

engaged.



10 SEPTEMBER 2021

From Chelsea

Spring is here and how excited are we? I know I am very excited for the warmer weather, the longer hours of sunlight and getting closer to those summer months!

Many use the spring season as a time to clean, declutter and take a moment to reflect on the past year. It's good to not dwell on the things we can't control, and instead continue to plan for the amazing months ahead!

We could all do a little springing into spring and create one thing we want to do every day throughout the month. It might be as simple as pairing all those odd socks together, finishing that crossword puzzle or ringing an old friend.

Throughout September, I am going to try and do either a little craft or something active every day, it is so important to take time for yourself and find your balance.

In other creative news, entries for our **Reminiscing** short story competition will close on Friday 17th September, so you still have time to enter!

See you next week,



Chelsea

Chelsea Richdale

Operations Activity and
Lifestyle Coordinator



Handy IT tip of the week:

How to join a Zoom call using the ID number and password:

- Click on the 'Join' button
- Input the ID number and click 'Join'
- Input password and click 'Join'
- You will enter the zoom call!

Send us your content!

We would love to hear from you!

Email us at
engaged@rymanhealthcare.com

Did you know....?

Benjamin Franklin was the first to propose daylight savings in 1784. But it wasn't fully implemented until the end of the second world war.

<https://trilakesfcu.com/portfolio-view/fun-facts-about-spring/>



SUDOKU

Fill in the grid so that every row, column and 3x3 box contains the digits 1 to 9

6	4	7			8			3
3			6					
		5		9				8
			1					4
7		1	8		4	6		2
4				6				
9				8		7		
					6			9
8			3			2	5	1

Easy

		6		3				4
		4	9		6		8	
				1		3		
	7	2		1	5			
1				6				3
			7	8		2	6	
	4		1					
	6		5		8	3		
5			7		9			

Medium

5						7		
8						3	9	
				2		1	5	
3		9						
				5				6
	6			2				4
1								
		4		3		8	2	
				8	9		5	

Hard

TRIO

The words in this puzzle can be completed using the same three-letter sequence. Can you find it?

E _ _ _ Y
 _ _ _ US
 CAR _ _ _
 RIB _ _ _ S

TOTALISER

The answers to these questions are all numbers. Added up, they will total 210.

1. How many rings are on the Olympic flag?
2. How many sides does a trapezium have?
3. How many squares are there on a chessboard?
4. In snooker, how many points is the blue ball worth?
5. After how many years of marriage would you celebrate your ruby anniversary?
6. How many keys are there on a standard piano?
7. In the novel *A Christmas Carol* how many ghosts appear to Scrooge?

CROSSWORD

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

ACROSS

1. Strong, sweet alcoholic spirit (7)
5. Commence (5)
8. The last drink (3,3,3,4)
9. Venue for a play or film (3)
10. Uprights on a sportsfield (9)
12. Is buoyant (6)
13. Points the finger at (6)
15. Beach mounds (4,5)
16. Mat (3)
18. Head of state (5,8)
20. Indulgence (5)
21. Motors (7)

DOWN

1. Appearance (5)
2. Survey (13)
3. Stretched (9)
4. Ceremony (6)
5. Insect (3)
6. Helpful volunteer (4,9)
7. Naturists (7)
11. Rubbing to shine (9)
12. Nit-picker (7)
14. Whole (6)
17. Bacteria (5)
19. Consume (3)

SOLUTIONS

Totaliser

1. 5, 2, 4, 3, 6, 4, 4, 5, 5, 4, 0, 6, 8, 8, 7, 4

Trio

ACROSS: 1. Liqueur; 5. Begin; 8. One for the road; 9. Set; 10. Goalposts; 12. Floats; 13. Blames; 15. Sand dunes; 16. Rug; 18. Prime minister; 20. Treat; 21. Engines.
 DOWN: 1. Looks; 2. Questionnaire; 3. Elongated; 4. Ritual; 5. Bee; 6. Good Samaritan; 7. Nudists; 11. Polishing; 12. Fusspot; 14. Entire; 17. Germs; 19. Eat.

Crossword

Sudoku

8	6	4	3	7	9	2	5	1
5	7	3	1	2	6	8	4	9
9	1	2	4	8	5	7	3	6
4	3	8	9	6	2	1	7	5
7	5	1	8	3	4	6	9	2
2	9	6	5	1	7	3	8	4
1	2	5	7	9	3	4	6	8
3	8	9	6	4	1	5	2	7
6	4	7	2	5	8	9	1	3

