

A warm welcome to our December 2020 Newsletter



Dear Friends

We are coming to the end of a very hard year for families and we want to say a very big thank you to all our staff and volunteers who have stayed in touch with families.

We would also give a rousing cheer for our entertainers for providing the songs to sing to, the exercise to move to and the animals to love. However, we must also give the same big thanks to the family members who have looked after their loved ones during this time and to say we are nearly to the point of all meeting again.

Jim's Mum, Lesley, has produced the first book of poems about lockdown and people have kindly donated £10.00 as they have written a poem for entry into the book. We now have a second book on the go. Perhaps you are not into poetry, but would like to say a few words about how you have coped with lockdown and we would love to hear from you. Donations

can be made via www.justgiving.com/fundraising/fullbeam and emailing your poem to info@knowdementia.co.uk or by sending your hand written poem and a cheque for £10.00 to our office address at the bottom of page 4.

We have enclosed a CD as a Christmas present to all our families which has been produced by Jim and Natalie. We hope everyone enjoys it and that it helps them remember some of the fun we have had at the café.

Thank you to everyone who has supported us over the year through donations, support and help as this will enable us to reopen our Memory Moments Cafés, Musical Moments, Sporting Moments and for some other interesting moments that will be available in the Spring – Watch this space!

Jennie and I, and the other Trustees would like to wish everyone a Merry Christmas and we hope to share a fabulous 2021 with all our friends and families.

Alex Morrison-Cowan
Chair of Trustees

Christmas Reminiscent Corner



Christmas wouldn't be the same without a bit of Des O'Connor on the TV. Do you remember when a tin of quality street was this big? What was your favourite, the toffee penny or perhaps the green triangle?

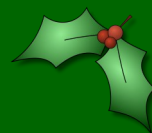
Do you remember the times when you were unable to sleep on Christmas Eve, waking up to a stocking with fruit and nuts, waiting for parents to wake, silently tip toeing to explore the gifts under the tree with its pretty lights and the fairy on the very top.

Ticehurst Café Focus

Hi Everyone

Our showcase café this month is Ticehurst, pictured with the Full Beam panto gang last December. A great time was had by all. Like our other cafés, many firm friendships have formed over the years here at Ticehurst. Happy Christmas, we are all looking forward to catching up with you all soon.

Take Care
Sam



Seasonal Apple Turnovers

Makes 16

Bake at 185° C for 15 minutes

Ingredients

A packet of puff pastry

2 apples (chopping into small pieces)

Sultanas (optional)

½ teaspoon of cinnamon

1-2 teaspoons of sugar

2 teaspoons of icing sugar (optional)

A little flour



Method

De-frost the pastry. Dust worktop with flour. Cut into four. Roll each quarter out, from this cut into four rolled out squares. Add chopped apple to one triangle of the square sprinkle with cinnamon and sugar. Add additional fruit or jam to the apples. Brush the edges with water. Fold over the other half to form a triangle. Press edges down lightly. Place on a greased baking tray and bake until golden. Remove from the oven and allow to cool. Once cooled, you can dust with icing sugar or make up some icing and drizzle in lines over the turnovers.



Christmas Anagram Time

All words have a Christmas theme. Can you work out what it is?

Answer bottom of page 4

1. Relocate Bin
2. A Strapless Hen
3. Me Toe List
4. Snack Free Inn
5. Armchairs Clots
6. Prawn Grape Pip
7. New Semi
8. Eastern Sogginess
9. Station Pie
10. Shy Car Trimmers



Christmas Film Recommendations

Love Actually(2003) Various London resident's navigating the ups and downs of lives in the weeks up to Christmas.

The Santa Clause (1994) Comedy drama with Tim Allan as a career-focused salesman who is forced to take on the mantle of Santa Claus

Miracle On 34th Street(1994) An elderly man forced to prove himself as the real Santa Claus with the help of a New York family, after being framed for a crime he didn't commit.



STEP BACK IN TIME

Two Wonderful days of filming at our Memory Moment cafes with these talented musical chaps from Moving Sounds.

Music always finds a way of reaching deep into the heart & soul.



Brain Teaser

A shop manager was reviewing the shop's sales for the day; can you work out how many Christmas puddings they had sold?

Mince pies - 22

Turkeys - 41

Crackers - 21

Christmas puddings - ?

