

THE LOW FURLONG LIFE

Issue N° 3

Writing our next chapter, together

June 2019

Partying Like It's 1945!

8th May marked the 74th anniversary of the end of WWII in Europe, or V-E Day. For many of our residents who grew up in the shadow of the war, learning that it was finally over was among the happiest memories of their young lives, and several recall wonderful street parties in their hometowns, as entire communities came together to celebrate.

Wanting to recapture that sense of jubilation and unity, we threw our own V-E Day street party and invited the town. Live music was provided by the fabulous Melissa Hollick, and we tucked into a "ration book buffet" featuring nostalgic home front treats nominated by our residents (including Spam fritters and homity pie). Even the team got dressed up in '40s gear for the occasion!



Manager & Deputy Manager, Amanda & Leanne in '40s dress; Residents enjoy "ration book" buffet & wartime hits by Melissa

The Salon Flyntz and Bel Ami kindly provided us with a hair stylist and make-up artist who achieved spectacular '40s make-overs for our revellers, and prizes were generously donated by John Lyne Home Hardware, Turners and the Blue Bean Café, awarded to winners of our War Years Quiz.



Showing off their 1940s looks: Joan & Sue (with Paul Gaskell, Runwood's Director of Dementia Services)

Teddy Tombola a Win at the Wool Fair

We had a great day at the Wool Fair on the late May Bank Holiday. Low Furlong had its own stall in Granville Court, getting to know our neighbours better and raising money for the Residents' Fund with a Teddy Tombola.



Volunteer, Julie Holland & grandson, Jack, on our stall

With the help and support of Bob Armstrong and Nigel Willis, we were able to better engage with our local community, and residents were able to attend the fair, courtesy of the Wool Fair's "Sheep Shuttle" service, so a huge thank you to Bob and Nigel!

We were very proud to be involved in this lovely annual event which has become such a Shipston institution since its launch in 2009, and celebrates our local heritage as a sheep market town. In fact, the town's name originated in the 11th century as "Scepwaestune", or "Sheep-wash-town".

As well as raising over £120 for the Residents' Fund, we got to enjoy a lovely day in the town, taking in the various stalls, crafts and exhibitions and relaxing outside the White Bear with a well-earned shandy, because – after all – what is a Bank Holiday really for?



June gets acquainted with the woolly stars of the fair, and Margaret, Leanne and daughter, Darcy, drink to our success!

Summer Garden

Can you find these seasonal words in our garden-themed word search?

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E U C E B R A B S H E D G Y Y
H K Y R C U M A Y N N Q S L U
T S E J W G M S P A D E C F E
C R B N I C G B Q E I Q T R S
R S E S A M O O L R W E W E U
O E E W X C I M R E W P I T O
C O L V O T E E P E B T N T H
K T E O A M B D E O K E E U N
E A W P N W N D O I S I E B E
R M O I A H I W K U P T U Y E
Y O R R Z N H N A H E R B S R
D T T C G J L M M L Z R M M G
B S P D K F X S R E W O L F P
A W Y T R E L L I S H R X E G
T N Q R X H O S E P I P E V E
    
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barbecue	patio
bumblebee	rockery
butterfly	shed
cane	spade
compost	strawberries
flowers	tomatoes
greenhouse	trellis
herbs	trowel
hosepipe	twine
lawnmower	weeding

DATES FOR YOUR DIARY

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

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| 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 upcoming events or our ongoing Wellbeing programme, or to join our growing network of FaNs (Friends & Neighbours):

wellbeing.lowfurlong@gmail.com

Tried and Tested Recipes: Raspberry & White Choc Cupcakes

Ingredients:

- 200g self-raising flour
- 200g sugar
- 200g butter or margarine
- 4 eggs
- 1 tbsp of vanilla essence
- 1 punnet of raspberries
- 100g white chocolate

Method:

1. Preheat oven to 170°C and line cupcake trays with cases.
2. Blend the sugar, butter or marger, and vanilla essence into a creamy paste.
3. Sift in the flour and combine. Add the eggs and mix until a smooth consistency is reached.

4. Break up the chocolate and stir into the mixture. Gently fold in the the raspberries, trying not to squash them.
5. Spoon the mixture into the cases, leaving room for it to rise during baking.
6. Bake for approximately 10 minutes, or until a skewer inserted into the centre of a cupcake comes out clean. If it's stuck with batter, bake for a bit longer.
7. You *could* theoretically wait for the cupcakes to cool so you can ice them, but we couldn't resist eating them hot from the oven!



A Wild Day Out

We enjoyed the most fabulous outing in May to the Cotswold Wildlife Park. A whole gang of us took a trip on the Hedgehog Bus (a local community transport service), and spent the whole glorious day exploring the beautiful grounds and getting to know some of its rather exotic inhabitants!



Photo: Alice making friends with a ring-tailed lemur

We arrived just in time for the penguin feeding, and got to see lions, wolves, giraffes, camels, meerkats, prairie dogs, rhinos, pelicans, flamingos, tortoises and countless other creatures. We especially enjoyed the lemur house, where we got to walk among the lemurs and see them up close.



Photo: Sue, Hillary, Sarah & Caroline find themselves face-to-face with a giraffe

THE GIFT OF A GARDEN

We're creating a sensory garden for our residents to enjoy. If you have any spare plants or garden accessories, please let us give them a loving and appreciative home!

We'd especially like scented or edible plants, or items like wind chimes or water features that delight more than one sense.

Help Us Grow our Conversation Tree

You may have already spotted our rather pretty "conversation tree" by the newspapers in Reception.



The purpose of our tree is to encourage meaningful discourse about our home and the services we provide. We have provided tags on which we'd ask you to give us feedback. This month's theme is Activities & Wellbeing. On the tags, we'd really appreciate it if you could tell us: one thing

you think is working well, one area that you feel needs improvement, and one suggestion for how we could improve the service.

We need your input to help us make our wellbeing programme as good as it possibly can be, with a variety of activities that stimulate our residents, mind, body and soul. We look forward to hearing your opinions and ideas.

Would you be interested in running an activity at Low Furlong, or helping organise one of our events? Get in touch!

wellbeing.lowfurlong@gmail.com

A VIP Vintage Affair

A reminder that all of our residents and their relatives get an automatic invitation to our very exclusive vintage music event on Thursday, 27th June, from 2:30 to 4:00pm.

Vintage vocals will be provided by Tora Wilson, who is appearing for us courtesy of the Shipston Proms Committee. The afternoon will be an opportunity for us to recognise and thank the businesses, organisations and individuals who have contributed so generously to the Low Furlong cause, and who help make our local community and our home so special.



WORTH A THOUSAND WORDS

- the month in pictures -



Florence oozing "Easy Rider" cool in a biker jacket



Paul & Lila enjoying a giggle together



Ivor and Scout becoming firm friends



Maud going incognito

Dignity Champions

Our Dignity Champion for the month is Caroline Swann.



It's clear at a glance how committed Caroline is to her job and to the wellbeing of every resident under her care. She's passionate about helping our residents live their lives to the fullest, going so far as to give up her own time to help us run events, activities and outings. Caroline is kind, sensitive and dedicated in her work, making all of our residents feel safe, valued and included in our community. She's described working here and helping people as "addictive". It's team members like Caroline who help make Low Furlong a family.

Thank you, Caroline!

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".