



Welcome to the latest 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 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 and in line with current government guidelines, or to request a pack or share an activity idea please ring 0161 518 5550 or email buccg.beaconservice@nhs.net



JUST FOR FUN! Thanks to Bury VCFA

Answers will be provided in next month's box

February Facts, Valentine Veracities

1. What do Americans call the 2nd of February, as made famous by the film starring Bill Murray?
2. British actress Pauline Collins found fame playing the title character of which play and subsequent film adaptation, winning an Olivier, Tony and BAFTA along the way?
3. Valentine is the lead character of which of Shakespeare's comedies that also happens to have the smallest cast?
4. Saint Valentine is the traditional patron saint of which occupation, they are formally known as apiarists?
5. In February 2018 for the first time since 1999 there will not be a what? It will happen every other month of the year, sometimes twice a month?
6. Shakespeare wrote 'A rose by any other name would smell as sweet' but which writer coined the phrase 'Rose is a rose is a rose?' She also wrote of her hometown of Oakland, California that 'There is no there there'?
7. Famed as the original Latin lover on the silver screen, which Italian actor died at the age of 31?
8. Which gangster masterminded the Saint Valentine's Day Massacre in Chicago?
9. Normally falling in February, which festival has a name that means "Fat Tuesday" in French?
10. Which Italian professional motorcycle racer followed in his father's footsteps to become one of the best racers of all time, winning nine Grand Prix World Championships?



Monthly Quiz

Answers from Nov and Dec 2020 Quiz

CHRISTMAS SONGS

1. Which act has had more Christmas number one singles than any other?

The Beatles (4)

2. According to the song "Frosty The Snowman", what were Frosty's eyes made out of?

Coal

3. Which Christmas song won an Oscar for Best Song at the 1942 Academy Awards?

White Christmas

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?

David Bowie

5. Which Christmas song includes the line "It seems so long since I could say 'sister Susie sitting on a thistle'"?

All I Want for Christmas Is My Two Front Teeth

6. In 1965, which Christmas song became the first song to be broadcast from space?

Jingle Bells



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"?

"Always On My Mind" (by The Pet Shop Boys)

8. From which animated short film does the song "Walking In The Air" come?

The Snowman

9. In the song "Twelve Days Of Christmas", what are there 11 of?

Pipers Piping

10. In 1986, whose song was Christmas number one in the UK, 2 years after he had died?

Jackie Wilson's (Reet Petite)

SCOTLAND AND THE SCOTS

1. In what year did Alexander Graham Bell invent the telephone?
1876

2. In which castle was Mary Queen of Scots executed?
Fotheringay

3. Which type of seabird famously occupies the Bass Rock?
Gannet

4. Who is the policeman in a series of Ian Rankin novels?
Rebus

5. On which river does Dumfries lie?
The Nith



6. Who wrote Wind in The Willows?
Kenneth Graham
7. What is the name of the largest island in the Orkneys?
Mainland
8. What is the name of the largest old cannon on the battlements of Edinburgh Castle?
Mons Meg
9. What colour are the robes of St. Andrews University students?
Scarlet
10. Where was ex-jockey Willie Carson born?
Stirling



Wellbeing Walks

Walking and wellbeing helps connect us with the NHS 5 ways to wellbeing helping to improve both our mental and physical health. It helps us to connect, it is a way of being active, it creates beautiful opportunities for us to take notice of what is around us, it can inspire lifelong learning and it links us in to the fabric of our communities.

What's not to like?

We have come up with 5 ideas of things for you to look for whilst you are out walking.

1. Find 5 different types of bird
2. Find 5 houses with the number 7 in them
3. Find 5 gates
4. Find 5 different types of transport
5. Find 5 local businesses

You can find them all on one walk, different things on each different walk or challenge yourself to find different ones over a month and see how many you can find in total. We would love to see your pictures, please share them on our Facebook <https://www.facebook.com/BeaconService> or Twitter page [@BeaconService](https://twitter.com/BeaconService)

You can also join in local walking challenges to help fundraise for local charities

For more information please contact julie.bentley@buryvcfa.org.uk



Looking for something to read?

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

Adult - The Bees - Laline Paull - a really interesting read from a really interesting view point. It tells the story of bee 717 who is born a sanitation worker, but is somehow different from her sisters in the same class, she starts questioning her existence, and the way the hive works, she sees injustice and oppression. She goes on to have an extraordinary life within the hive, breaking hierarchies and tradition. It's a really interesting reflection on classism, racism, privilege, feminism, wrapped up as an anthropomorphic Cinderella style story, not that you'll find a prince or fairy godmother!

Child/Young Adult - The House With Chicken Legs – Sophie Anderson (9+ is the publishers age range but does deal with loss and death as a central theme) - based in Russian mythology and folklore this is the story of Marinka, she lives in a Yaga house with her Baba (grandmother) who guides the souls of the dead each night to the stars. Marinka is the next Yaga, but living in a house that never stays put, and being unable to make friends, leaves her longing to stay in one place. Struggling to find terms with her destiny, her journey brings up knowledge about herself, her past, and the true reason she is bound to her walking, sentient house. Lyrical and magical, an unusual coming of age tale.

