

THE CARE AND SHARE NEWSLETTER



Welcome
Spring

Hello Everyone.

Our spring newsletter for 2020 is being sent at an unprecedented time within our society which we feel is fair to say seems a bit surreal to most of us. However, that said we equally feel it's a time for finding and exploring a variety of different ways as to how best we can still come together and offer some form of support to each other. How frequently have we shared the values of being part of the Shared Lives "Family" is? It's, diverse and different for all of us! Nevertheless, there is a common denominator that, we believe is the opportunities we have had to build so many positive and meaningful relationships. Currently, these friendships stand us on a good footing to continue to arrange purposeful activities and whilst initially some may not be in person we can continue to plan and look forward to later in the year when things will resume again as normal. If you have any ideas please take the time to drop us an email or give either Sue or Wendy a telephone call, we would love to hear from you.

We hope you enjoy our evaluation on our fabulous most recent Activity Weekend away to Glenesk and, we feel confident, we will all look forward to our next one with excitement.

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Proposed Skype Tea Party

We are considering arranging and inviting you to join us for a virtual tea party. Join us on-line so we can see each other, have a chat and laugh as we enjoy our cup of tea. Unfortunately, we have had to cancel some upcoming Shared Lives events, therefore we would like to take this as an opportunity to explore exciting new ways of connecting and communicating.



In order to join us you will need access to skype. This can be downloaded for free at <https://www.skype.com/en/get-skype/> The Skype app can be downloaded onto a computer or phone if you prefer. Once you have downloaded Skype please contact Wendy, 07769565917 or Sue, 07824837791 to let them know you would like to join in the event and pass on your email address.

Let us know by Thursday 2nd April and we can then start to get a Shared Lives Skype Contact Club up and running.

Another successful year at St Drostan's Glen Esk.



Glen Esk is a tranquil setting which lends itself to everyone slowing down and enjoying the simple things in life, the lack of Wi-Fi and phone signal helps! At this year's event we welcomed some new people to Shared Lives and rekindled old friendships.



We learned how to make our own pizza and truffles which we all agreed tasted "Yummy" Learning, sharing and developing these new skills was great fun for all. Even if the truffles were a bit "hands on"!



Research shows us that being outdoors and experiencing nature, even when it is cold, can have a positive impact on our mental health and wellbeing. We tested this theory with a walk to the Queens Wells. Along the way we encountered some challenges. We used our team work and problem solving skills to overcome them and keep our feet dry.....



Everyone tried their hand at making a coaster. This multisensory crafting experience involved many of our senses. A lot of elbow grease went into sanding the wood until it was smooth. The finished results were terrific!

We finished our weekend with the most amazing meal at The arch in Fettercairn. Who once again made us feel welcome and full!



Thank you all so much for another wonderful weekend of fun and we hope to see you all again next year!

CHOCOLATE TRUFFLES

Ingredients

- 250ml/9fl oz **whipping cream**
- 225g/8oz **dark chocolate**
- 55g/2oz unsalted **butter**, cut into cubes and left to soften
- unsweetened **cocoa powder**, to dust



Method

1. Chop the chocolate roughly into small pieces and place in a bowl.
2. Boil the cream. Pour the cream very slowly onto the chocolate. It is a bit like making mayonnaise and you should soon have a perfectly smooth emulsion. Add the butter, bit by bit and beat until it has been incorporated. Pour the mixture into a bowl or tray and leave to cool for about 15 minutes in the fridge. When it has set to the consistency of butter icing, it is ready to be piped or spooned into truffle sized balls.
3. If piping, put mixture into a piping bag, and pipe blobs of mixture about the size of a cherry onto a tray covered with greaseproof paper, or cling film. Alternative shape into small balls and follow same process. Cool for at least two hours, then finish by rolling in cocoa powder, coconut or chopped toasted nuts.

EASTER BISCUITS

Ingredients: 150g white caster sugar ,300g plain flour and extra for dusting,150 slightly salted butter, chopped 1 large egg, 2sp vanilla extract

For the iced option: 500g royal icing sugar, Favourite food colouring gels.

For the jammy middle option: Icing sugar, for dusting. 400g apricot jam, or lemon curd

Method: Weigh the flour and sugar in a bowl. Add the butter and rub together with your fingertips until the mixture resembles wet sand, with no buttery lumps. Beat the egg with the vanilla, then add to the bowl. Mix briefly with a cutlery knife to combine, then use your hands to knead the

dough together – try not to overwork the dough, or the biscuits will be tough. Shape into a disc, then wrap in cling film and chill for at least 15 mins. Heat oven to 180C/160C fan/gas 4. Line two baking sheets with baking parchment.

