



**Glasgow's Golden Generation  
Christmas Newsletter  
Christmas 2021**



Mary Robert, a Craft Café  
makes member, makes a  
Christmas collage





# *Hohoho, Merry Christmas!*



Hello Glasgow's Golden Generation,  
we are the Craft Café!

We are a relaxed and friendly group for older adults, where people 60 plus can meet to have a cup of tea and to try their hand at various forms of art, no matter what their level of ability. We encourage older adults to feel involved in their community, to make friends and to let them see that no matter what age they are they can learn new skills that can bring them a lot of joy.

This Christmas we have teamed up with Glasgow's Golden Generation to bring you this newsletter, compiled by our staff and featuring work by our wonderful members. We hope you enjoy it! We know that Christmas isn't always the most welcome time for people who may be struggling, but this is a little bit of Christmas love from our home to yours, and with it, all of our best wishes to you.

To get in contact with us you can call us on [0141 575 3001](tel:01415753001) or find us on the Impact Arts website: <https://www.impactarts.co.uk/content/our-work-older-glasgow/>

Or contact our lead tutor by email: [charlotte.craig@impactarts.co.uk](mailto:charlotte.craig@impactarts.co.uk)

We are currently complying with covid restrictions but you are welcome to get in touch.

There will also be some wellbeing resources that you can find at the back of this newsletter, there is always support out there for those who need it.

We hope you have a beautiful Christmas,

*The Craft Café Govan Team*

A word from Glasgow's Golden Generation...

Thank you to Craft Café, Impact Arts for bringing this newsletter to us, and giving the opportunity to showcase some of our services, these are open to anyone over the age of 55. Glasgow's Golden Generation (GGG) is a long standing charity that was created to support loneliness and isolation issues in post war Glasgow. The charity still goes from strength to strength and has 4 key services; we have 3 day care centres in the south, east and west of the city, we have befriending services both online and in person, a welfare and benefits assessment service, and we have 20 associate social clubs all over the city. In addition, GGG has two new services and this is a careline telephone service to answer any query you may have, and a digital service where we can help train older people to use a smart phone and computer related devices.

To get in touch for any more information, please call 0141 221 9924 or visit [www.glasgowgg.org.uk](http://www.glasgowgg.org.uk)

We hope that you have a lovely Christmas, and best wishes from myself and all the team at GGG,

Richard Donald

Chief Executive, Glasgow's Golden Generation.



## Christmas 1946

*By Anne Critchley*

*(painting above by James Kelso)*

It was a Rag Doll, it didn't have a dress with frills and flounces. It had sewn-on button eyes and wasn't very happy looking, with a mouth that was slightly off centre. The Rag Doll was stuffed with old pieces of material from mammy's sewing machine and you could see where it had been hand-sewn with black thread. It felt quite hard, not soft and cuddly as I had imagined my Christmas Doll would be. It's arms and legs stuck out at odd angles, and, as my big sister looked on, I had to pretend it was the best doll in the world. I knew my sister had been up to something, but never imagined she was making this doll for me.

I had dreamed of the best, most colourful doll in the world. My Christmas Doll would have a china face with large blue eyes that twinkled like the flames of the blazing fire. My doll would be dressed in pale pink, with a complete spare outfit in brilliant blue in the big box that came tied with ribbons. She would snuggle in at night and keep me warm and

safe. I must have seen a picture of the doll and it became my Christmas Doll. But there was no spare money at home, I didn't know the constant struggle for mammy to put food on the table, to ensure we had stout shoes and coats, fancy Christmas presents were very far down the list of priorities in these post-war days.

What are you going to call your doll? I know, call her Annie, wee Orphan Annie. My brothers lost no time in letting me know what they thought of my doll.

So, Orphan Annie it was.

That night in bed Orphan Annie lay outside the blankets all on her own, she looked lost, but I couldn't cuddle her in beside me, she could stay there. I wakened at some time during the night and Orphan Annie had found her way in beside me and I had my arms wrapped round her hard wee body. I remember looking at her face with the squinty mouth and sad eyes and I fell in love. Orphan Annie was my companion for years.

# The Christmas that Nearly Never Was

*By Heather Thomson*

*Friend of the Craft Café*

*(painting right by Danny Park)*



This year for many will be so different than year before ,and to write a story the inspiration was hard to muster, however my granda told me this story every Christmas almost like our tradition on Christmas eve, I haven't shared this before until now and hopefully it brings some comfort and joy.

Alfie was a 6 year old boy living in Latvia with his mother and father in 1948. His father was a shoe maker and his mother was a seamstress, they lived in a small cottage in a tiny village called Durbe. It was soon to be Christmas and ziemassvetu vecitis ( Christmas old man) was coming in a few days. Alfie was a good child, polite and worked very hard delivering milk to the people in the little village, even though he was very young but he never, ever asked for anything from anyone.

