

# Newsletter

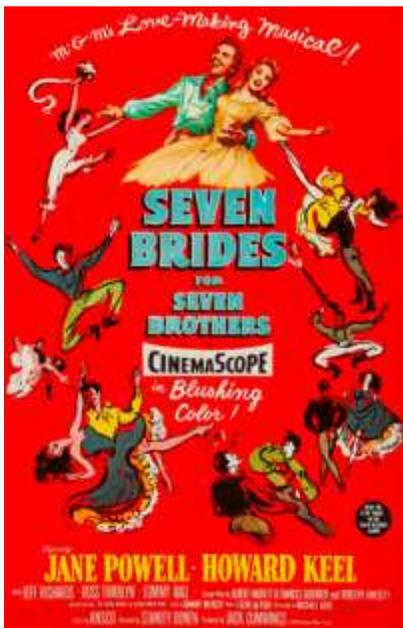
Edition 10: Sept 21

## Welcome Back!

It is with great joy that we share an update or our plans for re-opening the Carron Kith—Movie Group at Thornhill Court in Falkirk. Twelve lucky members of the Group were able to meet face to face on the 28 August — a chance to get together and plan for our next event.

The first Movie Event will be held on Saturday 18 September, at Thornhill Court, Kennard Street, Falkirk. Further details on timing will be sent to all members and updated on our website [www.carronkith.org.uk](http://www.carronkith.org.uk).

This is the first of our new events as Carron Kith, which will now include other activities, including craft events, walking groups and music events.



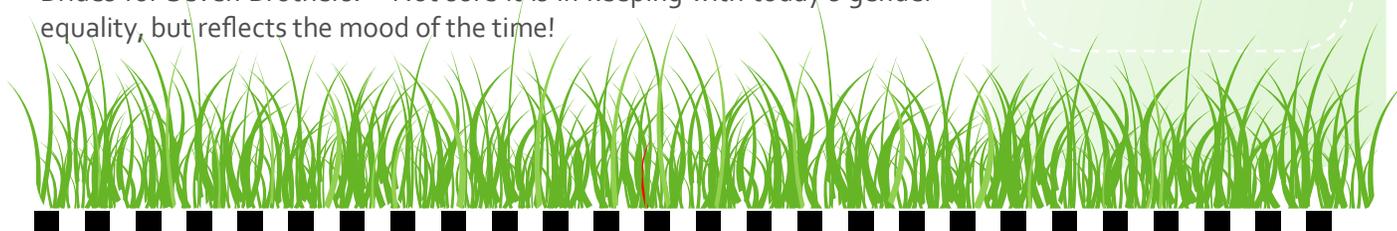
The movie selected for the Opening Event stars larger than life Howard Keel and Jane Powell in an all singing & dancing romantic comedy—Seven Brides for Seven Brothers. Not sure it is in keeping with today's gender equality, but reflects the mood of the time!

### Contents

Plum & Almond Pastry.....	2
The Big Wheest!.....	3
Queen of Hearts.....	3
Peter Sings With Joy.....	4
Things to Watch Out For.....	4
Are You Connected.....	5
Good News For Tea Lovers..	6
Torwoodhall.....	7
Community Choices.....	8
Wordsearch.....	9

### Important Dates

- Zoom Group—Thurs 4pm  
(Fortnightly)
- Movie Group—Sat 18 Sep



## Recipes



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

[Carronkith@outlook.com](mailto:Carronkith@outlook.com)

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

## Plum and Almond Pastry

Simple and tasty, with seasonal flavours

Cook Time: 20 mins (easy)

**320g all-butter puff pastry sheet**

**4 tbsp ground almond**

**800g plums, halved and stoned**

**25g flaked almond**

**3 tbsp caster sugar , plus extra to serve**

Step 1—Heat oven to 220C/200C fan/gas 7. Line a very large rectangular baking sheet with baking parchment.

Step 2—Unravel the roll of pastry and carefully lift on top. Sprinkle over the ground almonds and scatter the plums to make an even layer. Sprinkle with the flaked almonds, then the sugar.

Step 3—Bake for 18-20 mins until the pastry is golden and the plums are tender. Allow to stand for 10 mins to cool a little, then sprinkle with a little more sugar and serve with crème fraiche.



