

We hope that January, was a good opportunity for you all to plan some amazing days out or even put together a list of things to achieve this year. Albeit small and socially distanced of course!

As we look back on last year, on behalf of everyone in the Living Well / Wellbeing Team, we would like to thank you once again for your continued support. Whether that be on our Zoom sessions throughout the week – both Living Well and Wellbeing. Or tuning in to watch our Facebook videos with our Chaplain and Physiotherapist. Or even you at home who simply answer the phone to us every week. We thank you!

Next month will be a year since we went Virtual! Can you believe it?! Tech can be difficult at the best of times, but we are so proud of all of you for overcoming and using this new skill to the best of your ability!

On the back is our Virtual Wellbeing Timetable... Not too dissimilar of our Wellbeing Timetable that some of you may be familiar with. These are all our available virtual open access groups that you are welcome to attend. You may notice that there are some gaps in the timetable, if you have any ideas of groups or sessions that you would like to see, then please let us know too!

If you are interested in any of these groups or simply would like some more information, then please contact the Living Well / Wellbeing Team. Or call us on 01474 320007.



**Mincemeat loaf cake recipe kindly sent in by
Maria – future Mary Berry and John, resident taste
tester!**

“We’ve had some mincemeat left over from Christmas, so I thought I would use it up in a cake. On the internet, I found a recipe for a mincemeat loaf cake by Mary Berry and decided to use it.

I substituted almonds with Glacé cherries (our preference!) but otherwise followed it exactly as it said. The cake was delicious! And I enclose a smiling John who enjoyed this cake as much as I did!!

I hope the shops will still sell mincemeat throughout the year because I would love to make this cake long before next Christmas.

Mincemeat loaf cake:

- 150g Soft butter
- 150g Light brown sugar
- 2 large eggs
- 220g Self-raising flour
- 225g Mincemeat
- 100g Currants
- 100g Sultanas
- 100g cherries (half in a cake mixture and half on top of the cake before you put it in the oven)

Mix everything together and put into 2 loaf tins. Bake at 160C for about 3-4 hours. Leave in tins to cool a bit before turning them out.

Delicious!”



Magazine collage:

Keep an eye out for these on our Living Well with Zoom sessions – Tuesday & Wednesday!!

Materials:

- Canvas / Card
 - Acrylic paint & paintbrushes
 - Mod Podge Gloss
 - Magazines
 - Scissors
 - Pencils
 - Stencils (optional)
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1. Decide on the colour or theme and cut scrap pieces from your chosen magazine(s).
 2. Outline your image on your canvas or card. Don't worry about trying to make it 'perfect'.
 3. Paint the background, let it dry.
 4. Begin mod podging scrap pieces to the canvas or card. Apply mod podge, then place the scrap and brush over the top.
 5. Keep applying the scraps in that process to fill in your design. TIP: Use word cut outs to create 'dividing' lines.
 6. As each section dries, apply mod podge on top and then re-apply the mod podge when you have completed this.
 7. Stencil words onto your design if desired.
 8. Display your finished piece proudly!



Short story kindly sent in by Judy – Future Roald Dahl.

Tonight, as I was walking my baby back home down that lonesome road to Amarillo, after going to see Alexander's Rag-time band, I was frozen.

I turned to Lucille.

"Baby it's cold outside," I said, "Let's shelter underneath the arches".

As I bent down to remove a stone off my blue suede shoes, she shouted, "Donald. Where are your trousers?"

"Hmm, they're somewhere my love," I responded.

"Maybe they are blowing in the wind. I ain't misbehaving, honestly."

"Try to remember" said Lucille. "Did you leave them on the Chattanooga choo choo? If so, I guess by now they must be on top of the old Smokey! You better start reviewing the situation."

"Oh, dear me, I am always doing something stupid," I replied, then added, "Let's forget all our troubles. Just take that look from off your face and come fly with me. We are only 24 hours from Tulsa; I know a lovely island in the sun nearby and you know how I do like to be beside the seaside."

"It's impossible," she answered.

"Please release me, let me go. Moonlight becomes you but as time goes by, the nearness of you, especially in stormy weather, has left me bewitched, bothered and bewildered."

As she said those words there was a kind of hush all over the world.

"Ah, well," I thought. "Whatever will be will be. Nevertheless, I still thank heaven for little girls."

And so, ended the loveliest night of the year.

