

## A warm welcome to our November 2020 Newsletter

Dear Friends of Know Dementia

We expect you are all noticing the colder weather so we hope you are keeping safe and warm. As Christmas approaches don't forget Stir up Sunday on Sunday 22nd November, the last Sunday before Advent, when we are supposed to stir our Christmas pudding and put the old sixpences inside. We have fond memories of doing this with our Grandmothers. We usually make our Christmas cake on this day instead. Do you have any memories of Christmas traditions

from your family?

We hope everyone noticed the Christmas Competition in last months newsletter (details page 3). Just send a photo with a write up and Jennie and I will judge for first and second prizes. We look forward to seeing some fun decorations.

We were sad that the lockdown happened just as we were going to reopen the cafés so we have some fun videos planned for December. Watch this space!

All the very best

Alex Morrison-Cowan  
Chair of Trustees

## Poetry and Baby News

We would like to thank Jim's mum who has come up with a brilliant idea for raising money which she wants to go to supporting Know Dementia. Her local community are writing poems about their experiences during lockdown and donating £10 for their entry to be included in a book. You can also send your poems to us and donate via



Jim's mum's Know Dementia Just Giving page [www.justgiving.com/fundraising/fullbeam](http://www.justgiving.com/fundraising/fullbeam).

*Photo of Jim with his mum at one of our Uckfield Cafés.*

We would also like to congratulate Jim and Natalie on the wonderful news that they are expecting the birth of their first child in May.



## November Café Highlight

Sharing some magical moments at the Uckfield Café with some very special visitors from Our Amazing Animal World.



There is never a dull moment here, plenty of laughter and smiles along the way.

Best Wishes

Sam  
Senior Café Co-ordinator

## Caring for my father with Vascular & Alzheimer's

I wrote about my father in last months newsletter and how we looked after him as he had vascular and Alzheimer's dementia. Dad and Mum used to love dancing and he was still entering dance competitions when he was in his 70s. As his dementia developed he did not like having a shower so I used to hold his hands and sing "slow, slow, quick, quick, slow" and he would move forward into the bathroom. If he didn't want a shower we would go for what my gran would call a "strip wash" but to make this work we bought a perch stool so he could sit and help with washing his top half. If I acted out the

washing actions on myself he would do the same for himself. He would also do this for his lower half. We had some laughs and I would sing some of his favourite songs to him, sometimes he joined in with the odd word. Between us we managed a full wash and he was still smiling at the end of it. When it came to dressing I would hold up two shirts and he would point to one and this would be giving him a choice of what he wanted to wear. The more I involved him the easier it was for both of us. I have to say it didn't always work but music and singing seemed to help him stay calm.

Jennie Morrison-Cowan  
CEO, Know Dementia

## Christmas Spicy Brownies

This is a recipe from the Good Housekeeping team. They certainly smell like Christmas.

175g butter,  
125g dark chocolate, roughly chopped  
1 and half tablespoons  
brandy (optional)  
250g light brown soft  
sugar  
2 medium eggs  
100g plain flour  
1 teaspoon cinnamon  
1 teaspoon mixed spice  
100g sultanas  
To Decorate  
Melted white chocolate  
Sprinkles or edible stars



1. Preheat the oven to 180 or 160 if a fan oven or Mark 4. Line a 20.5 cm square tin with baking parchment.
2. In a large pan, gently melt the butter, chocolate and brandy. Take pan off heat and mix in the sugar, followed by the eggs (the mixture should become smooth and glossy as you mix it). Sift in the flour and spices, then add the sultanas and stir everything together. Scrape the mixture into the tin and bake for 30 minutes until a crust forms. Cool completely in the tin.
3. Lift brownie out of tin and cut into 24 squares. Arrange squares on a wire rack set over a baking tray or board, drizzle with melted white chocolate, then decorate. Leave to set before serving.

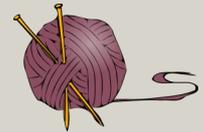
## HOW'S YOUR FOOD KNOWLEDGE?

