

The Living Well team would like to express our deepest thanks for bearing with us and handling all the changes, lockdowns and shielding that 2020 has thrown at you all. Your resilience and determination to carry on is inspirational and has shown us all how truly amazing you all are!

Hopefully 2021 is a happier and healthier year for us all; we can't wait to see you all and invite you back for a party!

From all of us here, have a very merry Christmas and a safe New Year!



JANUARY

8th Jan – Prince Harry and Meghan step down as royals
16th Jan – Impeachment trial of Donald Trump
31st Jan – Australian bushfires

3rd Feb – Cruise ship Diamond Princess quarantined in Yokohama Port, Japan
12th Feb – ellenor Living Well Bowls Club launches

FEBRUARY

16th Mar – Lockdown begins
26th Mar – NHS clap begins
31st Mar – ellenor Seated Exercise Group launches virtually

1st Apr – Contactless payment increases from £30 to £45
5th Apr – ellenor's Ben Cooper (Chaplain) starts weekly Inspirational and Motivational messages

MARCH

APRIL

28th Apr – Pentagon releases UFO videos for the record

MAY

**** Heatwave that lasted from May through to June! ****
28th May – NHS Clap finished
30th May – Dominic Cummings visits Barnard Castle

**** Lorraine's puppies are born! ****
1st June – Schools partially re-open for Reception, Year 1 and Year 6
9th June ellenor Living Well Zoom Call begins

JUNE

JULY

17th Jul – Sir Tom Moore Knighted
20th Jul – Scientists find evidence of volcanoes on Venus

4th Aug – Explosion at the Port of Beirut, Lebanon
8th Aug – Simon Cowell breaks his back

AUGUST

****Michael's conservatory was built! ****
12th – 18th Sep – ellenor Virtual Twilight Walk
21st Sep – ellenor Living Well release first edition of the Newsletter

SEPTEMBER

OCTOBER

2nd Oct – Melania and Donald Trump test positive for COVID
4th Oct – London Marathon run at closed course at St. James' Park
26th Oct – Ellie's Virtual Mini Marathon

NOVEMBER

1st Nov – Step Up for ellenor
2nd Nov – 'Baby Shark' by Pinkfong becomes most watched video on YouTube with over 7.04 billion views
5th Nov – Second Lockdown begins
7th Nov – Joe Biden becomes President-elect of the United States of America

12th Dec – Lights of Love
22nd&23rd Dec – Living Well Christmas Zoom party

DECEMBER

Living Well Christmas Party and celebrations 2019



Every year, the Hospice gets involved with celebrating Christmas with our patients. Last year, those Christmas Parties were on 3rd, 4th & 12th December 2019.

That year our patients were entertained by; **Cecil Road Primary School** - there were approx. 21 children who came in to sing carols. **Shears Green Primary School** - sent 38 children to sing and entertain us. **Northfleet School for Girls** (secondary school) – approx. 15 girls reduced staff and patients to tears with their angelic voices.



We also had a performance by the **New Covenant Church Choir** from Dartford and a Hoola Hoop routine from **Charlotte Dawson**. The parties last year were also very well supported by ellenor staff and volunteers; **Ally** (Music Therapist) and the **Wednesday Living well patients and volunteers**,

Terrie May (Family Support), **Shirley Rollings** (IPU HCA), **Petra Stoffel** (Music Therapist) the **Choir** and **Geoff Cousins** (Finance Volunteer) entertained us with a Christmas sing-a-long, a Karaoke duet and a Choir and Percussion performance.



The **Hospice at Home & Care Home Support teams** entertained the patients with 'Xmas Baby Shark' song. **The Children's Team** wrote and performed their own version of 'O little town of ellenor'. **HR & Education** aka the 'Von ellenors' gave us a Sound of Music. Not forgetting of course, the downtown **Living Well office 'Andy Lowden and the Elvins'!!**



Thursday 12th Dec saw the Living Well with Dementia Christmas Celebration; 7 patients and their carers enjoyed a 3 course Christmas dinner and were entertained by crooner **Robert Lindsay**.