His mum was working a little later one evening because she had a dress order to finish for one of the villagers, so dad was home with Alfie, unbeknown to his dad the embers from the fire caught alight to the rug in the sitting room, soon it was a frightful and roaring fire, his dad grabbed Alfie from the bed and fled the cottage. The house quickly burned to the ground. The family were completely devastated, homeless and destitute.

The local rabbi quickly heard what had happened to this family and kindly offered them a place to stay until their home could be rebuilt.

The rabbi asked Alfie one night what he would like for Christmas? He simply answered 'a home'.

The rabbi spoke to a few people in the village and most people spared some building materials and tools and some others offered some clothes and furniture, soon the men in the village were building the family a new house.

In an incredible 4 days and night the villagers built the little cottage, as beautiful as the old one with some new furniture and beds for all of them.

The morning of Christmas, the rabbi woke the family and led them to the foot of the river and then announced 'this is your new home!' and how the villagers helped to rebuild, Alfie and his parents were so happy they all cried with tears off happiness, Alfie got his Christmas wish after all.

The villagers all made some delicious food, and everyone was happy, exchanging food, presents and love and Alfie was ever so thankful and grew up happy.

Hope you all enjoyed that wee story that I hold close to my heart, it was my granda Alfie's life as a child, he moved to Glasgow in 1960 and owned a successful tailors shop .

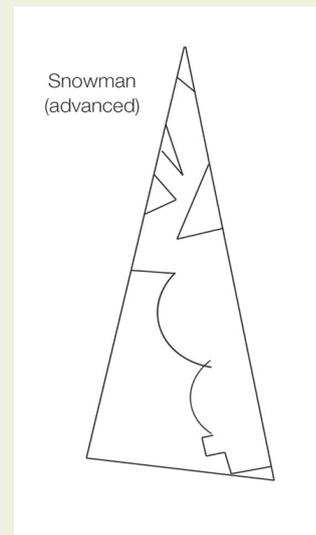
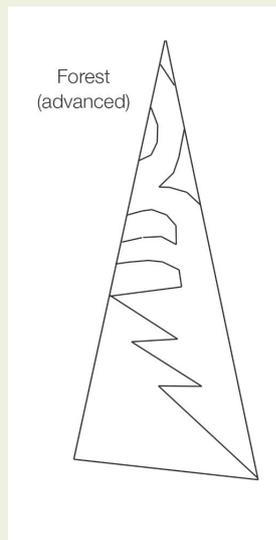
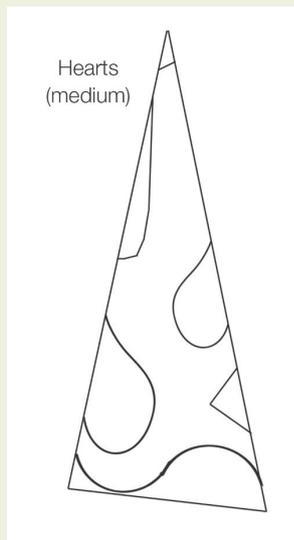
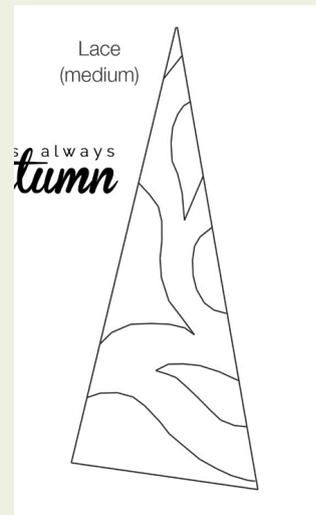
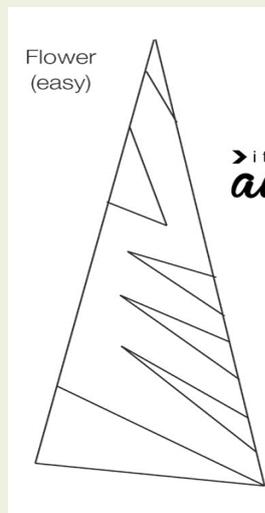
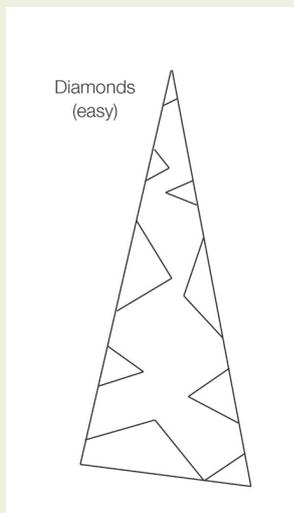
MERRY CHRISTMAS AND A HAPPY NEW YEAR XX

# Tips For Cutting Paper Snowflakes

\* It's easier to cut through the folded paper if you open the scissors up wide instead of trying to cut with just the tips of the scissors.

