

Memory Café At Home September 2020



Contents Page

Words from the CEO	Page 1
Interests, Joys and Recommendations	Page 3
The MemoryTeam	Page 5
Tell me about yourself	Page 6
Poems	Page 13
Top Sleep Tips	Page 17
Any more fares?	Page 19
Spotlight on a charity – The Cinnamon Trust	Page 21
Sudoku	Page 23
Wordsearch	Page 25
Colouring in	Page 27
Crossword	Page 29
Recipes	Page 32
Important Information	Page 36

Memory Café At Home

Words from our CEO

Hello!

Welcome to the second edition of our Memory Café Newsletter! I have so enjoyed reading it and finding out about some of the favourite things of our members and staff. Rebecca talks about picking blackberries and apples and this is a favourite of mine too, from when I grew up in the countryside. We always made Blackberry and Apple crumble and Blackberry and Apple jam – absolutely delicious! It still continues as a family tradition, and my sister sent me a photo of the fruits of her blackberry and apple picking last weekend – they are pictured here just before she made them into a crumble! I also enjoyed reading the poems, and the lovely poem about



Derwent Water by Myra Bradley reminded me of our regular family holiday every year to the Lake District. We love to go boating on Derwent Water and visit St Herberts Island in the middle of the lake. Legend has it that St Herbert (died in 687) lived there as a hermit for many years, only leaving to visit his best friend St Cuthbert on Lindisfarne!

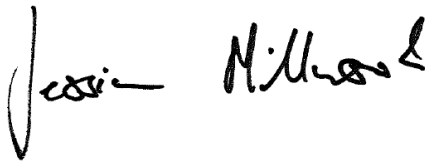
Since the interviews in this edition about lockdown, the picture has changed somewhat as virus levels are lower and many restrictions have lifted. We have to remain vigilant though and make sure we continue to socially distance, wear masks and keep washing our hands for at least 20 seconds. We don't know what is coming next, but we do know that the NHS is facing a lot of winter pressures, with Flu on the horizon as well as Covid-19. I urge you all to get the Flu jab as soon as you can to help keep yourself safe and to help the NHS as well. If you are over 65 you can get the Flu jab free of charge and most

Memory Café At Home

chemists offer it as well as GPs.

As I look out of the window today, you can tell that Autumn is in the air and the leaves are changing colour. In the words of Keats, it is indeed the Season of mists and mellow fruitfulness. I hope your days are both mellow and fruitful – and we will catch up again when the Winter nights are drawing in!

With my very best wishes,

A handwritten signature in black ink that reads "Jess Millwood". The signature is written in a cursive, flowing style.

Jess Millwood

CEO of Age UK Kensington & Chelsea



Memory Café At Home

Interviews

Below are words from some of our members sharing their interests, joys and favourites...



“My favourite wild animals are squirrels. I love the way they eat their food and they are so graceful. Recently, for the first time, I saw a mother squirrel and her babies climbing up a tree. It was very special to see. There is a large tree outside my living room window and a squirrel has made its home in a hole in the trunk. I mostly see it in the afternoons.”

A book recommendation: Mind – a book about the power of the mind on health by Vernon Coleman.

“I enjoy listening to classic FM on the radio. I enjoy listening to it in the evenings before bedtime”

“ My favourite flower is a rose. I enjoy roses because they make beautiful gifts, smell lovely, and brighten up everyone's day.”

Memory Café At Home

"My favourite place is the River Thames in Hammersmith. I enjoy the peace and solitude of the river. I enjoy watching the tides move back and forth. My favourite time to go there is after the rain when I watch the cloud formation in the sky"

A book recommendation: Lilian Harris books... "there are 12 books about Baracoom I'm on number 8 now but I have read them all through many times before, number 8 is called Wedding in Baracoom, about the people who live there, I bought them by chance and now I just can't resist them"

"Wallflowers they smell lovely and are easy to grow"

"Well I was born in Surrey but I love London, there is a lovely area nearby Cadogan Gardens and I enjoy being near the riverside as well....but right now I don't go much further than my local area."

"Roses, there's something very thoughtful about roses, they last along time and they smell very nice. I also love green house plants."

"I bought a Begonia recently for outside, its lovely and beautiful and colourful with flowers that are sort of yellow and leaves which aren't too small"

"I like flowers per se, but I do like roses, we used to have them when I was little, I like the leaves of them also I've got these huge trees out my window, and some trees either end which are deep red"

"Plants with bright colours in them- if they have the colours I like then I like them."

Words for life – "hope, purpose and faith; everybody can have their own ideas about how to use these and they are different for everybody."

Memory Café At Home

The Memory Team

Our Favourite Things



“I enjoy visiting Gardens with my dog Kelly.” - **Elizabeth Clarke**



“I love sitting in the park on a nice sunny day reading a book and listening to music.” - **Adi Zeira**



“I like singing and dancing.” - **Mandy Andrews**



“I enjoy sitting in parks in the sun as well as picking and cooking apples and blackberries from the trees.” - **Rebecca Lee**



“I enjoy walks in nature and looking after my plants at home.” - **Vasi Katsouri**

Memory Café At Home

1. Tell me about yourself. Do you have any interests or hobbies... places you love, favourite authors and plants...etc?

Ahmed:

I have yes, I was doing computer lessons, I did only one session but then it stopped for coronavirus. I also went for swimming, as I was a champion of swimming when I was young. Then coronavirus came and it stopped so would love that to start again.

Is there a place you can think of that you love?

I am born in the seaside, in Alexandria, so I love the seaside. The family flat in Alexandria is on the sea. Me and my wife, before she passed away went on one journey, I went to visit Brighton seaside, it was very cheap. It was so nice and so beautiful.

Anne:

I am pretty fit really, despite one or two problems... Hobby wise, for me is reading, I couldn't go without a book, I've always got to have a book. I've got towards the end of the books I'm reading about the place in Devon... then I'm moving on to the 500 page book. I don't read very fast, but I have great difficulty putting the book down. When I go to bed, I take the book with me and if I wake up I have a little read in the middle of the night. You know how some people like chocolate I like reading. It's the same sort of thing.

Is there a place you can think of that you love?

I like travelling, I always have done. There are places I'd like to go back to but I'm too old. I went to Canada it was a lovely place. I quite like the seaside. I haven't been to the seaside for quite along time. When we lived just outside Liverpool it was near a seaside place. I can't swim, I can try but I'll nearly drown (*laughs*).

Or a favourite bit of nature/ plant/ flower?

