

Living Better

June 2020



Welcome, everyone,

to our Living Better with LGOWIT newsletter.

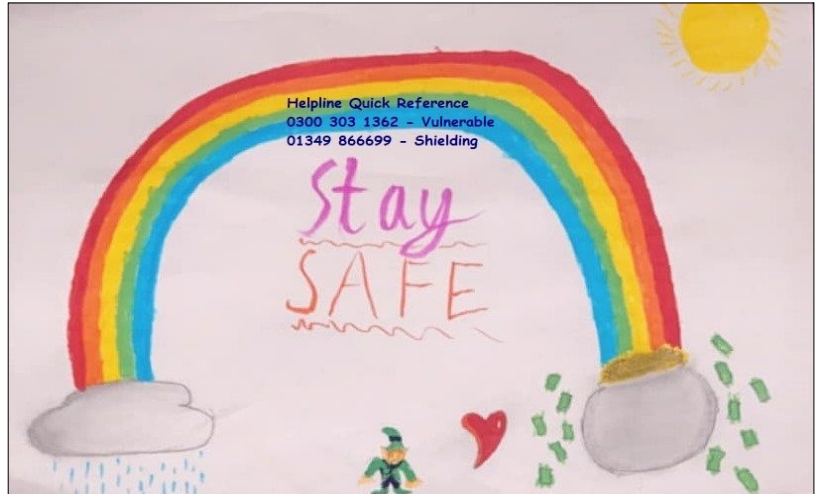
In 2015 if we had been asked what will you be doing in five years none of us would have got it right, or predicted the situation we find ourselves in now. We know ourselves that staying at home brings challenges and it has taken awhile to get settled in to it. I know we all still have days where we are anxious, missing loved ones and have very mixed sleep patterns.

The LGOWIT Team are all working from home, busy contacting everyone and supporting where we can. However, we know not everyone is online so we wanted to reach out to you all by mail, and right now it is nice to get mail from the postie, isn't it?

We are all missing the groups and seeing everyone - at our weekly virtual team lunch we share stories of all the baking, crafts etc you've all been doing.

Just remember we are all here for you so if there is anything we can do, please reach out. In the meantime have fun reading the newsletter and trying out some of the many activities on offer. Above all, stay safe.

Joanne & all the LGOWIT Team



What's New?

Online Help

We are working with a voluntary organisation called **AbilityNet** to help those of you who are not currently online to get connected (if you so wish) and help those of you who are to become better connected. Free one-to-one advice sessions can be set up to provide help with a variety of tasks, including how to set up a video call to talk to family and friends, how to do online shopping and use other online services. Phone 0800 048 7642 or email enquiries@abilitynet.org.uk to arrange your free phone appointment with one of their friendly volunteers.

Members' Zone

For those who don't wish to join our Closed Facebook Group we are currently setting up a Members' Zone on our website - www.lgowit.org.uk. This will provide an opportunity for everyone to post news or information (via Mary - contact details below). Look out for the Zone being up and running by early June.

How to Contact Us?

LGOWIT is a charitable project hosted by the Highland Third Sector Interface - SC 0043521.

Tel: (01349) 807061

Email: lgowitadmin@highlandtsi.org.uk



Baking Bowl

As we all seem to have more time on our hands at the moment many of us are rediscovering the 'lost' art of baking. So here's some tasty treats for you to try from some of our talented LGOWIT family - yum, yum!

Kathleen's Chewy Fruit Cake

6oz butter
8oz brown sugar
8oz mixed dried fruit
1tsp. baking powder
1 egg

pinch of salt
2oz porridge oats
6oz wholemeal flour
2oz chopped nuts

Preheat oven to 180C . Melt butter and sugar in saucepan and add rest of ingredients and mix well
Pour into prepared 2lb loaf tin or 7in square tin
Bake for 40 mins.

Roy's Soda Bread

250g plain flour
1tsp bicarbonate of soda
About 450ml buttermilk

250g multi grain flour
10g salt

Preheat oven to 200C (180C Fan) / Gas 6. In a large bowl mix flours with bicarbonate of soda and salt. Start slowly adding the buttermilk, working it in with your fingertips and adding just enough to form a light dough. Roll the dough into a ball and dust with a little more multigrain flour, then place on a flour-dusted baking tray. Bake for 30 mins. or until sounds hollow when you tap the base of the loaf.