\*You can cut all the way across the folded paper twice: once at the pointed end, and once at the other end. All your other cuts should start and end on the same side (if you cut all the way through anywhere else you'll end up with a tiny snowflake!).

\*Iron the snowflakes flat using medium heat, then hang them from the ceiling with thread or tape them on the walls or windows.



Some design ideas...

# Colour Me In, *by John Lavery*

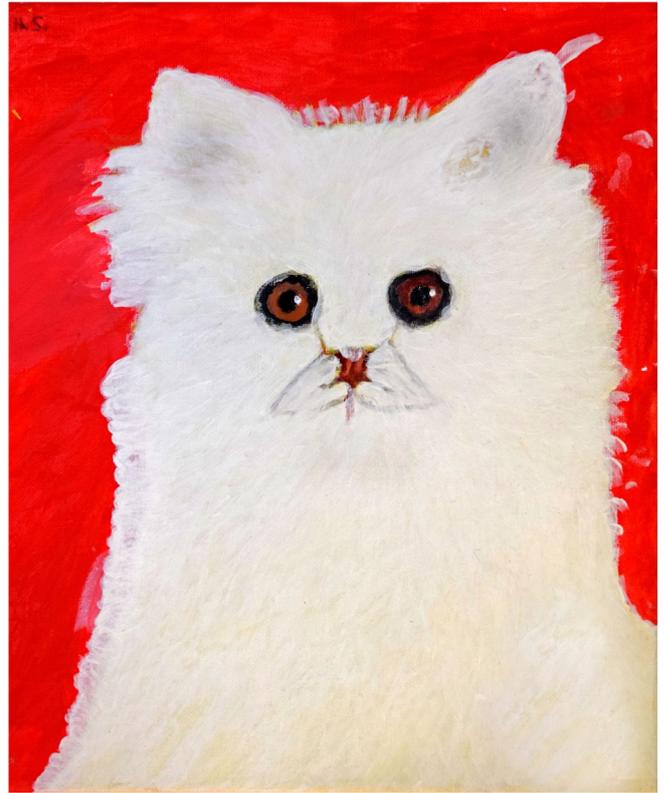


# No Names First Christmas

*By Linnea Blair*

*(painting right by Helen Stewart)*

It was nearing Christmas time- not that it meant anything to the scraggy little tabby cat as she painfully crawled from her damp cardboard bed. It was just another day to endure. No-name lacked one eye, thanks to cat flu as an abandoned kitten and her tail was an infected broken mess, courtesy of too many big feet cruelly stamping on it. Tattered ears spoke of savage attacks by bigger cats and she felt old and tired and ready to sleep the forever sleep. She had found no kindness, never the touch of a loving hand, she was often wet and cold, and her meals came from bins or discarded food. She was hungry but too exhausted today to seek food. It was a drizzly cold morning and her mangy coat held no warmth. Slowly she crept to the back of the fish shop, hoping for a scrap. She fell down. And this time she could not summon strength to move. She heard heavy feet approach - the kind that had hurt her. A deep voice spoke and she was lifted by large strong hands. This was it, she thought, the end. She hoped it would be quick. But Deep Voice had no hurt in mind, for he gently stroked the dirty fur and placed her carefully inside his warm coat. She felt his heat and relaxed as he carried her to his car and drove quickly to the vet hospital, all the while speaking to her comfortingly. White coats, bright light, new smells - of chemicals and many animals . Too weak to resist or hiss, she was placed on a table. She felt a sharp pain in her neck and then sleep. But not the final long sleep. She awoke some time later to strange plastic tubes in her legs and the feeling that something had been done to her. Her tail was now gone and would give no more pain. She felt no hunger or thirst as she had nourishment and fluid flowing through the tubes. The emergency vet had shaken her head and told Deep Voice that the little cat was too old and sick to help, she probably



had tumours or other complications, but the man insisted that everything must be done to save her. He would pay whatever it cost. Blood tests and scans miraculously revealed no health issues other than worms, fleas, mange and malnutrition. All treatable. And so it was that days later little No-name revived enough to go home with Deep Voice, who had visited every day and No-name rewarded him with a surprisingly loud purr. He came with a woman whose soft hands petted the thin little creature gently and with great care. One day, Deep Voice and Soft Hands came to collect the little tabby, and took her home to their warm home outside the city. No-name smelt the delicious new clean air and was content. "I'm Eddie ," said Deep Voice and this is Brenda"- Brenda patted No-name by way of introduction. They placed her on the soft living room carpet before the fire - a new thing for her. She was aware of two new pairs of eyes watching her and two strange small figures approached. Fearing danger, the cat drew back, but Eddie reassured her with a pat " They just want to say hello, " he explained. The dog - a three legged brown mongrel with a crooked tail- said hello by licking the cat's face, and the bird - a green parrot with misshapen feet -gently pecked the cat's back. Brenda said " Our pets are special

because they needed us - they have names too." "Yes " said Eddie " We found our beautiful dog hiding in a church so she is called Faith, "and Brenda added " We got our elegant parrot from an ad in a charity shop so he is called Charity ". The couple looked at each other and Brenda spoke first "and you,

brave little cat who never gave up fighting? You surely must be Hope! " And so it was that Faith , Hope and Charity lived their happy lives, loved and cared for , as all creatures deserve to be. And not just at Christmas .....

