

Newsletter

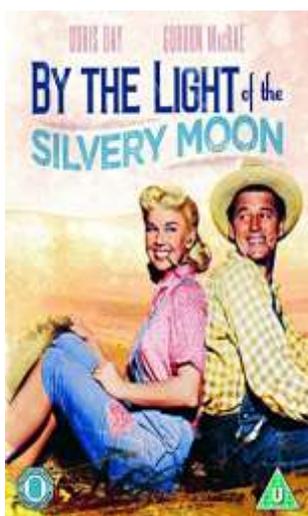
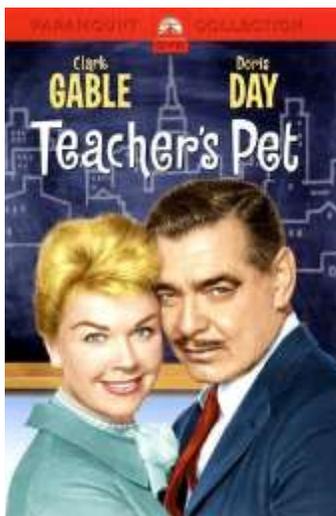
Edition 16: Apr 22

Time For Some Doris?

April is a month for sunshine and showers—but who expected snow!

Our next Movie Event is set to put a spark back in your step with some classic romance from Doris Day.

We have a choice of the fast talking Teacher’s Pet, with Doris and Clark Gable or By The Light of The Silvery Moon, with Gordon MacRae.



The Movie Event is on Sat 30th April and will start at 2pm, with the usual popcorn and ice-cream, followed by a small snack, juice or cup of tea, finishing around 5.30pm. Everyone is made welcome at our Community Group.

All events are free, but donations are always welcome, as the Group is run by volunteers, with funding by Life Changes Trust and Falkirk Community Choices.

Contents

- Lemon Drizzle Simnel Slice.....2
- Earning A Crust.....3
- Message in A Bottle.....3
- Carron Kith—Movie Events.....4
- Front of Mind.....5
- April.....6
- Message From Her Majesty.....7
- Another Fine Mess.....7
- Knit & Natter.....8
- Thanks for the Laughs.....8
- All Front.....9
- Wordsearch.....10

- Important Dates**
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- Movie Group:
- Sat 30 April
 - Sat 28 May

Please recycle Newsletter—
also available online.



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!

Lemon Drizzle Simnel Slices*

Cook Time: 40 min (Moderate)

250g butter , softened;
250g golden caster sugar , plus 50g for the topping
2 large lemons , zested and juiced
3 large eggs; 200g plain flour; 100g ground almonds
2 ½ tsp baking powder; 50ml milk
100g mixed dried fruit; 300g marzipan , chilled
50g icing sugar

Step 1—Heat oven to 180C/160C fan/gas 4. Oil and line a 20cm x 30cm baking tin with baking parchment. Beat the butter and sugar with most of the lemon zest until pale and fluffy. Add the eggs one at a time, mixing constantly, then add the flour, almonds and baking powder, and keep mixing until you have a smooth cake batter. Stir in the milk and dried fruit.

Step 2—Scrape half the cake batter into the tin and level the surface. Coarsely grate half the marzipan onto the batter to create an even layer, then cover with the rest of the batter, trying not to disturb the marzipan too much. Level the top and bake for 35-40 mins or until a skewer inserted into the centre comes out clean. If any wet cake mixture clings to the skewer, return the cake to the oven for 5 mins, then check again. Mix the remaining caster sugar with a quarter of the lemon juice, then drizzle over the cake while still warm. Leave the cake to cool in the tin.

Step 3—Mix the icing sugar with enough lemon juice to make a drizzly icing – 2-3 tsp should be enough. Divide the rest of the marzipan into 11 even lumps and roll into balls. Drizzle the icing over the cake, top with the marzipan balls and sprinkle with the remaining lemon zest.



* Recipes from BBC Goodfood



Still Earning A Crust.....

Many of our favourite actors seem to have an endless amount energy and are still working. Here's a list of a few that are still earning a 'crust'....



- Meryl Streep—22 June 1949
- Helen Mirren—26 July 1945
- Al Pacino—25 April 1940
- Lily Tomlin—1 Sept 1939
- Ian McKellen—25 May 1939
- Anthony Hopkins—31 Dec 1937
- Jane Fonda—21 Dec 1937
- Vanessa Redgrave—30 Jan 1937
- Robert Redford—18 Aug 1936
- Judy Dench—9 Dec 1934
- Michael Caine—14 Mar 1933
- Rita Morena—11 Dec 1931
- Clint Eastwood—31 May 1930!