Kirsteen's Profiteroles

140g plain flour
100g butter, chopped

284ml double cream
1tbsp caster sugar

300ml cold water
3 100g bars milk chocolate

1tsp vanilla essence
4 eggs

Turn the oven to fan 180C/conventional 200C/ Gas 6. Sift the flour onto a sheet of greaseproof paper. Put the chopped butter in a pan with the 300ml water. Bring to the boil then tip in the flour. The greaseproof helps make sure it all goes in. Stirring with a wooden spoon as you do so. Remove from the heat and beat vigorously until the mixture forms a soft ball of dough that doesn't stick to the sides of the pan. Let the dough cool in the pan for 5 minutes. In a bowl, lightly beat the eggs with a fork, then beat them into the dough a little at a time, beat well after each addition with a wooden spoon or electric whisk until you have a smooth, glossy paste. Spoon 1 dessertspoonful of the mixture into cupcake moulds, bake for 25 minutes. Remove from the oven, using a sharp knife slit the bottom of each profiterole to let the steam out. Return to oven for 5 minutes to let the insides dry out, they should be pale golden brown and very crisp. Transfer to cooling racks. Tip the cream into a bowl, add the vanilla essence and sugar, whip with an electric whisk until it holds shape. Use a teaspoon to fill the profiteroles with cream. Melt the chocolate, drizzle over the top and leave to set. Enjoy!

Anne's Macaroons

200g desiccated coconut
1tsp vanilla extract
100g milk chocolate

200ml condensed milk
1 large egg white

Pre heat oven to 170C (150C Fan) and line two baking trays with non-stick paper
Mix coconut, milk and vanilla in large bowl
Whisk the egg white to stiff peaks and fold into the mixture using a metal spoon
Spoon 12 heaped tbsps. onto baking sheet, leaving plenty space between each one
Bake for 20mins until lightly golden, then cool for 5 mins
Melt the chocolate, dip each macaroon base into it and leave to set.



Guess Who ?

At one of our recent virtual lunch meetings the LGOWIT staff were asked to appear in disguise. So the question is (for a bit of fun), can you identify who's who and/or can you say who each is meant to be?

Answers in next newsletter.



Caption Competition

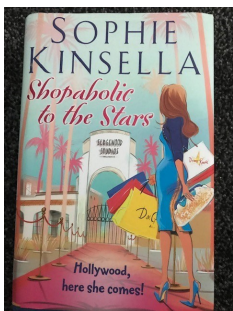


What do you think the meerkats are saying to each other?

Recommended Read

(by Community Networker, Kirsteen)

My favourite author is Sophie Kinsella. I particularly enjoy her Shopaholic collection of books with main character Rebecca (Becky) Brandon, nee Bloomwood. Becky makes me chuckle through most of the books, she is a likable character who gets herself into a pickle quite often by shopping! They are easy reads which once you start you can't put the book down until you are finished!



The collection consists of nine books. In *The Secret Dreamworld of a Shopaholic*, where we meet Becky for the first time, she is working as a journalist telling people how to manage their money, when in fact she is up to her eyes in debt from her shopping! She falls in love in the end with Luke who helps her sort out her finances along with best friend, Suze.

Shopaholic Abroad, Becky moves to New York with Luke, her finances are much better but all the temptation of the NYC shops ... ! *Shopaholic & Sister*, Becky discovers that she has a long lost sister called Jess, she is really excited to bond and shop with Jess but Jess hates shopping and she is a skinflint. *Shopaholic & Baby*, Becky is pregnant, a good excuse for shopping for baby things. Baby Minnie is born. *Mini Shopaholic*, Minnie is quickly learning Mummy's shopping habits, much to Luke's horror! *Shopaholic to the Stars*, Becky & family move to LA with Luke's work with Becky aiming to shop for the stars. *The Secret Dreamworld of a Shopaholic* became *Confessions of a Shopaholic* and was made into a film in 2009, Becky is played by Isla Fisher. All the books are hilarious - you'll laugh and gasp at every page!

