

THE LOW FURLONG LIFE

Issue N° 1

Writing our next chapter, together

April 2019

Extra! Extra! Read All About It!

Welcome, readers, to the first issue of our newly launched *Low Furlong Life*.

This monthly newsletter is brought to you by the home's residents and team. Our editorial board wanted to create a publication that would reflect Low Furlong's distinctive character and ambiance: warm, welcoming, classy and vibrant (very much like the people who live and work here!).



Two of the editorial team helping select typefaces for our newsletter.

Each month, we will report on all our recent activities, and give you a heads-up on what we're planning next, so you can start saving dates in your diary. The newsletter will feature regular interviews with residents, staff and some of our favourite visiting entertainers and "Friends and Neighbours", building our sense of community inside and outside the home's walls. We'll also be sharing some of our wisdom, such as gardening tips and recipes (tried and tested in our cooking sessions), and general advice about life, the universe and everything. There will be puzzles to solve, and reviews from resident book-lovers and film fanatics, and all manner of other content to keep you informed and entertained.

Happy reading!

Low Furlong gets its own bespoke tea blend

Residents recently had the chance to help create a unique blend of loose leaf tea, exclusively for Low Furlong. We sampled several classic black teas from the Golden Monkey Tea Company in Warwick, to see which varieties we liked best. Then we got really creative, combining different kinds of tea leaves in different ratios, until we were satisfied that we had found our perfect cup of tea. This was a mix of Ceylon, Assam, Rwandan and Keemun Panda leaves, brewing up a tea that tastes robust, yet mellow, smooth and refreshing.

The Golden Monkey Tea Company will now produce and package our bespoke Low Furlong Blend, which will be available for our residents and visitors to enjoy, and sold at community events to help raise money for the Residents' Fund.

Here you can see some of our tea connoisseurs hard at work in search of that perfect cuppa...



We look forward to unveiling the blend at our Easter Fayre on Saturday, 13th April, from 2:30pm. This event will be open to the public, and we really hope you can join us.

HAVING A CLEAR-OUT? WE'RE AFTER GOOD QUALITY CLOTHES & PRE-LOVED BOOKS TO SELL AT OUR EASTER FAYRE.

Our Neck Of The Woods

Can you find all these local place names in our word search?

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

Alderminster	Kineton
Armscote	Newbold
Atherstone	Oxhill
Brailes	Quinton
Burmington	Shipston
Charingworth	Wellesbourne
Compton	Whichford
Ettington	Tredington
Halford	Tysoe
Honington	

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,
9 th April
at 7:30pm | Easter Bingo Night with seasonal prizes, raffle & refreshments |
| Sat, 13 th
April
at 2:30pm | Easter Fayre with live music, stalls, competitions and the launch of our Low Furlong tea blend |
| Tue,
16 th April
at 2:30pm | Meet the Candidates for Town Council: Town hall style Q&A session |
| Wed,
8 th May
at 2:30pm | VE Day Street Party with live '40s music, fancy dress and ration book buffet |
| Tue,
11 th June
at 7:30pm | Summer Bingo Night with seasonal prizes, raffle & refreshments |
| Thu,
27 th June
at 2:30pm | Shipston Proms presents Vintage Vocals by Tora with vintage fancy dress. |

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

Tried and Tested Recipes: Coconut & Lime Cupcakes

Ingredients:

225g self-raising flour
 40g desiccated coconut
 2 tsp grated lime zest
 220g caster sugar
 125g melted butter
 2 eggs
 250ml coconut milk

For the icing:

240g icing sugar
 2 tbsp lime juice
 1 tsp lime zest

Method:

1. Preheat oven to 175°C. Line cupcake trays with paper cases.

2. Combine flour, coconut, lime rind and sugar in a large bowl. Whisk butter, eggs and coconut milk in a small bowl. Add to the flour mixture. Stir to combine. Pour into prepared pan. Smooth the surface.

3. Bake for 15 mins or until a skewer inserted in the centre comes out clean.

4. Mix the icing sugar, lime juice and zest until blended to a runny paste.

5. Once the cakes are cooled, pour on the icing.

6. Enjoy!



Namaste!

We've been putting some of the principles of yoga into practice in an effort to stay strong and supple and help us relax. We meet for weekly seated exercise sessions in our lovely Tea Room, working through various movements and positions together to stretch and strengthen our bodies, and deep breathing and mindfulness practice to help focus and unwind our minds. We exercise different body parts in turn, following a gentle, low-impact routine that even complete beginners can comfortably join in with. That said, you still feel like you've had a good workout at the end of the session!

