

A Celebration of Summer



July 2021

Caraway
☺☺☺

Dear Friends

We're so pleased to be delivering another 'holiday in a bag' to you this summer. As social restrictions are lifted it's great that some of you can now meet together to share your afternoon tea and take part in the activities. We owe a huge thank you to our cake and scone makers – there is nothing like a homemade tea and we do hope you enjoy the scones and cakes in your bags. Those of you living in residential care will find a few chocolatey treats in your bags instead!!

You'll discover a vast array of content in your bags, so we really hope there is something for everyone to enjoy; from seaside memories as a child that we hope prompt your own memories of summer holidays in years gone by, to information about butterflies, marine biology, and local gardens! No holiday is complete without games, quizzes, and a postcard to send to a friend – all of which you'd discover within! We also have some wonderful artists on our team and one of my favourite items is the quirky coloured drawing of an allotment – there is so much going on in the picture that it will definitely keep you amused for a while.

Last week I was at the beach in Christchurch, Dorset, with the backdrop of multicoloured beach huts, of all shapes and sizes. To help take your imagination to the seaside, we've also included a beach hut for you to make and decorate in your own style. Along with your mocktail (recipe included!) you'll be ready for your own summer holiday - -

Finally, we look forward to seeing some of you on zoom in the afternoon, for a singalong, some seated dance and of course, a game of summer bingo! Wherever you are and whoever you are with, we really hope that you enjoy coming on a summer holiday with us. We can't wait to see you all in person, but in the meantime, keep safe, enjoy some sunshine and have a happy holiday!

With our summer wishes

Erica and the Caraway Team



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Beautiful Gardens to visit nearby

Throughout Hampshire we are blessed with many beautiful gardens. Here is some information on some of our closest and most famous...

Exbury Gardens

Exbury Gardens offers a colourful walking experience that lifts the spirits. More than 100 years in the making, Exbury Gardens is a spectacular collection of landscaped woodland, herbaceous, contemporary, formal and wildflower gardens, in a unique riverside location.

Exbury is renowned for spring colour, set apart from other gardens by their world-famous collection of rhododendrons and azaleas. These stunning shrubs are at their height in May, lining the paths with elegant flowers. Spring also sees a spectacular display of camellias and magnolias, as well as hundreds of thousands of spring bulbs in Daffodil Meadow and the River of Gold.

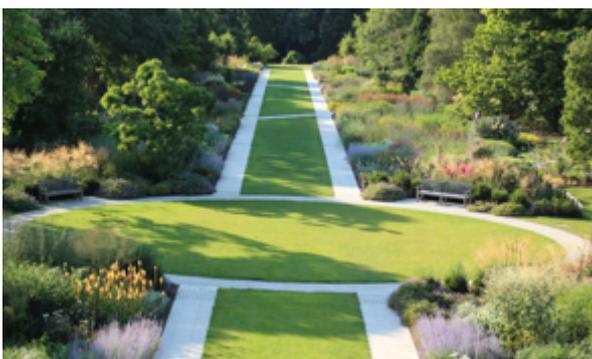
The 200 acres transform into a shady sanctuary of tranquillity during summertime. In particular, the Iris, Herbaceous, Sundial and Centenary Gardens bloom at this time of year with herbaceous perennials and exotic flowers.

Famous for: Their world-renown azalea and rhododendron collection, and acres of woodland to explore.

Opening Hours: Exbury Gardens & Steam Railway is open 10am-5.30pm,
Monday 29th March - Sunday 31st October 2021

Address: Exbury Gardens, The Estate Office, Exbury, Southampton, Hampshire, SO45 1AZ

More info: www.exbury.co.uk



Sir Harold Hillier Gardens

In 1953 the distinguished plantsman, Sir Harold Hillier established the Gardens and Arboretum. Among its outstanding features are the splendour of the seasonal planting displays set in 180 acres. He assembled a remarkable collection, bringing together the most comprehensive and unrivalled collection of trees, shrubs and hardy plants in the UK.

Spring is a time of great activity in the Gardens with many plants in flower. You can see many wonderful varieties of Rhododendron and Azalea, Magnolia, Crocus and Narcissus.

Summer is the time when herbaceous perennials come into their own. You can see the beautiful Hydrangeas in Hydrangea Walk, the heathers flowering in the Heather Garden, and this is also the time when Centenary Border is at its most stunning.

Famous for: World famous for horticulture, conservation, education and recreation.

Opening Hours: April to October, 10am to 6pm / November to March, 10am to 5pm

Address: Sir Harold Hillier Gardens, Jermyns Lane, Romsey, Hampshire, SO51 0QA

More info: www.hants.gov.uk/thingstodo/hilliergardens

Furzey Gardens

Furzey Gardens is a tranquil woodland garden in the New Forest with vibrant spring colour. Relax with a wander along our meandering paths.

The Gardens, first planted in 1922, contain an extensive collection of rare and beautiful plants from around the world.

In Spring the gardens start the year with a

display of thousands of crocus, daffodils and bluebells, soon followed by their renowned collection of Azaleas and Rhododendrons, including rare species from the pre-hybridisation era. Drifts of Primulas lead to quiet scented glades full of ferns and foxgloves and the sound of insects busy collecting nectar.

In summer, there are large herbaceous plantings around the cottage garden and many other borders which carry the colour and scent on through the season, as well as a range of summer flowering shrubs.