## A Wee Christmas Story

*By Christine Macleod*

*(painting right by John Lavery)*

In the early 50's it was almost impossible to acquire a real Christmas tree, rationing was still in place after the war and resources like wood were impacted by the demands of war.

My mum's brother worked then as a head gardener for a large country estate in Argyllshire and he assured her that he would find a tree for us, to be delivered by a friend with a lorry.

We children and my mum proudly informed the neighbours of this to the point that they all came out a few days before Christmas to welcome the lorry arriving.

From the back of the lorry came three massive parcels, none tree shaped!

A letter enclosed confirmed that alas my uncle hadn't managed to find us a tree but had sent in it's place a load of fir tree branches... hilarity ensued as you can imagine.

My dad, undaunted, and much to our delight, found an old brush handle and nailed the branches on to it in the shape of a tree. And not only that, there were enough branches for three other families in the close to have a Christmas tree too.

They were the talk of the street.

The folk from the local pub came round to inspect and admire and gave all us close children some extra Christmas pennies.

Happy kids and smiles all round.

For the following few Christmases my uncle did actually manage to send us a tree.

We always celebrated it's arrival.



# Christmas Time is Here

*A song by Jim Townsend*

*(painting below by Jim Townsend)*

Look out your window, what do you see  
Snow falling down on your Christmas Tree  
Blow out the candles, turn out the light  
It's Christmas Eve you must sleep tonight

Christmas time is here, bringing joy and cheer (repeat) (it's Christmas)  
Christmas time is fun, fun for everyone (repeat)  
It's Christmas time, we'll be together, at Christmas time

Wake up it's morning it's Christmas Day  
We'll celebrate in the Christmas way  
Look all around you and you will see  
There's gifts for you 'neath the Christmas Tree

Christmas time is here, only once a year (repeat)  
Christmas time is fun, fun for everyone (repeat)  
It's Christmas time, with love to share, it's Christmas time

Look around and see, there's children having fun  
So be good you know you should, The fun has just begun

Solo

Sleigh bells ring today, there's Reindeers on their way (repeat)  
They're bringing gifts for you, and all the children too (repeat)  
It's Christmas time, Snow is falling, It's Christmas time

Snow is here today, and happy children play  
Happy times and bells that chime  
have fun the Christmas way

Christmas time is here, only once a year (repeat)  
Christmas time is fun, fun for everyone (repeat)  
it's Christmas time

Bells and ringing Children singing  
Christmas time is here



*Drawings above: top 3 Rose Reid, following 2 Vera Bryant and bottom Netta Carruthers*



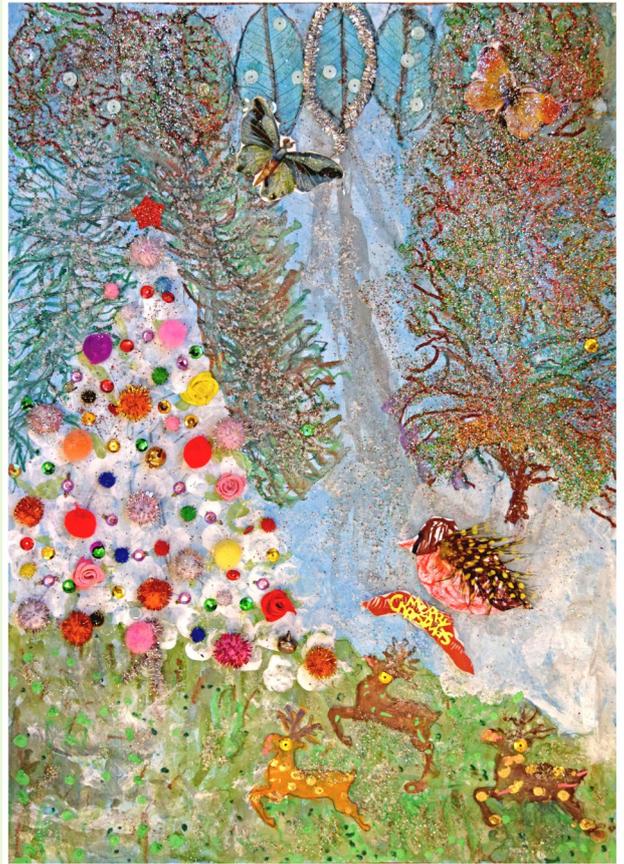
# Guess that Tune!

