

THE LOW FURLONG LIFE

Issue N° 2

Writing our next chapter, together

May 2019

Fun & Friendship: our Easter Fayre Success Story

We're delighted to report that our Easter Fayre went smashingly, and we're so proud of the effort put into the event by our residents, team and local community. We raised almost £500, between the raffle, stallholder contributions, lucky draws, and money raised selling our special Low Furlong Blend loose leaf tea, cakes and pickled cucumbers.

We were even graced by a visit from *The Stratford Herald*, who'd heard we were launching our unique tea blend at the Fayre.



Everyone who tried our tea commented on how nice it was, and agreed it was really rather swanky, our having our very own tea, tailored for us by the Golden Monkey Tea Company!

We were deeply touched by Shipston's generosity, with prizes donated by L'Académie, A Clarke Electrical, Arbour, Be Sweet, Bumble & Wild, Co-Op, Cotswold Computers, The Cotswold Jeweller, Creature Comforts, Foxwist Framers, Grey's Opticians, Head Hunters, Ivy Heart, Lucy Walker, Richard Harvey, Salon Flyntz, Sheldon's Wine Cellars, Shipston Dry Cleaning, Shipston Therapy Centre, Taylor's The Butcher, Three Ewes Café, Totally Locally and a Touch of Dust. We also enjoyed wonderful support from the WI.



Maud runs the raffle; Joan & Alice make Easter Egg nests to sell at the Fayre.

Our Town, Our Values, Our Voices

Residents recently had the opportunity to play a visible role in local politics, when we hosted our local town council representatives for a presentation and Q&A session.

Senior citizens are generally counted on to vote in local elections, but often find themselves under-represented by their MPs and councillors.

Because Shipston Town Council shares our belief that a community is stronger when it's diverse and inclusive, its members were keen to get acquainted with our residents.



Mayor, Ian Cooper (right), was joined by former Mayor and current Town Councillor, Ronnie Murphy (left), Town Councillor and District Council candidate, John Dinnie,

and Clerk to the Council, Georgina Beaumont. Residents were treated to an audio-visual presentation showcasing the Council's work in the town over the past year, and got to ask the Council representatives questions about local matters, and generally get to know them. Residents also got a good look at the Mayor's chains of office, with Dot even trying them on.



Mayor Ian Cooper meets Alice; Dot tries the Chains of Office on for size and finds they fit rather well!

Spring Flowers

Can you find these seasonal blooms in our word search and spot which one is missing?

N I D A P H N E B H K D D Y C
 A R G H W E H P Z R M L G S D
 R A I T I S N A R C I S S U S
 S C E N U O M Y I F S I J C B
 M S T I I R G B U T I I C O B
 B U O C K M X Q U T L F A R V
 L M W A W I Q L Q I L O L C A
 U R S Y Y R I J D M Y R I R N
 E G S H V P M O A F R S L P E
 B E C R A T F G I Z A Y Y E M
 E G I W Z F N I S K M T S O O
 L J L H A O B R E Z A H S N N
 L J L D L L U I E C M I H Y E
 G J A I E T V S R M I A Q I Z
 E C A R A U Z K F J G A U U X

amaryllis
 anemone
 azalea
 bluebell
 crocus
 daffodil
 daphne
 forsythia
 freesia
 hyacinth

iris
 lilac
 magnolia
 muscari
 narcissus
 pansy
 peony
 primrose
 scilla
 tulip

DATES FOR YOUR DIARY

We've got lots of wonderful events lined up at Low Furlong. We hope you can join us!

- | | |
|---|---|
| Wed,
8 th May
at 2:30pm | VE Day Street Party with live '40s music, fancy dress and ration book buffet |
| Tue,
4 th Jun
at 7:30pm | Summer Bingo Night with seasonal prizes, raffle & refreshments |
| Thu,
27 th Jun
at 2:30pm | Shipston Proms presents Vintage Vocals by Tora with vintage fancy dress. |
| Sat,
13 th Jul
at 2:30pm | Superhero Saturday: picnic, games, costume party & salute to local heroes. |
| Tue,
13 th Aug
at 7:30pm | Friendly Bingo Night with assorted prizes, raffle and refreshments. |
| Wed,
14 th Aug
at 2:30pm | Beach Party with ice creams, fish & chips, volleyball, and other seaside silliness! |

Get in touch about our events or our ongoing Wellbeing programme:
wellbeing.lowfurlong@gmail.com

Tried and Tested Recipes: Healthy Cocoa Bombs

Ingredients:

250g walnuts, brazils or other oily nut of your choice
 250g dried dates
 35g dark cocoa (more to dust)
 30ml strong black coffee
 70g chia seeds

Method:

1. Use a food processor to blend the nuts until they form an oily paste, similar to peanut butter.
2. Blend the dates until smooth and sticky.
3. Combine blended nuts and dates, stirring in cocoa, coffee and chia seeds.