Famous for: Informal paths lead to captivating sights and scents with views across the New Forest to the Isle of Wight. Look out for the fairy doors...

Opening Hours: The garden and tea rooms are open seven days a week, 10am to 5pm

Address: Furzey Gardens, School Lane, Minstead, SO43 7GL

More info: www.minsteadtrust.org.uk/furzey-gardens/



Mottisfont

A romantic house set in beautiful riverside gardens. Ancient trees, bubbling brooks and rolling lawns frame this 18th-century house with a medieval priory at its heart. The walled gardens are home to the National Collection of pre-1900 old-fashioned roses, which reach their peak in early summer.

A gateway set in a sunny rose-covered wall leads to the first rose garden, with deep box-lined borders full of rambling and climbing roses and clematis trained on the high brick wall behind. Agapanthus, geraniums and peonies mingle with pinks, lilies, phlox and nepeta. The centres of the borders are a mass of soft blues, pinks and whites, whilst stronger yellows, oranges and dark pinks draw your eye along the length of the border.

Famous for: The world-famous collection of old-fashioned roses

Opening Hours: The gardens are open from 10am to 5pm daily

Address: Mottisfont Lane, Mottisfont, near Romsey, Hampshire, SO51 0LN

More info: www.nationaltrust.org.uk/mottisfont/features/mottisfont-rose-garden



Houghton Lodge Gardens

Houghton Lodge is a Grade II* listed “Cottage Orné”, surrounded by mature trees and lawns sweeping down to the banks of the famous River Test and is arguably one of the most beautiful privately owned gardens to visit in Hampshire. Enjoy over 15 acres of meadows and walks along the River Test.

It has informal and formal gardens, Walled Garden with espaliers, themed herb garden, wildflower beds and a wonderful Orchid House. In early summer the fragrant peonies line the stunning Rose Arbour path leading to hidden corners of the garden.

Famous for: Its informal “natural style”

Opening Hours: Mon-Fri 11.00am-5.00pm, Weekends and bank holidays 10.00am- 5.00pm

Address: Houghton Lodge Gardens, North Houghton, Stockbridge, Hampshire, SO20 6LQ

More info: www.houghtonlodge.co.uk

Make sure you check your activity pack...!

Some of the gardens mentioned above have been generous enough to donate some free admission tickets and reduced entry vouchers, along with some information leaflets. These have been allocated randomly to some of you via a lucky dip. – could it be you?

If it is then further information can be found on their websites about their accessibility and carers admission policies. Please contact them directly with any queries but do get in touch with us on caraway@caraway.uk.com if you have any issue.

If you are a lucky recipient of one of these tickets or vouchers and you are unable to make a visit, please feel free to pass the voucher on to someone that can. These gardens offer an opportunity to have an enjoyable day out if you are understandably still hesitant on day trips as COVID restrictions ease.

Marine Biology

Rehema Poulton (known as Hemi) has just completed her first year at the National Oceanography Centre here in Southampton. Here she shares something about her studies and what makes her so enthusiastic about the wonderful creation hidden beneath the waves.



Going to the beach as a child was always an adventure. I loved clambering around in rock pools to see what creatures I could find hidden beneath the overhangs and under the fronds of seaweed, and of course building sandcastles was a must-do activity. This childhood joy has fuelled a passion for the oceans, both for recreation, as I am a keen surfer and scuba diver, and as a place of learning. I have just completed my first year studying Marine Biology at the University of Southampton, based at the National Oceanography Centre (NOC) and have thoroughly enjoyed the course so far.

70% of our planet is covered in water and yet 80% of the oceans are unmapped, unobserved, and unexplored. The limited knowledge we do have makes me marvel at the diversity, beauty and complexity of life found in the oceans and what is left to discover beneath the waves fills me with excitement.

This year I have learnt about many weird and wonderful creatures, with my favourites being the nudibranchs, or sea slugs. These creatures are soft-bodied animals, ranging in size from a few millimetres to centimetres in length, and come in all sorts of funky shapes and patterns. They



graze on algae, sea sponges, corals, and even other nudibranchs. Unlike the slugs you may find in your garden, sea slugs can incorporate the stinging cells of their prey into their own bodies, giving them a defence against predators. The waters around the UK are home to over 100 species of nudibranch, *Facelina auriculata*, shown here.

I have also learnt about the wide range of habitats found in the marine world, from tropical, sunlit coral reefs to the cold, dark abyss. Little is known about the deep sea due to the difficulties of observing life at such extreme pressures, and yet pressure is not the problem for the organisms that live here, instead it is food availability. In order to combat this they have evolved diverse feeding behaviours, including eating the sediment on the sea floor, extracting the nutrients from the bones of whale carcasses that fall to the bottom and using reduced chemicals in the water around hydrothermal vents to produce their own food (chemosynthesis).

Another interesting and important part of marine science is ocean circulation. The world's oceans are not isolated bodies of water, each ocean basin is connected to all the others by the ocean currents. These currents transport water, nutrients, and energy around the globe, driving weather patterns, and influencing productivity of fisheries.

For me, learning about the marine environment is more than just about discovery, it is a way for me to connect with my creator and discover more about the wonderful world He created. Each nudibranch reminds me of the creativity of God, the ocean depths remind me that there is so much still to explore and understand, and the ocean circulation reminds me that he is in control and is the power behind the natural world. I look at His creation and cannot help but stand in awe. Studying it is a privilege.