What is the Christmas song or carol?

By Anne Melvin

(painting right by Margaret Farrell)

- |                   |                     |
|-------------------|---------------------|
| 1. G.K.W.         | 9. I.W.I.C.B. C.E.D |
| 2. O.C.A.Y.F      | 10. I.D.O.A.W.C.    |
| 3. T.T.D.O.C.     | 11. I.S.M.K.S.C.    |
| 4. L.D            | 12. W.S.G.S.U.T.C.  |
| 5. M.A.W.         | 13. M.B.C.          |
| 6. W.W.Y.A. M. C. | 14. W.I.A.W.W.      |
| 7. R.A.T.C.T.     | 15. H.T.H.A.S.      |
| 8. M.C.E.         | 16. R.T.R.N.R.      |



## The Origins of the Christmas Tree

Tree worship had always played an important role in the lives of ancient folk, notably in Germany during the mid-winter festivals. The tall oak trees were the honoured species. When the leaves fell from the trees in winter, many country people once believed that the spirits that lived in the trees and blessed their families, had run away. To tempt the spirits to return, people would decorate the bare branches with coloured pieces of cloth and strings of coloured pebbles. When spring brought the new green leaves back, they believed this early form of tree decorating had been successful in making the spirits return. Even after this belief had faded, the decorating of winter trees continued and eventually, with the passage of time it became the evergreen pine tree that was brought indoors to decorate. Prince Albert, the husband of Queen Victoria brought this German tradition to Britain, and from there it became popularised in the UK.

When decorating the tree in Victorian times candles were used, carefully propped on branches to create twinkling lights like stars. This was obviously very unsafe, and it was common for someone to keep watch, with a bucket of water on the side, in case a fire began. Christmas baubles originated from blown glass. It was said that a Glass Blowers wife found their husband and friends had been practising making these shapes, and she decided they would make beautiful hanging objects so they were sold at market. These were originally used to ward off evil spirits, because their reflective surface could be a confusing deterrent. In later times, when Christmas trees became popular, these glass blown spheres were made smaller and lighter, and became the first Christmas baubles.



Drawing by Angela McGregor

# Celtic traditions at Christmas: Romantic Mistletoe!

*By Annie Morgan*

The ancient Celts celebrated the festival of Alban Arthuan. This was also known as Yule at the time of the Winter Solstice 20-23<sup>rd</sup>.December.

They ceremonially gathered mistletoe from oak trees. Early Christians adopted old beliefs to new ones, celebrating Christmas-Mass of Christ. This combined with older traditions-the Yule log was burnt by the Celts to counter the darkness of mid-winter. The tree was decorated with symbols of solar objects-stars and planets. Round bobbles in different colours using natural dyes. Gifts were offered to Celtic gods and goddesses. And that mistletoe was drunk in a tea for its magical and health properties. It was thought of as an elixir and since it stayed green even in the depths of a frozen winter, it became a symbol of vitality (caution, although tea can be made it is poisonous so I would not be recommending trying it out).

Safe mistletoe herbal tea can be purchased.

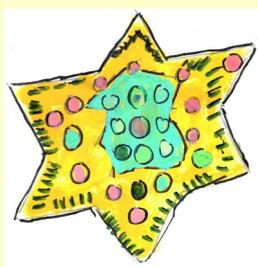
The romantic aspect can be traced back to Norse legend.



