



*Merry Christmas*

From all at Sage House

Supported by



CAMERON JAMES LEGAL

# Follow **GEORGE** and his mischievous adventures at Sage House during lockdown

**@DementiaHub**



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## Tips for Christmas

### Enjoy Precious Moments with your loved ones this Christmas

The festive period can be an overwhelming time, particularly for people living with dementia. Here's a few reminders of how we can all minimise stress, stay calm and enjoy more Precious Moments together this Christmas:



### 5 Simple Tips

1. When it's cold and bright, enjoy some exercise in the fresh air together. Look out for birds and winter wildlife, for example along the Chichester canal.
2. Enjoy dementia-friendly activities at Christmas such as carol-singing or simple Christmas crafts. Have a look at our busy Activity programme every week at Sage House.
3. Spend time with friends and family in smaller groups, for shorter amounts of time. Remember Daisy's Café at Sage House is a relaxed place to get together.
4. Notice and be grateful for the Precious Moments when they happen, from snuggling up under a blanket, to dancing along to your favourite Christmas hit.
5. If you or someone you know needs some support, our dementia Wayfinding Service is free, timely and open to all, just get in touch to make an appointment.



Firstly, welcome to our fourth Activity and Wellbeing Pack!! We hope that you are keeping safe and well.

We are so thrilled at how popular the packs have been and it has been lovely to receive such great feedback from those of you who have been keeping busy with them! We have loved hearing from you, so please do continue to let us know how you are getting on.

All of us at Dementia Support would like to wish everyone a safe and peaceful festive season. We would like to also thank everyone for their support of the charity in what has been a difficult year for everybody.

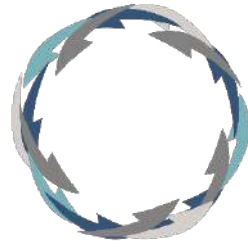
Whilst challenging it has also been a very busy and productive year, and we are grateful to our customers, our supporters, our sponsors and especially to anyone who has made a personal donation to help us continue with our work throughout.

Please remember that we are here to help as many people as possible navigate the journey of dementia, both pre and post diagnosis, supporting family, friends and carers. If you need advice, guidance or support please do get in touch with us.

Finally, along with everybody at Sage House I am looking forward to next year being able to invite back our customers and carers and we cannot wait to meet and see as many of our new found friends who have enjoyed our Activity and Wellbeing Packs during this last year.

With very best wishes,

Sally Tabbner, Chief Executive



CAMERON JAMES LEGAL

## Legal Matters

As you'll have seen from Sally's letter on page one, **Cameron James Legal** have been proud to support Sage House since the very beginning. We specialise in legal work around **Powers of Attorney, Wills & Trusts** and **Probate**. The Directors of Cameron James Legal are **Dementia Champions** and have helped many clients of Sage House since it opened. We offer regular **on-site legal clinics** and are also able to assist clients nationwide. We pride ourselves on offering an exceptional, personal service; we do not believe in 0800 telephone numbers and customer reference numbers. Our promise is that **we treat every client as if they are our only client**.

We explain below the legal matters in which we specialise, which are relevant to Sage House clients.

### What are Powers of Attorney?

In times past, you could rely on family or loved ones to help with decisions. This is no longer possible and next-of-kin have no legal rights to speak on your behalf or conduct your affairs. Unless you want decisions about you to be left in the hands of third parties, it is essential to make Lasting Powers of Attorney (**LPAs**) to appoint those you trust to help you.

### Are there different Lasting Powers of Attorney?

There are two different documents; one for Health & Welfare and one for Property & Finance. Most people will have both documents.

### How do Powers of Attorney work?

Lasting Powers of Attorney must be registered with a Government department called the Office of the Public Guardian before they can be used. They can't be registered if they contain any errors and they can't be updated once they are registered. Quality legal advice is very important when considering LPAs to ensure good decisions are made around the choice of Attorneys, number of Attorneys, whether to have replacement Attorneys and how and when the Attorneys can act.

### What happens if I don't bother with Powers of Attorney?

Unless you have legally appointed people to speak on your behalf, third parties will make decisions for you, if you are unable to make them yourself. This may include freezing your assets, making decisions about medical treatment that you might not want and even deciding where you live. Your family or loved ones may also need to make applications to the Court of Protection in order to help you, which is time-consuming, expensive and uncertain. It is always better to ensure that Powers of Attorney are correctly drafted and registered just in case the unforeseen happens.

Contact: 01243 696920    [enquiries@cameronjameslegal.co.uk](mailto:enquiries@cameronjameslegal.co.uk)    [www.cameronjameslegal.co.uk](http://www.cameronjameslegal.co.uk)

### Why should I make a Will?

Making a Will ensures that what you own (your estate) is given to people you choose and proper planning can minimise or remove any potential Inheritance Tax liability. Without a Will:

- your spouse or children won't automatically inherit your whole estate
- if you're unmarried, your partner has no automatic legal claim to anything
- your children may not be cared for by people you would choose
- the Probate process can be significantly more expensive and lengthy
- your estate may be subject to Inheritance Tax at 40%

### I made a Will a while ago. Nothing's changed so I don't need to update it, do I?

There are recent changes to the Inheritance Tax thresholds which potentially benefit married couples. A review is advisable every 5 years or so in any event. Cameron James Legal offers a free Will review service.

### What about Trusts?

Trusts can be included in Wills to provide additional protection against certain risks to your estate. For example:

- Discretionary Trusts can protect the value of your estate for a beneficiary for whom it may be risky to receive an inheritance all in one go. This could include a beneficiary going through a divorce, bankruptcy or facing other personal challenges
- Life Interest Trusts can protect half the value of a property to ensure it reaches your chosen beneficiaries. This can include protecting against a future partner/spouse, or protecting against care fees in future

### What does Probate involve?

Probate is the process of administering someone's estate after their death. The task falls to the people appointed as Executors under the deceased's Will. It includes matters such as:

- notifying official bodies and institutions of the death
- obtaining valuations of assets and identifying liabilities
- preparing accounts for HMRC (whether or not there is an Inheritance Tax liability)
- applying to the High Court for the Grant of Probate
- paying all debts including Inheritance Tax
- receiving funds released from banks, etc. once the Grant has been obtained
- preparing income tax accounts for the deceased and settling any debts
- distributing gifts, legacies and the residue of the estate in accordance with the Will
- ensuring any Trusts in the Will are established and authorities notified, e.g. Land Registry, HMRC

### I'm an Executor and I'm concerned about the Probate process

Many Executors recognise that the Probate process is an onerous and challenging legal responsibility, at what is already a difficult time. Appointing professionals to assist with the Probate process can relieve this burden.

**Cameron James Legal offers clients peace of mind that these crucial legal processes will be conducted with professionalism, efficiency and sensitivity.**

Contact: 01243 696920    [enquiries@cameronjameslegal.co.uk](mailto:enquiries@cameronjameslegal.co.uk)    [www.cameronjameslegal.co.uk](http://www.cameronjameslegal.co.uk)

## Suggested Daily Planner

### TIME

### ACTIVITY

8-10am

get washed, dressed & have breakfast

10-12pm

exercise of your choice – stretching followed by chair based exercise (e.g. chairbics, tai chi, chair yoga, etc)

tidy/dust one room

favourite TV/radio programme or reading

12 – 1pm

lunch

2 - 5pm

activity of your choice such as colouring

word search / crossword

spot the different / find the items / quiz

sewing or a jigsaw puzzle

5-6pm

tea / dinner

6.30pm

phone a friend or family member

deep breaths and relaxation with some gentle stretching



Dancing



Cleaning



Using the stairs

shutterstock · 529162351

**Try to do things that you LOVE to do ,  
As well as the things you NEED to do**



Chair based exercise



Listening to music



Indoor gardening



# FREE WAYFINDING SERVICE



**We are available to talk to anyone who is worried or concerned about someone living with dementia at this time!**

**We recognise at any point during Covid-19 you may need more support than ever, so, we are opening our popular Wayfinding service to brand new customers**

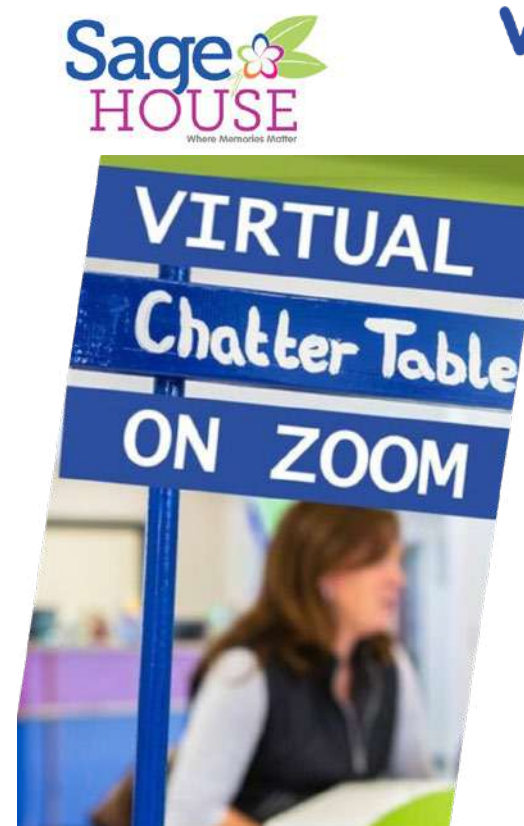
**Our Wayfinding service that supports people living with Dementia, their carers, family and friends is now extending its service hours from 9am - 5pm.**

**So if you, or someone you know needs support call us on 01243 888691.**



Dementia Support, City Fields Way, Tangmere, Chichester, West Sussex PO20 2FP // 01243 888 691  
www.dementia-support.org.uk - email; info@dementia-support.org.uk  
Dementia Support is a charitable company limited by guarantee, registered in England and Wales.  
Company No: 9044373 Charity No: 1158640

## Virtual Chatter Tables



As a nation we are not good at talking, but chatting can help us feel happy and create friendships.

Our volunteers look forward to meeting you at our virtual chatter tables.

To book a space call

**01243 888691**

You need access to email

We can support you with using Zoom

10am – 10:45am  
Alternate Mondays/Fridays  
Tuesdays/Thursdays



## The two key activity types that help are:



### Strength and balance exercises

These are specific exercises that will help you to stay strong and steady your feet



### Aerobic exercise

This is activity that warms you up and gets you breathing slightly harder, it will help you to stay fit and well

## Safety

### Being active is safe for the vast majority of people and it has many benefits for your health and wellbeing.

There are some small steps you can take to reduce the chance of problems occurring when you are exercising in and around the home.

Most people can exercise without speaking to a doctor first, especially if their medical condition is under control. However, if you get any symptoms from a heart, kidney or metabolic condition you should phone your healthcare professional to check before you start.

1. Prepare your exercise space by clearing away unnecessary clutter
2. Keep something sturdy and solid nearby for support (for example a kitchen work surface)
3. Have a glass of water ready to sip as you exercise
4. Wear well-fitting, supportive shoes that are done up, and comfortable clothing
5. If you are exercising on your own, keep a telephone nearby, just in case you need it

## Strength and balance exercises

### Muscles, bones and joints like to be moved, lack of movement causes your muscles to waste away quickly and this affects your strength and your balance.

The exercises below will help you to stay strong and steady. Aim to do these exercises 2-3 times throughout the week. You can split them up and do them a few at a time throughout the day, at a time that works for you. Remember to start small and build up gradually, as the exercises begin to feel easier you can increase the repetitions to 8-10. If you want to make it harder still, you can build up to 3 sets of 8-10 repetitions for each exercise.

Strength exercises can be done in sitting or standing. If you can't stand comfortably or safely, then choose the seated option.

## Seated Exercises

### Always warm up before you start

Sit up straight in a supportive chair, take 2-3 deep breaths in and out to calm the mind and body in preparation for the exercises.

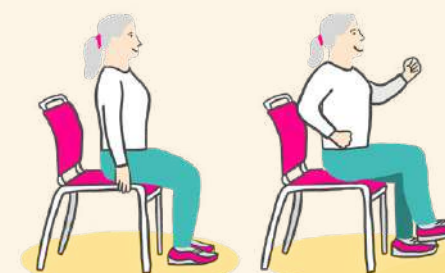
#### Heel lifts



Lift heels off the floor, then place them back down. Lift toes off floor then place down. Do these slowly and fully.

**30 seconds**

#### Chair marching



Lift one leg at a time, as if marching. You can add your arms in too, if comfortable.

**30 seconds**

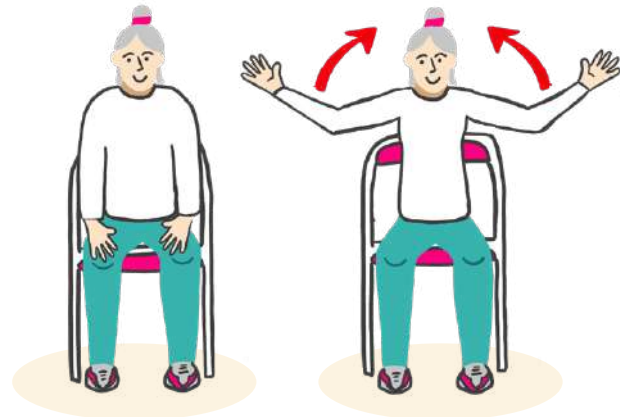
By the end of the warm up you should feel warmer and be breathing a little harder.

## Exercises

### Arm raises

Raise your arms out to the side and above your head, then slowly lower back down. Start with **3** then build up.

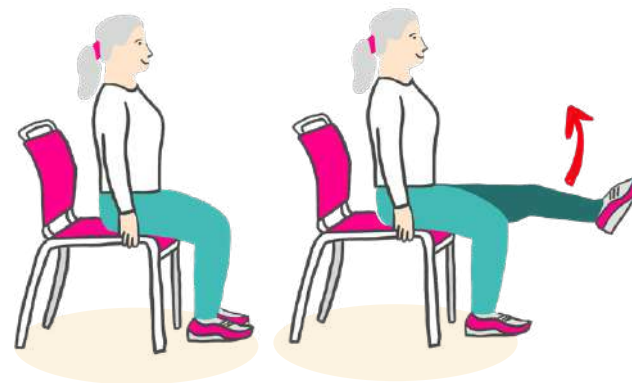
**Make this harder by** going very slowly and hold for 1 second at the top before you lower your arm down.



### Alternate leg extensions

Straighten out one leg in front of you, then lower slowly back down. Start with **3** each leg then build up.

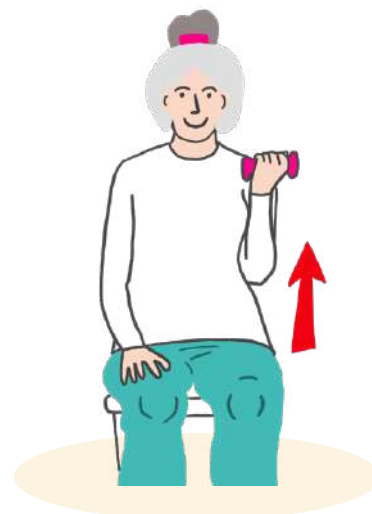
**Make this harder by** lifting the leg slightly off the chair as you straighten it.



### Arm curls

Keep elbows into your sides, bend one arm up, then slowly lower. Alternate sides. Start with **3 repetitions on each side**.

**Make this harder by** holding a small weight, bottle of water or tin of food.



## Cool down

Let your breathing settle and enjoy the feeling of accomplishment!



### Hamstring stretch

Feel gentle stretch at back of thigh  
**Hold for 20 seconds**



### Chest opening

Feel gentle stretch across your chest  
**Hold for 20 seconds**



### Breathe

3 deep breaths in and out  
**Hold for 20 seconds**

## Standing Exercises

### Always warm up before you start

Remember to have something sturdy, like a work surface, next to you. Use it to stay steady and safe.

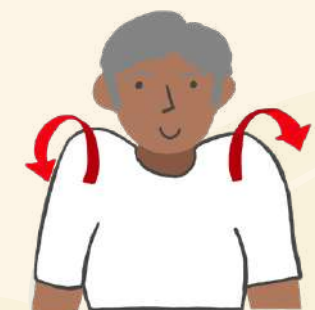
### Marching



Slow march on spot, gradually lifting the knees slightly higher, or by marching a little faster and adding arms in.

**30 seconds**

### Shoulder rolls



**3 each way**

You should feel warmer and be breathing a little harder now.

