

# Living Better



Easter 2021

Let's Get On With It Together

## LGOWIT

a partnership supporting  
self management

## *Welcome, everyone,*

to our Spring/Easter newsletter with its message of hope and new beginnings. In our centre spread we celebrate the changing seasons through your telling us which is your favourite - not an easy choice as each can lift our hearts in so many different ways.

Sadly this is my last newsletter as 'editor' as I prepare to enter the wonderful world of retirement - where the sun never sets and there are never enough hours in the day (or so I'm told!). I have truly enjoyed my years with LGOWIT and being a small part of such a friendly, caring family (because that's what we are). I will miss you all very much - but, just think, no more awful one-liners to make you cringe! Having said that, hopefully I will have the opportunity in the not too distant future to come back and say farewell in person - in the meantime, continue to stay safe and well and be grateful for all it means to be a LGOWITEER!

## Calendar of Events

### Every Monday (until Easter)

2.00pm - Tai Chi with Kate

### Every Wednesday (until Easter)

2.00pm - Mindfulness with Anne

### Every Wednesday

7.30pm - Sound Therapy with Anne Marie

### Friday 26th March

2.00pm - Easter Quiz with Roy

### Wednesday 31st March

11.00am - Coffee and Chat with Kate

### Tuesday 6th April

2.30pm - Coffee and Chat with Anne

### Friday 9th April

2.00pm - Countdown with Roy

### Friday 16th April

2.00pm - Coffee and Chat with Roy (for last time!) tbc

(All of the above take place on Microsoft Teams - just ask the host for an invite to anything you fancy!)

## What's New?

### Roadmap Optimism

Following the recent Roadmap out of Lockdown issued by the Scottish Government things are looking much more positive for an eventual end to restrictions by the summer.

Our online activities will be continuing for the foreseeable future. For those of you living on your own and not online there is the possibility of meeting one other person outside for a chat. This may be extended to more than one person over the next couple of months. Contact your local Community Networker if you would like to find out more.

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### Website Members' Area

For those of you online, Mary has recently added more content to the Members' Area of the website, including more therapy sessions - all well worth checking out. She is also now sending out a weekly update of activities, events and useful information under the heading of LGOWIT Update or LGOWIT Newsflash. Keep a look-out for that!

## 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](mailto:lgowitadmin@highlandtsi.org.uk)

## Tasty Treats



Easter presents the perfect opportunity for chocolatiers and lovers of sweet treats to 'let your hair down' and indulge to your heart's content - enjoy!

### Kate's Chocolate and Whisky Cake

(approx. 15 portions)

2 eggs  
2 tablespoons of scotch whisky  
8 oz (250g) digestive biscuits broken into small pieces  
2 oz (50g) roughly chopped nuts.  
2 dessertspoons of caster sugar  
8 oz (250g) unsalted butter (melted)  
8 oz (250g) plain choc (melted)

Beat the eggs and sugar well until really thick and creamy.  
Gradually add the melted butter beating all the time.  
Fold in the whisky, biscuits and nuts.  
Spread into the well oiled 7" cake tin with a removable base and chill.  
Remove from the tin and serve at room temperature.  
Serve on its own or with whipped cream and ice cream.

### Kirsteen's Slow Cooker Rice Pudding

1500ml milk  
50g granulated sugar  
1 can condensed milk  
2tsp vanilla extract  
200g pudding rice  
30g unsalted butter  
2tsp cinnamon

Put it all in the slow cooker on high and cook for four hours. Make sure you stir it now and then to stop it sticking!



### Self Management in Challenging Times (SMiCT)

Just a wee reminder about our online learning support, which you may have hopefully already tried out.

- > SMiCT is an online resource developed by LGOWIT to support people living with Long Term Conditions through the Covid-19 Pandemic.
- > 11 modules have been developed covering topics that provide tips and techniques to help you ease your symptoms and learn how to cope better.
- > Subjects covered include Embracing Change, Goal Setting, Keeping Positive, Managing Symptoms, Living Well, Communicating Effectively and our new module **Coping with Long Covid**.
- > These can be accessed with any internet enabled device, SmartPhone, Tablet/iPad and desktop or laptop computer.
- > To access the modules please go to: <https://lgowitwb.ijmscloud.com> where you can register. Once registered you will have access to all 11 modules.

