

# Memory Café At Home



## Winter Edition

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# Memory Café At Home



## The Team

### Welcome to Memory Café at Home

As we have had to keep our doors closed for the memory café we thought we would keep our magazine open for more exciting content. We have included recipes, quotes and articles written by you and us. As we go into winter we have included articles on our favourite things about this season and the festivities that reoccur.

While this may not be like any winters we have had before we hope you enjoy your activity pack and that you may even discover a new interest or hobby. Please do let us know how you find them or get in contact with us for a chat. The team wish you all well over this winter!

Best wishes,

From The Memory Team

Elizabeth Adi Vasi Rebecca & Mandy



# Memory Café At Home

## Dear Friend

Well it certainly feels like we are fully in the Winter Season now, with the weather really quite chilly and all the signs of Christmas fast approaching! I was so pleased to hear the recent good news that the Covid-19 Vaccine has been approved, and the first vaccinations are starting tomorrow! It certainly gives us new hope and if you are offered the opportunity to have the Covid-19 Vaccine, I strongly encourage you to take it up, as well as the flu jab.



In this edition, we have been thinking about some of our favourite things in Winter. The Christmas carol which I like the best is 'Once in Royal David's City'. We used to have a carol service at school, and it would start with the church in darkness. Then the school choir would come in from the back of the Church, all holding candles. The singer with the best voice would sing the first verse alone as they all walked forwards. Sadly I wasn't ever chosen as I have to admit that my singing isn't the best, but I always enjoyed hearing it and it has stayed with me as a lovely memory.

I have really enjoyed reading about all the different Winter traditions in different countries and cultures. I wonder if you have any special traditions? We would love to hear about them if you do!

Our next edition will be in the early Spring, with all the signs of new life appearing. I always love to see the first snowdrops and look forward to lambing season, spotting the newborns in the fields wobbling about on their unsteady legs! I look forward to being in touch with you again then.

Warmest wishes

Jess Millwood  
CEO

Handwritten signature of Jess Millwood.



# Memory Café At Home

Happy holidays

Joyeuses fêtes

חג שמח

สุขสันต์วันหยุด

ਭੁਲ ੨੪੫੦

موكلن جا ڏينهن مبارڪ

Schöne Ferien

Kellemes Ünnepeket

Buone vacanze

Mutlu tatiller

Gleðilega hátíð

Καλές διακοπές

छुट्टियां आनंददायक हों

مبارک رخصتی

Felices fiestas

God ferie

Fasax wanagsan

Wesołych Świąt

शुभ बिदा

Joyeuses fêtes

Maligayang pista opisyal

Il-festi t-tajba

اجازة سعيدة

सुट्टीच्या शुभेछा

Felices vacaciones

శుభ శిలవదినాలు

تعطيلات شاد

節日快樂

Gwyliau hapus

மகிழ்ச்சியான விடுமுறை

Boas festas

خوش چهڻيان

Счастливых праздников



## Interviews

### Memories of Christmas in Australia



**Picture: The Goons**

Mid-Summer in Australia falls on 21 December so for Deirdre Christmas was a mix of summer warmth with winter tales from Britain.

Deirdre's parents had spent a few years in England before returning to Melbourne to bring up their family. They both loved England and Deirdre recalls childhood Christmases with all the traditional trimmings and listening to broadcasts from Britain. A Family favourite was the Goon Show which had them all curling up with laughter.

In the late 1950s Deirdre arrived in London and experienced a winter Christmas for the first time and it proved to be everything she imaged. One of the things Deirdre loves about England is the gradual changing of the seasons.



**Picture: Deirdre in London**

**By Deirdre**

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## Quotes About the Winter and Holiday Season

"I like to see the snow, but not walking in the snow like the children. Where I used to live it would snow all the time, it would get very cold we couldn't go out."

"I don't drink during the year but on Christmas day I enjoy having a little glass of

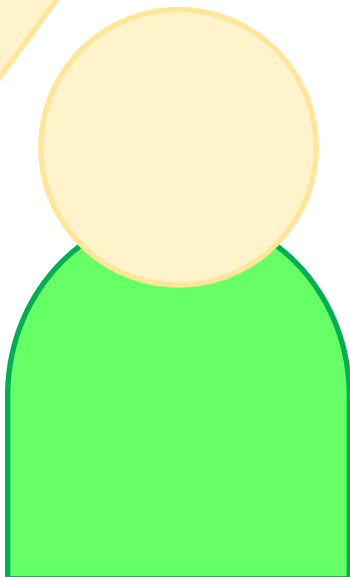
"I enjoy being cosy at home during the winter months. I put up my Christmas tree and decorations while listening to my favourite carols Silent Night, Holy Night and The Holly and the Ivy."

"I recall Chanukah (Hanukkah) the Jewish Festival of Lights and the nightly lighting of the menorah and eating latke, a potato pancake fried in oil."

"I liked everything that went on in London all year round, couldn't be a better place- music is my greatest love so I would go to concerts and ballets."

"As a kid, on Christmas day I would stuff myself with sweets and chocolates, I loved dark chocolate. "

"I love putting up my Christmas tree, a fresh one, the smell was lovely- I miss that. My sister used to decorate the tree, no one was allowed to go near the tree, but she made the most beautiful tree. Lots of presents, wrapped up neatly."





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## Memory Team — Our Favourite Winter Things

**Elizabeth Clarke**



I like to start December by re-reading A Christmas Carol by Charles Dickens. The story is as relevant today as back in Dickens' time. Sadly, poverty and hunger are very much with us today but as the Community response to Coronavirus has shown us there are many people willing to give up their time and money to support their neighbours.

I start listening to Carols and Christmas songs from 1 December to get into the Christmas spirit. My favourite carol is In the Bleak Mid-Winter

and pop song is Merry Christmas Everybody by Slade.

I celebrate St Nicholas Day on 6 December by making up packets containing chocolates, nuts and tangerines to share with friends and family. The next big day is Winter Solstice when I sing along to Jethro Tull Ring Out Solstice Bells and enjoy a slice of yule log.

On Christmas Eve we follow the Swiss tradition of the Christkindl, an Angel who arrives to help the adults decorate the Christmas Tree and brings presents.



**Rebecca Lee**

My winter favourites begin just before winter, in autumn, when all the leaves go red and yellow. Once the leaves have fallen, I love looking out the window and seeing the wintry lights.



**Adi Zeira**

My favourite thing about winter is to snuggle under the duvet, with hot chocolate and listen to the rain or watch the snow falling.



**Mandy Andrews**



**Vasi Katsouri**

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## What Does Love Mean? See How 4-8 Year-Old Kids Describe Love



A group of professional people posed this question to a group of 4 to 8 year-olds: "What does love mean?"

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."

**Rebecca - age 8**

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"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth."

**Billy - age 4**

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"Love is what makes you smile when you're tired."

**Terri - age 4**

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"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK."

**Danny - age 7**

\_\_\_\_\_

"Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that. They look gross when they kiss."

**Emily - age 8**

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"Love is what's in the room with you at Christmas if you stop opening presents and listen."