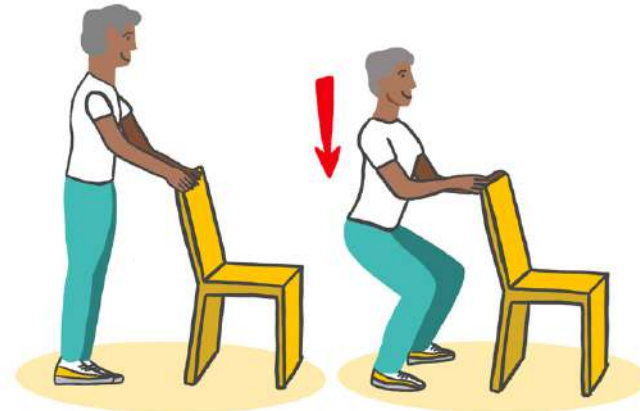


## Exercises

### Mini squats

Stand tall, slowly bend your knees keeping your body upright. Push up and return to standing. Start with **3 repetitions** then build up.

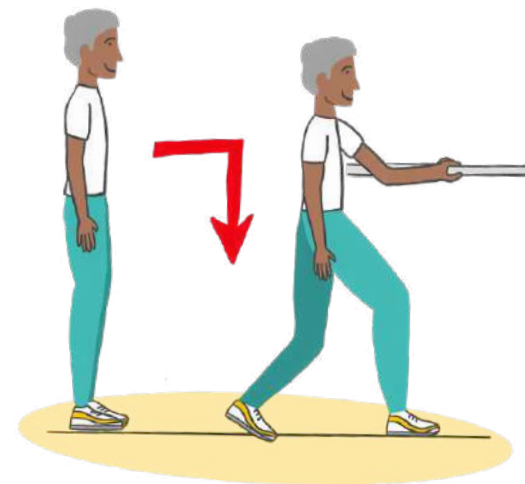
**Make this harder by** going a further into the squat, and holding for longer.



### Small lunges

Take a small step forward and bend both knees. Push back into standing. Start with **3 repetitions** each leg and build up.

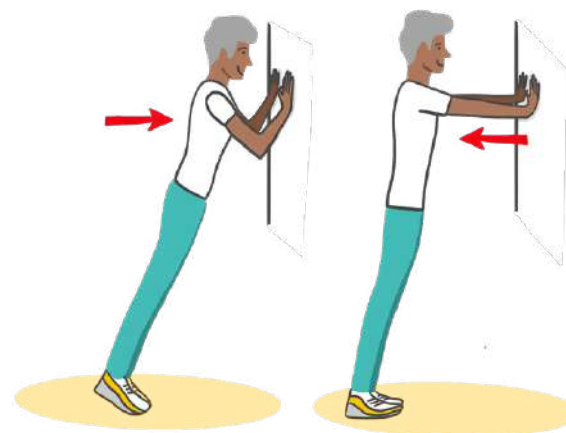
**Make this harder by** stepping further forward, ensuring you return from the lunge position in one steady step backwards.



### Wall press up

Slowly bend both arms so that your nose moves closer to the wall. Slowly push back into standing. Start with **3 repetitions** then build up.

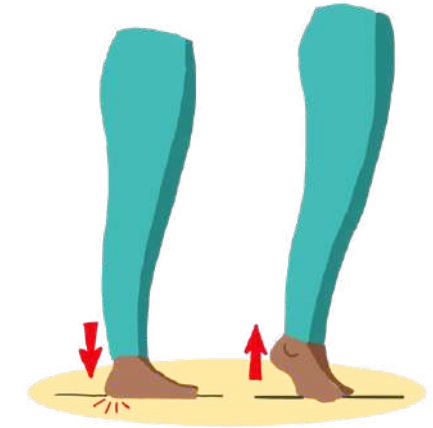
**Make this harder by** moving very slowly and smoothly.



### Heel/toe raises

Push up onto your toes, keeping bottom in, then slowly lower back down. Do these slowly whilst maintaining good posture. Start with **3 repetitions** and build up.

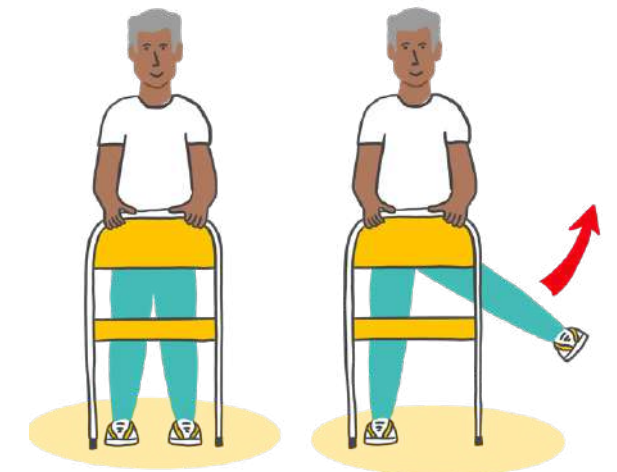
**Make this harder by** lowering down very slowly.



### Sideways leg lift

Lift one leg slowly out to the side keeping your upper body straight. Slowly lower back down. Start with **3 repetitions** each leg then build up.

**Make this harder by** moving the leg very slowly.



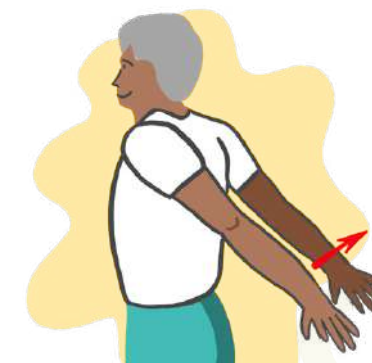
### Cool down

Let your breathing settle and enjoy the feeling of accomplishment!



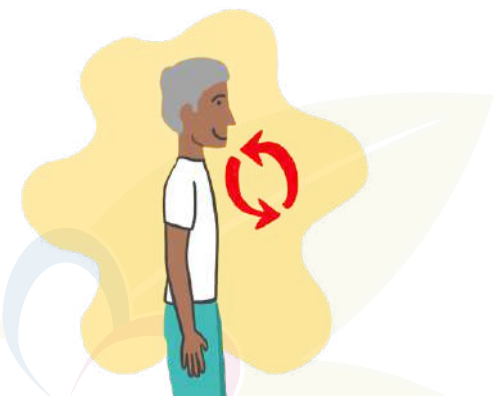
### Hamstring stretch

Hold for 20 seconds



### Chest opening

Hold for 20 seconds



### Breathe

3 deep breaths

## Staying safe at home

Moving around less can make you less steady on your feet. Falls are common and can result in injury and frustrating periods of reduced independence.

### Simple tips to make your home safer:

- use a nightlight in the bedroom, a bedside light or a torch by the bed in case you need to get up in the night
- when you first wake up, sit on the edge of the bed and do a few seconds of marching with the legs to get the blood flowing. This will reduce your chance of dizziness when you stand up
- keep stairs and steps free of clutter
- keep floors clear of trailing wires, wrinkled or fraying rugs and carpets, or anything else you might trip or slip on
- keep active – strength and balance exercises have the best effect for making you steadier on your feet
- stand up slowly if you have been sitting for a while, and count to 10 before setting off

## What to do if you fall

### If you do have a fall, lie still for a minute, try to stay calm and check yourself for injuries.

If you know you can't get up, or feel pain in your hip or back, then try to call for help using your phone or pendant alarm, or by

banging on radiators or walls until help arrives. Try to keep warm by covering yourself with whatever is close by, keep moving your limbs and roll from side to side if you are able to. If you need urgent medical help, you should call 111 or in an emergency 999.

### If you are unhurt and think you can get up, then you should:

1. Roll onto your side, and then push up onto your elbows
2. Use your arms to push yourself onto your hands and knees
3. Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support
4. Slide or raise the foot of your stronger leg forwards so it's flat on the floor
5. Lean forwards and push up using your arms and front leg, slowly rising to a standing position
6. Turn around and sit down. Sit for a minute or two and catch your breath.

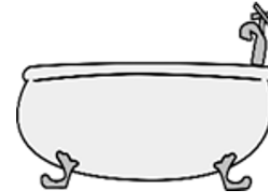
### Even if you are unhurt, make sure that you tell a healthcare professional or carer that you have fallen.

## Dementia friendly signage

Cut these out and use as door labels for easy navigation



**BEDROOM**



**BATHROOM**



**TOILET**



**KITCHEN**



**LOUNGE**



**FRONT DOOR**



**GARDEN**



**BACK DOOR**



# FREE TELEPHONE BEFRIENDING SERVICE



Everybody gets lonely sometimes, some more than others.  
We recognise during Covid-19 you may need more support than ever.  
Open to all, people aged 65 and over.

A short half hour chat with a  
friendly voice, might just  
brighten up your day!

A chance to talk about your  
favourite soaps, hobbies, interests  
or just day to day chit chat.

If you are interested and want to  
book a time slot or want to find out  
more email us at  
[info@dementia-support.org.uk](mailto:info@dementia-support.org.uk)  
or call 01243 888691.



Dementia Support, City Fields Way, Tangmere, Chichester, West Sussex PO20 2FP // 01243 888 691  
[www.dementia-support.org.uk](http://www.dementia-support.org.uk) - email; [info@dementia-support.org.uk](mailto:info@dementia-support.org.uk)  
Dementia Support is a charitable company limited by guarantee, registered in England and Wales.  
Company No: 9044373. Charity No: 1158640.

## Mental Health

### MIND

#### Telephone:

0300 123 3393

#### Website:

<https://www.mind.org.uk/>

#### Self-referral Link:

<https://www.westsussexmind.org/help-and-support/getting-help/i-want-to-refer-myself>

### Time to talk

If you live in West Sussex, you can phone to discuss booking an assessment on:

#### Telephone:

01273 265967

#### Website:

<https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=16358>

### Sussex Mental Healthline

Sussex Partnership NHS Foundation Trust has expanded the Sussex Mental Healthline

#### Telephone:

0300 5000 101

#### Website:

[www.sussexpartnership.nhs.uk/coronavirusas](http://www.sussexpartnership.nhs.uk/coronavirusas)

WE NEED TO WASH OUR HANDS A LOT  
AT THE MOMENT

Wash your hands with soap + water for at least 20 seconds.  
Follow the actions below:



November

## CAN YOU COMPLETE THIS WELL-KNOWN POEM BY FILLING IN THE MISSING WORDS?

### On The 5th of November

Remember, \_\_\_\_\_r, the 5th of November  
The Gunpowder Treason and \_\_\_\_\_;  
I know of no reason why Gunpowder Treason  
Should ever be \_\_\_\_\_.  
Guy Fawkes, Guy \_\_\_\_\_, 'Twas his intent.  
To blow up the King and the \_\_\_\_\_.  
Three score barrels of \_\_\_\_\_ below.  
Poor old \_\_\_\_\_ to overthrow.  
By \_\_\_\_\_providence he was catch'd,  
With a dark lantern and \_\_\_\_\_ match  
Holloa boys, \_\_\_\_\_ boys, let the bells ring  
Holloa boys, Holloa boys, God save the \_\_\_\_\_!

Hip hip Hoorah !  
Hip hip Hoorah !

A penny loaf to feed ol'Pope,  
A farthing \_\_\_\_\_ to choke him.  
A pint of beer to rinse it \_\_\_\_\_,  
A faggot of sticks to burn him.  
Burn him in a tub of tar,  
\_\_\_\_\_ him like a blazing star.  
Burn his body from his head,  
Then we'll say: \_\_\_\_\_ is dead.

### Key

King	forgot	down	Holloa
Fawkes	burning	remember	Ol' Pope
God's	England	Parliament	plot
Burn	cheese	powder	



## Word Search

### BONFIRE NIGHT

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line.  
Words can go horizontally, vertically and diagonally in all eight directions

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

BONFIRE  
NOVEMBER  
CATHERINE WHEEL  
GUY  
EXPLODE  
PLOT

PARLIAMENT  
BARRELS  
CRACKLE  
GUNPOWDER  
TOFFEE  
FIREWORKS

WHOOSH  
APPLES  
FLAMES  
FAWKES  
FAILURE  
ROCKET





## FIREWORK CROWN FOR YOU TO MAKE

### Materials needed:

- template provided or coloured card (in red, orange and yellow)
- scissors & glue
- pencil

### Option 1:

1. Cut out the template provided – see pages 108 & 109 in the Solutions section at the back of the book.
2. Glue the band on p.108 to make the crown.
3. Glue the explosive bursts on p.109 to the headband.
4. Glue the strips inside the hat so they cascade over the top edge (as pictured)
5. Use a pencil to curl up some of the overhanging strips.

### Option 2:

1. Cut out a thick band of card. This will become the headband for your firework crown hat.
2. Glue the band to make the crown.
3. Take a selection of coloured cards. Cut out decorations for your headband (such as explosive bursts, stars). Glue the explosive bursts to the headband.
4. Take the remaining coloured card and cut it into long, thin strips. Glue the strips inside the hat so they cascade over the top edge (as pictured). Use a pencil to curl up some of the overhanging strips.
5. To complete, glue the stars onto the remaining uncurled strips.

<https://www.earlyyearsresources.co.uk/blog/2019/10/make-a-firework-crown-bonfire-night-crafts/>



## MARSHMALLOWS DIPPED IN CHOCOLATE

By Caroline Hire – Food writer

Preparation and cooking time

**Prep:** 10 mins **Cook:** 5 mins (Plus setting time)

**Difficulty:** Easy

Makes 26 approx

Everyone will love making these sweet chewy lollipops decorated with melted chocolate and cake sprinkles

### Ingredients

- 50g white chocolate
- 50g milk chocolate
- selection of cake sprinkles
- 1 bag marshmallows (about 200g)
- 1 pack lollipop sticks



### METHOD

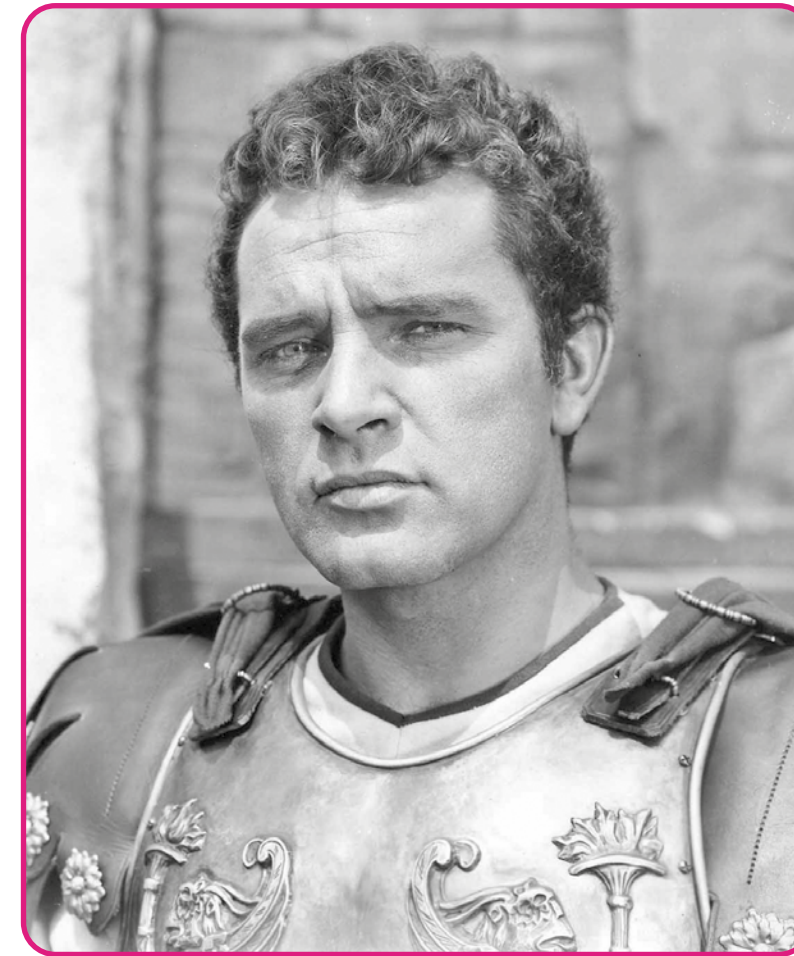
#### STEP 1

Heat the chocolate in separate bowls over simmering water or on a low setting in the microwave. Allow to cool a little.

#### STEP 2

Put your chosen sprinkles on separate plates. Push a cake pop or lolly stick into a marshmallow about half way in. Dip into the white or milk chocolate, allow the excess to drip off then dip into the sprinkles of your choice. Put into a tall glass to set. Repeat with each marshmallow.

## CAN YOU NAME THIS PERSON?



Here are a few clues to help you...