(Please note this is only available to those living in Highland. If you live elsewhere, then contact [lgowitadmin@highlandtsi.org.uk](mailto:lgowitadmin@highlandtsi.org.uk) ).

### Anne's Gluten Free Carrot Cake

Heat oven to 180c / 160c fan / gas 4. Grease and line a 2lb loaf tin with baking parchment

140g unsalted butter (softened and extra for greasing)

200g caster sugar

250g grated carrots

140g sultanas

2 lightly beaten eggs

200g gluten free self raising flour

1 teaspoon cinnamon

1 teaspoon gluten free baking powder

50g chopped mixed nuts

Beat the butter and sugar until soft and creamy. Stir in carrot and sultanas. Mix in the eggs a little at a time. Add the flour, cinnamon, baking powder and most of the nuts and mix well. Tip into the loaf tin and bake for 50-55 mins (until a skewer poked in the middle comes out clean). Allow to cool in the tin for 15 mins. Then cool completely on a wire rack.

You can ice with 75g softened butter beaten and add 175g icing sugar with 3 teaspoons of cinnamon and beat until creamy and thick. Spread on top of the cake and sprinkle with a little dust of cinnamon and the remaining chopped nuts.

## LGOWIT Volunteer, Issy

My name is Isobel Rae (ray of sunshine) and I live in Tore on the Bonny Black Isle.

**How did you first get involved with LGOWIT?** I first got involved in LGOWIT after attending a self-management course for people newly diagnosed with MS. I recall it was delivered by the lovely Helen and Heather both members of the MS Ross-shire group - we had such fun!

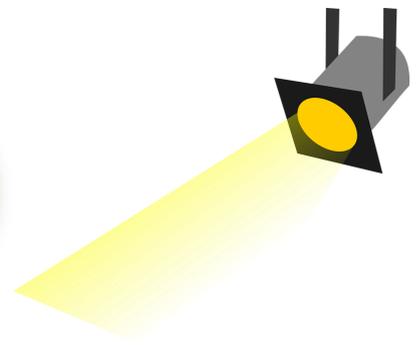
**What has been the highlight thus far of volunteering with LGOWIT?** After attending I too felt I wanted to give something back by devoting some time to volunteering and trained as a facilitator. I enjoy jointly delivering group work, and always gain a feeling of self value when supporting participants to overcome the challenges they are faced with when living with a long term condition.

**What do you like to do in your spare time?** In early March 2020 I retired from my much loved post and a week later Covid 19 arrived! It has been a very strange year causing lots of anxieties and I welcomed the LGOWIT coffee and chat sessions during lockdown.

**What is your favourite season of the year, and why?** My Dad was a crofter so from a young age I learnt all about the changes in the seasons. Naturally Spring is a special season, a time of new growth, new life and this year new hope. My daughter will be lambing shortly again!

**What is your favourite holiday destination, and why?** As we move forward and restrictions lift, I will be content and grateful just to catch up with family and friends but maybe manage a wee trip on the Hamnavoe!!

**Tell us your Top Tip for self managing your Long Term Condition** My personal mantra for self management is "Accept & Adapt" Recently I have more time and introduced Pilates and Mindfulness into my daily routine to help me relax and I am looking forward to when we can get outdoors more.



## Kyle E-Bikes Project



One of LGOWIT's projects has been Kyle Community Ebikes which was set up back at the start of lockdown in March/April 2020 by Skye and Lochalsh Community Networker Kate. The Energy Saving Trust awarded the project **£12,500.00** to purchase electric bikes to offer free trials to members of the public with long-term conditions. The aim of the project was to promote power assisted cycling as a way to get fit in a manageable way, enjoy the outdoors and reduce the carbon emissions of non-essential journeys.

### Some Quick Stats:

To date there have been **54 free loans** of the eBikes which amount to **45 genuine users** and subsequent repeat uses.