Coming to our rescue! The work of the RNLI



Did you know that

- RNLI stands for Royal National Lifeboat Institution
- The RNLI provides a 24 hour search and rescue service using volunteer lifeboat crews. In addition, there are seasonal lifeguards who look after holiday makers on our busy beaches. There is also a Flood Rescue Team for disasters caused by flooding.
- **Since 1824 RNLI crews and lifeguards have saved over 142,700 lives!**
- A fleet of over 400 lifeboats waits to respond to calls for rescue across the UK and Ireland.
- There are two types of lifeboats: all-weather lifeboats and inshore lifeboats. Within these categories there are different classes of boat, so that the RNLI can reach people in all kinds of situations and locations.
- All-weather lifeboats (ALBs) are high speed and can be operated safely in all weathers. They right themselves after a capsize. Big and bright with navigation, location and communications equipment, their appearance has given hope to many.
- Inshore lifeboats (ILBs) operate closer to shore, in shallower water, near cliffs, rocks and even in caves. They are quick and manoeuvrable, allowing crews to get as close as possible to those in trouble. Some can be seen on the River Thames in London.
- The RNLI also has inshore rescue hovercraft for areas such as mud flats and estuaries which conventional lifeboats can't reach. Southend lifeboat station is one with a hovercraft.
- These sophisticated and safe boats are totally different from the simple rowing boats which used to take to sea in rescue efforts. Over the years, especially in the early days, there have been several tragedies with loss of life of the lifeboat crews.
- Some of you may have watched a recent Great British Railway Journey programme by Michael Portillo, when he was told of the loss in heavy seas, in the early morning of 15 November 1928 at Rye Harbour in Kent, of all seventeen of the crew of the MARY STANFORD lifeboat, itself just a rowing boat. The storm conditions were some of the worst imaginable and the volunteers experienced great difficulty even getting the lifeboat launched as they had to drag it across the sands. After three attempts they were successful but were all soaking wet as they had been forced to get into the sea in order to manoeuvre the boat. In fact, the MARY STANFORD had been afloat for only a few moments when a message came through recalling her, as the ship in distress no longer needed her services. Tragically the MARY SANDFORD had no engines or radio, and relied on oars and a sail, which the volunteers were adjusting. This meant that the frantic shouts of the launcher on shore as well as the recall signal were unheard. All the men in the small community died in this tragic and heroic accident, and later all their coffins lay side by side with the words Dies gallantly on each one. Over a thousand wreaths were laid at the funeral but the lifeboat station fell into disrepair, as there were no further men able to volunteer left at Rye Harbour.



- The RNLI doesn't just undertake rescue missions. Community Safety teams explain the risks and share safety knowledge with anyone going out to sea or to the coast, and lifeguards go into schools to educate children.
- To make sure the rescue boats are always seaworthy, there are station mechanics and maintenance teams to undertake repairs.
- With restrictions on foreign travel, there are many people planning to escape to a UK beach this summer. The beach seems the perfect place for fresh air and family fun, but the sea is unpredictable and can take you by surprise. If you get into difficulty, who is there to help you when every second counts?
- For the best chance of survival, you need someone on the beach who can prevent accidents before they happen and respond instantly if they occur. RNLI lifeguards are trained in lifesaving and casualty care and 95% of their work is preventative. Lifeguards must be able to swim 200 metres in less than 3 ½ minutes and run 200 metres on sand in under 40 seconds!
- Lifeguards set up the appropriate warning flags on the beach. As well as an inshore rescue boat, they have a rescue watercraft like a personal jetski with a rescue sled, suitable for shallow water and for getting people in trouble back to shore fast. They have an all terrain quadbike, binoculars, VHF radio, first aid kit and defibrillator.
- Thirdly, there is the flood rescue team consisting of 28 volunteers from across the RNLI, including lifeboat crew and operational staff, all specially trained in swift water rescue. The team includes paramedics, logisticians and mechanics – all people doing extraordinary things with skills that are invaluable for flood relief work.
- The Flood Rescue volunteers assist the other emergency services. As well as an adapted inshore lifeboat, they have two rescue vans, and a Land Rover for off road driving. They also need a gazebo, electric generator, lighting, rope kit, wading poles, torches, food and refreshments for casualties.



International emergencies

- The UK RNLI also has international teams who work with similar organisations to help tackle drowning in communities at risk all around the world.
- The RNLI trains overseas search and rescue organisations and helps other charity aid workers keep safe.
- All this work is carried out by volunteers and the RNLI relies on donations from supporters to keep these courageous operations going.



Seaside Memories

This is a photo of my mum and her brother, probably at Southend. Anyone remember the knitted costumes? She told me they were no fun when they got wet! And the family shot is at Portreath in Cornwall, when I was 5 and we holidayed with another family staying in Caravans on a farm with my brothers in a tent. Our Caravan had been the chicken's home the week before so not the nicest but as it was the only holiday we had as a whole family (Dad always had to work) I have many happy memories of being on the beach for the first time and young enough not to care about the cold winds and lack of sunshine!! Jo (*Caraway Administrator*)



Here I am on holiday with my younger sister Edith and mum and dad in Weston-Super-Mare. I can remember our rides on the donkeys', splashing around in the open air pool (tide was hardly ever in) and of course many ice creams! My brother was also with us so I think he took the photograph. It would have been around 1951. Carole (*Caraway Team*)



This is one interpretation of the swinging sixties! My sister and I pulling as hard as we could to get as high as we could! One of our favourites, alongside donkey rides and watching The Punch and Judy Show!

