



THE CARE AND SHARE NEWSLETTER



SUMMER 2020

Hello Everyone.

Summer 2020 certainly is a different experience for all of us and one that none of us could have predicted. During these last few months, we have continued to open up a variety of opportunities to stay connected with each other and a sample of some of your experiences are included within this Newsletter. There are also some ideas on things we can do within our homes. Please feel free to share any photos e.g. views on your daily walks or fun activities you've undertaken recently. We would love to hear from you

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Social See and Chats

During this exceptional time whereby we've all been having to "Stay at Home" lots of us from Shared Lives have been exploring exciting new ways of engaging and interacting with each other. We have been participating in some small on-line catch ups, covering a variety of meaningful topics. Here are some examples and quotes of our achievements so far: We have challenged each other on how to make masks from socks resulting in everyone learning how we can keep ourselves safe when going out to purchase our essentials. Prior to coming together we've prepared fun anagrams and quizzes adding structure to individual's daily routines. Worthwhile discussions regarding daily living skills has proved beneficial enhancing our self-esteem by encouraging each other to undertake a variety of tasks. During some of the chat's individuals have confidently taken a leadership role when discussing their achievements in the garden/greenhouse around the progress of plants, vegetables and herbs. Folk have shared "Awe Trixie (Fran's dog) is looking so good. It's great to see her." "I really like this because I can't get out just now so it's a good way of keeping in touch." "Where's the puppy today Derek? I want to see how she's grown." "I got such a boost from our last chat I felt better for days afterwards". Working together in partnership in this way has been a fantastic journey so far and one that we will be progressing further with until we can meet in person again!

A simple way to join us is to download the Microsoft Teams app onto your device. Don't open it, just contact Wendy with your E Mail address and she will send you an invite for a fun test chat. Alternatively, just give Wendy a call to talk over ways of jointly getting things started. Mobile: 0776956591

DELICIOUS RECIPE'S

Rachel and Rosemary's Variation of Chocolate Chip Cookies Recipe = Cooked in a Pan and taste "Yummy"

Ingredients

- 150g/5½oz unsalted [butter](#)
- 160g/5¾oz [brown sugar](#)
- 1 medium free-range [egg](#)
- ½ tsp [vanilla extract](#)
- ½ tsp [almond extract](#)
- 225g/8oz [plain flour](#)
- ½ tsp [bicarbonate of soda](#)
- ½ tsp [salt](#)
- 200g/7oz [chocolate](#) chips



Method

1. lace a small non-stick, thick-based heavy frying pan, about 23cm/9in, on a medium to low heat. Add the butter and allow it to melt, then add the sugar and stir until it has dissolved. Take off the heat and let it cool for a few minutes.
2. While the butter is cooling, lightly beat the egg in a bowl and add the vanilla and almond extracts.
3. Now add the flour, bicarbonate of soda and salt to the mixture in the frying pan, followed by the egg mixture. Stir until you have a smooth cookie batter.
4. Press the batter down and sprinkle over the chocolate chips.
5. Now leave on a low heat for 15–20 minutes. If you find the bottom catches, you may find it helpful to pop a lid on the pan for 5 minutes. What you should end up with is a crisp base and gooey top.
6. Let the cookie cool and set for about 15 minutes. I like to take out slices and eat them warm with ice cream.

Recipe Tips

You can double up the mixture to have some ready to bake in the freezer. Simply double all the ingredients if you want to do this, cover and place the dough in the freezer.

Simple Basic Oatcakes – Tried and Tested by Wendy

Ingredients

Serves: 4

- 60g margarine or butter
- 60g plain or whole wheat flour
- ½ to 1 teaspoon salt
- ½ teaspoon baking powder
- ½ teaspoon sugar
- 225g oats
- 60-80ml hot water



Method

Prep:15min › Cook:15min › Ready in:30min

1. Preheat the oven to 190 C / Gas 5. Grease a baking tray or line with baking parchment.
2. In a large bowl rub the margarine into the flour and oats until the mixture resembles fine breadcrumbs. Add the salt, baking powder Add enough water to bind the dough, but do not add so much as to make it sticky.
3. Turn the oatcake dough out onto a floured surface and roll out. Cut into discs and place on the prepared baking tray.
4. Bake for 20 minutes until firm.

