



Living Better CHRISTMAS



Welcome, everyone,

to our special Christmas newsletter spreading cheer throughout LGOWITland!



Although Christmas will undoubtedly be very different this year for all of us, we still have so much for which to be thankful. So enjoy wallowing in the nostalgia of Christmas past, recalling your favourite Christmas movies, drooling over your favourite seasonal recipes, having a go at making our bookmark gift - and lots more besides.

Whether you are spending Christmas alone or with your family, everyone at LGOWIT would like to wish you all the very best - we will be thinking of you!

Calendar of Christmas Events

We have lots of exciting happenings for you to look forward to in the run-up to the Big Day - you are welcome to join in as many or as few as you wish. Just email the organiser of each event for an invite.

Tuesday 15 December at 2.30pm

Christmas Blether and Games with Anne and Roy

Thursday 17 December at 7.00pm

Christmas Blether and Games with Kirsteen and Kate

Friday 18 December at 2.00pm

Christmas Quiz with Roy



Tuesday 22 December at 2.00pm

Christmas Singalong with Wendy from Nairn (and Roy)

Tuesday 29 December at 11.00am

Seasonal Blether with Anne and Kate

Thursday 31 December at 11.00am

Seasonal Blether with Kirsteen and Roy

What's Coming Up in 2021?

First and foremost we hope that the new Covid vaccine will ensure the return of face-to-face meetings.

Beyond that we are planning plenty of exciting opportunities for you to join in. These include more themed Blether Sessions around Gardening, Cookery etc., a Body Boosting Bingo afternoon, a game of Countdown (wonder who suggested that?!), more quizzes and perhaps another Musical Singalong with Wendy.

In addition Charlotte, our intrepid Health Walks Coordinator, is going to be organising a couple of sessions around walking and making the most of the natural environment.

Finally we are hoping to offer some online training courses early in the new year, so keep an eye out for those.

Whatever 2021 brings, may it be a year full of blessings for you and yours.

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

Festive Fancies

Here are some fabulous festive recipes from our talented team of LGOWIT bakers and chefs to whet your Christmas tastebuds



Kirsteen's Granny's Classic Cloutie Dumpling

500g SR flour	250g currants
250g sultanas	125g shredded suet
100g dried breadcrumbs	200g caster sugar
1 egg (lightly beaten)	120ml milk
1tsp mixed spice	1tsp baking powder
1 pinch of salt	1 tbsp syrup

Boil water in a large pan. Mix flour, fruit, suet, breadcrumbs and sugar. Mix egg, milk, spice, baking powder, salt and syrup. Stir that into the flour mix. Takes a lot of stirring (note, it is heavy to stir). Dip your cloth in boiling water (needs to be square), sprinkle with flour. Tie up the cloth. Boil for 3 and a half hours. Then dry off in the oven.



Kate's Christmas Pavlova (Low Fat)

5 medium free-range egg whites	150g/5.5oz caster sugar
250g/90z low fat natural yogurt	Drop almond extract
1 orange, finely grated zest and 1tbs juice	Pinch cinnamon
200g/7oz raspberries	50g/13/4 oz flaked almonds toasted
1 square of dark chocolate	

Preheat the oven to 120C/100C Fan/Gas ½. Line a baking tray with parchment paper. Whisk the egg whites in a clean glass bowl until soft peaks form. Add the sugar a teaspoon at a time and continue to whisk until you have stiff peaks and the meringue looks glossy. Arrange 8 large spoonfuls of the mixture in a circle on the prepared tray in a ring to form a wreath. Bake for 30 minutes, then reduce the oven to 110C/90C Fan/Gas ¼ and bake for another 1½ hours. Turn off the oven, leave the door ajar and leave until the meringues are cold. Just before serving, make the topping. Mix together the yoghurt, orange zest and juice, almond extract and cinnamon. Top the meringue with the yoghurt mixture and then scatter over the raspberries and almonds. Finely grate over the chocolate and serve.

