

The Warm & Toasty Newsletter

Issue 1 May 2020



A Warm & Toasty Welcome

Welcome to the Warm and Toasty Newsletter, we have started this publication as a way of keeping in touch with our members and to keep people uplifted and entertained during this difficult time brought about by the Covid-19 outbreak.



JOHNNO

The plan is to publish this monthly, we would love our regulars to contribute stories, memories, jokes, old photos, recipes or anything you'd like to see in the newsletter so please contact Johnno on 07594154709 or email thewarmandtoastyclub@gmail.com as we'd love to hear from you.

If any of our guests are feeling lonely and isolated or could just do with talking to someone, our producer Johnno is available on the phone most days after Midday on

07594154709, you could also let us know your number and we can call you too.



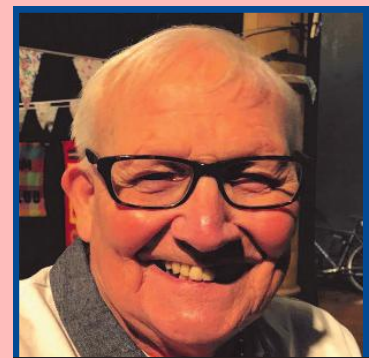
JEANETTE & TOM

The Warm and Toasty Club has been running for 6 years now, we are a unique life-affirming community group working in music, arts, entertainment and history with people over 60.

We are based in Colchester, Essex and this newsletter is for (and in celebration of) the lovely people who attend our Memory Afternoons at Enoch House, Shrub End Social Centre and Colchester Arts Centre as well as anyone with an interest in what we do.

The Warm and Toasty Club are proud to be funded by The National Lottery Community Fund

A good way to see our latest work is via our Facebook page <https://www.facebook.com/thewarmandtoastyclub> Did you know that we now have an Online Memory Afternoon every Friday at 1pm - streaming live on our Facebook page <https://www.facebook.com/thewarmandtoastyclub> do join us if you can.



DAVE

Regards from The Warm and Toasty Club team - Johnno, Tom, Dave and Jeanette.

And a special thanks for the contributors to this newsletter - Deborah, Eleanor, Dawn and Age Concern Colchester.

Thank You to Steve Brady for his typesetting, graphic design and support

DOWN MEMORY LANE

Don from the Shrub End memory afternoon has lots of tales from when he was a teenager in the '50s, working as a stage-hand at the theatre on Great Yarmouth's pier: 'You will all remember Tommy Cooper, who performed for the summer season on Wellington Pier doing his magic tricks, which famously and frequently went wrong. Part of his act was to break two eggs into a top hat, and my responsibility was to clean and prepare his props ready for the following show. So for two shows a night, six days a week, for twelve

weeks of the summer season (that's 288 eggs!) I had to clean the raw eggs out of that ruddy top hat. I have never been able to stomach eating an egg since. And can you remember Bonnie Downs, a popular comedienne, singer and dancer at the time? Part of the act was for the entertainers to buy a ticket to watch a boxing match on a large cardboard

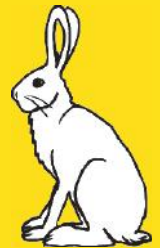


television that I was huddled inside. On the signal, I had to punch through the paper screen with a boxing glove. On this particular night, Bonnie stood too close and I boxed her square on the jaw!'

If you have any amusing anecdotes, jokes or happy memories that you would like to share in the next newsletter, please phone Deborah on 01376 563915. Looking forward to hearing from you.

A Joke from Mary:

We were driving down a lane when suddenly a hare shot out in front of us. We got out and were very upset to find that it had been killed. A tractor coming the other way stopped. The farmer got out, saw the hare and said that he would deal with it. He took out a spray can and squirted the flattened hare all over, and to our amazement one of its paws twitched. He sprayed it again and an ear twitched, and then again and again, until amazingly the hare got to its feet. It waved its paw and ran away across the field. We watched as it turned and waved to us again. It bounded over the hedge and looked back, waving again. 'Wow, what was in that can?' I asked, and the farmer said, 'It's hair restorer with a permanent wave.'



Who said...?