We used to love going to Weymouth and looked forward to seeing Fred the Sand Man's latest creation. This one of the Last Supper was always popular with holidaymakers and we enjoyed throwing our pennies to see if they would land fair and square in his collection bucket. More often than not we missed – but it was fun trying!



And do you remember those ruffled swimming costumes? At 9 years old and chasing my sister through the water at Perranporth, I was far more interested in having fun than whether I was sporting the latest fashion! Jenny (*Caraway Team*)

I am not sure of the date, but probably about 1952/3. I grew up in Hastings and we often went down to the beach and for several years we had one of the beach huts near the open air bathing pool. The beach is stony and often windy, so we were usually well wrapped up. *Ann (Caraway Team)*



As a child the annual Sunday School outing was always something to really look forward to. For many years this was just a few miles down the road to Hayling Island. We would spend time on the beach, wander round the fun fair and penny arcade then finish with a fish and chip tea before all piling back on the coach for the return journey. After a few years we ventured a little further afield and even reached Littlehampton or Swanage beach!

It was a time of great anticipation and fun. The Salvation Army Flag would be taken to stand on the beach so that any child who had wandered off would know where to return to. During the height of Sunday School outings there were many, many coaches all in convoy taking the children, Mums & Dads and Grandparents for this annual treat! The photo shows my Dad, Sister and myself paddling. Remember how the men always used to roll their trouser legs up? Ah! Happy days!!



My husband, along with his parents and brother would holiday in a caravan at Weymouth. One summer a gentleman from the neighbouring caravan knocked the door to "borrow a cup of sugar". It was Ernie Wise. He and Eric were at Weymouth for the summer season. This was long before they were famous though! *Margaret (Anna Chaplain for Older People, Southampton West)*

"Growing up on the Isle of Wight meant it was very hard to escape the beach, I have so many memories of being on the beach it's hard to distinguish between them! When I was very little my grandad had a beach café at Whitecliff Bay so we spent much of our time there. My mum often helped him out in the café, while me and my brother were looked after by an aunt or cousin on the beach out front. Something I will always associate with this is cheese and tomato sandwiches seasoned with a hint of sand, they are still my favourite sandwich, preferably without the sand.



As I grow older, I find that the beach is increasingly my happy place. I was touched recently by the phrase "sandy toes take away the woes". With the weather set to hit 30°C this week, I'm off to the beach for the weekend, are you?" *Lo (Caraway Administrator)*

The Garden Railway

Our Garden Railway began with a question – can we fit a 7 ¼ inch gauge railway in our garden? We live in a semi-detached 3 bedroom house, but have an extra wide garden because of a garage (now loco shed) at the side. From that question we now have a 30 metre (33yard) long track running from the front gate, between the garage and the house, to the back fence. 7 ¼ gauge means the lines are 7 ¼ inches apart, and all rolling stock can be about three times that width – so all plenty big enough for adults and children to sit in.

The Loco was built by three people – John, Tony, (a certificated welder) and another John (a model engineer), who built the chassis for us when work and family commitments made for very slow progress. It runs on steam – with steam coal purchased from a firm in the Midlands.

It took many years of work but was finally completed in 2004, when we had a “Grand Opening” for the neighbours. After that a few friends or small groups we knew came – but having built it, we wondered what to do with it? Then a friend asked if her friends with young children could visit. The two families came, had a picnic and rode the train, and it was a “light bulb” moment for us. We felt as if God said “This is what you could do with the railway.” So, since Summer 2005, we’ve been opening the railway for free rides to anyone who wants to come, on 6 Saturday afternoons a year (May – October inclusive). We don’t advertise widely (it is only a domestic garden!) but word of mouth and a timetable on the gate seem to work.

We now have a lovely team of helpers - some who drive the train or act as guards; others who take over the kitchen to serve teas and cakes.

All ages come to the railway. We’ll never forget the toddler who came with his dad, and sat solemnly staring at everyone from his seat by the line side – until “William” (the loco) started to move- when he gave a truly beaming smile of delight! Or the elderly lady, who had a friend bring her from her Care Home, in her wheelchair, and sat with her tea – also beaming. “I like to smell the steam”, she used to say!



We couldn’t run at all in 2020, but are hoping and praying to run later this year.

John and Glynis

Details of how to find us are available from Caraway if you would like to visit us.