There's a tree out my window that I always see when I come into this room. I may write a poem about the tree. I've never written before but I used to recite it. I have a thing about voices, voices are very interesting. So I'm going to have a go.

Memory Café At Home

Mary:

Well I like walking and music, I used to play for an orchestra when I was younger. I had my day job, working for the bank of England and in the evenings we used to gather to play music in concerts...I could not do this anymore with my eyesight and not easy to go out late in the evenings. I still listen to the radio now, I like to listen to it you know, the noise and music, its company for me.

Is there a place you can think of that you love?

Well I was born in Surrey but I love London, there is a lovely area nearby Cadogan Gardens and I enjoy being near the riverside as well....but right now I don't go much further than my local area.

Isabella:

I read a lot but have so much trouble with my eyes I don't read that often...I like history, I like to learn always, anything I can learn I like, I like technology. I like to know what will be in the future, I want to know how to do things. I was always like that. I know how to use a tablet, how to use a phone, my friends are calling me to ask me because they know I know how to do things. The more we learn the better it is you know mentally, physically.

I used to teach jewellery making, had people in a group. Some people had different problems, depression at home, so they used to come to me in a group. And I used to have 12 people altogether; from very young to very old. But that was wonderful, it was good for me and it was good for them, it's therapeutic! It was not easy for me...but I still teach some of them, they want to continue.

Is there a place you can think of that you love?

Well in England I like Scotland. Its really beautiful there, there are a lot of places worth going...I've been lucky I used to work in a travel agency so was able to travel a lot when I was younger...if you can travel you should travel, for example me now, I have enjoyed life you know....and that's what counts at the end!

And a favourite bit of nature?

I like roses and orchids, my mother used to have a "grouta", she used to have a patio and used to grow orchids all around, and everyone used to come to see the orchids, they

Memory Café At Home

were beautiful...since little we always used to have animals and plants so I am used to them you know...I love dogs. My dog is very special, she is a Russian toy terrier, not sure if you've ever seen them, they are small, like little deer, without her I would be lost, I always had my dog all my life. Even when I was working, my dog had a passport and used to travel with me!

Patricia:

Well I try to find things to keep me occupied...I just got out of the habit of reading and listening to music but I've got lots of books, lots of music...just out of it now, is just the television now you know. Walking is a bit difficult (had a fall sometime ago) so I should take an interest in reading because I can just sit down and read you know... whereas going out now is very difficult.

Is there a place you can think of that you love?

Well you don't see anyone in my neighbourhood, when I went out for a little walk... some days you see no one! Well I do like Kings Road, walking along to the shops, hopping on the bus and going somewhere else...at the moment this is not feasible because I can't even move sometimes.

How do you think your interests have helped you during lockdown?

Ahmed:

I will walk to get a free newspaper, and I return and stay for 2 and half hours to Holland park. Its only 2 bus stops away to the earls court gate. I go through that gate and I sit at the entrance, they have 2 big benches, the bench takes about 6 people but only 3 sit as you must sit at a distance. I sit and read and then I go sit on the grass. Yesterday was sunny like today. I read the free newspaper that I get from earls court underground. I like reading the newspaper, I prefer it, I learn more of the English language.

Anne:

Well I don't feel that much different really, partly because I'm so used to being alone here. In the days before all of this, sometimes you wouldn't see anybody, maybe just my

Memory Café At Home

neighbour next door or if I go downstairs to the post. In a way nothing is any different. I watch TV, I always have it on, if there are films and all sorts. In between the TV I'm reading, and my nephew - his partner, every so often sends a newspaper of some kind and the last one she sent was the one talking about creation all the way back. The book is the new scientist, it's very very interesting.

When I go down to the get the newspaper, I always open up the inside and look at the beginnings. I read before bed or sometimes I don't if I'm really tired. I couldn't live without books. My other thing is music, I could sing, I had quite a good voice, not now, a while ago. I like music of course, I always have a little bit everyday. When I'm out I will get a couple of CDs, I have 4 at the moment, one is from music for the moment.

Mary:

Well there are times that I wake up and feel a bit low, and sometimes even confused... and when I feel like this I listen to the radio...and it helps.

Sophia:

I have problem with my eyes, I had some problems after an operation, and because I cannot go into hospital for so long to correct it I am treating it with antibiotics...Its much better but this is the only bit that has stopped me...I love music, I hear a lot of music... I am a doer, I cannot just sit down and do nothing, even if I am sick, I want to be doing things.

Patricia:

Well just that you know that there is nothing you can do, just to stay indoors, total isolation, you know that you have not go to go out at all. What helped is my daughter coming once a week but she wasn't allowed to come into the flat, she was only allowed to come up to the door with the shopping...seeing my daughter once a week has helped.

On reflection, how do you think the country has coped during the virus?

Ahmed:

Its going well, we are waiting 2 weeks for the green light. They had the prime ministers

Memory Café At Home

speech in the evening standard yesterday... I never go out without my mask... We are safe and thanks to God.

Anne:

Well I mean, I've been quite impressed about the way things have been, all the information I get is through the TV, because I watch the TV I listen to the news, actually it's different but is very interesting. Obviously you're getting so much live stuff. Rather than when you watch a play on TV. Well I think they've done well actually. Nothing is absolutely perfect. Interviews to some extent showed how, to some extent, others found it. People filmed themselves in their houses and sent it to the BBC. Some of the things people did was highly amusing. Some of the things people did they couldn't imagine themselves doing it. And of course there was sad things as well.

Mary:

Difficult to say, it was difficult for everyone, people have different views.

Sophia:

I find that people.... friends of mine have coped rather well, although they had a lot of ups and downs...depression is a big problem...and fear. What I think is important is the respect for the elders, the respect for the human beings in general has gone out of the window. We don't have much respect for each other. I found that a lot of people...I don't know what happened those days...somehow humans we don't know how to respond to panic, to difficult situations...and not to respond with fear because fear can create so many problems.

I don't think the government coped well with the situation...I think what they did to pay people when they lost their jobs was a good thing. Government has helped me, I have a lot of help around, you have to say the truth really, they have done a lot of good things but they forgot about the elders, a lot of people died without needing to...that will stay in people's mind. There is no respect for the older at all...we are all going to grow old...this is the way of being.

Patricia:

Quite honestly I think the country has coped very well...I mean we did not have too much

Memory Café At Home

trouble, in some countries it was really bad. I think the Government coped well overall.

What are your thoughts or hopes about the future?

Ahmed:

I can't tell you because I don't know...To go to Egypt. I can't go until they open the airspace and life becomes normal.

