



Well it's that time of year again
Christmas is just around the corner and
we start to plan for 2021.

We have lots of CHRISTMAS EVENTS that you
can join in, details can be found in our what's on
guide for December.



find the elf, how many times can you find
where he is hiding in this newsletter?

CHRISTMAS BAKE OFF

MINI CHRISTMAS CAKE RECIPE

Amount makes 3 small baked bean tins.

Oven - 160 F/Gas 3 Time – 1 – 1 ¼ hours

Ingredients

- 50g (2 oz) glace cherries, 75g (3 oz) Raisins
- 75g (3 oz) Sultanas, 25g (1 oz) ready to eat dried apricots
- 2 tsp alcohol mixture plus a little extra for feeding the cakes. (OPTIONAL)
- 15g (½ oz) chopped flaked almonds, 15g (½ oz) ground almonds, Zest of ¼ lemon, 75g (3 oz) Plain flour
- ½ level teasp Ground mixed spice
- 50g (2 oz) Dark muscovado sugar, 50g (2 oz) butter, softened, 2 teasp black treacle and 1 egg



Method

- Cut the cherries into ¼'s. Wash in sieve and dry in kitchen paper. Add all dried fruit into a bowl and add the alcohol (or fruit juice of choice). Cover in clingfilm and leave overnight.
- Preheat oven to 160F. Grease the tins and line the sides and bottom with greaseproof paper.
- Chop the flaked almonds up and add to the ground almonds, lemon zest, flour, mixed spice, sugar, softened butter, treacle and egg. Place all ingredients in a large bowl and mix together. Beat for about 2 minutes until the mixture is smooth.
- Add in the fruit which has been soaking overnight and mix thoroughly.
- Spoon the mixture into the prepared tins and spread evenly.

Bake in the oven for about 1 – 1 ¼ hour. Allow the cakes to cool in the tins and then pierce a few times and sprinkle on a little more of the alcohol. Remove from tins but leave the greaseproof paper on the cakes. Once cold cover in clingfilm and tin foil and store in a cool cupboard for a few weeks.



What is the Christmas connection?

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

Answer at the end of the newsletter



Try a non-tree tree.
Not into a fresh Fraser fir or a prelit flocked beauty? No worries. Think outside the tree by creating a tree shape out of items you already have, or, arrange holiday photos and cards in a tree shape on a blank wall. 

STAFF UPDATE

Ciara gave birth to her baby girl Georgina (Gigi) in July. She is returning from maternity leave on 1st February 2021 but is doing some keeping in touch days at the moment each week until she returns.



Nic has been with us for two years but has taken up a new position in a florists and left on 24 November. We wish Nic well in her new career. Nic also got married recently and was a beautiful bride.



Congratulations Nic, absolutely beautiful, good luck with your new adventure, we will all miss you and your lovely smile and happy nature.

All our staff have now returned from furlough and are working hard to make progress towards the plans to reopen the Dementia Resource Centre (DRC) and Woodlands our Day Care Centre. We hope to update you with this in the New Year.

In the meantime we welcome two new people to our services Sam Begbie and Lauren Mckenzie.

A wee note from Sam

Hello, my name is Sam. I'm a music therapy trainee on placement with Alzheimer Scotland. I am working within the South Highland locality for the coming months, I look forward to getting to know the team and contributing to the care of people with dementia.

Music therapy is a relational therapy in which a qualified practitioner uses music with individuals or groups as a means to promote health. The relationship between the therapist and client is very important and allows for a collaborative effort to improve quality of life by helping to improve physical, social, communicative, emotional and intellectual wellbeing. Music therapy varies from person to person and the clinical aims of the work are considered through a person-centred framework to best suit the individual or group. Finally music therapy allows a free space to explore, experiment, play and have a bit of fun! 🧑‍🎨

Thank you for taking the time to read this. Please feel free to contact me if you have any questions or know of anyone who might be interested. sbegbie@alzscot.org Cheers!



E-mail: Southhighland@alzscot.org Website: www.alzscot.org

Messages from a few of our volunteer friends

*Merry Christmas
and all the best
for 2021
Malcolm*

*Happy
Christmas
from Pat*

*Merry
Christmas
to all at
Woodlands
Susan*

*Hope everyone is well,
missing Woodlands, hope to
see you all next year*

*Merry Christmas
Damon*

*Hope everyone has
a Happy Christmas,
hope to see you all
in 2021 stay safe
Ina*



*From all the staff at South
Highland*

*Merry
Christmas*



From our friends and staff

*Merry Christmas
from Walter &
Christine hope to
see you all in 2021*

*Missing the
companionship,
Merry Christmas
and hope to see
you all in 2021
Rod & Dolina*

*Merry Christmas and
a Happy New Year to
you all BRING ON
2021!
Marilyn*



Answer to what is the Christmas connection – (No L = NOEL)
There are six elf's hiding.

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