drawn out to form long, hollow tubes, which were cooled and cut into small, even beads (rocaille).

In the 15th century, this technique was refined by the master glassmakers on Murano in Italy to make tiny beads for embroidery, an industry which continued well into the 20th century in Italy, Czechoslovakia, Germany and France. Today, glass beads are primarily made in countries including India, the Czech Republic, Japan, China and Taiwan.

Visit the video tour Exhibition: <https://bit.ly/37U8oKn>

Received Wisdom

Received Wisdom is a thought provoking exhibition. In the first of their brand-new series of Arts Council Collection National Partner exhibitions, Received Wisdom challenges the notion that creativity, boundary-breaking and dynamism are the preserve of youth. The exhibition presents a body of work created by artists working in their later years and challenges ideas about what is expected of us at different stages in our lives. See it here:

<https://bit.ly/3m5ZUVK>

Sunderland Photographic Association - Online Exhibition

Sunderland Photographic Association was founded in 1888 and its Annual Exhibition has always been the highlight of each season.

As the exhibition features the best work of its members it includes a wide variety of colour and monochrome work including portraiture, landscapes, nature, street photography, still life and creative images produced by combining several photographs.

Visit it here: <https://bit.ly/373VLxc>

In Room Gardening

Golden Carers gardening -You can enliven any room with a pot plant, and there are pot plants to suit any conditions!

You too could pursue this wonderful hobby, there are many hidden benefits to growing plants indoors:

<https://bit.ly/2K8TqYN>





Apps and downloads

My Reef 3D Aquarium

My Reef 3D is a great app for people with advanced dementia. Within the app users get to interact with around 14 different types of virtual fish. Activities within the app include stocking the aquarium with fish and interacting with the tank. Users can, like a real tank, also just sit back and enjoy the show. Drive right in here: <https://bit.ly/3gAOacB>

Virtual Zoo

Don't miss out, watch Chester Zoo's original LIVE Virtual Zoo Days.

They are LIVE on their Facebook and YouTube pages for a WHOLE DAY of amazing animal antics!

Packed full of fantastic facts... it's the PERFECT way to learn, all from the comfort of your own sofa!

Follow this link: <https://bit.ly/37VZvQn>

Many other Zoos also have Virtual Zoo - Google to see if you're favourite does it too!



Armchair Gallery

With special features for people living with dementia, Armchair Gallery brings world-class art & culture to you.

Discover, play & create with your favourite artists.

Colour a Canaletto, create your own Hepworth, take a selfie with Lowry and much, much more...

The app includes instructions for doing tried-and-tested creative activities with the people you care for.

It is available now on both iOS and Android. Find download details here: <https://armchairgallery.co.uk/>



5 Fun Technology Activities for Residents

From Golden Carers - Integrating technology into activities for seniors is a must in the digital age.

Check out 5 tech-centred activity ideas to get started here: <https://bit.ly/2W6KbuO>

Armchair Travel

Golden Carers - Travel videos can be fascinating to watch. Choose a country and some suitable YouTube videos to watch and then follow this up with themed activities based on the chosen country: word search, quizzes, colouring and much more.

There are charges for some of these activities.

[Armchair Travel with Google Maps](#) Why not visit your original home or take a virtual trip around the UK as well as local landmarks. Enjoy tours of the Taj Mahal, the Grand Canyon as well as connecting to live cameras in Time Squares, New York.

[Armchair Travel to Spain](#) Beautiful beaches and historic cities, there's something for everyone.

[Armchair Travel to Greece](#) White washed villages, hill top monasteries and a glass of Ouzo too!

[Armchair Travel to Australia](#) A land of staggering contrast and spectacular beauty - from coral reefs to ancient rainforests and scorched red deserts.

[Armchair Travel to Italy](#) The boot-shaped country that fires the imagination. Food, fashion, music, antiques and artifacts, amazing landscapes, volcanoes, opera & more!

[8 Ways to Provide Armchair Travel Experiences](#) While your residents may not be able to explore different parts of the world in person, you can give them the next best thing - a full travel experience without leaving the activity room!