Anne:

Difficult to know really, I know I would like to be able to go to the theatre and things. Really to keep going and not get anymore ill because I already have a number of problems. Certainly some peace so to speak, it's interesting when you look at the news and see what people do. In the news this morning, there was a big thing that happened last night. The biggest thing is to wish for peace. That would be a really big thing and victory.

Sophia:

I fear future, I think its going to be tougheven for people that haven't lost anyone it was tough...it will take a long time...But I am going to be positive and I am going to start going little by little , not going to lock myself in all of my life, this problem is going to be for a long time.

If you love yourself and think of yourself as something special, it will be always special, people are so busy thinking of other people that they can forget about themselves....to find yourself, your spirit is so important, in this life and after...that it is what it's all about!

Whilst doing the interview with one of our members, she told us this story of her experience during the evacuation and agreed for us to share it here...

Well I'm still enjoying reading, I used to enjoy writing, I used to enjoy compositions at school. I still have written bit about my life, being evacuated. I've always enjoyed doing that...

It was 1939. We were told by the schools, they advised the parents, there was all these rumours of war, so they decided that children of London, and other cities that were likely

Memory Café At Home

to be bombed, were offered to evacuate children. Hundreds of children were evacuated from Britain. Our parents decided they would like us to be evacuated. The war hadn't started when they decided to send children away. I was in Tottenham road school in Dalston, my dad took us and left us at the school. After we had been waiting round for quite along time we set off to Dalston junction. We had no idea where we were going or who we would be with. When we arrived we found we had been taken to Northampton. We were taken to a local school and we were in there for a long time, nothing much happened, and they gave us something to eat and drink. They started taking us out round the local street to people that had already been canvassed to whether they would take children in or not. There was a woman who came out a shop who said to the officer that she hadn't got her name down on the list but her husband had died since so she would now like to take 2 children. I thought 'wow I would love to live in a shop' so I took my brother and marched over to her and we were accepted. Sarah she was called and she had 2 daughters living with her and one was married and had a little boy. We were quite a big family.

That was on the Friday and on the Sunday England declared war so we knew we weren't going to go back home for a while so we settled in. The weather was fantastic that year, they used to take us out from the local school to the local parks- we spent a few weeks doing that. Things got more organised. We lived with that family for about 18 months with no schooling. Eventually they arranged that children would go to school one morning so we did get some schooling. In between they invited my mum to come down and she came and stayed over a couple of nights. After the war I still went back to see them and stay with them for quite a few years until all the people I knew had died. I continued to visit the daughter who was living there as a teenager when we first went there. One who was actually born when we were there, I went to stay with her after.

If you have any stories, poems, art...etc (the list could go on) that you would like to share with us please do contact us by ringing one of the numbers that are in the back of the magazine.

Poems

Derwentwater Lake



By Myra Bradley (October 2018)

Early morning with the day breaking through
The sun shines on the lake and picks out a small rowing boat
All is quiet, no motorboats to break the silence.

The boats rowed across the lake
To a small private island
Where the ducks and the geese remain close to the shore
Waiting for crumbs.

Family holidays spent by the lake
As a child I wanted to be by the seaside

Memory Café At Home

But parents do what they want to do!
(Mum you didn't want to go to the pencil factory, so we didn't!)
War time rationing meant short trips away
With my young brother shouting "Buckiepade!, Buckiepade!"
As a loving older sister, I corrected him "bucket and spade, Bucket And Spade!"

Looking at the larks

By Julian Beck

2 Lakes, one park, Easter time.
The larks they come to the lake to lay their eggs.
Mother larks flies around, there up in the sky.
Singing a song with a lovely voice.
Suddenly she comes down, to see her eggs.
Up and down she goes again.
She turns around and around
Check the Larks and sing a song.
Down again to check her chicks.
To make sure the fox hadn't discovered the Larks.
I used to go at Easter time to the park, to look at the Larks.
Carefully and sharp when I look at the Larks.
Looking at the larks was my thing.

Memory Café At Home

The Lake District



By Myra Bradley (October 2018)

Trees changing colour to orange
Weather over the mountains is dark on one side
The sun lights up the green pastures
The rising warm air lifts the clouds
Allowing blue light to peep through
Lighting up the snow in the valley

Father's car with room for four
Took us away from modern life
On Sunday afternoons to Mother's delight
Father always did what she wanted to do

Memory Café At Home

A Steam Train Journey from Lancashire to Yorkshire



By Myra Bradley (November 2018)

At last my friend and I are on the train from our home in Lancashire to the Yorkshire coast
to see my Aunt, Uncle and Cousins who live by the sea.

We are excited about our summer holiday by the seaside
We jump up and down on the seats amazed at the amount of dust that rises up
We forget ourselves until a polite voice asks “Do you mind not doing that?”
We stop and turn to see where the voice came from
It is then we notice a little lady sitting in our carriage.

Lancashire and Yorkshire people are not alike
We are rivals
In fact Lancashire is the poor relation to Yorkshire
Yorkshire people think they are cut above us!

Memory Café At Home

We arrive and are greeted by a group of young faces looking up at us

Expectantly

We have been hoodwinked!

My Aunt and Uncle needed a break!

We spent the summer being followed around by my young cousins.

Proud to be to be trusted

To be thought of as old enough





But by the end of the summer

We had enough!





Top Sleep Tips

Having a healthy sleep routine is important for both physical and mental health.

Everyone can improve their quality of life by practicing good sleep habits. One of the most important habits is to spend the right amount of time asleep in bed, not too little or too much. Other top tips for a healthy sleep are:

	Ensure adequate exposure to sunlight Exposure to sunlight during the day, as well as darkness at night, helps to maintain a healthy sleep-wake cycle.
	Exercise to promote good quality sleep As little as 10 minutes walking per day can drastically improve the quality of your sleep. Keeping active during the day can mean you are more ready for sleep at night as your body is tired.
	Steer clear of disruptive food before sleep Heavy or rich foods, fatty or fried meals, spicy dishes, citrus fruits, and carbonated drinks can trigger indigestion and heartburn that disrupts sleep.
	Reduce stimulants like caffeine and nicotine Cut down on coffee, tea and cigarettes especially close to bedtime. They can create anxiety and irritability and cause disturbances to your sleep throughout the night.

