

Living Better

October 2020

Let's Get On With It Together

LGOWIT

a project supporting
self management

Welcome, everyone,

to this spooky Hallowe'en edition of our newsletter. Hang on to your witch's hat as we whisk you off on a broomstick ride full of ghoulish encounters and gnasher-knocking surprises (*Ed's hyperbole!*).

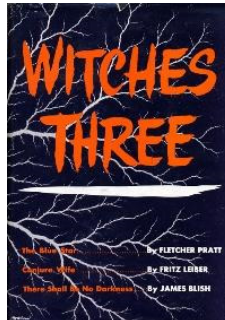


It's rather sad that many of the Hallowe'en traditions we enjoyed as youngsters have been largely usurped by American imports, such as Trick or Treat. So in our centre spread we feature some of your fond memories of Hallowe'ens past - as well as lots of awful Hallowe'en jokes to make you cringe!

On a much more serious note we know that many of you are suffering considerable fatigue at the moment over and above that caused by your condition(s) so on the back page we have some tips that you might like to try in the hope of some relief.

Macbeth Lives On!

This extract from Macbeth (remember it?), submitted by Jean in Nairn, not only resonates with the season, but also has haunting affinity to our current struggle against the coronavirus pandemic.



When shall we three meet again? In thunder, lightning or in rain?

When the hurlyburly's done
When the battle's lost or won.
That will be ere the set of sun.

Where the place?
Upon the heath
There to meet with Macbeth.

I come, Greymalkin
Paddock calls
Anon

Fair is foul and foul is fair:
Hover through the fog and filthy air.

What's New?

Hallowe'en / Bonfire Night Quiz

On Friday 6th November we are holding another Quiz on Teams, this time in the afternoon at 2.30pm. Some of the rounds will be related to the season with plenty variety besides. Recent one was great fun, so contact Roy to book your invite for this one.

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More Blether Sessions

Our weekly online Blether sessions are proving very popular with lots of interesting chat. We are hoping to do some more themed sessions, like we did during Self Management Week, including cooking and gardening, but also some new ones, such as a musical sing-a-long and a game of Countdown (wonder who suggested that!) Keep watching our Members' Area of website and Facebook page for details.

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Christmas Newsletter

Coming your way mid-December - will be seeking contributions soon!

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

Anne

How long have you been involved with LGOWIT and how did you first hear about it?

I have been with LGOWIT for two years. I knew all about it as my daughter Kirsteen is a Networker in Caithness.

What did you do before joining LGOWIT?

I was a nurse with the NHS for 41 years - the last 14 years as an MS specialist nurse.

What do you find the most fulfilling aspect of working for LGOWIT?

Being with the people who attend our groups and helping delivering our Self Management courses - I love to hear when we have made a difference. And I am partial to a chocolate biscuit!!

What do you like to do in your spare time? (as if we didn't know!!)

I quite like to go on foreign holidays!!

What is your favourite memory of Hallowe'ens past?

Going round the village dressed up as a child and coming home with a bag full of goodies - peanuts and penny chews were always my favourite.

What technique did you employ to 'dook' for apples?

Hands behind the back and hair tied back!

What is the worst Hallowe'en joke you can recall?

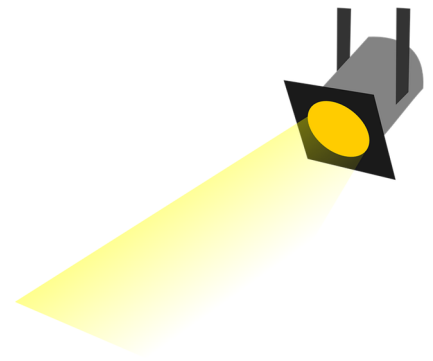
What do mummies like listening to on Hallowe'en? Wrap music!!!!!!!!!!

Tell us about your scariest moment ever

It's not Hallowe'en related but I am scared of heights and we were touring the island of Madeira when we stopped at a view point and it was a glass platform!! I refused point blank to go on it!! Scary!

What's your favourite holiday destination, and why?

That's a hard one as I have so many. But Venice is definitely a favourite. Just being on the canals, walking the streets by the canals, the buildings, the food, the atmosphere, it's always buzzing with people.



