Welcome

Welcome to the seventh edition of ‘Together we Stand’, a short pamphlet full of activities and ideas that we hope will keep us connected, encourage us to be creative and hopefully bring some cheer into our lives. This pamphlet is created in collaboration between Portswood Dementia Action Group (a local charity who run events to raise awareness of dementia and provide support to people living with dementia and their carers), Caraway (a local charity that resources the spiritual well-being of the older person in Southampton) and the NHS Solent Admiral Nurses (Dementia UK). Together We Stand is funded by the Listener’s Trust.

A huge thank you to our readers who have sent us photos and articles for this edition of Together We Stand

“I get by with a little help from my friends”, John Lennon

Sunday 2nd August is International Friendship Day and during this time of separation from friends and family we are experiencing some very clear challenges. A lot of people I talk to are feeling quite anxious as the lockdown lifts and families and friends start to come together again. It is more difficult now as things are not as clear cut as they were during the early months of lockdown. In the newsletter today there is an exercise we can do looking at our hands to reduce anxiety. Don’t forget to look back at earlier editions for more mindfulness exercises and some physical exercises. Both of these can help when we are feeling out of sorts.

Why not contact a friend you have not spoken to lately and suggest a socially distanced meet up. The National Trust properties are starting to offer slots for customers to visit the gardens and around Hampshire the country parks are open (the toilets are available again which is a blessing for me!) so do get out in our county while the weather is good and connect with nature.

If you would like to contribute to the newsletter please email Katherine Barbour at Portswood Dementia Action Group on:

portswooddag@gmail.com
07763863360

www.caraway.uk.com
A Little Bit of Grounding to Start…

Coping with anxious feelings

When you are feeling fearful and overwhelmed, it is difficult to think straight and difficult to think outside of yourself. In these times it can be helpful to:

1. share feelings with a friend
2. remember with your thinking brain what has helped in the past
3. remember significant role models that have helped you in the past

The ‘grounding’ technique below can help to calm racing thoughts and anxious minds, and help you to focus on things that matter to you and help to calm you.

Take your hand and draw round it.

Fingers and thumb…Think of 5 people you can rely on when you need them. Name them.

You have lines across your palm…Think of 2 or 3 things you can do that have calmed you in the past. Name them.

You have lines across your palm…Think of 2 or 3 things you can do that have calmed you in the past. Name them.
Bubble Cars

Here we have two articles about two different types of bubble cars.

My First Motor Vehicle - UCG 3
Words and photograph by Stuart Neale

My first motor vehicle was a 1958 Messerschmitt KR200, a three wheeled 200cc bubble car which I purchased in 1964 for the price of £98.

The first time I drove it was out on the disused Stoney Cross airfield in the New Forest as at that time I didn’t have a provisional licence but being disabled I needed to see if I would be able to drive the thing properly and safely. I then obtained a licence and started to drive on the roads.

I took the driving test twice in 1965 and failed. I think the examiner was scared riding with me in such a contraption. Later in 1965, I had driving lessons with The British School of Motoring driving a Mark 1 Ford Cortina. I took the test again and passed. After the Cortina, coming back to the Messerschmitt seemed very strange but I stuck with it and I kept the “Schmitt” as they were known until 1967. It was kept outdoors and it rusted badly until one day I put my foot through the floor. I sold it for £23 and the last I saw of it, it was disappearing up Kent Road on a low loader.

Fast forward to August 2015.

I heard about a rally of micro-cars being held at Beaulieu and decided to go. I took some copies of the photo with me and got talking to a chap who had driven his Schmitt down from Scotland for the event. I showed him my photo and I told him the story of my little car. He asked me if I knew what had happened to the car after I had sold it. I said I had no idea and assumed it had been scrapped. He told me it was in his garage in Scotland although in need of a full restoration. The owner and I are still in touch and hopefully one day perhaps the Schmitt maybe back on the road.

A couple of other facts were that the car was brought new by the butler at Broadlands Estate Romsey and it was highly likely that Earl Mountbatten of Burma would, at some time have ridden in the back on the estate.

I’ve been told that if the Schmitt was in roadworthy condition now and still with its original registration and with its history it could be valued somewhere in excess of £28,000.
After the second world war the big German aircraft manufacturers needed to find something else to make. At that time there was a demand for an affordable little car, so during the next few years all sorts of little three-wheel cars were made and called, ‘bubble cars’. Eventually they were all killed off in the early 1960’s to make way for the British Mini which was better in every respect.

I had my little bubble car for about five years, the name badge said it was a ‘Trojan’ and it was made in Croyden, in fact was a re-badged Heinkel. I completely restored it, every nut and bolt. It was a two-seater, accessed via the only door at the front. It had a 200cc engine and power was delivered to the rear wheel via a chain drive. There is a rumour that bubble cars didn’t have a reverse gear, this is not true, mine had four forward gears and a reverse, if you could find them!

It was such a quirky thing that heads always turned as you went by in the street. As you would expect it was very slow and uncomfortable for a long journey so after a few years of fun I sold it. There are many ‘bubble car’ enthusiasts around so if you are lucky, you just might see one cruising by.

