

New!



Reducing isolation and supporting independent living

Activities Newsletter: Issue One

Baking Colouring Puzzles Gardening Jigsaw Club

We are so excited to bring you the first issue of our new Activities Newsletter!

At this difficult time, it is more important than ever that we look after our health and wellbeing. Our lives have changed dramatically and we are all spending much more time at home than usual. With this in mind, and whilst we are unable to run our Community Activities Programme, we have created our new 'Activities Newsletter.' Inside you will find pages packed with ideas to help you stay active, both mentally and physically. We've included a recipe to make, mindful colouring, a poetry competition, a puzzle page, a nature project and exercises for you to try at home, as well as launching a new Jigsaw Club and Book Club. Mental Health charity Mind recommends that we all:

- Try to keep active
- Get as much sunlight, fresh air and nature as we can
- Try to find new ways to spend our time
- Look for activities that help us to relax and be creative
- Keep our minds stimulated.

Cotswold Friends staff keeping active in their spare time!



We hope you enjoy giving our activities a go and please do share your experiences. We are really looking forward to receiving your photos, comments, thoughts and feedback.

KEEP ACTIVE, LOOK AFTER YOURSELVES & STAY SAFE.

Nature Sewing Book Club Poetry Exercise

NEED SUPPLIES FOR THE ACTIVITIES? GET IN TOUCH:

Just call or email Community Activities at:
Email: Activities@cotswoldfriends.org, Tel: 01608 692811

CAN WE HELP YOU? PLEASE CONTACT US:

Telephone Befriending
Tel: 01608 652019



Community Transport including Shopping and Pharmacy Collection
Tel: 01608 651115



Poetry Competition - Be Inspired by 'The Beautiful Cotswolds'

"Poetry lifts the veil from the hidden beauty of the world, and makes familiar objects be as if they were not familiar." — *Percy Bysshe Shelley, from A Defence of Poetry and Other Essays*. What a lovely way to put it! We came across the poem below by T.S. Eliot and it made us chuckle and also inspired the theme for our first poetry competition which is 'The Beautiful Cotswolds.' If you have always wanted to unleash your inner Keats, now is the time! Pick up a pen and paper, make yourself a coffee and write an ode to our lovely Cotswold surroundings - we are so lucky to live in such a stunning part of the world. The winning poem (as judged by our team in the office!) will feature in the next edition. Entries to be emailed to Activities@cotswoldfriends.org with the subject line as Poetry Competition or posted to: Poetry Competition, Cotswold Friends, Moreton Area Centre, High Street, Moreton-in-Marsh, GL56 0AZ by the first week of July please. Tell us about the inspiration for your poem and don't forget to include your name and a contact telephone number. Good Luck!

The Country Walk

By T.S. Eliot

Of all the beasts that God allows
In England's green and pleasant land,
I most of all dislike the Cows:
Their ways I do not understand.

It puzzles me why they should stare
At me, who am so innocent;
Their stupid gaze is hard to bear —
It's positively truculent.

I'm very inconspicuous
And scarlet ties I never wear;
I'm not a London Transport Bus,
And yet at me they always stare.

You may reply, to fear a Cow
Is Cowardice the rustic scorns;
But still your reason must allow
That I am weak, and she has horns.

But most I am afraid when walking
With country dames in brogues and
tweeds,
Who will persist in hearty talking
And stopping to discuss the breeds.

To country people Cows are mild,
And flee from any stick they throw;
But I'm a timid town bred child,
And all the cattle seem to know.

But when in fields alone I stroll,
Oh then in vain their horns are tossed,
In vain their bloodshot eyes they roll
Of me they shall not make their boast.

Beyond the hedge or five-barred gate,
My sober wishes never stray;
In vain their prongs may lie in wait,
For I can always run away!

Or I can take sanctuary
In friendly oak or apple tree.

'In 1934 the poet Thomas Stearns Eliot visited his old college girlfriend Emily Hale in the Cotswold town of Chipping Campden... T.S. Eliot felt at home in the Cotswolds and would go on long rambles with Emily, one of which is described in his poem 'The Country Walk'. The poem describes his nervousness of cows, which may have arisen in part from his having been chased by a bull into some blackberry bushes.' Source: www.cotswolds.info



Come and Join Our New Jigsaw Club!

Jigsaws are a great way to pass a few hours and you can leave and come back to your puzzle project as the mood takes you. We put out an appeal for jigsaw puzzles to start our new Club and were inundated with local offers. Thankyou to everyone who so kindly donated to the cause. Almost 100 puzzles later we are up and running! Our thanks go to new volunteer Sue Johnson (pictured below) who offered to help catalogue the stock and organise jigsaw deliveries. As a former Librarian, Sue was the perfect candidate for the job. The puzzles available cover all sorts of topics including animals, nature, pets, places, trains and hobbies. If you would like to borrow a jigsaw from the Jigsaw Club, please email: Activities@cotswoldfriends.org with your details and put Jigsaw Club in the subject line, or call us on Tel: 01608 692811. Please do give us an idea of the kind of puzzle you might like and how many pieces, so that we can select the most suitable one for you. The jigsaw will be delivered to you and collected from you when finished. All jigsaws will be carefully quarantined for a minimum of three days

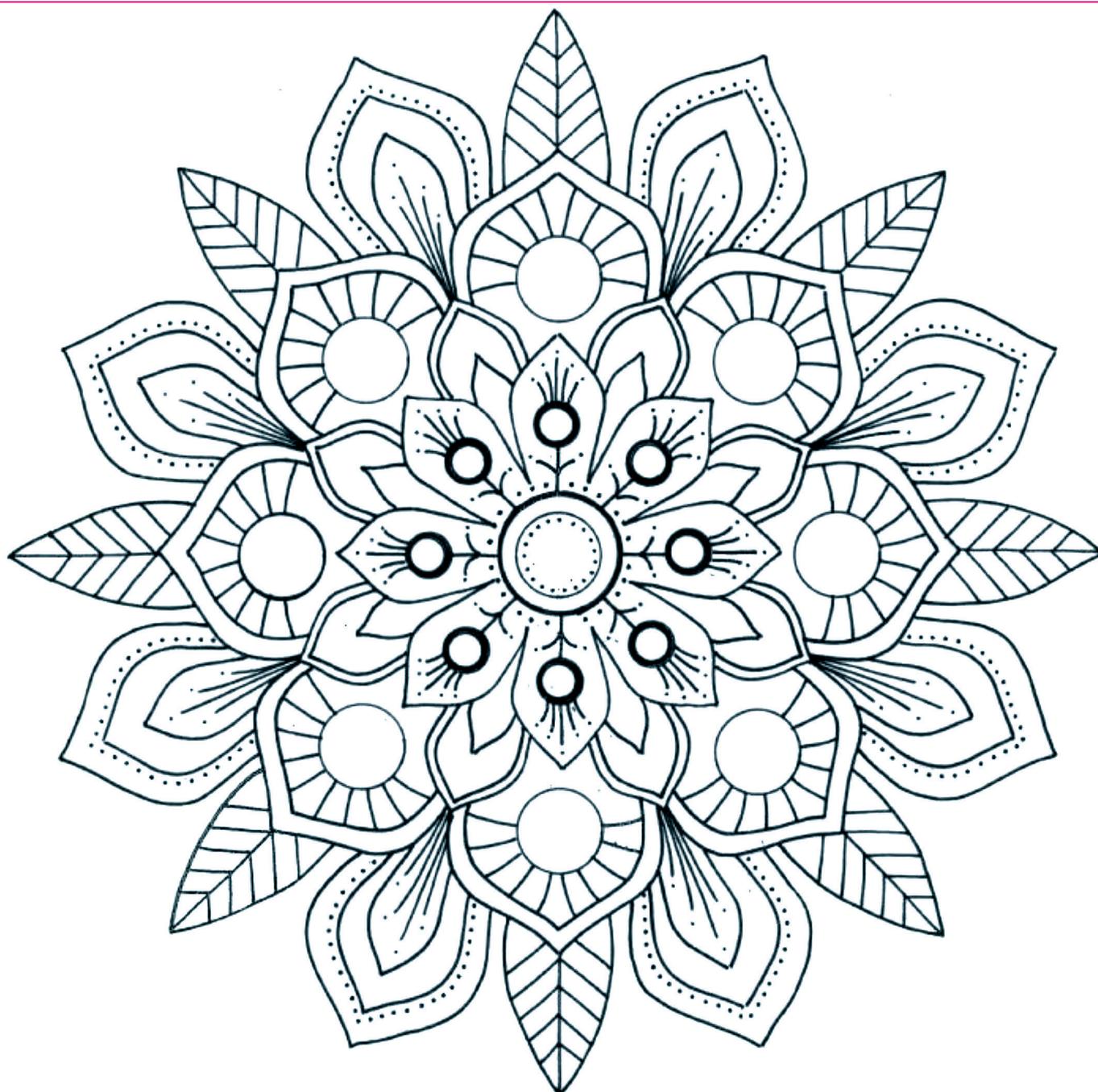
between client loans. Please do send us pictures of you and your finished projects, either by email or by posting your pic to our new Instagram page [@cotswold_friends](https://www.instagram.com/cotswold_friends). Happy jigsaw puzzling!



Pub Quiz to Return

If you've been missing our Pub Quiz nights at The Black Bear Inn with Quizmaster Derek (Sue's husband!) look out for our Pub Quiz Challenge **coming soon**.

Mindful Mandala Colouring Project



Take a little time to clear your mind

A mandala, (literally meaning “circle” in Sanskrit), is used as a focus of meditation in Hinduism and is defined as a complex pattern that concentrates the mind, meaning everyday thoughts are cleared away, (Source: BBC Bitesize & Wikipedia). Colouring for adults has become hugely popular in recent years as a way to relax and de-stress and mandalas are often featured in Mindful Colouring books. So why not take some time to clear your mind, focus on something creative and have a go at our colouring project. We would love to see the finished results so please email your pictures to Activities@cotswoldfriends.org, putting Art Project in the subject line, or add your finished artwork photos to our Instagram page [@cotswold_friends](https://www.instagram.com/cotswold_friends). Our thanks go to PaperCrafter Magazine for supplying the mandala image and giving Cotswold Friends permission to publish it for our readers. The PaperCrafter website at www.papercraftermagazine.co.uk, (and many other similar websites), features 100s of free colouring and craft ideas and projects to download. So if you enjoy our colouring, why not take a look? **More art in the next issue.**

How to Make a 'Bird Kebab' Feeder.

The RSPB website at www.rspb.org.uk is a brilliant resource for all bird-related information and includes instructions on how to have a go at this easy-to-make bird feeder. Simply thread cubes of hard cheese, apple and bread plus a handful of raisins onto some garden or floral wire. Leave a little wire free at each end to twist together to form a circle. Tie your string to the feeder and hang it up for happy birds! Do send in photos of any feathered friends that come to visit.



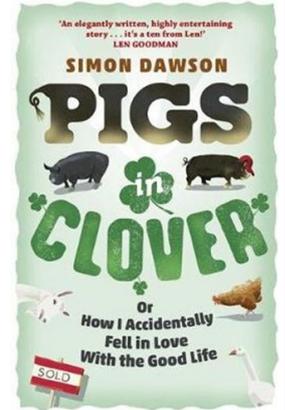
Beautiful Birdsong

Ever wondered which bird you can hear singing away in your garden or outside your window?

Visit www.rspb.org.uk, click the Search icon in the top right hand corner and type 'What bird song is that?' and you will arrive at a resource to help you identify the sound of all your garden birds.

Book Club Choice

We're launching our new Book Club with the title *Pigs in Clover* by Simon Dawson. The book's synopsis tells us: 'This is the true story of a Londoner who gives up his job as an estate agent in the city, moves to the wilds of Exmoor, starts a smallholding and becomes self-sufficient, with a few bumps along the way....' *Pigs in Clover* is available to buy in the usual e-bookshops if you have an e-reader. **If you would like to borrow a copy of the book, please do get in touch as we have a supply available and can arrange delivery.** Email: Activities@cotswoldfriends.org or Tel: 01608 692811.



We would love to read your book reviews so please do email using Book Review in the subject line, or post to the office address on the back page. We'll include some of your comments and suggest a new book to try in the next issue.

Fall-proof easy to use strength and balance plan. The **We can move** scheme is coordinated by Active Gloucestershire and aims to get everybody in Gloucestershire physically active. The Fall-proof plan shares easy tips on how to improve strength and balance and is designed to help prevent falls. The plan suggests six different exercises such as the one below. More information and resources can be requested by Tel: 01452 303528 or by Email: hello@wecanmove.net.

Exercise 1.



CHALLENGE RATING

Heel to toe standing and walking.

What's the benefit?

This will help you to keep your balance when you walk through tight spaces.

Starting position

Hold on to something solid and immovable (your kitchen counter might be good) and stand with your heel to your toe. Like standing on a tightrope.

Step one

Hold for 10 seconds. Try to gradually reduce your hand support.

Note: The guide advises that should you feel unwell at any time whilst doing the exercises, please stop.

Step two

Complete this with the other foot in front and aim to repeat twice.

Progress ★★☆☆

Progress this by slowly walking along the counter, heel to toe in a straight line. Turn around and go back again. Walk for a few steps in each direction.

You can also progress this by reducing your hand support.



TOP TIP

You could do this exercise whilst you wait for the kettle to boil.



CHALLENGE YOURSELF

If you feel strong enough, hold the balance for longer, or try walking backwards slowly, toe to heel, using hand support at first if needed.



Fabric Face Masks - Useful Information and Advice

Public Health England has now published a document entitled How to Wear and Make a Cloth Face Covering which contains the following advice:

'A cloth face covering should cover your mouth and nose while allowing you to breathe comfortably. It can be as simple as a scarf or bandana that ties behind the head. Wash your hands or use hand sanitiser before putting it on and after taking it off and after use. Avoid touching your eyes, nose, or mouth at all times and store used face coverings in a plastic bag until you have an opportunity to wash them. Do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose. Once removed, make sure you clean any surfaces the face covering has touched. You should wash a face covering regularly. It can go in with other laundry, using your normal detergent. When wearing a face covering, take care to tuck away any loose ends. Face coverings should not be used by children under the age of 2 or those who may find it difficult to manage them correctly. For example, primary age children unassisted, or those with respiratory conditions.'

The Sewing Project below is taken from the same document but many other patterns are widely available. We can also provide a pattern for an alternative pleated mask and supply materials to make either design on request. Tel: 01608 698211 or email Activities@cotswoldfriends.org. Cotswold Friends is also working on a project with the Moreton Scrub Hub to sew and distribute fabric face masks for the local community, due to launch during June.

Sewing Project - Making Your Own Face Covering

A sewn cloth face covering

You will need:

- two 25cm x 25cm squares of cotton fabric
- two 20cm pieces of elastic (or string or cloth strips)
- needle and thread
- scissors



Two squares of fabric 25cm x 25cm



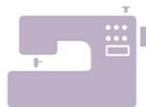
Two pieces of 20cm elastic



Scissors



Needle and thread



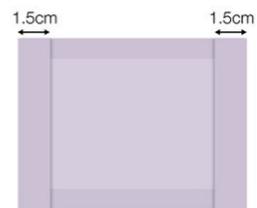
Sewing machine (optional)

Step 1: Cut out two 25cm x 25cm squares of cotton fabric. Stack the 2 squares on top of each other.

Step 2: Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.



Fold over the top and bottom and hem

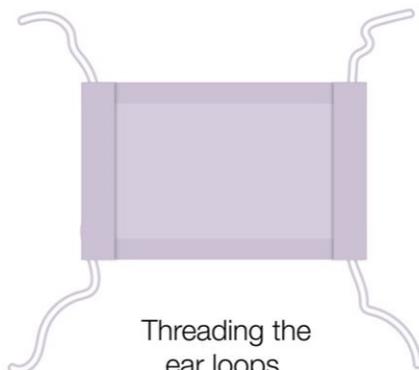


Fold over the sides and hem

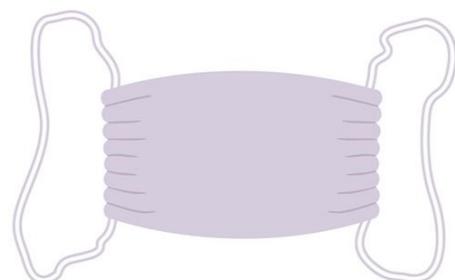
Items you need for a sewn cloth face covering

Step 3: Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly.

Step 4: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.



Threading the ear loops, sewing into place



Completed face covering, knots tucked in, cloth slightly gathered

If you only have string, you can make the ties longer and tie the covering behind your head.

Find this information at www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering

Yummy Lemon & Blueberry Cake Recipe

We are delighted to introduce Fiona Tierney from Cotswold Cookery. Fiona runs cookery classes from her home in Willersey and has kindly agreed to provide recipe suggestions for the Cookery section of our newsletter. Why not have a go? If you have someone helping with your shopping at the moment, just ask them to add the recipe ingredients to your list. Or get in touch and we can help deliver the ingredients to you. Tel: 01608 698211 or Email: Activities@cotswoldfriends.org, using 'Cake Ingredients' in the subject line of your e-mail. Please do email us pics of your finished bake or post them on our Instagram page @cotswold_friends. Happy baking!



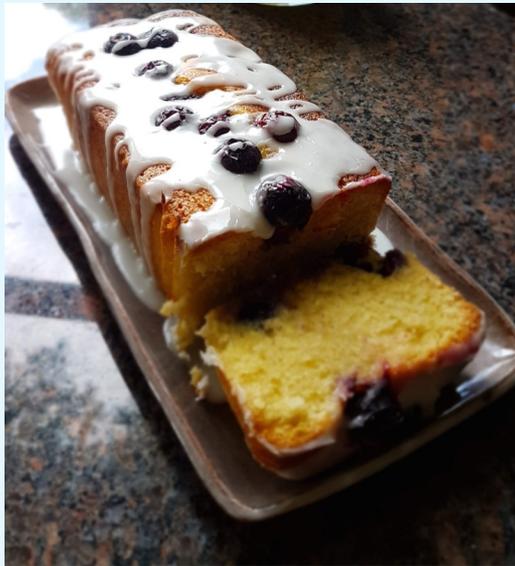
'My name is Fiona Tierney and I have been running Cotswold Cookery classes from my home in Willersey since 2010. I have been cooking since the age of three when my mother gave me a stool to reach the kitchen counter at our home in Blockley. I have wonderful memories of weekends spent cooking with my mother and sister. Cooking is a way of life for me - I use it to relax and to show love to my family and friends. This cake is from Yotam Ottolenghi's book *Simple* – I hope you enjoy it.'

Fiona x

Recipe: Serves 8

Alternative ingredients suggested:

150g butter, at room temperature
190g caster sugar
2 lemons (or oranges or limes) 2 tsp finely grated zest, 2 tbsp juice
1 tsp vanilla extract (can omit)
3 large eggs
90g self-raising flour
110g ground almonds (or more SR Flour)
200g blueberries (or raspberries, or leave fruit out)
70g icing sugar (or make glaze with more caster sugar)



Instructions

Preheat the oven to 180°C. Grease and line one loaf tin 11 x 21 cm or two 7 x 17 cm loaf tins. Sandwich or muffin tins would also be fine. (You could consider making two smaller loaves and giving one to a friend or neighbour!)

Place the butter, caster sugar, 1 tablespoon lemon juice, vanilla, eggs, self raising flour and ground almonds in a large bowl and beat on high speed for 3-4 minutes. Fold in 150g of blueberries and pour into the prepared loaf tin.

Bake for 15 minutes; sprinkle the remaining 50g of blueberries over the top of the cake. Bake for another 15 minutes. Cover loosely with tin foil and bake for 25-30 minutes until risen and cooked.

Cool in the tin for 10 minutes then remove from the tin and place on a wire rack to cool completely.

Meanwhile make the icing. Put the remaining tablespoon of lemon juice into a bowl with the icing sugar and whisk until smooth. Pour over the cake and gently spread out. Or make a glaze with caster or granulated sugar and lemon juice, or just leave the cake un-iced and eat with cream!

Local History: Tell Us Your Stories

We would love to hear recollections from you or your family and see old photographs from days gone by in the North Cotswolds. David Brown, a retired academic and history enthusiast who lives near Stow, recently got in touch with Cotswold Friends to see if our clients and volunteers could contribute to the local research he was undertaking. We explained our newsletter feature and David kindly offered to collate and write up any information we receive. In each issue, we will feature one of your stories and an article will be posted onto our website with more. As an example of the kind of story-telling that paints a picture, David told us:

'In 1981 there was a Stow and District Day Centre that met in Evenlode village hall. One person each week told their story. These stories provided vivid pictures of what life was like in the district as they grew up. Mr Turner told stories of working between the wars on a farm above Broadway. He told of his small cableless tractor turning over on rough ground but

jumping clear. As verger he rang the bells at Upper Swell for marriages and Sunday services. Mrs Pratley describes going to school in Stow, and how one day, when allowed to visit the hunt in the Square, a group of them didn't return to school but followed the hunt round all day, eating raw turnip in the fields when they got hungry. It would be really exciting to share some recollections of the period since World War 2 and the major changes that happened then.'

To begin, we would particularly like to hear about: **How working lives changed as the men came back from war and how labour saving machines began to change people's lives.** Time to dig out those old family photos! You can post your information to 'Local History' at the office address on the back page (be sure to include return details if you send original photos) or email your stories and pictures with Local History in the subject line to: Activities@cotswoldfriends.org.

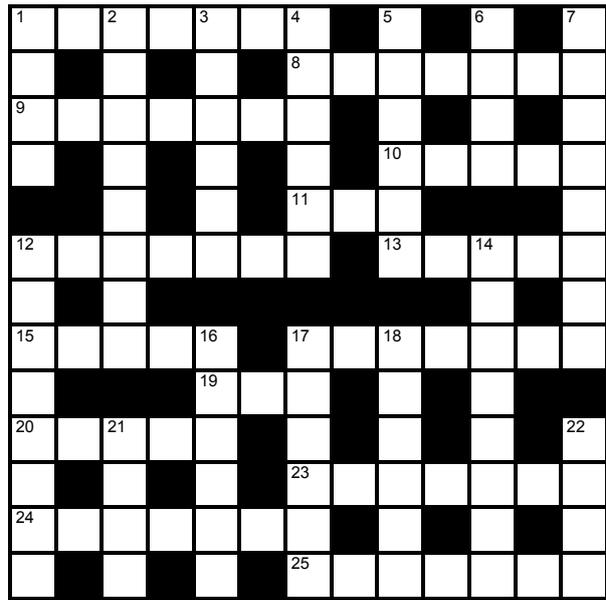
CROSSWORD

Across

- 1 Container used for growing plants (4-3)
- 8 ___ Lincoln, 16th president of the USA (7)
- 9 Non-synthetic, not man-made (7)
- 10 Absolutely necessary (5)
- 11 Be obliged to repay (3)
- 12 Rainy season (7)
- 13 Blessed with good fortune (5)
- 15 Pale purple colour (5)
- 17 Person who makes or repairs shoes (7)
- 19 Everything without exception (3)
- 20 Assists (5)
- 23 Geographical feature such as Krakatoa (7)
- 24 Fizzy citrus drink (7)
- 25 Bring back to a former condition (7)

Down

- 1 No longer here (4)
- 2 Left to personal choice (8)
- 3 Island to the north of Java (6)
- 4 Measure equal to eight pints (6)
- 5 Go on a journey (6)
- 6 Informal conversation (4)
- 7 Boss, owner of a business with staff (8)
- 12 Small mound of earth thrown up by a burrowing creature (8)
- 14 US state, capital Denver (8)
- 16 Free-and-easy (6)
- 17 Intelligent (6)
- 18 Constructs (6)
- 21 Young sheep (4)
- 22 Capital of Italy (4)



WORDSEARCH

COLOURS

Can you find the listed words in the grid below? Words may run either forwards or backwards, in either a horizontal, vertical or diagonal direction, but always in a straight line.

