

# Our Moments

 **Know Dementia**  
education, advice & support

**April 2021**

## A warm welcome to our April 2021 Newsletter

### Dear Friends

It seems that, as we go to print, the beginnings of the release from the current lock-down are starting to be introduced. For us, of course, this means the plans for the re-opening of our Cafes are now beginning to reach fruition and we start to look forward to meeting you again.

Unfortunately, we will not be able to see all of you, as some have gone into a home and others have passed away. We will treasure all the memories of those no longer with us and, when we meet again, we will take a moment or

two to remember those no longer here.

It is, when this happens, a reminder of what a blessing life is and that we should cherish every moment that we have and share together.

I look forward to seeing you all again in the coming months and creating new memories and friendships as we begin to shape the new normal.

Take care and stay safe.

*Alex-Morrison-Cowan*  
*Chair of Trustees*



## LOOKING BACK AT OUR SOUTHWATER CAFÉ

Some fantastic photos taken at one of our Cafe sessions at Southwater when Rosaria visited us from the Free Score Dance Company. Trevor particularly enjoyed his dancing with Rosaria! Great fun exercising with all the colourful pom poms and ribbons to some quite lively music. We are all looking forward to more sessions like this, which hopefully shouldn't be too long now.



## MAY MORN

I walked alone 'cross meadow pale  
In early morns sweet dew.  
I crossed the stile and stepping down  
drank in the day so new.

The air so crisp and fresh, I breathed  
this early morning chill.  
I trod my way across the field  
to babbling distant rill.

The sun was rising giving glow  
to all the flowing stream  
and life was stirring all around,  
all waking from their dream.

The birds now singing in full glory,  
delighted with the day.  
It promised fair for them and me  
this merry month of May.

**Doreen Homer**



## Mary Berry's Scones

Preparation time  
less than 30 mins  
Cooking time  
10 to 30 mins  
Serves  
Makes 16 small  
scones



### Ingredients

450g/1lb self-raising flour  
2 level tsp baking powder  
50g/1¾oz caster sugar  
100g/3½oz butter, softened, cut into pieces  
2 free-range eggs  
a little milk  
handful sultanas (optional)  
To serve  
strawberry jam  
clotted cream

### Method

1. Preheat the oven to 220C/200C Fan/Gas 7.  
Lightly grease two baking trays.

2. Put the flour, baking powder and sugar in a large bowl. Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.

3. Crack the eggs into a measuring jug, then add enough milk to make the total liquid 300ml/10fl oz. Stir the egg and milk into the flour – you may not need it all – and mix to a soft, sticky dough.

4. Turn out onto a lightly floured work surface, knead lightly and work in the sultanas, if using. Roll out to a rectangle about 2cm¾in thick.

5. Cut into as many rounds as possible with a fluted 5cm/2in cutter and place them on the prepared baking trays. Brush the tops of the scones with a little extra milk, or any egg and milk left in the jug.

6. Bake for 12–15 minutes, or until the scones are well risen and a pale, golden-brown colour. Lift onto a wire rack to cool. Eat as fresh as possible.

7. To serve, split the scones and serve with strawberry jam on the plain scones along with a good dollop of clotted cream.

**St George's Day** remembers **St George, England's patron saint**. The anniversary of his death, which is on April 23rd, is seen as England's national day. According to legend, he was a soldier in the Roman army who killed a dragon and saved a princess.

**Some Other Facts :** St George was beheaded for resigning his military post and protesting against his pagan leader, the Emperor Diocletian (245- 313 AD), who led Rome's persecution of Christians.

1. Before St George, the top choice for England's patron saint was Edmund the Martyr, one of East Anglia's ruling family. Edmund is also the patron saint of pandemics, torture victims, and wolves.

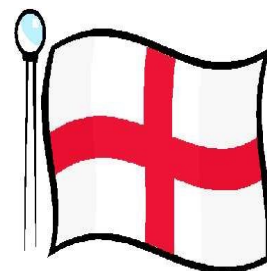
3. His emblem, a red cross on a white background, was adopted by Richard The Lionheart and brought to England in the 12th century, when the King's soldiers would wear it on their tunics to avoid confusion in battle.

4 The most famous legend of St George is of him slaying a dragon, with the dragon commonly used to represent the Devil in the Middle Ages. The slaying of the dragon was first credited to him in the 12th century, long after his death, and so many stories connected with his name are likely fictitious.

## St George's Day Anagrams

Celebrating all things  
English

Can you find the typically  
English things in the  
anagrams below?



OGRE EATINGS	
DONNOL	
GRANDO	
TONAL DIET HE HO	
ORRSEED	
E SHE ASK PARE	
RICH H CULL	
IPHONE HINT WOE	
NANGLED	
FEB E STORE	

## GUIDANCE FROM THE NHS ON HOW TO MAKE YOUR HOME MORE DEMENTIA FRIENDLY

The way your home is laid out can have a big impact on someone with dementia. They may forget where they are, where things are and how things work.

