

## HAPPY EASTER everyone!

What do all the eggs want to do when the egg hunt starts? SCRAMBLE!!

The Living Well Team is extremely eggs-cited for easter this year! (either that or we've got a lot of time on our hands!!)

So far, this year is flying by and we hope that as Easter is close that you take it as an opportunity to think of better times to come and new beginnings for us all.

On the back is our Virtual Wellbeing Timetable, these are all our available virtual open access groups that you are welcome to attend. You may notice that there are some gaps in the timetable, if you have any ideas of groups or sessions that you would like to see, then please let us know too!

If you are interested in any of these groups or simply would like some more information, then please contact the Living Well / Wellbeing Team. Or call us on 01474 320007.

That's all yolks!  
Have an eggs-tra special Easter!



A selection of  
'Best Bits' from  
our Living Well  
with Zoom –  
Easter Special!



**'LOST' a poem kindly sent into us from Judith Crane, a future Shakespeare!!**

**LOST**

I've hunted in my bedroom:  
I've turned out every drawer:  
I've searched in all the cupboards  
But it's not there anymore!

Did it slip between the pages  
Of the book that I've just read?  
Is it underneath my wardrobe?  
Is it underneath my bed?

Did it vanish down the plughole  
When I cleaned my teeth last night?  
I'm sure I would have noticed  
Before it disappeared from sight!

I've rummaged in the garage,  
Looked inside the freezer too.  
I've searched behind -and up -and down  
But I'm left without a clue!

Today it's cold and rainy  
I am bored and feel so sad  
Because I just *can't find....*

.....

*My password  
To open my iPad!!*

**If you join us on Zoom, you may be aware that over the last 7 weeks we have had an OT student with us! She has very kindly written us an article all about herself.**

Hello, some of you may be wondering who I am. Well, let me introduce myself. My name is Becky Omoregie, I am a student occupational therapist on placement at the Ellenor hospice. I am 21 years old and I am Nigerian; I am in my first year of university. It has been a unique experience, because of the corona virus. I have not had the chance to have to full university experience, but I am grateful that I am well and alive.

Apart from going to the university, I am also a singer. I absolutely love singing, it takes any anger or pain away. I find it soothing to the body. I also enjoy dancing, but I am not a great dancer, but the most important thing is that it makes me happy and free. Whenever I dance it feels like I am releasing all the negative and bad vibes to the air, shaking it away so I can feel free and happy.

Well, enough about boring old me!! I know you might be wondering why I decided to choose Occupational therapy (OT) as a course. Well, I have always known that I could never see myself choosing courses such as: nursing, midwifery or being a doctor as I don't like seeing bloods or wounds. It scares me. So, I thought about something that would reflect me as an individual. Occupational therapy is a unique course that not a lot of people get into for unforeseeable reasons. I have always wanted to stand out from the crowd and do something different but also something that I would enjoy doing and OT was the course. I must say that at first, I was afraid that I may not have gotten into the course because I remember a friend telling me that it was hard to get into. But I didn't let that stop me, I was determined to get into the course, and I did and so far, I have no regrets.

Working at the hospice has given me the assurance I needed to prove that I have chosen the right course. I have met a lot of amazing people/patients with good morals. I have visited patients that have taught me that no matter what being selfless is a gift to others. They have taught me that no matter what illness or pain you are going through, be kind, be happy and live like you have never lived before. I find it intriguing how the hospice bring hope into patients and the families lives. I am blessed to have had my first placement at Ellenor because the gift of giving and being kind will always be remembered throughout my practice as an occupational therapist. My only disappointment is not having the opportunities to see more beautiful people due to this pandemic but overall, I am glad to have been given this opportunity to introduce myself and tell you more about myself.

Thank you.



From all of us at Living Well, we wish you good luck for the future!!

**Jam Donut Loaf kindly sent in by Leah Poppy Supporter Engagement Officer, our secret expert baker!!**

100g unsalted butter  
100ml whole milk  
1 tsp vanilla extract  
350g strong white bread flour  
50g caster sugar  
7g instant dried yeast  
½ tsp salt  
1 egg  
200g of your chosen Jam  
70g pistachios (optional)  
Icing Sugar



1. Grease and line a 90g loaf tin. Gently heat the milk and butter in a small pan until the butter has melted. Stir in the Vanilla, take off the heat and allow to cool slightly.
2. In a large bowl with a dough hook mix the flour, yeast, caster sugar and salt. Add the milk and butter mixture with the egg and form the dough.
3. Knead for 10-15 minutes by hand until the dough is smooth, slightly sticky and elastic. Cover the bowl with clingfilm and leave to rise at room temperature for 45 minutes to an hour until it has grown.
4. Flour your work surface and roll the dough to a rectangle roughly 45cm x 30cm. spread the conserve all over it. Scatter of the pistachios (optional) reserving some for the topping/ roll the dough up tightly from the longer side to form a sausage shape. Wrap the dough in a greaseproof paper and leave in the fridge for 30 minutes.
5. Cut in half lengthways and turn each piece so the filling is facing upwards. Tightly pinch them together at one end then twist like a braid. Lay the dough in the tin, (don't worry if it ends up being too long, you can just push the ends into the tin). Cover loosely with clingfilm and leave in a warm place to rise for 30 minutes.
6. Put the loaf in the preheated oven at 180 degrees and bake for 35-40 minutes, covering loosely with foil for the last 15 minutes until risen and golden.
7. now remove from over, set on the side to cool for 15 minutes and then top with pistachios (optional) and the icing sugar (also optional). Cut and serve!