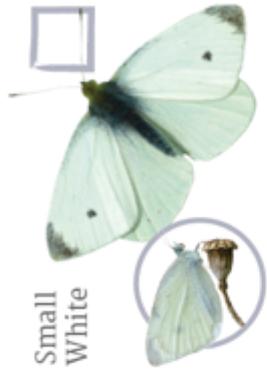
supported by



Spend 15 minutes in a sunny spot. Use this chart to note how many of each species you see. Then submit your sightings at www.bigbutterflycount.org or download our free app



Large White



Small White



Green Veined White



Brimstone



Marbled White



Small Copper



Speckled Wood



Meadow Brown



Ringlet



Gatekeeper



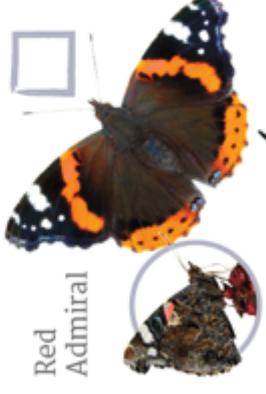
Comma



Painted Lady



Peacock



Red Admiral



Small Tortoiseshell



Common Blue



Holly Blue



Silver Y



Six-spot Burnet

Images not to scale

Don't forget to join us online with #ButterflyCount



To enjoy this picture to the full, fold the card at the edge of each 'garden', like you would create a fan, trim the top to create arches and stand it up on the shelf. It should look like this when you've done it





TEAS
ICE CREAM

COMPOST

PAY
HERE

HOUSE
OPEN

PLANTS
FOR
SALE

HELP
YOUR
SELF

SHED
OPEN

The Stately Home and the Allotments

A fictional tale from Ann Todd

One weekend the local stately home owners were disappointed by the numbers of paying visitors. Families arrived in the car parks, and were seen visiting the cafes, toilets, shops and playgrounds, but then they disappeared, missing out entry to the houses or their grounds. A spokesman commented, “We prepared activities for children this weekend, and extra volunteer guides to help, but we are puzzled at the small number of families coming to enjoy them. It is very disappointing.” What they had not realised was that the local allotment holders had opened their gates, inviting entry to their sheds and greenhouses, and offering free fruit and vegetables. When this was pointed out, the spokesman said “Perhaps we should take a leaf out of their plots, and set up some Pick Your Own opportunities in some of our kitchen gardens.”

Conclusion: Food, especially free food, is much more appealing than old furniture.





Of an Orchard

Good is an orchard, the Saint saith
To meditate on life and death
With a cool well, a hive of bees,
A hermit's grot below the trees.

Very good in the grass to lie
And see the network 'gainst the sky,
A living lace of blue and green
And boughs that let the gold between.

The bees are types of souls that dwell
With honey in a quiet cell.
The ripe fruit figures goldenly
The soul's perfection in God's eye.

Prayer and praise in a country home,
Honey and fruit: a man might come
Fed on such meats to walk abroad
And in his orchard talk with God.