\* Recipes from BBC Goodfood



# The Big Wheesht!

Imagine having no-one to talk to, day after day. Imagine how lonely you would feel.

Sadly, 200,000 older people in Scotland go at least half a week without speaking to anyone.

You can help us tackle loneliness and be there for older people who desperately need our support by joining **The BIG Wheesht**.

There are lots of ways to take part:

- Hold a sponsored silence
- Challenge yourself to give up social media
- Part company with your mobile phone

It could be 2 hours, 24 hours or more – the choice is yours. Your challenge, your way!

Alternatively, you could crank up the tunes and hold a socially distanced silent disco.

You can also donate £5 by texting WHEESHT to 70085. Text cost £5 plus one standard message rate and you will be opting in to hear more about our work and fundraising via telephone and SMS.

If you would like to give £5 and do not wish to receive marketing communications, text WHEESHTNOINFO to 70085.



**So, will you haud yer wheesht?**

*From Age Scotland*

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## Twilight to Queen of Hearts.....

**Kristen Stewart is "incandescent", "tender" and even "stunning" as Princess Diana, according to critics who have seen the new biopic Spencer.**

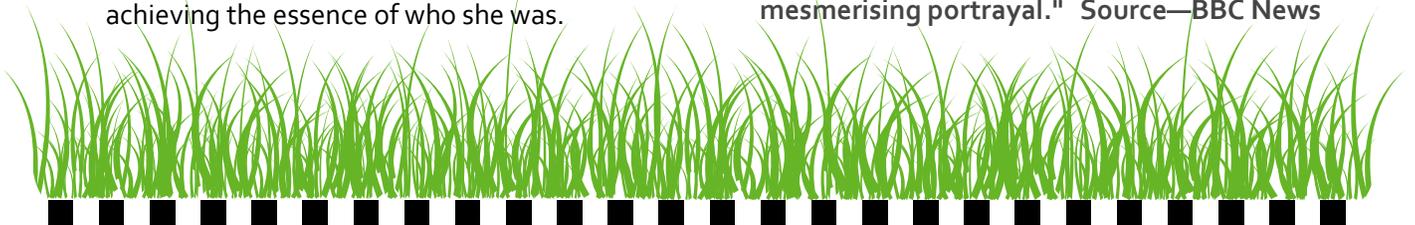
The new movie is "thrillingly gutsy, seductive, uninhibited filmmaking".

Stewart "navigates this perilous terrain with total mastery, getting the voice and mannerisms just right but vamping everything up just a notch, in order to better lean into the film's melodramatic, paranoid and absurdist swerves", he wrote.

"I can't say enough about Stewart's performance, steering from an impression of an impossibly well-chronicled figure to beautifully achieving the essence of who she was.



**"It is a bracing, bitter, moving, and altogether stunning turn, taking Diana down roads we have not seen played out quite like in this mesmerising portrayal." Source—BBC News**



# Peter Sings With Joy!

We are pleased to share an audio recording of Peter Brown, accompanied by the pianist Stuart Donaldson on our You Tube channel, with links on our website—[www.carronkith.org.com](http://www.carronkith.org.com)

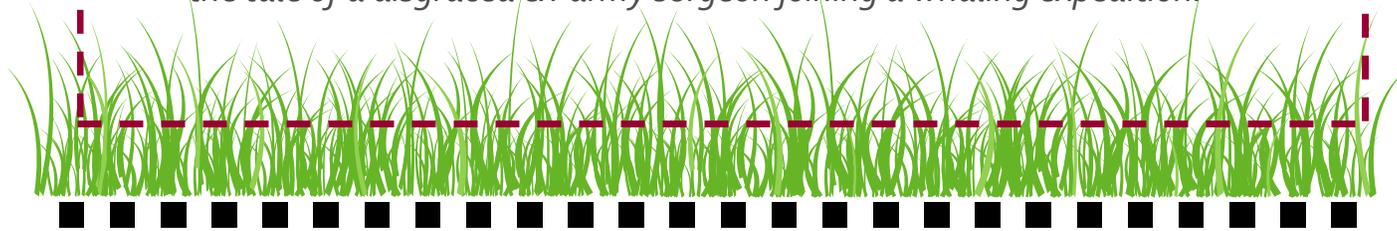


The recordings can be found by typing Carron Kith Peter Brown on You Tube, and are accessible for all.