During the 3 days of festivities we raised £250 from our raffles. Last year, we also had a 'Living Well Giving Tree' where every patient who came to the Christmas Parties was given a present from the tree.

Thanks to the amazing people who generously gave, we also donated the surplus to IPU for patients and their families over the festive period.



And we're beyond excited to do this again next year with you all! x

These well-known novels have been renamed to make their titles more alliterative!

What was the original name of each book?



- Away with the Air
- The Berries of Bitterness
- Combat and Calm
- Courageous Contemporary Cosmos
- Creature Croft
- The Crimson Character
- Delinquency and Discipline
- The Fielder in the Field
- A Goodbye to Guns
- Huge Hopes
- Milky Molars

The following song titles have each had one word replaced with another. What are the original titles of the songs, and what is the theme linking these changes?

- Ash on the Water
- When Flints Cry
- Maxwell's Charcoal Hammer
- Bennie and the Clouds

Malcolm's Marvellous Recipes!

With thanks to Malcolm Males, Living Well attendee and baking legend

Cake Recipe:

- 1 cup of milk
- 1 cup of sugar
- 4oz of margarine
- 2 cups of self-raising flour
- 2 cups of mixed fruit (soaked in tea)
- 1 egg

** You will need a 7 to 8-inch cake tin (deep tin) **

1. Preheat the oven to Gas Mark 3.
2. Pour milk, sugar and margarine into a saucepan and heat on a low light until boiling, stirring all the time.
3. Remove from heat and allow to cool.
4. Then add flour, fruit and egg and beat until smooth.
5. Pour into the greased cake tin.
6. Cook for 1 hour and half hours.
7. Enjoy!

Flatbread Recipe:

- 350g self-raising flour and a bit extra for dusting work surface and rolling pin
- 350g natural yoghurt
- 1 teaspoon of baking powder
- A pinch of sea salt. (or plain salt)

1. Pre-heat the oven to Gas mark 3 - 4.
2. Put all your ingredients into a bowl and mix using a spoon.
3. Dust a work surface with a little flour and tip dough onto floured surface.
4. Knead your dough for a short time, about a minute or just long enough to bring it all together.
5. Put dough back into the bowl and cover with a plate. Now clean your work surface.
6. Re-dust work surface with flour and dust a rolling pin with flour. Divide the dough in half then divide each half into six ball size pieces.
7. Use your hands to pat the dough flat use the rolling pin to roll to 2 mm thick don't worry too much if it's a little thicker.
8. Place on a baking sheet dusted with flour and place into a hot oven for 10 mins. You will see it puffing up a little in places.
9. Remove, eat and enjoy!

Sid the hospice cat - Meet Sid, the cat who appears to have moved into the hospice.

One day many months ago this lovely cat appeared at the window of the living well office and was meowing loudly to get our attention. Being as everyone in the office were animal lovers it did not take long for him to succeed. We were all soon cooing over him and realised he was a very affectionate cat and was loving all the attention he was getting. Once he had his fill of cuddles he went about his way and was off exploring as cats do. However, it was not long before we saw him again as within a day or, so he was back at the office window demanding our attention. This then became a regular occurrence. At some point in the day he would arrive, meow, get attention and go about his business. Finally, we succumbed to his pleading eyes and friendly personality and he was given a small amount of tuna which he devoured. Little Sid had us wrapped around his paws.



One day we saw Sid walking around inside the hospice. It seems the shrewd little thing had worked out that there are many ways into the hospice and inside is where all the treats, cuddles and warm places to sleep are. As it turns out we were not the first team he came to visit, and he had been working his magic on all the different departments in the hospice. He knew where he wanted to be for what treats and who he wanted his attention from. He gave some staff a challenge trying to keep him out of the public areas of the building as it seemed if there is a door open then Sid will get into the hospice through it. Even if it is only open for few seconds.