GARDENING

ROWBAG



Spring has well and truly sprung now and it's time to get busy in the garden - if you are fortunate enough to have one. If not, it's amazing what you can grow on a windowsill or small patio.

Hopefully it won't be too long before our Gardening Group is able to visit some local horticultural delights again (such as Allangrange, pictured last year) .

In the meantime here's a few handy hints from Community Networkers, Roy and Anne - the Percy Thrower and Carol Klein of LGOWIT!

Sweet Tomatoes

Tomatoes are much easier to grow than you would think. Of course, they come in all shapes and sizes, but my personal favourites are the cherry tomatoes and, in particular, a variety called **Sungold**, which produces the sweetest tomatoes I have ever tasted – why not give them a try?

Salad Crops

There is nothing better than the fresh taste of lettuce leaves and other salad crops, such as chives, radishes or beetroots harvested straight from the pot or window box. There is a such a variety of lettuce now on offer, but make sure if you are sowing seeds that you only sow a small amount every few weeks – that way you will get fresh crops to pick right through to late autumn.

Dahlia Cuttings

If you happen to overwinter your dahlia cuttings in trays they should all be sprouting nice, fresh green shoots. Now is the time to increase your stock by taking some cuttings. Just grab a sharp knife and carefully slice the base of a green shoot from the tuber root (making sure you take a small piece of the tuber with it). Then simply pot up your cuttings round the edge of a pot filled with compost, water them well and wait for them to produce roots.

Free Plants from Seeds

Take a couple of seeds from a tomato or a strawberry—perhaps use a corn-on-the-cob fork to do this - pop them into soil and new plants should grow. You can also take sunflower seeds out of birdseed mix, plant them and you should get lovely sunflowers

Why not send us some photos of your gardening successes for the next newsletter? In the meantime, happy gardening!

Tattie Tip

If you have potatoes planted in tubs, why not save soil by supporting the shaws as they grow with straw instead.



Crafty Corner



Hanging Ornaments

Why not have a go at making these beautiful hanging ornaments. Thanks to Lorraine for showing us how to do it.

Other ideas welcome for next newsletter.

You will need

fabric or felt
scissors and/ or pinking shears
a pen or pencil to mark the fabric
template or shape to cut round

thread or embroidery floss
a needle, a pin and some ribbon
some stuffing or fabric scraps
beads, buttons or embellishments

How to make your hanging ornament

Print or draw around your shape, then cut it out.

Cut out 2 pieces of fabric into your shape.

Fold the ribbon, creating a loop so it will hang.

Sandwich it in between the shapes and pin into place.

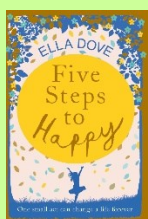
Sew around the shape with small stitches, remembering to leave a gap for stuffing. Your stitches don't have to be neat, but make sure the needle goes through both pieces of fabric.

Fill the shape with stuffing (you can use fabric scraps if you don't have stuffing, just chop into little pieces and stuff it gently, but try not to overstuff).

Finish by stitching the hole. if there is gaps between pieces of fabric, just stitch around the edges again. You can add beads, sequins, buttons or other embellishments to finish off your shape - either glue or sew on. These make lovely gifts for friends - or keep it for yourself!

Recommended Read

Community Networker, Kate, recently enjoyed this feel-good read reminding us there's light at end of tunnel.



Journalist Ella Dove became an amputee in 2016 after a running accident. This experience inspired her first novel, Five Steps to Happy. When struggling actress Heidi has a life-changing accident in her early thirties she ends up in an amputee rehabilitation unit, unable to walk and fearful about the new world she's been thrust into. But gradually, thanks to a fellow patient and her grandson, Heidi realises that her life isn't over – it's just different. She hits on the idea of making a list of five things she's determined to do, including summoning up the confidence to tackle public transport, especially escalators, wearing skinny jeans again and learning to dance.

Down Tools Day

Recently the LGOWIT Team were given a day off as a reward for all their hard work of late. Each member of the team had to reveal in advance what they would get up to.



