



**WHAT'S  
STOPPING  
YOU?**

**JOIN THE WAR AGAINST LONELINESS. 2015 - 2016 CALENDAR.**

# WHAT'S STOPPING YOU?

**Start from this moment.**

**Start because you know you can. Start small.**

**Victory is made in many small steps.**

**We may not win every battle, but every time we face a challenge we grow a little stronger.**

**We may fight for different reasons; our own unique paths have brought us here, but united we stand against loneliness.**

**Together we can make a change.**

**Revolution begins with a decision to change life for the better.**

**Allow the spark to ignite. Reach out, connect, and achieve.**

**Remember, we are just as powerful when we start small.**

**Join the War Against Loneliness.**

# WHAT'S STOPPING YOU? JOIN THE WAR AGAINST LONELINESS.

## A WORD ABOUT THE WAR:

Thank you to the SSRG Steering Committee and all of the work groups including Carer Issues, Dementia, Social Inclusion, In Home Services and consumer groups. Thank you also to the Eastern Collaborative project. Collaboration has made this possible.

The recipes throughout this calendar have been inspired by Every Generation Cookbook, Written and Collated by Year 9 Students @UHAS and The City of Mitcham Tuesday Lunch Club.

**The War Against Loneliness includes information from the following projects:**

**Ignite Your Spark:** Motivating and inspiring people to connect in social activities

**Life After Caring:** Information and support for post carers and their families

**Two Hats...Too Hard?:** The demands of juggling paid employment with a personal caring role

**Seniors Southern Services Directory App:** A service directory and information app

**I Can workshop:** Practical tools to promote positive decisions and actions for wellbeing

**Memory Hub:** A central collection of resources focusing on memory loss and brain-health



SOUTHERN SERVICES  
REFORM GROUP



# WHAT'S STOPPING YOU? JOIN THE WAR AGAINST LONELINESS.

## WEAPONS FOR THE WAR

### INTERACT



There are all sorts of local, social activities available. Get involved with something you love doing or, better yet, try something you've never done before.

### EXPLORE



The following tools will help you find places and activities of interest:

SA Community: [www.sacommunity.org.au](http://www.sacommunity.org.au)

Clubs to join: [www.clubsofaustralia.com.au](http://www.clubsofaustralia.com.au)

University of the Third Age: [www.adelaideu3a.on.net](http://www.adelaideu3a.on.net)

Active Ageing Australia: [www.activeageingaustralia.com.au](http://www.activeageingaustralia.com.au)

Meet Up Adelaide: [www.meetup.com/cities/au/adelaide](http://www.meetup.com/cities/au/adelaide)

Volunteering SA & NT: [www.volunteeringsa.org.au](http://www.volunteeringsa.org.au)

WEA: [www.wea-sa.com.au](http://www.wea-sa.com.au)

Art Gallery of South Australia: [www.artgallery.sa.gov.au](http://www.artgallery.sa.gov.au)

Nature Walks: [www.southaustraliantrails.com](http://www.southaustraliantrails.com)

Bookclub Meet Up: [www.bookclub.meetup.com](http://www.bookclub.meetup.com)

Antiques & collectible shops: [www.pristineantiques.com.au](http://www.pristineantiques.com.au)

Contact your local council for additional help in finding resources, services and activities.

### RELAX



This time is about you. Enjoy your own space and company. Embrace contentment in solitude and indulge in things you love.

### MOVE



Find creative ways to integrate physical activity into daily life. Take a stroll on the beach; potter in the garden; complete some light housework; or simply go shopping. Whatever you can manage, keep it up, and make physical activity work for you.

### INITIATE



Be Brave. Take risks. Do new things and invite others to join you. Develop plans and make them happen.

### MEDITATE: The Season's Senses

Every season has its own unique characteristics. Summer, Autumn, Winter and Spring can have very different effects on our lifestyle choices and general wellbeing. We can not control the seasons, but we can choose the way they make us feel. By paying attention to the season's effects on our surroundings, we become more aware of the magic around us, and how our senses respond. This provides the perfect foundation to developing a positive outlook in all things.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MY MOMENTS FOR THE MONTH:
		1	2	3 <b>Explore:</b> Find a community High Tea group 	4	5	_____
6 <b>Interact:</b> Get along to a local High Tea afternoon 	7	8	9	10	11	12	_____
13	14 <b>Explore:</b> Where is your nearest bakery? 	15	16	17	18	19 <b>Initiate:</b> Sunday lunch with family, friends or neighbours 	_____
20	21	22	23 <b>Initiate:</b> Ask your local council about community Volunteering 	24	25	26 <b>Move:</b> Rug up and take a stroll along the foreshore. Feel invigorated 	_____
27	28 <b>Relax:</b> Chocolate donut from the bakery, coffee and crossword: Perfect. 	29	30	31 			_____

# July

Combating feelings of loneliness is not always about social interaction. It is important to reconnect with yourself and find pleasure in moments of solitude. Identify the things you enjoy to do in your own time, and purposefully savour every moment.