- Born in Wales
- In November 1925
- Became a theatre actor then moved into films
- Was married 5 times
- Married twice to the same woman
- Played Mark Antony in Cleopatra
- The actress who played Cleopatra went on to become his wife
- Acted with his famous wife in Who's Afraid of Virginia Woolf
- Divorced his famous wife twice
- Died in Switzerland

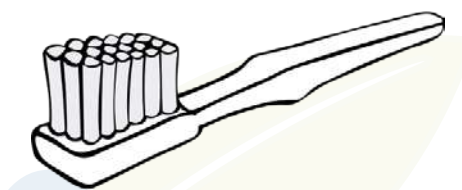
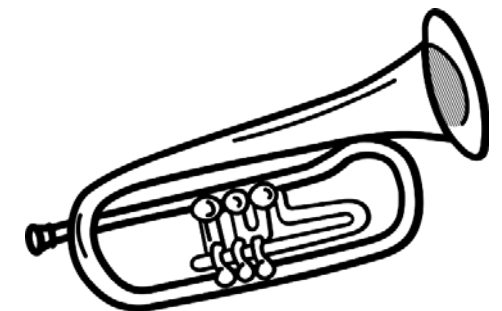
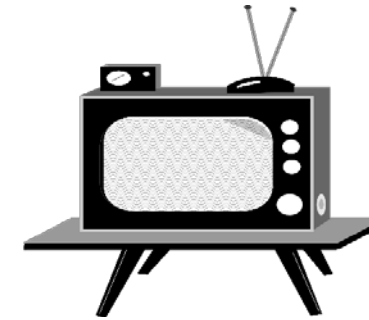


# I SPY dogs



papertraildeisgn.com

Can you list all 15 of these images – they all start with a T





## Sergeant Stubby

Teresa Harrison-Best

(The most decorated dog of WWI)

There's a dog that must be mentioned,  
this dog was mighty brave.  
He earned his place in history  
beyond his Smithsonian grave.

Which is his final resting place.

You would have found him in the trenches  
with the men from 102.  
With eighteen months of warfare,  
attacks, he'd seen a few.

Seventeen to be exact

He warned the troops of mustard gas  
and consoled the dying men.  
Considered as a 'mercy dog',  
both steadfast and a friend.

How did he get there?

Corporal Robert Conroy  
found this soul mate on parade.  
That hobo from Connecticut,  
then joined their planned crusade.

To Northern France they headed  
with Stubby stowed away.  
Even when discovered  
he was authorised to stay.

Did Stubby help the campaigns?

Stubby proved an asset,  
admired by all the troops.  
He even stopped a German spy  
who was on the prowl for snoops!

How was Stubby rewarded?

The women of Chateau Thierry,  
on liberation day,  
gave Stubby dog a special gift,  
a blanket for display.

Was Stubby promoted?

For Stubby was a Sergeant,  
out ranking his friend Bob.  
Festooned with many medals,  
he'd done a sterling job!

Seen as a war time hero,  
combatant extraordinaire,  
Stubby went down in history,  
his name was everywhere.

Loved by an entire nation for his bravery.

President Woodrow Wilson  
shook Stubby by the paw.  
He was the dog who went to battle  
and helped them win the war!



## Tommy

Teresa Harrison-Best

They say he was a good man,  
with nothing much to say.  
A man who loved his family,  
with his children he would play.

They say he was hard working  
and never missed a day.  
He laboured hard from dawn to dusk,  
for very little pay.

They say he really liked a pint,  
to wash down all the grime.  
A swift one on his way back home,  
before his dinnertime.

They say he was conscripted,  
along with all his mates.  
He'd fight for King and Country,  
for a shilling a day, his rate.

They say he looked so handsome,  
so dapper and so smart.  
His wife and kids clung onto him,  
before he had part.

They say he sang with all the rest  
as they went off to the war.  
He didn't know what lay ahead,  
the filth, the cold, the gore.

They say he was both brave and bold,  
despite his lack of skill.  
A Tommy of Lord Kitchener,  
his blood did surely spill.

They say she mourned upon the news,  
and clutched her bewildered brood.  
Another widow upon that day,  
an empty life ensued.

They say he's now forgotten,  
just cold within his grave.  
Another poor killed Tommy,  
who's country was then saved.

They say it is too long ago,  
there's nothing now to see.  
Just freedom and the right to speak  
in a county that is free.

We say they're not forgotten,  
their memory will go on.  
We owe it to the fallen,



## POPPY ART – MAKE YOUR OWN REMEMBRANCE POPPY

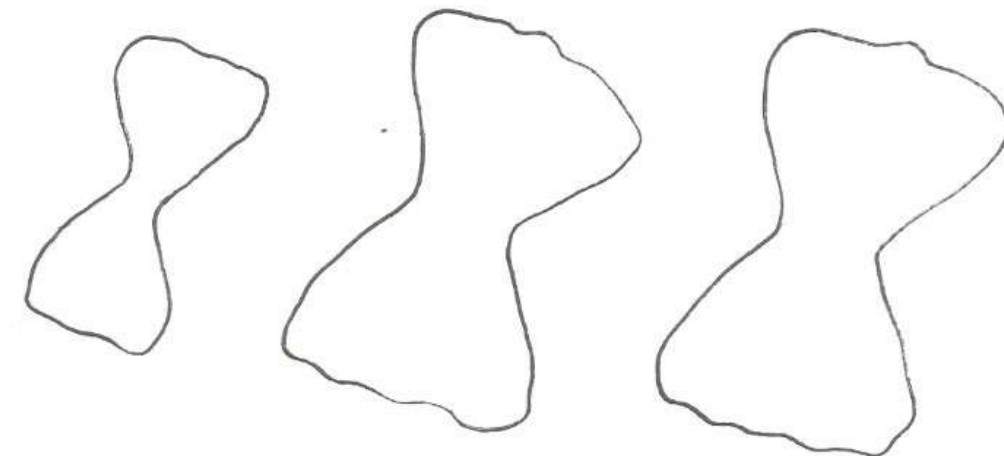
### Materials you need:

- Template
- Colouring pens/ crayons or paint
- Scissors
- Needle
- String or Thread

1. Cut out the poppy template
2. Colour it with pens/crayons or paint
3. Stack petals on top of each other, making sure the lower petals peek out underneath the top petals.
4. Thread needle and, starting from the underside of the poppy, push it up through the poppy centre.
5. Push needle back through the poppy again.
6. Tie the two ends of your string tightly in back and give your poppy a little bit of a pucker.

(Note: The wider you make your stitch in the front, the more of a bend your poppy will have after you tie the knot in back. For a totally flat poppy, keep your stitch close together and very close to center.)

### Poppy template:



# The Scottish Quiz

Enjoy this highland activity!

Just the thing to commemorate St Andrew's Day on 30 November

- 1. Purple, shrubby bush growing on the hills? \_\_\_\_\_
- 2. Capital of Scotland? \_\_\_\_\_
- 3. This sport uses a heavy long pole? \_\_\_\_\_
- 4. Special name given to 25th January? \_\_\_\_\_
- 5. What are 'neeps' and 'tatties'? \_\_\_\_\_
- 6. Name of the pouch worn at the front of the kilt? \_\_\_\_\_
- 7. Name of the first king of Scotland? \_\_\_\_\_
- 8. Name the two most famous Scottish football teams.  
\_\_\_\_\_ & \_\_\_\_\_
- 9. Another name for the Scottish New Year celebrations? \_\_\_\_\_
- 10. What is traditionally worn under a kilt? \_\_\_\_\_
- 11. Name of a Scottish breakfast? \_\_\_\_\_
- 12. What does 'Mc' or 'Mac' mean? \_\_\_\_\_
- 13. Traditional Scottish alcoholic drink? \_\_\_\_\_
- 14. Famous wedding place for young couples? \_\_\_\_\_
- 15. Small dagger worn in socks in Scottish costume? \_\_\_\_\_
- 16. Famous military celebration? \_\_\_\_\_
- 17. Scottish national instrument? \_\_\_\_\_
- 18. What or who is 'Nessie'? \_\_\_\_\_
- 19. Where did Mary Queen of Scots live? \_\_\_\_\_
- 20. Another name for Scotland? \_\_\_\_\_



## MAKE YOUR OWN SCOTTISH FLAG

### Materials you need:

- Sheet A5/ A4 card
- Ruler
- Pencil
- Glue
- Tissue paper in white and blue

1. Line up your ruler from the top left to the bottom right corners. Draw along both sides of the ruler. Repeat drawing lines from the top right to bottom left corners. You will have made a cross.
2. Paint the card with a layer of glue.
3. Rip the white tissue paper into small pieces and screw these into balls. Stick these to the cross that you drew.
4. Rip up the blue tissue paper in the same way to fill in the flag.

[www.activityvillage.co.uk/scottish-flag-collage](http://www.activityvillage.co.uk/scottish-flag-collage)





## The Anxious Leaf

Once or twice a little leaf was heard to cry and sigh, as leaves often do when a gentle wind is blowing. And the twig said, *"What is the matter, little leaf?"*

*"The wind,"* said the leaf, *"just told me that one day it would pull me off, and throw me on the ground to die."* The twig told it to the branch, and the branch told it to the tree. When the tree heard it, it rustled all over, and sent word back to the trembling leaf.

*"Do not be afraid,"* it said; *"hold on tight, and you shall not go off till you are ready."*

So the leaf stopped sighing, and went on singing and rustling. It grew all the summer long till October. And when the bright days of autumn came, the leaf saw all the leaves around growing very beautiful. Some were yellow, some were brown, and many were striped with different colours. Then the leaf asked the tree what this meant. The tree said, *"All these leaves are getting ready to fly away, and they have put on these colours because of their joy."*

Then the little leaf began to want to go, and grew very beautiful in thinking of it. When it was gay in colours, it saw that the branches of the tree had no bright colours on them. So the leaf said, *"Oh branch! why are you lead-coloured while we are all beautiful and golden?"*

*"We must keep on our working clothes,"* said the tree, *"for our work is not yet done; but your clothes are for holidays, because your task is now over."*

Just then a little puff of wind came, and the leaf let go without thinking, and the wind took it up and turned it over and over. Then it fell gently down under the edge of the fence, among hundreds of leaves, and has never waked to tell us what it dreamed about.



# December



## MAKE YOUR OWN ADVENT IN A JAR

1. Choose a jar you would like to use (it could be any old jar or container).
2. Cut out all the numbered pieces overleaf or make your own version.
3. Add a little message at the back of each of them or stick one of the individually wrapped little chocolates (chocolate coins or chocolate mints).





## FIDDLE BOXES

Supporting a person who has dementia to remain active and still feel involved in life can be the key to maintaining quality of life.

Activity is essential to human well-being and will help maintain a person's sense of self-worth and give purpose and enjoyment to the day. Sometimes, when a person says 'no' to being involved in an activity we have to think of different ways of engaging their interest. A Fiddle box can be a great way to give someone with dementia an activity to do and can make a perfect Christmas present or at any time of year.

### Make a fiddle box - You will need;

- An old box – cardboard, plastic, an old trinket box or tool box
- Unisex – postcards, photos, items from around the home
- For Women – old perfume bottles, beads, buttons, items that are of personal like old sunglasses, gloves or scarfs
- For men – padlocks, screws, keys, golf teas, - any items that they might have had in the shed that you feel are safe.
- What you need to do:
- Find some items that can be used from around the house/shed and put the items in the box.
- You can ask the person to look at the items and hold them, talk about them, wear them
- You can ask them to sort the items into groups – this works well with keys, screws and gold teas. Get the person to sort them into colours/ types etc.
- You can talk with the person about the items – particularly old postcards and trinkets as they may have significant meanings to people



## SNOWMAN CRAFT

### Materials you need:

- Supplies
- Paper plates
- Coloured card (red, blue, black and colour of your choice)
- Scissors
- Glue
- Pen



1. Cut out a scarf shape, a hat and a nose out of coloured card and glue them on paper plate.
2. Draw dots for the snowman's eyes and mouth using a pen



## GET CREATING YOUR OWN CHRISTMAS TREE GARLAND

### Materials you need:

- String
- Cupcake liners – medium and small size, three different colours/patterns
- Glue
- Scissors
- Glue or Sticky Tape
- Gold stars (optional)

1. Fold out the cupcake liner, fold it in half and then in half again. Do this for all three cupcake liners.
2. Layer each as you can see in the picture above.
3. Add a star to the top of each Christmas tree. If you have excess glue, this will dry clear.
4. Secure each tree on the string to make it even (e.g. 20cm)
5. Once complete, drape the garland. You can make it as long or as short as you like.
6. Any spare Christmas trees can be stuck onto the front of white card to make Christmas card.

## PEPPERMINT CREAMS

By Miriam Nice

Preparation and cooking time

**Prep:** 30 mins **Cook:** 2 mins - 5 mins

**Difficulty:** Easy

Makes 20

Simple, creamy, peppermint treats you can make with just a handful of ingredients. They make a tasty homemade gift for anyone with a sweet tooth

### Ingredients

- 250g icing sugar
- few drops of peppermint essence
- 1 egg white
- dark chocolate (optional)

### METHOD

#### STEP 1

Sieve the icing sugar into a large bowl. Add a little of the egg white and a few drops of the peppermint essence and mix really well. You want the mixture to come together as a soft dough, so keep adding a little egg white until this starts to happen (you might not need to use all of it). Taste the mixture and add more peppermint essence if desired.

#### STEP 2

Divide the mixture into 20 small balls, then flatten them gently with your fingertips into discs.

#### STEP 3

Place baking parchment on a large board or tray and space out the discs. Meanwhile, tip the chocolate into a microwavable bowl and heat in 30 second intervals in the microwave until melted, stirring after each blast. Once melted, leave the chocolate to cool for 5-10 mins then carefully dip the peppermint creams in the melted chocolate until they are half coated. Lay them back on the baking parchment to set for 3-4 hours or overnight.





## RICH TEA BISCUIT FRIDGE CAKE

Preparation and cooking time

**Prep:** 10min **Cook:** 15min

**Extra time:** 2hr chilling

**Ready in:** 2hr 25min

Makes 30 pieces

### Ingredients

- 225g rich tea biscuits
- 50g unsalted butter
- 125g caster sugar
- 1 egg, lightly whisked
- 100g dark chocolate

### METHOD

1. Lightly grease a small round cake tin (15cm in diameter), with a removable base. Place a circle of baking parchment in the base. Set aside.
2. Crunch up the rich tea biscuits into small pieces, leaving some that are larger at about 1cm. Cream the butter and caster sugar together, then add the egg and whisk again.
3. Break the dark chocolate into pieces and place in a heatproof bowl and melt over simmering water. When melted, add the sugar-butter-egg mix to the chocolate and stir in until melted and thickened to a light custard texture, which takes a couple of minutes.
4. Stir up the broken biscuit pieces until thoroughly coated. Transfer the chocolaty biscuit mix into the cake tin, making sure that the pieces are squashed right into all the gaps to make a firm, continuous base. Put into the fridge for about 1 hour until thoroughly set.
5. Remove the base from the fridge and leave at room temperature while you do prepare the dark chocolate. Break the dark chocolate into pieces and place in a heatproof bowl and melt over simmering water. While it is melting, gently slide the prepared biscuit base out of the cake tin. Spread the melted chocolate over the base, smoothing until nice and even. Put into the fridge for about 1/2 an hour.
6. For the final flourish, melt the white chocolate and then drizzle over the top of the dark chocolate. Place it all back into the fridge again for 2 hours to set fully. With a sharp knife, cut into small shapes of about 1.5cm x 2cm.