Sudoku

```
   |   |   |   |
---|---|---|---|
5  |   |   | 4 |
   | 4 | 6 |   |
2  | 4 |   | 5 |
   | 1 | 6 | 2 |
1  | 6 | 2 | 9 |
   | 2 | 9 |   |
7  | 2 | 9 | 1 |
   | 8 | 1 |   |
1  | 5 | 2 | 9 |
5  | 3 | 7 | 2 |
```
Vegetables Wordsearch

Brussel sprout
Apricot
Mango
Kiwi
Tomato
Banana
Pineapple
Avocado
Broccoli
Potato
Apple
Carrot
Sweetcorn

Colouring in

We would love to see your finished colouring, so please do send a photo to portswooddag@gmail.com or put a physical copy through the door of 18 Grosvenor Road, Highfield. The best colourings will receive a prize so be sure to put your contact details on the back or in the body of the email.
Carrot Cake

Ingredients

For the sponge

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or margarine, softened</td>
<td>6oz/175g</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>6oz/175g</td>
</tr>
<tr>
<td>Self-raisning flour</td>
<td>6oz/175g</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1.5 teaspoons</td>
</tr>
<tr>
<td>Eggs</td>
<td>3</td>
</tr>
<tr>
<td>Large carrot, grated</td>
<td>1</td>
</tr>
<tr>
<td>Mixed spice</td>
<td>2 teaspoons</td>
</tr>
</tbody>
</table>

For the topping

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Packet cream cheese</td>
<td>7oz/200g</td>
</tr>
<tr>
<td>Icing sugar</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Double cream</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Desiccated coconut, toasted</td>
<td>2 tablespoons</td>
</tr>
</tbody>
</table>

Method

1. Preheat the oven to mark 4/350 F/180C.
2. Grease and base-line an 8in/20cm round cake tin
3. Grate the carrot into a bowl
4. Beat together the butter, caster sugar, flour, baking powder, eggs, mixed spice and the grated carrot.
5. Spread into the prepared tin, bake for 55 mins until a skewer inserted in the centre of the cake comes out clean. (Cover with foil if over browning)
6. Cool the cake in tin for 10 minutes, turn out and cool.
7. To make the topping - beat the cream cheese, icing sugar and double cream together until smooth and spread over the top of cake.
8. Sprinkle with the toasted coconut as decoration.

Store in an airtight tin, eat within 4 days - if it lasts that long!
Meet Carol the Cucumber
Words and photographs by Claire Hall

Meet Carol. Carol is my miraculous cucumber whose very existence owes itself to covid 19. I have a tiny garden in my London home. I have never before had the time nor the inclination to grow something requiring daily watering - something edible. There were holidays to be had in the summer. Covid put a stop to all that. So, I bought a couple of tiny cucumber plants. One died almost immediately. The other shot up like a rocket - several inches a night.

Then to my amazement, Carol just appeared is if by magic one morning - a perfectly formed cucumber. I get my tape measure out very morning - I kid you not - a completely reliable one cm every day. Any visitor who comes to the house gets dragged immediately through the house to the back and is introduced to my new friend, my miracle as I see her. It doesn't surprise me that the reaction is unanimous - one of wonder and amazement: my friends are like me.

So amongst all the distress that covid has brought, I experience on a daily basis such an enormous sense of gratitude for nature - showing her other face; a life force pushing its way into the world with such abundance and generosity.

Gratitude, yes, but I am now facing a huge dilemma. Earlier on, did I say "edible"?

Antigonish [I met a man who wasn't there]
Poem by Hughes Mearns

Yesterday, upon the stair,
I met a man who wasn't there
He wasn't there again today
I wish, I wish he'd go away...

When I came home last night at three
The man was waiting there for me
But when I looked around the hall
I couldn't see him there at all!
Go away, go away, don't you come back any more!
Go away, go away, and please don't slam the door... (slam!)

Last night I saw upon the stair
A little man who wasn't there
He wasn't there again today
Oh, how I wish he'd go away...
Information that might help you during this time

- **Admiral Nurses: 0300 123 4026** - support to carers’ of people living with dementia

- **Alzheimer’s Society: 0333 150 3456** - huge range of information sheets and support for carers and people living with dementia

- **Carers in Southampton: 023 8058 2387** - offer the services below on weekdays by phone/email 9am-5pm.
  - **Email**: enquiries@carersinsouthampton.co.uk
  - **Website** at https://www.carersinsouthampton.co.uk has information on many support services.
    - **Carers’ Assessments** evaluate support needs and eligibility for a personal wellbeing payment.
    - **Carers’ Cards** give you access to some discounts and identify you as a carer.
    - **Carers’ Support Workers** signpost relevant support services and make referrals on your behalf.

- **Independent Age: 0800 319 6789** - Advice and support for older age, information sheets on money, housing, health, future planning, personal life, support and care

- **Meals on Wheels** accepting new referrals on **023 80 83 38 66** or by email on care@citycateringsouthampton.co.uk

- **Southampton City Council: 023 8083 4800** - Community Support Hub, to ensure vulnerable people have access to the support they need, helpline open Monday to Friday 8.30am-5pm

- **Southampton**: Help for self-isolating members of our communities – if you live in Southampton and are self-isolating or quarantined due to the Covid-19 pandemic, there is help at hand. We are a group of volunteers who can help you with shopping and other necessities. Call or text on **07923 353365** to arrange this.
  Note: this is not a medical advice line. Please call 111 for medical advice.

- **Headspace**: This app can be used to relax with guided mediations and mindfulness techniques to bring calm and wellness. This can also be used to support with sleep and practicing good sleep hygiene. (Payment is required after the basic free course if offered). Download it from your smart phone / tablet’s app store.