

Newsletter Edition 8: Apr 21

Sad Farewell to a Gentleman and a Friend....

It is with great sadness that we bid farewell to Robert (Bert) Harvie—28th January 1930—2nd June 2021.

Bert was one of the Founding Members of Carron Kith, with his beloved wife Muriel and was known for his warm smile, and kind heart.

A service was held for Bert and his family at the Falkirk Crematorium & Dundas Funeral Home on Tuesday 15th June. Friends and family were able to pay there respects to a true gentleman, a master craftsman and someone who deserved his name in lights!



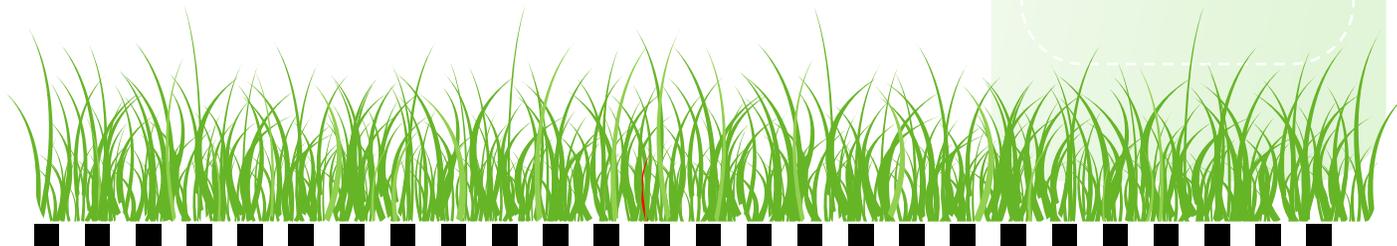
Picture taken at Bert's 90th Birthday Celebration at The Dutch Inn

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Important Dates

Zoom Group—Thurs 4pm



Recipes



Please send your recipes to our mailbox, for inclusion in future Newsletters.

Carronkith@outlook.com

All contributions to the Newsletter will be entered into a prize draw!

Stovies or Hash—Which is Best

We all have our own recipe for Stovies, but which one is best? Please send in your own recipes and we can give them a try?

Cook Time: 40 mins (easy)

Ingredients

Olive oil

1 Onion, finely chopped

1kg Maris Piper Potatoes, peeled and sliced

300ml of beef stock

Beef oxo cube

1 tin corned beef, diced

Worcester Sauce (optional)

Instructions

Step 1—Heat the olive oil in large pan and gently fry the chopped onions till soft.

Step 2—Add the sliced potatoes and stock. Sprinkle the oxo cube and heat stir. Cover and allow to come to gentle boil.

Step 3—Turn down to simmer and stir mixture and leave for 30 mins, giving occasional stir.

Step 4—Gently break down potatoes and add corned beef and give a good mix, adding salt and pepper to taste .



Serve with oatcakes and a glass of milk.

Leftovers will keep in airtight container in fridge.

* Recipes from Glasgow Food Geek



Keep Reading On.....

Youngsters at Carmuir Primary were top of Primary 1 classes nationwide in the Reading Adventures category for the way they immersed themselves in their favourite books.

The Camelon pupils completed a range of activities based on different titles and even ran a project in conjunction with a school in America.

The judging panel said it was evident the children 'took ownership of their reading journeys' thanks to their collective involvement in Everyone Reading in Class time.

The winners of the First Minister's Reading Challenge 2020-21 were announced online by the Children's Laureate and best selling author of How to Train Your Dragon series, Cressida Cowell.

Nicola Sturgeon said 'Reading is something that all brings me joy and no matter how I am feeling there's always something to match my mood.'

'During the pandemic, it has been a lifeline and I know it has been for countless others.'

Well done Carmuir Primary!

Story From Falkirk Herald



Magawa the Hero Rat Retires.....

Magawa the rat, who was awarded a gold medal for his heroism, is retiring from his job detecting landmines.

In a five-year career, the rodent sniffed out 71 landmines and dozens more unexploded items in Cambodia.

His handler Malen says the seven-year old African giant rat is 'slowing down' and she wants to 'respect his needs'

Magawa was trained by the Belgium-registered charity Apopo, which is based in Tanzania and has been raising the animals—know as HeroRATs—to detect landmines since the 1990's.



A new batch of young rates had been assessed by the Cambodian Mine Action Centre and all passed with 'flying colours'



Unforgettable Bert

*Guide me, O though great Jehovah
Guide me, O though great Jehovah,
Pilgrim through this barren land;
I am weak, but though are mighty;
Hold me with they powerful hand:
Bread of Heaven, Bread of Heaven,
Feed me till my want is o'er.*



Farewell to a true gentleman, loving husband, kind hearted father, grandfather and friend.....