### For the topping

- 125g dark chocolate
- 50g white chocolate

## 10 CLUES FOR DECEMBER

### WHAT OR WHO AM I?

1)

- I am in many homes but normally just once a year
- I was introduced to England in the 1800's
- Queen Victoria is credited with making me popular
- Every year a giant one is displayed in Trafalgar Square
- I can be real or artificial
- When I am real, I have a distinctive smell
- I am usually covered with lights
- Sweets may be hung on me
- Often there is a fairy or star on the top of me
- Santa might leave presents under me

What am I \_\_\_\_\_

3)

- I am acidic
- Some say I keep colds at bay
- I can be bitter or sweet
- My tree is grown in many countries
- One variety has a connection to your belly button!
- Sometimes I am made of chocolate
- I make a well-known juice
- Nothing rhymes with me
- You might get me in your stocking at Christmas
- My name is my colour

What am I \_\_\_\_\_

2)

- I can make a squeaking sound
- People dream of me each year
- I can dazzle you and even make you blind
- I have never been to Jamaica
- I might cause problems for trains & cars
- Some people plough me
- Children love to play with me
- I am soft and white
- Some people might fight with me
- I can be used to build men

What am I \_\_\_\_\_

4)

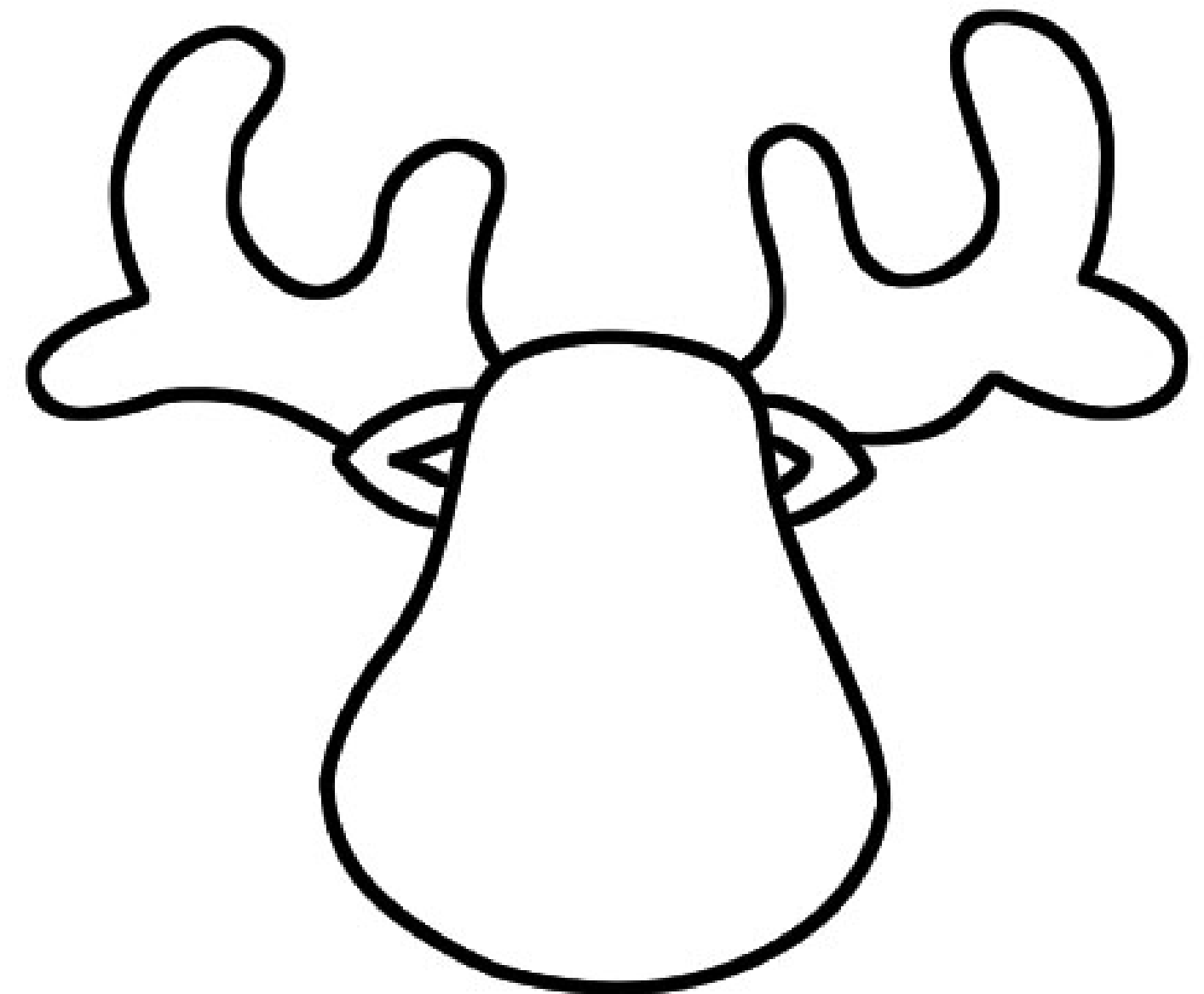
- I lived in London
- My business partner died
- I was created in 1843
- I worked for Mr Fezziwig
- Charles Dickens wrote my story
- I saw 3 ghosts
- Bob Cratchit worked for me
- I hated Christmas
- I felt sorry for Tiny Tim
- Some people use my name for a miser

What am I \_\_\_\_\_

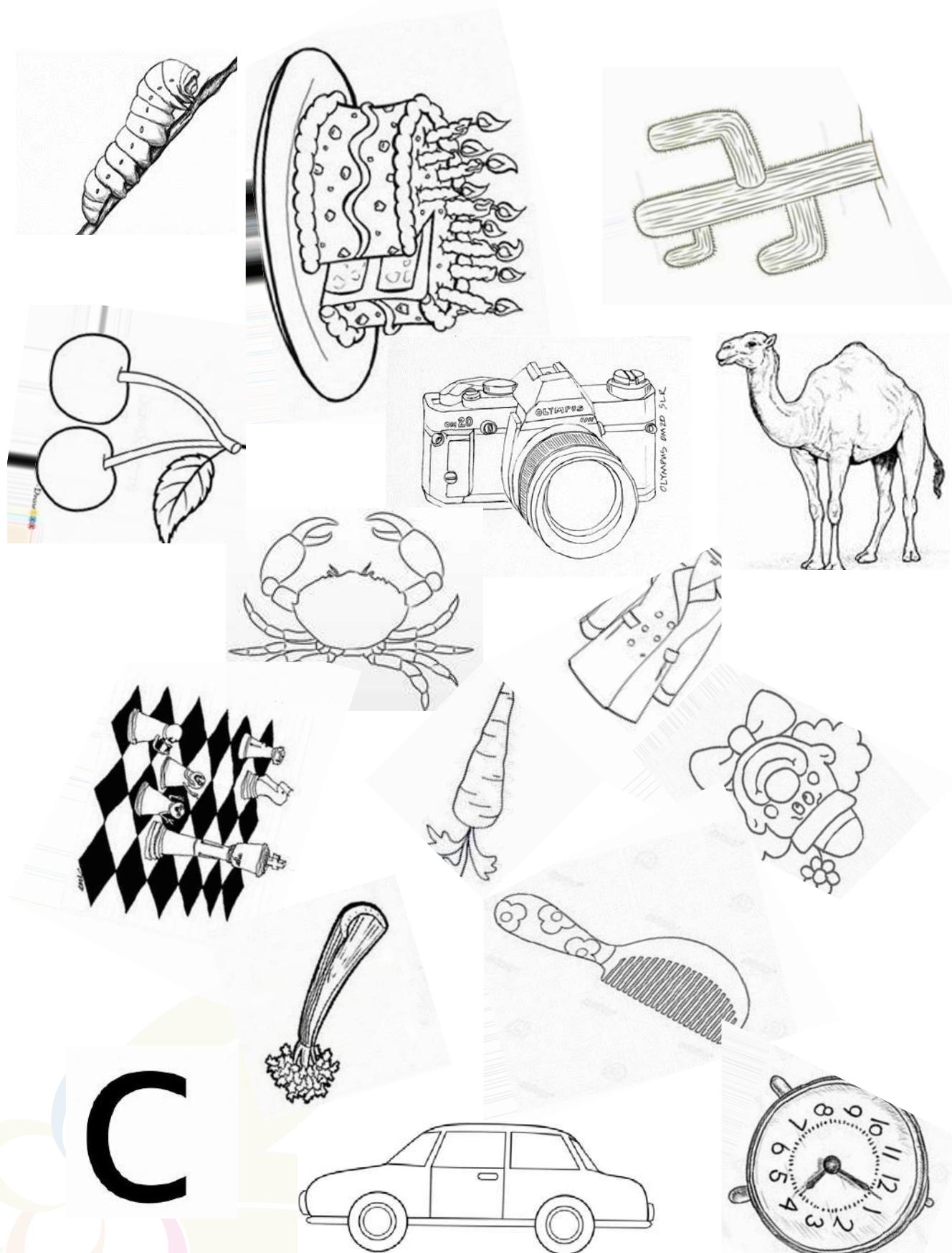


Can you find 15 items starting with C

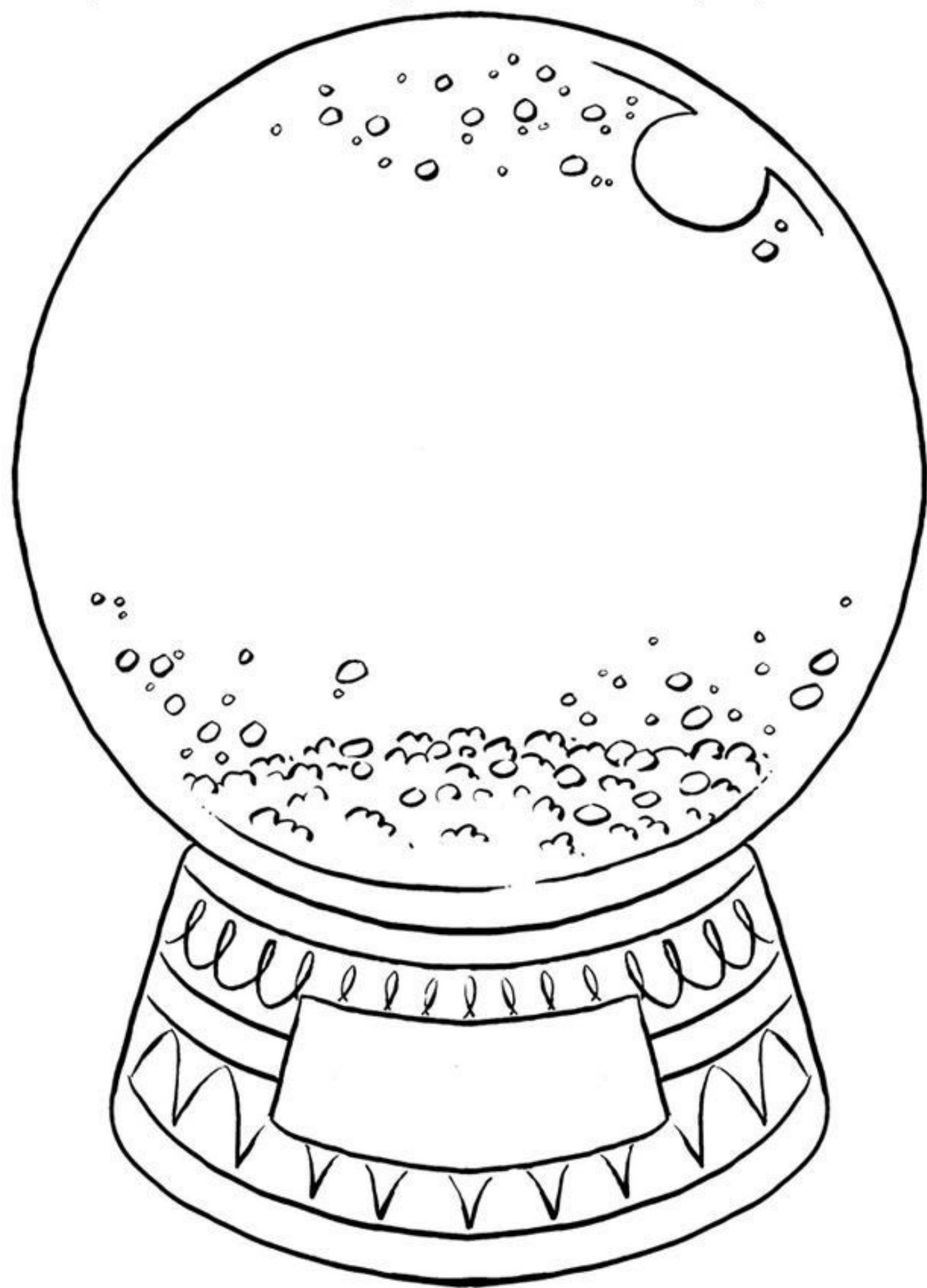
# Reindeer Pattern



[www.NorthPoleChristmas.com](http://www.NorthPoleChristmas.com)



It's always Christmas in a snow globe! What scene will you put in this one?



[www.coloringhome.com/coloring-page](http://www.coloringhome.com/coloring-page)







 @DementiaHub



[www.dementia-support.org.uk](http://www.dementia-support.org.uk)



## Christmas with the pets

Teresa Harrison-Best

With garlands hanging brightly,  
and the Christmas tree in place,  
the children now in bed asleep,  
all warm and full of grace.

All the presents wrapped and ready,  
beneath the twinkling tree.  
Logs glowing in the fire grate  
with an old film on tv.

The dog and cat just sleeping,  
beside the blazing fire.  
Wine glasses clinking gently,  
what more could they desire?

As midnight fast approaches  
they decide to go to bed,  
with Christmas now upon them,  
and a hectic day ahead.

'Goodnight cat, goodnight dog '

They snuggle up together  
and drift off fast to sleep.  
The house is quiet and cosy,  
outside the snow is deep.

Then.....

The first sound is quite muffled,  
then a clatter and crash  
followed by some plaintive pleas,  
a sudden need to dash!

Downstairs there's some commotion,  
a brouhaha ensues,  
With fear and hesitation  
the quest to know pursues.

And then.....

They push the door wide open,  
then stand back just amazed.  
Dumbfounded and astonished,  
Shocked, and somewhat dazed!

What did they find?

The cat was swinging boldly  
from the branches on the tree.  
The dog had cornered Santa  
and wouldn't let him free.

Father Christmas was in peril  
his ruddy face now pale.  
With all his cheer and Yo Ho Ho  
there was no wagging tail.

Until....

The couple rescued Santa  
from the clutches of despair.  
Now dog and cat just sauntered off  
and found a comfy chair.

Santa was both stunned and dazed  
he needed a stiff drink.  
Christmas nearly went off piste,  
just verging on the brink.

With Santa now upon his way,  
and the Christmas tree restored,  
the dog and cat back in the beds,  
two brandies duly poured.

Night night!

Back to bed and snuggled down,  
all quiet and calm once more.  
Then suddenly three children stand  
beside the bedroom door.

Happy Christmas Mummy and Daddy!!!!

## Topping the Christmas tree

Teresa Harrison-Best

We used to have a Christmas tree, but we haven't any more,  
our gorgeous opulent Norway Spruce is strewn across the floor.  
All the twinkling lights are now kaput what a sorrowful sight to see  
the flex is tangled in heap, now useless by decree.

Baubles found in every room some even in the sink,  
the fairy's got a broken crown and her wand is on the blink.  
There's tissue paper everywhere ripped and soaking wet,  
I think I have a good idea but I need to prove it yet.

A trail of mass destruction is rife throughout the house,  
but the silence is more worrying as it's quieter than a mouse.  
Just follow all the tinsel and the mess along the way  
dodging any ornaments and Santa's bright red sleigh.

The trail heads to the kitchen and two culprits had been found  
a rather wayward tabby cat and a guilty looking hound.  
With the fridge door fully open a transgression had gone on,  
a lack of pigs in blankets, the evidence is now strong.

Remorse was rather lacking especially from the cat,  
the dog skulked from the crime scene and settled on the mat.  
The cat just started washing unmindful and aloof.  
nothing seemed to resonate despite the clear-cut proof.

Why are Christmas trees like  
bad knitters ?



They both drop their needles !

Why couldn't the skeleton  
go to the Christmas Party ?



Because he had no body to go with!

Why does Father Christmas  
like to work in the garden ?



Because he likes to hoe, hoe, hoe!

What beats his chest and  
swings from Christmas cake  
to Christmas cake?



Tarzipan!

Why was Cinderella such a  
poor football player ?



She had a pumpkin for a coach !

What's beautiful, grey and  
wears glass slippers ?



Cinderellephant!



What did Cinderella say  
when the Chemist lost  
her photographs ?



Someday my prints will come !

Why do reindeer wear  
fur coats ?



Because they would look silly in plastic macs !

Who hides in the bakery  
at Christmas?



A mince pie!

Why did the turkey join a  
band?



Because it had the drumsicks!

How long should a  
reindeer's legs be ?



Just long enough to reach the ground !

Where do snowmen  
go to dance ?



Snowballs !

What do reindeer hang on  
their Christmas trees?



Hornaments!

What did Santa's wife say to  
him when she looked out  
of the window?



It looks like rain dear!

What does Father Christmas  
suffer from if he gets stuck  
in a chimney ?



Santa Claustrophobia !

What do you get if you  
cross an apple with a  
Christmas tree ?



A pineapple !

What do you get if you cross  
mistletoe and a duck?



A Christmas Quacker!