Memory Café At Home

	<p>Avoid drinking too much liquid in the evening</p> <p>To prevent waking up for night-time trips to the bathroom always be sure to use the bathroom before you go to bed.</p>
	<p>Check if medication is affecting your sleep</p> <p>Ask your doctor whether the time of day you take your medication may be keeping you awake.</p>
	<p>Limit daytime naps to 30 minutes</p> <p>Napping does not make up for inadequate night-time sleep. However, a short nap of 20-30 minutes can help to improve well-being.</p>
	<p>Try not to worry and lie awake with a busy mind</p> <p>We all find it hard to switch off sometimes. Why not try writing down any thoughts that are worrying you and come back to them the next day.</p>
	<p>Establish a relaxing bedtime routine</p> <p>This could include taking a warm shower or bath, reading a book or light stretches. The routine will help the body recognise that it is bedtime.</p>
	<p>Create a pleasant sleep environment</p> <p>Your mattress and pillows should be comfortable. Alter the levels of temperature, noise and light to create the most peaceful atmosphere.</p>

**Kensington & Chelsea and Westminster
Memory Service
Tel: 0203 317 3666**

Article

Any more fares?



In the 1950's medical researchers¹ studied about eight thousand male bus drivers and conductors who worked on the old double-deckers. What they found was that the bus drivers were twice as likely to have a heart attack as the conductors. They also measured their uniforms and found that in general the conductors were slimmer than the drivers. When they compared how active they were, they found that the drivers were sitting down for 90% of their shift while the conductors climbed about 600 steps a day. Since then there have been many studies looking at the role of exercise in reducing our risk of getting conditions such as heart disease, Type II diabetes and some cancers, particularly breast and colon cancer.

Physical Activity-the miracle cure!

“If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and cure”. This quotation is from a report by the chief medical officers of health across the United Kingdom. It would be wonderful if physical activity were a true miracle and prevented us ever getting ill. But of course, life is more complicated and there are many reasons why we might be more prone to some conditions. However, we know physical activity can benefit us in many ways:

Memory Café At Home

It is good for our hearts and can help lower our blood pressure

It keeps our bones strong

It can help our sleep

It can reduce our risk of falls

It can improve our mood

It can improve our memory

Every Little Bit Helps

The good news is that every little bit helps. We don't need to run a marathon before reaping the benefits. Making ourselves a cup of tea, doing the dusting, walking around our home or garden- it all counts as light activity and makes a difference.

Take a Stand!

Recently doctors have warned that we are all from the youngest to the oldest sitting too much. Even if we are active for 30 minutes a day we should avoid sitting for long periods as it can slow our metabolism. Just getting up having a stretch or a walk around our home at frequent intervals is good for our health. If we are watching TV standing up and moving around during the adverts or between programmes is a good idea. If we are on a long telephone call, we could try alternating standing and sitting.

Find something we enjoy

For those of us over 65, being moderately active for half an hour on most days is recommended. A brisk walk, dancing or cycling all count. Covid-19 has meant that our lives have become curtailed of late and there may be less opportunities to do the activities we enjoy. We may be restricted to going for a local walk with a relative, friend or carer but this is important for body and mind.

Chair-based Exercise

There are exercises we can do sitting on a chair that strengthen our hearts, as well as our muscles and joints. You may have attended Exercise for the Mind before the lockdown. If you or a friend or relative who would like to exercise with you have access to the internet, you could join in an Age UK chair exercise session at home. Let the dementia team know if you are interested.

Heady, Morris, Kagan and Raffle, 1961

Memory Café At Home

Spotlight to a charity – The Cinnamon Trust

One of our valued members spoke to us about a wonderful organisation the Cinnamon Trust. For a few years Gloria is receiving regular volunteers from the Trust walking her lovely dog Bella:



Gloria said *“These are animal lovers and very responsible people, they are not just volunteers after so long they are more like friends, I would recommend the service to anyone”*

What is the Cinnamon Trust?

Cinnamon Trust is the only specialist national charity which seeks to relieve the anxieties, problems, and sometimes injustices, faced by elderly and terminally ill people and their pets, thereby saving a great deal of human sadness and animal suffering. The Trust was founded in 1985 by Mrs Averil Jarvis whose determination and dedication has ensured that the manifest need is fully addressed.

Memory Café At Home

...and why Cinnamon?

Just as Mrs Jarvis was starting her work to develop the charity, her beloved Corgi, Cinnamon, died in her 17th year. It seemed appropriate to name the Trust in her memory.



What does the Cinnamon Trust do?

The Trust's primary objective is to respect and preserve the treasured relationship between owners and their pets. To this end it works in partnership with owners to overcome any difficulties that might arise. A national network of over 17,000 community service volunteers has been established to provide practical help when any aspect of day to day care poses a problem – for example, walking the dog for a housebound owner. A national fostering service is provided for pets whose owners face a spell in hospital – volunteers take pets into their own homes and supply love and care in abundance until owner and pet can be reunited.

The Cinnamon Trust also provides long term care for pets whose owners have died or moved to residential accommodation which will not accept pets. Arrangements are made between owners and the Trust well in advance, so owners do have peace of mind in the knowledge that their beloved companion will have a safe and happy future. Emergency cards are available on request.

When a pet is in the Trust's care either short term or long term because the owner is in care, the owner is kept in touch with visits, if possible, or regular photos and letters.

You can contact them on Tel: 01736 757 900

Memory Café At Home

Sudoku

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

Large print sudoku from largeprintpuzzles.com

Memory Café At Home

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

Large print sudoku from largeprintpuzzles.com

Memory Café At Home

Wordsearch

England... Lovely cities

D	T	O	P	P	E	S	F	I	E	L	D	E	O
L	R	O	I	L	W	E	A	N	N	E	B	G	A
E	R	E	W	O	T	S	S	O	F	I	R	D	L
I	A	W	S	N	F	A	T	F	R	H	E	I	O
F	I	B	A	K	I	T	W	D	B	S	T	R	N
F	G	P	O	R	I	S	B	E	E	T	S	B	D
E	I	W	S	N	W	R	O	A	C	K	A	M	O
H	H	L	G	W	O	I	A	D	I	O	C	A	N
S	E	H	N	O	I	E	C	R	N	K	N	C	P
E	A	A	K	F	I	C	A	K	S	I	A	D	W
M	L	E	A	E	W	D	H	S	N	O	L	L	I
R	S	T	A	F	F	O	R	D	S	H	I	R	E
F	I	A	L	L	A	H	N	E	D	L	I	M	L
F	K	H	C	I	W	R	O	N	N	O	R	C	F

LONDON
NORWICH
NOTTINGHAM
BIRDBROOKE
CAMBRIDGE
MILDENHALL
TOPPESFIELD
STAFFORDSHIRE
WARWICK
SHEFFIELD
IPSWICH
STOWE
LANCASTER