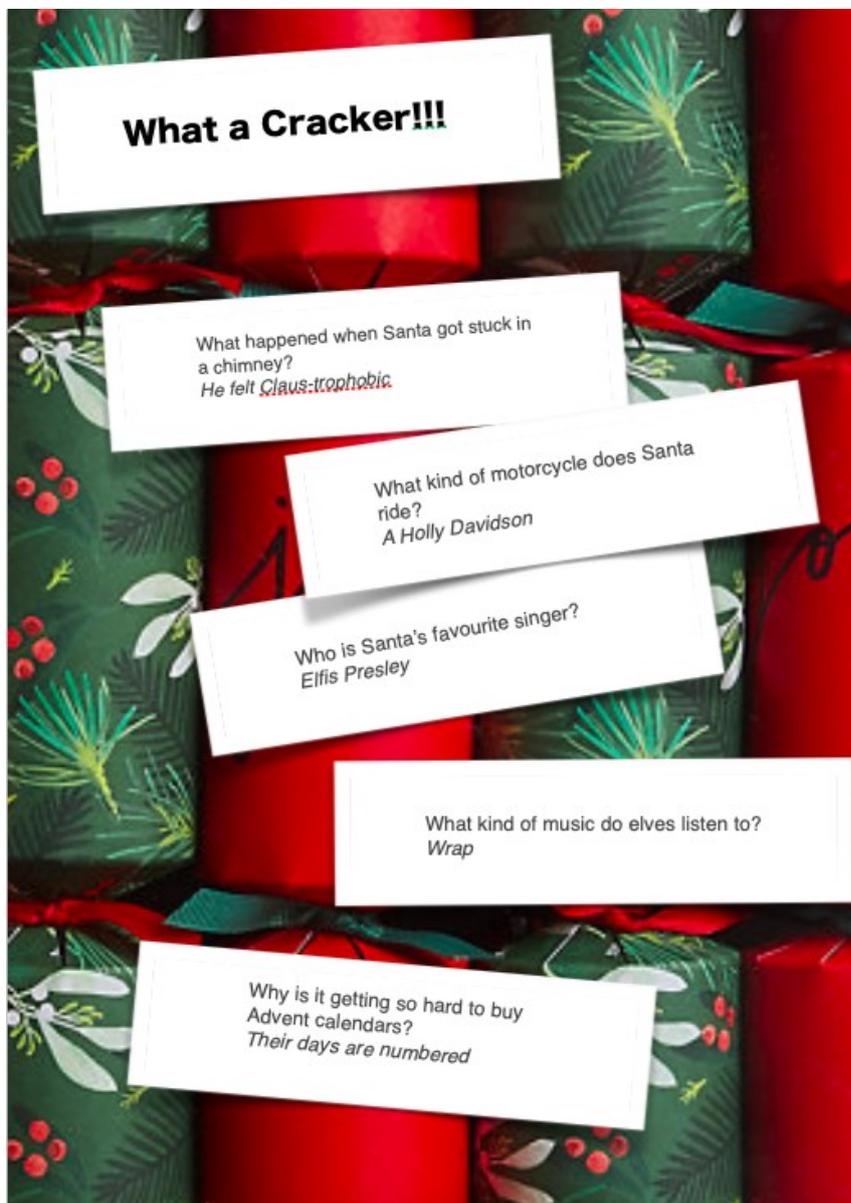
Later, in the Middle Ages, the romantic aspect took hold with the tradition of stealing a kiss under a sprig very popular with those called 'servants' back in the day. My great grandmother Jean was in service -she lived until she was 99 1/2.! Son Ross was born the day she would have turned 100! I wonder how many kisses she could tell of!

I found drawing the mistletoe very easy -hint - use the how to draw examples on line.

This Corona Yuletide may curtail the kissing but let's do hand crafted cards to share. Example here. Lets find ways to connect this Yuletide.



*Drawings by Frank Cotter*



Drawing by Violet McInally

## The Story of Santa Claus

There were stories of Father Christmas like figures in Pagan times, however the story of Saint Nicholas began in Turkey, around the 4th century. The young Nicholas was orphaned when his parent passed away. His family were wealthy and raised him well, they taught him to share, so when leaving their wealth to Nicholas, he decided to use the money to help others. He began these acts of kindness by leaving gold with a family in need, he wanted to stay anonymous and it is said that he began using the chimney to throw down the gold - this way it would reach them and he could remain unrecognised. His acts of kindness continued throughout his lifetime and at a later time he became a Saint. The legend of Saint Nicholas

continued to grow, and when it reached Holland he was known by his Dutch name SinterKlass. In later times, with the Dutch settling in North America, the stories were brought too and his name became translated into Santa Claus. The legend of him changed also, he became less a serious religious figure and myth grew of a more fun, plump, gift-giving man. It was an advertising campaign in the 1930's that really shaped the now familiar image of the round faced, jolly Santa. Coca Cola adapted the image of Santa, and dressed him in a red suit with fluffy white trim to symbolise their company colours. Through this campaign, our modern day image of Santa was formed.

# Glasgow Christmas Past...



*George Square in the snow, 1962*



*The cast of the Aladdin pantomime. 1972*



*Christmas at the Royal Hospital for Sick Children, 1932*



*Salvation Army perform carols on Gordon Street, 1981*



*The Christmas tree lights are turned on in Glasgow Central Station, 1958*

*Argyle Street shoppers, 1972*



## WINTER WARMER APPEAL



NO ONE SHOULD HAVE TO CHOOSE  
BETWEEN EATING AND HEATING THIS WINTER

**DONATE NOW ON JUSTGIVING**

GLASGOW'S GOLDEN GENERATION IS A REGISTERED SCOTTISH CHARITY (SC008500)  
A REGISTERED COMPANY LIMITED BY GUARANTEE IN SCOTLAND (163918)  
REGISTERED OFFICE: DAVID CARGILL CENTRE, 166 LEDARD ROAD, GLASGOW, G42 9RA



GLASGOW'S  
GOLDEN GENERATION

## Day Centres

GGG runs three Day Care Centres across Glasgow in the East, West and South of the city. All three day centres focus on reducing loneliness and isolation in older adults.