See 50 activities for the elderly in lockdown from Golden Carers here: <https://bit.ly/2K8TqYN>



Activities for Men

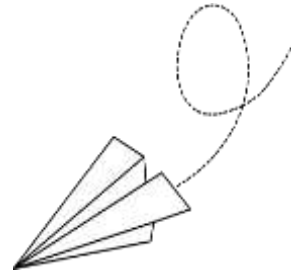
Golden Carers activities for men, from sanding a chair, to reading the daily newspaper to watching the football on TV, here's hoping you find something of interest to you:



[Sanding a chair](#)



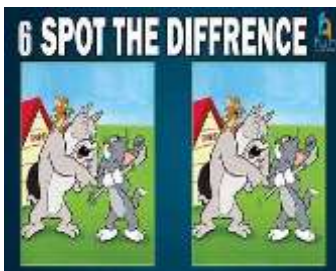
[Learning to tie sailor's knots](#)



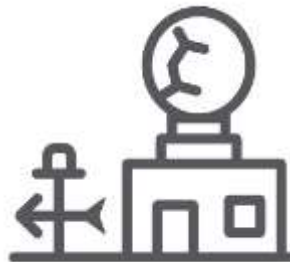
[Making paper airplanes](#)



[Math Activities](#)



[Spot the Differences](#)



[Weather Station Activities](#)



[Creative Thinking Exercises](#)



[More Activities for Men](#)



Useful resources

Maintaining activities for older adults during COVID-19

A guide to online resources for staff in older adult mental health wards and care homes and any other relevant setting: <https://bit.ly/3oHOvwZ>

Activity ideas during coronavirus for people with dementia

Keeping active and purposeful when staying at home will help fight off boredom and frustration. Here are some activities you can try at home during the coronavirus pandemic:

<https://bit.ly/3gE3ZPy>

Engagement and activities during Lockdown

Having something to do can make people feel useful and valued. Simple things like talking, laughing, singing and just being together can help improve wellbeing and reduce loneliness.

Here are some ideas from Care Management Matters that could ensure activity is enjoyed: <https://bit.ly/3oIPfSA>

50 Activities for the Elderly in Lockdown and Isolation - Golden Carers

Here are some in-room activity ideas for residents to enjoy while in isolation from Golden Carers: <https://bit.ly/2K8TqYN>

Living well through activity in care homes: The Toolkit

Getting older is not a disease or a condition and we do not lose the ability to make choices, learn or experience love and affection.

Moving into a care home is a major life event and we all share the same desire to live in a safe and comfortable environment.

All older people living in care homes have the right to:

- Experience a good home life.
- Be treated with dignity and respect.
- Access quality care and treatments.

Everyone wants to continue to do the activities they enjoy: <https://bit.ly/3oNEPBf>



The digital inclusion of older people in care homes

Age UK Learning and good Practice from Reach for IT

This guide is designed for organisations wishing to support the implementation of a digital inclusion initiative in care homes. It aims to support those who practise person-centred care and who understand that the internet can be an empowering tool that provides older people with more of a voice, choice and control: <https://bit.ly/37XAFjr>

Home-Based Activities for the Elderly from Hallmark Care Homes

With older people being told to self-isolate during the COVID-19 pandemic, it has recently become much more difficult for our more senior relatives and loved ones to continue living their day to day life.

Despite being thought of as the “keep calm and carry on” generation, elderly people living at home are at the greatest risk of becoming socially isolated and/or experiencing a decrease in physical and mental ability.

To help older friends and relatives stay motivated, Hallmark Care Homes have created a list of enjoyable activities for seniors that can be enjoyed whether they’re living alone or with family: <https://bit.ly/2KcnzX9>





**Have you have enjoyed using the
content of this document?**

We would love to hear if you have found it useful!

**Please could you spare 5 minutes to send us a quick
email or social media message to give us your
feedback:**

Email: healthwatchesunderland@pcp.uk.net

Twitter: @HWSunderland

Facebook: Healthwatch Sunderland

**You never know if you've liked it and found it useful
we might do it again next year!**

Healthwatch Sunderland
Hope Street Xchange
Sunderland
SR1 3QD

Tele: 0191 514 7145

Email: healthwatchesunderland@pcp.uk.net

Web: www.healthwatchesunderland.com