Play this puzzle online at : <http://thewordsearch.com/puzzle/1533/>

Memory Café At Home

B L U E M O O N C R A Z Y M B S S
H P P M V J I H U O Z Y Y G P X R
E E D E G T A J T C S G U I C L E
R H Y M O I T Y B C I A T F M A X
A A B J N P W Q T R E R P E N S O
L I L G U H L I L I E P V L P T B
O R A F O D S E L G C O S O E K E
V N K P D V E S N D S F T E T I H
G S T U O E P I W D T S R D R S T
Q H Z E I O F N R B S H F U Y S Y
S E Q T O V Y O I U H G I K S P Z
Q R W K N O W G B O T G L N X Y Z
U R Y N O T S E V L A G M A G F I
K Y M T H E S E E Y E S K S X S D

BLUE MOON

BUS STOP

CHAIN GANG

CRAZY

DIZZY

EL PASO

FINGERTIPS

GALVESTON

HAIR

HEY JUDE

LAST KISS

MY GIRL

PEOPLE

RESPECT

SHERRY

SPOOKY

SURF CITY

THE BOXER

THESE EYES

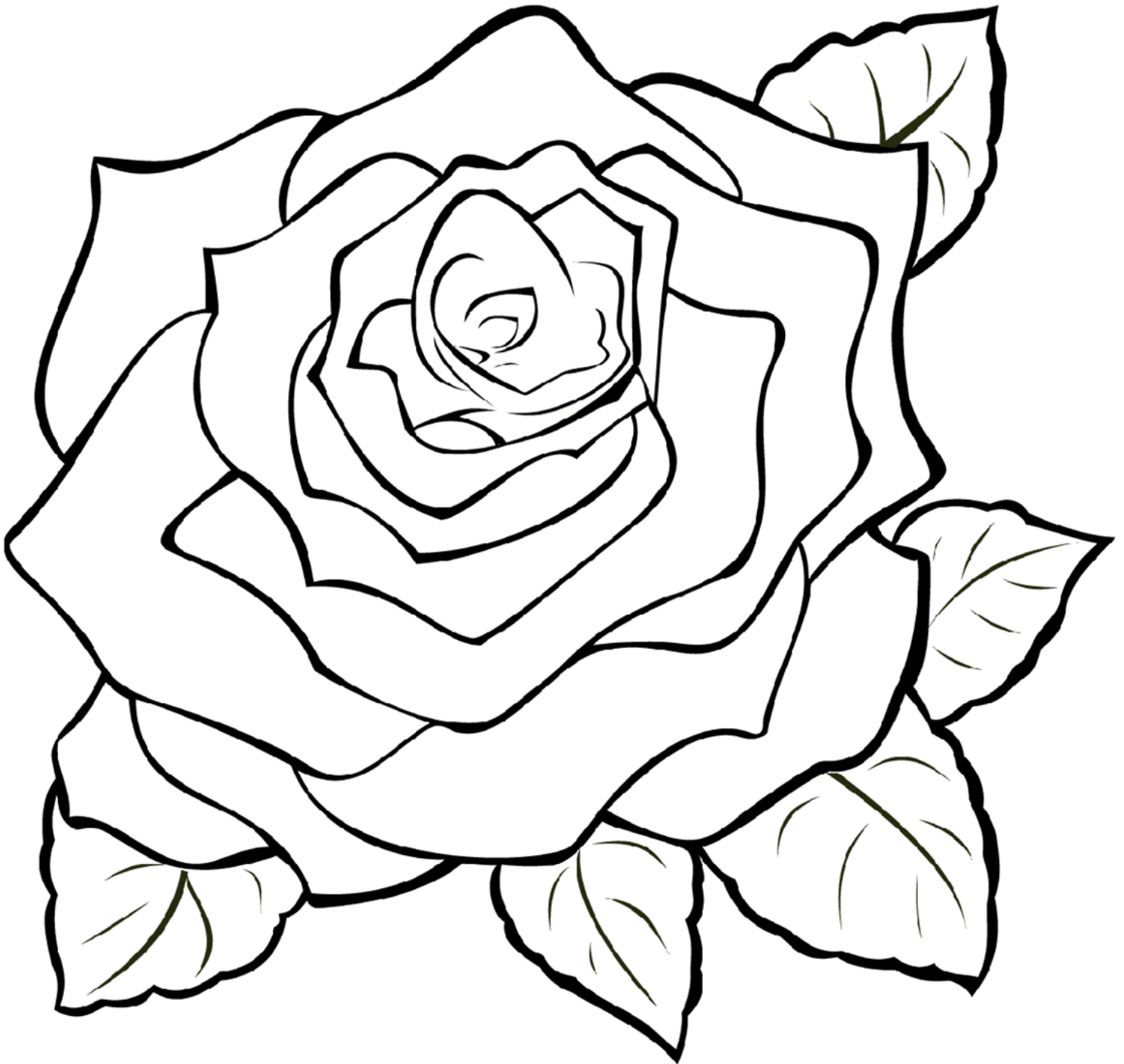
