The Abbeyfield Wessex Society Newsletter





....beyfield Wessex Society Ltd



A huge thank you to Co-op Funeral Care in Winton for their kind arts and crafts donation for our Pennant house



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PENNANT HOUSE





CREATIVE ARTS & CRAFTS

Increased motor skills and co-ordination

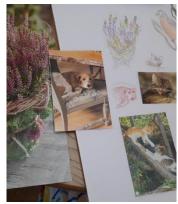
In art therapy, participants focus on a single task such as painting, drawing, sculpting, or another creative project. Engaging in these light physical activities helps to improve co-ordination and increases blood flow, which may improve dexterity in the hands, wrists, and fingers. As a result, art therapy can help adults with arthritis or other joint conditions manage inflammation and chronic pain.

Cognitive function and stimulation

Engaging in art therapy challenges people to think creatively and boosts cognitive function. The process of learning something new, such as a new art skill helps to stimulate healthy brain activity and keep our minds sharp. Some studies even suggest that art may reduce the rate of the development of memory conditions such as Alzheimer's disease. For seniors living with memory loss, the process of creating art can be an avenue for communication and self-expression.

Art therapy occurring in a social environment such as Pennant house encourages participants to socialise and facilitate communication with those around them. Art therapy gives our Abbeyfield Wessex Society residents the opportunity to exercise social skills and make new friends in a relaxing, casual comfortable homely environment.









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Macmillan Coffee Morning 🥌



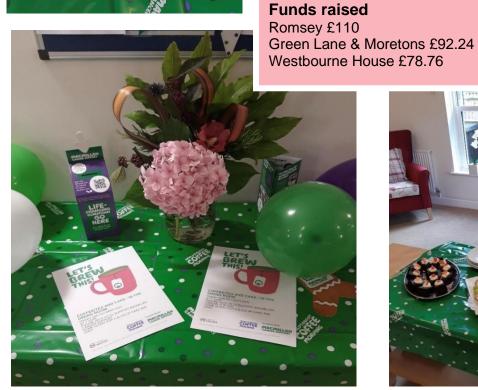














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HISTORY OF DARTS



Co-ordination, endurance, and fine motor skills- all of which are essential for health and wellbeing







Modern darts was invented by a carpenter from Lancashire called Brian Gamlin in 1896. However, the history of darts goes back much further. Darts began as a military pastime originating in England during the medieval era.

The game of darts is about 700 years old, but it has been around in one form or another for a very long time.

The development of darts as a game originated in England during the medieval era in the 1300s.

The second fact on which most historical accounts agree on is that darts began as a military pastime.

The tale goes that between battles, bored soldiers would sit in the trenches and compete by throwing spearheads and other sharp objects at the bottoms of upturned wine casks. As a matter of fact, officials encouraged soldiers to partake since it was an effective way to practice their aim and throwing skills.

Naturally, as the pastime spread amongst the rank and file, soldiers began competing in an attempt to prove their mettle. After a while, soldiers moved on from hitting the bottom of upturned wine casks and started using tree trunks as targets.

At this point the game begged for a consolidation of a consistent rule set and the tree trunk's natural structure allowed competitors to further demonstrate their skills by providing different sections on which to test their ability further.

The tree trunks own growth rings, and radial cracks offered the first template for the sections that would eventually appear on the sport's modern-day dart boards.

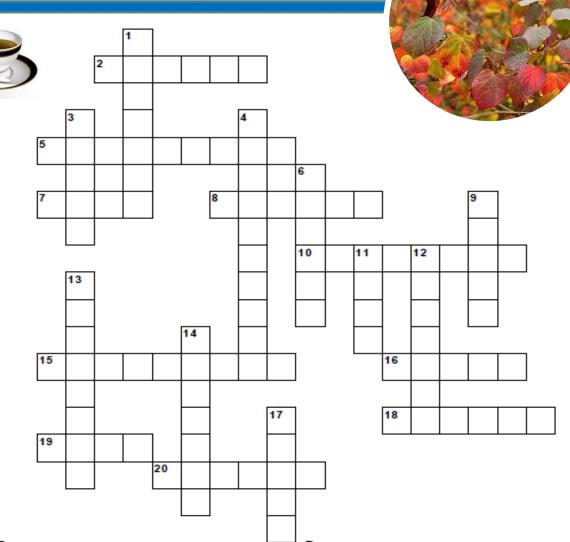
Darts would progressively change over hundreds of years until the turn of the nineteenth century when it began to approximate the game we all know and love, from The Royal Courts To The London Pubs

The game of darts grew in popularity at an astonishing rate. This fact should not come as a surprise to anyone who has ever thrown a dart before.