Tip

Oatcakes are best made with medium oatmeal, which refers to the grade of oats ranging from very fine through to the rougher coarser variety. Traditional Scottish oatcakes are usually made with lard or dripping for extra flavour. Feel free to substitute with the margarine for a richer flavour and texture.

Andrew's Quick Pizza Base & Tomato Sauce Recipe. Choose your Favourite Topping!



- 180g plain flour
- 1/2 teaspoon salt
- 1/2 tablespoon caster sugar
- Teaspoon of dried active baking yeast
- 1 tablespoon olive oil
- 115ml warm water (45 C)

Method

Prep:15min › Cook:15/20min

1. Combine flour, salt, sugar, and yeast in a large bowl. Mix in oil and warm water. Flour your hands, and then knead the dough for a few minutes until its mixed well and smooth. Spread out on a large oiled baking tray or roll out to form a thinner crust pizza if preferred.
2. Put pizza base in fridge for 10 mins – usually the time to make your tomato sauce.
3. Once sauce is made, spread over pizza, add your favourite toppings, grated or sliced/grated mozzarella cheese & some dried Italian herbs – Oregano, Basil
4. Bake at 200* / Gas mark 5 for 15/20 mins minutes – keep a close eye as the pizza can burn easily.

Quick Tomato Sauce Topping

1 tablespoon of tomato ketchup 1 tablespoon of tomato puree

Heaped tablespoon of onion chutney

1/2 teaspoon of dried garlic

Teaspoon of dried Italian herbs Season with salt and pepper



Method:

In a small bowl, mix all ingredients together thoroughly and spread over top of pizza with the back of a large spoon.

Joyce Recommends Easy to Make Tasty Biscuits Using Minimal Ingredients.

Ingredients

- 225g butter, softened
- 225g white caster sugar
- 170g condensed milk (half a tin)
- 350 g self-raising flour, plus extra for dusting

Method



1. In a large mixing bowl, mix all the ingredients until well mixed and creamy in texture. Do not overwork, or the biscuits will spread during baking.
2. Preheat the oven to 180°C, fan 160°C, gas 5. Put spoonful's onto non-stick tray and flatten with a fork dipped in flour the biscuits to a baking tray lined with baking parchment.
3. Bake for 15 - 20 minutes, depending on the size of your biscuits, until golden brown at the edges. Remove from oven (they will harden once out of oven). makes approx. 35 - 40 biscuits

Useful Freezing Tips: One simple theory to ensure we don't waste any food is eat it all! However, that's not always possible and currently, every little portion is more precious than ever – whether it's a morale-boosting treat or a store cupboard staple. If you find yourself chucking things out regularly, here are a few food items you might not have realised you can safely put in the freezer, and tips on how to do it.

1. Eggs: The shells of eggs can't be frozen, but everything else can. Crack the eggs into a muffin tray, then place them in the freezer. Once fully frozen they can be transferred into a plastic container, creating even more space. Place your container in hot water for 8 minutes to defrost.



2. Cheese: This can be frozen as a full block, or you can grate the block and freeze it, meaning you can grab handfuls of cheese as and when you need it. Anything from mozzarella to Parmesan can cope with being put in the freezer, but be warned, this is not a cottage cheese friendly option. Hard cheeses only.



3. Milk: Frozen milk should be thawed before it is used and be sure to give it a big shake before you pour it to ensure all the solids and liquids have been fully mixed. Milk will also expand when it's frozen, so don't put it in a tight container. Using an Ice cube tray could prove extremely handy e.g. one cube per cup of tea or coffee.



4. Bread: This should be frozen when fresh, otherwise it will still be a bit stale once defrosted. You can freeze it as a full loaf, or in individual slices which is better for toast as you can pop it straight into the toaster.