Katharine Tynan Hinkson

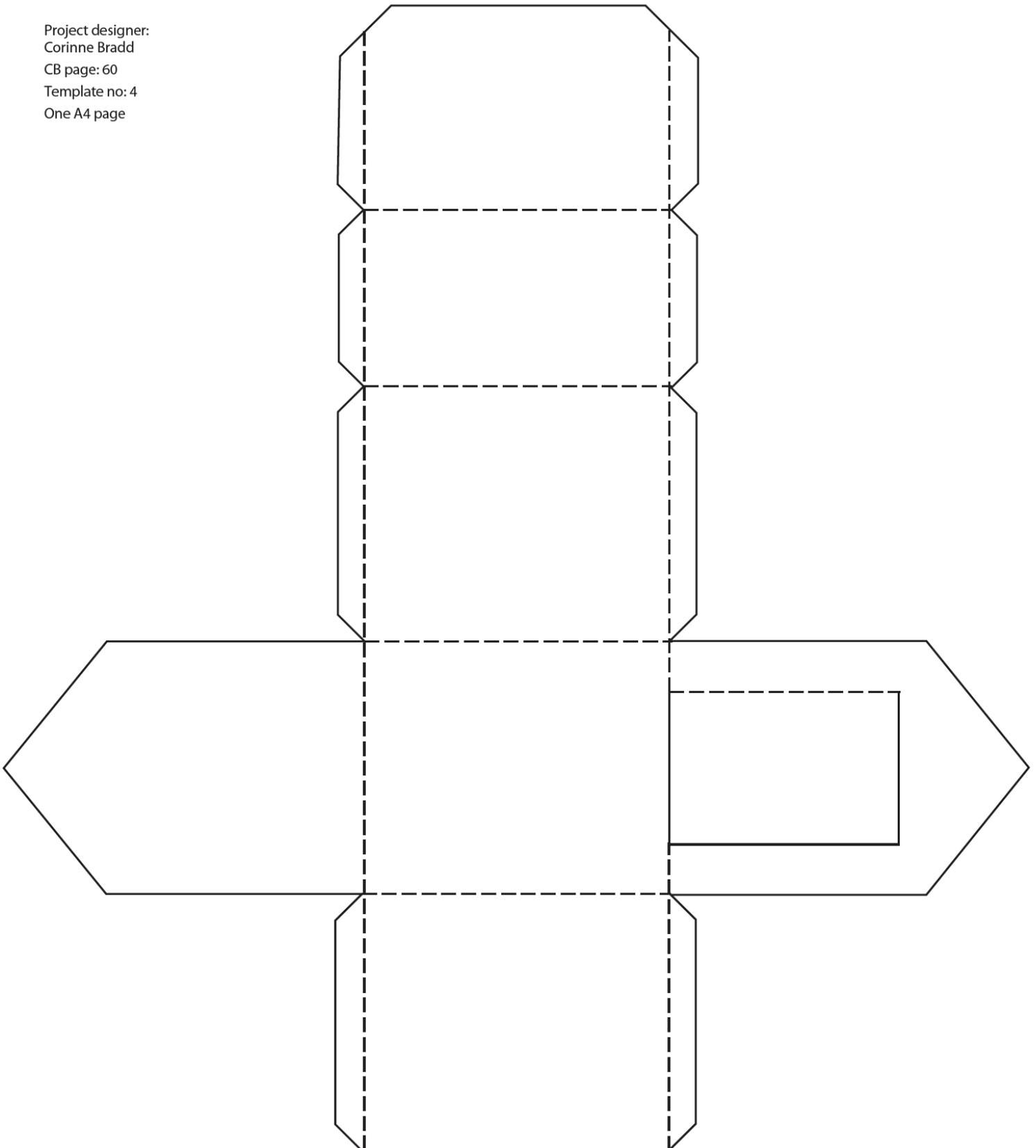
Beach hut template

Colour in the sides of your Beach hut, plain or fancy designs, your choice! Then cut around the outside edge, fold along the dotted lines and stick the shaped edges where the sides join and one beach hut for you to enjoy. Shame we can't give you the real thing but this one is cheaper to maintain!

by the Sea
Days

3-D beach huts

Project designer:
Corinne Bradd
CB page: 60
Template no: 4
One A4 page



15. Time for a snooze and some relaxing music. Which comedy duo would you associate with the song "Bring Me Sunshine"?
- Morecambe and Wise
 - Peter Cook and Dudley Moore
 - Abbott and Costello
16. What a lovely day. Time to go home but, oh dear, too much sun? Which of these is an archaic word for "of a burned" or especially sunburned appearance?
- Adust
 - Toastified
 - Gardyloo
17. Home James! Who will choose your next summer day out?
- Your daughter
 - Your friend
 - Your neighbour?

17. You choose!
16. a. Adust can also mean "dried up with heat" and "of a gloomy appearance or disposition". By the way, gardyloo is a warning cry before throwing dirty water out of a window - historical of course!
15. a. Morecambe and Wise. Composed in 1966, this song was first recorded by The Mills Brothers in 1968, but is more well known as the signature tune of Morecambe and Wise.
14. a. The dog star is otherwise known as Sirius. Sirius is the brightest star in the constellation of Canis Major, the Big Dog. Hence its nick-name.
13. b. Wasps. Despised by picnickers, feared for their painful stings - wasps are among the least loved of insects. However, wasps also pollinate flowers as well as killing pests and are just as important to the environment as bees.
12. c. Vanilla. Did you know the first true ice cream cone, used exclusively for ice cream only, appears to have been the invention of Italian immigrants living in the Manchester area in the middle 1800s.
11. b. 200. No wonder it only takes one bite to get seeds stuck in your teeth!
10. b. The Earl of Sandwich. Popularised in 1762 by John Montagu, 4th Earl of Sandwich. Legend has it, and most food historians agree, he had a real gambling problem, spending hours at the card table. During a particularly long binge, he asked the house cook to bring him something he could eat without getting up from his seat, and the sandwich was born.
9. c. Parasol. (para = shields/keeps out; sole = sun)
8. a. Southend is, amazingly, 7080 ft long. Brighton Palace Pier is 1722 ft and Landudno 2295 ft.
7. a. Spinnaker Tower, Portsmouth, is 557 ft tall. Blackpool Tower is 518 ft and a Martello Tower is a small fort, those in SE England being about 39 ft high.
6. c. The Pope. Pope Francis, unlike his predecessors, doesn't spend the summer at Castel Gandolfo, which has a lakeside position just outside Rome.
5. b. French pique-nique. Piques became common in France after the French Revolution when it became popular for ordinary people to visit and mingle in the country's royal parks.
4. b. Julius Caesar, Roman general and statesman, born in 100 BC. Juliet Capulet is fictional, of Shakespeare's Romeo & Juliet fame and Julio Salinas is a former 1980-90s Spanish footballer.
3. a. Wish You Were Here. Judith Chalmers was awarded an OBE in 1994 for her services to broadcasting.
2. a. Old English. From the word "sumor"
1. b. Estival. Hiemal means "of or relating to winter", vernal means "appearing or occurring in the spring".