**Bobby - age 7**

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"If you want to learn to love better, you should start with a friend who you hate."

**Nikka - age 6**

"Love is when you tell a guy you like his shirt, then he wears it everyday."

**Noelle - age 7**

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"Love is like a little old woman and a little old man who are still friends even after they know each other so well."

**Tommy - age 6**

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"During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling.

He was the only one doing that. I wasn't scared anymore."

**Cindy - age 8**

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"Love is when Mommy gives Daddy the best piece of chicken."

**Elaine - age 5**

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"Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford."

**Chris - age 7**

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**Mary Ann - age 4**

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"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones."

**Lauren - age 4**

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"When you love somebody, your eyelashes go up and down and little stars come out of you."

**Karen - age 7**

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget."

**Jessica - age 8**

**By Ladan Lashkari, Dec 29, 2010**



## Article

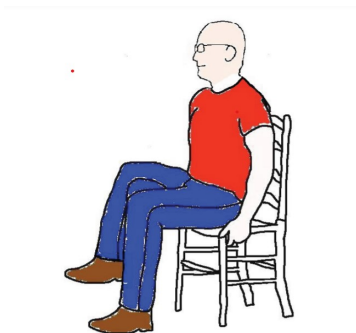
### Winter Warmer

Winters aren't what they used to be, and for that you may be grateful! The delights of winters past included scorched shins from sitting too close to the fire and painful chilblains at the back of our legs. Fortunately, most of us have central heating now and don't suffer from these complaints. However, that doesn't mean that everyone can afford their fuel bills. If this is a problem for you, contact Age UK's Information and Advice service by ringing 020 8969 9105. They will be able to arrange a Home Energy Check and assess whether you qualify for a warm home discount on your energy bill.

The most recent severe winter that I can recall was the winter of 1981-1982. In Southern England there was 1 to 2 feet of snow and it stayed for a long time. I can remember cycling through a snowy and icy London on my way to and from work. The big one before that was 1962-1963. There were reports that people in Hampshire were able to walk on the top of the frozen hedgerows. As a child, I remember the excitement of trying to walk through snow so deep that it went over my Wellington boots. Some of you might remember 1946 to 1947, the snowiest winter on record since 1884. The snow lay on the ground from January to March 17<sup>th</sup>.

It would come as a surprise to experience one of those winters these days, but there will be cold days when even with central heating, we feel chilly. Movement of any sort can help us warm up. Below are some simple exercises that you can do at home safely to get the circulation going.

#### The Seated March



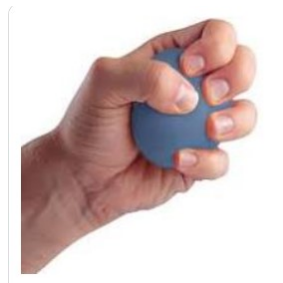
This exercise is best done on a solid kitchen or dining chair that will not slip around on the floor.

- Sit tall at the front of the chair
- Hold the sides of the chair
- March your legs up and down
- Build to a rhythm that is comfortable for you
- Continue for 1-2 minutes

#### Hand exercises

You have a squeezezy ball in your activity pack.

##### Exercise 1



- Hold the squeezezy ball in your hand
- Squeeze and count to 5
- Relax and count to 2
- Repeat up to 10 times
- Do the same exercise with your other hand

##### Exercise 2

- Hold the ball between the tip of

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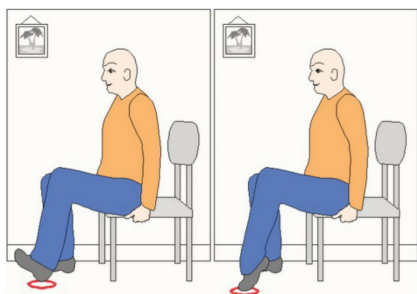
your thumb and the tip of your index finger

- Squeeze the ball so that you can almost feel your thumb and index finger meeting
- Now hold the ball between the tip of your thumb and your middle finger
- Squeeze them together
- Do the same with your thumb and index finger and your thumb and little finger
- Do the same exercise with your other hand



## Foot exercises

### Exercise 1



- Sit tall at the front of the chair
- Hold the sides of the chair
- Place the heel of one foot on the floor then lift it and put the toes down on the same spot
- Repeat 5 times on each leg

### Exercise 2

- Place a tea towel, a flannel or small towel on the floor
- Sit securely on the chair holding onto the sides
- Keep your heel on the ground
- Try and see if you can pick up the towel with your toes
- Repeat 5 times building up slowly to 10 times
- Do the same exercise with your other foot

If your feet feel cold and you don't want to take your shoes off, you can still scrunch up your toes inside your shoe and then relax them.

## Disclaimer

If you haven't done any sort of exercise before, check with your doctor before you do the marching exercise. Although the exercises are done safely by thousands of older people we do not know your medical condition, so it is best to check.

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## Christmas: traditions and facts

*All facts were taken from the websites: [www.countryliving.com](http://www.countryliving.com), [www.history.com](http://www.history.com) and Wikipedia.*

1. The first recorded Christmas celebration was in Rome on December 25, 336.
2. The Greek and Russian orthodox churches celebrate Christmas 13-14 days after the 25<sup>th</sup> of December.
3. In the middle ages, Christmas celebrations were rowdy and raucous.
4. The tradition of decorating Christmas trees comes from Germany. It comes from the solstice tradition. The first Christmas tree that was decorated and named after the Christian holiday appeared in Strasburg in the beginning of the 17<sup>th</sup> century. After 1750, Christmas trees began to appear in other areas of Germany.
5. The Trafalgar Square Christmas tree is a tree donated to the people of Britain by the city of Oslo, Norway - each year since 1942. The tree is prominently displayed in Trafalgar Square from the beginning of December until 6 January.
6. Christmas cards started in England by John Calcott Horsley. He started producing small cards that featured festive scenes and prewritten holiday greeting cards in the late 1830's.
7. Celtic and Teutonic people have considered mistletoe to have magical powers, they believed that it had the ability to heal wounds and increase fertility.
8. In Victorian England they hung mistletoe from ceilings and doorways and if someone was standing underneath it, they would have to be kissed by someone in the room.
9. In New Zealand the Christmas tree is the Pohutukawa, a coastal species that blooms a bright-red colour in December, providing shade during the sunny days as they sing carols in both English and Maori.
10. In Barbados they serve on Christmas baked ham decorated with pineapple and sorrel glazes, a rum cake, and Jug Jug, a dish inspired by the Scottish influence on the island combining pigeon peas, guinea corn flour, herbs, and salt meat.
11. In the far north of Canada, the Inuits celebrate a winter festival called sinck tuck,



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which features parties with dancing and the exchanging of gifts.

12. Central American countries toast Christmas with fireworks displays on December 24 and 25. Children celebrate with smaller firecrackers called volcancitos (little volcanos) and estrellitas (little stars), adults prefer the larger fireworks and Roman candles.

13. In Israel, in the city of Haifa there is a festival every December that celebrates the holidays of the Jewish, Muslim and Christian faiths. The festival is called the Holiday of holidays.