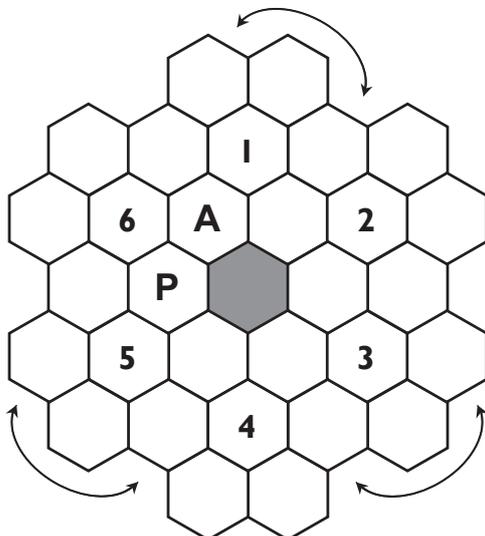


- | | | |
|-----------|-------|-------------|
| ANIL | KHAKI | RUSSET |
| AVOCADO | LEMON | SAGE |
| AZURE | MAUVE | SCARLET |
| CHOCOLATE | NAVY | TOPAZ |
| CYAN | PEACH | TURQUOISE |
| EBONY | RUBY | ULTRAMARINE |

HEXAFIT

Can you place these six words into the hexagons? To fit them all in, some will have to be entered clockwise and others anticlockwise around the numbers. Two letters have been placed already, which should give you a good start!

- | | | |
|--------|--------|--------|
| ABRUPT | GAPING | KIPPER |
| MATRON | BORAGE | SUPPER |



Cotswold Friends Services in Action: News Round Up

In the 8 week period from the end of March, Cotswold Friends has received and responded to **23,490** calls and as a result has achieved over **6,726** befriending telephone calls, **170** critical drives to GP/Hospitals, **361** medication collections and deliveries, **788** GP Dispensary collections and deliveries, **5** oxygen testing equipment collections and deliveries and **509** deliveries of shopping or meals. This work has provided direct support to over **1,000** people each week. A huge thank you to every one of the **243** volunteers who have been actively providing these services to the North Cotswolds community during this time and further thanks to all of the funders who have supported us.

Just Giving and Donations to Cotswold Friends.

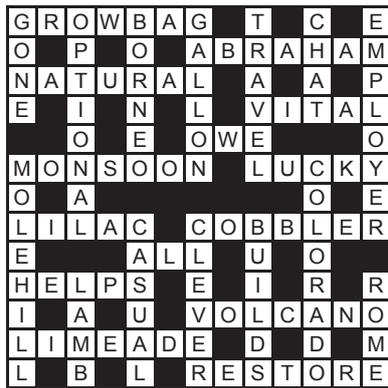


If you've enjoyed our new Activities Newsletter, could you spare a small donation to the project? There is absolutely no obligation to donate but if you would like to do so, you can visit our Just Giving campaign by heading to www.justgiving.com and searching for Cotswold Friends. Alternatively, you could become a 'Friend of Cotswold Friends' and make a regular monthly donation by visiting our website at www.cotswoldfriends.org and clicking the Donate button in the top right hand corner or by calling Sue Thomas in the office who can help you organise your donation on Tel: 01608 697004.

Please do call us if you need any help or support at this difficult time. Cotswold Friends has adapted it's services and can help with transport, shopping and medication collection and delivery, telephone befriending and more. There is also a list of local people, places and groups offering help and support on our website at www.cotswoldfriends.org.

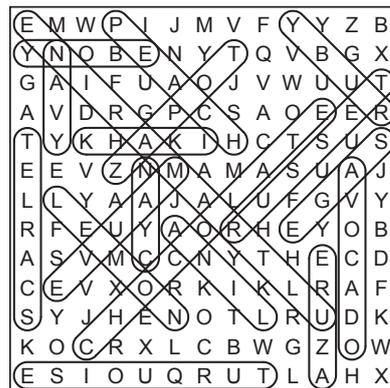
SOLUTIONS

CROSSWORD

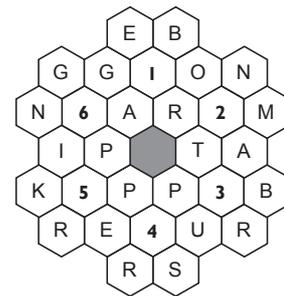


Puzzles © Puzzle Press Ltd (www.puzzlepress.co.uk)

WORDSEARCH



HEXAFIT



**Moreton Area Centre, High Street
Moreton-in-Marsh, GL56 0AZ**
Tel: Main 01608 651415 Transport: 01608 651115
Email: info@cotswoldfriends.org
Website: www.cotswoldfriends.org
Follow us on Facebook, Twitter and Instagram.
To unsubscribe from our Activities Newsletter, please get in touch.