Now days Sid seems very settled at the hospice and is often found curled up in the conservatory area sleeping off his selection of food. He does earn his keep however as he has brought much joy and entertainment to the staff working on site and the patients on the ward. Many of the patients have commented how they have seen him walking past their window or staring through the door at them hoping to come in. There have also been occasions where he has provided cuddles and affection to patients and their relatives. Which has offered much needed distraction and given them comfort in a way that only animals can.



Sid may have turned up on the off chance for a cuddle and sneaky piece of food, but he now feels like part of the ellenor family and I for 1 hope he stays.

Written by Claire Dudbridge, Occupational Therapist

Keeping your brain active. By Claire, ellenor Occupational Therapist

Well Christmas is nearly here and may be the weirdest one we have ever experienced. However, this is no reason not to enjoy it and have fun where we can.

- **Homemade Christmas Decorations.** Creating your own decorations can be a fun and fulfilling way to add a little extra Christmas cheer to your home. There are so many ideas on the internet or in magazines on how to make them. You can pick simple ones such as jazzing up some plain baubles that you already have or maybe even a paper chain or two. For those of you with a creative side and much patience the possibilities are endless. So, get out the glitter and get going.
- **Handmade presents.** It always feels special when something is handmade, no matter how it turns out, and people will love receiving any handmade Christmas gifts you create. You may decide to give away one of your homemade decorations that the people you love can enjoy for years to come. Or you could create something different such as knitting something snug and woolly, drawing a picture or writing a poem. You could always buy one of the many 'create your own' kits out there from the hobby shops to make something truly unique.
- **Festive Puzzle.** This time of the year the shops and charity shops start becoming full of festive things and I have started to see Christmas puzzles everywhere. They are a nice way to get into the Christmas spirit and to distract you from hours in front of the TV. They are good for the mind and can be enjoyed as a solo activity or as a family one. I find that once they are started people can't help but get involved.
- **Christmas Wreath.** I understand that this could be classed as homemade Christmas decorations, but I feel making your own wreath is so fun and rewarding it is worth its own mention. All you need is the basic wreath shape which can be bought from hobby shops or online or you can make one with any solid wire type material. Then you can put whatever you like on your wreath to adorn your front door. You could go for a local walk and pick out beautiful natural foliage to decorate, use baubles, bows, pom poms or whatever takes your fancy. I find the more you put on your wreath the better it looks.
- **Letters of love.** Life now is so focused on technology and we all tend to stay in touch through a device, be it a computer or phone. Receiving a letter from someone is still a special thing that can be kept and cherished, but something not many of us do. This year has been difficult for everyone in its own way and now more than ever it is important to keep in touch with people you know and love. So, what better time than at Christmas is there to write a letter to someone to talk about your year and to tell them how much you love them and what they mean to you. Even if you speak every day on the phone or haven't spoke for years the letter will give them that warm feeling that we all want at Christmas.

Good luck with my festive ideas, I hope you have fun. If you manage to make any decorations or gifts and are happy to share, please take a picture to send to living well team so we can share your creations in our next newsletter. **Merry Christmas to you and I hope it's a happy new year!!**

Here's another chance to read about one of the many good news stories that are happening in the world. This one embraces all the weird and wonderful that is Christmas.

This Welsh dog owner may have just captured the best group Christmas photo of all time. Liam Beach is an animal management graduate who recently coaxed all 17 of his pet Dachshunds into holiday jumpers so he could pose them on his staircase and take a family picture of the pack.

Although Beach said the elaborate yuletide photo required a full bag of treats and almost an hour of patience, he was eventually able to photograph Buster, Daisy, Ziggy, Wallie, Zac, Bonnie, Saffie, Duke, Diamond, Ruby, Kizzy, Sammy, Kansy, Kiki, Lottie, Benji, and Dudley all dressed up in their holiday best.