What goes "Oh, Oh, Oh?"



Santa talking backwards



## THE TWELVE THANK YOU NOTES OF CHRISTMAS EMILY TO EDWARD

### The Twelve Days of Christmas

**Dec 25**

My dearest darling Edward,  
What a wonderful surprise has just greeted me! That sweet partridge, in that lovely little pear-tree; what an enchanting, romantic, poetic present! Bless you, and thank you.  
Your deeply loving  
Emily.

**Dec 26**

Beloved Edward,  
The two turtle-doves arrived this morning, and are cooing away in the pear-tree as I write. I'm so touched and grateful!  
With undying love, as always,  
Emily.

**Dec 27**

My darling Edward,  
You do think of the most original presents! Who ever thought of sending anybody three French hens? Do they really come all the way from France? It's a pity we have no chicken coops, but I expect we'll find some. Anyway, thank you so much; they're lovely.  
Your devoted Emily.

**Dec 28**

Dearest Edward,  
What a surprise! Four calling birds arrived this morning. They are very sweet, even if they do call rather loudly - they make telephoning almost impossible - but I expect they'll calm down when they get used to their new home. Anyway, I'm very grateful, of course I am.  
Love from Emily.

**Dec 29**

Dearest Edward,  
The mailman has just delivered five most beautiful gold rings, one for each finger, and all fitting perfectly! A really lovely present! Lovelier, in a way, than birds, which do take rather a lot of looking after. The four that arrived yesterday are still making a terrible row, and I'm afraid none of us got much sleep last night. Mother says she wants to use the rings to "wring" their necks. Mother has such a sense of humor. This time she's only joking, I think, but I do know what she means. Still, I love the rings.  
Bless you,  
Emily.

**Dec 30**

Dear Edward,  
Whatever I expected to find when I opened the front door this morning, it certainly wasn't six socking great geese laying eggs all over the porch. Frankly, I rather hoped that you had stopped sending me birds. We have no room for them, and they've already ruined the croquet lawn. I know you meant well, but let's call a halt, shall we?

Love,  
Emily.

**Dec 31**

Edward,  
I thought I said NO MORE BIRDS. This morning I woke up to find no more than seven swans, all trying to get into our tiny goldfish pond. I'd rather not think what's happened to the goldfish. The whole house seems to be full of birds, to say nothing of what they leave behind them, so please, please, stop!  
Your Emily.

**Jan 1**

Frankly, I prefer the birds. What am I to do with eight milkmaids? And their cows! Is this some kind of a joke? If so, I'm afraid I don't find it very amusing.  
Emily.

**Jan 2**

Look here, Edward,  
This has gone far enough. You say you're sending me nine ladies dancing. All I can say is, judging from the way they dance, they're certainly not ladies. The village just isn't accustomed to seeing a regiment of shameless viragos, with nothing on but their lipstick, cavorting round the green, and it's Mother and I who get the blame. If you value our friends, which I do (less and less), kindly stop this ridiculous behavior at once!  
Emily.

**Jan 3**

As I write this letter, ten disgusting old men are prancing up and down all over what used to be the garden, before the geese and the swans and the cows got at it. And several of them, I have just noticed, are taking inexcusable liberties with the milkmaids. Meanwhile the neighbors are trying to have us evicted. I shall never speak to you again.  
Emily.

**Jan 4**

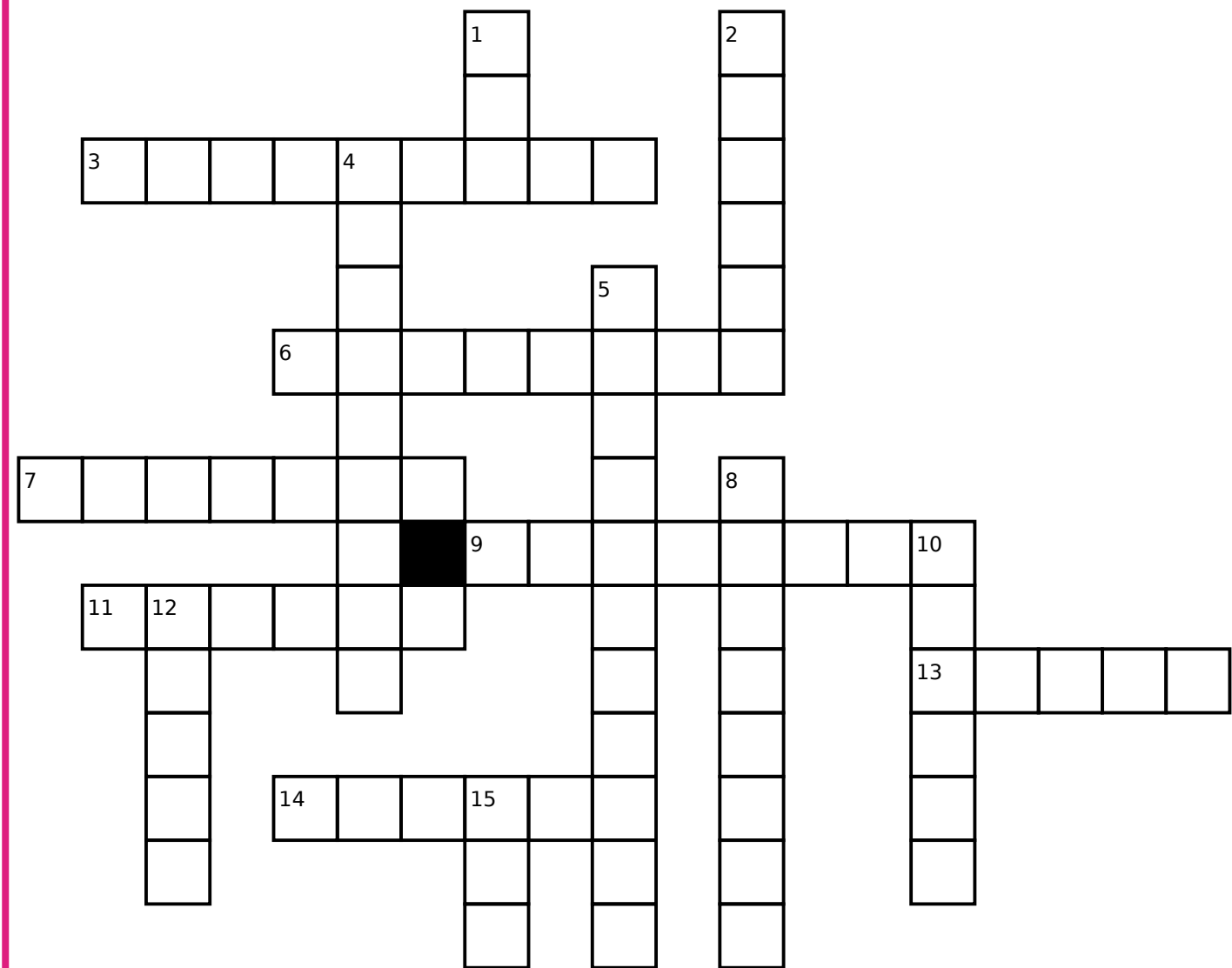
This is the last straw! You know I detest bagpipes! The place has now become something between a menagerie and a madhouse, and a man from the council has just declared it unfit for habitation. At least Mother has been spared this last outrage; they took her away yesterday afternoon in an ambulance to a home for the bewildered. I hope you're satisfied.

**Jan 5**

Sir, Our client, Miss Emily Wilbraham, instructs me to inform you that with the arrival on her premises at 7:30 this morning of the entire percussion section of the Boston Symphony Orchestra, and several of their friends, she has no course left open to her but to seek an injunction to prevent you importuning her further. I am making arrangements for the return of much assorted livestock.  
I am, Sir, yours faithfully,  
G. Creep  
Attorney at law.

# Crossword

## Christmas



### Down:

1. The colour of Christmas.
2. A drink made from eggs and brandy.
4. Where does Santa live?
5. A house or man made from this biscuit flavour.
8. The Month in which you celebrate Christmas.
10. The vehicle Santa uses to fly across the world on Christmas Eve.
12. What you put on top of the Christmas tree.
15. Used to wrap a present.

### Across:

3. The day after Christmas Day.
6. Hung above the fireplace, containing small gifts.
7. The reindeer with the red nose
9. What you find under the Christmas tree.
11. What you light at church on Christmas Eve.
13. Santa's little helpers.
14. A round decoration normally hung on the tree.

## We Wish You a Merry Christmas

### Traditional/Hall

We wish you a merry Christmas  
 We wish you a merry Christmas  
 We wish you a merry Christmas and a happy new year  
 Good tidings we bring to you and your kin  
 We wish you a merry Christmas and a happy new year  
 Oh, bring us some figgy pudding  
 Oh, bring us some figgy pudding  
 Oh, bring us some figgy pudding  
 And bring it right here  
 Good tidings we bring to you and your kin  
 We wish you a merry Christmas and a happy new year  
 We won't go until we get some  
 We won't go until we get some  
 We won't go until we get some  
 So bring it right here  
 Good tidings we bring to you and your kin  
 We wish you a merry Christmas and a happy new year  
 We all like our figgy pudding  
 We all like our figgy pudding  
 We all like our figgy pudding  
 With all its good cheers  
 Good tidings we bring to you and your kin  
 We wish you a merry Christmas and a happy new year  
 We wish you a merry Christmas  
 We wish you a merry Christmas  
 We wish you a merry Christmas and a happy new year

## Silent Night

### Traditional

Silent night, holy night  
All is calm, all is bright  
'Round yon virgin Mother and Child  
Holy infant so tender and mild  
Sleep in heavenly peace  
Sleep in heavenly peace  
Silent night, holy night!  
Shepherds quake at the sight!  
Glories stream from heaven afar;  
Heavenly hosts sing Al-le-lu-ia!  
Christ the Savior is born!  
Christ the Savior is born!  
Christ the Savior is born!  
Silent night, holy night  
Son of God, oh, love's pure light  
Radiant beams from Thy holy face  
With the dawn of redeeming grace  
Jesus, Lord at Thy birth  
Jesus, Lord at Thy birth  
Jesus, Lord at Thy birth

## O Little Town of Bethlehem

Phillip Brooks / L. H. Redner / Arr: Mary Reeves

Oh little town of Bethlehem, how still we see thee lie  
Above thy deep and dreamless sleep the silent stars go by  
Yet in thy dark streets shineth, the everlasting light  
The hopes and fears of all the years are met in thee tonight.

For Christ is born of Mary, and gathered all above  
While mortals sleep the angels keep their watch of wondering love  
Oh morning stars together, proclaim thy holy birth.  
And praises sing to God the king, and peace to men on earth.

Oh little town of Bethlehem, how still we see thee lie  
Above thy deep and dreamless sleep the silent stars go by  
Yet in thy dark streets shineth, the everlasting light  
The hopes and fears of all the years are met in thee tonight.





# January

## Winter in the 1960's

Teresa Harrison-Best

I remember those freezing winters when your hands were cold as ice,  
our dad's jalopy just wouldn't start, 6.30 to be precise.  
The car would cough and splutter as we pushed it down the street,  
"It feels more like a lorry", is what we'd hear our mum bleat!

Our bedrooms were like a freezer; you'd undress inside your bed  
with ice around the windowpane, the chill was what we dread.  
Even the bathroom was like the arctic, a polar bears retreat,  
the coldest thing would have to be the sub-zero toilet seat!

Then off to school we'd trundle after porridge and hot toast,  
and that awful cod liver oil which became our daily dose.  
With gloves attached to elastic that were threaded through the sleeves,  
we'd 'clown about' on the journey scooping up the old dead leaves.

The lads wore balaclavas in fetching shades of grey,  
but their little legs were crimson red as all wore shorts each day.  
We loved the frozen playground as we skidded on the ice,  
then landed on our derrieres, that part was not so nice!

School toilets were often found outside, a dreadful state of affairs,  
no hanging about for tinkle, just a sprint from the toilet to chair.  
Often school milk was frozen, a bottle of slushy pulp,  
kids would have a bet or two on who'd win the biggest gulp!

Overnight we'd get a snowstorm, then many feet of snow,  
so out came our toboggans and off to the slopes we'd go.  
Soaking wet with bright red cheeks we'd head back home to dry,  
once fed and watered we'd head on back to the slopes we found nearby.

They say winters in the 60's were harsh and mighty cold,  
severe and unrelenting from the stories that were told.  
Even with our frozen feet and a face that was ruddy and numb,  
Winters enjoyment for the kids like us was cheap and lots of fun!

## The Little New Year

One cold morning Maurice awoke from his dreams and sat up in bed and listened.  
He thought he heard a knock at his window; but though the moon was shining  
brightly, Jack Frost had been so busily at work that Maurice could not see through  
the thickly painted panes. So he crept sleepily out of bed, and opened the window,  
and whispered: "Who is there?"

"I am," replied a tinkling voice. "I am the little New Year, ho! ho! And I've promised to  
bring a blessing to everyone. But I am such a little fellow I need somebody to help  
me distribute them. Won't you please come out and help?"

"Oh, it's so cold!" said Maurice; "I'd rather go back to my warm bed;" and he shiv-  
ered as Jack Frost, who was passing, tickled him under the chin with one of the  
frosty paint brushes.

"Never mind the cold," urged the New Year; "please help me."

So Maurice hurried into his clothes, and was soon out in the yard. There he found a  
rosy-cheeked boy a little smaller than himself, pulling a large cart which seemed to  
be loaded with good things. On one side of this cart was painted the word "Love,"  
and on the other "Kindness." As soon as the New Year saw Maurice he said, "Now  
please take hold and help me pull;" and down the driveway and up the hill they  
travelled until they came to an old shanty.

"Here is where I make my first call," said the New Year. Maurice looked wondering-  
ly at him. "Why, nobody lives here but an old coloured man who works for us; and  
he hasn't any children!" "He needs my help," said the New Year; "for grown people  
like to be thought of just as much as children do. You shovel out a path to his door,  
while I unload some of my blessings; and the little hands went busily at work, pil-  
ing up warm clothing, wood, and a new year's dinner, the New Year singing as he  
worked:—

"Oh, I am the little New Year; ho! ho!  
Here I come tripping it over the snow,  
Shaking my bells with a merry din;  
So open your door and let me in."



Old Joe, hearing some noise outside, came to the door, and when he saw all the nice gifts the tears ran down his cheeks for gladness; and as he carried them into the house, he whispered: "The dear Lord has been here to-night."

"Where am we going now?" asked Maurice, as they ran down the hill. "To take some flowers to a poor sick girl," answered the New Year.

Soon they came to a small white house, where the New Year stopped. "Why, Bessie, our sewing girl lives, here," said Maurice. "I didn't know she was sick." "See," said the New Year, "this window is open a little; let us throw this bunch of pinks into the room. They will please her when she wakes, and will make her happy for several days."

Then they hurried to other places, leaving some blessing behind them.

"What a wonderful cart you have," said Maurice; "though you have taken so much out, it never seems to get empty." "You are right, Maurice, there is never any end to love and kindness. As long as I find people to love and be kind to, my cart is full of blessings for them; and it will never grow empty until I can no longer find people to help. If you will go with me every day and help me scatter my blessings, you will see how happy you will be all the long year."

"A happy New Year!" called someone; and Maurice found himself in bed, and his sister standing in the doorway smiling at him. "Have you had a pleasant dream, dear?" she asked.

"Why, where is the little New Year?" said Maurice; "he was just here with me."

"Come into Mamma's room and see what he has brought you," answered his sister. There in a snowy white cradle he found a tiny baby brother, the gift of the New Year. How happy Maurice was then! But he did not forget his dream. Old Joe and Bessie had their gifts, too, and Maurice tried so hard to be helpful that he made all his friends glad because the happy New Year had come.

## CAN YOU NAME THIS PERSON?



### Here are a few clues to help you...

- Born on New Year's Eve 1941 in Scotland
- A professional sports person
- Instrumental in the careers of many others
- Has a son who followed his career path
- Became 'Sir' in 1999 birthday honours list
- Is now retired
- Has a passion for racehorses
- Probably best known for his long connection with an English football club
- Son Darren and David Beckham were part of his squad
- You might have seen him at Old Trafford



# Word Search

## WINTER

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions

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

THAW  
ICEBERG  
SLEDGE  
RADIATOR  
BLIZZARD  
BLUSTERY  
SKATING

FROZEN  
ARTIC  
GLOVES  
JANUARY  
OVERCAST  
MITTENS  
ANORAK

PENGUIN  
SNOWMAN  
ICICLE  
HIBERNATE  
SCARF  
CHILLY

## GOOEY CARAMEL TOPPED GINGERSNAPS

Preparation and cooking time

**Prep:** 30 mins+Standing

Makes 3 1/2 Doz

Simple, creamy, peppermint treats you can make with just a handful of ingredients. They make a tasty homemade gift for anyone with a sweet tooth

### Ingredients

- 42 gingersnap cookies
- 1 pack (14 ounces) caramels
- 1/4 cup double or heavy whipping cream
- 1 cup chopped honey-roasted peanuts
- 12 ounces total white or dark chocolate, melted (can do half of each)
- Chocolate sprinkles or finely chopped honey-roasted peanuts

### METHOD

Arrange cookies in a single layer on waxed paper-lined baking sheets. In a microwave, melt caramels with milk; stir until smooth. Stir in 1 cup chopped peanuts. Spoon about 1 teaspoon caramel mixture over each cookie; refrigerate until set.

