

# *Welcome!*

Welcome to the first Purley Activities Page which we hope will help you find new ways of filling time while having to stay at home.

The idea of this page is that we will all share ideas, the things we find interesting and entertaining – we'd like it to be a different way in which we can all support one another at a challenging time.

Everyone, no matter how old or young, is welcome to participate!

The content of this page will be updated weekly during the Coronavirus crisis and you will decide what goes on it.

Send us your ideas, tips, book or film reviews, poems, pictures, photos. Hopefully they will inspire others, unite us and, most of all make us smile!

## *Name the page!*

Purley Activities Page is just a working title so your first challenge is to send us your ideas for more catchy names; the "winner" will have their name chosen and used on our web site!

Just send your suggested name(s) to  
[asstclerk@purleyonthames.net](mailto:asstclerk@purleyonthames.net) by Friday 10 April

## Activities and ideas

As a starting point, here are a few ideas which have already been suggested as ways to fill time while cooped up in the house.

### Birdwatching

Martin: *I have a birdwatching competition with one of my former work colleagues - so far here I have spotted at least three pairs of blue tits, red kites, magpies, blackbirds, robins, sparrows and pigeons. Unfortunately, he has "top trumped" me with a woodpecker! I told him yesterday that I'd seen a plane but that apparently does not count!*



Blue tit



Red kite



Magpie

If you'd like to join Martin but aren't confident about recognising birds, there are plenty of free charts online or you could use a bird identification site such as this - <https://www.birdid.co.uk/IdentifyBird.aspx>

If you have birds to add to Martin's list, do let us know – it would be interesting to see how many different birds we have in Purley!

As well as identifying birds, you could also try photographing, drawing or painting them – and please do send in your pictures so that we can share them with others!

## *Social-distance socialising!*

Sue: *My daughter had a virtual 'burger night' with friends. They normally meet up once a week for supper. This week they all made burgers and 'met up' on Skype to eat, drink and be merry!*



Do you have any imaginative ways for staying in touch with friends remotely?

## *Grow your own cress*

Lily: *I've sown cress seeds in damp cottonwool in an empty eggshell. When the cress grows it will look like hair. Then I'll cut it and Mum says I can make egg and cress sandwiches.*

This is such a clever idea involving upcycling as well! We're already looking forward to pictures of Lily's seeds once they start growing ...

If you'd like to join Lily, first save your egg shells when cooking – it's best to crack them as close to the pointy end as possible, leaving a reasonable amount shell in tact for planting. If you'd like the hair effect, now's the time to paint faces on the empty (and rinsed out) shells!

Shells ready, soak some cotton wool balls in water and put them in your shells. Sprinkle cress seeds over the top as evenly as possible, moisten the seeds and put the planted shells on a windowsill. Keep an eye on them to make sure they don't dry out – the seeds should start sprouting in a few days ...

## *Other ideas ...*

Make an exercise circuit in your house (and garden)

Use the bottom stair for step-ups.

Tins of food make great weights to use as you raise or flex your arms.

Have you got a skipping rope or a hoola hoop??

Start growing plants

You don't need to have a garden or allotment, you can use a window box, a pot on a windowsill or balcony.

Send us pictures (photos or drawn!) and, in a few weeks we can have a photo gallery and compare everyone's successes.

Old or young, draw or paint pictures

If you don't have paint or paper, try a collage by tearing up coloured photos from magazines and colour supplements.

Just have a go and let us see what you've done!

If you prefer to colour someone else's picture you can download pictures for free from the internet.

One last suggestion for now – you might like to keep a diary or scrapbook over this period. This could be done on your own or with all members of your household contributing to a joint record. It would certainly make interesting reading in years to come, as well as recording a piece of history.

## *Easter*

With Easter fast approaching, here's a few ideas for ways to prepare.

- Make an Easter bonnet – you could decorate a hat you already have or make one from scratch.
- Egg painting – if you boil them first, you could use them for an egg hunt ... and then make sandwiches for tea!
- Or perhaps you could plan an Easter tea party via Skype (or similar) with friends or family.

Do you have any Easter-themed arts and crafts activities in mind? Do let us know and also share your photos with us.

*If you have any feedback on these ideas, any new suggestions or thoughts to add, or any pictures or photographs you'd like to share, please let us know by contacting [asstclerk@purleyonthames.net](mailto:asstclerk@purleyonthames.net)*