Younger children - Wendel's Workshop - Chris Riddell - Wendel is an inventor mouse who builds a robot to tidy his workshop, but not everything goes to plan, and soon things are worse than ever! Riddell is the former Children's Laureate has a really distinctive intricate illustrating style which make his books beautiful and interesting.

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



Film ideas to watch

Thanks to Prestwich Community Cinema

North By Northwest <https://www.imdb.com/title/tt0053125/>

Madison Avenue advertising man Roger Thornhill finds himself thrust into the world of spies when he is mistaken for a man by the name of George Kaplan. Foreign spy Philip Vandamm and his henchman Leonard try to eliminate him but when Thornhill tries to make sense of the case, he is framed for murder. Now on the run from the police, he manages to board the 20th Century Limited bound for Chicago where he meets a beautiful blond, Eve Kendall, who helps him to evade the authorities. His world is turned upside down yet again when he learns that Eve isn't the innocent bystander he thought she was. Not all is as it seems however, leading to a dramatic rescue and escape at the top of Mt. Rushmore.

Breakfast at Tiffany's

https://www.imdb.com/title/tt0054698/?ref=fn_al_tt_1

After one of her frequent visits to Tiffany's - New York City's dazzling jewellery store - and the maximum security Sing-Sing prison for mobster Sally Tomato's weekly "weather report", Holly Golightly, Manhattan's elegant socialite, finds herself infatuated with her charming new neighbour, Paul Varjak. Stuck in a persistent creative rut, Paul, too, lets himself drawn into Holly's superficial world, of course, not because he likes the idea that he reminds her of her brother, but because, little by little, he succumbs to Holly's beguiling allure. Even though they don't openly admit it, the two reluctant lovers have a past that they struggle to keep at bay; nevertheless, are their well-hidden secrets powerful enough to keep them apart? After all, Paul and Holly are meant for each other. Will an early-morning breakfast at Tiffany's be the prelude to a breezy young love?



“There is always something to be thankful for!”

Thanks to Creative Living Centre

What are you thankful for?
Friends? Family? Blue skies?
Walks? Hot chocolate? Talking
to people? Seasons?

There are so many things to
be thankful for. Make yourself
a gratitude bookmark and
remind yourself (and your
family) of all that you are
grateful for.



Get some card and cut it into the size of a bookmark.

Draw/write/stick pictures, words, photos, that you are grateful for - add an inspirational quote to super power the gratitude feeling. Add anything at all that makes you feel better! Then every time you read you are reminded of all that is good in your life right now.

Perfect for children and adults!



Make a Bird Box

Why don't you make a bird box for your garden and see which birds visit your garden? The Friends of Chesham Woods project are putting bird boxes up in the woods and if you would like to donate a bird box to them for the woods that would be fantastic.

Please contact julie.bentley@buryvcfa.org.uk for more information.

You can follow this link for the instructions, you're your own or the RSPB instructions are below.