**Please send us in pictures of your very own try at making this delicious Jam donut loaf!!**



**Quiz brains at the ready! Try this Easter quiz and see how many you get right, no eggs-cuses!!**



1. On average, how many Easter eggs do children receive each year?
  - a- 8
  - b- 12
  - c- 4
  - d- 1
  
2. Why are there 11 balls of marzipan on a traditional simnel cake?
  - a- They represent the baker's dozen
  - b- They represent Jesus and the apostles (minus Judas)
  - c- Good Friday originally fell on the 11<sup>th</sup> March
  - d- Easter lunches were originally for 10 people and the 11<sup>th</sup> slice is a holy offering
  
3. Which of these ingredients is not traditionally in hot cross buns?
  - a- Ginger
  - b- Saffron
  - c- Coriander
  - d- Nutmeg
  
4. The Easter Bunny was originally depicted as a hare, but from which European country does he originate?
  - a- Germany
  - b- Denmark
  - c- Italy
  - d- Wales
  
5. How long does it take for an egg to fully form before it is laid?
  - a- 3 hours
  - b- 12 hours
  - c- 26 hours
  - d- A week and a half

**Quiz brains at the ready! Try this Easter quiz and see how many you get right, no eggs-cuses!! \*CONTINUED\***

6. The world's largest chocolate Easter egg was created by an Italian chocolatier. It was 10.39 metres tall. How much did it weigh?
  - a- Around the weight of a giraffe
  - b- Around the same weight as a car
  - c- Around the weight of a large African elephant
  - d- Around the weight of a double decker bus
  
7. Some countries have a different animal delivering eggs instead of the Easter bunny. What bird delivers eggs in Switzerland?
  - a- Penguin
  - b- Ostrich
  - c- Cuckoo
  - d- Puffin
  
8. What part of the cocoa plant is chocolate made from?
  - a- Beans
  - b- Leaves
  - c- Berries
  - d- Flowers
  
9. Why do Easter eggs have a crocodile or fish scale design on them?
  - a. To represent the fish eaten on Good Friday
  - b. To cover up any imperfections in the chocolate
  - c. Just to look pretty
  - d. The design is inspired by a valuable Fabergé egg
  
10. Eggs have been a symbol of life for centuries. The gift of giving eggs as gifts dates to which civilisation?
  - a. Romans
  - b. Egyptians
  - c. Persians
  - d. All the above

**This time in history...**

12<sup>th</sup> April 1606 –

The union flag becomes the official flag of Britain.

14<sup>th</sup> April 1983 –

The first cordless telephone went on sale in Britain.

17<sup>th</sup> April 1969 –

The age at which a person is eligible to vote in Britain was lowered from 21 to 18.

30<sup>th</sup> April 1952 –

The diary of Anne Frank is published.

We would also like to wish a very happy birthday to...

- Christine W
- Patricia S
- Catherine C
- Michael C
- Lorraine R
- John H

And a future happy birthday in May, to...

- Michael O'B
- Kenneth T
- Roy E
- George M



**Beautiful paintings and hand made items created and shared by Elaine Dove, future Van Gogh!!**



“Lockdown and shielding gave me an excuse to play with paint. I followed online tutorials or followed instructions from magazines and shared themes with my sisters and painting group. I can see an improvement as I no longer have to rush them”

Elaine Dove





**Stroke Association South Zone Spring Programme –**

**\*\*open to all patients regardless of diagnosis\*\***



**April Groups**

Friday 2<sup>nd</sup> April 2pm –  
Sussex Virtual Choir  
(first Friday of the  
month)

Singing well known  
songs

**Meeting ID: 928 420  
0456**

**Passcode: stroke**

Wednesday 7<sup>th</sup> April 2pm –  
Photography

Phil Morley (professional  
photographer) sharing  
techniques and tips that you  
can use to take the perfect  
shot!

**Meeting ID: 982 7273 8191**

**Passcode: 425991**

Wednesday 21<sup>st</sup> April  
2pm –

Music Medley  
This session is focusing  
on drawing. Isobel will  
share thoughts on how  
art, music and nature can  
all boost your wellbeing.

**Meeting ID: 982 7273  
8191**

**Passcode: 425991**

28<sup>th</sup> April 2pm –

Cooking demonstration.