We are so delighted to have such a wonderful singer in our Group!

## Things to Watch Out For!

- *The EIFF closed on 25 August with the new Billy Crystal movie— Here Today*
- *A new Scottish Movies include the acclaimed 'Our Ladies' - about a group of Highland lassies having a night out in Edinburgh.*
- *A new show starring Suranne Jones and Scottish actor Martin Compston has started on BBC One called Vigil. Set in a submarine, it is a tale of crime, under the sea.*
- *Succession, starring Scottish star Brian Cox is set for its Series 3, in October on Sky Atlantic. It is a sort of modern day 'Dallas', with plenty of family feuds and drama.*
- *The North Water is expected to be a big hit, coming soon to BBC One, and is the tale of a disgraced ex-army surgeon joining a whaling expedition.*



# ARE YOU CONNECTED?

***A recent study highlights the connection between the body and the brain and the common lifestyle habits that can increase the risk of dementia.***

*The study conducted in the Netherlands found that there are some simple life changes people can make that decreases their chance of developing the condition.*

*The study found that people who smoked, had high blood pressure and a poor diet are at higher risk of cognitive impairment.*

*Over 4,000 participants took tests of memory and thinking skills, such as information processing speed, executive function and attention.*

*Researchers found that people who were in the high-risk group had three key lifestyle habits which increased their risk of cognitive decline.*

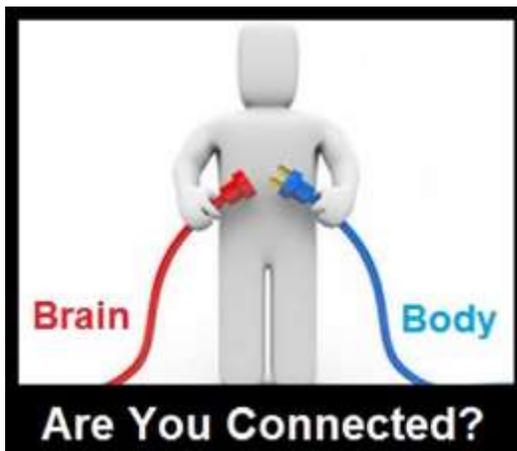
*The three key risk factors were:*

***High Blood Pressure:*** *particularly in middle age, can significantly increase the risk of dementia.*

***Smokers:*** *have a 45 per cent higher risk of getting dementia than non-smokers. It is estimated that 14 per cent of all Alzheimer's disease cases worldwide are potentially attributable to smoking.*

***Diets:*** *high in saturated fats have been shown to increase cognitive decline and the risk of developing dementia.*

***This highlights that a diet low in saturated fats and regular exercise is not only good for the body but also good for the brain.***



*The Charity Tide (together in dementia everyday) has produced a live film event—with emotional and uplifting stories to celebrate 4 years in Scotland.*

*This is accompanied with a new animation of a real life story by Alison, with 2 more animations due to be created by the end of the year.*



*Please go to [www.tidecarers.org.uk](http://www.tidecarers.org.uk) for more information.*



# Good News For Tea Lovers.....

***It's definitely time to stick the kettle on, as drinking a cup of tea has been found to boost brainpower and improve performance in creative tasks.***

Researchers led from Peking University conducted experiments to see if drinking tea might improve our capabilities to perform problem solving tasks.



The findings suggest habitual tea drinking may come with cognitive benefits, as well as its proposed health rewards — which have been suggested to include longer life.

The study was conducted by psychologist Lei Wang of Peking University, China, and colleagues.

***'Our results suggest that tea can help improve mental performance when faced with a challenging task.'***

The beverage also helps people persist in that task without tiring. The research also suggests that habitual tea drinkers see greater cognitive benefits compared to occasional tea drinkers.'

In their study, the researchers recruited a total of 100 individuals and tasked them with either completing word association tasks or solving riddles, which were set to varying degrees of difficulty.

