

# Our Moments

March 2021

## A warm welcome to our March 2021 Newsletter

### Dear Friends

#### Are we there yet?

You may recall being asked this question by your children when on a long journey and you answering (more than once), "Yes, nearly there!"

Well folks, it seems we are nearly there on our long journey through this pandemic, such that we are starting to make plans for the reopening of our cafés. Hoorah!!

We aim to begin the reopening of our Memory Moments Cafés in the week commencing 10th May for some weekly cafés and our team will be talking with you in their weekly phone calls to work out when you can attend.

You may recall that we tried to reopen last year but due to the increase in the virus we had to close again. Hopefully, we will all have had our second vaccine by May but we will still continue to use sanitisers, masks etc in the

cafés as per government guidelines.

Unfortunately, we will only be inviting you along in small numbers initially, but be reassured, everyone will receive an invite.

We know that many of you in the Peacehaven area bought tickets to attend a special afternoon last March and it was cancelled two days before it was planned to run because of the lockdown. We haven't forgotten that special day and, as soon as we are able, it will be reorganised.

We would value some feedback from you about the support we have provided over the past year so, if you think of anything please let us know or tell us when you come into the cafés.

We hope you have a good Easter and that the Sweet Pea seeds we sent out are all sprouting by now. We look forward to seeing everyone soon.

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



## BUXTED CAFÉ TIME!



Our spotlight cafe this month is the Buxted Café, our very first cafe to open in East Sussex.

Always full of fun, laughter and friendship, there is never a dull moment to be had. The team are looking forward to seeing you all again soon.



## My Mother Kept A Garden



My Mother kept a garden,  
A garden of the heart.  
She planted all the good things  
That gave my life its start.  
She turned me to the sunshine  
And encouraged me to dream.  
Fostering and nurturing  
The seeds of self-esteem.  
And when the winds and rain came,  
She protected me enough.  
But not too much because she knew  
I'd need to stand up strong and tough.  
Her constant good example  
Always taught me right from wrong.  
Markers for my pathway  
That will last a lifetime long.  
I am my Mother's garden.  
I am her legacy.  
And I hope today she feels the love  
Reflected back from me.



*Author Unknown*

## HOT CROSS BUNS BREAD AND BUTTER PUDDING courtesy of the OLIVE magazine



**INGREDIENTS** - 200ml double cream, 400ml milk, 3 eggs, 75g caster sugar, 1 teaspoon vanilla extract, 2 tablespoons Cointreau (optional), 1 orange zested, 50g butter, 8 halves of four hot cross buns (cut so they can be sandwiched together again later) 2 tablespoons shredless marmalade

### METHOD

1. Pour cream and milk into a pan and heat to below simmering. Whisk eggs and sugar together and then gradually whisk into the cream and milk. Stir in vanilla extract, Cointreau (if using) and orange zest.

2. Butter the eight halves of hot cross buns and spread with marmalade, sandwich the halves back together again so they look whole and put one whole one to the side. Now cut the remaining 3 hot cross buns into four quarters each (cutting from the top and keeping sandwiched together). You will end up with 12 quarters.

3. Using a 26cm round baking dish put the whole bun in the middle and arrange the 12 quartered buns around the whole bun like a clock. Pour over the custard from step 1 and leave to soak for 15 minutes.

4. Heat oven 160c/fan 140c/gas 3. Gently press the buns down into the custard and put the dish on a hot, baking sheet. Bake for 35/40 minutes or until the custard is just set. Brush with more marmalade and leave in dish for 10 minutes before serving. Serve with cream or ice cream or both if, like me, you like a real treat.

## Spring Wordsearch



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

NEST	GREEN	GARDEN
MAY	PICNIC	APRIL
BEEES	WARM	KITES
MARCH	TULIP	BUTTERFLY
CHICK	BUNNY	EGGS
FLOWERS	BLOSSOM	EASTER
SEASON	RAINBOW	BIRDS
SUNSHINE	SEEDS	SPRING

## ARE YOU ANY GOOD AT RIDDLES?

1. What kind of coat can only be put on wet?
2. What can you catch but not throw?
3. What is it that, after you take away the whole, some still remains?
4. What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
5. What goes around the world but stays in a corner?
6. "I'm lighter than a feather, but you can't hold me for more than a minute. What am I?"
7. The more you take, the more you leave behind.
8. What goes around the house and in the house, but never touches the house?
9. What can you keep after giving it to someone else?
10. What belongs to you, but other people use it more than you do?
11. What gets wetter whilst drying?
12. What goes up when the rain comes down?

Answers on p4.





## TIPS and ADVICE from CARERS

### TECHNOLOGY AROUND THE HOME TO HELP PEOPLE WITH DEMENTIA

This month we look at some items of technology that can help people stay safe and re-assure family members. Technology has lots of benefits but it doesn't replace contact with families on a regular basis.

Some people with a diagnosis may continue to live independently at home and may benefit from some of the following, I certainly put some in place for my father:

**Clocks and Calendars** – automatic clocks to show which day it is as well as time and these can show both the date and the day of the week and some even show if it is morning or evening. If you have an iPad or tablet you can download apps for clocks and calendars.

#### **Motion Sensors**

A motion sensor can play a recorded voice when movement is detected nearby so placing it near the front door it could remind the person to lock the door when they leave or take their keys with them. This could also be used to remind someone to turn the oven off.

#### **Medication**

Messages can be recorded to remind someone to take their medication or that they have an appointment. Phone calendars can be set to remind them. Other aids that we are more familiar with are simple dosette boxes with separate compartments for days of the week and times to take medication. Your local pharmacy can also supply boxes where the tablets are set out and, in some cases, only the specific day and time can be opened in order to control access and an alarm goes off to remind someone it is time to take their medication. An alert can be sent to family if the medication hasn't been taken.

#### **iPad and tablets**

During lockdown some families have set up ZOOM meetings, Facetime or Whatsapp so that they can talk and see each other. These can also be used to remind someone to take their medication etc.

There are many other items of technology that can help and I will add to this list next month.  
Jennie Morrison-Cowan, CEO

## FLANNEL EASTER BUNNY

### **You will need:**

A flannel.

Elastic band and ribbon.

Something to make eyes and nose and tail.

Glue to stick on eyes and nose.

A small Easter egg or something equally delicious.

Place your flannel on a flat surface, roll together to form a tube.

Next fold in half and tie with the elastic band to form ears, tie a pretty ribbon over the elastic band and finish with a bow.

Stick on eyes, nose and tail, finishing off with a chocolate delight tucked behind the ears.



## A little bit about Kate from Crowborough



Kate and her husband Clive, joined the Memory Cafe in Crowborough in September 2019. They have a daughter and a son, and three grandsons and two granddaughters. They have lived in Crowborough, in the same house, for over 46 years. When her children were older, Kate took on the challenge of studying for a University degree and went on to become a teacher at a local school, specialising in maths and dance performance.

When she retired from teaching, she began working for a Crowborough charity, which led her to volunteering to help refugees in Azerbaijan. Having visited Azerbaijan several times, she organised music concerts here in England, to raise money to help the refugee families.

Soon after this, Kate was diagnosed with leukaemia and had to undergo a lot of difficult treatment. Her life was saved by having a bone marrow transplant. Thankfully, she has been able to be in remission for some years now, but has had to cope with many side effects, which have been difficult.

The support from family and friends and social groups, such as, the Memory Cafe and Know Dementia, are very helpful to people like Kate and it shows how important all these things can be.



### The Sunflower Lanyard

The Sunflower initiative is a Wealden Dementia Action Alliance project supported by Wealden District Council project

to help people in Wealden feel more confident going into the community again.

The [Hidden Disabilities Sunflower project](#) helps those who have disabilities that are not immediately obvious to others. This could include people with learning difficulties, those living with dementia or poor mental health, as well as mobility, speech, visual or hearing impairments.

Lanyards are provided free of charge contact [communitydevelopment@wealden.gov.uk](mailto:communitydevelopment@wealden.gov.uk)

Website: [www.wealden.gov.uk/dementia](http://www.wealden.gov.uk/dementia)

Facebook: @WealdenDAA or please advise Sam, Sarah or Sue if you live in the Wealden area and Know Dementia will order the lanyard for you.

### ANSWERS

1. A coat of paint 2. A cold 3. The word wholesome 4. A river 5. A stamp. 6. Breath 7. Footsteps 8. The sun 9 Your word. 10. Your name 11. A tea towel 12. An umbrella

### And lastly something to make you smile.....

Why was the beach wet ? because the seaweed.

### Thank you Janet

Some of you know Janet and Richard who attended Buxted and Crowborough Memory Moments Cafes and we would like to say a special thank you to Janet for asking for donations for Know Dementia in memory of Richard who sadly passed away in December. We have some happy memories of Richard at the cafes and we have said to Janet "Not to be a stranger" as we would love to see her again when we re-open. It has been a sad time for many of our families and we would like to share our thoughts and condolences with everyone who has lost a family member during the past year. The money that has been donated will go towards supporting the two Cafes that Janet and Richard attended

### Whose Birthday?

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

George from Uckfield Café

John from Newick Café

Jeffery from Heathfield

David from Peacehaven

Linda from Ringmer

John from Crowborough

Kate from Crowborough



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).