# *The* **ICAN**

program is designed to promote positive decisions and actions for wellbeing through a series of workshops.

The following pages include content developed for these workshops.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Let's cook: 31</b> Quiche is quick, easy and packed with protein for muscle health. 					<b>1</b>	<b>2</b>
<b>Relax: 3</b> When is the last time you read something that moved you? 	<b>4</b>	<b>Explore: 5</b> Find your local library or bookstore. 	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>Move: 11</b> Go for a stroll around your local shopping centre. 	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>Interact: 20</b> Would you like to join a book club? 	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

### SIMPLE QUICHE

(Approx 6 servings)

- 1) Preheat oven to 180C.
- 2) Whisk together 4 eggs, 3 tbs melted butter, 1 ½ cups milk, ½ cup S/R flour
- 3) Fold in 1 ½ cup grated cheese and 1 cup finely chopped vegetables\*
- 4) Pour into a 24cm quiche dish or shallow cake tin
- 5) Bake for 30-40 minutes or until set

\*Option to add 1 cup of finely chopped bacon rashers  
 Serve hot with vegetables or cold with salad

# August

Whenever possible find achievable ways to maintain a level of physical activity. This should be tailored to your ability and can include everyday household objects and tasks.

Perhaps try some arm-raises with a can of baked beans in each hand. Think of some creative ways to get physical this month.



## Natural Exercise

Exercise can make a huge positive difference to both body and mind. It acts as a natural anti-depressant and can be vital in maintaining mental and physical wellbeing.

### Setting goals:

Start each week with an achievable list of ways to be physical.

Day-to-day activities can be just as effective as planned and focused fitness.

Tasks such as house cleaning and grocery shopping can be equal to a brisk walk.

Each new week is an opportunity to improve on the last by ramping up your goals.

There is satisfaction in even the smallest challenges.

### Making Decisions:

Explore the way small decisions can help to maintain a physical lifestyle and improve mobility. Catch a bus, or walk, instead of driving; take a stretching or yoga class with a friend, instead of a luncheon.

### Problem Solving:

Seek advice from your healthcare professional regarding any personal physical limitations.

Your GP can help guide you in safe and effective ways to engage in physical activity.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	STUDY COURSES THAT INTEREST ME
	1	2	3	4	5	6	
<b>Explore: 7</b> Discover what short courses are available locally 	8	9	10	<b>Interact: 11</b> Enrol yourself in a short-study course 	12	<b>Initiate: 13</b> Sunday lunch with family, friends or neighbours 	
14	15	16	17	18	19	20	
21	22	<b>Interact: 23</b> Call on a friend, old or new 	24	25	<b>Move: 26</b> Why not try low-impact yoga or Tai Chi? 	27	
28	<b>Relax: 29</b> Put your feet up and listen to your favourite music 	30					

# September

## This Season's Senses: SPRING

Light puffs of pollen twisting and tumbling  
 Chattering birds, and bees that are bumbling  
 Much milder mornings from earlier dawns  
 Waking to smells of freshly-mown lawns  
 Livelier kitchens, with afternoon baking  
 And happy aromas those baked-goods are making  
 Buds that burst open to perfume the Spring,  
 the most fragrant of seasons, a wonderful thing.



## **Eat Wisely**

We are all aware of the physical benefits of eating a balanced diet and keeping within a healthy weight range, but food and drink also plays an integral part in minimising fatigue and maximising energy.

### **Setting goals:**

Eating wisely is as much about time and budget management as it is about health. Pre-planning, clever purchasing and simple preparation is key. Choosing versatile staples to have on hand and drafting weekly meal plans can eliminate spontaneous purchases, and help to achieve goals for both nutritional and financial balance.