Maybe their pensions are not that great!

From Stacker Online

Message in A Bottle.....

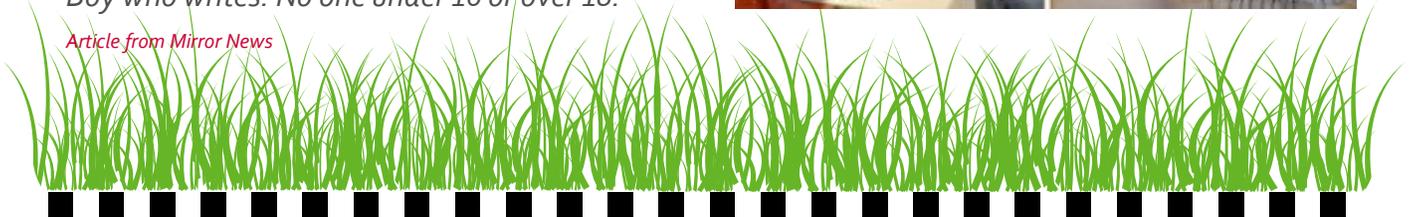
Cheeky love notes from over 50 years ago were discovered by litter pickers in Lincolnshire. Although it was found half a century later, the love letters didn't sail far.

Tracey Marshall, her daughter Charlotte, 19, found the messages in a bottle while working for Scunthorpe Litter Pickers.

The love-lorn pair wrote descriptions of themselves and invited teenage boys who found the bottle to write back to them.

Janet wrote: "I am 15, not bad looking, long wavy brown, chestnut hair and 5'4. Anyone interested, a photo will be exchanged in person. Boy who writes. No one under 16 or over 18."

Article from Mirror News



Carron Kith—Our Movie Events

Our Movie Events are growing in popularity every month. Carron Kith was set up by volunteers, as part of a Scottish Care Initiative to help connect local people and give them something to do at the weekend. It was a common feeling that a lot of support, clubs and other groups all met during the week—Monday to Friday, and weekends could be long, if you were on your own, or family were busy.



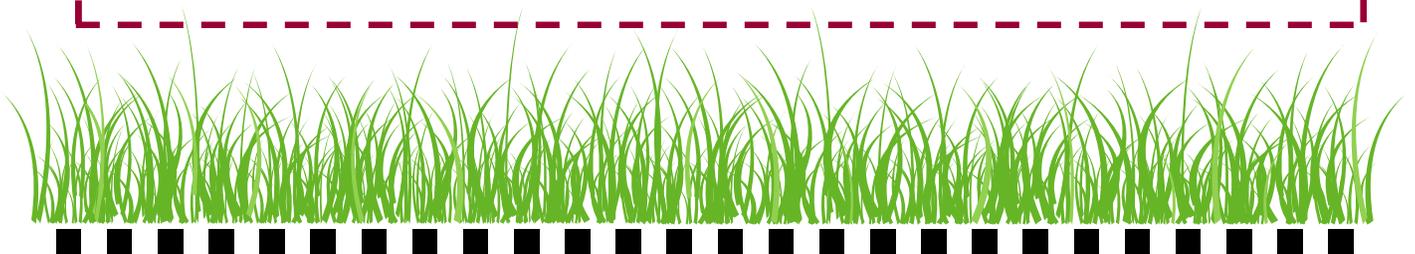
The Group agreed that a Saturday Afternoon at the Cinema was what was needed, and Carron Kith was set up!

The Group has gone from strength to strength, supported by funding from Todhill Windfarm, Life Changes Trust and the Falkirk Community Small Grants.

Some Highlights....

- *Welcomed by staff and residents at Thornhill Court, with use of lounge.*
- *Little bag of 'pic'n'mix' and popcorn to enjoy with the movie.*
- *Comfortable chair, with large screen (soon to get bigger) and sound (soon to get louder)!*
- *Central location with parking and access to toilet facilities.*
- *Kind and friendly group, who enjoy meeting up, once a month.*
- *Cup of tea and a blether afterwards, with some small snacks.*
- *Christmas Special with Andre Rieu, mulled wine and mince pies.*
- *Jubilee Special planned, with afternoon tea and a wee toast for the Queen.*

GET IN TOUCH FOR MORE INFORMATION—Lesley 07787 435059



Front of Mind.....

tide—is a UK charity with a mission to connect and empower carers of people with dementia. This year *tide* is delighted to be launching a joint campaign with Roche, who are helping us make a positive social change in dementia care.