Kirsteen made some yummy chutney.

Mary made some lovely pot



pourri from her Auntie Jill's birthday flowers



Sodi tried out some tree meditation therapy!

As for the rest, Joanne and Kate both enjoyed a homespun spa, Alan created a greenhouse space within a redundant car (yes, it's true!), Anne baked soda bread and Roy created a raised vegetable bed out of old pallets - aren't we an enterprising lot!

Fun Fitness

In these days of lockdown it is more important than ever that we all try to do as much gentle exercise as we can. Why not try start off with some stretching and see how you get on.

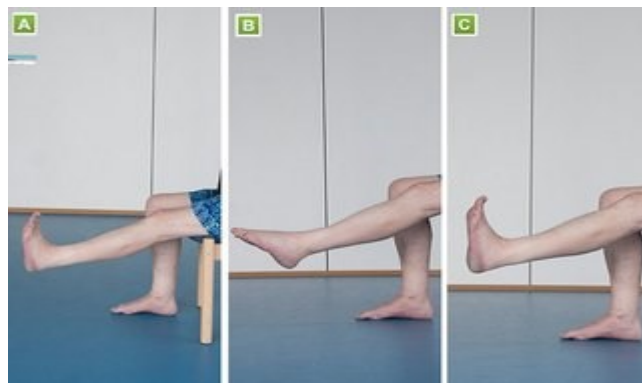
Chest Stretch



This stretch is good for posture.

Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side. Gently pull your chest forward and up until you feel a stretch across your chest. Hold for 5 to 10 seconds and repeat 5 times.

Ankle Stretch



This stretch will improve ankle flexibility and lower the risk of developing a blood clot.

Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor. With your leg straight and raised, point your toes away from you. Point your toes back towards you.

Try 2 sets of 5 stretches with each foot.