### **Making Decisions:**

Food should be enjoyable. It's OK to treat yourself in moderation. Focus on foods that are nutritionally balanced, but allow yourself to indulge every so often without feeling guilty. Try putting a healthier spin on foods that feel indulgent. Nachos are just as satisfying made with toasted pita and topped with Greek yoghurt instead of corn chips and sour cream.

### **Problem Solving:**

Time is always a factor when it comes to cooking and healthy eating. Share time saving tips with family and friends. Instigating discussions around food is an easy and enjoyable way to connect. Try different recipes and methods, and find what suits your lifestyle.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
				1 Explore: Where is your local park?	2	3	4
5	6 Relax: Set aside an afternoon to read in the local park	7	8	9	10	11	
12	13	14 Move: Get into the garden or courtyard today and plan some new additions	15	16	17 Initiate: How about some volunteer work this month?	18	
19	20 Interact: Does a singing group interest you?	21	22	23	24	25	
26	27 Let's cook: Tea cake	28	29	30	31		

### TEA CAKE

- 1) Pre-heat oven to 180C
  - 2) Beat 3 tablespoons of sugar with 1 tablespoon of butter
  - 3) While continuously beating, add 1 egg
  - 4) Add 1 cup of SR flour, ½ cup milk, ½ teaspoon of vanilla essence and mix
  - 5) Pour into a greased cake tin and bake for 10-15 minutes
  - 6) Before the cake cools top with a small amount of butter and a dusting of sugar
- Best eaten same day

# October

Do you know the Seniors Southern Services Directory App provides comprehensive information on community support services and wellbeing?

Search for Seniors Southern Services Directory in the App store for your tablet and smart phones.



# Managing Tiredness

Managing fatigue and tiredness can have a huge impact on your overall wellbeing. In fact, the management of physical and mental exhaustion goes hand in hand with the management of pain, stress, anxiety and depression.

## Setting goals:

Understanding what your rest requirements are, and finding the best way to meet these needs is crucial. Exercising during the day is helpful. Remember it's OK to say "no" to avoid added pressures and overdoing it.

## Making Decisions:

Try meditation and calming exercises prior to bedtime. Choose relaxing activities in the evening and reduce exposure to TV shows or reading material that may increase anxiety. Routine and relaxation can be key in managing tiredness and achieving adequate rest.

## Problem Solving:

Physical pain can make it difficult to find a comfortable sleeping position as well as having a direct effect on overall exhaustion. Using heat and cooling aids, as well as massage, can help with pain management. If you share a bed, experiencing restlessness can be frustrating for both you and your partner. If you are a carer, focusing on your own relaxation routine can seem impossible. In both cases it's important to explore your respite options.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30						1
2	3	Explore: 4 Where is your local nursery or garden centre? 	Relax: 5 Did you plan any new additions for the garden or courtyard last month? 	6	Move: 7 Cress is easy to grow, and great in a salad. Get some from the garden centre 	8
9	10	11	12	13	14	15
Interact: 16 How about trying bowls or croquet? 	17	Explore: 18 Find your local lawn bowls club 	19	Move: 20 Walk barefoot along the beach 	21	22
Relax: 23 Complete a crossword, other word game, or sudoku 	24	25	26	27	28	29

### CHALLENGE YOUR BRAIN

- Complete the games page of the paper
- Pick up a puzzle book from the newsagent
- Challenge family and friends to a card game
- Research a topic that interests you
- Help grand children with homework



# November

Whilst physical activity and strength training is very important, challenging yourself mentally and brain training exercises are also vital to maintaining overall health and wellbeing. There are a number of ways to challenge your brain, improve mental capacity and retention, and even help delay the onset of dementia and other degenerative diseases of the brain.

Did you know the Memory Hub at the City of Onkaparinga Library is a place specifically developed for people with memory loss and their carers. It provides information on dementia and appropriate activities, which are engaging, interactive and promote social interaction. The Memory Hub: A place within the community to connect.

## Relaxation and Breathing

Relaxation means different things to different people. Some may find it relaxing to watch their favourite program on TV. Some people may find it easy to unwind by going for a walk, while others may choose music, reading, or even fishing to relax. Engaging in relaxation techniques creates a feeling of wellbeing and calm.

### Setting goals:

Relaxation is an important factor in overall health. Just as you would make time for physical activity, socializing, and nutrition, set aside a portion of every day for relaxation activities.

### Making Decisions:

Learn the difference between tense and relaxed muscles and try progressive muscle relaxation.

