

Living Better

September 2020

Let's Get On With It Together

LGOWIT

a partnership supporting
self management

Welcome, everyone,

to what we hope is another inspiring selection of tips, ideas and stories to lift your spirits in these continuing challenging times.

One of the many downsides of the pandemic is that we have sadly missed out on lots of LGOWIT organised fun events this year. So in an



attempt to reduce the withdrawal symptoms a little, here's a photo from last year's Highland Boccia Tournament in Strathpeffer.

Turn to the centre pages to bring back more fond memories - roll on next year!



This year's Self Management Week takes place from 28 September to 02 October.

Normally one of the LGOWIT highlights is the aforementioned Highland Boccia Tournament, but that will not

now happen till well into next year. However, in spite of the current challenges we have managed to put together an exciting programme of online events through the week.

Here's a quick rundown of what's on offer - just let us know if you would like to join in any of the events, which are all free!

Monday 28 September

2.00pm - Coffee and Chat with Kirsteen (cooking/baking theme)

Tuesday 29 September

11.00am - Coffee and Chat with Charlotte (walking theme)

Wednesday 30 September

11.00am - Coffee and Chat with Anne and Kate (gardening theme)

7.00pm - Coffee and Chat with LGOWIT Volunteers

Friday 02 October

7.00pm - Fun Quiz with Roy

What's New?

Face-to-Face Meetings

We were all hoping that face-to-face Group meetings would be able to resume very soon, but sadly recent spikes in Coronavirus cases have put this on hold for the time being.

So in the meantime - and we know this is a poor substitute - each Group will meet for an online chat on their usual monthly meeting date. Your Community Networker will send you an invitation to take part in these meetings.

We also appreciate there are lots of you not able to join in online meetings, so are hoping to organise small 'cluster' face-to-face meetings dependant on the latest Scottish Government deadlines. Your Community Networker will let you know when this may be possible.

Our online therapy sessions, which have proved so popular, will also be continuing a little bit longer - contact Kirsteen (07454905383) to find out more.

How to Contact Us?

LGOWIT is a charitable project
hosted by the Highland Third Sector
Interface - SC 0043521.

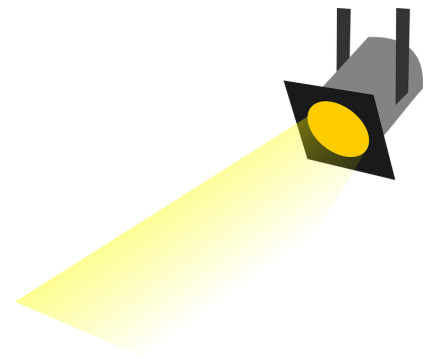
Tel: (01349) 807061

Email:

lgowitadmin@highlandtsi.org.uk

Community Networker

Kate



How long have you been involved with LGOWIT and how did this happen?

I've been involved with LGOWIT since July 2019. I saw the job advertised and thought it was something useful and wanted to make more of a difference in people's lives.

What did you do before becoming involved with LGOWIT?

I was (and still am) a sports massage and acupuncture therapist and prior to that worked with communities around planning, local governance and renewable energy.

Which aspect of your work with LGOWIT do you find most satisfying?

I like keeping in touch with my Living Better Groups who may be isolated on a day-to-day basis and helping people in various ways who feel overwhelmed by their long-term condition.

What has been your most memorable moment with LGOWIT?

My panic at the thought of our audio and link up not working in front of the Skye and Lochalsh LGOWIT conference participants last September. It was all fine in the end!

What is the most amusing incident you can recall?

One day when we could not get into our Living Better Group meeting place there was a wild storm and everyone was being blown about the place! Everyone had mad hair when we eventually got into the building!

What do you like to do in your spare time?

Playing my banjo and bagpipes, riding, cycling and talking about sea swimming (whilst not actually going into the sea!).

What is your favourite holiday destination, and why?

Greece - because it's not so far as other places I've travelled to, but I love the cuisine and actually going in the sea (rather than talking about it!).

What was the worst aspect of coping with lockdown?

Worrying about people who were already struggling with their long term condition becoming even more isolated.
(Kate covers Skye, Lochalsh and Lochaber in her Community Networker role)

Roy's General Knowledge Quiz

1. What was the name of rocker Bill Haley's backing band?
2. Which city is home to cricket's Trent Bridge ground?
3. Hannibal famously crossed the Alps utilising which animals?
4. In the name of the capital of the USA, what does DC stand for?
5. Which duo were responsible for writing the Savoy operas?
6. What was the title of The Beatles' second movie?
7. How many degrees make up a right angle?
8. In Norse mythology, where was the home of the Gods?
9. Who played Eleven in the Netflix series "Stranger Things"?
10. In which English county would you find the seaside resorts of Filey and Scarborough?