Bounty Bars (for gifts)

Cream 4 heaped tbsps. icing sugar and 4 tbsps. condensed milk. Add approx. 1½ pkts of coconut. Roll into small balls and leave on grease-proof paper for 2 hours to dry slightly. Dip into melted chocolate using two forks. Leave until set. **Ruth in Inverness**

Charlotte's Bailey's Cheesecake

Ingredients for a 9-inch cheesecake:
100g unsalted butter
250g biscuits (crushed)
450g Cream cheese (such as Philadelphia)
1 shot of Baileys Irish cream
100ml icing sugar
200ml double cream
60g chocolate

Melt the butter in a saucepan. Add the crushed biscuits and mix until the butter has been absorbed.

Remove from the heat and press the mixture into the bottom of a lined 23cm/9inch springform or flan tin. Leave to set for one hour in the fridge.

While it is chilling, grate the chocolate. Set aside in the fridge. In a bowl, whip the cream until it forms soft peaks.

In a separate bowl, beat the cream cheese until it is soft. Beat in the icing sugar and a shot of Baileys. Fold in the whipped cream and three-quarters of the chocolate. When the mixture is smooth, smooth it evenly onto the biscuit base.

Refrigerate and allow to set for at least two hours. To serve, remove from the tin and sprinkle the remaining grated chocolate over the top.

Christmas Rogues' Gallery

Hope you recognise this happy bunch of Santa's elves enjoying a well-deserved break from LGOWIT duties.



All the Moohoos getting into the Christmas spirit

And, of course, we couldn't leave out Mack, Kirsteen's beloved pooch!

What is Your Favourite Christmas Movie?

Here's a few suggestions to get you thinking.

Dr Zhivago (Volunteer Louise)

Home Alone (Networker Kirsteen)

White Christmas (Dave in Tain)

Muppet Christmas Carol
(Annie in Dingwall and Networker Kate)

Seven Brides for Seven Brothers
(Lindsey in Inverness)

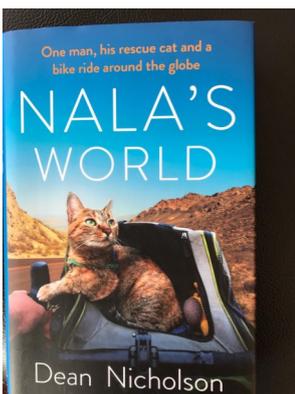
Elf (Walks Coordinator, Charlotte)

Ben Hur (E-Learning Sodi)

Polar Express, It's a Wonderful Life & A Christmas Carol (Boss Joanne)
Ed: Boss's prerogative to choose 3!

Miracle on 34th Street
(Volunteer Lynn)

Anne's Christmas Book Choice



A great read for all cat lovers and a good Christmas present! It's about this young man from Scotland who's life wasn't going anywhere so he and his friend decided to cycle the world. His friend returned home after the first few months. Dean carried on and came across this abandoned kitten in Bosnia. He took pity on it and smuggled it over the boarder to Albania to a vet and then the bond was made. The book continues with their travels from then on.

Best Christmas Ever

Best Christmas Ever

Dartmoor Delight

My best Christmas ever was spent on Dartmoor with my late husband in our camper van in 2014, before we got married. A heavy frost outside but also bright wintry sunshine and beautiful clear skies. No one to bother us except the ponies scratching themselves on the bumpers. Cooking with our gas oven, can't remember exactly what we ate but it was really special, then snuggling up listening to music and watching the world go by outside the window. As well as the ponies we saw a kingfisher, flocks of coal tits flying from tree to tree, grey wagtails and a dipper. Christmas isn't about stuff it's about being with those you love, and now that he's gone it's about the memories you treasure.

Annie in Dingwall



Christmas will be very different for us this year, but it wasn't always thus. A few of our readers tell us about their Best Christmas Ever. Do you remember yours?

Best Ever Cloutie

In 1995 I went to my Grandparents in Lochcarron. My cousin Sarah was staying with us from Australia. Once we arrived it began to snow and snow. When we went into the house there was a power cut, as my Granny was making her Cloutie Dumpling on a gas camping stove. It was a lovely Christmas, fun in the snow - and the best Cloutie Dumpling ever!

Networker Kirsteen

Cromer Classic

Our best ever Christmas was spent down in Cromer in Norfolk. The accommodation in the holiday complex was first class, the food was brilliant, combined with excellent entertainment and good company - what more could you ask for?

