

True or False mini quiz (answers in next issue)

1. The entire world's population could fit into Los Angeles.
2. Oil stops pasta sticking.
3. The smallest penguin on the planet is only 16 inches tall.
4. Bees sometimes sting other bees.
5. the Great Wall Of China is visible from space.
6. The unicorn is the national animal for Scotland.
7. Humans and dinosaurs coexisted.
8. Bananas grow on trees.
9. Children's medicines once contained morphine.
10. Bats are blind.



Answers to last weeks questions:

Donald Dewar 2. 1320 3. William Wallace 4. Robert Campbell of

"I can't change the direction of the wind but I can adjust my sails to always reach my destination".
Jimmy Dean

If you are on your own and would like to be registered for a chat or the Wellbeing Newsletter please phone the helpline **07708 178299**. We plan to continue to deliver the Newsletter to you as long as conditions allow.



Hopeman Wellbeing Newsletter



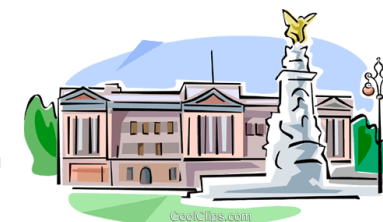
This week we have the second half of the interview with George Welsh and we have a new exercise routine to help you with your balance. This is the third exercise routine and you could try doing them in rotation to give yourself variety. How many of you have tried one of the recipes? An ideas, suggestions, articles or simple recipes can be sent by email to carolejthomson@aol.com. If you don't have email, phone a friend to help you to get your message through.

An Interview with George Welsh (Part 2)

Q Would you care to elaborate on your relationship with the pupils including the members of the Royal Family?



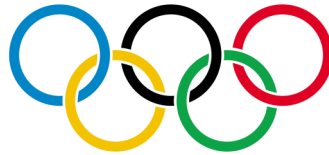
A Gordonstoun had approximately 365 boys aged 13 – 18 who came from all over the world. Some were from wealthy backgrounds, some from less wealthy. But they were all treated equally – 'firm and fair'. That included the Royals. They were always well mannered, and took part in House Competitions at various levels including cricket, hockey, sailing, gliding and drama. It is maybe worth mentioning that on one occasion my hockey team, which included a member of the Royal Family, was invited for breakfast at Buckingham Palace!



Q When you retired, they named their new sports centre after you.

How did that make you feel?

A In 2013, a sports centre was completed and opened by Zara Philips and Heather Stanning, both former pupils and Olympian athletes. I felt proud and honoured and can honestly say, "I did it my way."

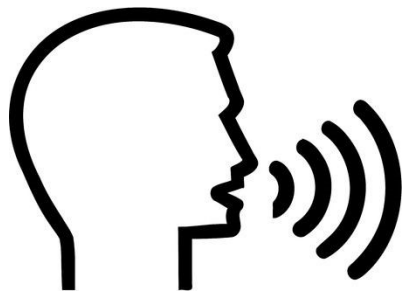


Q How long have you lived in Hopeman and what makes it an attractive place to set up home?

A My wife, son Garry and I moved into Hopeman in 1966 after a six month spell of living in the gatehouse at Burnside Lodge. We loved living in Hopeman and never even thought of living elsewhere. 'From Surrey to Moray' has been a wonderful move.

Q How do you plan to celebrate your 97th birthday later this year?

A My 97th is a little way off – so who knows!



Translate the following:

Hopeman Words

What a ticket
Gineppin
Kanablics

Answers to last weeks Hopeman words: Who are our parents, Go with the flow, Piggy Back

An Act of Kindness

Recently, I was the recipient of an act of kindness which has truly brightened my lock-down existence.

It began with an inquiry over the garden wall from a friendly neighbour who asked how I was coping. I replied that I was fine and in most respects felt very fortunate, but that I was fairly missing hugs from my grandchildren. She asked if I used Face-Time to communicate with them and seemed surprised to learn that I possessed neither iPad nor iPhone. [I don't think she was aware that she lived next door to an IT dinosaur!]

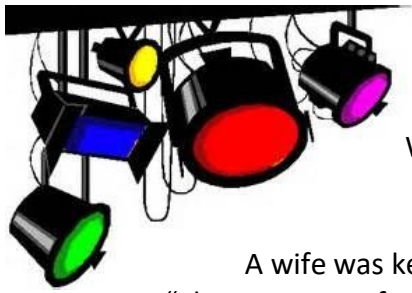
Two nights later, she appeared at my back door carrying a gift of her old i-pad and offering to show me how to use it. She went on to say she had been in touch with my family and had set up a Face-Time app which included their details; all she needed was my own Wireless details to complete the set up. These were supplied and minutes later I was talking to my son and grand-daughters whose smiling faces told me right away they had been complicit in arranging this wonderful surprise.

Already this facility has proved to be an invaluable lifeline, shrinking the miles between me and my family and helping to preserve the wonderful bond I am so lucky to have with my children and grandchildren. True, I still can't hug them, but I can chat with the older ones, tell the wee ones bedtime stories and exchange blown kisses before the session ends.

I am so grateful for the generosity and thoughtfulness of my neighbour [who I know would wish to remain anonymous] and I feel so much less isolated from my family....And when we do eventually meet up again, I know that I will enjoy the hugs all the more.

Grateful Grampie [Hopeman]





Worst/Best Panto Jokes

What do you get if you crossed an elephant with a fish? - Swimming trunks

A wife was keeping a close eye on her new neighbours. "They seem perfectly devoted to each other" she told her husband. "He kisses her every he goes out and even blows kisses to her from the window. Why don't you do that?" "I hardly know the woman"

I wonder if their is a B&Q in Alloa? No 2 A 2 L and an O

Oven Scones

This is a recipe from a cook book published 50 years ago with a few tweaks.

Ingredients

8 oz self raising flour

2 oz margarine

4 fl oz milk

1/2 tsp baking powder

Pinch of salt



Method

Sieve flour and baking powder together.

Rub the margarines into the flour until it resembles bread crumbs.

Pour all the milk in at once and mix together using a knife.

The mixture should roll into a ball and not be too sticky.

Place on to a floured board and very lightly knead with fingers. Don't handle too much.

Roll out the dough to about 3/4 inch thick.

Use cutter to cut 6 or 7 scones.

Place on trays covered with baking paper.

Bake in a hot oven (225) for 10-12 minutes.

Eat as soon as cool enough to handle.

DEALING WITH DIFFICULT EMOTIONS DURING LOCKDOWN

How to reduce stress

- Restrict watching the news to once a day and remember we are all together in this.
- Peppermint tea and ginger biscuits can help ease a churning stomach.
- Be distracted with craft or other activities, e.g. baking, gardening, card making
- A sleep or relaxation activity can soothe away anxieties.
- Practice deep breathing.



How to feel more positive

- If you watch TV, choose something that makes you laugh.
- Upbeat or uplifting music, dance or sing-a-long
- Try to get outside at least once a day or open your windows to hear bird song



How to feel calmer

- Forgive yourself for any time you are struggling – remember you are not alone.
- Break down problems into manageable chunks so not to get overwhelmed.
- Write down what's bothering you and deal with what you can.
- Schedule some issues for later at a time you feel better able to tackle them.

How to stay connected

- It can be difficult to reach out when feeling vulnerable but talking can help.
- Phone a friend.
- Call Hopeman Helpline, where there are volunteers who really want to say hello.
- Put a chatty radio show on in the background.

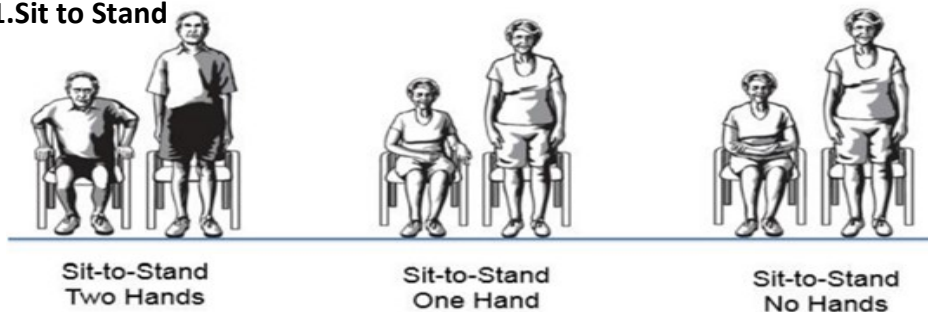


Ways of helping

- Have a schedule or routine to your day and fill it with any kind of purpose.
- Use your talents or hobbies to help other people.
- Help in small ways, clap for NHS, put a rainbow or bear in your window.
- Be gentle with yourself, staying at home is helping everyone to stay healthy.

Balance Exercises

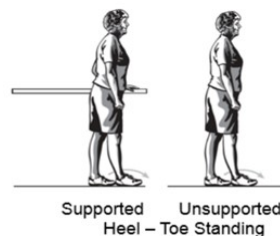
1. Sit to Stand



- Sit on a chair that is not too low.
- Place your feet behind your knees.
- Lean forward over your knees.
- Stand up and sit down 10 times, rest and repeat.
- Use your hands to help initially.
- With practice use your hands less or not at all. Also, try to increase the number of sit to stands you do.

2. Heel-Toe Stand & Walk

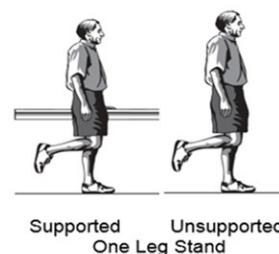
- Stand tall, holding on for support.
- Place one foot directly in front of the other, with your heel touching the toes of the back foot.



- Aim to balance in this position for 10 seconds. Swap feet and repeat. It will feel wobbly initially but with practice you may be able to reduce your hand hold or not hold on at all.
- Progress by holding your balance for longer. You can also walk forwards and backwards with this foot position, as if you are walking along a tight rope like you used to do as a bairn! Try to walk backwards too!
- Stand up tall beside a table. Hold on and look ahead.
- Stand on one leg for 10 seconds.
- Stand on the other leg for 10 seconds.
- Progress this exercise by reducing your hand hold or not holding on at all. Try to balance for longer.



4. Walking and Turning



- Stand near a table.
 - Walk at your regular pace.
 - Turn in a clockwise direction.
 - Walk back to your starting position.
 - Turn in a counter-clockwise direction.
- The exercise is a figure-eight movement. Repeat this movement.

Safety: Ensure that any furniture you hold onto is sturdy and not likely to tip; If you experience joint pain, check position and try again but do not push into pain; breath normally throughout, do not hold your breath.

The Otago Exercise booklet can be found at http://www.laterlifetraining.co.uk/wp-content/uploads/2015/08/OEP-Home-Ex-Booklet-FullS_A4.pdf