14. Across Mexico members of the Church put on Pastorelas (Shepherd's Plays) to retell the Christmas story. The Mexican Christmas season begins early in December with Las Posadas, a religious march that re-enacts the journey of Mary and Joseph. The vibrant red poinsettia flowers are used as decorations throughout the country.

15. Sinterklaas is the Dutch name for Saint Nicholas, the man recognised by children by his long white beard, red cape, and red mitre. Kids put a shoe by the chimney or back door and wake up on Christmas morning to find treats like gingerbread men, marzipan, and chocolate letters inside.

16. On Christmas Eve in Poland, many families share opłatek (an unleavened religious wafer), each person breaking off a piece as they wish each other Merry Christmas. Dinner starts when the first star appears in the night sky and, traditionally, an extra setting is left at the table should someone show up uninvited.

17. The Irish leave a tall red candle in a front window overnight, a welcoming symbol of warmth and shelter for the holiday season. Traditional Christmas food often includes roast goose, vegetables, cranberries, and potatoes.

18. The legend of Santa Claus can be traced back to a monk named St. Nicholas who was born in Turkey around 280 A.D. St. Nicholas gave away all of his inherited wealth and travelled the countryside helping the poor and sick, becoming known as the protector of children and sailors.

19. Rudolph, was the product of Robert L. May's imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store.

20. On December 7<sup>th</sup>, 1914, 5 months after WW1 had started the Pope asked for a temporary truce for Christmas, the request was denied by military leaders. However, the soldiers in the trenches began singing Christmas carols on Christmas Eve and the following day exchanged gifts and wished each other Merry Christmas and played a spirited game of football.

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## New year traditions from around the world

*\*Information for this article was taken from Wikipedia and history.com*

Many countries around the world welcome the new year according to the Gregorian calendar. On the 31<sup>st</sup> of December the world welcomes the new year with parties, friends and families sharing meals and having a large display of fireworks. Below we have gathered some of the special traditions from around the world.

1. The Jewish new year is traditionally celebrated around September and is celebrated by having a meal with family members and eating symbolic food, as well as going to synagogue and going to the sea or a water source and throwing away our sins and bad experiences. One famous tradition is dipping apple in honey and wishing you have a sweet and good year. Eating pomegranates so our good deed will be as many as the seeds in the pomegranate. Eating a head of a fish so you will start the year as a leader rather than follower. Eat beetroot - In Hebrew, the word for beetroot sound similar to the word remove, so beetroot is eaten to express hope that our enemies will depart in the new year. Eating dates - the Hebrew word for dates has the same letter as the word end and dates are eaten in the hope that are enemies and bad luck will end.
2. In the Philippines they go to the church at midnight for an end of year service and have a feast called Media Noche. They usually will refrain from serving chicken as they see the pecking and scratching as unlucky and idiom for a hand to mouth existence. Roundness is linked with prosperity and as a result people wear clothes with polka dots on the new year and fill their pockets with coins and eat round fruit and candy so they will attract in the new year fortune, wealth and a sweeter new year.
3. In Hungary they eat pork on new year's eve as the pork symbolises wealth and prosperity for the new year. On new year's day they avoid eating fish and chicken so that the good luck won't fly or swim away like a fish or a bird.
4. In Japan new year's eve is used to welcome Toshigami, the new year's god. Buddhist temples ring their bells 108 times at midnight in the traditional Joya no Kane (除夜の鐘). The rings represent the 108 elements of bonō (煩惱), mental states that lead people to take unwholesome actions.
5. In North and South Korea they celebrate two new years, the Lunar and the Solar new year. The solar year is celebrated on the 1<sup>st</sup> of January. The date when the Lunar year is celebrated varies. They eat a special soup with flat rice cakes with eggs. They believe that if you don't eat the soup you will lose your luck.
6. In Seoul, South Korea the Bosingak bell rings 33 times at midnight and followed by

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a firework display. In North Korea the clock chimes at the Grand people's study house and then there is a firework display. The celebration also marks the beginning of the North Korean calendar, or the Juche calendar.

7. In Denmark if you find broken plates at your doorsteps it means good luck for the next year.
8. In Talca, Chile the local mayor opens the local cemetery after midnight mass so people can see their dead friends and relatives. The tradition results in people surrounded by candles and music in the background.
9. In Thailand they celebrate the traditional Thai new year called SangKran on the 13<sup>th</sup> or 14<sup>th</sup> of April as well as the Gregorian new year on the 1<sup>st</sup> of January.
10. In Belgium children read a new year's letter and give holiday greeting cards that feature golden cherubs, angels, coloured roses and ribbon tied garlands to parents and godparents. Belgium farmers wish their animals a happy new year.
11. In El Salvador and Guatemala at midnight when the fireworks start, life size effigies called "Año Viejo" are burnt. The effigies are made of paper scraps and old clothes and made to look like famous people, politicians and cartoon and they represent disliked things, failures, regrets and anger from the past year. The effigies are burnt at midnight and the burning represents a new beginning.
12. In Finland there is a tradition that called molybdomancy, they tell the fortunes for the coming year by melting tin in a tiny pan on the stove and then throw it in a bucket of cold water. The result is then analysed and can then be interpreted by the shadows that it casts by candlelight. The predictions usually don't come true and are taken light heartedly.
13. The Chinese new year is also known as the lunar new year. It is a festival also known as the spring festival which celebrates the new year and lasts for 15 days. The holiday is determined by the Lunar calendar and the holiday falls on the second new moon after the solstice on the 21<sup>st</sup> of December, therefore it falls on different dates each year, usually between January 21<sup>st</sup> and February 20<sup>th</sup>. Traditions that are done to celebrate the new year:
  14. Hang decorations - usually the colours of the decorations will be red as red is the emblem of joy, and this colour also symbolizes virtue, truth and sincerity. Red is also an auspicious colour.
  15. Giving red envelopes - they are typically given to the elderly, children, and dragon/



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lion dance performers. The envelopes usually contain money and are thought to bring good luck.

16. The last day of the new year is known as the Festival of Lanterns and lanterns are lit in the streets.
17. Dragon dances - the dragon is considered to bring good luck and fortune and represents prosperity, good luck and good fortune.
18. Having fireworks and firecrackers, the sound of the fireworks and fire crackers are meant to drive away evil spirits, it also signifies a joyful time of the year.
19. The new year is a time when families gather together to celebrate the new year in a meal called the reunion meal. During that meal they eat pork, chicken and fish. They will eat long noodles to symbolize the wish for a long life, a rice called 8 treasures rice that contains different coloured dried fruit, raisins, red bean paste, jujube date and almonds. The number 8 is associated with good fortunes. Tang Yuan – black sesame rice ball soup; or a won ton soup. Song Gao a small, sweet round cake. Jiu Niang Tang – sweet wine-rice soup which contains small rice balls.

## Winter Solstice

I am fascinated by astronomy, looking up and tracking the movement of the planets and stars across the night sky. I also enjoy reading about our ancient ancestors and visiting stone circles such as Stonehenge. For me, the winter solstice combines both these interests. I wanted to find out more about the winter solstice and what it may have meant to our ancestors. So where best to turn to but the Royal Observatory in Greenwich for the facts and figures.