"It took about 45 minutes to get the picture because when the dogs were dressed in their outfits, they thought it was time to go walking and they all went crazy running around the house,"

The resulting picture, however, is cute enough to deck the halls of any social media feed.





Mincemeat Slices:

With thanks to Judith Crane, future Bake-Off Champion

You will need:

- Vegetable margarine; 5oz (150g)
- Plain flour; 8oz (225g)
- Mincemeat; 8oz (225g)
- Soft brown sugar; 3oz (75g)
- Porridge oats; 4oz (110g)

Equipment: Shallow baking tin, well buttered – 11 x 7in. (28x19cm)

Preheat oven: Gas Mark 6 / 400F / 200C

1. Mix flour and porridge oats in a mixing bowl.
2. Melt margarine and brown sugar in large saucepan.
3. Remove pan from heat, stir in oats and sugar slowly – mix well.
4. Spoon half the mixture into the prepared tin, press down firmly with your hand or spoon. The firmer you press, the less crumbly the slices will be.
5. Spread the mincemeat evenly all over, press it all down with the back of the spoon.
6. Spread remaining oat mixture evenly over the top. Press down firmly again.
7. Bake in the centre of the oven, remove after approx. 20 minutes – when the top is just tinged brown.
8. Use a sharp knife, cut into 12 squares but leave all in tin until quite cold.
9. When cool, lift slices out with a palette knife and store in an air-tight tin.
10. Enjoy!

What's your favourite song?

“I have been asked by someone to name my favourite song and why my memories are linked to this. My choice would be ‘My Way’ by Frank Sinatra. It reminds me of my summer walking holidays in the French and Swiss Alps. I walked on my own, not with a group, (as would be the norm). It allowed me to do a lot of thinking and to admire the beauty around me. Pure joy!!”

- John Hughes, Thursday Living Well patient.

“My favourite song is “Could It Be Magic” by Take That. This song really takes me back to my youth, as (embarrassingly) a group of friends and I learnt the dance routine and would energetically gyrate in unison around any room we were in should it be played. I love how music can remind you of a moment in your life or a specific event just from a few recognisable bars. This tune has continued to follow me through my own life, with the routine being performed at various weddings, 30th birthdays, anniversaries and on to 40th birthday parties. Unfortunately, as the years go by, the dance seems to be a little less energetic and clambering up from a kneeling position becomes that little bit more difficult, but that doesn't stop us from giving it our best shot! You're never too old to dance I say!”

- Andrew Lowden, Interim Operational Lead for Wellbeing.

My Grandfather's Clock

My Grandfather's clock was too large for the shelf
So, it stood ninety years on the floor.
It was taller by half than the old man himself,
Though it weighed not a pennyweight more.
It was bought on the morn of the day that he was born,
And was always his treasure and pride –

CHORUS: But it stopped short, never to go again,
When the old man died.

Ninety years without slumbering,
Tick, tock, tick, tock,
His life seconds numbering,
Tick, tock, tick, tock.
It stopped short, never to go again,
When the old man died.

In watching its pendulum swing to and fro,
Many hours he spent while a boy;
And in childhood and manhood, the clock seemed to
know,
And to share both his grief and his joy.
For it struck twenty-four when he entered at the door
With a blooming and beautiful bride –

It rang an alarm in the dead of the night,
An alarm that for years had been dumb;
And we knew that his spirit was plumbing for a flight,
That his hour of departure had come.
Still the clock kept the time, with a soft and muffled chime
As we silently stood by its side –

CHORUS

With thanks to Judith
Crane.

2020

The year of...

The great global toilet paper shortage... (what was that about!?)

Daily Boris briefings...

Becoming Online shopping experts...

Clap for carers...

Running back to the car to get your mask...

The new normal...

& We all became closer! (2 metres apart!!)

Well, what a year 2020 has been! Amongst all the uncertainty, stress, grief and heartache, you all have stood strong and stood together when it all seemed impossible. You truly are inspirational! We sincerely thank you.

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 Department for further information.

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

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

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