Can you identify the people or characters associated with these catchphrases:

- 1) I don't believe it
- 2) Stupid boy
- 3) It's the way I tell 'em
- 4) Ding dong!
- 5) There's just one more thing
- 6) I wanna tell you a story
- 7) Ooh, you are awful
- 8) You lucky people

Answers on the back page (no peeking)

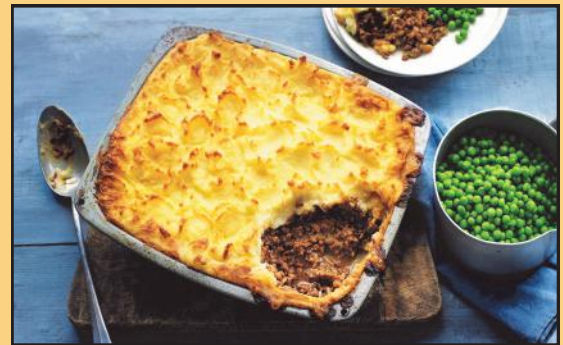
Mary Berry's Lentil and Vegetable Cottage Pie

Mary Berry's recipes have been such a success in our household that our usual response to trying a new dish by her is 'She's done it again!'. I frequently go back to this recipe when ingredients are getting low, as you can easily substitute some of the ingredients depending on what you have in (see brackets for potential amendments). The veg mix can be frozen prior to adding the potato topping. 4 servings.

1 large onion, chopped (and/or 3 celery sticks or 1 leek, sliced)
2 garlic cloves, crushed
2 tbsp olive oil
2 large carrots, sliced (I also add parsnip or courgette if available)
4oz (100g) dried red lentils (or a tin of kidney beans)
1 400g can chopped tomatoes
½ pint (300ml) vegetable stock
2 tsp tomato puree (or ketchup)
2oz (50g) sundried tomatoes, chopped
salt and pepper

For the topping:

2lb (1kg) potatoes (and/or sweet potatoes), peeled
¼ pint (150ml) milk
1oz (25g) butter
6oz (175g) cheddar cheese, grated



1. Preheat oven to 200°C, 180° fan, Gm 6
2. Fry the onion, garlic (and celery) gently in oil in a large pan for 10 mins, until soft. Add the root veg and cook for 5 more minutes.
3. Stir in the lentils, then add the tomatoes, stock and tomato puree, and season well. Bring to the boil, cover and simmer for 20 mins, until the veg are tender.
4. Cook the potatoes in salted water, until tender. Mash with milk, butter and seasoning. Spoon the veg mixture into an ovenproof dish, spread the mash on top, and sprinkle with cheese. Cook in the oven for 30 mins, until golden on top and bubbling.

Advertising Slogans

Can you name the products?

- 1) Full of eastern promise
- 2) The best a man can get
- 3) And all because the lady loves...
- 4) Made to make your mouth water
- 5) Ahh! _____

- 6) Apples hazelnuts bananas, raisins coconut sultanas
- 7) It's good to talk
- 8) Tell them about the honey, Mummy
- 9) Plink, plink, fizz
- 10) They're tasty, tasty, very very tasty

Answers on the back page (no peeking)

Poem Of The Month

IN OTHER NEWS... by Martin Newell

In other news...
across those fields
a tractor combs the furrows now
the seagulls trail behind the plough
and rooks will referee

But further out, and further still
the word in the regretful breeze
is that the townsman rarely sees
the greening of those trees

In other news...
the sulking sun
emerged today from chiffon cloud
Forgave, forgot, then beaming down
Turned every furrow lighter brown

Until the birds, emboldened here
By lack of traffic in the lanes
And absence now of aeroplanes,
Far from fearing something wrong
began to fill the sky with song.

In other news, in other news
The shoppers in their cautious queues
Began exchanging pleasantries:
pleases, thanks... and after-yous

In other news, the lark ascends
Declaims the ides and the kalends
as March the noisy tenant goes
A breezy blackthorn blossom snows
across the woodland paths

On country roads, the ghosts of cars
glide soundless, after countless years
Till silence settles on the ears
like months of Sundays in arrears

In other news, a chilly night
The frost upon the rooftops light
On weekday mornings strangely calm
A dog barks on a distant farm
answering the lambs and ewes
In other news.

