



CARRON KITH

SHARING MEMORIES



Newsletter Edition 25: Jan 24

Bumper Festive Edition

Welcome back to the Carron Kith Newsletter for our special Christmas & New Year Edition.



Carron Kith Members and Residents at Thornhill Court are looking forward to a Special Scottish Music Event in January.

It will be a great afternoon, with tea, fruit cake maybe even some toe tapping!

Watch out for more details closer to the event on Saturday 27th January at 1pm, or check out our website on www.carronkith.org.uk.

All events are free and new members are always welcome. Events are run by volunteers, and funded by generous donations and small grants.

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Important Dates

Movie Group—1pm to 4pm:

- Sat 27 January
- Sat 24 February

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!

Scottish Milk Tablet

Cook Time: 40 mins (Easy)

55g Unsalter Butter

250ml Milk

397g Condensed Milk

900g Granulated Sugar

1. In a large non-stick pan, melt the butter and milk. Gradually add the sugar and melt slowly until it is all dissolved.
2. Let the mixture boil briskly for 4 mins. Watch it does not catch or burn on bottom, by a gentle stir.
3. Add the condensed milk and gently stir. Bring it back to boil for approximately 20 mins.
4. Aim to get temp to 118 degrees or soft boil—check by dropping small amount in cold water.
5. Remove from pan for 5 mins, then carefully beat until it starts to thicken.
6. Pour into a baking tray, lined with parchment.
7. Leave to set.



Some homemade tablet will be on sale at our next event on 27 January 2024!

Recipe from BBC Good Food

Shrink-Flation

Has anyone else noticed a change in our usual Christmas chocolates or is it just my imagination!

Since 2009, our favourite chocolates have shrunk in size by around 50%, with Roses, Quality Street and Celebrations tins now 50% smaller in contents.

Roses have shrunk from 1,200g in 2009 costing £10 to 600g, costing £5.

Similarly, Roses have shrunk from 1,100g at £10 to 550g costing £5.

Celebrations are the best value, with a reduction of 38%, now offering 600g for £5.

Which one is your favourite?

Maybe this is to encourage us to eat less—or just buy more!



Falkirk Voted the 6th Happiest Place in Scotland

A recent survey of places to live in Scotland conducted by Rightmove has voted Galashiels the happiest place to live. Falkirk came in 6th, beating Edinburgh (9th) and Glasgow (11th).

1. Galashiels
2. Inverness
3. Dumfries
4. Dundee
5. Perth
6. Falkirk
7. Ayr
8. Stirling
9. Edinburgh
10. Kilmarnock





Each morning as I lie awake,
I pray my soul the Lord to take.
For memories are far too deep
to pray the Lord my soul to keep.

Good memories when you were here
to fill us all with Christmas cheer,
but God above was all alone
and took you for his very own.

And though we know that you are near,
each Christmas we are filled with fear.
How will we cope without you there?
We're left staring at an empty chair.

But cope we do - we all survive
We remember when you were alive,
knelt down by the glistening tree,
shaking presents trying to see.

On Christmas morn you'd wake to find
those presents Santa left behind.
These memories all bring a tear
for you held Christmas time so dear.

And now five Christmases unwind.
Our memories are all enshrined,
for in our hearts you'll always be
until God comes to set us free.

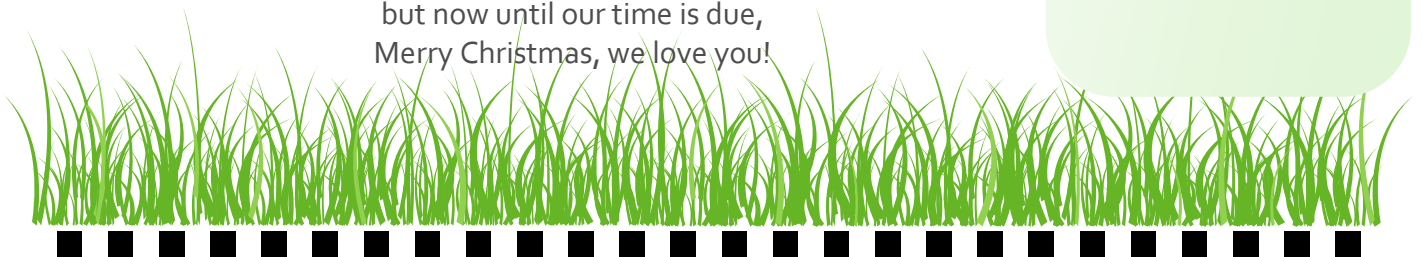
Then we can be together again.
Forget heartache - forget the pain,
but now until our time is due,
Merry Christmas, we love you!