Easy

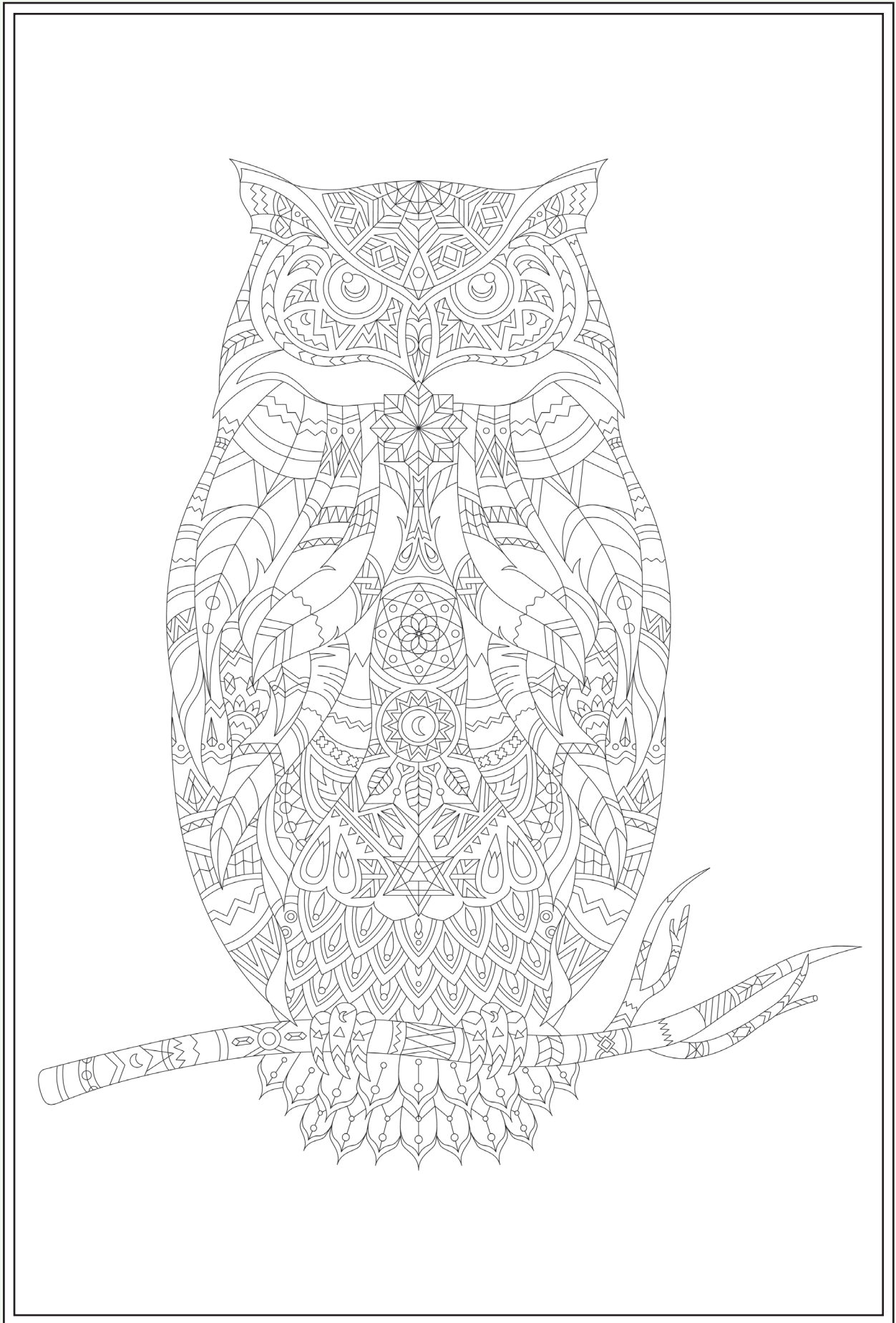
5	8	1	6	7	3	9	4	2
2	6	9	5	4	8	3	1	7
7	4	3	1	9	2	8	5	6
4	3	5	7	8	9	2	6	1
1	9	8	2	6	4	5	7	3
6	7	2	3	1	5	4	9	8
8	2	7	4	5	1	6	3	9
3	1	4	9	2	6	7	8	5
9	5	6	8	3	7	1	2	4

Medium

2	7	6	4	8	9	1	5	3
9	5	4	6	3	1	8	2	7
1	8	3	2	7	5	6	4	9
7	6	5	1	2	8	9	3	4
4	1	8	9	5	3	2	7	6
3	2	9	7	4	6	5	8	1
6	3	7	8	9	2	4	1	5
8	4	1	5	6	7	3	9	2
5	9	2	3	1	4	7	6	8

Hard

Colour me!



Tips for looking after your mental wellbeing in isolation

Being conscious of our mental health and making some small changes to how we usually live our lives can help us in lockdown.

- **Keep your usual daily routines or create new ones.**
Get up and go to bed at the usual times, get dressed, have regular meals and exercise. Get fresh air and sunlight to help keep your mood up, improve your sleep and your bone health.
- **Choose where you focus your attention**
Tune in on the good things in the world, and acknowledge things in your life you are grateful for. Do things that make you feel happy. Focus only on what you can actually influence.
- **Keep up with your home**
Do those little chores you have been putting off, have wee treats for yourself, keep up your hobbies, and perhaps try some light redecorating.
- **Watch your media diet and give yourself a break from COVID-19 news**
Look at what you have consumed in the last 24 hours and ask yourself, "Did listening to this, watching/reading that, help or harm me?" and tune yourself accordingly. Have a distraction plan such as phoning a friend or an enjoyable activity.
- **Be kind to yourself and others**
A little kindness and understanding both of yourself and others will go a long way. We also get good feelings back when we are doing something helpful or kind for others.
- **Stay safe and calm**
Keep following all safety instructions, understanding who is in your bubble and what will keep you and others safe and well. Handwash, handwash, handwash. It may be tempting to extend your bubble as time goes on, but don't let that happen.
- **We all need comfort sometimes**
Listen to your body and rest when needed. It is better to stay connected to others and share your worries. Take time out in your day to do some calm breathing and relaxation, and reach out by phone if you are lonely.