In other news... the morning bus
will judder into town un-filled
Where bees awake and
blackbirds build

In copper beech and churchyard yews
Now lychgates yawn and railings rust
The tiny specks of sunlit dust
are all that occupy the pews
In other news, in other news...

Through leafy square
down market street
A single pair of shopper's feet
Goes tapping past a covered stall

And all along the Roman wall
the stone recalls how echoes fall
Of earlier times and other queues
In other news, in other news...

© Martin Newell
2020

Martin Newell (born 4 March 1953) is an English singer-songwriter, author, poet and columnist with a weekly column for the East Anglian Daily Times.

He is said to be the most published living English poet and he leads a pop combo called *The Cleaners from Venus*.



Coping Alone or In Isolation During Lockdown and Beyond

By Age Concern Colchester

Over the coming months loneliness and isolation will be a big issue while we all strive to cope with the full impact of the Corona Virus. We must all take necessary action to stem the spread of this virus by staying at home.

If you are finding this new way of life difficult, especially living alone during the lockdown stage, some of the suggestions below are food for thought while we strive together to help each other pull through to the other side.

Bolster an existing relationship and make contact with long lost friends and family

Loneliness during this time of change might feel overwhelming at first but reminding yourself that it will not last forever will be a comfort during this difficult time. The pandemic is a great time to nurture existing friendships, also contact long lost friends or relatives and reconnect for company. Remember they are only at the other end of a phone or computer screen. Many charity organisations have started telephone befriending schemes so it's worth a try if you could do with a new friend to help you through a bad patch kindness counts. Call people regularly and remember those special days like a birthday or significant anniversary. Do it as often as possible because the sound of a familiar voice is reassuring.

Activities can be done alone

There are so many activities you can do alone which are just as fulfilling and exciting without company. Developing a favourite pastime can bring joy during this difficult time. You could make a list of possible things you are happy to do during the day e.g. a puzzle (i.e. a quiz or a word search), playing on your phone, crocheting, quilting, watching a favourite film, art or writing – whatever you are into. However, it is equally important that you do not put pressure on yourself. Don't feel guilty if you feel you are being unproductive, we all have different ways of coping with time alone.

Moving the body to keep fit

Engaging the mind with distraction is important for good wellbeing during long periods of time alone. However, engaging the body is just as important to good health. There are plenty of gentle exercise you can do around the home without having to be outside when you are self-isolating. Once you have found something you are able to do, make it part of a routine, even if it is something as light as stretching first thing in the morning. With mobility issues, gentle exercise sat down will equally do the trick but particularly if it is done regularly. Certainly, pace yourself and celebrate achievements. If they seem small at first, you can build on them as time goes on.

Coping Alone or In Isolation

Learn how to be alone

Enjoying your own company is a learning experience when it is something you are not used to. By being gentle to yourself there are many ways to develop coping strategies for good wellbeing. Feeling positive with an accepting attitude about the future counteracts some of the more negative emotions such as anger and resentment which will lessen in time given the right perspective. In any case, living alone is not something we are compelled to feel badly about. Loneliness is an emotion and like all emotions more than likely to slip away once we are able to allow it to. Finding a way to talk about your anxieties to family, loved ones and friends is a positive step. It's better to be open about how you are feeling as we are all in this situation together.

Mindfulness and noticing the things that count

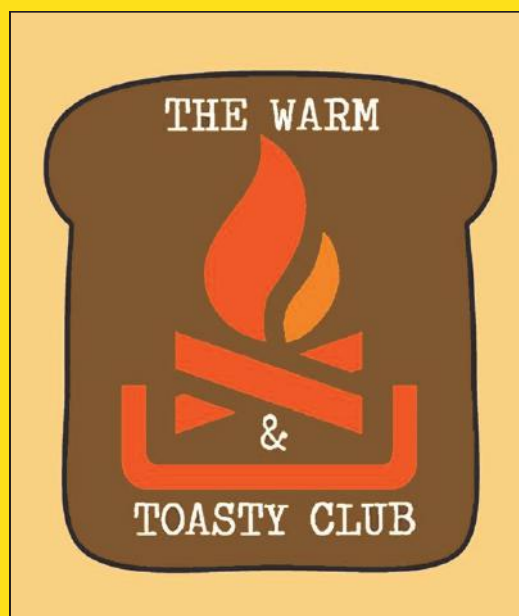
There are many different reasons for being 'mindful' or living in the moment which modern psychologists are constantly encouraging us to practise. Limiting your news intake to certain times of the day may be a way around the anxiety caused by overload of speculation and negative analysis of the current situation.