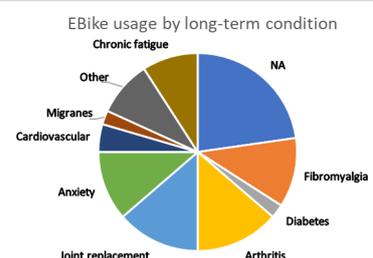
**Average age of users: 50.7**

**Average loan mileage: 39.9 miles**

**9 Males versus 36 Females** have loaned the bikes

"I've had such a fantastic time using the electric bike this past week. It was so easy to use and made cycling round my local area a joy."

"I enjoyed going out on the bike to the point where I have just bought one."



# F a v o u r i t e S e a s o n

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Brent Geese on Beach



Busy Bee in Garden

## Springing Back to Life

I find it difficult to decide which is my favourite season as all seasons have beauty pertinent to them which the others can't offer. I did come to the conclusion that spring/ late spring is my favourite season as everything is coming back to life with summer ahead and the dark winter days receding. The birds are nesting and the bees are appearing so what more can we ask for only the summer flowers and hopefully, warmer days that we can meet with friends and get some sort of normality back.

Jean in Nairn

## Gardening Season

Gardening season for me is buying a new plant for the bees and butterflies to enjoy seeing nature in my back garden one square foot at a time. I have just potted black tomato seeds and some dwarf marigolds and my gooseberry bush will be fantastic this year.

Maggie in Merkinch



The Changing Seasons is our theme this month as you tell us about your favourite time of the year and share your lovely photos.



## Spring Rhodies

Charlotte's lovely photo of a pink rhodie on the Brahan Estate.

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## A Bike for All Seasons

During the lock down we are all encouraged to exercise more. For me walking is very painful so I have invested in an ebike. An ebike encourages you to exercise as it's so enjoyable - the feeling of freedom and the wind in your hair after being stuck indoors is rejuvenating and refreshing. Finding a quiet spot in the woods to sit and do mindfulness, Tai Chi and connecting with nature would be impossible for me without my ebike. It's one of the best things I have ever bought as it makes cycling enjoyable again and brings that hidden child out to play.

Dan in Aviemore



My e-bike is actually an e-trike as my balance isn't good enough for 2 wheels! I got it in September 2018 through the Wheelness project. Like many things in my life, it is purple. There are baskets front and back which are great for carrying whatever I need with me or buy at the shop. My trike has given me back access to the countryside which I had lost as my walking deteriorated and that is where I love to be. We have cycled through forest tracks to the beach several times, towels in the baskets so we can have a paddle in the sea or sit on the sand and watch the water.

Audrey in Balloch

# F a v o u r i t e S e a s o n

# F a v o u r i t e S e a s o n

## Simple Pleasures

Summer and Spring are not my favourite seasons. With all the allergies I have they can be a total nightmare for me. However, there is nothing quite like snowdrops - they are so delicate, yet very hardy. I prefer Autumn and Winter. I love watching the trees changing colours – lovely oranges, yellows and browns. Not so nice lying in my garden though.

We do not seem to get the winters that we used to. I always loved the hard dry frosts. If you went out walking in them it was always so invigorating and they were supposed to kill off all the germs. When I was little we had a coal fire and on cold winter's days we would sit in front of the fire with a toasting fork and a pile of bread slices. Simple pleasures!

June in Nairn



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## Hope of Spring



I love spring because the Snowdrops appear in my garden. Each year there are more and more. It reminds me that every Spring I see is a reminder of how lucky I am that my treatment worked and my brain tumour is stable. My treatment was done in March 2013. To me Spring is a sign of hope and if ever there was a time we all needed hope it is now.

Laurette and Alfie in Inverness



## The Changing Seasons

### Changes All Around

Things are growing every moment,  
All the night and day.  
Things are changing all around us  
In a hundred different ways.

Can't you see the seasons changing?  
Winter is turning into Spring.  
Can't you hear the birds announce it?  
Listen to them sing.



Sarah in Culloden Spring  
- or even Amsterdam!