Dip each cookie halfway into candy coating; allow excess to drip off. Return to baking sheet; sprinkle with sprinkles. Refrigerate until set.

### NUTRITION FACTS

1 cookie (calculated without sprinkles): 128 calories, 5g fat (3g saturated fat), 1mg cholesterol, 70mg sodium, 19g carbohydrate (14g sugars, 0 fibre), 2g protein.



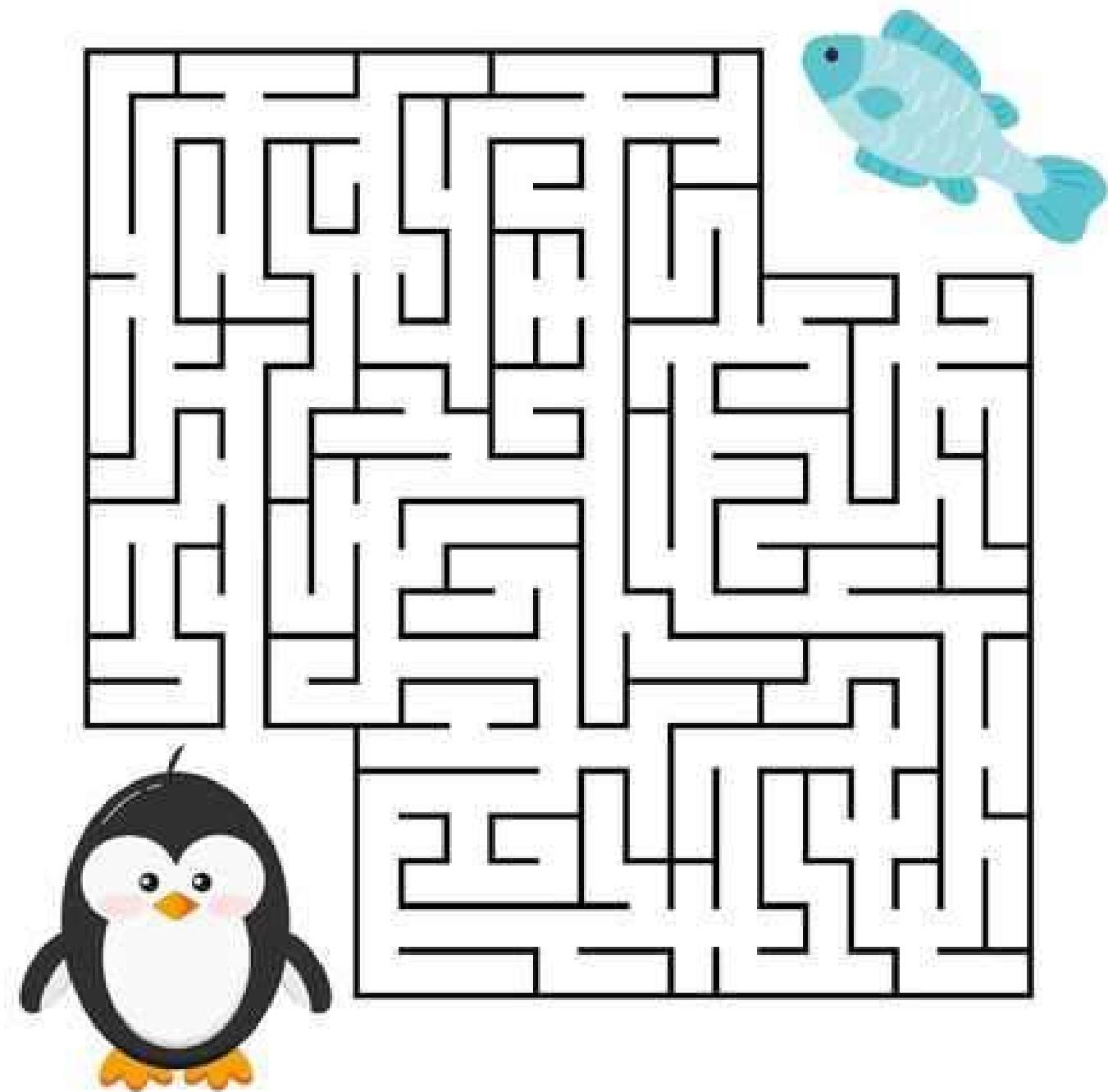


Artzy Creations





## CAN YOU HELP THE PENGUIN GET TO HIS FISH DINNER?



How many items beginning with P can you find? There are 16 altogether.





# I SPY Winter



<https://www.nestle.co.uk/en-gb/aboutus/history/reminiscence-pack>

*"Even something as simple as an old sweet wrapper can bring back vivid memories from a happy time. This activity helps carers and loved ones to engage with people with dementia in a positive way, and has the potential to improve the quality of life"*





## A SPOTLIGHT ON JANUARY



*1559 Elizabeth Tudor, daughter of Henry VIII and Anne Boleyn, was crowned as Elizabeth 1st in Westminster Abbey.*

*1660 Samuel Pepys began his famous diary in which he chronicled life in London including the Great Plague of 1664-65 and the Great Fire of 1666.*

*1801 Ireland was added to Great Britain thus creating the United Kingdom of Great Britain and Ireland.*



*1863 The world's first underground railway service in London, the Metropolitan line between Paddington and Farringdon.*



*1901 Queen Victoria of England died after reigning for 64 years.*



*1924 British Egyptologist Howard Carter found the sarcophagus of Tutankhamen in the Valley of the Kings.*



*1965 Sir Winston Churchill died (1874-1965)*

*1973 Britain, Ireland and Denmark became members of the Common Market (EEC).*



*1976 The Concorde Supersonic jet began passenger service flights from London to Bahrain and Paris to Rio de Janeiro.*



*1999 Eleven European Nations began using a new single European currency, the Euro.*

FAMOUS BIRTHDAY'S IN JANUARY

6th Joan of Arch CIRCA 1412

8th David Bowie 1947



8th Elvis Presley 1935

15th Martin Luther King Jnr 1929



17th Muhammad Ali 1942



19th Dolly Parton 1946



19th Tippi Hedren 1930

25th Virginia Woolf 1882

UK NUMBER 1'S IN JANUARY



14th Jan 1955 Mambo Italiano - Rosemary Clooney



11th Jan 1957 Singing The Blues -Tommy Steele



10th Jan 1958 Great Balls of Fire – Jerry Lee Lewis

24th Jan 1958 Jailhouse Rock – Elvis Presley

1st Jan 1960 What Do You Want To Make Those Eyes At Me For - Emile Ford and The Checkmates.

12th Jan 1961 Poetry In Motion – Johnny Tillotson



26th Jan 1961 Are You Lonesome Tonight – Elvis Presley



11th Jan 1962 The Young Ones – Cliff Richard



## CREATE A MEMORY BOX

Memory boxes/ memory boards/memory jars are not only a great way to preserve your cherished memories but also a special way to display them. It could become an easily accessible activity, a great communication tool, providing conversation ideas and links to the past

Decorating memory box - use old maps, photographs, postcards, fabric from a favourite dress or curtain.

### IDEAS FOR YOUR MEMORY BOX /MEMORY BOARD/MEMORY JAR

Make sure that whatever you add to your box/ board brings back happy memories and is a pleasure to look at. Keep the balance do not add too much or too little.

There are two main 'themes' that memory boxes/ memory boards/memory jars can take.

1. a memory box/board/jar for a person's life (things could be taken out or added), each item has a sentimental value to the person
2. memory box/board/jar for a specific event in life (could be created for more than one person to enjoy it e.g. wedding memory box/ board/jar, holiday memory box/board/jar



### IDEAS OF THINGS TO PUT IN MEMORY BOX

- Tickets for events attended and loved
- Notes from people
- Diaries / Journals
- Greetings cards that you have been given from loved ones
- Photos of larger items you want to remember but cannot keep (homes, cars etc...)
- Photos of specific events / people
- DVDs of events / people
- Teddy bear or blanket
- Paper weight
- Snow Globe
- Coins
- Small ornament or candle



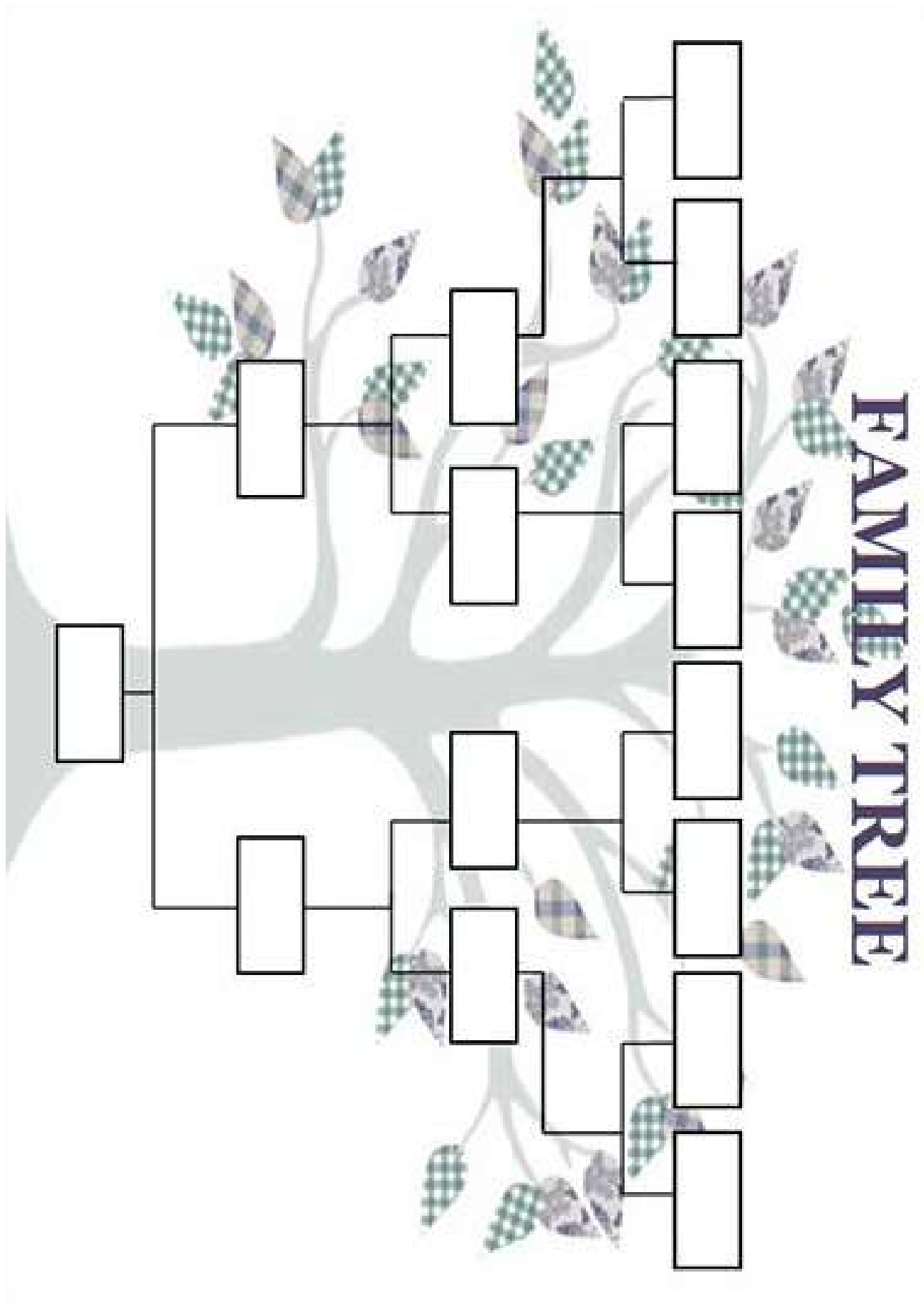
### IDEAS OF THINGS TO ADD TO MEMORY BOARD

- Photos of loved ones
- Letters, Postcards or greetings cards
- tickets for plane, train, coach or events
- Leaflets with pictures of an event or activity you enjoyed
- Keys or key rings
- Materials such as a snippet from a dress or a bow from the hat worn to the most occasions
- A piece of jewellery
- Fragrance sachet of a favourite scent or of a smell that represents a happy memory
- Bunting
- Wedding favours
- Newspaper mentions
- Small ornament or candle



# February

HAVE A GO AT FILLING IN YOUR FAMILY TREE





## A SPOTLIGHT ON FEBRUARY



11 February 1975 – The 'Iron Lady' Margaret Thatcher, becomes the first woman leader of the British Conservative Party.

15 February 1971 - Pennies, bobs and half-crowns all disappear as Britain goes decimal. Before this date, in the United Kingdom, the British pound was made up of 20 shillings, each of which was made up of 12 pence, a total of 240 pence. With the decimalisation, the pound kept its old value and name, and the only changes were in relation to the subunits. The shilling was abolished, and the pound was subdivided into 100 "new pence" (abbreviated "p"), each of which was worth 2.4 "old pence" (abbreviated "d").

21 February 1804 - British engineer Richard Trevithick demonstrated the first steam engine to run on rails. In 1801, Trevithick publicly demonstrated the first steam carriage (a kind of road locomotive) called 'Puffing Devil', which was driven up a hill in Camborne, Cornwall. On March 24, 1802, he and his cousin Andrew Vivian managed to get the high-pressure steam engine patented.

19 February 1897 - The Women's Institute is founded in Ontario, Canada, by Mrs Adelaide Hoodless. It was based on the British concept of Women's Guilds, created by Rev Archibald Charteris in 1887 and originally confined to the Church of Scotland.[1] From Canada the organisation spread back to the motherland, throughout the British Empire and Commonwealth, and thence to other countries. Many WIs belong to the Associated Country Women of the World organization.



Women's Institute building in Llanfairpwll, Wales. Dating from 1915, this is the oldest WI in Britain

22 February 1797 - Over 1,000 French troops attempted to invade Britain, landing on the Welsh coast. The brave ladies of Fishguard saved the day! It is often referred to as the "last invasion of mainland Britain". After brief clashes with hastily assembled British forces and the local civilian population, the invading force's Irish-American commander, Colonel William Tate, was forced into unconditional surrender on 24 February. In a related naval action, the British captured two of the expedition's vessels, a frigate and a corvette.

25 February 1570 - England's Queen Elizabeth I is excommunicated by Pope Pius V. It excommunicated Queen Elizabeth I of England, referring to her as "the pretended Queen of England and the servant of crime", declared her a heretic, and released her subjects from allegiance to her, even those who had "sworn oaths to her", and excommunicated any who obeyed her orders.

## FAMOUS FEBRUARY BIRTHDAYS

**FEBRUARY 4, 1913: ROSA PARKS** – the "mother of the freedom movement", become a civil rights icon when she refused to move to the back of an Alabama bus in 1955.

**FEBRUARY 7, 1867: LAURA INGALLS WILDER** - has been a hero to young readers since her Little House on the Prairie series started being published in 1932, but older readers can also look to the author for inspiration. Wilder didn't publish her first work until she was 65 years old

**FEBRUARY 11, 1846: THOMAS EDISON** – invented the phonograph, the motion picture camera, and the light bulb

**FEBRUARY 12, 1809: CHARLES DARWIN** - On The Origin of Species the work for which Charles Darwin is best known—is an expansive text on evolutionary biology.

**FEBRUARY 27, 1932: ELIZABETH TAYLOR** - Dame Elizabeth Rosemond Taylor, was an English-American actress, businesswoman, and humanitarian. She began her career as a child actress in the early 1940s, and was one of the most popular stars of classical Hollywood cinema in the 1950s.