Try this Quiz - answers on page 3

1. Zabaglione is an Italian dessert contains primarily which of these?  
A) egg yolks B) Cheese C) Cherries  
D) Chocolate
2. Saffron is a spice derived from which flower?
3. Which celebrity chef is a majority shareholder in Norwich City Football Club?
4. What would you find in a bouquet garni?
5. What in Japanese cookery are soba and udon?  
A) Soups B) Rice C) Desserts D) Noodles
6. Babcock and Tropic snow are varieties of which fruit?  
A) Mango B) Plum C) Lime D) Peach
7. What is another name for a kiwi fruit?  
A) Chinese gooseberry B) Indian fig  
C) Asian pear D) Japanese plum
8. What is the literal translation of the "al dente"?
9. What British habit was reinstated from rationing on 3 October 1952?
10. What was the first national, branded, sliced loaf?

## KNIT SQUARES FOR CHARITY

We are looking for people to knit 20 x 20 cm squares which we will collect from you or they can be brought to the Cafés when we re-open.



We also need people who would like to help sew them together once our Cafés re-open.

## OPEN MIC SESSION

### Sing or play an instrument by ZOOM

Do you sing or play an instrument? Would you be interested in joining a group where you would play or sing and others would listen and then you could listen to them? Even if you don't do either of these you could still join the session and listen in. It's a bit like going to your local pub and listening to people who are able to share their musical talent. Please let us know by email: [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk) or 01273494300 or our Facebook page below.

## Brain Teaser

A word can be placed in the brackets that has the same meaning as the words either side of the brackets. What is it?

PENALTY (....) EXCELLENT

Answer bottom of page 3

We would like to say a huge thank you to Buxted Pop In Group who have always supported our Memory Moments Café in Buxted and they have just sent another donation to us. This is really appreciated in these trying times and will help towards this newsletter we are now sending out to all our families. Thank you Buxted Pop in Group!

## Peacehaven Café Member Was Once Churchill's Bodyguard!

Cyril Richards, one of the members of our Peacehaven Café, was once Winston Churchill's personal bodyguard. Cyril spent some time at Chartwell, Churchill's Family home and played cards with the great man there, also watching him in the garden and whilst painting. Cyril had at one time looked after the Queen when she was a princess and was recognised for his service in the Queen's New Year's Honours list in 1964. He also worked for Kent Police's Special Branch in his younger days and had been involved in catching one of the Great Train Robbers.



What an interesting, rewarding and distinguished career Cyril has had. We would love to hear from you if you have a story to tell about your life.



*Photos with kind permission of Cyril & Pam Richards & Churchill Retirement Living*

### Remembrance Day

This month we remember all those who have bravely fought and died for freedom and democracy and we thank all our service men and women who continue to do so. This year the remembrance services have had to be much reduced but still as poignant as ever. Well done to our ladies who have told us they have knitted poppies for those splendid displays.



### Christmas Competition Reminder

#### Are you up for the challenge??

An opportunity to win a £50.00 or a £30.00 Marks and Spencer voucher as first and second prize in our Christmas Competition.

#### What do you need to do?

Design and create a Christmas decoration. This could be a room decoration, a tree decoration, a floral decoration as long as it is Christmassy. Take a photo and write a little paragraph to tell us who was involved in making the decoration.

Send this info to Know Dementia in one of the following ways:

1. To the office at Know Dementia, Unit 6/7, Henfield Business Park, Shoreham Road, Henfield BN5 9SL
2. To our Know Dementia Facebook page
3. Email [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)
4. By phone at 01273 494300

The close date will be 10th December and Jennie and Alex will judge the entries and inform the winners by 17th December.

### BOOK RECOMMENDATION

*If you like.....Modern Thrillers*

The Au Pair by Emma Rous - A gothic tale about a family's knarled secrets and what happens when you start pulling their strings.

*If you like.....Feel-Good Non Fiction*

The Boy, The Mole, The Fox and The Horse - Four friends who share a deep, unshakeable bond.

#### Have you read any good books lately?

*If you have then we would love to hear from you at [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk) or Tel. 01273 494300.*

**Answers Quiz** 1. A. 2. Crocus 3. Della Smith, 4. Herbs, 5. D, 6. D, 7. A, 8. to the tooth, 9. drinking tea, 10. Wonderloaf  
Brain Teaser - Fine

We are continuing to send out our weekly entertainer video links via email. They can also be accessed via the link on the Know Dementia website in the Health and Wellbeing section. We are also continuing to support families with regular telephone contact. If you require support or to be added to our email list, call us on Tel. 01273 494300 or email [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk).