



MANCHESTER CARES

#AloneTogether January 2020

Happy New Year Everyone! 2020 is behind us and we can look forward to 2021 and a brand new year! To start the year off with some fun, we've put together some small activities for you to enjoy this month! We hope you take joy from the fact that lots of neighbours across Manchester will be completing these activities at home, at the same time as you.

January 1st 2021 marks the start of a new year! No one could have predicted what took place in 2020, however it's a new year and time to look forward.

Task: Write down three things you are looking forward to this year or three small things you would like to do more of. These could be: I want to take more walks, spend more time reading, talk to my friends and family more. At the end of the month, have a look at the list to see if you have been able to carry out those things and see whether you will continue doing more of these things going forward as well as adding to it throughout the year.

January 6th 1854, marks the birthday of fictional character Sherlock Holmes, created by Sir Arthur Conan Doyle. The books never give a definitive date, but this is the generally accepted date of his birthday as deduced from the stories. In the story His Last Bow (1917), Holmes' age is given as 60 years old in 1914.

Task: Are you a fan of detective stories? What's one detective story or programme you love? Chat to a friend to discuss your favourites or if you want to, try your hand at writing a short detective story? We'd love to read them!

On 14th January, it's *Organise Your Home Day!* Being organised can balance your life. It can reduce stress and makes you more productive. It can stop you looking for things, or having to buy new things that you don't need. If you make it your way of life today, it can soon become a habit and you will reap the benefits for years to come.

Task: Put some time aside today to declutter and organise your home, it could be one room in the house today and then could look at doing another room later on in the month. Here are some ways you can start:

- Get your cleaning supplies out and get scrubbing and organising.
- Rope in your family to help you organize, give everyone a task and award them for finishing them.
- Declutter by donating things you don't use anymore.

Monday 25th January marks *Burns Night!* A day that combines haggis, whisky and poetry to mark the birth of famous Scottish poet Robert Burns, born on this date in 1759. Traditionally to celebrate Burns Night, friends and family come together for a big supper consisting of a soup broth to start followed by haggis with mashed potatoes and mashed swede and then traditional Scottish cheeses or often a whisky trifle. Everyone celebrates by reading and listening to poems by Burns as well as music played on the bagpipes.

Task: Have you ever celebrated Burn's Night and if so can you tell us about how you celebrated and what you feasted on? If not, what is your favourite celebration of the year? What do you do to celebrate and why is it your favourite?