VOLARE

WILD THING

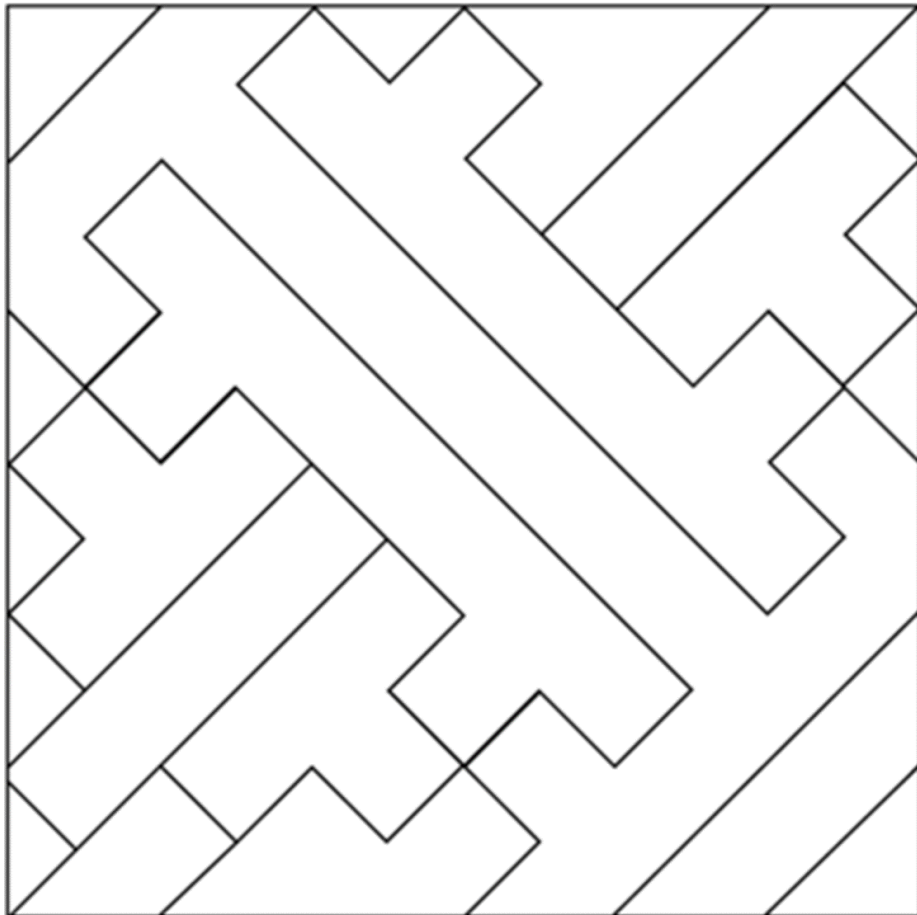
WIPEOUT

WORDS

Colouring pages



Memory Café At Home



Crossword



Countries of the World Word Scramble



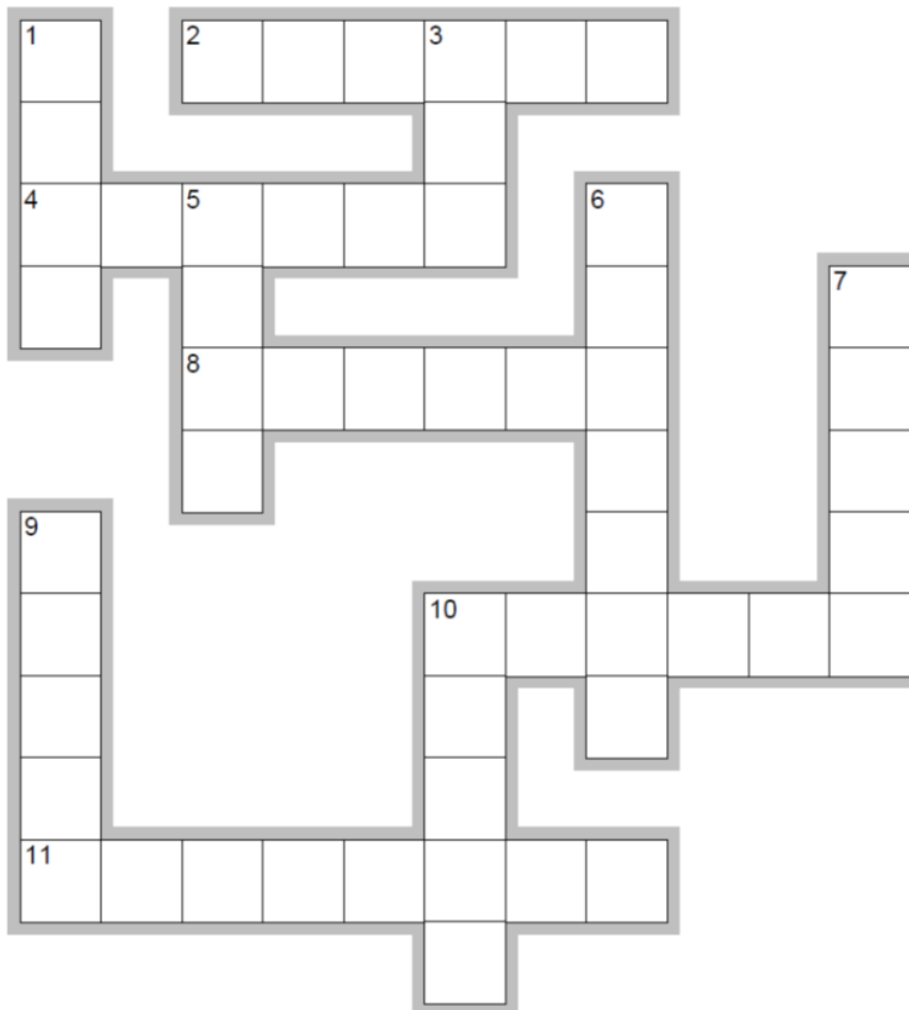
1. kednmar _____
2. cioemx _____
3. zarbil _____
4. hcian _____
5. ainid _____
6. adnaac _____
7. tgfaisaahnn _____
8. nartegina _____
9. gedlna _____
10. trueky _____
11. ocbdmaia _____
12. cdeilna _____
13. afrcne _____
14. eknya _____
15. helci _____
16. naeetlshnrd _____
17. ornyaw _____
18. eiringa _____
19. wdseen _____
20. pjaan _____

Memory Café At Home

Remembering Elvis



Take a trip down memory lane as you complete this crossword that features some of Elvis Presley's most famous song titles. Write the missing word from each title in the puzzle.