Fred Paton Centre is in the west of the city, Mattie Carwood Centre in the east and David Cargill Centre is in the south.



Each centre has its own programme of activities including bingo, arts and crafts classes, armchair exercises, relaxation, carpet bowls, gardening, music therapy, reminiscence activities and much more!

Older adults are served a three course meal each day and are picked up from their homes in the morning and dropped off at their door after each session. There is also a limited capacity for those with their own transport, please let the Centre Manager know if you would like to make your own way there.



It costs just £10 per day to attend a GGG Day Centre and this includes transport as well as activities and day trips during the summer.

If you or someone you care for is interested in attending one of GGG's day centres, please call your local centre manager.

## Fred Paton Day Centre

North/west

**0141 353 0720**



## David Cargill Day Centre

South

**0141 632 7391**

## Mattie Carwood Day Centre

East

**0141 766 0000**



For information about any of GGG's other services please contact Head Office on

**0141 221 9924**



[WWW.GLASGOWGG.ORG.UK](http://WWW.GLASGOWGG.ORG.UK)

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# Festive Word search and Crossword

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

BRUSSEL SPROUTS  
 CANDLE  
 CANDY CANE  
 CHRISTMAS TREE  
 CRACKERS  
 CRAFT CAFE  
 FAIRYLIGHTS  
 GIFT  
 REINDEER  
 SANTA CLAUS  
 SLEIGH  
 SNOWFLAKE  
 STAR  
 WREATH  
 YULE LOG



**Across**

- 2. Santa
- 5. 21st December
- 8. Pull this with a bang
- 9. Burning log
- 12. Kiss under this
- 13. Shiny garland

**Down**

- 1. A spiced drink
- 3. A striped sweet
- 4. Christmas ballet
- 6. She sits at the top of the tree
- 7. Santa's ride
- 10. Santa's helpers
- 11. Hung on the fireplace



*Drawing by Patricia McNally*

# FESTIVE RESOURCES

## **Dig In Community Greengrocers**

Your local Govan greengrocer run for the community. Address: 193 Crossloan Rd, Glasgow G51 3QE, open mon-fri

0141 440 1097

## **The Food Train**

Makes hundreds of grocery deliveries every week for older people, ensuring those most in need have access to fresh groceries.

[www.thefoodtrain.co.uk](http://www.thefoodtrain.co.uk)

0141 423 1722

## **Gilded Lily**

Activities help women to overcome barriers and become more confident and creative. We are based in Govan.

[www.gilded-lily.org.uk](http://www.gilded-lily.org.uk)

[general@gilded-lily.org.uk](mailto:general@gilded-lily.org.uk)

0141 440 1109

## **Glasgow Action for Pensioners**

Provider of help and advice to the over 55s and their carers on most matters other than those requiring financial or legal advice. We are based in Govan.

0141 440 0963

Silverline 24 hr helpline for older people  
0800 4 70 80 90

Age Scotland Befriending Line 0800 12 44 222

## **Lifelink**

Can offer support to anyone who is struggling to cope with everyday stress or is feeling anxious or depressed.

[www.lifelink.org.uk](http://www.lifelink.org.uk)

[info@lifelink.org.uk](mailto:info@lifelink.org.uk)

0141 552 444

**0141 465 6998**

## **The no.1 Befriending Agency**

We operate a befriending service that is free to the user with the help of our amazing volunteers.

[www.befriend.org.uk](http://www.befriend.org.uk)

0141 465 6998



*Painting by Danny Park*

# Mince Pies

## Ingredients:

350g/12oz high quality mincemeat, preferably homemade  
200g/7oz plain flour, sifted  
40g/1½oz golden caster sugar  
75g/2¾oz ground almonds  
125g/4½oz unsalted butter, diced  
1 large free-range egg, beaten  
milk, to glaze mincemeat.

## Method:

Lightly butter a 12-hole pie or patty tin. Tip the mincemeat into a bowl and stir so that the liquid is evenly distributed.

Place the flour, sugar, almonds and butter in a food processor and process briefly until resembling breadcrumbs, then slowly add the egg through the feeder tube. (Or rub the butter into the dry ingredients by hand and stir in the egg.

Bring the mixture together with your hands, wrap in cling-film and chill for an hour or so. Thinly roll out the pastry on a floured surface. Cut out 12 circles with a fluted pastry cutter, large enough to fill the base of the prepared tin. Press gently into each hole, then fill with



Cut out another 12 slightly smaller discs and use to cover the mincemeat. Press the edges together to seal. Make a small slit in the top of each, then brush lightly with milk. Chill for about 30 minutes. Meanwhile, preheat the oven to 200C/180C Fan/Gas 6. Bake the pies for 20 minutes until golden brown. Remove to a wire rack and serve warm

## Recipe Tips:

To create the snowflake pattern, use a festive doily as a template and sprinkle with icing sugar.



