

Newsletter

Edition 24: Oct 23

Bumper Autumn Edition

Welcome back to the Carron Kith Newsletter for our special Autumn Edition.



Members and Residents at Thornhill Court were treated to a special Live Music Event in September with the 'Rockin' Reverend' Alex Stuart playing guitar and singing some classic songs from the past.

It was a great afternoon, with tea, famous homemade fruit cake from James and even folk up dancing!

Watch out for details of our next event on Saturday 28th October at 1pm.

All events are free, but donations are always welcome, as the Group is run by volunteers, and funded by generous donations. The Group have received some new funding from Miller Homes (more details inside).

Contents

Pork & Parsnip Tray Bake.....	2
Chat-Tea Train.....	3
Rotary News.....	3
October.....	4
Food Train.....	5
Miller Homes.....	6
Diary of a Lady's Maid.....	7-8
Dollar Park Upgrade.....	9
Central Wellbeing.....	9
A Thank You.....	10
And Finally.....	10
Wordsearch.....	11

Important Dates

Movie Group—1pm to 4pm:

- Sat 28 October
- Sat 25 November (Special)

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!

Pork & Parsnip Tray Bake

Cook Time: 40 mins (Easy)

- 4 large parsnips (about 500g) peeled & cut lengthways to 6
- 2 red onions, each cut into 8 wedges through the root
- 2 ½ tbsp olive oil
- 1 ½ tbsp wholegrain mustard
- 4 pork chops, fat trimmed
- 1 ½ tbsp clear honey
- small handful sage leaves

1. Heat oven to 220C/200C fan/gas 7. Put the vegetables in a roasting tin, season and toss with 2 tbsp oil and 1 tbsp mustard. Roast for 20 mins. Meanwhile, place a frying pan over a high heat. Season the pork chops and rub with the remaining oil. Fry the chops for 30 secs-1 min each side until just browned – turn on their sides to brown any fat.
2. Stir the veg, then place the chops on top and rub them with the remaining mustard. Roast for a further 15 mins. Drizzle with honey and scatter over the sage, then return to the oven for 5 mins or until the pork is cooked through. Serve with the juices from the tin.



Recipe from BBC Good Food



Chat-Tea Train: Rail Journey Combating Loneliness

A train from Londonderry to Coleraine has been helping to combat loneliness among elderly people.

The "Chat-Tea Train" saw over-60s taking a unique rail journey to help promote **Positive Ageing Month**.

The Western Health and Social Care Trust organised Monday's event in partnership with Derry and Strabane District Council and Translink.

Organisers wanted people to get on board with connecting with others over a cup of tea and some entertainment.



The passengers were able to stop for tea, coffee and have some lunch on arrival into Coleraine before returning home to the North West Transport Hub in the Waterside that same afternoon.

What a Great Idea—Maybe We Can Encourage Bo'ness & Kinneil Train!

Larbert Rotary closure threat after 50 years!

"Extremely low membership" and a "lack of willing volunteers" has resulted in an uncertain future for the Rotary Club of Larbert.

Discussions on whether the organisation can continue or if it will be forced to close are currently ongoing. But those involved in its operation hope to be able to attract new members and volunteers in a bid to keep the club, which has been running for more than half a century, going and ensure that several community projects would not be lost.

In a post on [Facebook](#), the local branch said: "For over 50 years Rotary Larbert has been in existence working in the communities of Larbert and Stenhousemuir. Due to extremely low membership numbers and lack of willing volunteers it is becoming apparent that there is not much to look forward to in the future and it currently looks like the club may be forced to close early in 2024.

"There is still the opportunity to prevent this from happening if we can attract more members and/or volunteers to support us and work with us. If you are interested in finding out more about what we do in the community and further afield or how you might be able to help us please email us at RotaryLarbert@gmail.com"





*Crispy air and azure skies,
High above, a white cloud flies,
Bright as newly fallen snow.
Oh the joy to those who know October!*

*Colours bright on bush and tree.
Over the weedy swamp, we see
A veil of purple and brown and gold.
Thy beauty words have never told. October!*

*Scolding sparrows on the lawn,
Rabbits frisking home at dawn,
Pheasants midst the sheaves of grain,
All in harmony acclaim, October!*

*Brown earth freshly turned by plough,
Apples shine on bended bough,
Bins o'erflowed with oats and wheat,
And satisfaction reigns complete. October!*

*Radiant joy is everywhere.
Spirits in tune to the spicy air,
Thrill in the glory of each day.
Life's worth living when we say, October!*

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.



Falkirk Folk Help Food Train Stay On Track

Food Train has launched a fundraising drive across Falkirk due to deepening concerns about the impact of the cost of living crisis on older people.

Throughout October Falkirk residents can directly support older people in the area by sponsoring shopping deliveries of essential groceries to over 65's in their homes.

A £10 donation will sponsor a box for 12 months.