Try to be in the moment and focus on one thing at a time

Slow down, savour the process - whatever it is you are doing - having a cup of tea, doing housework or simply reading a book.

All in all, stay safe, stay at home and connect by phone or online.



Coping Alone or In Isolation

All in all, stay safe, stay at home and connect by phone or online.

Here is a useful website from Colchester Borough Council outlining Support for communities; Find help on accessing food, information on key community contacts and mental health support services.

<https://www.colchester.gov.uk/coronavirus/communities/>

AGE CONCERN COLCHESTER
63 North Hill, Colchester, Essex, CO11PX

We are wheelchair accessible at the rear of our property and the team have had dementia friend training.

Phone: 01206 368420

E-mail:

enquiries@ageconcerncolchester.org.uk

Website:

www.ageconcerncolchester.org.uk

Member Of The Month

Carol



Where did you grow up and what brought you to Colchester?

I come from Hackney, London. We had friends here and used to see them a lot here in Colchester and after a while we decided to move here.

The best job you've had?

Working at Lesney's and I used to hand paint the Matchbox toy cars. We started at the factory near Hackney Marches and then moved to Lee Conservancy Road.

Your proudest achievement or moment?

When I passed my driving test whilst suffering from agoraphobia, I felt quite proud of myself. I never thought I could do it but I had a brilliant instructor and she got me through it. Everyone down the neighbourhood was so proud and I felt proud.

The other one was when I went on holiday with all the neighbours and I was about 17 and I won the Holiday Princess competition in Selsey and my old Grandad was there bless him and as they put the crown on I turned and saw his face and he was crying his eyes out. He was just so proud to have his granddaughter become the Holiday princess. And that made me feel really proud because he was proud of me and I'll never forget the look on his face because he was so proud.

Your funniest moment?

My Auntie and me had bought some grapes and we were walking down Mare Street and all of a sudden she said "oh crumbs we haven't washed them" and I said "oh that's alright, when we get home we'll drink a glass of water and jump up and down" she then was sitting there cross legged and

she was laughing so much that she couldn't walk, couldn't talk because she was laughing so much, we were both hysterical.

Your favourite song ?

I have a few that the words just make me cry - *Wonderful Tonight*, *You'll Never Walk Alone*, and *Hallelujah*.

Your favourite place and why?

It's got to be Clacton, we still go down there all the time but mainly because of our childhood holidays there. It was all we could afford at the time and every holiday was down at Clacton and there are so many memories for me and my family, getting on trains because you didn't have cars and it was always those little bubbles we used to call them with gas lamps that used to stink the place out. Clacton has got to be my favourite place.

What hobby have you enjoyed?

Well I only have my card making as a hobby, I used to do drawing 40 years ago but not now. I get anxiety and I find that when I do I can just sit and make a card and then I feel fine, it calms me down and it's relaxing.

MEMORIES SHARED

"Every day I had to go to the shop to get vegetables, this was the old type greengrocers where they had the big scales to weigh things and then I had to get the meat from the butchers. After that I went home to get ready for school and my Mum would give me a penny to get a bun on the way to school". **Dennis**

"I used to like to eat the old sprats and herrings my Dad would bring home, get out the old frying pan and fry them all up and sometimes Mum would do a suet pudding or a spotted dick". **Brian**

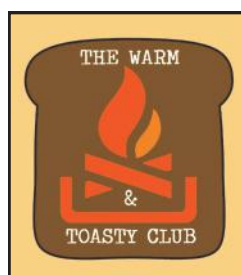
"As I can't remember my early years my Mum told me how they went and she said that I spent my first year in a drawer during the bombing raids, they shut me in there and they used to all go off to the air raid shelter". **Dave**