## QUICK CRAFT - CHINESE LANTERN

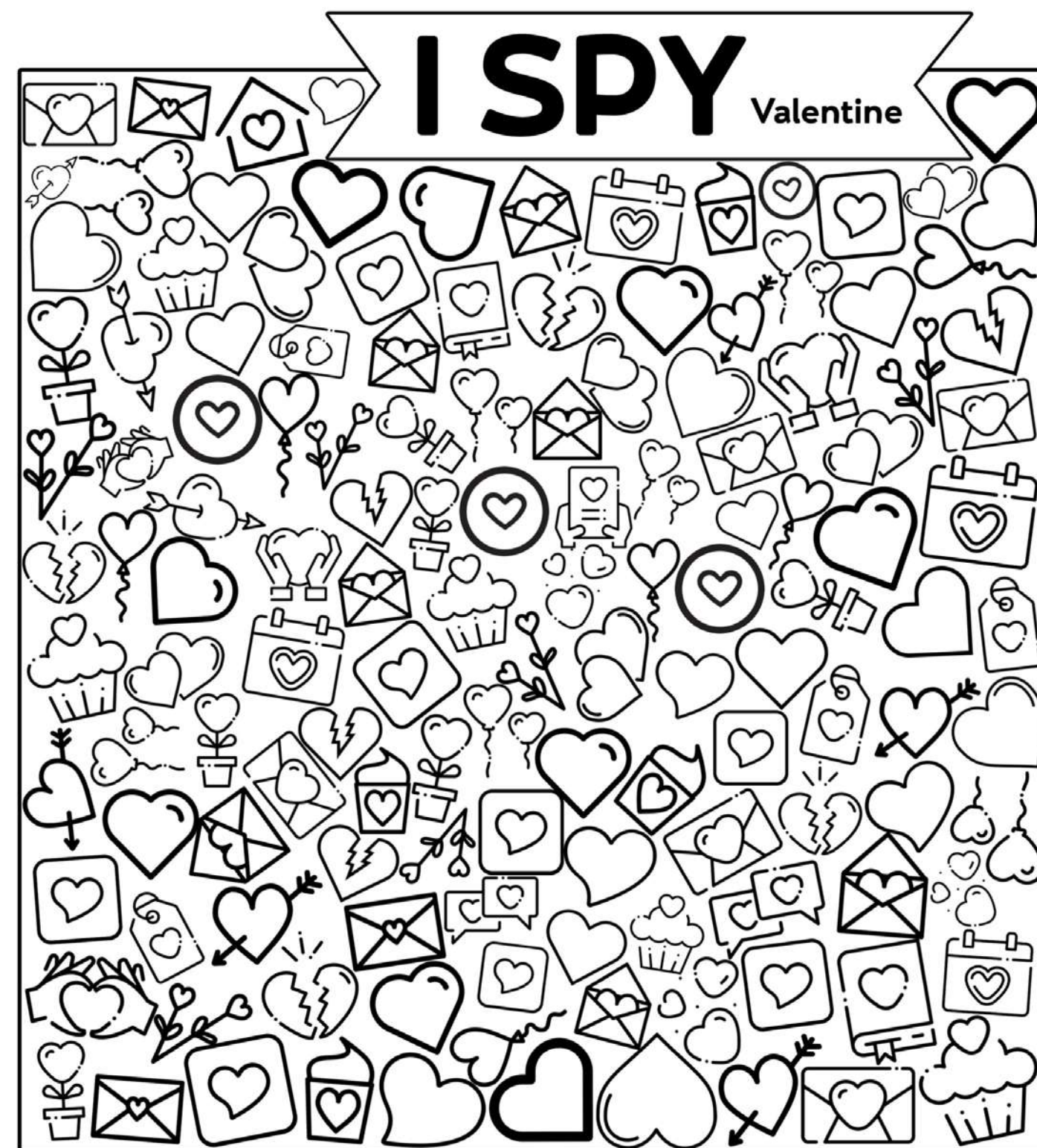
### Materials needed:

- Coloured paper
- Scissors
- Tape or glue
- Ruler, pencil
- Glitter, sequins (optional)



### METHOD

1. Cut bottom edge of paper (pic1). This will be the future handle.
2. Fold paper in half (pic2).
3. Cut along the lines through both side of paper (pic3).
4. Seal edges on both ends with tape or glue (pic4).
5. Glue the handle (pic5).
6. Decorate (optional) and hang as desired!



papertraildesign.com



## COLOR IN THE VALENTINES DAY CARD, AND GIVE IT TO YOUR LOVED ONE!



## MAKE YOUR VERY OWN HEART ART TREE

### Materials needed:

- White Card
- Paint – Brown, Red, Pink, Purple
- A Hand!
- Pencil

### METHOD

1. Draw around your hand and forearm with a pencil. Alternatively, paint the hand and forearm to create a print.
2. Fill the arm outline with brown paint.
3. Apply paint directly to the tip of the finger.
4. Press the painted fingertip down firmly onto the cardstock at a slight angle.
5. Repeat the former step and join the two prints to create a 'heart' shape.



## The Valentine Tale or The Valentine Tail!

Teresa Harrison-Best

He was planning a magical evening for his beautiful charming young wife, with flowers, dinner and presents, she was the one who lightened his life. Their meal was planned to perfection; the starters were scallops in wine, followed by fine Scottish salmon, mouth watering and wholly divine.

The necklace he got was exquisite so dainty and graceful he thought, all boxed in a sweet little package, so delighted in what he had bought. He then found an elegant flower vase for the dozen red roses he got, gently he placed them within it then put somewhere not hot.

The cat and the dog were just watching, from their beds they studied the scene, as he busied himself with the dinner, it was peaceful and quietly serene. He smiled as he added the trimmings; the cream was from Cornwall it claimed, nothing was left to chance now, perfection was what he proclaimed.

With an hour left for completion, his wife was due in by eight, the dinner would be hot and ready and prepared to serve on her plate. Now with a smug grin he vanished to dress for the evening's event, he charged up the stairs like a rhino, whistling a tune as he went.

A BIG MISTAKE!

A crash like a rumble of thunder echoed and boomed through the house, he flew down the stairs like a madman as the cat was chasing a mouse. The vase was lying in fragments and the roses were broken for sure, petals were just like confetti all scattered around on the hall floor.

He scolded the cat for her antics, yet another crime had occurred, the dog appeared with the salmon as the kitchen had been unsecured, As he chased the dog for the salmon the cat slipped out of the way, She found the cream and the scallops and leapt in without a delay.

OH DEAR!

Well, the salmon was now off the menu as was the scallops and cream, the cat and dog had now vanished along with his magical dream.

At least he had the fine necklace to give to his sweet valentine, He'd give her some champagne and kisses before their new dinnertime.

OH NO!

He picked up the sweet little package, all tied up with ribbons and bows, the necklace was no longer in there, where was it? Only heaven would know. No longer a pièce de résistance, no surprise for his beloved dear bride, just the dog and cat on the hearth rug asleep by the roaring fireside.

NOW WHAT?

As she walked through the front door quite cheery, he gave her a peck on the cheek, He told her about his encounters, and her answer was ever so sweet.

I love you more than a necklace and love our dog and our cat, Lets go to the 'chippy' for dinner, as I'm happy as Larry with that!

What a girl!!

They found the necklace under the dogs bed the next morning.....

## Word Search

### VALENTINE'S

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions

C	T	T	O	T	E	R	F	R	I	E	N	D	R
N	T	E	D	S	S	G	U	H	E	S	C	L	S
D	N	C	I	E	D	C	E	V	O	L	H	O	H
R	R	N	N	T	C	R	W	E	M	S	K	E	D
V	H	N	N	A	U	U	D	R	U	T	R	T	E
A	E	S	E	L	P	S	H	H	N	A	L	N	S
L	A	M	R	O	I	H	S	S	E	H	S	H	E
E	R	D	E	C	D	D	S	E	S	S	I	K	S
N	T	A	H	O	D	S	R	E	W	O	L	F	O
T	S	T	T	H	E	T	E	R	C	E	S	T	R
I	R	E	O	C	R	R	E	R	I	M	D	A	S
N	S	W	E	E	T	H	E	A	R	T	V	H	R
E	I	A	O	H	T	N	E	E	T	R	U	O	F
E	T	D	U	H	R	E	C	N	A	M	O	R	S

SECRET  
CUPID  
DATE  
HUGS  
FOURTEENTH  
ROSES  
SWEETHEART

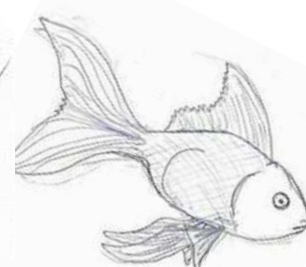
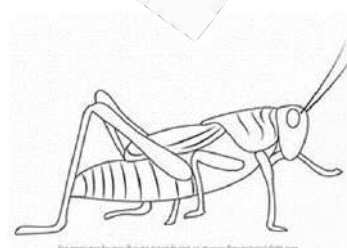
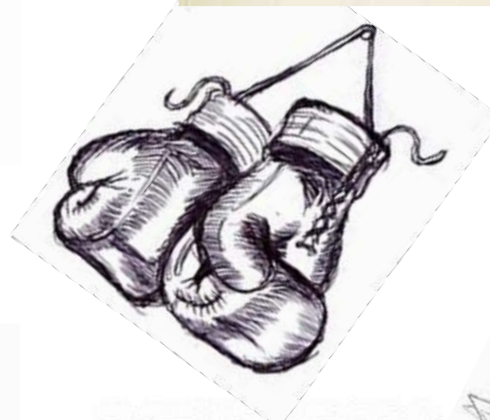
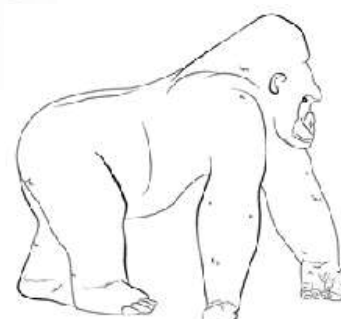
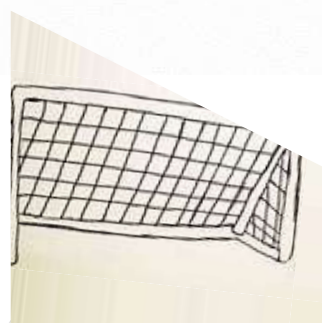
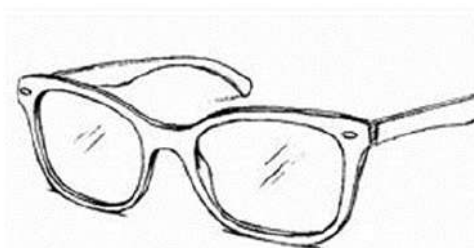
HEARTS  
FLOWERS  
ROMANCE  
CHOCOLATES  
VALENTINE  
LOVE  
KISSES

DINNER  
RED  
ADMIRER  
CRUSH  
FRIEND



A Great Selection of items – how many can you find 14?

G



## Famous Couples

Simply name the people in the pictures.

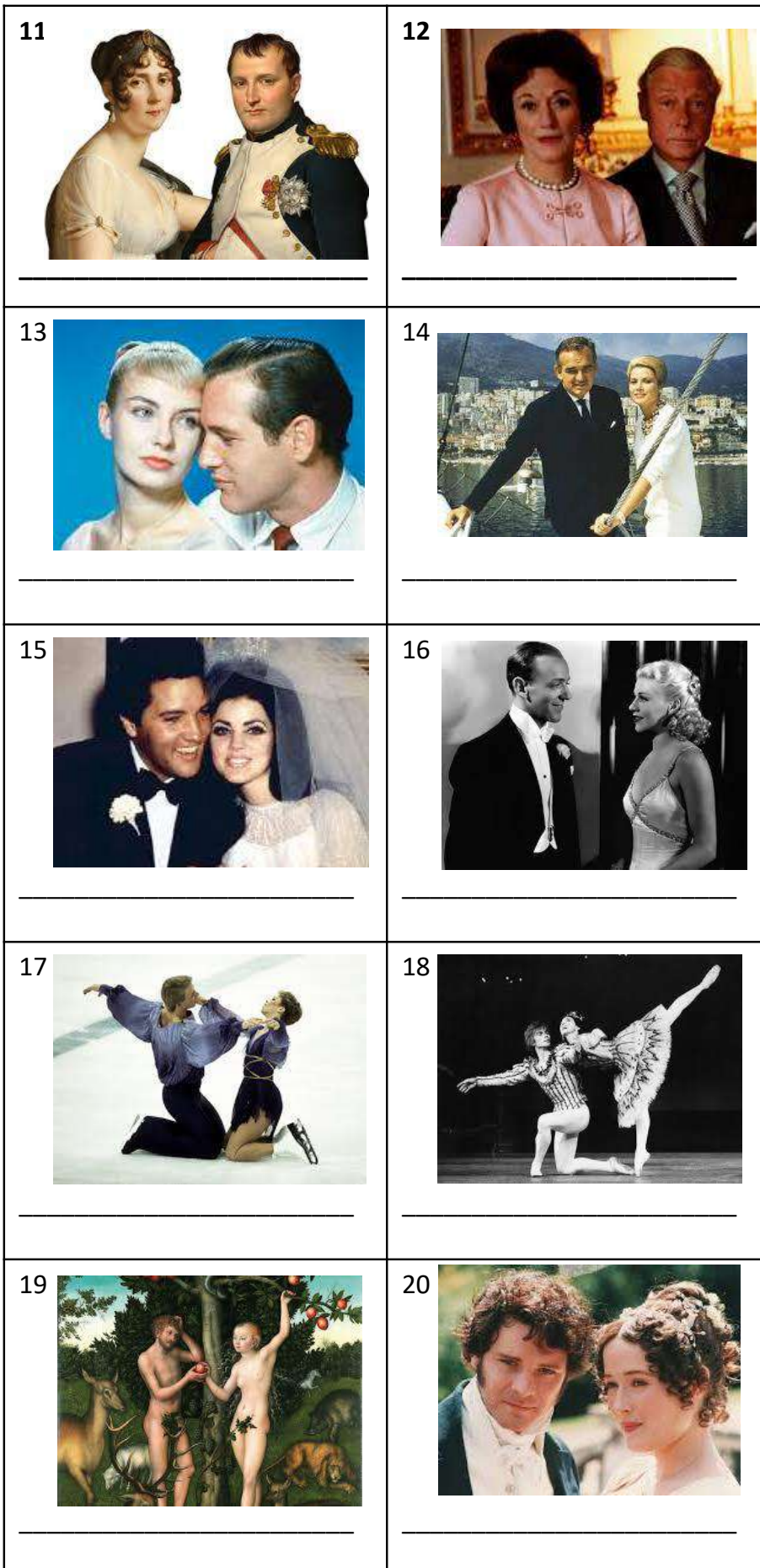
1	 _____	2	 _____
3	 _____	4	 _____
5	 _____	6	 _____
7	 _____	8	 _____
9	 _____	10	 _____



# (They Long to Be) Close to You

Carpenters

(Songwriters: Burt Bacharach / Hal David / Burt F. Bacharach)



Why do birds suddenly appear  
 Every time you are near?  
 Just like me, they long to be  
 Close to you  
 Why do stars fall down from the sky  
 Every time you walk by?  
 Just like me, they long to be  
 Close to you  
 On the day that you were born the angels got together  
 And decided to create a dream come true  
 So they sprinkled moon dust in your hair of gold and starlight in your eyes of blue  
 That is why all the girls in town  
 Follow you all around  
 Just like me, they long to be  
 Close to you  
 On the day that you were born the angels got together  
 And decided to create a dream come true  
 So they sprinkled moon dust in your hair of gold and starlight in your eyes of blue  
 That is why all the girls in town  
 Follow you all around  
 Just like me, they long to be  
 Close to you  
 Just like me, they long to be  
 Close to you  
 Wa, close to you  
 Wa, close to you  
 Ha, close to you  
 La, close to you



## Can't Help Falling in Love

Elvis Presley

(Songwriters: George David Weiss / Hugo E. Peretti / Luigi Creatore)

Wise men say  
Only fools rush in  
But I can't help falling in love with you  
Shall I stay?  
Would it be a sin  
If I can't help falling in love with you?  
Like a river flows  
Surely to the sea  
Darling, so it goes  
Some things are meant to be  
Take my hand  
Take my whole life too  
For I can't help falling in love with you  
Like a river flows  
Surely to the sea  
Darling, so it goes  
Some things are meant to be  
Take my hand  
Take my whole life too  
For I can't help falling in love with you  
For I can't help falling in love with you

## LOVE

Nat King Cole

(Songwriters: Bert Kaempfert / Milt Gabler)