The setup for playing a game of darts is uncomplicated, and anyone regardless of physical shape and fitness levels can jump right in and play a game. These characteristics helped spread the game across Britain.

A famous anecdote has King Henry VIII playing avidly with a set of exquisitely decorated set of darts gifted to him by his second wife, Anne Boleyn.

Crossword & Coffee



Across

- 2 You need this to enter a show (6)
- 5 Mountains that erupt (9)
- 7 A type of door on a fence (4)
- 8 To say or do again (6)
- 10 Small towns (8)
- 15 If it rings, you answer it (9)
- 16 The capital of Egypt (5)
- 18 A manlike figure made of stone (6)
- 19 Nought (4)
- 20 A breakfast food (6)

Down

- 1 Something you ride on (7)
- 3 The day before tomorrow (5)
- 4 Kids watch too many hours of it (10)
- 6 They fall from trees during autumn (6)
- 9 In the lead (5)
- 11 Overdue (4)
- 12 Roads are made of this (7)
- 13 Illnesses (8)
- 14 A section of a book (7)
- 17 A neck warmer (5)



The Autumn Garden

"In the garden, Autumn is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil. And at no season, safe perhaps in Daffodil time, do we get such superb colour effects as from August to November."

- Rose G. Kingsley, The Autumn Garden



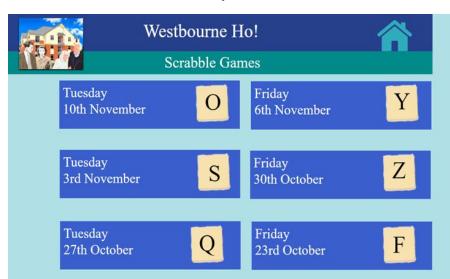
Westbourne Ho Community



David Hendry, one of our talented residents has created a wonderful community website for Westbourne House called 'Westbourne Ho!'. The website is a fantastic in-house platform for sharing news and memories as well as house information. Residents and staff are able to view and browse Westbourne Ho! Via computer, tablet or smart TV.

If you wish to have a little look around our community Westbourne Ho! you can do so via the following website link-www.westbourneho.com

Below: screen shots of the weekly Scrabble scores on Westbourne Ho.



Scrabble History

Originally called Criss Cross, the game, which was based on the crossword puzzle and anagrams, was developed by Alfred M. Butts, an architect, in 1931. It was redesigned, renamed as Scrabble, and marketed by James Brunot in 1948. It was first sold in Great Britain in 1954





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OLD MONEY QUIZ – QUESTIONS

No Cheating: Answers on the back page

Easy questions

How many old pennies were there in £1?

How much was a bob, as in 'bob a job'?

How many shillings were there in a pound?

How many old pennies were there in a shilling?

How much was half a crown?

How much is a shilling worth in decimal pence?

What letter was used to denote a quantity in old pence?

Which of these was worth the most? A crown, a sovereign, a pound or a guinea.

How many sides did a brass threepenny bit have?

Which of these was worth the most? A florin, a sixpence, half a crown or a shilling?

How much was a farthing worth?

How much was a guinea?.



How many farthings are there in £1?

What was special about silver coins minted before 1947?

Which UK coin had a picture of a wren on it?

What famous ship featured on Britain's halfpenny coin?

How much is a 'tanner'?

What does 'Isd' stand for in old money?

If you bought a jar of coffee for 1/11 (1 shilling and eleven pence) and gave half a crown how much change would you get?

What metal were 'silver' coins made from after 1946?

There were two versions of the one shilling coin minted between 1937 and 1966. What were they commonly known as?

What was the last year when you could spend an old money coin in the UK?

When was the last time you could spend a white five pound note in Britain?

In which pre-decimal years did the Royal Mint issue crowns since the Second World War?

Expert questions

How much was a groat?

What was special about the florin when it was minted in 1849?

What do the following coins have in common: halfpennies and pennies minted in 1860, half crowns, shillings and sixpences minted in 1816, florins minted in 1849?

What was the last country to use the pounds, shillings and pence system?

What was the last year the farthing was legal tender?

What was the last date on normal circulation pre-decimal coins?

What was the last year silver threepenny bit was minted?

What plant was featured on the first brass threepenny bit?

How much was a 'Joey'?

What was the last year you could spend a £1000 note in Britain?

Put these coins in order of size (diameter), smallest first: halfpenny, penny, shilling, florin (two shillings) and half crown.

In pre-decimal slang, how much was a dollar?