Residents can adapt some of the exercises to suit their abilities and limitations: it's all about what you can do, rather than what you can't. We're particularly interested in exercises that keep us mobile and balanced, so we can stay as independent as possible for as long as we can.

After putting ourselves through our paces, it's nice to ease away any tension with some muscle relaxation techniques and centre ourselves with some breathing and mindfulness exercises.



Drop in on us some time and take part in a session. Check the board or speak to Sarah to find out when we're meeting next.

YOUR OLD CHINA

If you're clearing out your cupboards, we'd love any pretty china tea ware that you no longer want. It will find a loving home in our Tea Room, where we look forward to hosting vintage tea dances

Forget-me-never...

We've launched an initiative to ensure that no one in our home is ever left out or lonely.



Walking around our home, you may notice crocheted forget-me-nots wrapped around some doorknockers.

Where you see a forget-me-not, like in the photo, it indicates that the person

who lives in that room tends to keep to themselves, but may well enjoy a visit and certainly shouldn't be forgotten about. The flowers should help remind us all to call in on these homebodies for a bit of one-to-one time. Residents and team have collaborated to make these pretty little flowers. Do you know someone who needs a forget-me-not? Tell us!

A Full House for Bingo

Thank you to everyone who made February's bingo night such a smashing success.

We're delighted to report that over £450 was raised in total for the Residents' Fund.

We are grateful for and humbled by the hard work of Julie Holland, Caroline Swann and Wendy Winfield, who organised the night, and we're very thankful to everyone who generously donated their time and prizes to this wonderful cause, including our own CTM, Andy Lavine, who came in specially to be our bingo caller.

Our Easter bingo night will be on Tuesday, 9th April, from 7:30pm.



OPERATION GREEN THUMB

Our big project for the coming quarter will be making over our garden. We want to create in our garden a real sensory experience, with lovely smells, edible herbs, tactile foliage and relaxing sounds, so all our residents can appreciate it. Want to help? Wonderful! Get in touch.

Proceeds raised for the Residents' Fund will go towards this project.

A RESIDENT RECALLS...

Harold, 99, recalls his experiences as a POW in the Far East during WWII.



We were captured by Japanese forces as soon as we arrived by boat in Singapore, then we were

transferred to a POW camp in what was then Burma (now Myanmar).

Conditions were harsh. We only had boiled rice and pumpkin juice to eat for every meal, unless we were able to catch and kill something like a snake for meat. If we stepped out of line or tried to escape, our captors wouldn't think twice about killing us. That didn't stop us having a bit of fun at their expense. They couldn't speak any English, so we taught them to count, "1, 2, 3, 4, 5, 6, 7, 8, 9, 10, Jack, Queen King," and they never knew we were winding them up.

I was part of a crew that was forced to work on the Burmese railways, including building the Bridge over the River Kwai (and, no, I haven't seen the film). We sabotaged construction by filling timber with bugs which would destroy the wood.



I was a POW for three and a half years. As hard as it was, I never lost hope. I thought of the people waiting for me back in England, and that kept me going.

When the war in the East finally ended, they moved us to Thailand, then shipped us home. I docked at Liverpool, then caught a train the last of the way home. I couldn't tell you how good it was to be back. The girl I'd left behind in England later became my wife, and we raised a family together.

I don't think often about my time in the Far East, but I sometimes reflect on how terrible war is and wish – for all our sakes – we could avoid ever having another.

Getting to Know You



Sarah recently joined the Low Furlong team as Wellbeing Manager. Our residents posed the following questions to help learn more about her.

Have you done this sort of work before?

I've worked in activities roles in care since April, 2016. But all homes are unique, and activities should reflect the residents and their interests. That's what makes the job so much fun.

What do you enjoy most about your work?

Getting to do nice things with lovely people and feeling like I make a difference.

What are your hobbies?

I love books and words, so I read a lot and do a bit of writing. I enjoy photography, I do spoken word poetry, and I can play a few songs (very badly) on the guitar.

What goals have you set in your new job?

Lots! For one, I want us to have really strong ties to the local community. Shipston is a great town, with some fab small businesses and organisations. I look forward to working with them to make Low Furlong a real social hub, with community members coming here to visit and run events, and residents getting out and about more in the town.

Are you local to Shipston?

I actually grew up in mainland Europe. I moved to Shipston as a teenager, left for a while, and moved back in my twenties.

Do you have a family of your own (besides your adopted Low Furlong family!)?

I live with my husband, Sid, and our two cats, Rebound and Scout. The cats are definitely in charge.



Rebound & Scout