<https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/build-a-birdbox/>

What you will need

A plank of FSC wood 15cm x 1.4m long x 1.5-1.8cm thick and not pressure treated

Pencil and tape measure

Saw

Nails

Strip of waterproof rubber

Drill

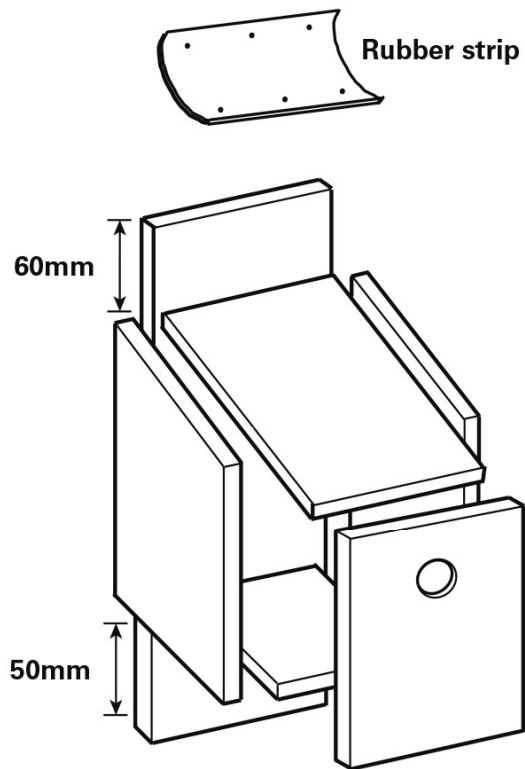
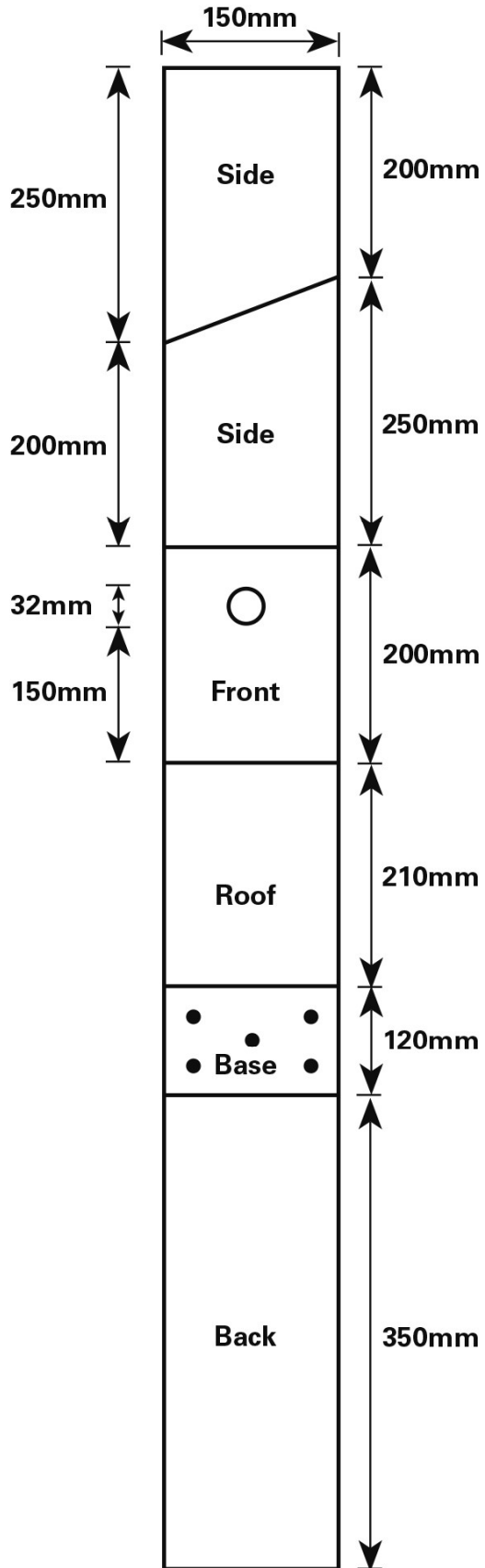
Optional: a hole saw/cutter for making 3.2cm holes

Ladder

Screws

Camera or smart phone

Water based paint





Find the right bird-friendly spot for your box. Ideally, it will be under the eaves of your house or high on a wall, well away from curious cats or foxes! Make sure you get permission if you need it.

The box will need to be at least 3 metres (10 feet) from the ground, facing somewhere between north and east to avoid it getting too hot or wet. Avoid placing it in direct sunlight and don't put it over a doorway or well-used path.

Make sure you have the right wood. The thickness is important to insulate the box from cold and heat and to stop the box warping. You can use exterior-quality plywood (for a light box) or, for something more sturdy, hardwoods (such as oak and beech) or soft wood (such as pine, but this will deteriorate more quickly). Buy timber approved by the Forest Stewardship Council – look for the FSC logo.

Measure and cut your wood according to the diagram.

Note: the dimensions shown are for 15mm thick wood. If your wood is different to that, the dimensions of the Base should be 150mm by 150mm minus 2 x thickness of the wood, eg if the wood is 18mm thick, the base should be 150mm x 114mm.

If you don't have the hole saw/cutter for making the 3.2cm round hole, you can use a jigsaw (not the puzzle!) to cut a square or wedge-shaped hole at the top of the front, as in the diagram.

Remember: Adults should be in charge for all the steps involving sharp tools or nails!

Nail all the pieces, except the roof, together. The sides, back and front 'wrap around' the base.

Attach the roof. By using screws, you'll be able to get into the box at a later stage to clean it out. Use a waterproof strip to make a hinge between



the top edge of the roof and the backing board. Try a piece of bicycle tyre inner tube, damp-proof membrane or roofing felt.

Decorate your box. Now it's the fun part that you can all get stuck into! You should have a nice complete bird box now, so it's time to get out the paints and give it a personal touch. Think about pattern and colour and create something really unique. Remember to use non-toxic water-based paints though! There's a handy guide to painting nestboxes here.

Put your box up. Drill guide holes in the backing plate at the top and bottom of the box. Taking care, fix the box to a wall using a ladder, screws and Rawlplugs.

What to look for. Sparrows will start house-hunting in spring. There is never a guarantee of them using your box, but if you're lucky you should see the males proudly chirping from nearby, or even from the roof of the box. Sparrows are sensitive to disturbance at the nest and protected by law. So watch and enjoy from a distance. You may be lucky to see them raising several broods in there in a season. Maybe you'll even catch some chicks fledging!

Don't forget to tell us when you have completed the activity! When you mark the activity as complete, you will be asked to upload a photo, drawing or painting to help earn your award.