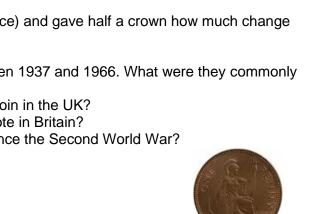


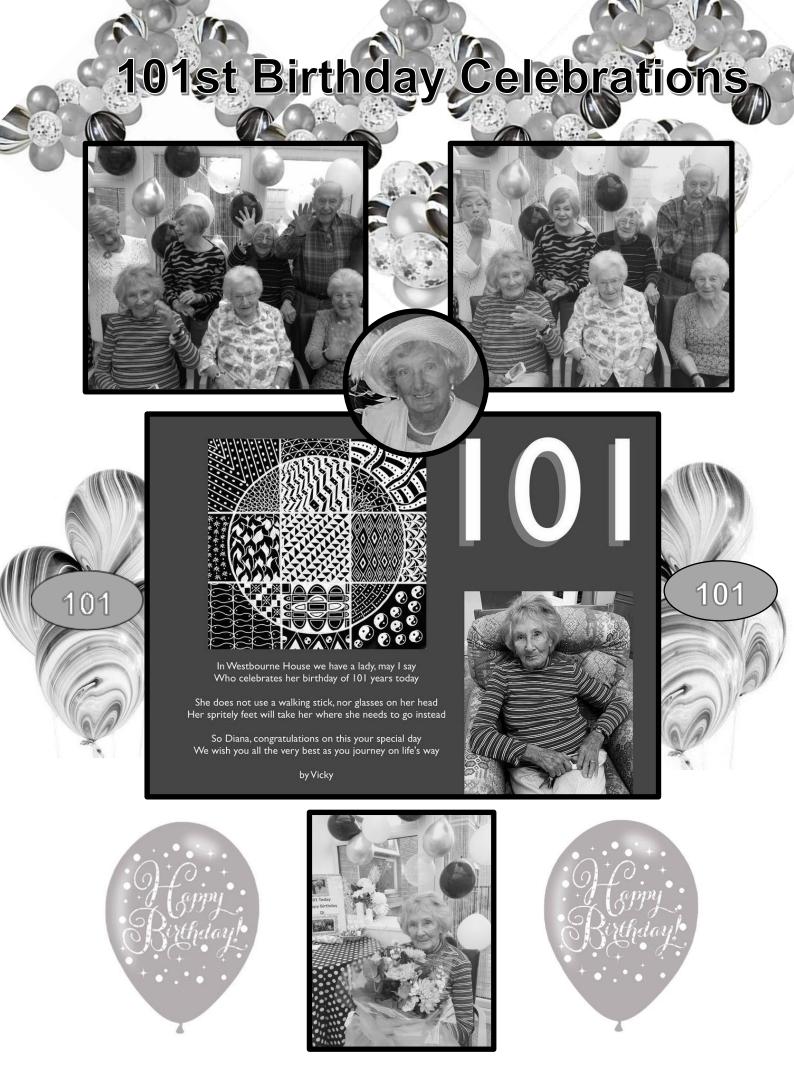






BANKOFENGLAN







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REMEMBRANCE DAY



ARMISTICE DAY

November is the time of the year when we wear a red poppy in memory of those who sacrificed their lives for us during wars.

The eleventh hour of the eleventh day of the eleventh month marks the signing of the Armistice, on 11th November 1918, to signal the end of World War One.

At 11 am on 11 November 1918 the guns of the Western Front fell silent after more than four years continuous warfare.

What is Remembrance Day?

Remembrance Day is on 11 November. It is a special day set aside to remember all those men and women who were killed during the two World Wars and other conflicts. At one time the day was known as Armistice Day and was renamed Remembrance Day after the Second World War.

Remembrance Sunday is held on the second Sunday in November, which is usually the Sunday nearest to 11 November. Special services are held at war memorials and churches all over Britain.

A national ceremony takes place at the Cenotaph in Whitehall, London. The Queen lays the first wreath at the Cenotaph.

























Creative arts and festive crafts made by the pre school children at Three Gables















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World Animal Day 4th October











World Animal Day is an international day of action for animal rights and welfare celebrated annually on October 4, the feast day of Francis of Assisi, the patron saint of animals. Through increased awareness and education we can create a world where animals are always recognized as sentient beings and full regard is always paid to their welfare. Mark brings in a selection of hand animals

painted on china to mark

the occasion

Nostalgic times make do and mend

Steve Batt, our Business Manager rescues the sewing machine from the archives at our Harleston house in Wimborne. Residents of Westbourne House enjoy the display and talk of nostalgic times. In the past we all made do and mend. Subjects included using the sewing machine to create dresses ready for a dance, clothing for the children and darning socks. Types of fabrics and beautiful buttons and the frustration of hooks and eyes.