Answer bottom of page 4



Remembering Brian Hynes

Brian, my husband, was taken from us, suddenly in July this year, after 55 years of marriage. He was a lovely man, thoughtful and kind. I would like to share with you all, a memory I have of our holiday in Florida, when my boys were young. We were waiting in a queue for a shuttle bus, to take us back to our hotel. There was a disabled child, in a wheelchair with her mum. There was not a facility to get the girl onto the bus. Her mum was very upset, no-one to help, big, strong men walked by, and looked away and even the driver did not help. My Brian, stepped forward, even though he was a lot smaller than them and carried the girl and the wheelchair onto the bus. A simple act of kindness to a stranger. This was my Brian.

I would like to take this opportunity to say, what a worthwhile charity Know Dementia is. Brian and I really enjoyed the cafés. Thank you all for your support, at this difficult time for me. I'm not sure how I would have coped without you all. I have made some very good friends, who have been very supportive and have been there when I needed them.

Thanks again.

Joyce Hynes



Make a Christmas Stocking



Materials

A piece of material e.g. old cushion cover, tablecloth, tea towel

Trim for the top – Use a different colour material

Scissors

Pencil or pen

Sewing thread

Sewing needle

Pins or pegs

A sock (as your template)

Embellishments e.g. buttons and ribbons



Method

Lay the sock in the middle of your folded piece of material (wrong side) and draw around sock. This will give you a guide. Using this outline, draw as big as you want all the way around.

Cut out shape and at this stage it is easier to add embellishments.

Join together leaving the top end open. Turn right side out. Add a trim at the top. Add a ribbon or loop so it can be hung up..

The Christmas Tree

The Christmas Tree was introduced into England in the early 19th century. It was made popular by Queen Victoria and her husband Albert. The Victorian trees were decorated with toys and small gifts, candles, candies, popcorn strings, and fancy cakes hung from the branches by ribbons and by paper chains. Here are some very unusual Christmas trees. We would love you to send in a photo of your Christmas tree so that we can include it in our next newsletter. Either email or post your photo - details on page 4.



CARER's TIPS

A person living with dementia experiences the world differently and to help them, especially when they may have little or no speech, means we must listen and observe more carefully. Here are some examples:

My parents were religious and would say their prayers every night before going to sleep. Sadly, my Mum passed away three months before Dad so every night during this time, I would sit with him on the sofa, put a picture of Mum on the table and ask the question "Prayers?". Sometimes he would sit quietly and listen as I said prayers other times, he would join in with the odd word that he remembered. One evening I made a mistake in the middle of The Lord's Prayer and he laughed and gently tapped my hand as if to tell me off. It was joyful that he was with me in this moment and could still communicate in his way.

Often people with dementia are challenged by different colours and therefore, to them, similar colours can blend into each other. A dark rug may look like a hole in the floor and one gentleman I knew would not go into the bathroom if there was a rug on the floor. A pure white toilet seat can sometimes confuse people and I have seen where coloured seats and coloured handrails have been used in bathrooms to help people see the contrast.

Poor lighting can cause anxiety. Good lighting, especially as the days are shorter, helps people identify spaces, rooms, equipment and signs. Some people struggle when they see shadows in a room. I know my Dad always liked the door to the living room to be shut and if I didn't do this he would be constantly looking through the door and would become agitated and point to make sure I closed it.

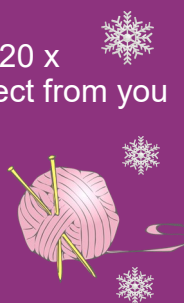
Jennie Morrison-Cowan
CEO



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.



Newsletter Title Ideas

We are looking for an interesting title for our monthly newsletter which we hope you have been enjoying. If you have any ideas for the title, or anything you think we could put in the next newsletter, we would love to hear from you, either via email or post. Details below.



Answers Anagram: Celebration, Santa's helpers, mistletoe, frankincense, Christmas carol, wrapping paper, wise men, season's greetings, poinsettia, Merry Christmas, Brain Teaser: 11 The alphabetical values of the first two letters are totalled to give the sales.

C19 Comfort Brigade

The clock strikes 4.00

Hear the rumble of the silent comfort brigade

The rules are simple & must be obeyed

As they resist the urge to dress before noon

Remaining in their pjs until mid afternoon

Pyjamas, onesies & slippers galore

Never to answer the dreaded front door!

Dusting & polishing, a job so mundane

Working in comfort, its time to proclaim

Housework & cooking are chores that can wait
for plans are afoot with an afternoon date

On the sofa, a movie & a large glass of wine!
Nothing quite like it for passing the time!



*Lockdown Poem for Poetry Book
Written by Sam Keylock*

Know Dementia Address:
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Shoreham Road,
Henfield BN5 9SL



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.