This doesn't mean making major changes to your home overnight, however here are a few simple things that might help.

**Better Lighting** – lighting should be good, even and natural – make sure the curtains are open, no unnecessary nets or blinds. This is especially important on the stairs and in the toilet.

Automatic light sensors (can be bought for about £5.00) which come on if someone passes.

**Reduce excess noise** – don't have the TV or radio on as background noise it can cause confusion. People with dementia can suffer from dual sensory loss known as deaf blindness.

**Safer flooring** – try to avoid rugs or mats on the floor. They can cause confusion and the person may think they have to step over it. This can lead to trips and falls. Shiny or reflective floors may be perceived as being wet and, once again, the person may struggle to walk over it.

**Contrasting colours** – Dementia can affect how well someone can tell the difference between colours. Choose contrasting colours on walls and floors, doors and banisters, toilet seats so they stand out and become more obvious. The same with crockery and tablecloths avoiding bold patterns and stripes as they can be confusing and disorientating.

**Reflections can be troubling** – check mirrors and cover them if they are likely to cause confusion. People can become distressed if they don't recognise themselves and think someone else is in the room with them. The same in the evening if they see their reflection in the window glass.

Labels and signs on cupboards and doors can help and should be clear and have words or pictures that contrast with the background. Placing them lower down as older people tend to look down.

Hopefully, some of these suggestions may help in your household.

*Jennie Morrison-Cowan*

CEO

### Farewell to Ann



Our condolences to Alan and his family from the Peacehaven Cafe as Ann, who we all loved, passed away on the morning of the eighth of April. We have some very fond memories of

Ann, her beautiful smile, her enthusiasm to greet everyone as well as how she joined in with all the activities at the Cafe. I especially remember how she would hold my hand and tell me of her involvement in the research for dementia and how she hoped she would be helping other people who had the disease. We hope that Alan will call in to see everyone when the cafe is back to normal as we don't want him to be a stranger.



### NATURE COLLAGE

#### Materials

Flowers and foliage from the garden (non-toxic)  
White or coloured paper, tissue paper, card or magazines for cutting up.  
Scissors  
Craft glue



#### Instructions

Gather flowers, leaves, twigs, feathers and any non-toxic natural items from the garden. Take time to examine them individually, talking about the colour, scent, purpose, texture, form etc of each, thus stimulating the senses. Make collage pictures/patterns using the items on the paper or card.



Take a photo of the end results then start again if you wish!



## My name is Pam



I was diagnosed with dementia seven years ago. I used to live in Lewes and regularly went to the Ringmer group cafe. It was good fun and sometimes we would make and create different things. Entertainers would come to the group such as singers and

musicians and we would all sing the songs together. We would have tea and cakes and a really good natter.

During lockdown, I moved back to Brighton, so Ringmer is too far to go now but there is a group in Peacehaven, so I will go to that group now, when it re-opens. I really miss all my friends at Ringmer. Sam and Sue have been in regular touch with me during the lockdown and have kept my spirits up. I think the dementia club is fantastic. I am so grateful that we have it. It makes me feel less alone and I miss the hugs!

## My evacuation story

When I was young, life at home was hard. My Mum was very strict and controlling. During the war my brother, sister and I were evacuated to Rushlake Green, near Heathfield. We went to visit them and it was such a lovely place with lovely people, so much so, I hid when it was time to go home and the couple said I could stay if I wanted to, my parents agreed!

It was lovely to have fresh air, living in the village, where people grew fruit and vegetables. Sometimes I could pick fresh strawberries. They were the best strawberries; I had ever tasted. We all went to Sunday school and when we got back, there were always three glasses of squash and some biscuits for all three of us.

Home was Croydon, but heaven was being in the country, with ducks, and playing croquet on the village green with my brother and sister. Although life was still tough for so many people during the war, it was a much simpler time. There seemed to be little of everything, but a lot of love.

*I hope you enjoyed my story.*

**Best wishes, Pam**

## PUZZLE - Can you work it out?

A three-word phrase below, has had each word's initial letter removed. What is the phrase?

**ETTASE**



**And lastly from David** so he can keep everyone smiling for another month, he has another joke for us:

Why must you knock 4 times on the fridge door before you open it?

In case the salad's dressing



## Whose Birthday?

This month we say Happy Birthday to these people born in May:

Cliff at Newick  
Ray at Newick  
Yvonne at Newick  
Dennis at Buxted  
Irene at Ticehurst  
Roy at Crowborough  
Janet at Crowborough  
Ken at Ringmer



**Answers:** 1. Saint George 2. London 3. Dragon 4. Toad in the hole 5. Red Rose 6. Shakespeare 7. Churchill 8. Winnie The Pooh 9. England 10. Roast Beef  
**Three-word phrase** - Set at ease

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 wish to be added to our email list, call us on Tel. 01273 494300 or email [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk).