

A warm welcome to our May 2021 Newsletter

Hello friends – hope you are all enjoying some welcome warmth and sunshine now that summer has finally arrived, somewhat later than we had hoped. For some people however, it comes with health warnings – hayfever from all the pollen and sunburn from too much exposure to the sun being just two of the risks.

One major bonus it does bring is the much needed opening of our cafes where we can again meet indoors (with some careful management) with friends we may not have seen for over a year. In order that we can

continue to meet and enjoy the company of friends, just like we need to manage our exposure to the sun, we need to be careful in our interactions with others – follow the rules in place at each cafe to keep everyone safe.

We look forward to meeting up again with you during the next few months and, until then, continue to stay safe and take care.

Alex

*Alex Morrison-Cowan
Chair of Trustees*

As our Cafes are now reopening our newsletter will be produced three monthly instead. .



Looking forward to seeing our entertainers once again? Not long now!



Jobs in the garden

It's a busy time down my allotment getting it ready for the growing season, wandering if these chilly nights will end. Potatoes are in, along with chard, beetroot, herbs and shallots. The garden is beginning to wake up with my strawberry plants beginning to creep. Jobs for your garden, start to thin out and harden off your seedlings and summer bedding (don't forget to add a handful of feed into the mix when planting). Divide those established perennials to allow for better performance. A gentle prune of woody shrubs and give the plants a treat of a liquid feed. The more you do now the less work in the summer months, the secret of gardening is preparation and planning, then sit back and enjoy all you hard work. Happy growing,
Sam



Salmon with minty veg



An easy to prepare healthy meal which counts for two of your five-a-day

Prep 10 mins Cook 10 mins Serves 4

Ingredients

750g small new potato , thickly sliced

750g frozen pea and beans (we used Waitrose pea and bean mix, £2.29/1kg)

3 tbsp olive oil

zest and juice of 1 lemon

small pack mint , leaves only

4 salmon fillets about 140g/5oz each

Method

STEP 1

Boil the potatoes in a large pan for 4 mins. Tip in the peas and beans, bring back up to a boil, then carry on cooking for another 3 mins until the potatoes and beans are tender. Whizz the olive oil, lemon zest and juice and mint in a blender to make a dressing(or finely chop the mint and whisk into the oil and lemon).

STEP 2

Put the salmon in a microwave-proof dish, season, then pour the dressing over. Cover with cling film, pierce, then microwave on High for 4-5 mins until cooked through. Drain the veg, then mix with the hot dressing and cooking juices from the fish. Serve the fish on top of the vegetables.

Courtesy of BBC good food



A fun and creative craft for May.

Dig out those old paints and have some artistic fun sprucing up those old plant pots and giving them a second life. Pop in a bedding plants for a zing of colour. Here are a few ideas to help you on your way. Don't forget to send in your photos.



Do you know your vegetables?

1. What name do the British normally call snap peas and snow peas?
2. True or False. Giant pumpkins can exceed 1 ton in weight?
3. *Allium Sepa* is the Latin name for which common vegetable?
4. By what name do Americans know the courgette?
5. Which popular type of supermarket cabbage is named after a region in France.
6. 'Pentland Javelin' and 'Desire' are all varieties of which vegetable?
7. Which vegetable derives its name from the Latin word for milk?
8. Which vegetable was first to be canned.
9. Which vegetable comes in varieties called cheddar, skywalker and graffiti?
10. Most commercially canned baked beans are made from which type of bean

Answers on last page.



MY EVACUATION STORY

Iris and I lived in Bermondsey in London during the war, right down by the river. I was a four year old and Iris was a small baby. When it came to the option of evacuation my Mum said "no my children will take their chances with me". Initially we would trek down to the railway arches and spend the night there, not realising that the German's were aiming for the communication services i.e. the railway line from the east coast to London Bridge. On many a night we were entertained in the arches by a young boy named Tommy Steele.

After a while we were given an Anderson shelter. Dad felt that the safest place in the shelter was at the far end, so that is where he built some bunks for the both of us, the shelter was only 5ft wide but that was enough for us children, so there was our new bedroom. The shelter didn't have a door so Mum hung a thick curtain. There was a comfy armchair in there for Mum as well when there was a raid. One day we woke to see a big hole only yards from our shelter, it was in the boundary between our garden and auntie Ivy's (Mum's sister) garden next door. We were told that it had been an incendiary bomb and for many years my aunt's wall was shored up by a great timber.