5. Banana Slices: Peel each banana and cut crosswise, creating $\frac{1}{2}$ to $\frac{3}{4}$ inch thick slices. Lay the banana slices out in a single layer on a baking sheet lined with wax paper. Flash freeze until slices are solid, then transfer frozen slices to a freezer bag and return to freezer.



Shared Lives Week Beginning the 15th June 2020

Celebrating our wonderful carers and families is going to be with a difference in 2020. For Aberdeenshire Shared Lives we are always in Glenmore during Shared Lives Week. Sadly, not this year but we do have some fabulous memories of Glenmore that we can share with each other. So, can you be part of the celebration by telling us about some of your magical memories from Glenmore so we can relive the moments with you while shouting a huge “Hurrah” for Shared Lives.

Some of you may have seen Jude’s new YouTube connections and that certainly would be a memory for many people. You can find Jude on her new link

https://www.youtube.com/channel/UCfMvDakdl197liHQCO9JKGw?view_as=public .

Sue has tried the ‘Highland Journey’ which took 8 minutes to head up



Creag Dubu while gazing into Jude’s winter picture of the scene. Jude has given so many people the time and acceptance to realise it’s fine to think and have time for ourselves. Shared Lives week will be no different, but it may just be in a more imaginative way.

Wendy has given some great suggestions to find a stone, look at it carefully to see or feel if it is special to you then draw or write something unique and individual to you on it. Then there will be time to plan where your stone will go. Maybe in the garden, a new door stop or a gift to someone sharing your message. Who knows but please if you can take a photo and let us see it. We will collate the pictures, then share our completed stone picture gallery for everyone to view. Please remember we need your help to complete the photo display to make that special card to say, “Thank you”.

Stone Painting and Hunting Trend is Sweeping the Nation



Decorated stones are bringing communities together across the U.K.



The idea is to paint stones, write messages/draw pictures and then hide them in public places for others to find. Finders can either leave the stones on show for all to see or hide them again for different people to find. It's a free fun community project, offering pleasure for everyone with no pressure or expiry date.

First, of course, you need to find the perfect stone. Look for smooth rounded stones. If you have a certain design in mind, be on the lookout for the right shape stone. Searching for just the perfect stone is part of the fun!



If you picked up your stone from the outdoors, you'll want to make sure it's nice and clean. Wash it off with some warm water and soap and pat it dry. You could even scrub it with an old toothbrush. Some stones have rough patches on them that will make painting a little more difficult. You can sand it down with sandpaper until the rough patch is gone.



At this stage, you're ready to draw your design onto the rock. It might be good to try practicing your design on a piece of paper beforehand to perfect it. When you draw your picture onto the rock, you can use a pencil, chalk, or soapstone - or even an ultra-fine Sharpie marker which offers a lot of control and the ability to draw small details.



Now you're ready to start painting! Be patient and move from the biggest parts of the design to the smallest, letting each coat dry before moving on. You can use a hairdryer to dry the paint faster. Once you've finished painting your design, it's time to seal it! Use a sealer (Mod Podge). Add a coat or two to make sure your art lasts for a long time.



Here are some other supplies to have on hand:

Water-based, or acrylic paints work well for stones. Marker paints are perfect if you like the control of a marker but the look of a paint. One downside of acrylics is that they tend to be difficult to wash out of clothes, so be careful when using them. Wear a smock and put down something to protect the painting surface (newspaper). Tempera paint may be a preferred option because it washes out much easier. However, the colours aren't as bright.



What else can I use besides paint? Pencil crayons will also work. Start by using a light hand for the base and build it up by blending in other colours using a circular motion. Additional layers will fill in any gaps. Once stone is covered you can blend the colours together using your finger. You can adapt your stone by gluing on material, magazine cut-outs, and sequins. You can even stick on some stickers!

Most importantly, have fun!! This is art so remember there are no limits to what you can do. Simply have fun and create! Here's a picture of one of Wendy's initial attempts. "If she can do it you can do it. Go on give it a try".