### When is the winter solstice in 2020?

In 2020 the winter solstice will occur on Monday 21 December.

The winter solstice occurs in December, and in the northern hemisphere the date marks the 24-hour period with the fewest daylight hours of the year. That is why it is known as the shortest day of the year, or the longest night of the year.

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**Halo Moon © Mikhail Kapychka**

## What is the winter solstice?

Since the Earth is tilted on its axis, the arc the Sun moves through during the day will rise and fall across the year as the Earth's pole points either towards or away from the Sun.

The winter solstice occurs at the minimum point for the northern hemisphere, when the Sun is lowest in the sky.

At this time, the Earth's North Pole is pointing away from the Sun (which is why it is so much colder in the northern hemisphere). For people living in the southern hemisphere, the South Pole is pointing towards the Sun, making it summertime 'Down Under'.

## How long is the shortest day of the year?

The actual moment of the solstice in 2020 will occur around 10.02am in the UK, but most people concentrate on the whole solstice day, which has been recognised by holidays and festivals in many cultures all over the world.

The shortest day lasts 7 hours 49 minutes and 42 seconds in London. This means that the length of day during the winter solstice is 8 hours, 48 minutes and 38 seconds shorter than the summer solstice.

## Do the days get longer after the winter solstice?

After the shortest day, the days start getting longer and the nights shorter. At the spring and autumnal equinoxes the day and night hours are around the same length, each lasting around 12 hours. The number of daylight hours peaks at summer solstice.

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## What does 'solstice' mean?

The word 'solstice' comes from the Latin solstitium meaning 'Sun stands still', because the apparent movement of the Sun's path north or south stops before changing direction. At the winter solstice, the apparent position of the Sun reaches its most southerly point against the background stars.

## When does winter start?

Opinion is divided over whether the solstice marks the start of winter or the middle of winter, or whether winter actually starts on 1 December (as reckoned by most meteorologists).

One reason for the confusion comes from the lag in changes in temperature and weather patterns, which means the coldest temperatures during the day are generally felt some time after the shortest day has passed.

## How is the winter solstice celebrated?

Winter solstice is an important time for cultures across the globe. Under the old Julian Calendar, the winter solstice occurred on 25 December. With the introduction of the Gregorian calendar the solstice slipped to the 21st, but the Christian celebration of Jesus's birth continued to be held on 25 December. The pre-Christian festival, the Feast of Juul, was observed in Scandinavia at the time of the December solstice. Fires would be lit to symbolise the heat and light of the returning sun and a Yule log was gathered and burnt in the hearth as a tribute to the Norse god Thor.

Present day Christmas customs and traditions such as the Yule log, Yule boar, Yule singing, and others stem from pagan Juul. Today the event is celebrated in some forms of Modern Paganism.

Today, people from the UK and beyond visit the ancient site of Stonehenge to celebrate the winter and summer solstice.

One reason why this is a popular site to visit is that you can glimpse the sun's rays through the stones which are lined up with the path of the sun. Most people arrive late on the night of solstice to catch the sunrise.

While both solstices are celebrated by modern day religions and tourists alike, the ancient civilisation that first built the monument most likely did so primarily for the winter solstice, perhaps to request a good growing season in the year to come. The main features of the Stonehenge site date from the centuries around 3500 BC.

**Credit to The Royal Observatory, Greenwich** <https://www.rmg.co.uk/discover/explore/when-winter-solstice>

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## Hannukah – The Jewish Festival of Lights



*A traditional dreidel*

Hanukkah or Chanukah is a Jewish holiday celebrated on the 25<sup>th</sup> of the Jewish month of Kislev. Kislev usually occurs around the month of December.

Around 200 B.C, Israel was under the ruling of Antiochus the 3<sup>rd</sup> Seleucid King of Syria. Under him the Jews were allowed to practice their religion. His son Antiochus the 4<sup>th</sup>, however, didn't allow the Jews to practice their religion and told the Jews to worship the Greek gods. In 168 B.C, his soldiers came into Jerusalem and massacred the Jews and desecrated the holy temple.

Mattathias and his sons led a rebellion against the Antiochus, the Seleucid monarchy, and their soldiers. Judah one of Mattathias's sons managed to drive them out. After he drove them out he began to cleanse and rebuild the altar and light the Menorah. The menorah is a golden candelabrum which is lit during every night in the temple using olive oil and it represents knowledge and creation.

When they rededicated the temple they found a small jug with just enough oil to keep the menorah lit for one night but a miracle happened and the flames of the menorah flickered for eight nights, and it is that miracle that we celebrate for eight nights every year in Hannukah.

Like many Jewish holidays Hanukkah has different foods and traditions that help us celebrate the holiday.

-One tradition is that we light candles in a Chanukkiah, every night for 8 nights. A Chanukkiah is a 9 branch candelabrum where one of the branches is higher than the other 8 branches. On the first night we use a candle called the Shamash to light one candle and each night we light one more candle until the final night all of the branches of the candelabrum are lit with candles. Usually the Chanukkiah is put by the window. When lighting the candles there are special blessings that are recited.

Page 17 -Singing traditional songs related to the holiday.



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- Playing with a dreidel – a four sided spinning top, that has 4 Hebrew letters that are the acronym for a great miracle happened here if it is played in Israel, or a great miracle happened there if it is played outside of Israel.
- Giving children Gelt- giving children pocket money either in the form of chocolate coins or real money.
- Eating foods that are fried.

Each Jewish community from around the world has their own unique food that they eat during the holiday. The traditional food is usually inspired from the local cuisine and adapted to the Jewish kosher restrictions.

For the Jews that come from Europe, mainly Eastern Europe, they eat Latkes - potato patties that are fried and can be eaten savoury with salt and sour cream or sweet with sugar or apple puree. The Jewish Bulgarians make a sweet version of the latkes.

Sufganiotis another food which is a customary food to eat, they are donuts filled usually with jam.



The chicken is marinated in lemon, garlic, and warming spices and then dipped in a batter and fried.

The Romanian Jews will eat Papanasi, a Romanian cheese donut.

The Moroccan Jews will eat Sfenj which is fried dough with sugar on top.

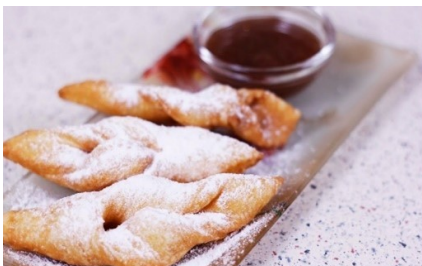


Jews from the Cochin area in southern India make a variety of fried food that was inspired from the local cuisine including Neyyappam which is made with coconut, dried fruit, nuts and spices.

The Iraqi Jews make Sambousk B'tawa, which are savoury pastries filled with spiced chick peas that are fried. They also make Zengoula also known as Jalabi - a crispy fritter or funnel cake that is fried and then soaked in a sugar syrup.

Spanish and Portuguese Jews make bunuelos which are similar to Latkes - the East European potato fritters. They also make Serenjenas con miel - deep fried aubergine drizzled with honey.