**There are 36
song titles in
this story.
How many did
you find?
How many can
you sing?**

Painted Rocks:

Keep an eye out for these on our Living Well with Zoom sessions – Tuesday & Wednesday!!

www.thekindnessrockproject.com/howto

#kindnessrockproject

Materials:

- Rocks
 - Paint & paintbrushes
 - Paint pens / sharpies
 - Mod podge outdoor
1. Pick up some rocks from either your garden, craft stores or a garden centre. (You may want to give them a wash before use).
 2. Prime the rocks by painting them with a layer of white paint.
 3. Paint your design on top and use several coats. TIP: Let it dry in between coats.
 4. Use small brushes for more intricate design options.
 5. Use oil-based paint pens or sharpies to write on them.
 6. Finish them with using two or three coats of mod podge 'outdoor'.
 7. Once complete, place them in your garden, your house or even share them with friends!



Cookie Monster rock!?

When geologists go on research trips, they're normally looking to observe specific rocks, minerals, and fossils. What this Californian scientist wasn't expecting was to open a volcanic rock in Brazil – only to find an uncanny resemblance of the Cookie Monster.

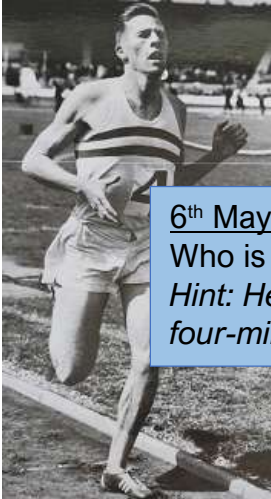
From the outside, the rock looks ordinary – it's plain brown, and shaped like an egg. On the inside? It's a glorious cream and blue. And it looks ready to growl, “om nom nom nom nom!” at the world.

Turns out, while many are looking to buy, say, the perfect rose quartz to meditate with – there's also a market of people who feel a Sesame Street – themed piece of agate rock is just the thing they need in their lives.

Bowers has received offers over \$10,000 for the rock so far. He spoke to the Daily Mail about his surprise on finding such a perfect rendition of a much-loved character: “This is very unusual! There are a few famous agates out there: the owl, the scared face... there are many approximate ones, but it's rare to find one clear and well – defined like that.”



DECADES QUIZ – 1950's



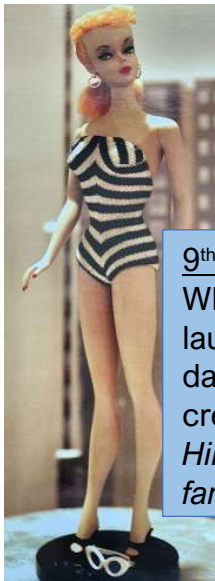
6th May 1954 –
Who is this?
Hint: He broke the four-minute mile.



1959 –
Who is this?
Hint: He invented the Mini.



1st November 1951 –
What is happening here and what was its code name?
Hint: this happened in Nevada, USA and was done to evaluate the usefulness of what's depicted.



9th March 1959 –
What was launched on this date and who created it?
Hint: She's a very famous doll.



26th July 1959 –
What is this?
Hint: First Channel Crossing – Calais to Dover.



3rd May 1951 –
What was this building used for?
Hint: Celebrating the nation's recovery after the Second World War.

Another short story kindly sent in by Judy –
Most definitely a future Roald Dahl.

Earl Grey lived in a beautiful mansion with his daughter, Honey. Honey was a happy girl, but she hated going to school and preferred to grow plants in her herb garden or play with her friend Rosemary and her cat named Ginger.

The Earl decided to engage Tutors so she should be taught at home. Signor Ravioli soon left because Honey was hopeless at Italian. Madame Muesli said the same about trying to teach her French, “She’ll *never* cut the mustard with me”, she retorted angrily.

The only person who could teach Honey anything at all was Mr. Rice, the handsome young Gardener.

One day, when he knew Honey was in the garden shed, he knocked on the door. “Cumin’,” said Honey. “I need to ask you something,” said Mr Rice.

“Before you do, I wish to know your first name,” said Honey.

“I am not English” replied Mr Rice. “My first name is Basmati, but my friends call me Basil.”

“Well Basil, what do you wish to say?” asked Honey.

“Oh Honey, I have wished to tell you, Thyme after Thyme, that you turn my knees to jelly whenever I see you. I know you are Just Right for me. Let’s sow our wild oats together and run away.”

And so, they did. From then on, their life was Soreen! They eloped, got married, made home in Chilli, and lived happily ever after.

There are 18 kitchen cupboard items listed in this short story. Can you name them all?

H A P P I L Y
ever after



This time in history... February

February 8th 1587 –

Mary Queen of Scots is beheaded on the orders of her cousin – England's Queen Elizabeth 1.

February 12th 1975 –

Iron Lady, Margaret Thatcher, becomes the first woman leader of the British Conservative Party.

February 15th 1971 –

Pennies, bobs, and half-crowns all disappear as Britain goes decimal.

February 5th 1958 –

Parking meters first appear on the streets of London's exclusive Mayfair district. The meters were first used in America in 1935.