What is the Issue?

It can take a long time to get a dementia diagnosis. The pandemic has made this even worse. Carers tell us support is virtually non-existent and when you finally do get a diagnosis there is no plan for what happens next.

We often hear dementia support as "a postcode lottery". John said, "The memory clinic told my wife she had dementia and to make an appointment for a year's time. I was given a load of leaflets and left alone!!"



Whilst the health and social care system is dealing with the effects of the pandemic, there has been a sharp decline in the number of people diagnosed with dementia. It is estimated nearly 270,000 people living with dementia over the age of 65 do not have a diagnosis.

An estimated 1.5 million people are expected to be diagnosed by 2040. This is an ever-growing crisis that needs intervention now.

What are *tide* doing to help?

Front of Mind is a campaign that puts family carers needs at the heart of dementia care. We are calling for the following changes:

- *For a greater awareness and understanding of dementia*
- *For people living with dementia and their carers to be more involved in policy decisions that affect them*
- *For clinical pathways to be clear and supportive through-out a diagnosis and beyond.*

How can you help us?

We need your support to raise awareness of this campaign. You can help by spreading the word. Our voices are stronger together. We must speak up for people affected by dementia .

Article from [tide](#)



The charity Tide (together in dementia everyday) continues to run Groups for family members of people living with dementia.

These run regularly, and offer a chance to chat with people with similar experiences, step back and take breath without fear or judgement .

The Groups include people from around the UK, and offers practical insight and advice on care experiences in other areas of the country.

Please go to www.tide.uk.net for more information.





I heard a thousand blended notes,
While in a grove I sate reclined,
In that sweet mood when pleasant thoughts
Bring sad thoughts to the mind.

To her fair works did Nature link
The human soul that through me ran;
And much it grieved my heart to think
What man has made of man.

Through primrose tufts, in that green bower,
The periwinkle trailed its wreaths;
And 'tis my faith that every flower
Enjoys the air it breathes.

The birds around me hopped and played,
Their thoughts I cannot measure:—
But the least motion which they made
It seemed a thrill of pleasure.

The budding twigs spread out their fan,
To catch the breezy air;
And I must think, do all I can,
That there was pleasure there.

If this belief from heaven be sent,
If such be Nature's holy plan,
Have I not reason to lament
What man has made of man?

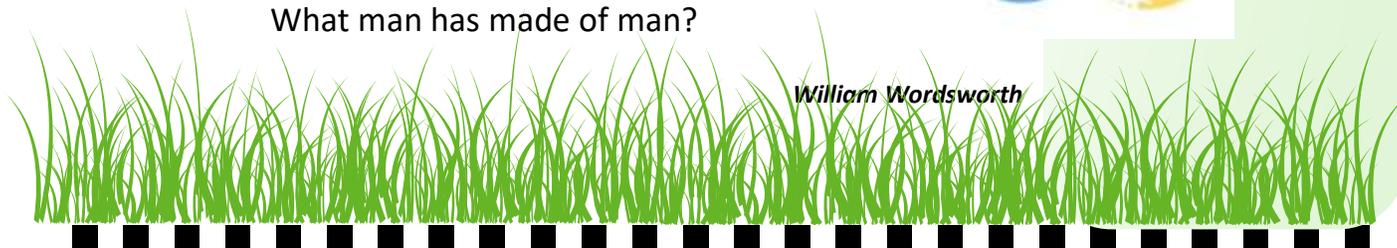
William Wordsworth

Stories

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

Caronkith@outlook.com

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



Message from Her Majesty.....

A great-grandmother who delivered hundreds of Falkirk Bairns celebrated her 100th birthday.

Mary McCabe was a sister midwife for decades at the former Falkirk & District Royal Infirmary and helped many mothers at the birth of their children. Anne said she "didn't expect to last this long."

On Sunday former nursing colleagues joined Mary's family, friends and neighbours to celebrate her very special day.

Daughters Esther McLaughlin and Claire Sheppard had organised the party in Camelon Social Club, which took place the day before their mum's landmark birthday.

The Born on April 4, 1922, Mary was the fifth of Esther and William McLaughlin's eight children, all of whom had red hair and were known in the village as the "red headed McLaughlins".

She grew up in Plean with siblings Donald, Willie, George, Nellie, Jane, Katy and Esther, attending Bannockburn St Mary's School before going to St Modan's High School in Stirling.