The Hungarian Jew will usually eat Csöröge Fánk or a Forgács Fánk, pieces of twisted, fried dough and sprinkled with the icing sugar.



The Italian Jews make Pollo Fritto di Hanucca, a fried chicken that is made especially for Hanukkah.

# Memory Café At Home

## Diwali — The festival of light



*\*The information is taken from National Geographic website and India Times website*

The Diwali festival is a holiday that is celebrated by the Hindus, Sikhs and Jain for 5 days. The date which it is celebrated changes according to the position of the moon and the holiday is usually celebrated around October, November. The holiday marks the start of the Hindu year. For many people the Diwali is a celebration of good over evil and light over dark.

During the holiday people cleanse their house, get rid of unwanted things in the house, clean, repaint and refurbish the house. They also wear new clothes and buy new things for the house. During Diwali, people decorate their homes with light and oil lamps on windowsills and doorways.

For many people Diwali honours the goddess of wealth, Lakshmi. The light helps guide her to people's homes and bring prosperity in the coming year.

During Diwali people spend time with friends and family in feasts and parties and exchange gifts and sweets.

There is also a tradition called Rangoli where they make patterns by the front door using colourful powders and flowers so they can welcome the gods and bring good luck.

# Memory Café At Home

## Poems

### I Wish You



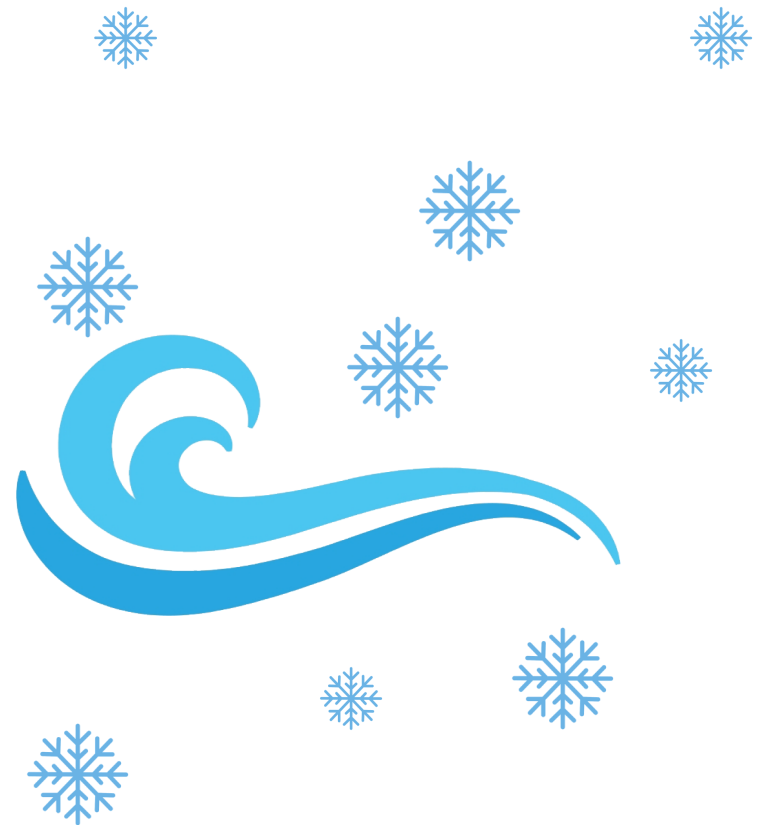
Friend o' mine, in the year oncoming  
I wish you a little time to play,  
And an hour dream in the eerie gloaming  
After the clamorous day.  
(and the moon like a pearl from the Indian shore  
To hang for a lantern above your door).

A little house with friendly rafter,  
And someone in it to need you there,

Wine of romance and wholesome laughter's  
With a comrade or two to share.  
(And some secret spot of your very own  
Whenever you want to cry alone.)

I wish you a garden of fire with roses,  
Columbines planted for your delights,  
Scent of mint in its shadowy closes,  
Clean, gay winds at night.

By L.M. Montgomery



### Winters Embrace



Shimmering lakes of silvery ice  
welcomes skaters' scarring slice.

Hills adorned in lacy white  
watch children sleigh into the night.

In the brilliant pristine light,  
snow birds in tall trees take flight.

Evergreens draped in capes of snow,  
their heavy branches hanging low,  
blanket earth as north winds blow.

Winter's dance is quite a show,  
an ice-kissed, dazzling, magical place,  
transformed by winter's cold embrace!

By Patricia L. Cisco

# Memory Café At Home

## Recipes

### Olive Oil and Honey Cake

This recipe was given to us by our member Lourdes which is a keen baker and enjoys sharing her recipes with the people around her.

#### Ingredients:

- 250 grams of flour
- 2 teaspoons of baking powder
- 200 grams of sugar
- 200 ml of honey
- 200 ml of olive oil
- 9 eggs
- 1 spoon of cinnamon
- Zest from 1 lemon

#### Instructions:

- Heat oven to 180 degrees
- Separate the eggs in two bowls.
- Mix the Yolk (yellow) with the honey, oil, cinnamon and the lemon zest.
- Whisk the whites with sugar until has a creamy consistency.
- Add the yellow mixture to the white mixture and fold till it is blended.
- Add the flour gently and slowly and mix until it is smooth.
- Pour into a greased and floured tin
- Bake for 40 minutes



# Memory Café At Home

## Latkes

Latkes are traditional potato fritters that are eaten during the Hannukka period. The word comes from the Yiddish language, that was spoke mostly in Jewish European communities.

The recipe can be made with potatoes but can also be mixed with other hard vegetables like sweet potato, carrot, zucchini or each vegetable on it's own or a mixture of a couple of the vegetables.

### Ingredients:

- For 10-15 small latkes
- 3 potatoes
- 1/2 onion (optional) peeled and quartered
- 1 egg
- 2 tablespoons of breadcrumbs
- Salt and pepper according to taste
- Cooking oil- vegetable oil, canola oil or sunflower oil.



### Instructions :

- Peel the potatoes and grate them, either in a food processor or on a grater
- Drain the potato so you get rid any of excess liquid from the potatoes.
- Add the onions
- Add the egg, breadcrumbs, salt and pepper to the potatoes and onion and mix it all together.
- Heat the pan with the oil there needs to be about a ¼ inch of oil in the pan.
- Prepare a plate with paper towel so it will absorb all the excess oil from the ready latkes.
- To test if that the oil is hot enough put a pea size of mixture in the pan, if it's sizzling and there are little bubbles around the mixture you put in then the oil is ready and you can start frying latkes.
- Take tablespoons of the mixture and put in the oil, fry on one side and when brown turn over so the other side will turn brown. Once both sides are ready but them on the plate to let the paper towel absorb the oil.

# Memory Café At Home

## Christmas Cake

The recipe for this cake was given by Michael, one of our members. Michael worked for many years as a baker and confectioner in the beginning in the army and later with some of the famous bakeries in London. After he retired, he continued to bake for family and friends. Michael makes this cake every year and gifts the cake to friends and family.