The initiative comes after a study carried out by Food Train found 57 per cent of its members across Scotland have been forced to change their eating habits due to the cost of living crisis, with some people having to cut back on the amount of food they are buying.



Over half the older people in the study admitted they have changed the way they heat their homes to cut their bills because of rising energy costs.

The “**BOXtober**” campaign also highlights the financial challenges Food Train faces in keeping its life-improving services on-track, from maintaining its fleet of vans to ensuring volunteers receive all the support they need to carry out their lifeline work.

The charity helps around 3,000 people aged 65 and over across Scotland to eat well and live well in their own homes through their shopping delivery, meal making and befriending services.

All money raised locally through BOXtober will go directly towards supporting older people in the region. Emma Black, Food Train’s manager, said: “Getting behind our BOXtober campaign is a simple way to help us make a remarkable difference to the lives of older people in Falkirk.”

Visit the [website](#) for more information.



Miller Homes Helps People of Bo'ness

Thank you to **Miller Homes Grant Funds** for helping to support Carron Kith to raise awareness of dementia, and the impact of dementia on the people of Bo'ness and Falkirk.

Volunteers and Supporters of Carron Kith will be distributing copies of our newsletters and leaflets with facts about dementia in the Bo'ness Area during October, November and December.

Research shows there are more than 944,000 people in the UK who have dementia. 1 in 11 people over the age of 65 have dementia in the UK. The number of people with dementia is increasing because people are living longer.

However, dementia is not just for older people and an estimated 7.5% or 70,800 of the 944,000 people living with dementia are under age 65.

Dementia is not a natural part of aging and is not just about memory loss, as it impacts the brain.

People can live well with dementia and there is help and support available from health services, social services, national charities and local support groups, like Carron Kith.

millier homes

For heaven's sake, one glass won't do any harm!



Diary of A Lady's Maid....Bombay

Thursday 26th January 1953:

We arrived at Bombay about 2 p.m. The pilot came to guide us into the Harbour & soon we were alongside the Quay.

Bombay was celebrating Independence Day, flags flew gaily in the breeze & the Ships in the Harbour had flags flying from end to end.

Great crowds stood waiting on the Quay ready to tour the "HIMALAYA". It was a gay scene. Indian beauties in their colourful Saris, Europeans in beautiful dresses, people with garlands of flowers round their necks & flowers in their hair, men wore garlands as well as women, & Porters in scarlet coats with white fal-de-ral's. Over 200 passengers disembarked at Bombay, we will miss the familiar faces. Mrs. Muirhead, Mr. & Mrs. Freeman & I went ashore before tea.

A taxi driver at once came forward & offered to take us for a drive but he wanted about £4, which was pure robbery. Standing near were two white men, well dressed, so Mr. Freeman approached them & asked advice on the matter.



They were two Scotsmen from Glasgow! It was amazing. Thousands of people in that huge city & the first people to whom we speak are Scotsmen. They were very helpful & told us the proper charges etc. We got into the taxi, the Scotsman waved us goodbye & were driven to the Taj Mahal Hotel, a most beautiful place & said to be the best Hotel in India. What a wonderful view we had from the balcony. Great crowds of gaily dressed people walking along the broad front in brilliant sunshine, the blue sea beyond & to our left the famous Gateway to India, a very nice piece of architecture. We had tea in the hotel not the good brew of our native land but refreshing for all that. From the Hotel we motored to the famous Towers of Silence.

The taxi was gaily decorated & our driver well informed on all the places of interest. His knowledge of the English language was very good. Bombay gave me the impression of a very prosperous and go-a-head city.

Building were modern and up-to-date. We passed many beautiful Hotels Modern Flats & palatial private houses. I saw several modern Colleges Playing Fields, , Swimming Pools & Gymkana Club, where cricket, football were played. Our driver said they were all Gandhi religion. I took that to mean that Gandhi provided all these for the people.



Diary of A Lady's Maid....Bombay

There are 72 religions in India, it would be interesting to read about some of them. We passed a very fine statue of the Prince of Wales, it was very like him and in the front stood some nice little Bungalows, new & up-to-date these were for army men & their families, an inducement for men to join the army. We passed the recruiting offices nearby.

Roaming the streets were the sacred cows of India, they are allowed to wander anywhere they like. They are not so big as the cows in Britain & not so nice-looking. Our car was climbing now up a very steep hill & we were in a poorer quarter of the town, with grubby native shops & houses.

People were poor looking. Women walked about carrying wee babies, I noticed some of the babies had bright little faces, bright black eyes looked at the white faces inside the car as if they knew we were different.



We saw a long arm of concrete stretching. Out to sea and at the end of it was a Mosque. Long queues of people were going out to worship.

King George V Memorial Hospital was a fine Building. We saw too, a fine Sanatorium and a hospital for the poor, proving the poor are not all together forgotten.