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Food Glorious food













Food Questions

- 1 Name 4 types of scones
- What do you call the fat left in the bottom of the pan after roasting meat?
- 3 Name 4 or more green vegetables
- 4 What is another name for an aubergine?
- 5 What is bubble and squeak?
- 6 Name 4 ways to serve potatoes
- 7 Name 4 types of pastry
- 8 Name 4 types of sugar
- 9 Name 4 vegetables beginning with the letter C
- 10 What is bouillon?
- 11 What type of food is basmati?
- 12 What is another name for coriander?
- 13 Pinto, borlotti and cannellini are types of what?
- 14 Lady Finger is a variety of which fruit?
- 15 Which nuts are used in marzipan?
- 16 Name 4 types of pasta
- 17 Calamari is a dish made from which animal?
- 18 Which bread ingredient causes it to rise?
- 19 Deer meat is known by what name?
- 20 Name 4 types of red vegetables?



(No Cheating Answers on the back page)



HARVEST FESTIVAL

What is a Harvest Festival?

Harvest Festival is a celebration of the food grown on the land.

Thanksgiving ceremonies and celebrations for a successful harvest are both worldwide and very ancient. In Britain, we have given thanks for successful harvests since pagan times. We celebrate this day by singing, praying and decorating our churches with baskets of fruit and food in a festival known as 'Harvest Festival', usually during the month of September

Harvest Festival reminds Christians of all the good things God gives them. This makes them want to share with others who are not so fortunate. In schools and in Churches, people bring food from home to a Harvest Festival Service. After the service, the food that has been put on display is usually made into parcels and given to people in need.

When is the Harvest Festival?

Harvest festivals are traditionally held on or near the Sunday of the Harvest Moon. This is the full Moon that occurs closest to the autumn equinox (about Sept. 23). In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October.







Fun Riddle



If you have me, you want to share me.

If you share me, you haven't got me. ...

To answer this riddle, follow the steps below.

Once complete, the unmarked words will reveal the answer.

- · Cross-out 7 words ending with 'ache'
- Tick 8 types of metal
- · Circle 7 types of poems
- Underline 7 words associated with the sky
- · Scribble through 6 bones of the human skeleton
- Shade 6 types of fabric



No cheating (Answer on the Back Page)

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Christmas







Naughty Santa's Elves

We are raising awareness and funds across Abbeyfield Wessex Society by dressing up as elves or in red and green to support The Alzheimer's Society. Here are some fab pictures of Julia who works at our Moretons house and of course the mischievous Wessex elf.



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HARLESTON HOUSE

Refurbishment work is well underway at our Harleston House in Wimborne, here is a little sneak peek of the works so far.



On 5th December we celebrated International Volunteers Day- A huge thank you to all of our wonderful volunteers for everything you do.



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ARTHRITIS



Mimic a seven-layer cake

When it's cold outside, don't rely on an overcoat alone to keep your joints warm and toasty. If you wear a series of layers, you can trap warm air against your body so you stay warmer.

In addition to your clothing, add a couple of sweaters before you put on your overcoat. And don't forget your limbs, digits, or head. A winter hat, scarf, and gloves protect those areas, too.

If you have arthritis in your hands, you might also layer up by putting a pair of mittens over your gloves. You might feel a little silly, but your fingers will thank you

REDUCE ARTHRI



The Farmacy Source: Natural Society.com

or two into four to eight ounces of purified water.

Foods to Avoid

Trans fats

should be avoided since they can trigger or worsen inflammation and are very bad for your cardiovascular health. Trans fats come in most processed foods such as cookies, crackers, doughnuts and fast food. On labels, they are referred to as "partially hydrogenated vegetable oils.'

Gluten

More than just a health trend, there are good reasons to avoid gluten. Chief among them is the connection between celiac disease and rheumatoid arthritis. A recent study published in the Oxford Journal of Rheumatology states that 41 percent of those suffering from rheumatoid arthritis improve on gluten-free diets.

Refined Carbs & White Sugar

Simple carbs and refined sugar have earned themselves a bad name over the last few years, and for good reason. These are nutrient-free toxins that the body has very little use for. They exacerbate inflammation, and the food products that contain they tend to come with other of enders like trans fats.