### Ingredients

- 1 pound, 4 ounces of mixed dried fruit
- Brandy, rum or whisky.
- 2 ounces of glazed cherries, halved
- 5 ounce soft dark brown sugar
- 5 ounce of salted butter
- 3 large eggs
- 6 ounce of plain flour
- 1 teaspoon of cinnamon
- 1 teaspoon of mixed spice
- 2 ounce of ground almond
- 2 tablespoons of black treacle
- 3 tablespoons of glycerine

### Directions:

- Preheat the oven to 150 degrees or 300 Fahrenheit or gas mark 2
- Soak the dried fruit in the alcohol the day before
- Whisk the sugar with the butter until it becomes light and airy
- Add the eggs and the flour to the sugar and butter and mix it together
- Add the black treacle and glycerine.
- Fold in the fruit with the liquid of the fruit.
- Line the tin with 3 layers of baking paper and bake for 2 hours.
- When the cake is ready turn it upside and make a few holes in the bottom and brush it with more alcohol.
- Turn it around and cover it with Marzipan and royal icing.

# Memory Café At Home

## Activity Packs



The team have been making person-centred activity packs for clients. These contain a range of things depending on the individuals interests and stage of dementia including a memory café at home magazine (link to online version: <https://www.ageuk.org.uk/kensingtonandchelsea/about-us/news/articles/2020/memory-cafe-magazine/>) and plenty of reading, arts and crafts, puzzles, booklets with photos and paintings and dementia specific activities including games and dementia friendly therapy pet dogs.

### Referrals

If you would like to refer yourself or someone you know for dementia 1-2-1 support and/or an activity

pack please email

[dementiadistribution@aukc.org.uk](mailto:dementiadistribution@aukc.org.uk) .

**Below are just some examples of the wonderful feedback we have received about our packs:**

“really loved the pack, especially the book. Enjoyed looking at the pictures and was really impressed and appreciative of what Age UK has been doing and I’m telling everyone about it”

“loved everything, music and magazines, very thankful for the reading material”

“hit the nail on the head “ and it “meant so much that we thought about her and sent her the pack”

“thank you so much, it was very imaginative and I’m learning all sorts about coordination which I didn’t know before, so just wanted to say thank you so much.”

**And a note from one of our volunteers who delivers many of the activity packs:**

“I’ve been delivering the activity packs for several months now. I pick up the packs, normally a dozen or so, from the lovely team in Notting Hill and try to deliver about 3 a day. My CityMapper App has proved invaluable to help me work out the how to split the different areas into the most streamlined way.

The reaction from the people receiving the packs has been heartwarming. Sometimes a carer will answer the door but often it may be the lady or gentleman with dementia. Masks have made it more difficult for them to understand who I am but after a while they do



# Memory Café At Home

remember going to the Memory Cafes and are SO appreciative that AgeUK have not forgotten them.

Delivering the packs has been a privilege and a pleasure.

The pandemic has impacted our most vulnerable older people with feelings of confusion and isolation but I've really felt that my deliveries have gone some way to reassuring them that they are thought about and they are most definitely not forgotten.

I feel proud to be part of the AgeUK Volunteer team and will continue for as long as I'm needed."

## Useful Links

The following links are to the websites we have used to buy activities for the activity packs that you can also use to buy from for yourself or someone you know.

Alzheimer's Society - <https://shop.alzheimers.org.uk/daily-living-aids/>  
Reminiscence-reflection

AlzProducts - <https://www.alzproducts.co.uk/>

Activities to Share - <https://activitiestoshare.co.uk/>

Active minds- <https://www.alzproducts.co.uk/active-minds-dementia>

Relish - <https://relish-life.com/>





# Memory Café At Home

## Activities & Games

### Activity Ideas for the Winter Months



As the nights draw in and the days get colder, we tend to spend more time indoors. It is important for our wellbeing to keep physically and mentally active. The Activity Packs we send out are full of things that we hope you will find interesting and fun to do. In addition to the Activity Packs we have collated some more ideas for things to do over the coming months. We hope you enjoy trying some of them out. The great thing about doing activities is that they have positive benefits on our wellbeing:

- An opportunity to take up hobbies or interests again
- Gives a sense of purpose and routine
- Continue to use skills and knowledge
- Set aside time for oneself
- Share a hobby or interest with family and friends

**In this issue we are going to focus on music and Life Story.**

#### Music

Music is such an important part of all our lives and forms the soundtrack for different life stages from when we are babes in our parents arms listening to lullabies to teenage years of falling in love for the first time and forming lifelong relationships, to tracking the highs and lows of our lives.

For those of you who would like to explore more your music memories Play List for Life have come up with a memory jogger. You can do this for yourself or use it to share with family and friends.

## Conversation starters



Playlist for Life is a charity that specialises in harnessing the power of music to connect people, and to help those living with dementia and those who care for them. **We want everyone to have their own playlist of music that means something to them.**

The 'soundtrack of your life' is a personal collection of songs that gives you that flashback feeling whenever you hear them. Start building the soundtrack of your life by collecting your musical memories using the prompts below. You can start with any prompt you like. On the next page you can create a playlist for someone else.

This playlist belongs to: \_\_\_\_\_

### Your 'Memory Bump' (strong memories formed aged 10-30)

Can you think of songs that remind you of your youth?



Song

Memories

### Special moments and milestones

Which songs take you back to a special memory in your life?



Song

Memories

### Songs from childhood

Are there nursery rhymes or songs from a children's TV show that you loved?



Song

Memories

### Important places

What songs remind you of your hometown?



Song

Memories

### Important people

Think of a person who's important to you. What songs remind you of them?



Song

Memories

### Party tunes

Which songs always get you dancing and/or singing along?



Song

Memories

### Hobbies, interests and beliefs

Are there pieces of music that make you think of a group that you belong to?



Song

Memories

### Holidays

Which songs remind you of a favourite holiday?



Song

Memories

### TV themes

Are there TV shows with theme tunes you'll always remember?



Song

Memories

### Concerts you've been to

Which tunes remind you of the best live music event you've attended?



Song

Memories

To find out more about connecting through music, visit [www.playlistforlife.org.uk](http://www.playlistforlife.org.uk)



@PlaylistForLifeUK



@PlaylistForLife



@PlaylistForLifeUK

Playlist for Life is a registered charity: SC044072

# Memory Café At Home

Now that you've built your own playlist, why not try asking a friend or family member about songs that are important to them?

Building a soundtrack and discovering the memories associated with each song is a wonderful way to connect with family and friends. Fill in this playlist template for a friend or family member.

## Top Tips

Try sharing your songs and memories before asking about theirs

These are just starting points for conversation – you don't need to answer all of them

## Life Story

In recent years there has been a growing interest in family history and how individual life stories can give insight into social and local history. TV Programmes such as “Who do you think you are” and tracing family history are very popular. If you have an interest in this there are several ways you can start to record your life. You may wish to share this activity with family and friends.

Here are some ideas to get you started:

**A4 Ring Binder** – a ring binder is a good way to start to gather together photos, letters, cards, programmes from theatre trips etc. It allows you to change the order of your collection and to decide how you want to present your collection e.g. chronologically or under themes e.g. trips to art exhibition, holidays, friends

**Collages** – you can make a piece of art from your life story to hang up or keep in a folder. Use a large piece of card to attach memorabilia from your life. You may want to use photocopies of special items and photos to attach to the card.



