



Newsletter

Edition 25: Feb 24

Romance Edition

Welcome to the Carron Kith Newsletter for our special Romance Edition.



After a terrific turnout at our Live Scottish Music Event in January with Alex and Jock, Carron Kith Members and Residents at Thornhill Court are looking forward to a Movie Event in February.

It will be a great afternoon, with a musical movie, tea and cakes.

Watch out for more details of the event on Saturday 24th February 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.

Contents

Rhubarb & Custard Bars.....	2
Uri & Scottish Bricks.....	3
February.....	4
Carron Kith.....	5
Pointless Hobbies.....	6
Remembrance.....	7
Burns Afternoon.....	8
A Thank You.....	9
And Finally.....	9
Wordsearch.....	10

Important Dates

Movie Group—1pm to 4pm:

- Sat 24 February
- Sat 23 March
- Sat 27 April
- Sat 25 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!

Rhubarb & Custard Crumble Bars

Cook Time: 50 mins (Easy)

1. 200g unsalted butter, melted, plus extra for the tin
2. 175g caster sugar
3. 250g plain flour
4. 100g rolled oats
5. 50g ground almonds
6. 400g rhubarb, trimmed and chopped into 2cm chunks
7. 50g light soft brown sugar
8. 1 tbsp cornflour
9. 300ml ready-made custard
10. 2 tbsp. flaked almonds

1. Heat the oven to 180C/160C fan/gas 4. Butter a 22cm square tin and line with baking parchment. Combine the caster sugar, flour, oats and ground almonds in a large bowl, stir in the melted butter. Set aside 250g of the crumble mixture in the fridge, then press the rest, using the back of a spoon or spatula, into the base of the tin in an even layer. Bake for 15 mins or until just golden.
2. Toss the rhubarb with the brown sugar and cornflour in a bowl. Spread the custard over the biscuit base, then spoon over the rhubarb mixture. Scunch the reserved crumble mixture between your fingers and scatter all over the top, along with the flaked almonds. Bake for 40 mins or until the fruit is bubbling and the custard golden. Allow to cool, then chill for 1 hr in the fridge before slicing to serve.



Recipe from BBC Good Food



Uri Geller Unearths Scottish Brick in Israeli

Spoon-bending illusionist Uri Geller has found a brick, made near a Scottish island he owns, beneath his own museum in Israel. Archaeologists pulled it from the furnace of the old soap factory in Old Jaffa, Tel Aviv during excavation work. The brick was emblazoned with the word "Forth" - the trademark of a defunct brickworks in Bonnybridge.

Geller, 77, who owns Lamb Island in the Firth of Forth, said he was "completely freaking out" at the discovery. He now plans to display the brick in a gold-plated case in the museum. "When the archaeologist crawled out of the hole with a brick that said "Forth" on it I said 'This cannot be true, I have an island in the Forth," he told BBC Scotland News.

What are the odds of finding a brick here in Israel that was made near my island in the Firth of Forth. This is synchronicity."

Mark Cranston, founder of Scottishbrick-history.co.uk, said the brick came from the now defunct Roughcastle Firebrick Works in Bonnybridge. This brick says Forth, which was Roughcastle's trademark. They were running between 1892 and 1964 so it could have been made any time between those dates," he said. "Israel is a popular place for them to turn up. They would be taken there by ship. This is an exciting find. These bricks would be used as a firebrick."



Geller said: "It is unbelievable that this brick could have come from anywhere in Europe but it comes from Forth in Scotland where my island is. It is mind blowing."

Many of our Carron Kith Members have memories of the Brick Factory!





The Power of Love

February is the month of love,
And a time to show that we can rise above,
To love and to be loved is a gift from above,
And it's the greatest power, from the
 heavens to us.

Love comes in all forms, shapes, and sizes,
A family, a friend, or the love of our lives,
But regardless of its shape, we know its
 power never dies,
And it's the magic of love, that's always on
 the rise.

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.



CARRON KITH—OUR 8 YEAR JOURNEY!

So who or what is [Carron Kith](#)? We have not always been Carron Kith but like many of our members, we have learnt to adapt, grow and persevere.