Across

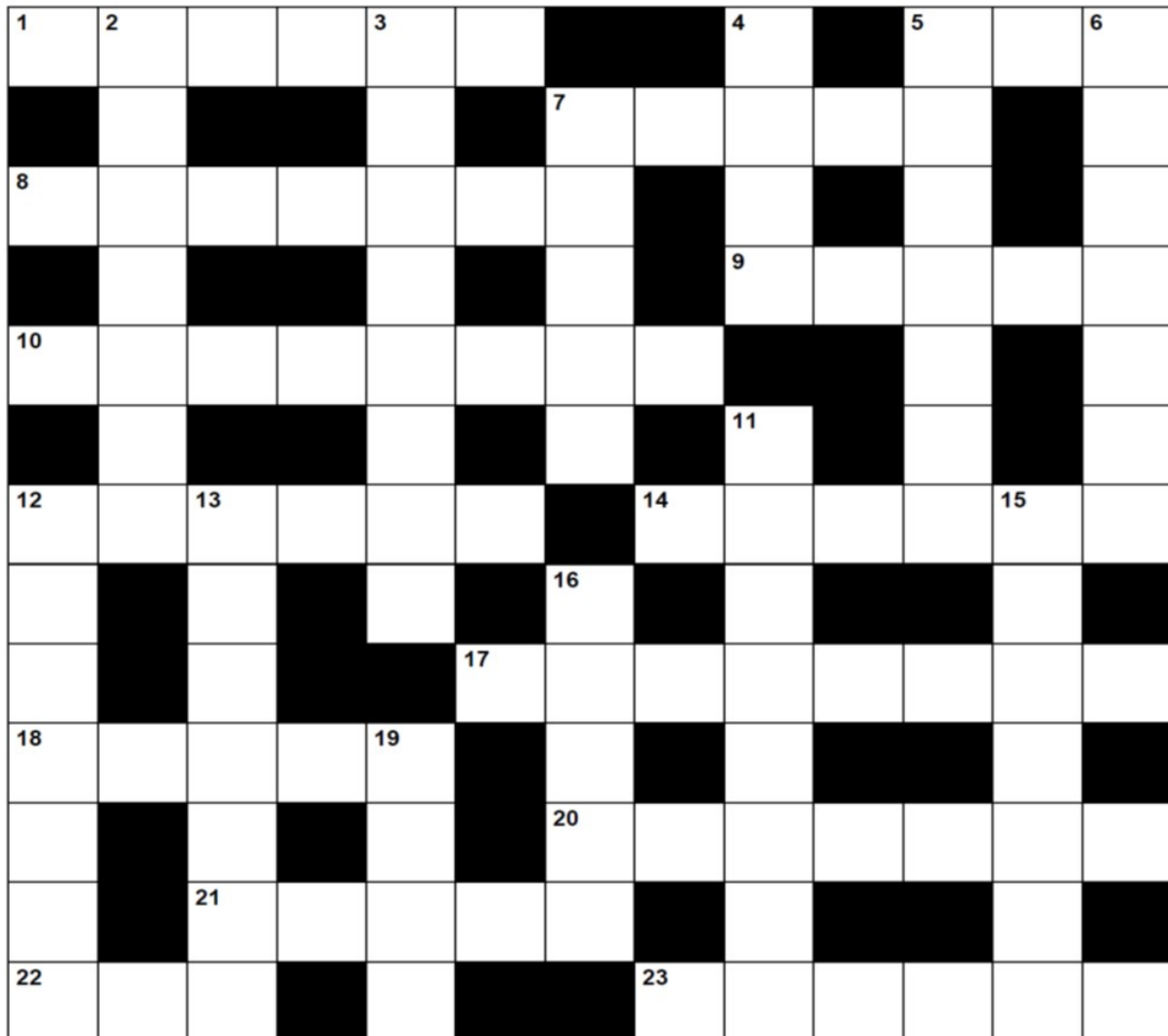
2. Love Me ____
4. Puppet on a ____
8. Crying in the ____
10. Return to ____
11. Are You ____ Tonight?

Down

1. A Little ____ Conversation
3. Hound ____
5. Jailhouse ____
6. Can't Help ____ In Love
7. It's Now or ____
9. Heartbreak ____
10. All ____ Up

Memory Café At Home

Large Print Crossword Puzzle : www.largeprintpuzzles.com



Across

- 1 - Spring back (6)
- 5 - Work of creativity (3)
- 7 - Noble gas (5)
- 8 - Forgive (7)
- 9 - Arms and legs (5)
- 10 - Forms of payment (8)
- 12 - Farmer (6)
- 14 - Tall structures (6)
- 17 - Moan (8)
- 18 - Connective tissue (5)
- 20 - Robbers at sea (7)
- 21 - Unpleasant giants (5)
- 22 - Male offspring (3)
- 23 - Chooses (6)

Down

- 2 - Space shuttle (7)
- 3 - Educational institutions (8)
- 4 - Hero (4)
- 5 - Excite (7)
- 6 - Thin papers (7)
- 7 - Dares (anag) (5)
- 11 - Bodily (8)
- 12 - Chats (7)
- 13 - Belief (7)
- 15 - Clothing (7)
- 16 - Great successes (5)
- 19 - Thin cable (4)

Recipes

No Bake Lemon Cheese Cake

We are very thankful to our valued member Lourdes who gave us another lovely recipe – No bake lemon cheese cake!



Ingredients

- 50 grams butter
- 250 grams biscuits (digestives)
- 400 ml double cream
- 200 grams Philadelphia soft cheese
- 250 ml water
- 1-2 lemons
- Stevia sweetener (liquid)
- 1 packet gelatine powder.

Instructions

1. Melt butter in a saucepan.
2. Crush the biscuits (you can use a rolling pin)
3. Mix the butter and biscuits.
4. Press the biscuit mix into the bottom of a cake tin (lined with parchment paper), put into the fridge to chill while making the topping (10 min or so)
5. Whip the double cream until firm, add the cheese.

Memory Café At Home

6. Grate and zest the lemons and add to the mix.
7. Add stevia to taste.
8. Take out the base and add the topping. Use the spatula to smooth out the top.
9. For the gelatine prepare as per the packet instruction. Cover on top.
10. Ready! Put cake in fridge to chill for a couple of hours and enjoy!!!

Chocolate cake

Needed: 24 cm round cake pan

Ingredients

- 50 grams dark chocolate
 - 240 ml. (1 cup) milk
 - 200 grams (1 cup) sugar
 - 3 large eggs
 - 180 ml. (3/4 cup) vegetable oil
 - 200 ml. (1 cup) sour cream
 - Pinch of salt
 - 75 grams (1/2 cup) cocoa powder
 - 175 grams (1 1/4 cups) cup all-purpose flour
 - 35 grams (1/4 cup) cornstarch
- 1 1/2 tsp. baking powder



Instructions

1. Preheat oven to 170c degrees and grease the pan.
2. Chocolate Cake: chop the chocolate and put in a bowl. Add milk and melt together in the microwave or over double-boiler.

Memory Café At Home

3. When everything is melted and smooth, add in sugar, eggs, oil, sour cream and salt and beat well until incorporated.
4. Sift in cocoa powder, flour, corn-starch and baking powder and beat well until blended.
5. Pour the batter into the pan.

This simple safety device will help our vulnerable customers retain their independence, and provide reassurance to family, friends and carers.

Referrals

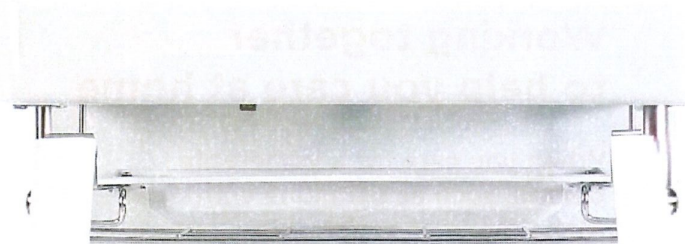
We accept referrals from the emergency services and health care providers, as well as carers and family members. For more information about our locking cooker valve or to make a referral, visit sgn.co.uk



Working in partnership with



SGN is working in partnership with Cadent, Northern Gas Networks and Wales & West Utilities to offer this free safety device nationwide. We are the gas distribution companies that look after the gas networks across England, Scotland and Wales. Our pipes deliver gas safely and reliably to UK homes and businesses.