**Memory box** – this is a good way to gather together those keepsakes, maybe a seashell from a walk along a beach, photos, postcards, a small item with fond memories. You can use a shoe box or biscuit tin and decorate it.



# Memory Café At Home

## Classic Christmas Favourites

There is nothing quite like settling down to watch a classic Christmas movie or listening to favourite carols. Here are some Christmas Classics. I wonder which ones are your favourites.

### Classic Christmas Movies

				
It's a Wonderful Life (1946)	Miracle on 34th Street (1947)	A Christmas Carol (1951)	White Christmas (1954)	Meet me in St Louis (1944)

### Classic Carols from Classic FM

**Hark the Herald Angels Sing**

**Holy Night**



**In the Bleak Mid-Winter**

**Come All Ye Faithful**

**Silent Night**



# Memory Café At Home

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

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

# Memory Café At Home

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

Name: \_\_\_\_\_

## New Year Word Search



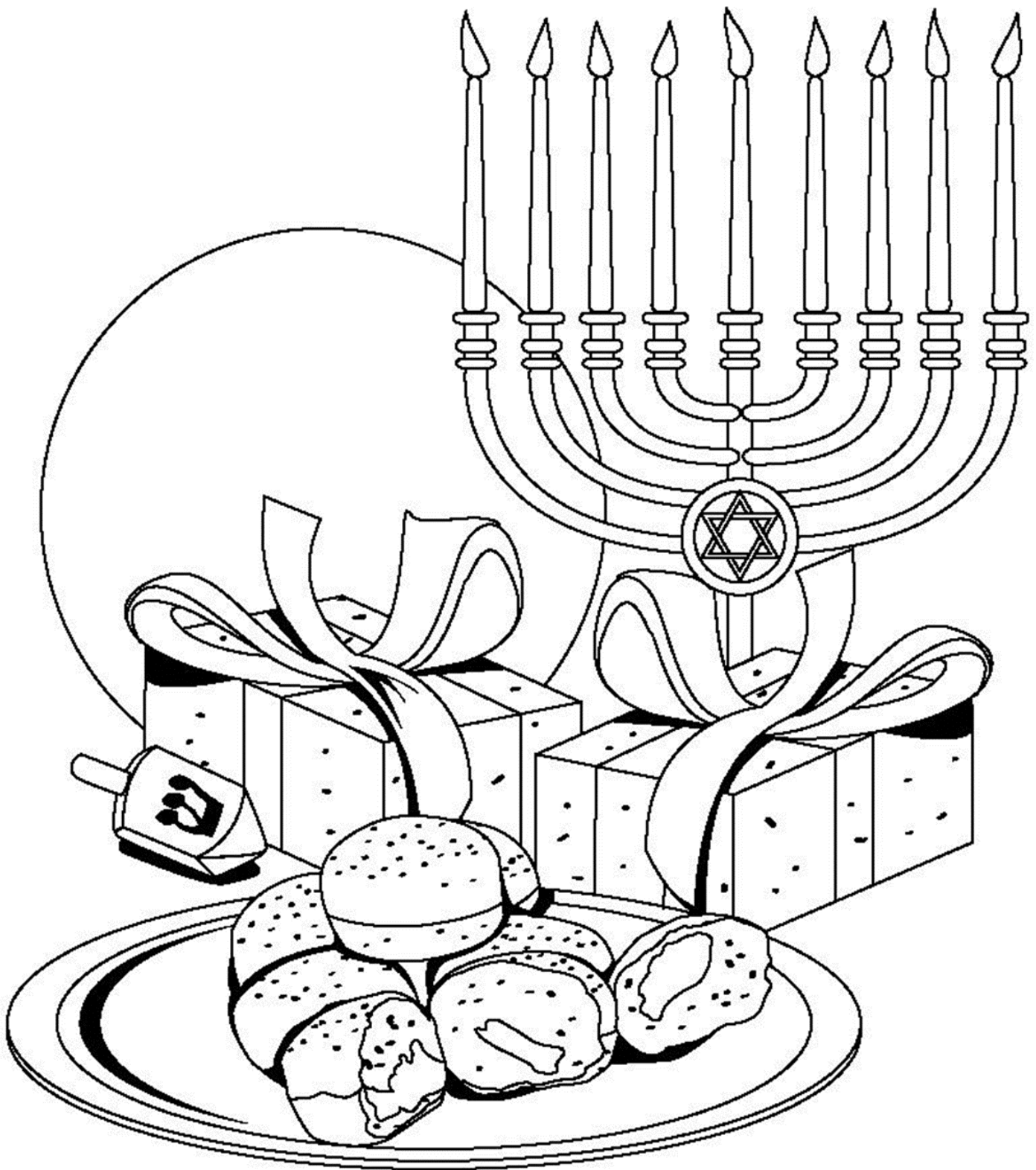
DECEMBER  
RESOLUTION  
BALL  
CALENDAR  
MIDNIGHT

NEW YEAR  
COUNTDOWN  
CONFETTI  
CELEBRATION  
FAMILY

FRIENDS  
KISS  
TOAST  
FIREWORKS  
CLOCK



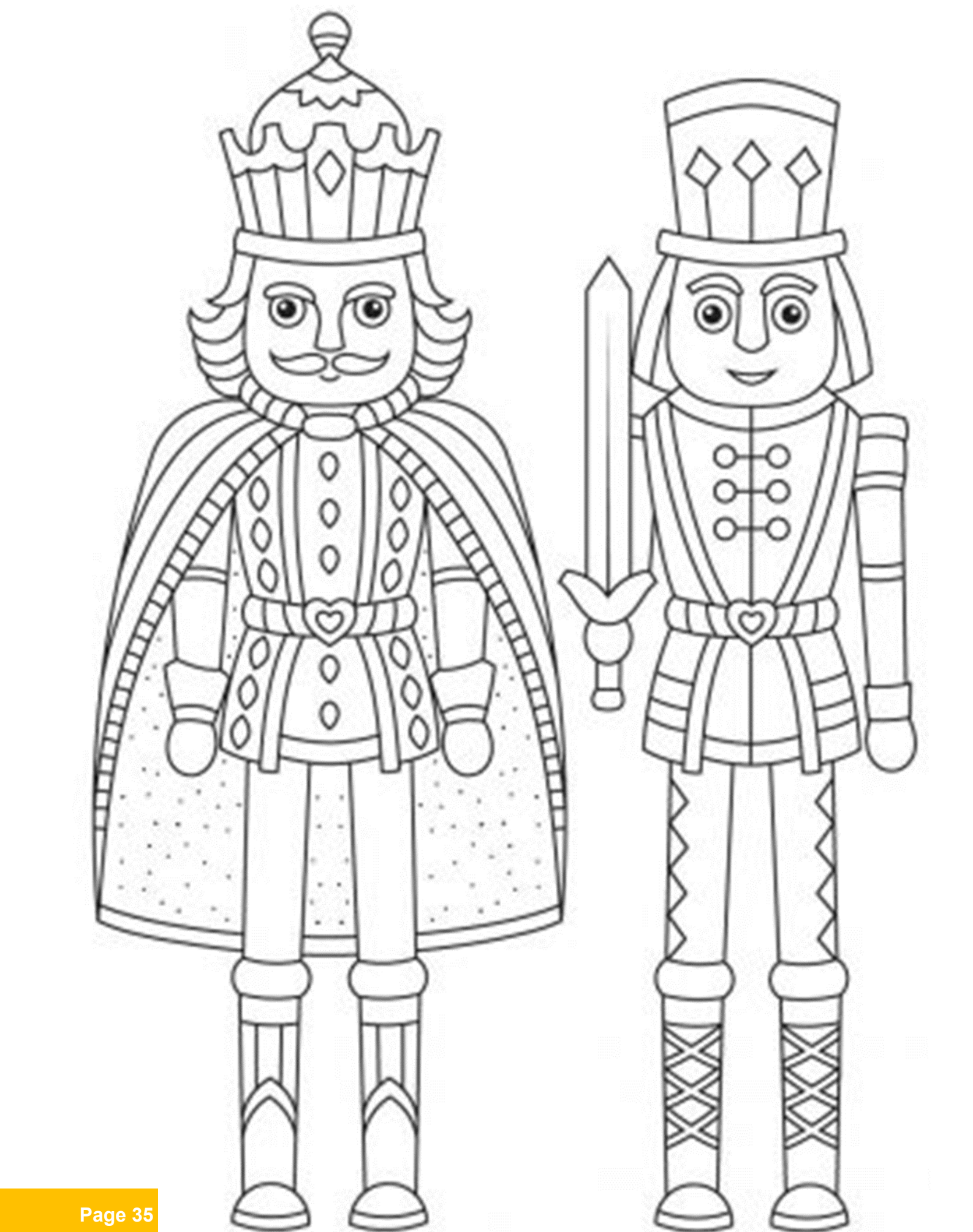
## Colouring Pages







## Memory Café At Home







# 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

#### Arts

##### 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 4 Dementia

Website: <https://arts4dementia.org.uk/>

#### Carers

##### Careblazers

Support and advice for carers

Website: <https://www.careblazers.com/>

##### Carers UK

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

##### Carers Trust

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

##### Dementia Carers Count

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

#### Charities Information and Advice

Phone: 020 8969 9105

Email: [administration@aukc.org.uk](mailto: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>

##### Young Dementia (part of Dementia UK)

Phone: 0800 888 6678

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

##### Independent Age

Phone: 0800 319 6789

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

#### Community

##### Al-Manaar Muslim Cultural Heritage Centre

Website: <https://almanaar.org.uk/almanaar-thekitchen/>

##### 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/>

##### Jewish Care

Advice and support for Jewish residents.

Phone: 020 8922 2222

Email: [helpline@jcare.org](mailto:helpline@jcare.org)

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

##### London Irish Centre

Phone: 0207 916 2222

Email: [info@londonirishcentre.org](mailto:info@londonirishcentre.org)



# Memory Café At Home

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

Phone: 0800 716 543 or 020 7240 0630

Email: [info@reengage.org.uk](mailto:info@reengage.org.uk)

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

## **Opening Doors London**

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](mailto:befriending@openingdoorslondon.org.uk) or calling 020 7239 0400.

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

## **RBKC Council Covid-19 Hub**

Email: [C19Hub@rkbkc.gov.uk](mailto:C19Hub@rkbkc.gov.uk)