My Day– My Way (previous name) started as a Scottish Care initiative aimed at bringing communities together to give older adults living in the Falkirk Area more choice in how they spend their time. Like many well-intentioned initiatives, the ‘professionals’ stepped back and left members of the group to sort things out themselves.

Founding members Muriel & Bert Harvey were determined to make a difference and with the help of a few new friends, things started to gather pace. Some stops and starts, changes to venue, online COVID events and the sad loss of many dear, dear friends, Carron Kith continues to thrive.

We meet on the last **Saturday of the Month** to catch up with old friends and meet new friends over a cup of tea, watch an old Movie or listen to a live performer. Many people are busy with clubs or receive support during the week and found the weekends a bit longer and quieter, so a monthly event was a welcome distraction.

We are not a registered charity, but are a Constituted Community Peer Support Group, entirely run by volunteers. We meet at [Thornhill Court](#) and are always made welcome by staff and residents, who join in our events every month.

We have a small Committee to ensure that we operate correctly and 100% of all grant funds and donations are spent on the Group. Our Committee is made up of Lesley Aitkenhead (Lead & Co-Ordinator), Muriel Harvey (Founder), Nicola Allison (Co-Ordinator), and Aileen Thomson (Co-Ordinator).

We have been blessed with great friends (old and new), neighbours and family (Kith & Kin) that continue to bring a sense of humour and feelings of belonging to our local Carron Valley Area—from across Denny, Larbert, Stenhousemuir, Camelon, Laurieston, Bo’ness & Grangemouth.



“Pointless Hobbies” Can Help Brain Health

Why ‘pointless’ hobbies like Lego and Model Railways can help prevent dementia.

Researchers followed around 10,000 people living in Australia over the age of 70 keeping records of their general activities and health. It showed that participants who took part in more literacy activities – such as keeping a journal, writing letters or using a computer – were 11 per cent less likely to develop dementia.

Other brain-consuming activities such as chess, crosswords, board games, and puzzles was linked to a 9 per cent reduced risk.



The researchers also wrote that artistic activities such as woodwork, metalwork, painting or drawing, and passive mental activities such as reading newspapers or listening to music, led to a 7 per cent reduced risk of developing the disease.

The team, from Monash University in Melbourne, said: ‘These results suggest that engagement in adult literacy, creative art, and active and passive mental activities may help reduce dementia risk in late life.

For older adults, lifestyle enrichment may be particularly important because it could help prevent dementia through changes to daily routines.

An enriched lifestyle with diverse leisure activities may reflect a more optimistic personality and show cognitive benefits by stimulating the growth of neurons and synapses and promoting well-being.

The team added that their findings may help improve policies for elderly care and focus dementia prevention for older adults.

According to the World Health Organisation (WHO), there around 50 million people with dementia globally, and there are nearly 10 million new cases every year.

A 2021 study estimated that global dementia cases will nearly **triple** to reach more than 152 million by 2050, driven by an ageing population.



Remembrance of Things Past

The famous quote from Marcel Proust is often used to highlight the strong link between smell and memory. How many of us can picture an event from childhood when faced with the smell of fresh strawberry jam or parma violets.



The sense of smell is closely linked with memory, probably more so than any of our other senses. We may be able to think of smells that evoke particular memory. This can often happen spontaneously, with a smell acting as a trigger in recalling a long-forgotten event or experience.

In addition to being the sense most closely linked to memory, smell is also highly emotive. The perfume industry is built around this connection, with perfumers developing fragrances that seek to convey emotions and feelings; from desire to love, power, vitality to relaxation.

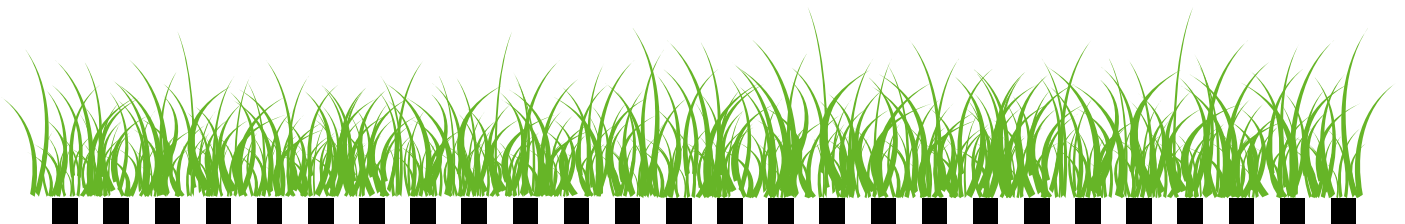
Take perfume for example; one person may find a particular brand 'powerful', 'aromatic' and 'heady', with another describing it as 'overpowering' or 'sickly'.