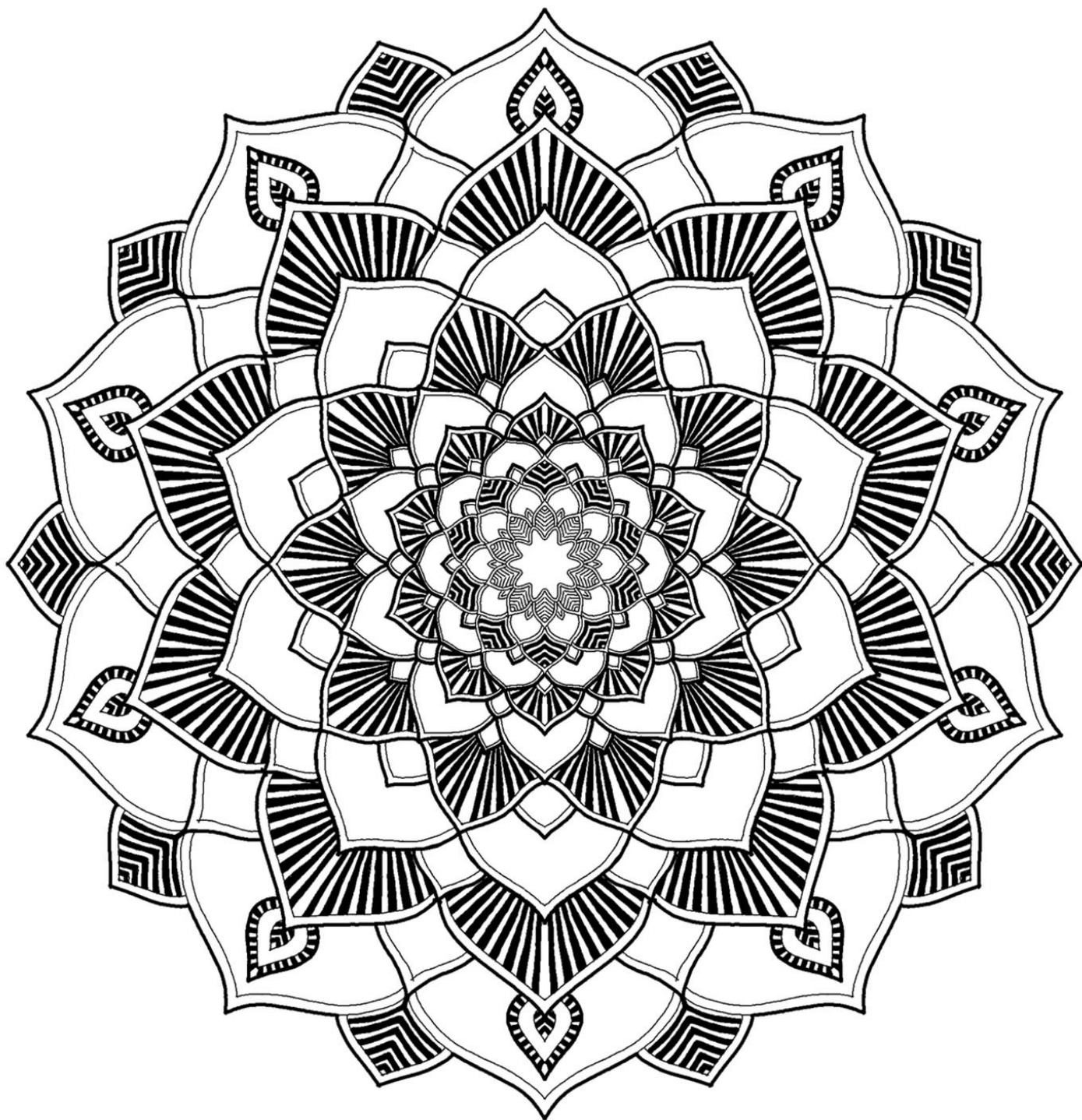
(Another) Recommended Read

One of our LGOWIT Volunteer Ambassadors, Steve Shaw, has recently written his first Sci Fi book along with eight other writers - and managed to get it published!

The title of the book is Nine Streams of Consciousness and you can buy it on Amazon. Apparently 6 great reviews thusfar - well done, Steve!

Colouring Picture

How about spending a nice, relaxing afternoon creating a lovely picture - more colourful the better!



Kate's Lockdown Quiz



1. Which is the only US state which can be typed on the middle row of a QWERTY keyboard?
2. What do the films Three Amigos, Mars Attacks and Moulin Rouge have in common?
3. What did millionaire, Sir Cecil Chubb, give to the nation on 26 October, 1918?
4. In which Olympic sport are beards not allowed?
5. Name the first American film to show a toilet being flushed on screen
6. What is reputed to be the first novel ever written on a typewriter?
7. In which sport were 38mm balls replaced by 40mm balls in 2000 to slow down the game?
8. Which of the world's capital cities comes last alphabetically?
9. What do the disposable nappy, windscreen wipers, dishwashers and Kevlar have in common?
10. What does the Internet acronym SMH stand for?

Staying Positive

Here's a couple of little tips to help us stay positive in this challenging time of lockdown and social isolation.

Sieve or sponge?

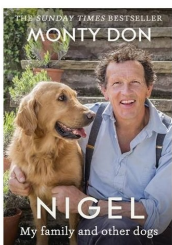
How we think impacts on how we feel and how we behave. We tend to focus on things that fit with how we are feeling. It is like having a sieve and sponge in our mind. For example, when we are depressed we soak up and hold everything that tells us we are in danger in our mind sponge and all the reassuring evidence escapes through our mind sieve.

So ask yourself: What am I sieving? What am I sponging? Then take action to start to turn things around.

Do the opposite

Our emotions often cause us to respond physically and impulsively in any given situation. For example, sadness makes us withdraw from others, so we might stay at home, avoid family or friends or stay in bed.

Impulsive actions often have negative consequences and the feelings return. In order to make a positive difference we need to do things differently ie do the opposite action. It may feel that we are going against our instincts but it will make a real difference and help us to break the vicious cycle – the more we practice, the easier it becomes.



(Final) Recommended Read

Many of you will be familiar with Monty Don, of TV's Gardener's World fame. This book tells the story of Nigel and his other dogs, who have often appeared on the programme. Good choice, Audrey!