Article from BBC News

Another Fine Mess.....

It matters," said 79-year-old Carole Gates "If the Sunaks are both resident in the UK they should be paying all their taxes here."

"It makes me cross and it does change my opinion of Rishi. I thought he was doing his best and that he was doing quite a good job, but he has gone down in my estimation a lot."

She wasn't sure she could vote for him again. But where to go instead? She wrinkled her nose at the suggestion of Keir Starmer's Labour party.

Others had already fallen out of love with Sunak before the latest revelations. Hotel housekeeper Jade Green, 27, accused Sunak of having no idea what life was like for ordinary people.



Article by The Guardian



Knit & Natter.....

Ladies from the Knit & Natter Group were overwhelmed by the support for their Daffodil Afternoon Tea, which was held on Saturday 9 April at Thornhill Court, Falkirk.



The Group offered friends and family a cup of tea, some home baking, and the chance to purchase some of the beautiful handmade items, including baby clothes, toys, easter gifts, blankets, teddy bears all created by the ladies of the Knit & Natter Group, in support of Macmillan Cancer and CHAS charities.

The room was buzzing with the sale of raffle tickets, a tombola, home baking and a chance to catch up with old friends and make some new.

The Group have managed to raise over £1,200 to date, with still money being donated. Well done ladies—fantastic work!

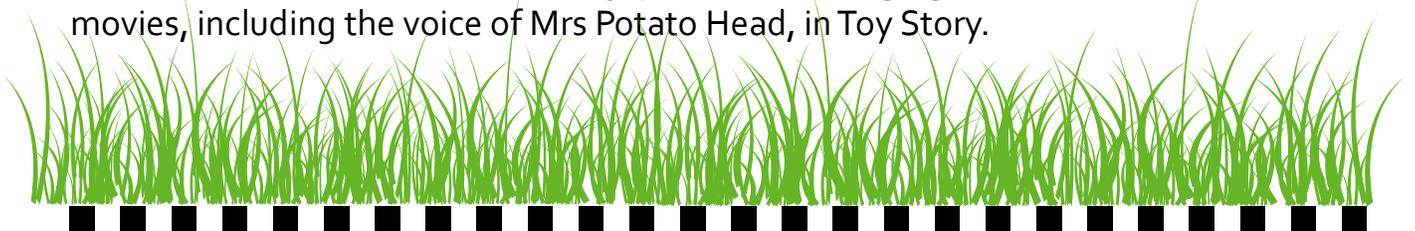
For more details on the Knit & Natter Group, please contact Thornhill Group, Falkirk.

Thanks for the Laughs....

Estelle Harris a talented comedian and actress who entertained millions in more than one memorable role, has died. She was 93.

Born Estelle Nussbaum in New York City on April 22, 1928, Harris began pursuing acting at assorted amateur community theatres while raising her children, and went on to find incredible success both on stage and screen.

Though she might be best known for playing George Costanzas mother Estelle on iconic TV sitcom [Seinfeld](#), she enjoyed a wide-ranging career in ads, shows and movies, including the voice of Mrs Potato Head, in Toy Story.



Our Details:

Twitter: @Carronkith

Web: 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—Fund 2.

We are very pleased to confirm we were successful in the Falkirk Community Choice Small Grant Scheme—Fund 2.

Further Detail next month.

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

All Front.....

Plans to revitalise Central Retail Park in Falkirk which could see the creation of a new cinema, concert hall or sports venue have been unveiled.

The oldest section of Falkirk retail park – a row of shops including Halfords, Currys and TK Maxx – will be given a new look, according to an application that has been submitted to Falkirk Council.

The application reveals that the current shopfronts “are unquestionably outdated and do not meet the demands of a modern retailer”.



The new facades will fit in with the design of the rest of the retail park, but the applications adds that “the development will hopefully set a benchmark for the remainder of the park to be uplifted..”.

In another change, the park’s owners would like to change the former Mothercare store.

Landlord Corona Vulcan Falkirk Limited is now seeking planning permission for the change of use from class one to class 11 assembly and leisure use, including Bingo, Cinema, Gym or Skating Rink. The retail park’s newest tenant, the Food Warehouse, will open on Tuesday at 8am.

And Finally.....

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



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!

Click [Here](#) to visit today!



Word Search

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

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

Topic: EASTER

BUNNY	CROSS	FLOWERS
CHOCOLATE	PARADE	BASKET
SUNDAY	HOP	CHICK
BONNET	HUNT	CARROT

Prepared By: Carron Kith