1. Dust a work surface with flour. Halve the dough, then roll one half out to the thickness of a £1 coin. Use an egg-shaped cookie cutter (ours was 10cm long; you could also make a cardboard template to cut around) to stamp out as many cookies as you can, then transfer them to one of the baking sheets, leaving a little space between the biscuits. Repeat with the other half of the dough. If you want to make jammy biscuits, use a small circular cutter to stamp holes in half of the biscuits (where the yolk would be). If you intend to make both iced and jammy biscuits, only stamp holes in a quarter of the biscuits.
2. Bake for 12-15 mins, until the biscuits are pale gold. Cool on the sheets for 10 mins, then transfer to a wire rack to cool fully. Once cool, decorate to your liking (see next steps). *Will keep in an airtight container for up to five days.*
3. To decorate the biscuits with icing, add enough water to the icing sugar to make a thick icing – it should hold its shape without spreading when piped. Transfer about a third of the icing to a piping bag fitted with a very small round nozzle (or just snip a tiny opening at the tip). Pipe an outline around the biscuits, then draw patterns in the middle – lines, spots and zigzags work well. Leave to dry for 10 mins. Divide the remaining icing between as many colours as you'd like to use, then use the gels to dye them. Loosen each icing with a few drops of water, then transfer them to piping bags. Use the coloured icing to fill the empty spaces on the biscuits. You may need to use a cocktail stick to tease it into the corners. Once covered, leave to dry for a few hours.
4. To make the jammy middle biscuits, dust the biscuits with holes in the middle with a heavy coating of icing sugar. Spread the jam or curd generously over the whole biscuits, then sandwich the dusted biscuits on top of them.



Tie-Dye Easter Eggs: How to do it:

Tie-Dye is back! With just a few simple materials (you probably have most in your kitchen), you can make tie-dye eggs that will make a statement in any Easter Basket. We'll show you how to tie-dye Easter Eggs with paper towels: It's easier than it sounds, and the end result is bright and bold. Some may need help with wrapping the hard-boiled eggs with paper towels and use a mixture of vinegar and food coloring. Hide these colourful creations for a garden Easter Egg hunt, or as pretty Easter décor for an indoors or garden picnic. **Working time 30 mins and Easy to make.** What you need: Rubber Gloves, Clothes Peg, Spray Bottle, Eggs, Paper Towels Food Colouring, Water and White Vinegar.



Step 1: Wrap the Eggs Wrap a **hard-boiled egg** securely inside one paper towel. Once you've wrapped the egg in one sheet of paper towel, use a rubber band or a wood clothespin to secure the extra material at the top. Hold the egg by the clothespin and drop dots of food coloring directly onto the paper towel. We used about 15 dots: You want about half of the white space to show through the dots to achieve the tie-dye look. Wrap and color as many eggs as you like.

Step 2: Spray with Vinegar When your eggs are wrapped and you've applied the food coloring, fill a spray bottle with 1 cup of water and 1 teaspoon of vinegar and shake until the liquids are combined. Spray each paper towel-wrapped egg with the mixture. Once the paper towel is saturated, allow the tie-dye eggs to sit in for one minute while the food coloring soaks in.



Step 3: Remove Paper Towel After allowing the eggs to soak, carefully remove the clothespin and paper towel. You may want to wear protective gloves to remove the eggs, as the dye can stain your fingers. Let the eggs dry completely, then store them in the refrigerator for up to one week until you're ready to display them in your basket. Remember your **Easter egg safety**: Hard-cooked eggs left out of the refrigerator for more than two hours should not be eaten.

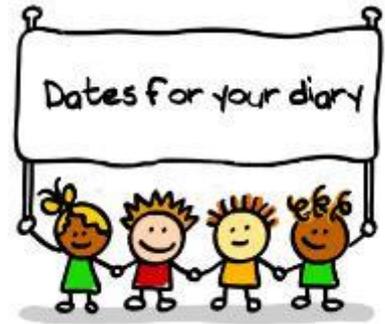


Tiny Garden Pot Plants

Delicate eggshells make precious pots for tiny plants such as hens-and-chicks, shown here. Simply save our empty egg shells after enjoying our scrambled or boiled egg breakfast, add soil, and plant your garden.



Dates for your diary. On Hold at Present subject to change as per NHS and Government Daily Guidance.



- Saturday 25th April Planetarium 11am at Aberdeen college
- Sunday 24th May from 11am: Annual Sponsored Walk at Milton of Crathes (see flyer)
- Friday 12th June to Sunday 14th June Glenmore Activity Weekend (Save the date now and full details will come out later in the year)
- Saturday 11th July Open Day Forvie National Nature Reserve Centre
- Saturday 19th September Bennachie Day Activity



Did you know??