With this link to memory in mind, Carron Kith has started to develop home made candles, to go along with our popular home made washcloths and home baking.

Candles made from natural materials sourced locally at Candle Shack in Carronshore will be available to purchase at future events or directly from Lesley on 07787 4350459. This includes the lovely fresh smell of 'Clean Cotton', 'Nordic Cedar' or the warm smell of 'Maple & Pecan Danish'.

All profit from sales of homemade goods go directly to members, with members also benefiting from participation in the creative process.

More updates on this exciting new development to come!



Musical Events— Rabbie Burns Afternoon

Carron Kith aims to arrange Live Musical Events throughout 2024 and was pleased to see that our first event in January was a great success!

We were joined by one of our favourites Alex Stuart and his friend Jock Wilson, performing songs, stories and poems of Rabbie Burns on 27 January.



It was a great afternoon, with over 30 people attending the event at Thornhill Court.

One regular member said "I enjoyed Burns afternoon and think everyone did it was really good and something different."

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

Please get in touch if you know of anyone who would like to come along or perform at one of our events.

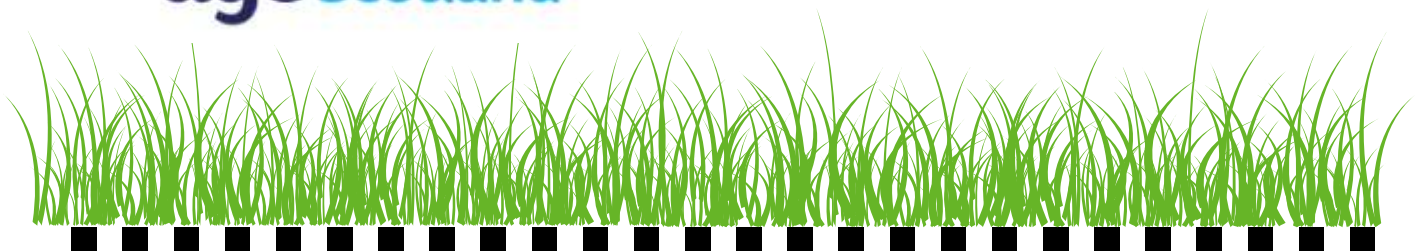


Our Details:

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 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:

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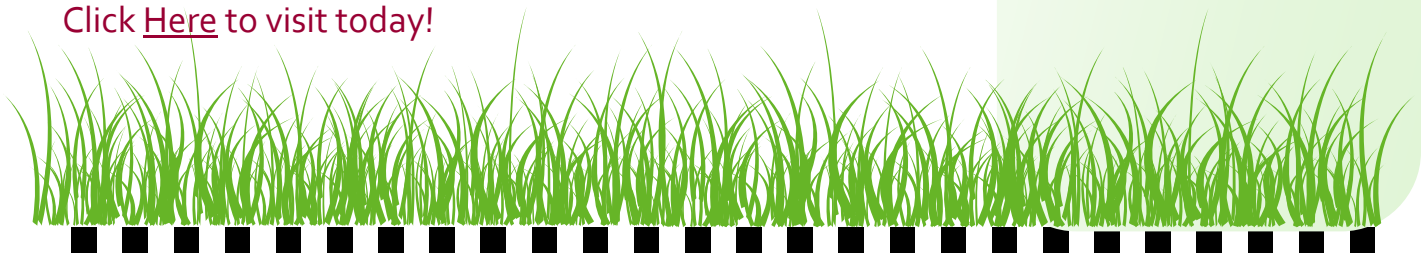
Contact:
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Muriel, Nicola & Aileen

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.

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

Topic: ROMANCE

ROMANCE	LOVE	HEART
ROSE	SWEETNESS	DEVOTION
ENGAGE	VALENTINE	RED
COUPLE	AMOUR	SOUL