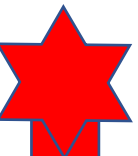
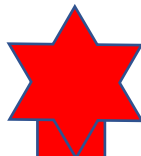
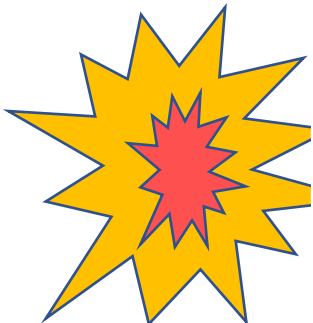
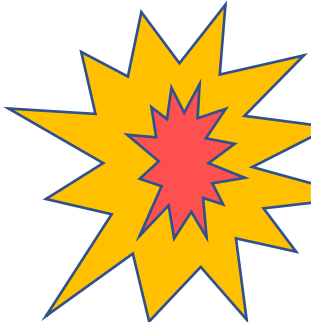
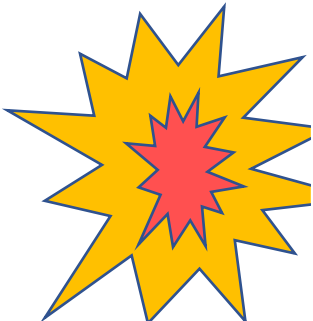
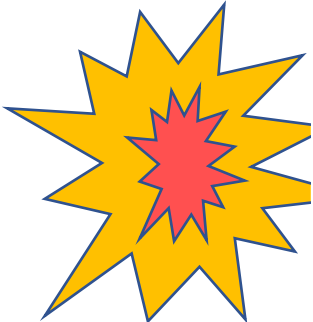
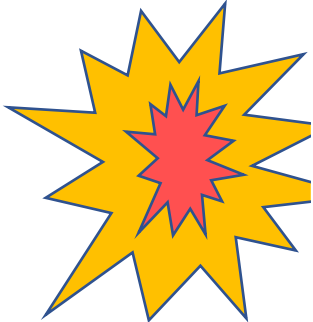
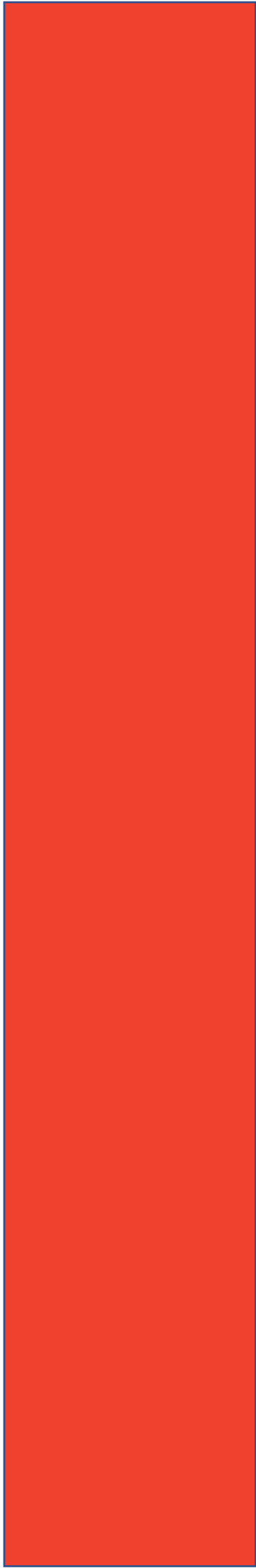
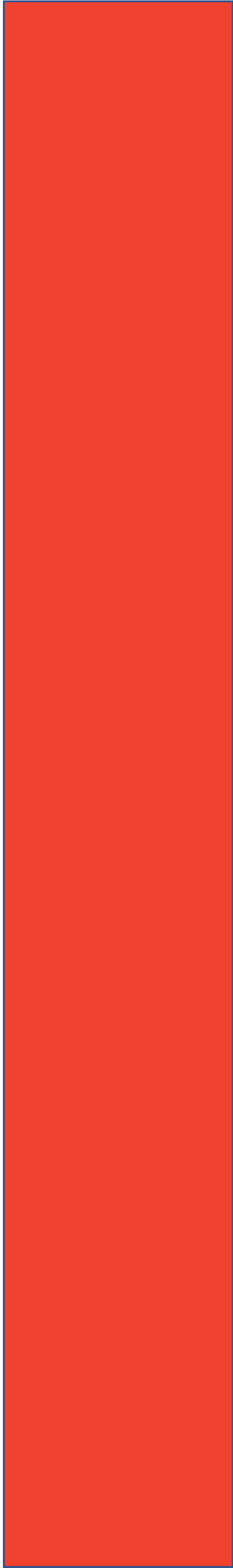
L - is for the way you look at me  
O - is for the only one I see  
V - is very, very, extraordinary  
E - is even more than anyone that you adore can  
LOVE is all that I can  
Give to you  
LOVE is more than just a game for two  
Two in LOVE can make it  
Take my heart and please don't break it  
LOVE  
Was made for me and yooooou!  
Instrumental Break  
L - is for the way you look at me  
O - is for the only one I see  
V - is very, very, extraordinary  
E - is even more than anyone that you adore can  
LOVE is all that I can  
Give to you  
LOVE is more than just a game for two  
Two in LOVE can make it  
Take my heart and please don't break it  
LOVE  
Was made for me and yooooou!



# Solutions







## CAN YOU NAME THIS PERSON?

**RICHARD BURTON**



**SIR ALEX FERGUSON**



## THE SCOTTISH QUIZ

1. Heather
2. Edinburgh
3. Caber tossing
4. Burns Night
5. Turnips and potatoes
6. Sporrán
7. Robert the Bruce
8. Rangers and Celtic
9. Hogmanay
10. Nothing!
11. Porridge
12. Son of
13. Whisky
14. Gretna Green
15. Skeep Dhu
16. Edinburgh Tattoo
17. Bagpipes
18. Loch Ness Monster
19. Holyrood Palace
20. Caledonia



## 10 CLUES ANSWERS

### DECEMBER - WHAT OR WHO AM I?

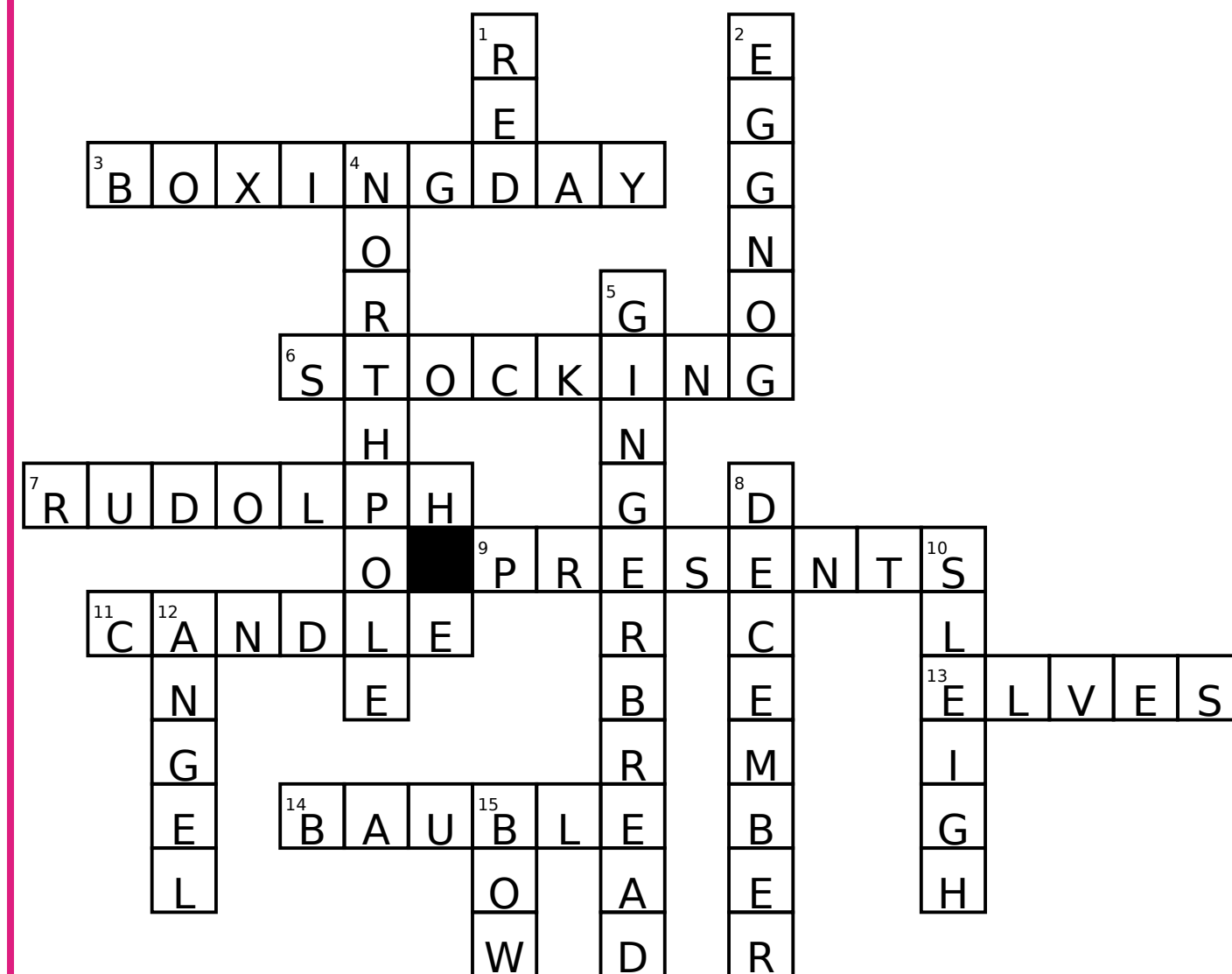
1. A Christmas Tree
2. Snow
3. An orange
4. Ebenezer Scrooge

### JANUARY - WHO, WHERE OR WHAT AM I?

1. Spain
2. Potatoes
3. A tree
4. Queen Elizabeth II

## Crossword

### Christmas



#### Down:

1. The colour of Christmas.
2. A drink made from eggs and brandy.
4. Where does Santa live?
5. A house or man made from this biscuit flavour.
8. The Month in which you celebrate Christmas.
10. The vehicle Santa uses to fly across the world on Christmas Eve.
12. What you put on top of the Christmas tree.
15. Used to wrap a present.

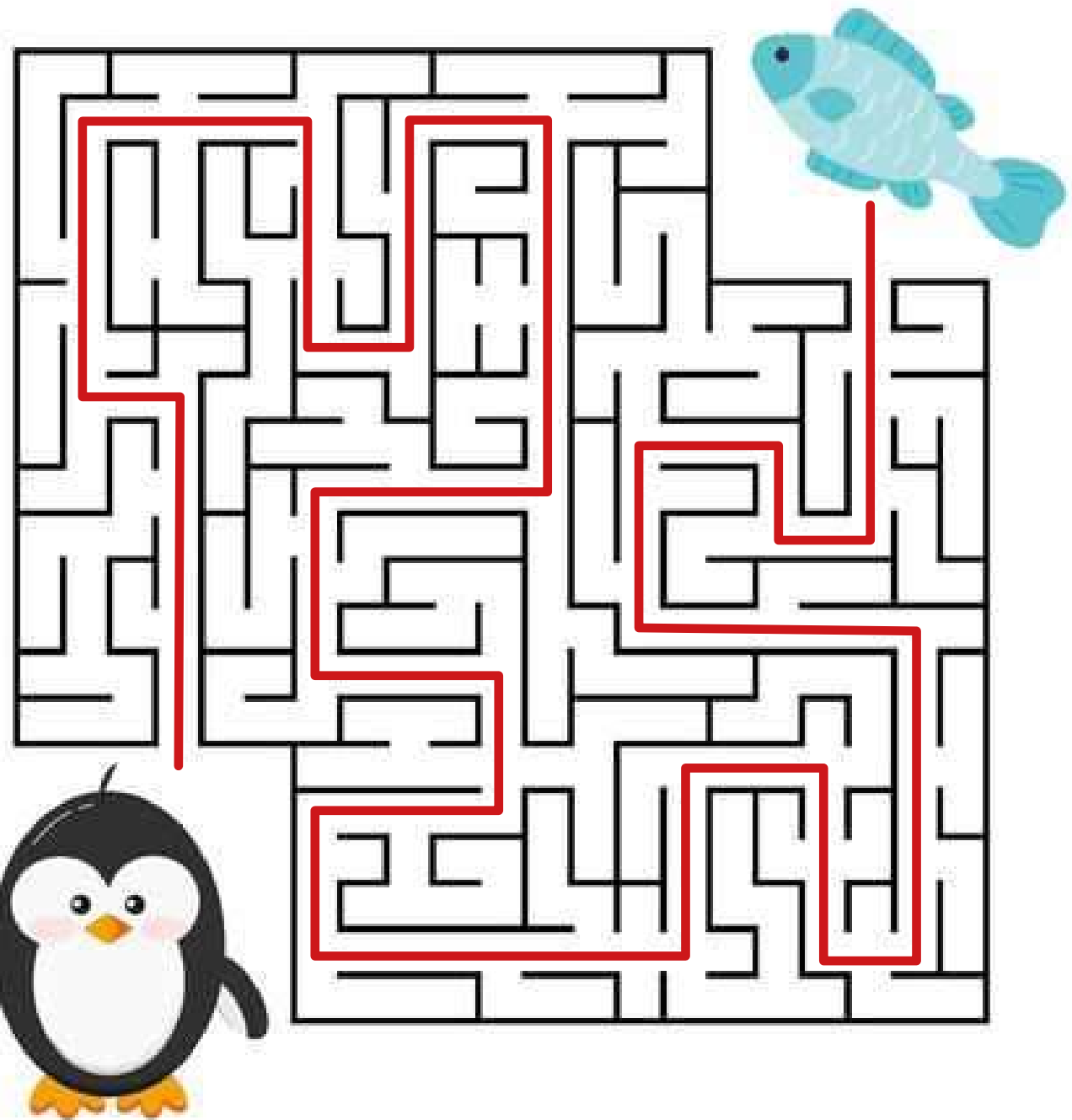
#### Across:

3. The day after Christmas Day.
6. Hung above the fireplace, containing small gifts.
7. The reindeer with the red nose
9. What you find under the Christmas tree.
11. What you light at church on Christmas Eve.
13. Santa's little helpers.
14. A round decoration normally hung on the tree.

## CAN YOU HELP THE PENGUIN GET TO HIS FISH DINNER?

## Famous Couples

Simply name the people in the pictures.



1



\_ Johnny Cash & June Carter \_

2



Spencer Tracy & Katherine Hepburn

3



Queen Victoria & Prince Albert \_

4



\_ Lauren Bacall & Humphrey Bogart \_

5



\_ Marie and Pierre Curie \_

6



\_ John F and Jackie Kennedy \_

7



\_ Marc Antony & Cleopatra  
Or Elizabeth Taylor & Richard Burton \_

8



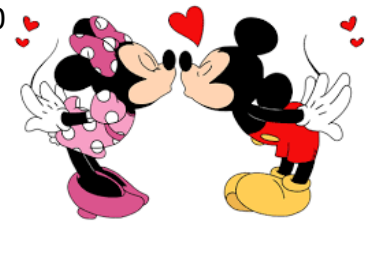
\_ Fred and Wilma Flintstone \_

9



\_ Popeye & Olive Oyl \_

10













\_ Mickey Mouse and Minnie \_



# Famous Couples

Simply name the people in the pictures.

<p>11</p>  <p>_Napoleon Bonaparte &amp; Josephine_</p>	<p>12</p>  <p>_Edward VIII &amp; Wallis Simpson_</p>
<p>13</p>  <p>_Paul Newman &amp; Joanne Woodward_</p>	<p>14</p>  <p>_ Prince Rainier &amp; Grace Kelly_</p>
<p>15</p>  <p>_Elvis &amp; Priscilla Presley _</p>	<p>16</p>  <p>_Fred Astaire &amp; Ginger Rogers_</p>
<p>17</p>  <p>_Jayne Torvill &amp; Christopher Dean_</p>	<p>18</p>  <p>_Margot Fonteyn &amp; Rudolph Nureyev _</p>
<p>19</p>  <p>____Adam &amp; Eve _____</p>	<p>20</p>  <p>____Elizabeth Bennett &amp; Mr Darcy Or Jennifer Ehle &amp; Colin Firth____</p>



# Dementia SUPPORT

For general enquires and stock replenishment  
please contact [info@dementia-support.org.uk](mailto:info@dementia-support.org.uk)

**We would also appreciate any suggestions  
or thoughts for our next edition**