“MY Learning coordinator Barbara Taylor nominated me for The James Hill Award for Lead Scotland Learner of the year award. I was presented with a glass trophy and a certificate at their Annual general meeting in Perth in November 2019.” Well done Fiona! Lead Scotland is a voluntary organisation set up to empower disabled young people, adults and their carers across Scotland to access leaning opportunities. If you are interested in finding out more please contact us on 0131 228 9441.

Social Distancing/ Self Isolation: things that might work for you and your family

The following are useful tips to help:

1. **Establish a daily routine.** Routines provide structure and purpose.
2. **Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.
3. **Think about the regular activities that are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
4. **Set daily goals** to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get round to?
5. **Identify the triggers that make you feel low** and look for ways to reduce or manage them.
6. **Talk with family, friends and neighbours** to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?
7. **Take care of yourself.** Eat and drink healthily with plenty of fruit, vegetables and water. Some outdoor sunshine be it from your garden or a daily walk will help to increase your body's vitamin D. All of this will boost your immune system and energy levels.
8. **Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your "desk."
9. **Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
10. **Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence.

Activities Below is an extensive list of activities and depending on how we feel on the day we might want to give some a try to help maintain a routine or for distraction to reduce anxiety and stress.

Household Tasks/Chores

<ul style="list-style-type: none"> • Clean out pantry. • Wash kitchen cabinets. • Deep clean oven. • Move fridge - vacuum and mop behind it. • Vacuum coils on fridge. • Deep clean fridge inside - wash outside. • Dust and wash any and all mirrors, frames, and decorative items. 	<ul style="list-style-type: none"> • Dust and polish furniture. • Vacuum and shampoo carpets - mop and wax if necessary. • Wash all bedding. • Wash all bed and throw pillows. • Flip Mattress - if using pillow top, rotate mattress. • Purge anything stored under bed you don't want anymore. 	<ul style="list-style-type: none"> • Change batteries in smoke and carbon monoxide detectors. • Sweep front porch and back deck. • Sweep Path • Store all winter items, clothes, and decorations. • Disinfect all computer keyboards and mouse
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Self Care Tasks

<ul style="list-style-type: none"> • Do a crossword or sudoku • Try out aromatherapy or reflexology • Watch television or a DVD • Play on the computer • Surf the internet • Watch the clouds whilst lying outside • Soak your feet • newspaper or magazine • Have an early night • Eat a meal you enjoy • Sleep in • Paint your nails • Use a face mask • Watch a movie 	<ul style="list-style-type: none"> • Listen to some favourite (calming or uplifting) music • Try a new newspaper or magazine • Have a bath or shower • Massage your hands or feet • Write a list of things you have achieved, great and small • Meditate, relax, yoga, tai chi, reiki • Cuddle a soft toy • Write a letter to yourself • Read a letter you've written to yourself to read at later date 	<ul style="list-style-type: none"> • Watch the sunset (or sunrise) • Wear something that makes you feel good • Create a new recipe for dinner • Sing to some of your favourite songs at the top of your voice • Find something that makes you laugh • Make yourself a hot drink • Watch Music videos on youtue • Google Jokes • Play a board game or cards • Create a vision boar
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Hobbies and Crafts	
<ul style="list-style-type: none"> • Paint • Draw • Colour in an adult colour book • Make a sculpture with clay • Knit a scarf, jumper etc • Crochet • Make wrapping paper • Take up a new hobby • Learn another language • Write a letter or article for a magazine • Learn to meditate, do yoga or tai chi • Start a diary or journal • Write a short story or poem • Grow vegetables indoors • Try Quilting • Jewellery making • Card making • Model building • Build something out of LEGO 	<ul style="list-style-type: none"> • Take up a musical instrument • Decorate a room, or a piece of furniture • Paint, draw, sculpt • Surf the internet • Create a weblog or site • Sew or knit • Bake • Take photographs • Make a scrapbook • Sort out your photos • Try Origami • Bird watching from your window • Learn a new skill • Discover new music • Learn to dance – Youtube videos • Write a new song • Visit a museum online – • Learn calligraphy • Try juggling • Watch a documentary
Physical Activities	
<ul style="list-style-type: none"> • Exercise DVD • Star jumps • Yoga (youtube video) • Pilates (youtube video) • Exercise tutorials (youtube) • Go up and down stairs • Chair exercises 	<ul style="list-style-type: none"> • Try lifting light weights or tins • Tai Chi • NHS 10 minute workbook – (https://www.nhs.uk/live-well/exercise/10-minute-workouts/)
Connecting with Others	
<ul style="list-style-type: none"> • Keep in regular contact with friends and family • Telephone someone you haven't spoken to for a while • Write a letter to someone you haven't spoken to for a while • Talk to a friend or family member • Phone the Samaritans or another helpline • Join an online support group or discussion forum • Email a friend • Facetime or video chat with friend of family member 	