"I can remember being at home with my brothers and sisters and none of us had any talent but we used to put our own little shows on, sing a song, make up a little play or play a game called rumpelstiltskin, we all had parts, I just liked to be the princess weaving straw into gold, I never got that part very often". **Betty**

"My Dad was away in the army and me, my brother and her used to live in one room. We used to go over to Old Heath recreation ground and play or play in the road, there were never any cars, well a school teacher had a car. My Mum had a lovely voice and used to sing us songs from musicals". **Molly**



"I was adopted into a rather large family and at the time we lived in Hackney and my Mother was a matron at Hackney hospital and I remember going there and saying hello to most of the people in the beds and they used to give me thruppence each - so I used to go quite often". **Frank**



"I was one of 22 children, born in Lime Street, Alloa. There were so many of us and we had a big tin bath in front of the fire and we used to have four of us in the bath at a time, get washed and get dried and I then used to have my hair put in rags and Mum used to say - right into bed. There were four at the top of the bed and four at the bottom and we used to like to jump up and down on the bed". **Jan**

Memory Afternoons Friends & Performers



Memory Afternoons Friends & Performers



Keep In Touch With Friends

Please send us your telephone number or email address if you are trying to reach a friend from the club and we will do our best to link you up.

Contact us

Telephone - 07594154709

Email - thewarmandtoastyclub@gmail.com

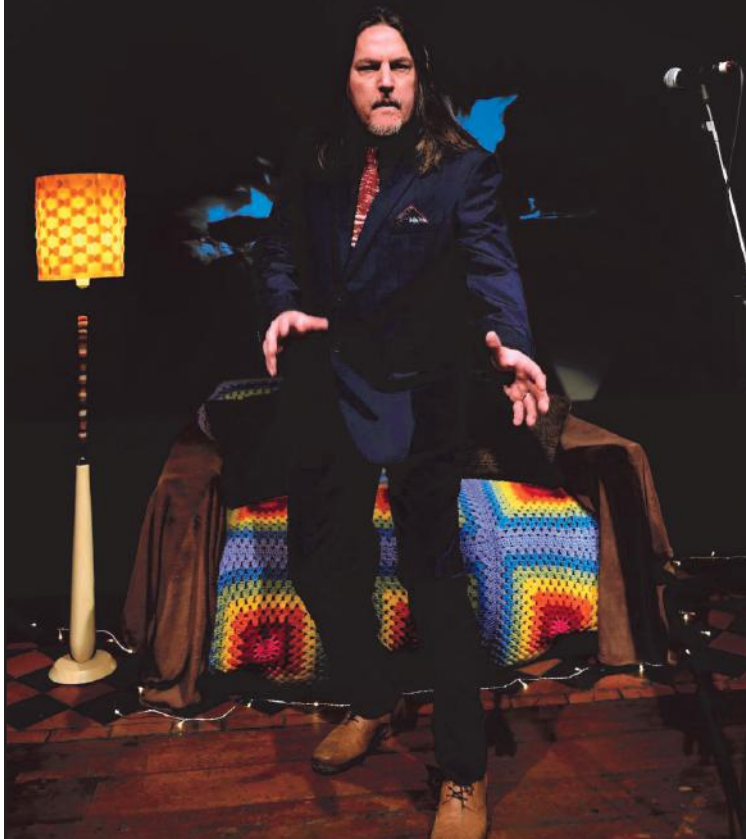
Facebook - <https://www.facebook.com/thewarmandtoastyclub>

Johnno's Words Of Wisdom

"Laugh or be silly at least once a day."

"Be kind, it costs nothing and feels great."

"Jaffa cakes are not a biscuit."



'Who said...?' answers:

1. Victor Meldrew (Richard Wilson), One Foot in the Grave
2. Captain Mainwaring (Arthur Lowe), Dad's Army
3. Frank Carson
4. Leslie Phillips
5. Columbo (Peter Falk), Columbo
6. Max Bygraves
7. Dick Emery
8. Tommy Trinder

Advertising Slogans answers:

1. Fry's Turkish Delight
2. Gilette
3. Cadbury's Milk Tray
4. Opal Fruits
5. Bisto
6. Kellogg's Fruit and Fibre
7. BT
8. Sugar Puffs
9. Alka Seltzer
10. Bran Flakes



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