We kept chickens and I can remember collecting the eggs and helping to water vegetables, Mum had abandoned flowers to grow our own vegetables instead. I also remember queuing at the bakers to take home a nice loaf of hot bread.

On the whole we enjoyed our lives it all became a big adventure.

Love from

Ruby (Keane)

Goodbye to Win

It is with great sadness that we let all Win's friends at Buxted Memory Moments Cafe and Crowborough Cafe know that she passed away a few weeks ago. Win was one of the first attendees at Buxted Memory Moments Cafe six years ago when the first Cafe opened as part of the Golden Ticket and she spent many hours helping others and chatting with people. Win could make us laugh with her lovely sense of humour and her beautiful smile which was infectious.

Thank you Win for sharing your lovely spirit and soul with us you will be sorely missed.



Platinum Jubilee Celebrations Announced



In 2022, the Queen becomes the first British Monarch to mark 70 years on the throne and celebrate a Platinum Jubilee. To mark the occasion a year from now there will be a long weekend of festivities from Thursday 2nd June to Sunday 5th June. Key events will be the Queen's Birthday Parade, Platinum Jubilee Beacons lit throughout the UK and Commonwealth, a service of Thanksgiving, The Derby, Party at the Palace, The Big Jubilee Lunch and a Jubilee Pageant. The plans are similar to the Diamond Jubilee held in 2012 in which many of us joined in with street parties to celebrate the occasion and we can look forward to doing the same again.



Did you know?

Cilla Black Born 24th May

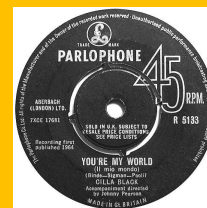


Cilla Black was the best-selling British female recording artist in the UK during the 1960s, releasing a total of 15 studio albums and 37 singles. Cilla Black began her TV career in the late 1960s with her own TV show. The theme song, Step Inside Love, was specifically written for her by McCartney. Cilla also hosted the popular shows Blind Date and Surprise Surprise, making her one of the most popular faces on television in the mid-1980s and 1990s. Cilla Black was awarded an OBE for services to entertainment in the New Years Honours List.

Finish the Lyrics

Can you fill in the blank Cilla Black song lyrics? 1) You're My World

You're my world, you're every breath I take
You're my world, every move I make
Other eyes see the stars up in the skies
But for me they _____ within your eyes
As the trees reach for the sun above
So my arms reach out to you for love
With your hand resting in mine I feel a power so _____
You're my world, you are my night and day
You're my world, you're every prayer I pray
If our love _____ to be
Then it's the end of my world for me



2) **Anyone Who Had a Heart** Anyone who ever loved could look at me
And know that I love you
Anyone who ever dreamed could look at me
And know I dream of you _____
I love you so
Anyone who had a _____
Would take me in his arms and love me, too
You couldn't really have a heart and hurt me
Like you hurt me and be so untrue
What am I to do
Every time you go away, I always say
This time it's _____ dear
Loving you the way I do
I take you back, without you
I'd die dear
Knowing I love you so

PUZZLE - Can you work it out?

Find two words with different spellings, but which sound alike, that can mean

CESSATION/SNATCH

Answer below



And lastly

What did the father tomato say to the baby tomato whilst on a family walk?

Ketchup

Why don't eggs tell jokes?

They'd crack each other up!



Whose Birthday?

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

Joyce at Newick
June at Buxted
Geoff at Crowborough



Answers: 1. Mangetout 2. True 3. Onion
4. Zucchini 5. Savoy 6. Potato 7. Lettuce
8. Peas 9. Cauliflower 10. Haricot
Puzzle: rest and wrest
Cilla Black: 1 Shine Divine Cease 2 Knowing
Heart Goodbye

As our Cafes are now reopening with restricted numbers (booking is required), we are no longer sending out videos or providing regular telephone support. Previous videos can be accessed via the link on the Know Dementia website in the Health and Wellbeing section.

If you would like to book a place at one of our Cafes, call us on Tel. 01273 494300 or email info@knowdementia.co.uk.