5 Scottish Film Facts

1. *Readers of USA Today voted Scotland the worlds BEST CINEMATIC DESTINATION*
2. *In Stanley Krubrick's 2001: A Space Odessey scenes on Jupiter were actually filmed on the Isle of Harris.*
3. *Bollywood blockbuster Kuch Kuch Hota Hai celebrates its 20th anniversary this year and is one of the many Bollywood films to use Scotland as a backdrop.*
4. *Scotland has appeared in four Bond films including Skyfall in 2012.*
5. *Edinburgh features in superhero blockbuster adventure Marvel's Avengers: Infinity War and previously Culross made an appearance in Captain America: The First Avenger.*



Filming continues in Edinburgh for the latest in the Fast & Furious Franchise.



CROWDED ISOLATION

A report was recently published on the idea of 'Crowded Isolation'. Many carers of people living with dementia report feelings of isolation during locked down, and feeling crowded with responsibility.

Executive Summary

Caring for someone living with dementia brings with it many challenges to the ability of the carer to live well (Merrilees, 2016). The loss of shared memories, proper communication and a close relationship can make a carer feel lonely, even when their loved one is sitting with them (Quinn, 2020). Research by Victor et al (2020) examined loneliness in a large sample of family carers of those living with dementia.

Nearly two thirds of carers (62%) reported loneliness, with 18% reporting severe loneliness. Although caring for someone living with dementia can be a lonely and isolating experience, your life can, at the same time, feel crowded with responsibility. You are dealing with a variety of different people, systems and reactions, trying to manage so many things and anxious about whether you're 'doing it right'



More Help

The report includes a short video from carers, and animations helping to share the feelings and emotions that carers experience.

For more details click [here](#): Crowded Isolation and Loneliness



The Charity Tide (together in dementia everyday) holds FOCUS GROUPS every month, covering a wide variety of topics, including:

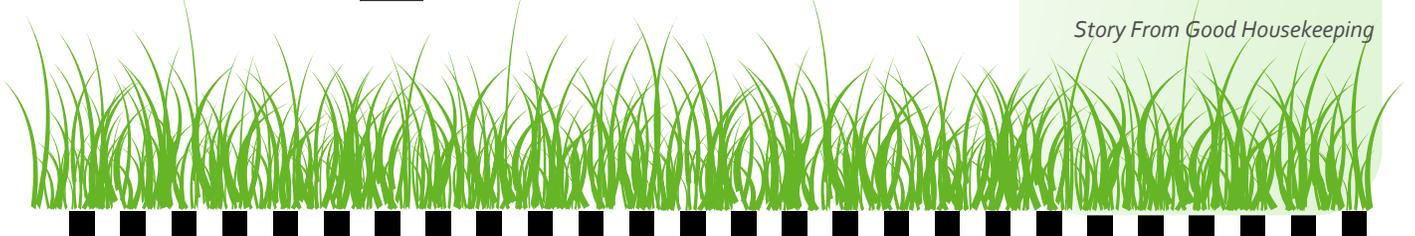
- *Male Carer Groups*
- *Early Onset Dementia*
- *Practical Carers*
- *Care Home— For Carers*
- *At Home—For Carers*

Each of these Groups offers an opportunity to connect with other people who have the same experiences as you, and can help by listening and understanding.

Please contact:

Carers@tide.uk.net for information.

Story From Good Housekeeping



Keeping Your Blood Pressure in Check.....

Researchers from Alzheimers Research UK have found that older adults taking blood pressure-lowering medications known to cross the blood-brain barrier had better memory compared to those taking other types of medicines to treat high blood pressure.



High blood pressure or hypertension in mid-life is known as a risk factor of dementia, which affects 850,000 people in the UK.

Just like the heart, the brain depends on a good blood supply to work properly and having high blood pressure can put this supply at risk.

The experts said that there are things we can all do to help our brains as we get older. Keeping our blood pressure in check is one factor in our ability to prevent dementia. This research found that people taking barrier-crossing drugs had a small but not insignificant improvement in memory.

Research shows that 40% of dementia cases are linked to factors that we may be able to influence, and the best evidence suggests that we can look after our brain by keeping cholesterol levels in check, maintaining a healthy weight, keeping physically and socially active, not smoking or drinking within recommended limits.

At the same time, we must continue to invest in research that can take us closer to a world free of the fear, heartbreak and harm that dementia brings.