Each subject was either given to drink a cup of water or one of Lipton's black tea — both heated to a temperature of around 108°F (42°C).

The team found that the tea drinkers performed better than water drinkers when set a creative task with a high level of difficulty.

In addition, the researchers found that the participants in the tea group were happier and more interested in the task than those in the water group.

The results have important practical significance for those who are engaged in creative work or those who are prone to fatigue.

The full findings of the study were published in the journal Food Quality for reference.

**I wonder if the research was funded by Lipton's?**

## Stories

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

[Caronkith@outlook.com](mailto:Caronkith@outlook.com)

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



# Torwoodhall....Too Expensive?

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*A historic former care home that has looked after residents for more than a century is to be sold off by the council, after it was deemed too expensive to develop.*

*How many of us remember playing in the woods near Torwoodhall?*

*The building from the 1850's seems trapped in time—a building from a different time. Unfortunately time has caught up with Torwoodhall, and the council have put it up for sale.*



*It closed recently as a care home, following a review by Falkirk's Health and Social Care Partnership. While staff were praised for their work – and in particular not having a single case of Covid throughout the pandemic – it was felt that the old, 18-bed home was not suitable to offer modern care.*

*It would have been nice to hear from the residents of Torwoodhall, who have made it a home.*

*I wonder if the council will be using the proceeds from the sale to invest in more suitable modern care facilities, or whether Falkirk's Health and Social Care Partnership will consider any other care homes unsuitable?*

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## Falkirk is in the top five - when it comes to noisy neighbours!

Between April 2020 and March 2021 there were 3,600 complaints made to Falkirk Council about the noise coming for the person next door or living in their street.



The research by Churchill Home Insurance found North Lanarkshire had a whopping 9,100 of the 35,600 cases reported in Scotland. Aberdeen had (4,902) while West Lothian (4,600) and South Lanarkshire (3,600) also made the top five.

Glasgow came sixth with 3,400 while Edinburgh ninth on the list, dropping down to 800 complaints. As we go into more of a 'new normal', many of us will carry on working from home, at least part of the time, so noisy neighbours will continue to be disruptive.

It may be the case that neighbours don't realise they are being noisy, so the first step should always be speaking to them and explaining the problem. If that doesn't work and they carry on, then keep a record of the type of noise and time of day and speak to your local council about raising a potential noise complaint.



## Our Details:

**Twitter:** @Carronkith

**Web:** [www.carronkith@org.uk](http://www.carronkith@org.uk)

### Contact:

Lesley—07787435059

Nicola— 07950 659158

## 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.

## PRODUCT PANEL!

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

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

# Community Choices!!

I am delighted to announce that Carron Kith was a successful applicant for the recent Falkirk Council Community Choices Initiative and received a Small Grant of £1,500 to help with the production and distribution of our Newsletter, to those without access to the internet in the Carron Valley Area— Denny, Larbert, Stenhousemuir, Camelon, Falkirk and Bo'ness Areas.

We were delighted to be included in the initiative, which required local residents to vote online or at the Falkirk Offices, and more delighted to receive over 200 votes from local residents.

This money will enable us to expand the Newsletter, produce colour copies for

those at home, and offer a 'Directory of Resources' from Our 'Places To Go' Interactive Map.

Our Interactive Map is constantly updated with information about new services, places to visit, or places to eat out. It is based on information provided from our friends and members, and is constantly changing.



However, it is important that we recognize that not everyone in the community has access to email or the internet and many people feel lonely and isolated and may welcome something that gives them a feeling of local connection.

## 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 developed and launched our new website, [www.carronkith@org.com](http://www.carronkith@org.com).

This includes an interactive map, that allows you to search for information on places to go, based on information and experiences from our members. It is colour coded and includes Local & Community Support Groups, Outdoor Trips, including places to grab a cuppa. It is constantly updated with information from our friends and members.

Any new Groups or events will be highlighted in our Blog!



# Word Search

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

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

## Topic: PRESIDENTS OF USA

WASHINGTON	TRUMP	NIXON
CARTER	WILSON	REAGAN
LINCOLN	BIDEN	BURR
BUSH	KENNEDY	ADAMS

Prepared By: Carron Kith