Phone: 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

## **Counselling**

### **Community Living Well Counselling for RBKC residents**

Tel: 020 3317 4200 Self-referral form

### **Cruse Bereavement Care**

Phone: 0808 808 1677

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

### **Third Age Counselling**

Phone: 07913 610 734

Email: [enquiries@thirdagecounselling.com](mailto:enquiries@thirdagecounselling.com)

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

## **Samaritans**

Phone: 116 123

Website: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

## **Silver Line a helpline for older people**

Phone: 08004708090

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

## **Museums**

### **House of Memories**

Website: <https://houseofmemories.co.uk/>

### **V&A**

Website: <https://www.vam.ac.uk/collections?type=featured>

### **Science museum**

Website: <https://collection.sciencemuseumgroup.org.uk/search>

### **Time Out**

Magazine museum tour links

Website: <https://www.timeout.com/travel/virtual-museum-tours>

## **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://musicfordementia.org.uk>

### **M4D Radio**

Website: <https://m4dradio.com/>

### **BFI Player**

Musicals Free online musicals and also rentals

Website: <https://player.bfi.org.uk/free/collection/musicals>

# Memory Café At Home

## Nutrition

### Alzheimer's Society

The Alzheimer's Society has partnered with Lewis Hornby to develop Jelly Drops which are a bite-sized, sugar-free sweets containing 95 per cent water and added electrolytes. To find out more click on the link:

[https://www.alzheimers.org.uk/blog/jelly-drops-sweets-tackle-dehydration-dementia?utm\\_medium=email&utm\\_source=dotdigital&dm\\_i=57EL,8EVL,2DTI4N,X94Y,1](https://www.alzheimers.org.uk/blog/jelly-drops-sweets-tackle-dehydration-dementia?utm_medium=email&utm_source=dotdigital&dm_i=57EL,8EVL,2DTI4N,X94Y,1)

## Pets

### The Cinnamon Trust

Companion animals and older people

Phone: 01736 757 900

Website: <https://cinnamon.org.uk/home/>

## Reading

### The Daily Sparkle

A magazine for reminiscence

Website: <https://www.dailysparkle.co.uk/individuals/>

## Resources for Activities on line shops

For a range of games, jigsaws, puzzles, crafts, sensory products

### Alzheimer's Society Shop

Website: <https://shop.alzheimers.org.uk/daily-living-aids/Reminiscence-reflection>

## AlzProducts

Website: <https://www.alzproducts.co.uk/>

## Activities to Share

Website: <https://activitiestoshare.co.uk/>

Website: <https://relish-life.com/>

## Free to download Resources

### Creating a Life Story

A free resource from Dementia UK

Website: <https://www.dementiauk.org/get-support/maintaining-health-in-dementia/creating-a-life-story/?fbclid=IwAR3IsfPvmyHRYU8WM6xMUHQ5wg4uaX07H1JA3JWearYnFBZG9ZlewW1w6no>

### Nestle Reminiscence Pack

Website: [https://www.nestle.co.uk/en-gb/aboutus/history/reminiscence-pack?fbclid=IwAR0myndrITdq\\_gBguZKIUR2IWQhIT64HWVzVH3I8HDIXada-zm6ZlpHqWRA](https://www.nestle.co.uk/en-gb/aboutus/history/reminiscence-pack?fbclid=IwAR0myndrITdq_gBguZKIUR2IWQhIT64HWVzVH3I8HDIXada-zm6ZlpHqWRA)

## Sport

### The Sporting Memories Foundation

Website: <https://www.sportingmemoriesnetwork.com/>