Some of these very poor people just lie down & sleep on the pavements or huddle down in some dirty corner.

I saw some terrible slum houses & we passed along some very bad smelling streets. No wonder there is so much disease Under a bridge was the washing ground, where huge bundles of washing were lying waiting to be done. I expect this would be the same as our laundries at home.

Lone stone tubs full of water. From these water was taken to individual stone tubs & I saw huge boilers dotted here & there. In one of those boiler shaped vessels I saw a native man tramping the clothes with his feet, the old fashioned way of washing blankets at home!

Diary of a Lady's Maid by Miss Bettie Morrison from Grangemouth

(Extracts contributed by Tom & Christine McCarroll)



Dollar Park—Dementia Friendly

A Dementia Care Facility has been given the Green Light for an upgrade



to current services in Dollar Park. Falkirk Council has given the go ahead to upgrade a historic building used by people living with dementia and their families.

Planning Officers granted listed building consent to create a new entrance to the historic building in Dollar Park used by Joint Dementia Initiative, which is part of the a Falkirk Health and Social Care Partnership. More details in [Falkirk Herald](#).

Our Details:

www.carronkith@org.uk

Contact:
Lesley—07787435059

Volunteers:
Muriel, Nicola & Aileen

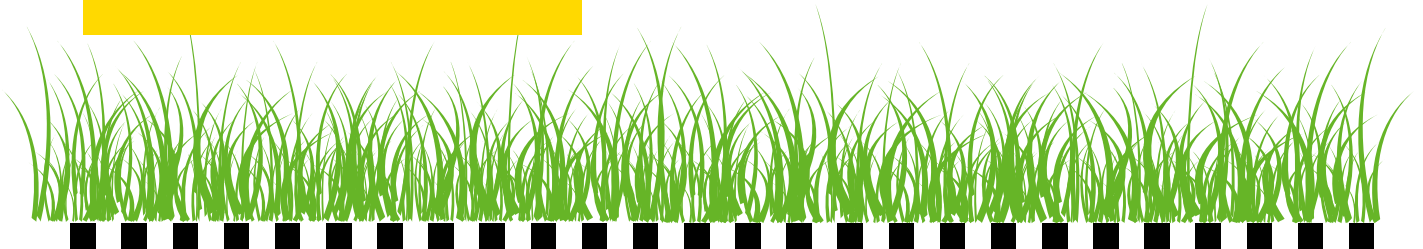
Central Wellbeing— Falkirk & Denny

Central Wellbeing is a Scottish Charitable Incorporated Organisation based in Manse Place in Falkirk, helping to improve the mental health and wellbeing of people in Falkirk District. This includes supporting people who feel lonely or isolated.

Projects and activities are focused on peer support, befriending, activity days and workshops. News and vents are advertised on their [website](#).



For those who enjoyed the Carron Kith Live Music Event in September, Central Wellbeing are holding another event with the “Rockin Reverend” —Alex Stuart at their Forget Me Not Café in Denny Library on Monday 16th October at 1pm—3pm.



A Thank You

Organisers of Carron Kith would like to thank the generous donations from all our members residents and staff at Thornhill Court for your continued support.

100% of all donations are used to benefit members of Carron Kith, at our Live Music, Movie Events or other activities.



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!

Our Details:

www.carronkith@org.uk

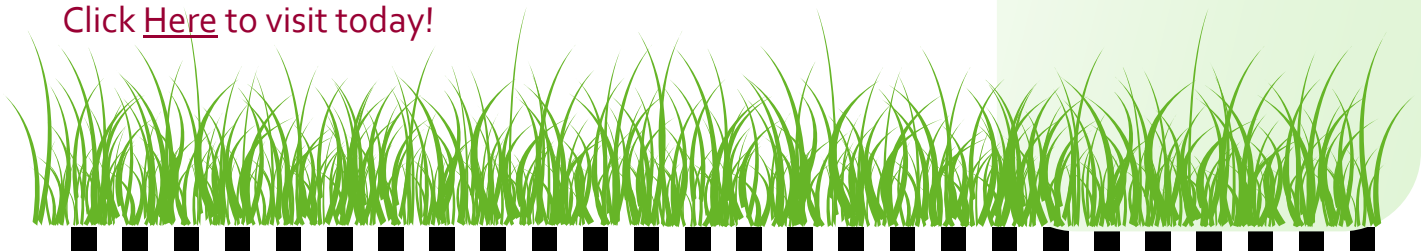
Contact:
Lesley—07787435059

Volunteers:
Muriel, Nicola & Aileen

Our Thanks

Many thanks to our Group and our Friends and for continuing to support us.

100% of donations goes to events, snacks & website maintenance.



WORDSEARCH

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

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

Topic: AUTUMN

PARSNIPS	APPLES	PEARS
LEAVES	GHOSTS	ORANGE
SQUIRREL	HARVEST	SMOKE
RED	RAIN	MASKS