Processed & Fried Foods

Fried foods are overcooked and have had all or most of their nutrients destroyed. They also contain many known carcinogens. Many foods that come fried also contain a number of heavily processed ingredients. All of these will cause inflammation by triggering the body's defense mechanisms, which will set of an arthritic flare-up.

EXERCISE

Just as it's important for any person to stay physically active for health, it's vital to maintain a level of fitness as we age. Physical activity — including strength training and stretching exercises — has been shown to increase life expectancy, reduce the risk of disease, improve mood, and make performing daily activities much easier.

The benefits of chair exercises for seniors

Seated exercise offers all sorts of great benefits. The best part is that it gives older adults a way to exercise without the risk involved with other types of exercise.

Because you will remain seated the whole time, there is added stability that just isn't there with other types of physical activity that require standing. This way, the risk of falls and other injuries is greatly reduced.

Some of the benefits of chair exercises include:

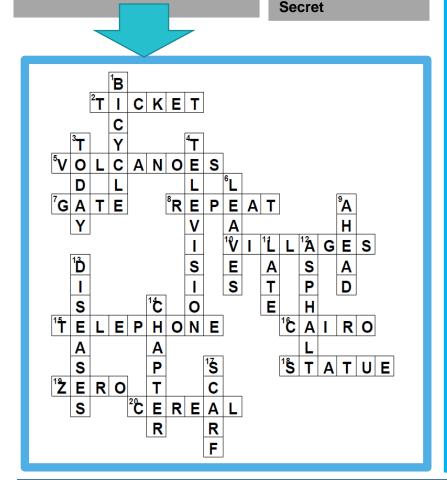
Better flexibility and range of motion

Increased blood circulation Increased muscle strength Better balance Less joint stiffness and pain Better concentration and elevated mood Lower levels of stress and anxiety









Crossword Answers

Food Answers

- 1. Plain, gem, date, cheese, pumpkin and others,
- 2. Dripping, 3. Broccoli, Beans, Peas, Cabbage, Lettuce, Zucchini, and others,
- 4. Eggplant, 5. Mashed potato and left over vegetables mixed together and fried, 6. Baked, mashed, boiled, chips, jacket, scalloped, and others,
- 7. Shortcrust, flaky, puff, suet, choux, and others,
- 8. Granulated, caster, icing, raw, brown and others,
- 9. Cabbage, corn, carrots, cucumber, celery, cauiflower, and others, 10. Thin soup or stock made by stewing meat, fish, or vegetables in water.,
- 11. Rice, 12. Cilantro, 13. Beans, 14. Banana, 15. Almonds, 16. Spaghetti, ravioli,
- 17. Squid, 18. Yeast, 19. Venison, 20. Beetroot, Red Cabbage, Radish, Red Pepper, Red Onion, and others

macaroni, penne, and others,

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Riddle Answer:

Old Money Quiz- Answers

Easy Answers:

- 1.240
- 2.One shilling (or 5p).
- 3.Twenty
- 4.Twelve
- 5.Two shillings and six pence. 6.Five pence.
- 7.d
- 8.A guinea, it was £1 and one shilling or £1.05,
- a sovereign was a pound and a crown was five shillings or.25p.
- 9.Twelve
- 10.Half a crown. Half a crown is two shillings and six pence, a florin is two shillings and sixpence is half a shilling.
- 11.A quarter of an old penny.
- 12.Twenty-one shillings or £1.05

Meduim Answers

- 1.960.
- 2. They contained at least 50% real silver.
- 3.A farthing.
- 4.The Golden Hind (or the Pelican). Sixpence.
- 5.Libra Solidus Denarius.
- 7d (seven pence).
- 8. Cupronickel.
- 9. English and Scottish.
- 10.1993. Bonus: which coin was it? Answer: a florin.
- 11.13 March 1961.
- 12.1951 (Festival of Britain), 1953 (The Queen's Coronation), 1960 (no reason), 1965 (the Death of Sir Winston
- Churchill).
- Expert questions

Expect Answers

- 1.4d (four old pence).
- 2.It was Britain's first decimal coin, as it was one tenth of a pound.
- Bonus: it was called godless and graceless because the Royal Mint missed out some of Queen Victoria's
- 3. They were the oldest coins of their type still legal tender before decimalisation.
- 4.Nigeria.
- 5.1960.
- 6.1967 Bonus: there was a special proof set issued in 1970.
- 7.1945.
- 8.Thrift.
- 9.It was either a groat (4d) or latterly a silver threepenny bit (3d), so three or four pence should be allowed.
- 10.1945.
- 11. Shilling, halfpenny, florin, penny and half crown.
- 12. Five shillings.