We would also like to wish a very happy birthday to...

- Patrick C
- Patricia R

And a future happy birthday for March to...

- Jean B
- Ian C
- Peter L
- Jeannette N
- Jim W
- Mo W
- Pamela X

We hope you have a wonderful day, full of lots of love.




Yesterday, when I was young...

Carol Fitzpatrick, May Shurmer, Shania Allsop, Claire Dudbridge, Andrew Lowden, and Teresa May are below, can you figure out who's who?



Research participants wanted



University of Kent

260302_Recruitment image NHS Twitter v1.0 21/09/2020

Measuring the Social Care Outcomes of People with Dementia and their Carers

Researchers from the University of Kent are looking for study participants living in England to help them to understand how well social care services support people living with dementia and their family and friends, who support them.

If you are interested, please contact: research@ellenor.org

Who do we need?

Friends or family members of someone living with dementia **who lives at home** and **uses at least one type of social care services** (e.g. home care, day activities).

What will the study involve?

Filling in a questionnaire – you can choose to fill it in online or on a paper copy.

Would I still be eligible to take part if my friend or family member that I look after is living with Dementia, but they are not currently cared for by ellenor?

Yes, you are eligible to take part in this study as long as the person you look after is living at home and uses at least one type of social care service e.g. a befriender, meals on wheels, Dementia Café.

Can I get more information about this study before I decide?

Of course, please let the hospice research team know (Email: research@ellenor.org / Tel: 01474 320 007) and a member of staff will get in touch with you to discuss further.

When will the study finish?

The last recruitment date is 31st March 2021.

Fabulous Friday Zoom Sessions – Care Visions Healthy Ageing

External Zoom groups:

9.30 – 10.00	10.00 – 10.30	11.00 – 11.40	1.30 – 2.30	2.00 – 3.00	3.30 – 4.30	6.00 – 7.00
<u>Entry level</u> <u>Workout with Dan.</u> Chair and standing exercises	<u>Moderate level</u> <u>Workout with Dan.</u> Floor, seated and standing exercises	<u>Book chat.</u> Humphrey Hawksley talks to David Mark author of Suspicious minds and Darkness Falls	<u>Reflexology and music with Aimee.</u> Get rid of aches and pains while relaxing to music	<u>Poetry with Harry.</u> Be poetically inspired with Harry.	<u>Massage with Daniel.</u> Learn how to repair muscles, rejuvenate your body, and re-energise.	<u>Cockney sing-along with Tom Carradine.</u> *Enter song requests in the chat box when joining*. **Singing is not required. **
<u>Meeting ID: 950 2015 5976</u> No passcode	<u>Meeting ID: 987 9497 8509</u> No passcode	<u>Meeting ID: 938 4737 7913</u> No passcode	<u>Meeting ID: 976 7614 9970</u> No passcode	<u>Meeting ID: 975 4594 7856</u> No passcode	<u>Meeting ID: 994 1213 9309</u> No passcode	<u>Meeting ID: 991 0115 0247</u> No passcode

Stroke Association South Zone Winter Programme –

*****open to all patients regardless of diagnosis*****

- Wednesday Activities 2pm every Wednesday.

Meeting ID: 982 7273 8191

Passcode: 425991

- Sussex Virtual Choir 2pm first Friday of the month

Meeting ID: 928 420 0456

Passcode: stroke

We hope you enjoyed the February 2021 edition of our Living Well Newsletter. If you have anything at all that you would be willing to share with us to go in future editions, we would be beyond grateful! All we would need is a few words about what you've done or send us the song, poem, recipe, etc. And a photo with your name if you would be comfortable with that!

We will gratefully receive any contributions to future editions. Until Living Well can reopen, we are here to support you and your families.

We would be very pleased to see you on Zoom and for details of the link, please contact the Living Well / Wellbeing Department for further information. For more information about Zoom, please see www.zoom.us

Ellenor website: <https://ellenor.org/>

Twitter: <https://twitter.com/ellenorcharity>

Facebook: <https://facebook.com/ellenorcharity>

'Virtual' Wellbeing Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Chaplain's inspirational messages! (daily) https://www.facebook.com/ellenorcharity	Living Well Zoom Call 10.00am - 11am	Living Well Zoom Call 10.00am - 12.00noon		
Mindfulness and relaxation Group 11am - 12noon		Music Therapy Session 11am - 11.45pm	Live Seated Exercise Session https://www.facebook.com/ellenorcharity 11am - 12noon	
		Therapies for the Senses 3pm - 4.30pm	Arts and Craft Session 2pm - 2.40pm	

To be sent an invitation to these groups, please call our Wellbeing or Living Well Team on 01474 320007.