Time to Smile

(courtesy of Spike Milligan)



A man with a mania for owls,
Stands in a tree and he howls.
He's been up that tree
Since Nineteen-O-Three,
And not once had the use
of his bowels.

Winter Warmers



It's approaching that time of year again when we start seeking comfort food, so here's a few suggestions from our talented team of LGOWIT bakers and chefs.

Anne's Pea and Bacon Soup

30g unsalted butter 4 chopped spring onion 500g frozen petit pois
500g vegetable stock 1 tbsp lemon juice Pinch of sugar
Salt and pepper 6 rashers smoked streaky bacon

Soften the onions in melted butter in a pan, tip in the peas and stock, bring to the boil, reduce heat and simmer for 5 mins.

Blend until smooth, stir in lemon juice, sugar, salt and pepper. Grill the bacon and drain on kitchen paper. Ladle soup into bowls and top with crumbled crispy bacon.

Kirsteen's Home-made Slow Cooked Steak Pie

500g diced steak Spoon of lazy garlic
1 onion diced 500ml beef stock
1 tbsp brown sauce

Add all of the above into the slow cooker and mix. Cook on medium for 8 hours. Add gravy.

Get a sheet of ready roll puff pastry. Cut into 4 and cook in oven as per packet cooking instructions.

Serve meat with pastry on top with new potatoes and vegetables on the side.

Anne's Hearty Chicken Stew

4 chicken quarters (or mixture of thighs) 2 tbsp plain flour
2 tbsp olive oil 2 chopped onions
2 carrots (peeled and cut in chunks) 2 parsnips (peeled and cut in chunks)
2 large potatoes (peeled and cut in chunks)
14oz (397g) can chopped tomatoes 4oz (100g) red lentils
1 chopped red chilli 2 bay leaves
Can red kidney beans 2 courgettes (sliced) 2 tbsp chopped chives

Dust the chicken in flour and brown in a pan with oil 6-8 mins. Remove with slotted spoon and set aside.

Add onions, parsnips, carrots and potatoes and cook for 6-8 mins, stirring until slightly browned.

Return chicken to pan/casserole dish and add tomatoes, lentils, chilli and bay leaves (optional) and 1pint/600ml water. Cover tightly and simmer for 45 mins, stirring occasionally.

Add kidney beans, courgettes and seasoning and cook for further 15 mins. Sprinkle with chives. Nice with crusty bread.

Charlotte's Three Ingredient Biscoff Tray Bake

We have made this cake so many times at home, it is so easy and so tasty and it only has three ingredients! It sounds too good to be true, but honestly it's delicious. A must for Biscoff lovers!



400 g jar Lotus Biscoff Spread, plus 5 tbsp extra to decorate

3 medium eggs

2 tsp baking powder

Preheat oven to 180°C (160°C fan) mark 4. Line a 20.5cm (8in) square tin with baking parchment. Scoop all of the Biscoff out of one jar into a bowl, add eggs and baking powder. Mix with a wooden spoon until combined.

Scrape into the lined tin and bake for 18-20min, until just set. Leave to cool for 10min in tin, then evenly spread over the extra 5tbsp Biscoff. Leave to cool before cutting into squares.

From Glasgow to Broadford in the Sixties

My father was a policeman in Glasgow and we lived in Knightswood which is in the North West of the city. At that time it was very much like a village in its own right. However, my father's family came from Lochaber and Skye. So it was a long journey in those days to visit them.

One Christmas it was decided to go to my aunt and uncle in Broadford. My uncle was the police sergeant in Broadford - Calum MacKinnon. We packed the car with presents, cases and our dog who was a jack russell terrier called Snowey, very apt because she was white with a black patch over her left eye. There was always a bit of a keffuffle in leaving because I was travel sick and trying to swallow those tablets was awful. I am sure many of you went through the same trial.

Well off we set with Snowey barking her head off in excitement to Fort William first where we stayed overnight with my grandparents. We were woken in the early hours of the morning because the ferry at Kyle was very busy and sometimes it took four to five hours waiting in the queue to cross over. So at the first petrol station out of Fort William, my father pulled in and asked "How long is the wait at Kyle?". Back came the reply - "five hours".

"Oh well then, we're taking the ferry at Glenelg," he told us. However there was another obstacle before then and that was the ferry crossing at Ballachulish. Depending on the length of that queue was whether we used the ferry or went round by the head of Kinlochleven - nine times out of ten that's the road we took, ending in a slow snake trail until we were back on the main A82 once more heading for Glenelg. We couldn't stop because of the traffic but my mother had prepared sandwiches and flasks of tea.

Eventually we reached the turn off for the ferry by this time it was dark and snow was falling. Ahead was another snake trail over the Bealach. Inch by inch we crawled up and over the top until we came to a halt. A car in front was stuck in the snow. All the men tumbled out armed with spades and dug the embroiled car out so off we set again and finally reached the ferry.

We had to wait again until we were signalled to board the ferry and eventually reached the other side at Kylerhea but of course we had another hill to conquer then back onto the main road once more. The cry went up "Are we there yet?". "No," said my weary father, "just thirty minutes to go".

Finally we pulled into the double drive of the Police station, all the lights were on and the Christmas tree decorated with lights. Everyone tumbled out and into the Police house racing to be first to warm themselves at the coal fire. My Aunt had all sorts of delicious baking waiting for us.

And so Christmas began.!!

Carol in Kyle

Do You Remember This?

Some more photos of good times past, bringing hope of more good times to come.



One Poor Lady's Lament

I miss being young.
 I miss moving silently across the floor except for the whispering tap of high heels.
 Now I hear noises and wonder which part of my body has worked itself loose, or seized up. The last time I tried high heels my toes locked and I fell forward, hitting my nipples on the wardrobe handles.
 I miss nibbling daintily at a cheese sandwich.
 Now I sound like a drain emptying when I swallow my tea.
 My once tinkling laughter undulates my belly.
 I could multi task - now I multi vitamin.
 I wear knickers bigger than my 1960 mini skirts.
 I no longer pour scorn on magazine supplements. Instead I pile them up and lust after plastic garden owl statues with solar powered eyes. That I'll never see. Since my battens are down by 7pm sharp during the "dark" nights.
 My clothes were bought for fashion and sex appeal, and I didn't give a damn. Now I'm damned if I'll buy any clothing that doesn't "give" a bit - at the waist.
 The only "new teeth" anyone got were dentures.
 Toilets, not body parts, were the only things bleached.
 I wore lipstick that caressed my lips and didn't bleed.
 Now my Scarlet Hussey lip gloss leaves me looking like Bela Lugosi.
 I tell youngsters I remember "the coal man". But now have to explain he wasn't a statue carved out of fossil fuel. I remember hiding from the insurance man, the rent man, and the man who supplied things on the Never, Never - credit, not land.
 I knew a conductor. He worked on the no. 64. Bus. Not aria.
 But most of all I miss thinking I'd be young forever.
 I asked my man what he missed about being young. He grinned and said something about writing his full name in the snow. Instead of just his initials - with a full stop. I don't think he meant with a pen!

Submitted by Jean in Nairn



Caithness Christmas Party



Marine Adventure in Wick



Seagull Cruise on the Canal

GARDENING

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For those of us who are able, it's still good to spend a little time in the garden as weather permits - maybe harvesting some veg. or planting Spring bulbs?

Here's a few more seasonal tips and garden photos to inspire you.

Sweep up any fallen leaves that harbour fungal spores and provide ideal hiding places for slugs and snails. Use them to make leaf mould for the garden.



Dawn's sunflower in Inverness - seed planted for Granny!



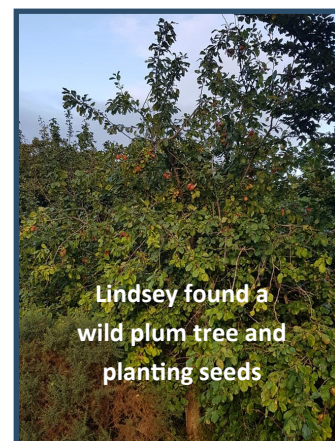
Mark's wintry garden in Dornoch "A reminder it's not far away"



Jan's gnome in Invergordon

Protect half-hardy plants with fleece or bring them into a frost-free greenhouse.

Lift and divide any overcrowded herbaceous perennials whilst the soil is still warm.



Lindsey found a wild plum tree and planting seeds

Charlotte's Favourite Short Walk

Tarbat Ness Lighthouse, near Portmahomack



In the previous newsletter I wrote about one of my favourite local short walks which was through the woodland at Silverbridge, this time I thought it would be good to write about a coastal walk. I love walking by the sea and looking out over the sparkling water on a sunny day, where the sky seems endless and any stress seems to just melt away.

There are many paths to explore by the picturesque Tarbat Ness lighthouse. One path takes you along the coast to Portmahomack, another towards Rockfield and beyond. There is also a short path down below the lighthouse that takes you to a rocky headland where you can sit and look out over the Dornoch and Moray Firths. From here there is a chance of seeing dolphins, seals and a variety of seabirds.

We have walked here many times, but most recently we walked from the lighthouse to Rockfield, passing an old salmon station, small sandy bays and further along the path, the majestic Rockfield Castle. The path follows the coastline on grass and pebble areas, but is not affected by the tide. It is mostly flat but there are a couple of points where the route takes you gently uphill over rocky outcrops. There are some fantastic rock-pools to explore and the small sand and pebble beaches are great for a spot of beachcombing. I was also amazed by some of the rock formations and weathering of the old red sandstone rocks. Before arriving at Rockfield you will notice the castle above you on the right, which was formerly Little Tarrel Castle and also known currently as Ballone Castle. It was built in 1590 on top of the cliffs on a raised beach. Once in Rockfield you can carry on along the coastal path to Balintore or retrace your steps and return to Tarbat Ness.

Colouring Picture

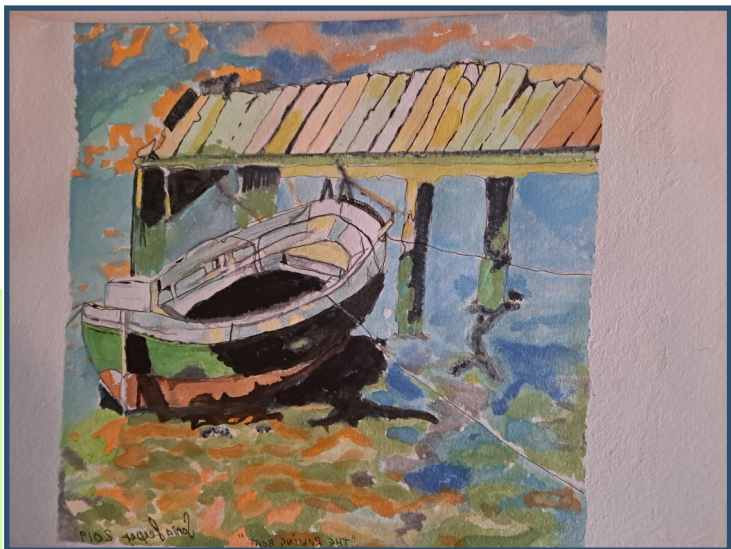
Enjoy colouring in this beautiful bird mandala

	Arty
	Corner



Pauline in Nairn painted this cute dachshund

Sonia in Smithton painted this evocative rowing boat



Staying Positive

Don't let vague fears hold you back from doing what you want

Self doubt is one of the greatest drawbacks to cultivating a positive outlook on life. How often when we are faced by a new situation do we stop and recoil because of negative thoughts in our head?

If that is so, ask yourself – what is the worst thing that could happen to me in this situation? Usually the worst outcome is not as scary as all the negative thoughts brought to mind by your fear-fuelled mind. So go on, be positive and just go



Add value and positivity to someone else's life

There is an often quoted saying that you get out of life what you put in. How you treat other people and what you give them is what you will get back. This will in turn have a major effect on how you treat yourself.

So try and be positive in your relationship with others by lending a hand, where you can, passing on information, where needed, sharing your life experience, where it might be helpful – or even just providing a listening ear.

Fun Fitness

Have a go at these gentle exercises to help your balance.

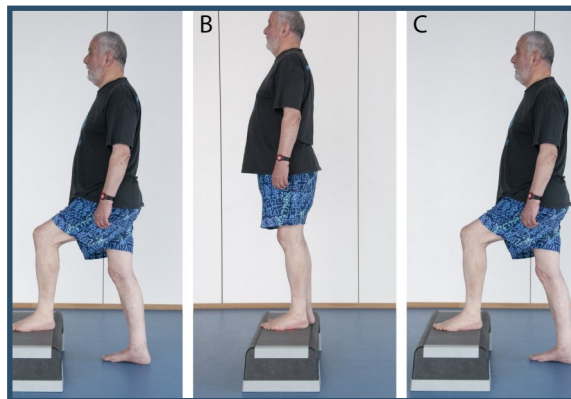
One Leg Stand



- Start by standing facing the wall, with arms outstretched and your fingertips touching the wall.
- Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Gently place your foot back on the floor.

Hold the lift for 5 to 10 seconds and perform 3 on each side.

Step Up



Use a step, preferably with a railing or near a wall, to use as support.

- Step up with your right leg.
 - Bring your left leg up to join it.
 - Step down again and return to the start position.
- The key for building balance is to step up and down slowly and in a controlled manner. Perform up to 5 steps with each leg.



Anne's Recommended Read

Knowing the Score - My Family and Our Tennis Story

A good read about Judy Murray's busy hard life driving, encouraging and coaching not only her two (now famous) sons, but tennis in Scotland as a whole and all she has achieved herself for tennis - a great ambassador for the sport.