Cook with Chris, join for a cooking demonstration and to learn adapted methods  
of cooking.

**Meeting ID: 982 7273 8191**

**Passcode: 425991**

**May Groups**

Wednesday 5<sup>th</sup> May 2pm –

Seated Yoga  
Join for relaxed seated yoga  
session led by Abi Mills

**Meeting ID: 982 7273 8191**

**Passcode: 425991**

Friday 2<sup>nd</sup> May 2pm –

Sussex Virtual Choir (first Friday  
of the month)  
Singing well known songs

**Meeting ID: 928 420 0456**

**Passcode: stroke**

Wednesday 12<sup>th</sup> May 2pm –

Germany Occupancy in Guernsey Talk

The lead up to the invasion, life for local people during the occupation  
and the eventual liberation.

**Meeting ID: 982 7273 8191**

**Passcode: 425991**

**Georgie Lestini, Head of Marketing, and communications here at the Hospice, has kindly sent us in an article about someone in her team - Anna Kosik, Design and Market assistant!**

### Meet Anna Kosik.

Anna moved to the UK from Poland six years ago and this month celebrates her sixth-year anniversary living in the UK.

Anna Kosik works in Marketing and is **ellenor's** in house designer responsible for creating design and communication material for the entire organisation.

Anna is also responsible for creating a standardisation in **ellenor's** visibility in terms of look and feel of all our communication material. What does this mean? This means that wherever **ellenor** appears people recognise who we are, we have a signature orange colour and a very strong logo. Anna is also our 'Brand Guardian', working across the organisation. Anna produces our design, photography and video content and is extremely creative.

In her free time, Anna loves to continue with her creativity and one of her past times is painting. Anna paints in watercolour, acrylics, and digital.

What does digital mean? Digital art is drawn by hand on a computer using a graphic tablet with a stylus that imitates the work of a traditional pen. Digital programs have a variety of tools and options to achieve different effects and textures when painting digitally.



**Anna also likes to bake and has included a Polish Carpathian cake.**  
**A delicious cream-filled Polish cake. Its name comes from Polish**  
**Karpaty mountains because the uneven pastry resembles the**  
**mountain peaks.**



**Serves: 15**

**Method**

Preparation time: 40min

Cooking time: 1hr

**Pastry:**

1. Combine water and margarine in a saucepan, bring to the boil. Once at the boil, add flour and mix well, till the mixture pulls away from the sides of the pan. Set aside to cool.
2. Stir in 5 eggs and baking powder and mix well. Divide the mixture in half.
3. Preheat the oven to 250 C / Gas 9. Take half of the mixture and cover the bottom of a greased 23x33cm tin.
4. Bake for 30 minutes until golden brown and parts have puffed up. Remove from the oven and bake the other half the same way. Let cool.

**Filling:**

5. In a saucepan, combine milk and sugar, and bring to the boil. Stir in custard powder, milk, and flour, mix well, and cook for few minutes. Allow to cool.
6. Cream butter, gradually add the cooled mixture, mix until well combined.
7. Spread filling over one sheet of pastry and cover with the other sheet. Sprinkle with icing sugar and chill.

**Pastry**

- 225ml water
- 110g margarine
- 250g plain flour
- 5 eggs
- 1 tbsp baking powder

**Filling**

- 235ml milk
- 220g caster sugar
- 2 tbsp custard powder
- 125ml milk
- ½ tbsp plain flour
- 2 tbsp icing sugar
- 220g butter

We hope you enjoyed the April 2021 edition of our Living Well Newsletter. If you have anything at all that you would be willing to share with us to go in future editions, we would be beyond grateful! All we would need is a few words about what you've done or send us the song, poem, recipe, etc. And a photo with your name if you would be comfortable with that!

We will gratefully receive any contributions to future editions. Until Living Well can reopen, we are here to support you and your families.

We would be very pleased to see you on Zoom and for details of the link, please contact the Living Well / Wellbeing Department for further information. For more information about Zoom, please see [www.zoom.us](http://www.zoom.us)

Ellenor website: <https://ellenor.org/>

Twitter: <https://twitter.com/ellenorcharity>

Facebook: <https://facebook.com/ellenorcharity>



## 'Virtual' Wellbeing Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Chaplain's inspirational messages! (daily) <a href="https://www.facebook.com/ellenorcharity">https://www.facebook.com/ellenorcharity</a>	Living Well Zoom Call 10.00am - 11am	Living Well Zoom Call 10.00am - 12.00noon		
Mindfulness and relaxation Group 11am - 12noon		Music Therapy Session 11am - 11.45pm	Live Seated Exercise Session <a href="https://www.facebook.com/ellenorcharity">https://www.facebook.com/ellenorcharity</a> 11am - 12noon	
		Therapies for the Senses 3pm - 4.30pm	Arts and Craft Session 2pm - 2.40pm	

To be sent an invitation to these groups, please call our Wellbeing or Living Well Team on 01474 320007.