Rosemary and Rachel have shared some very beneficial tips as to how they are both working in partnership around finding the positives in what's a testing time for all of us. With some support from mum Rachel is planning a structured timetable on a daily basis and is starting her day with relaxation, using her CD from one of the Shared Lives Activity



Weekends at Glenmore. "Relaxation with Jude". Rachel is absolutely loving it! This is enabling Rachel to start each day with some enthusiasm. Outdoor walks, in the fresh air are being enjoyed. Rachel loves baking and neighbours are happy delivering the eggs which enables Rachel to participate in her baking activity then the end product of yummy cakes can be shared with everyone! Helping and being kind to each other is precious and something for us all to cherish!

Sue shared, she is looking forward to planting her tomatoes and onion's after which she will wait in anticipation observing them grow. Sue loves having some quiet time in her garden just listening to the birds in the sky, watching the bird box she made at Glenesk with anticipation waiting for the Blue Tits to return for their nesting.



Pauline shared, she loves cooking and baking and finds this a good activity to participate in with her family. I'm sure like me (Wendy) lots of you have tasted both Pauline's cooking and baking during our Shared Lives Social Events! We asked Wendy to describe this experience using one word only..... "Scrumptious!"



Wendy shared, she is really encouraged by Rachel's daily relaxation session and feels this is something we all may benefit from. Wendy also feels that any form of exercise is something that always makes her feel better and is so glad this is something that can be done anywhere. Even if it's just playing some favourite music and dancing in the home.



Supermarkets and Retail stores are supporting the Sunflower Lanyard scheme and Let's Get Ready For When We're Back Out and About During the Future Months:

If you have a disability that may not be immediately obvious but would

appreciate support from staff in UK

airports, certain railways, shops,

hospitals and other public venues, then

you may be interested to know there is

a lanyard you can wear to signal this.



The lanyard, which is entirely voluntary for people with hidden disabilities and their families, acts as a discreet sign for staff that additional support or help may be required.

The hidden disabilities lanyard is also called the “sunflower lanyard” because of its appearance – a strip of green with a pattern of yellow sunflowers. Once you get one, it is yours to keep and use for future travels, visits and outings where the scheme is recognised.

Supermarkets and retail stores

Several supermarkets and retailers started trialling the lanyard in 2018. In September 2019, M&S become the first UK retailer to introduce sunflower lanyards into all of its stores. They were followed by Sainsbury's and Argos, who announced the nationwide rollout of sunflower lanyards in all their stores in October. In December 2019, Tesco also announced that they would begin providing sunflower lanyards at all of its stores.

Airports

In 2016, Gatwick launched the first-of-its-kind lanyard for passengers with hidden disabilities who may require additional support when travelling through the airport.

For instance, by wearing the lanyard at Gatwick or other major UK airports, you could receive support with:

- getting more time to prepare at check-in and security
- getting a more comprehensive briefing on what to expect as you travel through the airport
- staff assisting with reading a departure board or sign.

In January 2020, after working closely with RNIB to train their staff, P&O Ferries announced the launch of the lanyard scheme across its North Sea routes. Some Railway networks are also introducing the scheme.

How to get a lanyard:

- **Supermarkets and retail stores:** Request the lanyard at the customer service desk of larger stores or shopping centres, or at the checkout at smaller stores.
- **Airports:** If you're due to fly from a major UK airport, you should be able to ask for a lanyard from an airport assistance desk, or order it in advance, depending on your chosen airport. Find out more about the best way of getting the lanyard by contacting the airport before you travel.
- **Railways and ferries:** Contact customer services before you travel or ask at station booking offices or check-in desks.
- Alternatively, you can purchase the lanyard from the **Hidden Disabilities Store**

This initiative is being supported by RNIB and other charities including Alzheimer's Society, The National Autistic Society and Action on Hearing Loss.

Spring Word Search



BIRD
BUD
EGG
FLOWER

LAMB
NET
RAIN
SPRING



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!

Sue Mahony:

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Wendy Watson

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Wendy.Watson2@aberdeenshire.gov.uk

Please refer to websites noted Below for up to date

NHS/Government Guidelines (Coronavirus) as they may change daily. <https://www.nhs.uk/conditions/coronavirus-covid-19>

- [GOV.UK: coronavirus action plan](#)
- [GOV.UK: information on coronavirus and the situation in the UK](#)

Website: www.aberdeenshire.gov.uk/sharedlives