Locking cooker valve

Our free safety device can keep vulnerable people gas safe in their own homes.



Memory Café At Home

Working together to help you care at home

When you care for a vulnerable person, such as someone with Alzheimer's or autism, we understand you need extra safeguarding in place. The locking cooker valve can help a vulnerable person stay safe in their own home.

We will fit a lockable safety device to the existing gas cooker pipework. We provide this free service regardless of your gas supplier. You don't need to change energy supplier or inform your supplier of the device.

Upon referral, our engineer will arrange a home visit to fit the device. A carer or relative will need to be present at the visit to agree the valve's position.

The carer can easily turn the valve on and off, enabling the vulnerable person to continue to use their gas cooker safely.



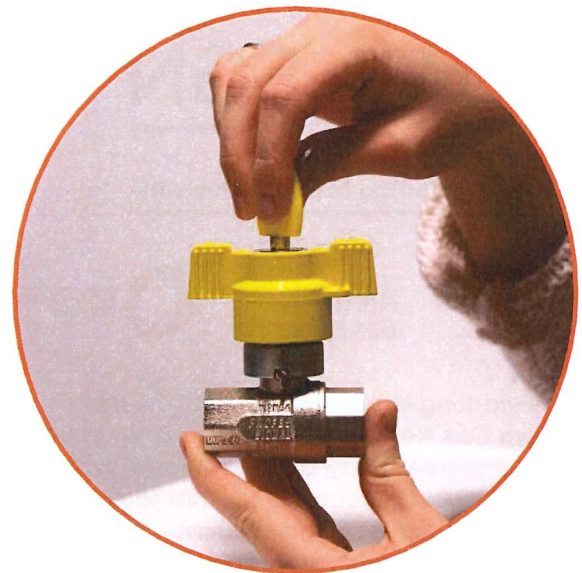
We need your help

The locking cooker valve is a simple solution, which helps vulnerable people retain their independence while keeping them safe at home.

When the valve is locked, the cooker can't be unintentionally turned on or left on when the carer or relative is out of the room.

With your help, we can provide a locking cooker valve to vulnerable people in our communities across the UK.

If you are a carer or health service provider and know someone who could benefit from this free service, please contact us.



Locking cooker valve

Memory Café At Home

Important Information

Home library

For those who love books...

The home library are providing a service where they will deliver books to your door. They will call before to get to know your preferences. If you would like more information or to simply start the service call the Home Library at their direct number is **020 7341 0721**.

Useful Contacts

Age UK Kensington and Chelsea

Phone: 020 8969 9105

Email: administration@aukc.org.uk

Website: <https://www.ageuk.org.uk/kensingtonandchelsea/>

Alzheimer's Society

Phone: 033 3150 3456

Website: <https://www.alzheimers.org.uk/>

Dementia UK

Phone: 0800 888 6678

Website: <https://www.dementiauk.org>

RBKC Council

Covid-19 Hub

Email: C19Hub@rkbkc.gov.uk

Phone number: 02073614326

RBKC Council Adult Social Services

If you or someone else need care and support

Phone number: 020 7361 3013 Monday to Friday

8:30 to 5:00

BAN – Black and Minority Ethnic Advice Network

Contains listing of all advice and information agencies across London

Website: <https://www.bmeadvicenetwork.org.uk/ban-members/>

Opening Doors London

Website: <https://www.openingdoorslondon.org.uk>

Information and Advice for 50 plus LGBT+ people.

Run a weekly telephone befriending service.

Opening Doors are currently taking referrals for those who would like a telephone friend, so if you

are interested please get in touch by emailing

befriending@openingdoorslondon.org.uk or

calling 020 7239 0400.

Music

BBC Music Memories

Website: <https://musicmemories.bbcrewind.co.uk/>

Play List for Life

Website: <https://www.playlistforlife.org.uk/what-is-a-playlist/>

Radio Reminisce

Website: <https://radioreminisce.com>

Music for Dementia

Website: <https://>

musicfordementia2020.com/2019/12/04/create-a-playlist-listen-to-recorded-music/

Memory Café At Home

Music 4 Dementia Radio Online

Radio playing music from specific decades <https://m4dradio.com/>

Art by Post- Southbank Centre

Art by Post brings free poetry and visual arts activities to the people who are most isolated by the current social distancing measure. Refer someone you know here: <https://www.southbankcentre.co.uk/about/get-involved/arts-wellbeing/art-by-post>

Arts

House of Memories

Website: https://houseofmemories.co.uk/app?fbclid=IwAR1DmNSWPZen6WVsJc6VImXqpH5puZ8Q_PpGjUuAQSrSjlaFTPTYv16u0w

Community

Al-Manaar Muslim Cultural Heritage Centre

Website: <https://almanaar.org.uk/almanaar-the-kitchen/>

Jewish Care

Tel.: 020 8922 2222

Email: helpline@jcare.org

Advice and support for Jewish residents <https://www.jewishcare.org/>

London Irish Centre

Telephone: 0207 916 2222

Email: info@londonirishcentre.org

Website: <https://www.londonirishcentre.org/Pages/Category/care>

Re-engage

(Formerly Contact the Elderly) Re-engage exists to support people who are over-75, live alone

Tel.: 0800 716 543 or 020 7240 0630

Email: info@reengage.org.uk

Website: <https://www.reengage.org.uk/>

Counselling

Community Living Well Counselling for RBKC residents

Tel: 020 3317 4200 Self-referral form

Third Age Counselling

Tel.: 07913 610 734 Email:

enquiries@thirdagecounselling.com

Website: <https://thirdagecounselling.com/locations/>

Carers

Carers UK

Website: <https://www.carersuk.org/>

Carers Trust

Website: <https://carers.org/about-us/about-carers-trust>

Dementia Carers Count

Website: <https://dementiacarers.org.uk/get-support/>

If you would like a regular activity pack, with new and/or similar things to what you received the first time, **please contact any of us on the phone numbers below**. As well as this if you have any questions for us or would simply like to speak to any of the team do not hesitate to contact us.

Elizabeth Clarke: 07508324703

Mandy Andrews: 07508 341127

Vasi Katsouri: 07508328011

Rebecca Lee: 07508340520

Adi Zeira: 074 6919 8504