Answers

Celebration of Summer Trivia Questions

- 1 Which pop star starred in the 1960's film Summer Holiday?
- 2 Which island group includes Ibiza, Menorca and Majorca?
- 3 In miles, how long is the Eurotunnel?
- 4 Lanzarote is part of which group of islands?
- 5 Which British seaside attraction is 158 metres tall?
- 6 Thunderstorms are most likely to hit the South East of England. True or False?
- 7 When does summer officially start?
- 8 Which month are most babies born in in Britain in Summer?
- 9 'The First Day of Summer' is an annual public holiday celebrated in which European country in April?
- 10 Can you give the first line of Grease's 'Summer Nights' lyrics?
- 11 Which feast day falls on July 15th every year?
- 12 Who was credited with saving 77 lives during seven summers working as a lifeguard at Lowell Park, Illinois, starting in 1926?
- 13 Which singer was known as the 'Queen of Disco'?
- 14 The 'dog days of summer' are named after the Dog Star; what is the better-known name of this star?
- 15 What term is often given to a period of dry hot weather that occurs in the autumn?
- 16 'Shall I compare thee to a summer's day?' is the first line of which William Shakespeare sonnet?
- 17 What was the first name of Clegg in the sitcom 'Last of the Summer Wine'?
- 18 The summer solstice occurs in the Southern Hemisphere during which month?
- 19 'In the Summertime' was a debut single and big hit for which British rock band?
- 20 Name the fictional seaside town in the Australian sitcom 'Home and Away'?
- 21 What is the most sold item in the summer?
- 22 Where did the largest summer bikini parade take place on August 19, 2012?
- 23 Which tower actually grows in the heat of the summer?
- 24 What year was the first beach ball invented?
- 25 How did ancient pagans celebrate midsummer?
- 26 What happens more often in the summer because of the warm, humid air?
- 27 Which beach sport became official in 1986?
- 28 What flower thrives in summer because it loves the sun?
- 29 Which insects are most prevalent during the summer months?
- 30 Which insect sounds can you use to find out the temperature?
- 31 Which sport has been a part of the summer Olympic games since their inception in 1896?
- 32 When were the first modern Olympic games held in Athens, Greece?
- 33 What is the best vegetable summer treat belonging to the cucumber family?

Celebration of Summer Trivia Answers

- 1 A very youthful Sir Cliff Richard.
- 2 The Balearic Islands.
- 3 31.5 miles.
- 4 Canary Islands.
- 5 Blackpool tower.
- 6 True.
- 7 21st June.
- 8 September.
- 9 Iceland.
- 10 Summer loving had me a blast.
- 11 Saint Swithin's.
- 12 Ronald Reagan.
- 13 Donna Summer.
- 14 Sirius.
- 15 Indian Summer.
- 16 Sonnet 18.
- 17 Norman.
- 18 December.
- 19 Mungo Jerry.
- 20 Summer Bay.
- 21 Swimsuits.
- 22 Huludao City, Liaoning, China.
- 23 The Eiffel Tower.
- 24 1938.
- 25 They lit bonfires.
- 26 Thunderstorms.
- 27 Beach volleyball.
- 28 Sunflower.
- 29 Mosquitoes.
- 30 Cricket chirps.
- 31 Cycling.
- 32 Summer of 1896.
- 33 Watermelon.

STAYING COOL DURING A HOT SUMMER

The sun and skin health

We've all caught the sun before, either on holiday or at home. You might enjoy a tan or deliberately use the sun cream a bit sparingly. But getting sunburnt can be serious, and increase your risk of skin cancer. Anyone can develop skin cancer, so it's important to protect your skin, whatever your skin type.



Protecting your skin

- Use sunscreen of at least SPF 30. Apply it generously and top up at least every two hours. If you've been in water, reapply when you are dry.
- Apply sunscreen to any uncovered parts of your body. A hat will protect your head, face, ears and eyes.
- Choose sunglasses that have a CE mark, UV400 label or a statement that they offer 100 per cent UV (ultraviolet) protection.
- When the weather is hot, your skin may also feel drier than usual. Using moisturiser can help keep your skin healthy.
- If you have moles or brown patches on your skin, they usually remain harmless. But if they bleed, or change size, shape or colour, show them to your doctor without delay. For more information visit the Cancer Research UK website.

Sun exposure and vitamin D

Although it's important to protect your skin, some direct exposure to the sun is essential for the production of vitamin D. Vitamin D deficiency is linked to cognitive impairment, cardiovascular disease and bone problems such as osteoporosis.

- There are some food sources of vitamin D – salmon, sardines and other oily fish, eggs and fortified spreads – but sunshine is the major source.
- Don't let your skin burn, but try to go outside once or twice every day without sunscreen for short periods from March to October. The more of your skin that is exposed, the better your chance of making enough vitamin D.
- The Government recommends vitamin D supplements for some groups of the population, including people aged 65 and over.

Dehydration and overheating

It's easy to become dehydrated or overheat when it's hot outside. How to avoid dehydration

- Make sure you're drinking plenty of fluids. Aim to drink 6 – 8 glasses of liquid a day, and more if it's hot.
- Eat a balanced diet to help your body replace any salt you lose by sweating.

Dehydration symptoms include:

- dryness of the mouth, lips and tongue
- sunken eyes
- dry inelastic skin
- drowsiness, confusion or disorientation
- dizziness and low blood pressure



Symptoms of overheating

Extreme heat and dry conditions can cause you to dehydrate and your body to overheat. Watch out for certain signs – particularly for muscle cramps in your arms, legs or stomach, mild confusion, weakness or sleep problems. If you have any of these, rest in a cool place and drink plenty of fluids. Seek medical advice if your symptoms persist or worsen.

Heat exhaustion and heatstroke

Heat exhaustion is fatigue resulting from prolonged exposure to excessive heat. Symptoms of heat exhaustion include headaches, dizziness, nausea or vomiting, intense thirst, heavy sweating and a fast pulse.



What to do - If you have any of these symptoms you must, if at all possible:

- find a cool place and loosen tight clothes
- drink plenty of water or fruit juice
- sponge yourself with cool water or have a cool shower.

Your symptoms should improve within 30 minutes. If you're feeling better but still have any concerns, call your doctor or NHS 111 for advice.

Heatstroke can develop if heat exhaustion is left untreated – it can also develop suddenly and without warning.