Hallowe'en Trivia Quiz



1. Ghost Town spent three weeks at number one in 1981, but which band released it?
2. Burke and Hare committed murders on the streets of which city?
3. Day of the Dead is a holiday celebrated in which country?
4. Handy to have in some horror situations, what is *allium savium* better known as?
5. Complete the title of the 1971 British Hammer Productions Film - Dr Jekyll and?
6. Which novel tells the story of a pig named Wilbur and his friendship with a barn spider?
7. What name is given to the day after Hallowe'en?
8. Name the witch that fell in love with and married Darrin Stephens?
9. The Salem Witch Trials took place in which American colonial province in the 1690s?
10. Who wrote the 1898 novel, Dracula?

Roy's Alter Ego!



Hallowe'en Hits

Here's a few tasty treats from our talented team of culinary wizards to add to your menu over the Hallowe'en period.

Kate's Pumpkin Scones

These are lovely served warm with butter or cream cheese.



450g self-raising flour, plus extra for rolling
 100g butter 50g golden caster sugar
 1-2 tsp pumpkin spice (or mix ½ tsp cinnamon, ¼ ginger, a
 good grind of nutmeg and a pinch of allspice)
 200g cooked pumpkin (or any other squash)
 80-100ml milk

Butter or cream cheese flavoured with a pinch of cinnamon to serve

Heat oven to 220C/200C fan/gas 7. Put the flour in a bowl and coarsely grate in the butter (dipping the butter into the flour can make it easier to grate; do this as often as you need). Use a butter knife to stir the butter into the flour, then mix in the sugar and spice.

Add the pumpkin and 80ml milk to the flour mixture and quickly stir everything together. Add more milk if you need to.

Tip the mixture onto a floured surface and lightly bring together with your hands a couple of times. Roll out until 4cm thick and stamp out rounds with a 7cm cutter. Re-shape the trimmings until all the dough has been used. Place the rounds on a lightly floured baking sheet and brush the tops with any remaining milk. Bake for 10-12 mins until risen and lightly browned.

Anne's Pumpkin Lasagne

(pre heat oven to 220C fan)

800g of chopped peeled & seeded pumpkin
 3 crushed cloves of garlic 35 ml Olive oil
 2 sliced onions 125g baby spinach
 2X 250g tubs of Ricotta cheese Zest and juice of a lemon
 60g grated parmesan cheese 9 sheets of lasagne
 125g mozzarella torn Some pine nuts



Toss the pumpkin, garlic and half the oil and season with salt and pepper and roast in a tray for 35-40 mins. Meanwhile heat another 15ml of oil and fry the onion over a medium heat for about 20 mins and then add the spinach. Mix in the roasted pumpkin and lightly crush until evenly mixed.

In a separate bowl mix the Ricotta and parmesan cheeses and lemon zest and juice. Then layer the dish in an square ovenproof dish. Start with pumpkin mixture, then the lasagne and then the cheese mixture and continue layering, finishing with the ricotta mixture. Top with the Mozzarella and drizzle over a little olive oil. Bake for 35-40 mins until bubbling and sprinkle over the pine nuts for the last 5 mins.

Vampire Teeth

(serves 4)

1 apple, quartered and cored
 peanut butter
 mini marshmallows

Slice the apple - thin slices hold the 'teeth' better but



larger slices look more in proportion.

Spread slices

with peanut butter. Add mini marshmallows for the row of teeth. Cover with a second apple slice to make it look like a mouth.

White Chocolate and Banana Ghosts

1 1/2 bananas
 200g white chocolate
 12 chocolate chips

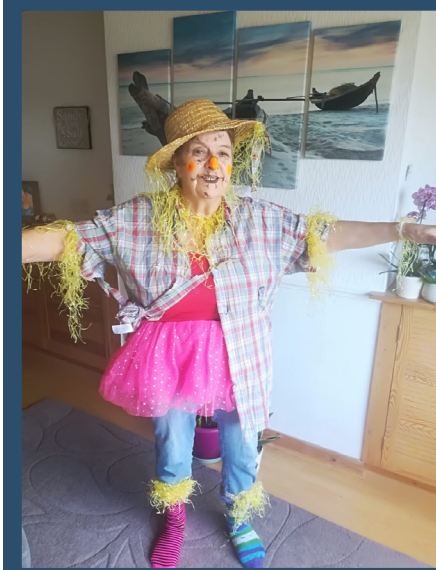
Peel each banana, slice in half, then cut each half lengthwise. Slide wooden skewers into each banana piece and freeze for 30 mins.

Melt the chopped white chocolate in a double boiler and stir till smooth.

Remove from heat and pour into a tall mug.



Remove bananas from the freezer and dip each into the melted white chocolate. To set, place a colander on a work surface and stick each skewer in the colander. Place two chocolate chips on each ghost for eyes. Enjoy once the chocolate is set or place in the freezer again for a chilled version.



Guising Then and Now

If I was able to go out guising this year then this would have been my outfit. When I was young we did go guising and I would put on some of my mother's clothes and off I would totter in a pair of her high heeled shoes. We never got apples or nuts unless we did our 'party piece' normally a song or a recitation. In some of the houses we would go 'dookin' for apples'. That was always hilarious. Sometimes there would be a variation where there would be a scone dripping in treacle hanging from a string and with your hands behind your back you had to try to take a bite out of the scone. Messy, but good fun!

June in Nairn

A Kyle Hallowe'en

Hallowe'en was always a chaotic and exciting time for us as kids growing up in Kyle of Lochalsh. The local parade at the village hall would usually be on a Saturday and this often clashed with a piping (bagpipes) and dancing competition in the north end of Skye!

We'd race back to try and catch the 4.30pm ferry whilst wracking brains for a costume idea and often my poor mum would get requests like "can I go as the incredible hulk" or "I want to be Wonder Woman" and "Why can't I be Metal Mickey for the 3rd year in a row"!

With less than an hour to go before the big village Hallowe'en parade, mum had this amazing knack of seamlessly cooking us a meal like Spaghetti bolognese whilst mixing green food colouring (the incredible hulk was green), stitching star patches to an old swimming costume for wonder woman or tin foiling 20 boxes (you've guessed it – Metal Mickey!). We'd dash round to the hall and usually win first prize and all thanks to our mum's creativity and coolness!

During the hour-long parade my mum managed to transform the kitchen into a Witches cavern using the huge red enamel pot to stir the brew (and eventually pull sweets out of) and terrify any poor little guisers who arrived at the door. No one could leave with sweets unless they entertained Witch Hathway with a Gaelic song or tremendous joke! She'd don her black boat cloak with striking red silk interior and float around the place sounding like she was casting spells. All the while our fat cat 'Piper' would be lying about on the floor looking quite at home. I don't mind admitting I was pretty scared too!

Community Networker, Kate

Most Awful Hallowe'en Jokes

Why did the skeleton skip the Hallowe'en party?

He had nobody to go with

Why are graveyards noisy?

Because of all the coffin!

Why did the ghost go into the bar?

For the Boos.



What is a vampire's favourite type of ship?

A blood vessel.

Which ghost is the best dancer?

The Boogie Man!

Why do ghosts like to ride in lifts?

It raises their spirits!

Would You Believe It?

Quite a few years ago the adults in Plockton carried out “tricks” on each other. One such was inflicted on Charlie MacRae who used to be the Postmaster in Kyle.

On Hallowe’en itself Charlie had gone to bed. Several boys decided to block up his doors so that he could not open any door to leave his house

Charlie had heard nothing whilst this was happening. Anyway in the morning once Charlie was up and dressed and tried to leave of course he was unable so to do. You’ll not believe what Charlie did!

He climbed out of his window and discovered what the problem was.

Well, everyone was waiting for his reaction. Believe it or not Charlie carried on going in and out via his window for quite a few days. Eventually without saying anything Charlie “unbricked” his doors by flinging the bricks to the other side of the road. At last he could enter his house in the usual way.

And as far as I know, it never happened again.

Carol in Kyle

Pumpkin Carving



Lindsay
in
Inverness

Halloween Limerick

A Halloween bash in my street
Was a night that will never
repeat
The spirits that came
Were whisky and rum
And I ended up drunk on my
feet!

Jean in Nairn

When I Was Young ...



There were no shops around for me to go to and buy a Hallowe’en costume - Hallowe’en costumes were whatever I could find around the house and very often consisted of my brother's worn-out school trousers turned up and an old jumper that my father used when in the garden. A string would hold up the trousers and a pair of too large wellie boots plus a standard mask (the shops only stocked one type of mask and boys and girls wore the same type) would complete the costume. Another costume I remember wearing was my nightdress, dressing gown, slippers and carried my teddy bear and a candlestick.

We did not go trick or treating but guising! and had to perform a party piece ie sing, recite poetry or tell jokes (clean jokes) in order to get rewards of fruit, sweets or money - in some cases I got all three. We always went round in groups not so much for safety's sake as that was not something on the agenda then but for moral support. My most financially rewarding year was when I followed my brother and his friend up into the public bar and was well rewarded by the gents there who were not as sober as their wives would have liked them to be. I never did tell my parents how I had come about so much money as I would never have been allowed to go guising again and my rear end might have suffered as well! Oh, for the good old days!

Jean in Nairn

Transforming the Highland Respiratory Care Pathway

Join us for a Workshop on 25th November 2020 and have your say about improving respiratory services in Highland! The aim of this project is to transform the Highland Respiratory Care pathway towards a pathway that is truly patient centred, by co-designing it with patients and all those who use/provide services for people with breathing conditions like asthma, COPD, Bronchiectasis and all other long term breathing problems.



So far in this project patients and other users/providers of respiratory services have shared their positive and negative experiences of the pathway. All the challenges discovered in the current services were prioritised to four main areas needing improvement, as illustrated in the diagram on the left

If you have or care for someone with:

- a breathing condition such as asthma; COPD; Bronchiectasis or any other long term breathing problem, live in the Highlands
- and have used NHS services for these conditions

we would like to hear your thoughts and ideas about how the service could improve to best meet patients' needs!

[To sign up](#) contact us:



Charlotte's Autumn Crafts

This natural autumn garland is quite easy to make and looks lovely hanging on a door or in a window. Next time you're out and about look out for things to collect like colourful leaves, pine cones, and conkers. You could even add dried orange slices or cinnamon sticks. Use a hammer and nail to make holes in the conkers and thread them onto your twine along with the leaves etc. The twine can also be pushed up into the upper sections of the pine cone to keep them secure. Once all of your bits and pieces have been threaded on, tie a knot at the top of your garland for hanging on display.



The pumpkin posy looks lovely on any table in your home during autumn. To make one cut a circle at the top of your pumpkin, then scoop out the seeds. Then place a large jar or small vase into your pumpkin, add water and then trim a nice selection of autumn coloured flowers and arrange them inside the jar. You can top up the water and keep your pumpkin posy looking fresh for days. I have a lovely log slice that I put mine on, to protect the surface of the table, a nice plate would do the job nicely too.



It would be lovely to see some pictures of your autumn crafts!



How to Join Us Online

With restrictions on meeting up in person due to the Covid-19 pandemic likely to remain in place into 2021, we will be continuing with a program of online activities and weekly coffee chat sessions available to all members. We have also started holding monthly online meetings of individual Living Better Groups – at the day and time they usually meet (where possible) - and have plans for various online activities leading up to and during the Christmas period.

If you have not yet had a bash at joining us online, we would like to try to help you give it a go so here are a few snippets of information that might be useful to you (or to a friend/relative who is helping you to get connected)

- > We use Microsoft Teams for our online meetings.
- > You need to have an email address so we can send you an invite for each meeting. The invite includes the link that you use to join in. The link says “Join Microsoft Teams Meeting” - towards the bottom of the invite email.
- > You can use a PC, a laptop, an iPad, a tablet or any “smartphone”/ touchscreen phone (including an iPhone) to join in.
- > If you use a PC or laptop you can choose to join via your browser (a little box pops up on the screen to ask you after you click on the link in the invite) . This means you can participate without doing any additional downloads or anything except type in your name.
- > If you use iPad, tablet, iPhone or other smartphone you do need to download an app which makes sure your phone or tablet can make the connection correctly. In this case you will be asked to agree to download and install the app after you click on the link in the invite. You may have to enter your password for the App or Play Store before the download can be started.
- > If you need help setting up an email address, connecting to the internet or downloading and installing the app, you could contact AbilityNet on 0800 048 7642. There is more information about them and links to some short videos they have produced in the Members Area on our website.
- > If your internet connection is not very good don't give up just yet - it may still be possible to join in by turning off your camera/video. You can do this when you first join the meeting in another little box that appears to ask you if you want to have your camera and sound on when you first join or not.
- > You can turn the camera and your microphone on and off during the meeting. We usually ask people to mute their microphone when they are not actually talking so background noise doesn't make it difficult for folks to hear. It also helps prevent poor sound quality when someone's internet connection is a bit wobbly.
- > We always start the Microsoft Teams meetings at least 10 minutes earlier than the official start to allow time for us to help new folks getting connected.

Above all, our online activities are very informal, everyone who joins in will be very glad to help you work things out as we go along and we all had to learn how to use Microsoft Teams in the last 6 months so we remember what it feels like the first time! As with most things in life, half the challenge is believing you can do it and then taking a deep breath and staying steady long enough to prove yourself right.

All Living Better group members with email addresses should have been invited to the Members Area on our website over the summer. This will be via an email received from no-reply@editmysite.com with the title “Welcome to www.lgowit.org”. It might have disappeared into your spam or junk folder so it is worth having a look around for it. If you haven't given us your email address previously, you can register directly by clicking on the Members Area link on our home page at www.lgowit.org, type in the information requested and Bob's your auntie (great aunt actually in my case). New registrations have to be approved by one of the LGOWIT team so if you would like a quick response, it is a good idea to email Mary on lgowitadmin@highlandtsi.org.uk as well.

FOCUS ON Fatigue



For many of you chronic fatigue is an ever-present symptom of your long term condition and something you have to try and learn to live with. However, over the past six months of the pandemic, fatigue seems to be creeping more and more into all our lives. So in the light of this what can we do to help us cope better? Here's a few things to think about - and please let us know if you have any further tips worth sharing.

Get Moving

You might feel that exercise is the last thing on your mind. But, in fact, regular exercise will make you feel less tired in the long run, so you will have more energy. Even a single 15-minute walk can give you an energy boost, and the benefits increase with more frequent physical activity. Remember always start with a small amount of exercise and build it up gradually.

Reduce Stress

Stress uses up a lot of energy, so try to introduce relaxing activities into your day.

How about Tai Chi or yoga, listening to music or reading or even spending time with friends - or to put it another way, just get involved with LGOWIT where there's something for everyone!

Eat Often

A good way to keep up your energy throughout the day is to eat regular meals and healthy snacks three or four times a day., rather than a large meal less often.

Also try and eat a wide variety of foods in the right proportions to maintain a healthy weight.

Sleep Well

Often we don't get the sleep we need to stay alert throughout the day,

So try getting up in the morning and going to bed at the same time every day. Also try to avoid naps in the day and take time to relax before you go to bed - don't watch the TV news!

Cut Out Caffeine

It may be worth trying to cut out caffeine from your diet by gradually stopping having all caffeine drinks over a three week period.

Caffeine is found in coffee, tea, cola, energy drinks and some herbal remedies. Try to stay off caffeine for at least a month to test it out.

Drink More Water

Sometimes you feel tired because you are mildly dehydrated. A glass of water will do the trick, especially after exercise.

It is recommended we drink 6-8 glasses of fluid a day . Water, lower-fat milk and sugar-free drinks all count.

Drink Less Alcohol

Although a couple of glasses of wine in the evening can help you fall asleep, you sleep less deeply after drinking alcohol and will lack energy the next day.

So try to cut out alcohol before you go to bed and you should get a better night's rest. Also try to have several alcohol-free days each week.

Final Selection of Awful Hallowe'en Jokes



What would you find on a haunted beach? A sandwich

What did the ghost say when the skeleton lied to him? I can see right through you!

What is worse than being a five-ton witch at Hallowe'en? Being her broom