Charlotte in Redcastle Autumn



Roy in Forres Summer



Suzanne in Nairn Winter

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# F a v o u r i t e S e a s o n

## Charlotte's Favourite Short Walk

### Brahan Estate



This walk has it all - a beautiful avenue of ancient broadleaf trees, woodland trails, a rhododendron collection, wildlife pond and riverside walk. The estate is also steeped in history, including the stories of Brahan Castle and of course, The Brahan Seer. There are a number of paths and tracks to choose from and there is a handy map on the Brahan Estate website to help you choose where to walk. <https://brahan.com/walking/>

My favourite walk is at the heart of the estate and it starts from the car park near the Dell. The Dell is absolutely beautiful, there are so many amazing exotic ancient trees here, some of which were planted as far back as the 17th century, including Giant Redwoods, Japanese Umbrella Pine and King Boris Firs! In late spring the Dell hosts the most stunning vibrant display of rhododendrons and azaleas. After leaving the Dell you can turn right and walk on a grassy path around the pond where a family of swans live amongst towering bullrushes. The circular path leads you back to the main track where you can then turn right and walk along the edge of the farmland. Turn right again and this path takes you down to the River Conon where you can walk along the river towards Maryburgh or Moy Bridge.

There is so much to see on this walk. Last time we were there we spotted so many different species of birds including red kites, a heron, a great spotted woodpecker and 3 buzzards. There is always a wonderful display of wild flowers too, from carpets of snowdrops in the early spring to pretty pink foxgloves in late summer. The network of paths means that you can choose to enjoy a short stroll or a longer walk around the estate. There are some great spots for picnics too, especially down on the river bank.

In light of COVID-19, everyone's health and safety is the most important thing. Please stay up to date with the latest government restrictions. Plan ahead. If you go somewhere and it looks busy, please go elsewhere. Take care and stay safe everyone.

Health Walks Coordinator, Charlotte

### Health Walks Update

Following the Covid19 guidance update from Scottish Government on Tuesday 9<sup>th</sup> March, we are pleased to say that Health Walks can restart. Health Group Walks can resume from Friday 12th March, in groups of up to 15 people, under the category of non-contact outdoor sport for adults. Physical distancing and hygiene measures still apply. A daily walk can give a boost to our health and wellbeing and it's great to see some signs of spring appearing!

If you are interested in joining one of our many groups across Highland, please get in touch for further information: [charlotte@highlandtsi.org.uk](mailto:charlotte@highlandtsi.org.uk).

Charlotte

### Decorative Pots

Now that spring is on its way we can get ready to plant up some pots. Why not consider decorating any old pots you may have or buy some new ones to make a lovely feature for your indoor or outdoor plants?

I have a collection of shells and pebbles from the beach and thought it would be a great idea to stick them onto small plant pots, I think succulent plants in particular would look really cool in these. I also like the idea of using natural twine to wrap around small indoor plant pots or maybe even rope on larger outdoor tubs. Some extra strong glue or a glue gun would be great for this job. Please share any plant pots that you decorate, we would love to see them!

Charlotte



Spring  
Craft  
Corner

## Colouring Picture

Enjoy colouring in this cute basket filled with Easter goodies



## Easter Quiz

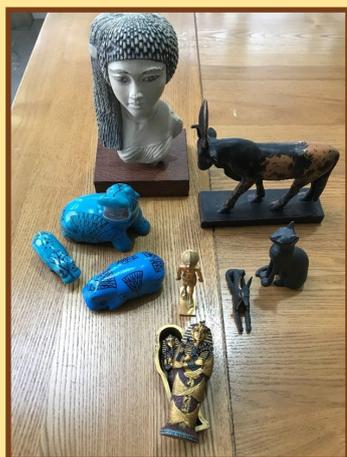
1. What name is given to the day before Good Friday?
2. Who was Fred Astaire's female co-star in the movie 'Easter Parade'?
3. On which animal did Jesus ride into Jerusalem on the first Palm Sunday?
4. Which is the only Shakespeare play to mention Easter?
5. According to the Gospels who was made to carry the cross for Jesus?
6. From which country does the Easter lily originate?
7. Which of Jesus' disciples betrayed him?
8. What was the name of the Roman Governor who tried Jesus?
9. Who wrote the poem 'Easter 1916' about the Irish Easter uprising?
10. Where did the arrest of Jesus take place?

## Recommended Read

My favourite author is Helen Forrester. I first read her books about 30 years ago. My favourites are her 4 part autobiography : Tuppence to Cross the Mersey, Liverpool Miss, By The Waters of Liverpool and Lime Street at 2.

It starts in 1931 when 12 year old Helen, her parents and siblings have just arrived in Liverpool to start a new life. They were wealthy but her father has gone bankrupt so all they have is the clothes they are standing in. They manage to find accommodation and it is decided that Helen will no longer attend school, she will keep house and care for her siblings. A story of extreme hardship, dreadful parents but extreme determination on Helen's part will stir every emotion and keep you reading longer than you planned to! Helen's fiction books are also excellent and you will recognise things from her real life in them. **Audrey in Balloch**

## Egyptology



For much of my life, I have been fascinated by Ancient Egypt. As well as books, my collection includes museum and other replicas, jewellery, cards, clothing, ornaments and all sorts. My husband and I have visited Egypt once, which we thoroughly enjoyed. At the Glasgow Garden Festival, I even posed with the Egyptian sand-dancers there! I have attended online short courses and many meetings and tours particularly with Egyptology Scotland

members. This photo shows a few items that I have collected over the years.

**Rhona in Thurso**



Now that signs of Spring are all around us it's time to dust off those gardening shoes and get stuck in. Lots of jobs to be done, but make sure you take it gently and don't overdo it! Here's some seasonal tips interspersed with photos of your Spring bulbs in full bloom! Happy gardening!

Feed trees, shrubs and hedges with a slow-release fertiliser by lightly forking it into the soil surface.



Prune roses now to encourage strong new growth and also feed with special rose feed.



Begin weeding as the weather warms - it's easier to control weeds if you remove them while they're still young.



Continue to deadhead winter pansies to stop them setting seed. This will encourage flushes of new flowers throughout the spring.



### Roy's Exclusive Swansong Revelations

The team insisted I answered these 10 questions before I depart (on pain of my final salary being withheld), so....

**Firstly can we change your mind about retiring?** Absolutely, but just think what LGOWIT could do with £100,000 in the bank instead of employing my services over the next year!

**If not, can you come back as a guest speaker two times a month?** Do you really want to hear about my bowling conquests or how to grow giant leeks TWICE in the same month? Ask me to play Boccia ... now you're talking!

**What do you plan to do in your retirement (other than enter TV quiz shows)?** Once I've fleeced Jeremy C for £1m, then I'll start planning in earnest! Until then it's plenty of tootling off in the campervan, geriatric gardening, bowling competitively (and losing!), snapping to greater effect (with my camera!), lots of walking, keeping the church in order (or trying to!) - and I'm even contemplating writing my lifestory and calling it 'Fils Unique'.

**What attracted you to the job?** Know it sounds trite, but oh so true - the opportunity to make a positive difference in people's lives. And of course, having a captive audience on which to inflict my awful one-liners!

**What were your first impressions of LGOWIT?** I first met Joanne when working for the Reshaping Care for Older People Project and was immediately impressed by how much she had achieved on her own at that time. So I knew what I was letting myself in for - well, just about!

**What was your most memorable LGOWIT day out/event?** Has to be Gardening Group's visit to Aigas House and Gardens - we were treated like royalty, what an afternoon tea, served in the Grand Hall by the Lady of the House!

**Do you regret your last five years and wish you'd taken over from Richard Whiteley on Countdown when you had the chance?** Who needs Rachel Riley and Suzie Dent when you have Joanne and Kirsteen to work with!

**What was the worst part of the job?** Trying to find an answer to this question!

**What was your most embarrassing moment at LGOWIT?** Undoubtedly sitting with Gardening Group having a full strawberry tea in the gardens of Boath House only to discover they were closed on Tuesdays!

**Which member of staff will you miss most?** The one who accompanies me on my world cruise - and pays for it!