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.



Farewell to Our Dear Friends

Carron Kith has lost some of our good friends in 2023 and would like to take the time to reflect on their kind and generous spirit, warmth, friendship and support of our Group.



We bid a sad farewell to:

Ellen Holland passed away peacefully on 4th January. Although Ellen only attended our very first event, she supported all of our activities through her daughter, Lesley, and enjoyed hearing about the Group.

Ellen Thomson passed away peacefully on 22 June at home with her loving family. Ellen was a familiar face to many in Bo'ness and a regular at Movie Events. Ellen brought a laugh, a warm smile and words of encouragement to everyone, with her enjoyment of the classic movies and the musical greats.

Peter Brown passed away peacefully on 21 October. Peter was a lovely gentleman with a kind heart and a keen love of music. Peter was a regular attendee at our Movie Events and one of our original members. He shared his musical talent with us on our [YouTube Channel](#). Please click to listen to Peter's wonderful voice.

Jennie McCartney passed away peacefully on 2 November surrounded by her loving family. Jennie was a strong independent lady with a huge passion for life. She was a founder member of the Group and also generously shared her love of words, poetry and the works of Rabbin Burns on our website and [YouTube Channel](#).

**Those we love don't
go away, they sit
beside us every day.**



We miss your friendship and support, and continue to welcome new members and friends to our Group.

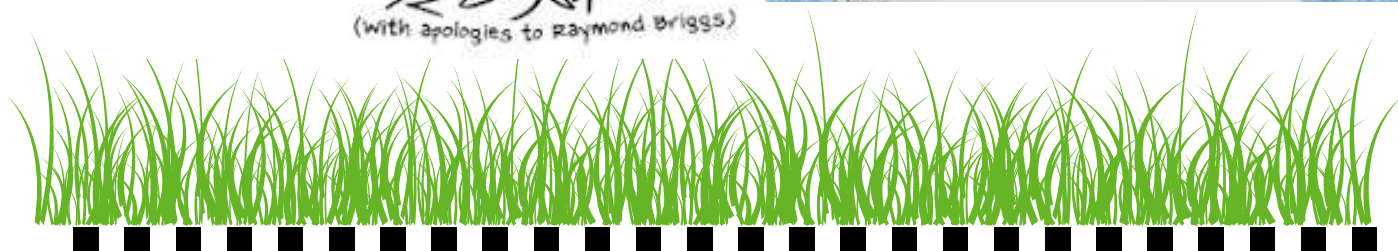
Our condolences to those who have lost family during 2023.



Townbreak—Dementia Support

A Falkirk dementia charity is looking for support as it launches its winter campaign.

A charity which helps make life better for people with dementia is looking for more support as the number of people with a diagnosis of the condition increases. Town Break announced the launch of a winter appeal to help provide support for people living with dementia and their families. The charity is experiencing an unprecedented demand for its services as the number of people diagnosed with dementia has increased in the Forth Valley, with 81% experiencing feelings of loneliness and isolation. Groups like Townbreak (and Carron Kith) can provide an opportunity to share experiences and build connections. For more information, visit their [website](#).

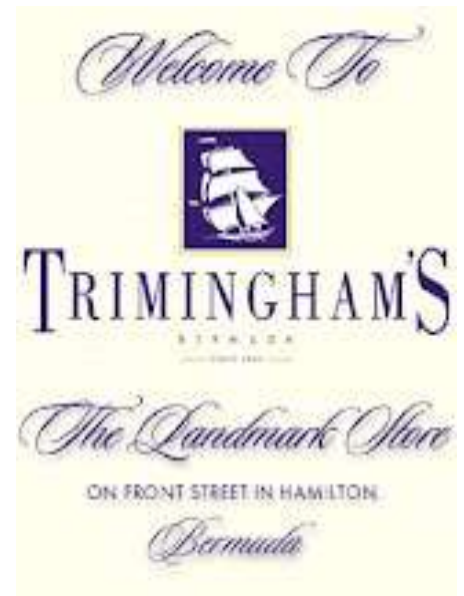


Diary of A Lady's Maid....Bermuda

Monday 21st January 1952:

We arrived in Bermuda early this morning. The first tender for the shore was due to leave at 9. We did not plan to go ashore, so I did not get up early. It was a cold wet morning and the rain lashed against the glass of the veranda.

