

# **The Northumberland Home Challenge**



Northumberland  
County Council

**Youth Service**

# What Is It?


To help keep you active at this time we have come up with The Northumberland Home Challenge!

The task is to complete all 6 challenges over the next few weeks. Document all your achievements, send us the evidence of what you have done and you will receive a certificate and a chance to win one of our online vouchers to spend!

You must complete all challenges and send proof to us for you to be able to receive the certificate and be eligible to win a voucher!

## The Requirements:

- You must be residing in northumberland during the lockdown phase of Covid19.
- Challenges must be completed during the lockdown phase.
- You must send through evidence that you have completed the challenges to receive your certificate and be in with a chance to win the vouchers.



**Complete all 6 challenges and you will receive a certificate and a chance to win online vouchers!**

# How Does It Work?

Work through this booklet and complete each challenge.

Each challenge has its own task, and includes useful information to help you complete it. You must then inform us how you completed it, if you take any photos, made a video or even a poster then please also send us a copy!

Finally get someone who you live with to confirmed that you have completed the task.

You don't have to document all of your work in this booklet if you can't print it off or don't have a paper copy, you can just email us all of your information and any evidence. Please see the last sheet for more information.

Make sure you check our social media for ideas and examples of how to complete the challenges.

Our staff will also be posting pictures and information to show you what they have been doing to complete the challenges within their own homes too.



**Get Active  
Stay Positive  
Feel Good**

# Tell us how you are getting along with the challenges!

Keep an eye out on our social media for help and useful tips of how to complete challenges. Keep us informed of how you're doing with the challenges as you go! You can send information through to us via our email address or by using the Hashtag.

**#NorthumberlandHomeChallenge**

You can show and tell your Youth Worker, Teacher or Carer and they can also send information through to us.



youthservice@  
northumberland.gov.uk



Northumberland Youth  
Service



Northumberland Youth  
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NCCYouthService

# 1 - Helping Around The House

## The Challenge:

Spend at least 10 hours helping around the house in any way you can do.

Things you could do:

- Washing clothes
- Gardening
- Washing-up
- Hoovering



How did you do it? -

Confirmed by:

## 2 - Keeping Fit



### The Challenge:

**Keep your fitness up by doing sport in your back garden, or somewhere in your home. You need to tackle a different sport every day for a full week!**



Ideas for keeping fit:

- Running- laps of your garden
- A Home Workout- sit-ups and press-ups.
- Skipping.
- ANY PHYSICAL ACTIVITY!

How did you keep fit?

Confirmed by:

# 3 - Community Help



## The Challenge:

**There's still lots you can do to give back to your community during this time.**

- Get chatting to your mates and see how you can show your support for those helping in your local community (eg. Emergency Services, Care Staff, Supermarket Workers or anyone else!).
- This might be sharing what local charities are doing on social media, donating your pocket money, designing a poster to display to say 'Thank You'.
- You could design a poster for your local youth club or charity.

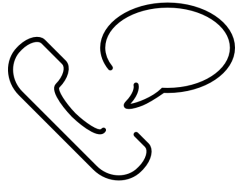
Who did you decide to do something for?

Confirmed by:

# 4 - Keep Talking

## The Challenge:

**Call someone you know to see how they are doing. This could be an elderly family member, a neighbour, or a school friend. Show them that you're thinking about them.**



## Top tips:

- Calls can be on the telephone, via social media, or video messaging.
- You could also write a letter to a family member, school friend or neighbour!



Who did you talk with?

Confirmed by:



# 5 - Cook For Those You Live With

## The Challenge:

**Cook three different meals on three different occasions**



Things you could do:

- Get online or dig out a cookbook to find a recipe for a healthy meal.
- See if you can use items that may be going out of date soon to avoid wasting them.
- How about looking for some traditional Northumbrian recipes?

What food did you cook?

Comments from the people who you cooked for:

Confirmed by:

# 6 - Research Northumberland



## The Challenge:

**Get to know a little bit more about your county whilst you're staying at home, or tell everyone about an amazing place in Northumberland you have visited!**

What you could do:

- Share a memory of somewhere you love in Northumberland (somewhere you have been, visited or just somewhere you fancy going when this is all over).
- Be creative - think about a famous person, place, landmark etc. from Northumberland. Write, draw, sing, dance use any creative ways to show everyone what you know about it.

Where did you research or tell people about?

How did you tell them about it?

Confirmed by:

# You're finished!

## Well done!

You've done something amazing. You have completed all 6 challenges.

This means that you have helped some people who will undoubtedly be very thankful for the time, effort and care you have put into doing things for them.

Make sure you send us all the information and evidence that you have collected whilst completing the challenges.

Your name:

DOB:

Address:

How did you hear about the challenge?:

Email all your information to:

**youthservice@northumberland.gov.uk**