**Dates in your diary = On Hold at Present
subject to change per ongoing Government
Guidance.**

- Saturday 11th July Open Day Forvie National Nature Reserve Centre
- Wednesday 12th August Provisional Bar B Q at Methlick Community Garden. (to be confirmed)
- Saturday 19th September Bennachie Day Activity
- Saturday 10th October Peterhead Rock School Trial and Taster Session Day
- Friday 6th November – Sunday 8th November Parkmore Activity Weekend



Did you know

Shared Lives offers an alternative to home care and care homes for adults with disabilities and older people. Shared Lives Carers welcome people to stay in their homes to live with them, come for the day or have regular short break visits and together they share family and community life, offering a more personal and nurturing approach.

Brian's routine, like for so many us, was about to change following the government's lockdown measures to prevent the spread of COVID-19. It is indeed a strange situation, but everyone's in the same boat. The important thing was to try to keep life as normal as possible which Shiri and Andy has helped support Brian, to do just that.

Brian lives in a house near the sea and has his own room, so he gets his own space. It's a positive, healthy and consistent environment. Shiri and Andy are more than carers. They offer supportive friendship to Brian, which is important especially in these times.

Shiri and Andy have helped to create a meaningful new weekly routine for Brian which is special to him, encouraging him to develop new skills while practicing safe social distancing in the great outdoors. Brian is finding local wood, cutting, splitting and bagging the wood so people can give donations towards Milltown. Here are a few of Brian's exciting and innovative diary extracts.

News from Brian. "My tool shed is finished and it's very important to me. I have put my name on it and secured it safely with a padlock. I keep the special keyring and key in my pocket. This gives me such a



sense of ownership and it's my pride and joy. I am also proud with my choice of new safety boots and boiler-suit which fit me perfectly. Recording notes in my notebook (like I did at Milltown) every day and this gives me a sense of a normality. It is good to keep busy and learn new things!

Update from Shiri Vinten.

Next to our garden is an area of wood which belongs to Lathallan School. It has not been used or cared for. After receiving permission to use it, Brian used his initiative and cleared a path through the "jungle of ivy" Andy made a gate in the fence which enables Brian to wheelbarrow the chunks of wood to our garden. With safety goggles, ear protectors and readiness to learn a new skill Brian soon got the hang of it and filled many bags with firewood. Brian worked out other



uses of the wood: with his newly bought tool (the moon spade as he calls it) he removed the grass and made a lovely edge to the garden paths. With Andy he created this picnic furniture to have a well-deserved break. New skills, new opportunities and great satisfaction!

Anyone wishing to make a difference, like Shiri and Andy, and becoming a Shared Lives carer please visit

www.aberdeenshire.gov.uk/sharedlives or telephone 07824 837791 to find out more

Currently during our unprecedented time of lockdown: Andrew has been keeping himself busy and shared “I’m doing just fine” Andrew has been helping his dad outside by cutting back overgrown Ivy. Andrew has then been sanding down the windows ready for painting. These practical tasks empower Andrew to work independently with confidence in his familiar surroundings and being in the fresh air is good for his self-esteem. As a family they are feeling fortunate to have the outside space”. Andrew has enjoyed lots of walking trips with his mum and dad and has displayed patience on occasions when the dogs kept stopping and starting which can be difficult for him.



Andrew has been making family meals with Thursday nights becoming a real favourite for everyone! Pizza Night! Yummy! Andrew stated, “Pizza with ham on it is my favourite, and dad and mum like onions and mushrooms”. “Wow they look amazing Andrew” Family card nights has been a

brilliant way of enabling Andrew to use his Braille cards, maintaining his skills in this area and keeping his brain engaged. His mum is amazed at how well Andrew can read the cards.

They stick to playing 21 as Andrew is familiar with this and enjoys it. There’s a fantastic enticement for this fun activity to continue during this period of “stay at home”. Whereby the overall winner will choose a family trip to their favourite restaurant for a sit-down meal when the time comes. Not sure who’s in the lead so far?