After breakfast I called at the Bureau to see if the mail had arrived and the Purser handed me a Marconigram! It was from Stanley, Jean Robertsons husband saying he would meet me coming off the tender. So I dashed down to Mrs. Muirhead to tell her about the message , and then dashed upstairs got dressed; bought a launch ticket and was on the launch before she sailed at 10.

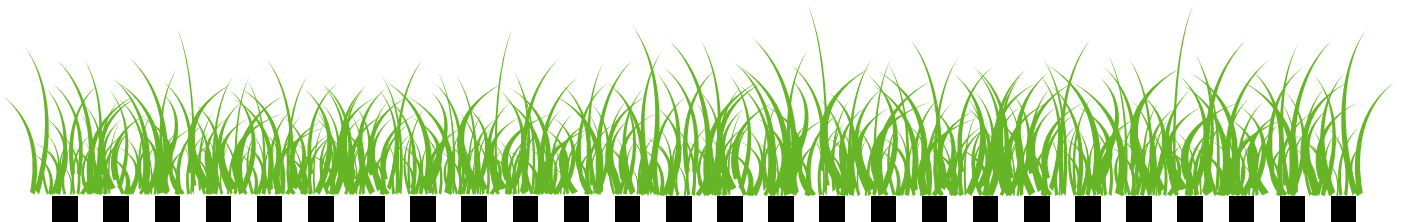


The "Reina" was anchored away out by the Naval Dockyard so we had quite a distance to go. The "Reina" was built in Belfast in 1931 by Harland & Wolff.

We arrived at the Landing Stage about 10.30 . Quite a number of people were waiting , I thought I had seen Stanley but I was wrong. I went outside and we saw each other almost immediately. Jean was unable to come as she had started school, but I arranged to meet her with Stanley later. Called in at Smith's to see Mrs Rogerson and to give her Mr Rogersons address in Grangemouth. She remembered me from last year and was delighted to see me.

I promised to call on the return voyage. Trimminghams is a lovely shop. I saw beautiful china. Everything is expensive. I bought 2 dozen postcards and wrote 18.

I found a lovely little secluded garden & wrote them there. The sky had cleared & the sun shone brilliantly.



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

I sat a while enjoying the warm sunshine, idly watching the passers by, mostly coloured people. A native gardener was working near. He hoed not more than 1/4 Yard during the time I sat (more than 2 hours) Then he sat on a seat relaxing after his hard work. Life goes leisurely in Bermuda!

I walked nearer the front & found a seat in a little garden, just by the sea. The sea was a beautiful blue, such a lovely colour. It is a beautiful island, with little pink & white houses, all with white roofs. It is a pity the trees have been hit by some disease, they are dead and bare & take from the beauty of the place. If they were green, it would show up the houses to advantage.



Jean, Stanley and Stanley Jnr came to see me off. We had a chat before I left and we arranged a meeting for the return voyage. After dinner the orchestra played in the lounge.

I heard something I have never heard before, a fellow drawing the sweetest music with a violin bow. It was a treat to hear.

Tuesday 22nd January.

We left Bermuda this morning at 7. It has been a nice day. Early morning was dull, but the sun shone later & it was warm. Dancing was held in the Lounge in the evening.

***Diary of a Lady's Maid by Miss Bettie Morrison from Grangemouth
(Extracts contributed by Tom & Christine McCarroll)***



Age Scotland—Dementia Friendly Network



Age Scotland aims to inspire, involve, and empower older people in Scotland, and influence

others, so that everyone can make the most of later life. Projects and activities are focused on peer support, befriending, activity days and workshops. News and events are advertised on their [website](#).

Carron Kith is delighted to announce that Age Scotland has offered to support our live music events as peer support activities that benefit older adults in our local community.

We plan to arrange a calendar of live music events in 2024, with singing, choirs and other live events.

Carron Kith are a part of the Dementia Friendly Network and welcome any input from other groups or people who can inspire, involve and empower older people in the Falkirk, Larbert, Denny, Bo'ness and surrounding areas.

We look forward to publishing our calendar of events, with a Scottish Theme Event on Saturday 27 January 2024 at 1pm.

Our Details:

www.carronkith@org.uk

Contact:
Lesley—07787435059

Volunteers:
Muriel, Nicola & Aileen



A Thank You

Organisers of Carron Kith would like to thank the generous donations from all our members (particularly Tom & Christine McCarroll for their fundraising), residents and the fantastic 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.



WORDSEARCH

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

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

Topic: SCOTTISH

BURNS	BRAW	RABBIE
HOGMANAY	TARTAN	HAGGIS
WHISKY	DANCING	CEILIDH
WHEEST	SLANJ	HAIVER