Keeping involved with groups like Carron Kith can reduce the risk factors, as well as connect you with new friends...and is fun!



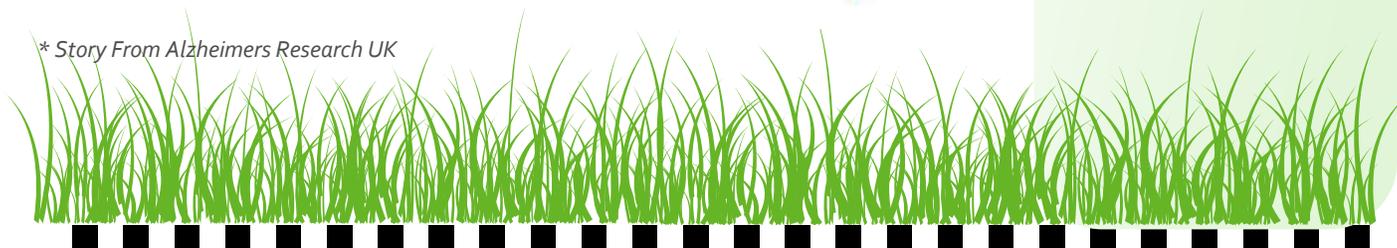
Stories

Please send your Stories to our mailbox, for inclusion in future Newsletters or on our website.

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All contributions to the Newsletter will be entered into a prize draw.

* Story From Alzheimers Research UK



What is Age.....

*Age is the quality of mind;
If you have left your dreams behind,
If hope is cold,
If you no longer look ahead,
If your ambitions' fires are dead,
Then you are old.*



*But if from life you take the best,
And if in life you keep the best -
If love you bold,
No matter how the years go by,
You are not old.*

- The Quakers (shared by Una)



Older adults feel good about aging in spite of ageism

Medical News Today reports that a recent poll of 2,000 people aged 50 –80 years reveals their positive views of aging and the negative effects linked to ageism.

Around two-thirds of people over the age of 50 say that life as an older person is better than they thought it would be. The survey was completed before the COVID-19 pandemic.

People who gave a positive answer were more likely to report being in excellent or good physical health than those with fewer positive views. It is also turned out that older people in good health experienced ageism less frequently than others.

Ageism refers to the discrimination, prejudice and stereotyping based on age. We are not 'Ageist' at Carron Kith—and even let young people join!!



Our Details:

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Our Thanks

Many thanks to the supporters within our Group and our Friends and for everyone who voted for us on the Falkirk Community Choices Small Grant Scheme. Fingers crossed!

NEW PRODUCT PANEL!

We have started a new Product Panel and will include updates in our next newsletter with our views on various products, from hydration aides to chocolate bars!

Contact us to get involved. All new members and volunteers welcome.

Council Decision Making.....(or not!)

After months of discussions and proposals on the development of Falkirk Town Centre, there continues to be indecision between Labour, SNP and Conservative Councillors.

A marathon meeting lasting nearly 9 hours, was held on Tuesday 22nd June, to make a final decision on the proposal to demolish a block of offices, shops and houses on the High Street and Cockburn Street to make way for a civic centre with a library, theatre, advice hub, meeting rooms and office space.

They were told that a 'go forward' decision was essential to allow transformation of the ugly 1960's eyesore into a vibrant space that would anchor regeneration of the town centre.



After examining the options and weighing up many factors—including cost, complexity and timeline—an officer report had stated the site would be the most suitable and would generate cash.

However, the Labour group had its own proposal, which included an addition of a separate office building on the current site of the Westbank Clinic. This was met

with disbelief, after the many months of discussion and Margaret Foy emphasised the impact of further delay on local businesses.

Hopefully the Council can come to a decision that will allow Falkirk to move forward!!

And Finally.....

Thank you to our Friends, who continue to support us, by sharing information and connections across our community.

Members of the team at Carron Kith have been working with an excellent webdesign team—Webdesignfalkirk.co.uk and are making the final touches to our new website, which will be launched in the next few weeks.

We are really excited to see it launched, as it has many interactive elements, and details of all the events we are planning.



Thanks to Nicola and David for all the hard work!

And to Lucas for building the Interactive Map of Places to Visit.



Word Search

Welcome to this month's Word Search. Please send in suggested topics for next month's Word Search.

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

Topic: SUMMER

BBQ	TROPICAL	HOLIDAYS
SANDALS	BEACH	SUNHAT
ICE CREAM	LIGHT	FRESH
PETALS	SUNSHINE	GARDEN

Prepared By: Carron Kith