Symptoms of heatstroke include:

- confusion
- disorientation
- seizures
- loss of consciousness.

What to do - Heatstroke is a life-threatening condition. If you or someone else shows symptoms:

- call 999 immediately
- if you have a community alarm, press the button on your pendant to call for help
- while waiting for the ambulance, follow the advice given for heat exhaustion but do not try to give fluids to anyone who is unconscious.

Elderly people, and particularly over 75s, are more vulnerable to very hot weather than younger adults. This is due to a combination of factors. Firstly, because the kidneys become less active over time, they become less efficient at producing a hormone which tells us we're dehydrated and makes us thirsty. Older people are also more likely to have a chronic medical condition that changes normal body responses to heat. They're also more likely to take prescription medicines that impair the body's ability to regulate its temperature or that limit or stop sweating.

As well as the more general advice on staying well during summer, some hot weather tips for the elderly include:

- Make sure that either yourself or loved ones have a good supply of food, household essentials and medication. This can help avoid emergency outings in the hottest part of the day (between 11am – 3pm).
- Try to book any essential appointments for the morning or late afternoons to help you avoid the day's heat.
- If you're caring for someone with dementia, try to make sure they stay hydrated. You may have noticed that the person you care for forgets or is reluctant to drink. Try to encourage them by having a social (decaf) coffee or tea and make sure they have a drink with meals. You could also tempt them with fresh fruit, salads or jellies, as these all have high water content.

Information is taken from Age UK and NHS websites.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/staying-cool-in-a-heatwave/>

<https://www.neessexccg.nhs.uk/stay-well-summer-elderly>

Instructions for making a Seaside Themed Picture Frame



Choose 5 coloured sticks and using glue spots, add cross bars top and bottom.



Stick 2 more sticks on top of these at the sides.



Next stick your 5 seaside shapes onto your frame, anywhere!



Now write a message or find a photograph, cut it to size to fit in and slip it into the frame.



Summer cup mocktail

Get into the summer vibe with this fruity mocktail featuring red berries, lemonade, mint, and cucumber. Cool and refreshing, it's fabulous on hot summer days.

Ingredients

1 cm thick slice of cucumber
1 sprig mint
few frozen red berries
120ml clear, sparkling lemonade
Ice

To garnish

More frozen berries, chopped fruits, cucumber slice, mint, citrus all optional

Method

Step 1

Chop the cucumber and mint sprig into small pieces. Bring 200ml water to the boil in a small pan and then add the mint and cucumber. Turn off the heat and leave for 2 mins. Add a small handful of frozen berries, let them defrost for a minute, then crush them lightly with the back of a spoon. Strain the mixture. This will keep in the fridge for up to 24 hours and will be enough to make four drinks.

Step 2

Pour 40ml of your strained mixture into a tall glass. Add a handful of ice and top up with 120ml lemonade. Garnish with whatever chopped fruit you like or some more frozen berries and mint leaves if you have them. Stir gently to combine.



<https://www.bbcgoodfood.com/recipes/summer-cup-mocktail>

SEASIDE PLACES

N	E	Y	A	T	I	N	L	R	B	A	B	D	F	H	T	R
Q	W	T	A	R	R	Y	P	L	D	N	E	H	T	U	O	S
H	H	O	Y	U	S	W	A	N	A	G	E	U	C	N	R	S
T	U	B	D	E	Q	C	S	B	N	N	O	E	T	W	Q	P
U	D	E	A	N	K	W	S	E	D	M	D	N	Y	D	U	S
O	P	R	L	P	A	L	E	X	E	N	E	U	S	M	A	K
M	C	M	O	M	E	S	P	N	J	V	A	O	D	K	Y	E
Y	R	O	L	R	B	A	R	R	Y	I	S	L	A	N	D	G
E	L	R	E	O	C	U	O	S	I	E	A	D	D	G	O	N
W	U	Y	E	L	O	C	H	I	N	V	E	R	Y	U	O	E
L	Y	H	R	B	X	P	T	N	H	E	E	B	M	T	T	S
P	I	T	T	E	N	W	E	E	M	M	N	S	H	A	Y	S
A	G	S	R	R	D	N	E	L	O	E	E	G	G	W	A	N
N	A	B	O	O	C	I	L	R	T	F	I	R	O	I	W	M
E	O	A	P	O	W	R	C	S	O	R	A	A	E	A	N	H
H	O	O	V	Y	E	N	T	E	B	M	A	C	E	R	O	M
D	A	E	H	E	N	I	M	H	D	H	H	H	W	U	C	D

BARRY ISLAND	LOCHINVER	SENNEN COVE	BLACKPOOL
MARGATE	SKEGNESS	BOURNEMOUTH	MINEHEAD
SOUTHEND	BRIGHTON	MORECAMBE	STUDLAND BAY
CLEETHORPES	NEWQUAY	SWANAGE	CONWAY
OBAN	TENBY	CROMER	PITTENWEEM
TOBERMORY	EASTBOURNE	PORTREE	TORQUAY
HARTLEPOOL	RHYL	VENTNOR	LLANDUDNO
SANDOWN	WEYMOUTH		

If you would like more information on Caraway or would value some prayer or a chat with one of our team please ring or email:

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We thank all those who have supported this event and made it possible. Special thanks to Highfield Church and all our volunteers who have put the packs together and delivered them to you safely.