At the start of the year, Nikki and Andrea had been doing a fantastic job of re vamping the garden plot at the Methlick Community Garden. First, they had taken on the massive task of clearing out all the weeds ready to start again and plan an exciting venture growing plants and herbs. Luckily just before lockdown they had an opportunity to visit a Garden Centre.

Andrea and Nikki worked in partnership developing a plan to plant herbs at top end of the plot, with colourful edible plants in the middle as a barrier. At the bottom end they planted wallflowers for some late summer colour.



During lockdown Andrea continued to grow things



e.g. poppies from seed in her greenhouse which she has now planted in the plot. Future thoughts from Andrea would be to plant salad vegetables or a 'wild' bee friendly garden area. Andrea proudly added a Shared Lives sign to the plot. Thanks, and Well done, Andrea for maintaining and keeping an eye on things during these last few months. We look forward to

seeing further growth as the garden continues to flourish.

Garry has shared some worthwhile tips as to how he is finding the positives in what's a testing time for all of us.

With some support from Lesley, Gary has implemented daily strategies by preparing a list of tasks e.g. clean bedroom table, dust television, perform breathing and Physio exercises, play with the dog in garden, set and clear table for mealtimes etc. Garry then



stated "I tick each one off as I go along and when I've completed all my job's I know I can then just relax and do what I fancy. It's really good!"

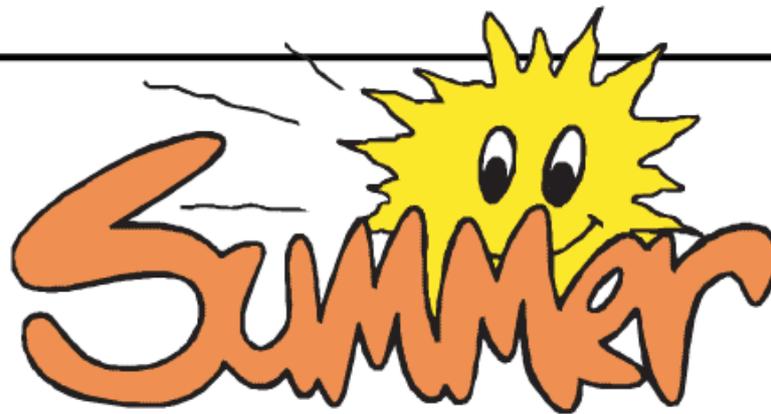
Garry proudly showed pictures he has been making through Foam by



Numbers. This is something Garry previously enjoyed doing with his Shared Lives carer Joyce. Garry was delighted to source some sets online. Garry applies fine motor skills and patience whilst completing the task, working towards the finished project being completed to a high standard. Garry feels proud to

be able to post these as presents to Joyce and his Aunts whom he feels extremely close to and is unable to see at present. Well done Garry!





SUMMER

WORD SEARCH

UQEZJYLAVEXSTFL
NOITACAVLGACYQO
QXDCCTGTTGAKVPL
ZTFUPFSUNFLOWER
HOQQTACAQXADQH
HEATCIIQLTQUCNY
BVBDQCNAEOHAVWF
FANPDECSMPEVLUS
GASKBCIFRBOPAWK
SNVEARPCECGOINO
FSISBELJTDFMLDG
UIOTWAKJAXMQEBF
AIYSAMLFWIVNAFG
ITACEOHLNGDBYVF
TFZCGKBGOVWNPYC

BEACH	PICNIC	SANDCASTLE
BASEBALL	VACATION	HEAT
ICE CREAM	SUNFLOWER	BOATING
SWIMMING	WATERMELON	POOL



Important contacts

If you have an article you would like to appear in the next issue of the Care and Share, then please get in touch with Wendy.

Any other enquiries please do not hesitate to contact us on one of the numbers below!

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Please refer to websites noted below for up to date Government Guidelines (Coronavirus) as they may change daily.

- [GOV.UK: coronavirus action plan](#)
 - [GOV.UK: information on coronavirus and the situation in the UK](#)
- Website: www.aberdeenshire.gov.uk/sharedlives