# Stuffing

## Ingredients:

Cooked and cooled mash potato  
Onions diced  
Butter  
Mixed dried herbs  
Stale bread  
Seasoning

## Method:

Butter the bread then tear into chunks,

Add cooked potatoes, onion and herbs

Using hands, work the mixture together

Stuff chicken or cook in oven dish adding some juice from chicken or turkey

Cook for 20-30 mins until golden brown



# Vegan One-Pot Mince n' Totties

## Ingredients:

100g lentils (Green or brown or a mixture)

**Pre soaked in water overnight.**

50g soy mince

150g mushrooms

1 onion

Half garlic bulb

1 carrot large

4 potatoes large

Salt 1tbsp

Pepper 1tbsp

Coriander powder 2tbsp

Bisto 4tbsp

Brown sauce 4tbsp



## Utensils:

Chopping board

Knife

Large pot

Frying pan/wok/pot

Colander

Wooden spoon

If you have a food processor you can save chopping time!



## Method

Add lentils to pot with boiled water, bring to the boil then turn down to medium heat & leave to simmer.

Chop onion & garlic and sautee in pan with oil/frylight/water till translucent.

Chop carrots and mushrooms and add to the same pan.

Chop potatoes and set aside.

When veggies slightly soften add salt, pepper, Coriander powder to veggies and a little water to prevent sticking.

Add soy mince and sauté to combine flavour.

Drain lentils and add to veggie mixture, top with enough water to just cover lentils.

Add potatoes to mixture.

Allow to simmer down and combine, add more water if needed.

When lentils and all veggies are soft add Bisto and brown sauce and mix well to ensure combined.

Plate up and enjoy. Goes GREAT with puff pastry ☐

## Alternative ideas:

You can leave out the soy mince and use more lentils or mushrooms if you avoid soy, or leave out the lentils for a more authentic mince texture.

Works great as a shepherd's pie topped with mashed totties!

You can change the herbs/spices to make this into a curry or a chilli. Try adding Cumin, coriander powder and chili powder for a curry vibe or paprika and Cumin for a chilli. You can add different veggies too ie peppers, tomatoes and Spinach.

Experiment, it's a really versatile meal!



*Drawing by James Kelso*

# 7 Day Winter Wellbeing Calendar



**Day 1.** Think of three, achievable activities you would like to do in the next week.

How can you make sure you do them?

**Day 2.** Set aside some time in your day to listen to your favourite music (dance and sing along if the mood takes you)

**Day 3.** What can you find in the home to upcycle, recycle or pass on to someone in need? Think about making this a regular activity.

**Day 4.** Have a big stretch, from your toes to the tips of your fingers, then think of three nice things that make you happy.

**Day 5.** Get creative, by writing, drawing or making a craft.

**Day 6.** Write a letter to your younger self. What key message would you pass on?

**Day 7.** Go for a calming walk in a wood or a park, absorb your surroundings. If that is not possible remember a walk you enjoyed in the past.

## Make a Pomander

*A Pomander is a scented ball made for perfume, traditionally they might be worn or placed in the home during the festive period.*

### You will need:

An orange (1 for every pomander), cloves and a nice piece of ribbon.

**Step 1.** Take your orange and stud it with cloves (you can pre-stud the orange with a toothpick which can be helpful if your cloves are particularly spiky)

**Step 2.** Tie a nice ribbon around it so you can hang your pomander up—its as simple as that!

*Be creative and arrange the cloves in diamonds, circles, or other patterns. As the orange dries, it will release a delicate, spicy fragrance.*

**Fun Fact:** Pomanders were used in the middle ages for good fortune, they were also believed to protect you from the plague!



Draw or Write a Wish for the year to come





*Painting by Ruby Costley*

### **Song Quiz Answers**

1. Good King Wencelas
2. O.C.A.Y.F
2. Oh Come all ye Faithful
3. The Twelve Days of Christmas
4. Little Donkey
5. Mistletoe and Wine
6. We Wish you a Merry Christmas
7. Rocking Around the Christmas Tree
8. Merry Christmas Everybody
9. I wish it could be Christmas every day
10. I'm dreaming of a white Christmas
11. I saw Mummy Kissing Santa Claus
12. When Santa got Stuck up the Chimney
13. Mary's Boy Child
14. Walking in a Winter Wonderland
15. Hark the Herald Angels Sing
16. Rudolph the Red Nose Reindeer

### **Crossword Answers**

#### **Across**

2. St Nicholas
5. winter solstice
8. cracker
9. yule log
12. mistletoe
13. tinsel

#### **Down**

1. mulled wine
3. candy cane
4. Nutcracker
6. fairy
7. sleigh
10. elves
11. stocking

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