4. Once the ingredients have been combined to form a stiff consistency, roll the mix into balls.
5. Roll the balls in cocoa powder to give them a good dusting.

These delicious treats have a similar taste and texture to chocolate truffles, but have the advantage of being surprisingly healthy. With no added sugar, even diabetics can indulge a little; dates are full of fibre, nuts are full of protein, and chia seeds are a super food!



Containing no eggs, dairy or gluten, these cocoa bombs are suitable for people with food intolerances, who don't usually get to enjoy chocolates!

It's Just Not Cricket!

For many of our residents' generation, sports were a main hobby during our youth. Several among us played for school or county teams, and almost all of us have enjoyed a kick-about or a friendly cricket match with mates.

Sadly, we're not all as mobile as we used to be, but we weren't about to let that stop us. Where there's a will, there's a way! We have adapted various ball games, so that practically anyone can join in, no matter their levels of fitness or mobility.

One of our favourite games to play is "Circle Cricket"; the bowler (usually Sarah!) bowls from the centre of a circle of seated players who take it in turn to bat five bowls each, with points awarded depending on how far the batsmen hit the ball. We can be caught out by the opposing team, and at least one ball goes missing every session, only to turn up mysteriously a few days later, somewhere we swore we'd looked!



We're so excited about our version of the classic sport, we're going to host Shipston Cricket Club for an afternoon and show them how we play the game! Keep an eye out for more information, coming soon!

We've come up with a seated soccer variation, and a thrillingly unpredictable game called Chaosball, which never fails to get us moving and laughing! Check the planner on the Wellbeing Board to see when our next Bat & Ball Game session is scheduled. There's always room on our team for an extra player!

Photo: Victor as Captain of our Cricket Team

THE BEAR NECESSITIES

We need teddies and other cuddly toys for our Teddy Tombola at the Wool Fair on 27th May. Please let us rehome your pre-loved bears and plushies!

Dementia & Wellbeing

We're delighted to welcome Debbie Bennett, our new Dementia and Wellbeing Manager for Warwickshire.



1 in 6 people over the age of 80 have dementia, and 70% of people in care homes have dementia or other memory problems. We could all stand to learn more about dementia and how those diagnosed and their families can continue to enjoy life and foster positive, rewarding relationships.

Debbie will be hosting dementia awareness workshops on Friday, 7th June, from 2:00 to 5:00pm, here at Low Furlong, and would like to invite anyone interested to book a 20-minute slot that afternoon to talk about living well with dementia and get useful information and advice. We suggest you come prepared with any questions you'd like to ask.

To book, please call 01608 662005, email low.furlong@runwoodhomes.co.uk, or speak to Reception or Wellbeing.

Bingoing For Gold!

Thanks to the hard work of our amazing relatives & staff, Julie Holland, Wendy Winfield and Caroline Swann, approximately £400 was raised for the Residents' Fund at our April bingo night. Residents and visitors had a wonderful evening, as our very own Care Team Manager, Andy, assumed the role of bingo caller.

Again, we would like to thank everyone who supported the event, including all the businesses and friends who kindly donated prizes.

Our next bingo night will be on Tuesday, 4th June, from 7:30pm. We hope to see you there!



SPRING NOTICE

A seasonal poem, written by some of our residents at one of our "Poetry, Please!" sessions.

Spring is trying to show itself to you;
you just have to open your eyes and look.
Count the shades of blue in the bluebells,
because there are more than you can
imagine.

And primroses and foxgloves,
from cloudy white to misty black,
all the colours looking freshly washed or
painted.

Listen for the shush of wild swans
flying low and ghostly,
and the blackbirds and thrushes
singing their tiny hearts out
(You'll only hear a dawn chorus like this in
spring).

Smell the greenness of the grass after its
first cut of the year,
and the sweetness of April showers falling
on new shoots.

Feel that duster in your hand as you spring-
clean,

and the energy that courses through you,
as if you're powered by sunshine.

Savour the first new potato of the season,
minted and full of a flavour that no words
can do justice,

and taste the delicious madness
that turns march hares into amorous prize-
fighters.

It's spring: don't waste it by not noticing!
Something magical awaits all five senses;
you only have to pay attention.



Dignity Champions

Our Dignity Champion for the month is Marie Cameron.



Marie always goes above and beyond to make our residents happy, doing everything she can to make sure that Low Furlong feels like home to all who live here. As well as being an excellent Housekeeper, Marie has also been kind enough to take on the role of Head Chef on a temporary basis, taking pride in producing delicious, nutritious meals for our Low Furlong family. She even brought in her own frying pan from home, so she could cook the perfect fried egg for one particular resident.

Thank you, Marie!

Have you noticed someone excelling in their role? Let us know! We're proud of all of our team and the dedication they show at work, but every now and then someone will go that extra mile, and we feel they should be recognised accordingly. So do please tell us who you think deserves to be saluted as a "Dignity Champion".