Dave and Norma in Tain

Hamper Surprise

When I was 9 or 10 years old I knew that Santa wasn't real but still put up my stocking just in case. My Mum was a single parent and I had two older brothers. That year Mum sat us down and told us that there was not much money and not to expect much for Christmas. We would have a nice Christmas Dinner but don't expect much in our stocking - we might just get an apple or orange and maybe a bar of chocolate.

The week before Christmas a big box arrived. Someone had nominated us to Frances Gay from the Sunday Post for a Christmas Hamper. It was full of goodies. We also got toys from Social Services. It was the best Christmas ever.

I have never forgotten that year how exciting it was receiving that hamper so I always give to others not so fortunate as I am.

Ann in Inverness

Best Present Ever

Getting married on 22 Dec. (Volunteer Louise)

Ipad (Networker Kirsteen)

Spirograph (Volunteer Lynn)

Bagatelle Game (Networker Roy)

Best Christmas Ever

My Christmas Message

Not the usual Christmas this year,
But we can still have Christmas cheer,
We can still have a good Christmas time,
Remembering the star of Bethlehem shine.



A baby so special born in a stall,
No matter the circumstances the best gift of all.
He will get us through if we just wait
As He is always with us as Jesus is great.

Stay safe, stay strong and try not to stress.
Merry Christmas from me and God bless.

Written by Laurette In Inverness

The Good Fairy

I lived in South London for many years and we landed up getting the whole street plus many others to actually meet up and talk to one another (something they had not really done) purely because we decided to have what we termed 'a get together' - we had had a bad Christmas the year before because of our younger son's health problems. The first one was so successful that we got talked into having them around Christmas every year. They all had

themes and this was just 'fancy dress' so as the hostess I felt obliged and the photo is the result. It put my neighbour's little girl off fairies for life! I do miss the fun we had!

Santa's Little Helper



June in Nairn has always wanted to be one of Santa's Little Helpers!



Jean in Nairn

Worst Christmas Cracker Jokes (Can you beat these?)

What happens if you eat too many Christmas decorations?

You get tinsel-itis.

Volunteer Louise

What song do you sing at a snowman's birthday party?

Freeze a jolly good fellow

Networker Kirsteen

What do you get if you cross Santa with a duck?

A Christmas Quacker

Walking Charlotte

Did Rudolf go to school?

No, he was Elf taught

Coordinator Joanne

Why was the turkey in the pop group?

Because he was the only one with drumsticks

E-Learning Sodi

Why was the snowman rummaging through a bag of carrots?

Because he was picking his nose

Jean in Nairn

What do you call a line of men waiting for a haircut?

A barberque

Who hides in a bakery at Christmas?

A mince spy

Why do birds fly south in winter?

Because it's too far to walk

Networker Roy

Charlotte's Favourite Short Walk

Around Redcastle

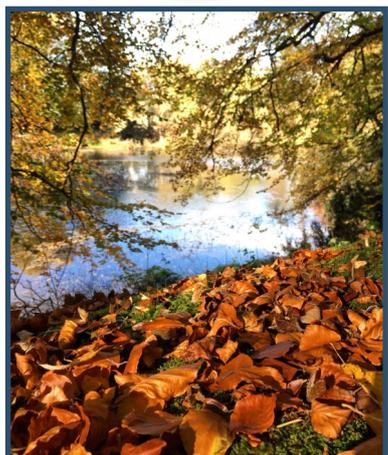


Redcastle estate is such a lovely area to go walking, as you can wander around the old castle or explore the many paths around the estate. It is best to park at the car park at Milton, where there are picnic benches and a lovely view over the Beauty Firth. Walk up from the car park towards the gate house on the right and here you can enter lovely woodlands. The track winds around, over a bridge, towards the beautiful but ruined sandstone castle.

It's not possible to walk inside the castle but you can view it from the outside. The castle has a very interesting history and was until relatively recently one of the oldest inhabited houses in Scotland. William the Lion built the first castle here in 1179 and it was known as Etherdouer. The castle has had various owners including the Clan Mackenzie. It was also requisitioned by the army during World War II.



Once you leave the castle the track then heads up to the left towards Gallow Hill. There are a number of options here as there is a small network of paths in amongst the woodlands. I really like the walk along which was one of the main entrances to the castle and takes you along an avenue of trees with woodland beyond. So to take this route you turn right down the first track after leaving the castle. There is a chance to see red squirrels, deer, pheasants and other wildlife here, as well as the two resident pigs in the old walled garden area. The track along the avenue takes you down to the shore road, where you can walk back along the single track road to the car park at Milton. At low tide you can see many seabirds and wading birds on the mudflats and enjoy the view up the firth towards Inverness.



The area is a fantastic place for exploring history and nature, and a great place to walk at any time of year, but particularly in Autumn.

This Could Be YOU!

My husband passed away in June. He had always taken care of all our business on the laptop. He had tried to teach me what to do but I could not take it in and thought I would have to go back to paperwork.

I just cannot manage the laptop, so along came family and showed me what to do on the phone and tablet - banking, energy meter readings, email etc. I couldn't believe with little practice just how easy it was.

Along came Roy with Trinity video meetings. Not having a clue what to do, I studied Roy's email then followed his instructions, pressing the link and got through right away - couldn't believe it!. There was a bit of bother with sound and camera but I got there. I am really quite proud of myself, wish I had done it earlier. I really enjoyed it, wonder what I could be up to next?! **Janette in Inverness**

Kate's Healthy Christmas

Mindful Mobility

Boogie! Run! Jump! Whatever you do, just move. Grab a spot on the floor and dance or shuffle like no one is watching!

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Festive Water Melon with Walnuts and Feta Salad

(when you're fed up with turkey!)

500g Watermelon, seedless, cut into bite size pieces

150g feta cheese, crumbled

2 tbs fresh finely chopped mint

1/2 cup finely chopped walnuts or pistachios (unsalted)

2 tsp olive oil

1 tbs finely chopped red onion

Crafty Corner



Christmas Paper Tree Garland

Begin by cutting four, 11" long and 1" wide strips of card.

For larger paper Christmas trees: keep one strip 11" long, cut one down to 9", cut another down to 7", and cut the last one down to 5".

For smaller paper Christmas trees: cut one strip down to 9", cut one down to 7", cut another down to 5", and cut the last one down to 3".

Next, use Glue Dots or double-sided tape to attach each strip together at the ends to form rings.

Then, take the largest ring and press it down in half, so that the folds are crisp. Place more of the double-sided tape or hot glue in the middle. Repeat this process with the other rings and stack them one on top of the other. For the smallest ring, push it into a point at the top so that it looks like the top of a Christmas tree!

Repeat this process until you have a forest of paper Christmas trees. At this point, adorn the tops of the trees with chipboard stars, add glitter to the edges to look like snow, glue on sequins to look like ornaments – whatever floats your boat! Happy crafting!

Christmas Limericks (or the ones that got away!!)

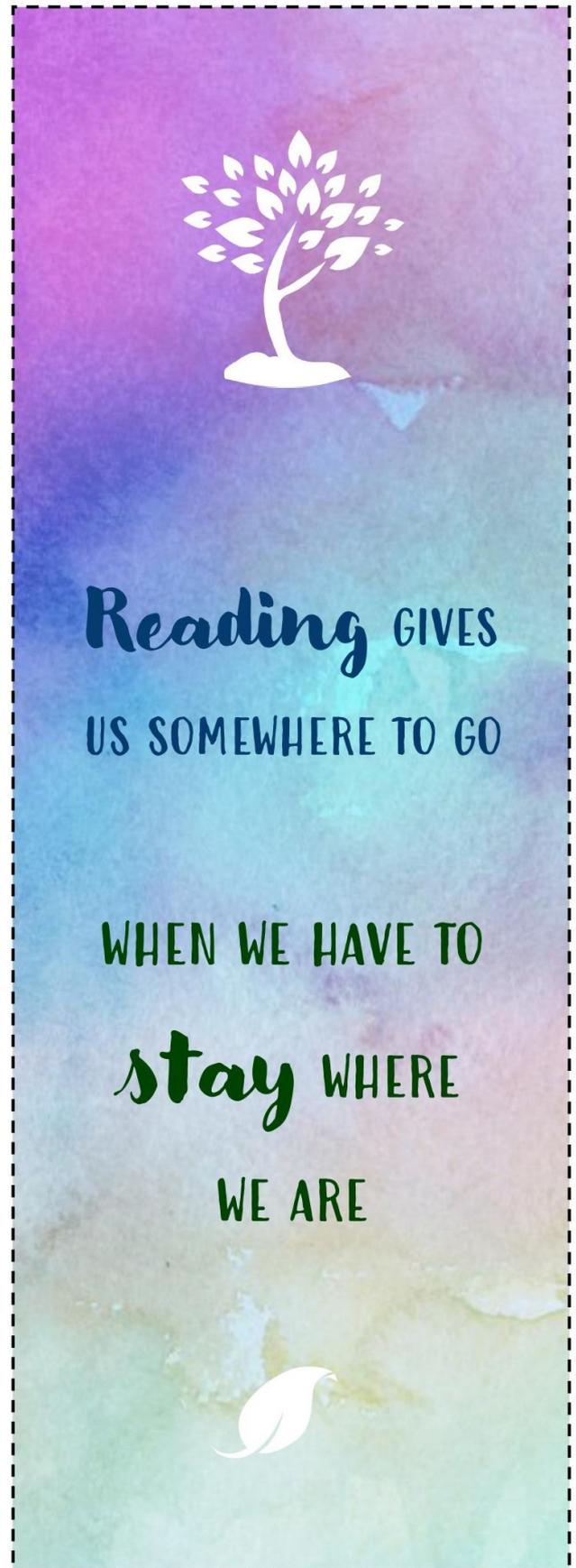
It's the start of December and the wrapping must begin,
It's so easy to put it off, but that would be a sin,
You cut, you rip, you tie a bow and surely that is that,
Until you discover a parcel walk away,
Oh s**t! You've wrapped the cat !

It's the middle of December and teachers are stressed to
the hilt,
Peeling kids off the ceiling daily is causing patience to wilt.
There's Christmas dancing, card making and the nativity to
perfect,
If only Marks and Spencer offered schools alcohol on "click
and collect"

June in Nairn

Bookmark Gift

Reading a book is one of the best ways of taking our mind off our troubles and woes. Here's a bookmark for you to cut out and keep - or perhaps give to a friend as a gift.



Cut along dotted line



Worst Ever Present

(consistent theme here!)

All received for first married Christmas:

Santa box of chocolates (from hubby)

Volunteer Louise

Garden hose (from hubby)

Walking Charlotte

Washing-up sponges (from brother-in-law)

Lorraine in Kyle

Live for the
moment



Let's Get On With It Together

LGOWIT
a partnership supporting
self management

Website:

www.lgowit.org.uk

Link to E-learning:

<https://lgowitwb.jlmscloud.com/login.aspx>

Cut along dotted line



Do You Remember This?



Last Christmas' special screening of Elf at
Muir of Ord Hub - great time had by all!

Christmas Book Choice

The Thursday Murder Club by Richard Osman

Wonderful, intelligent characters, very funny at times, also moving and compassionate. I wish he would write a second book with the same characters.

Ruth in Inverness



Christmas Trivia Quiz



Pantomime Characters

Can you identify these pantomime characters with all the vowels removed from their names?

- | | |
|-----------------|----------------|
| 1. LDDN | 2. BTTNS |
| 3. MTHRGS | 4. WSHWSH |
| 5. SNWWHT | 6. PTRPN |
| 7. WDWTWNKY | 8. RBNHD |
| 9. BRNHRDP | 10. PRNCCHRMNG |
| 11. SLPNGBTY | 12. PSSNBTS |
| 13. DCKWHTTNGTN | 14. BNZR |
| 15. DMTRTT | 16. THGLYSSTRS |
| 17. DNDN | 18. SMPLSMN |
| 19. KNGRT | 20. CNDRLL |

For some bonus points can you name the pantomimes in which they all appear? Answers next time.