### Problem Solving:

Having a variety of relaxation activities that you enjoy removes barriers such as the weather or limited time throughout the day. Learn deep breathing techniques that can be used in stressful situations at a pinch. Using deep breathing techniques sends messages to the brain to calm down and relax.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	<b>Move:</b> Time to put up the Christmas decorations 	<b>1</b>	<b>2</b>	<b>3</b>	<b>Initiate:</b> Call on an old friend this month 	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>Explore:</b> Wander around your local art gallery 	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
<b>14</b>	<b>15</b>	<b>Move:</b> Summer is perfect for planting basil; try it. 	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
<b>Relax:</b> Read the paper in the park 	<b>21</b>	<b>Let's cook:</b> Shortbread Biscuits 	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>					

## SUMMER SHORTBREAD

- 1) Preheat oven to 150C.
- 2) Line and grease a flat baking tray
- 3) Mix together 175g plain flour, pinch of salt, and 55g castor sugar
- 4) Rub 115g of butter into the dry ingredients to form a dough
- 5) Lightly press the dough onto tray and roll out with a rolling pin until it is around 2cm thick
- 6) Pinch the edges to form a scalloped pattern and prick all over the dough with a fork
- 7) Score the dough with a knife to form 8 portion indicators
- 8) Bake in the centre of the oven for 45-50 minutes until the dough is firm and slightly golden.
- 9) Lightly sprinkle with castor sugar and allow to cool

# December

## This Season's Senses: SUMMER

Crickets that chatter well into the night  
 With the drumming of moths on the patio light  
 The splashing of pools from neighbouring places  
 The shimmer and shine of sunscreen on faces  
 Glorious sunsets with their slow-burning fade  
 And the sparkle and tang of a cold lemonade  
 Feet shuffling sand and the tide tickling toes  
 And Summer's light kisses that freckle your nose



*Change*

**I CAN'T** *into* **I CAN**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	Explore: Is there a farmer's market nearby? 	7	8	9
11	Initiate: Plan a trip to the market this weekend 	12	13	14	15	Initiate: Would you consider adopting a pet? 
Explore: Find painting, pottery, or poetry classes 	18	19	20	21	22	23
25	Interact: Invite your neighbour over for coffee 	26	27	28	29	30
						Move: Take a summer stroll along the beach 

## HEALTH BENEFITS OF PETS

(compared with non-pet owners)

- People who own pets typically visit the doctor less often and use less medication
- Pet owners, on average, have lower cholesterol and lower blood pressure
- Pet owners recover more quickly from illness and surgery
- Pet owners deal better with stressful situations
- Pet owners are less likely to report feeling alone

Based on research compiled for the publication, *Australians and their Pets: The Facts*, Australian Companion Animal Council Inc

# January

An apple a day may or may not actually keep the doctor away, but what about an animal a day? Now, that's a different story. In fact, when it comes to pet ownership, there are a number of proven health benefits for people, including physical, mental and emotional improvements, from enhancing social skills to decreasing a person's risk of heart attack.

An excerpt from *Top 5 Health Benefits of Owning a Pet*,  
by Sarah Grace Mccandless



## Understanding Emotions

Difficult emotions include frustration, guilt, anger, fear, and worry. It's normal to feel all of these emotions, particularly for someone who may have on-going health issues.

### Setting goals:






Exercise, relaxation, socialising, and doing things that make you feel good are practical techniques for dealing with difficult emotions.

### Making Decisions:

It's important not to underestimate the effect that emotions have on our daily lives. If you are feeling the weight of sadness, every task you undertake can feel equally cumbersome and difficult to achieve. Likewise, feelings of joy and elation can enable and empower.

### Problem Solving:

It is perfectly normal to feel both positive and negative emotions. However, if you find that your moods are mostly negative for long periods of time you may be suffering from depression. A major cause of disability is anxiety and depression. Don't suffer alone, share how you are feeling.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3 <b>Relax:</b> Choose and buy pot plants for the windowsills 	4	5 <b>Initiate:</b> Have you received your Adelaide Fringe Guide yet? 	6	7
8	9	10	11	12	13	14 <b>Initiate:</b> Sunday lunch with family, friends or neighbours 
15	16	17 <b>Interact:</b> Enrol in some computer studies 	18	19	20	21
22 <b>Move:</b> Wander around your local shops; buy something for the house 	23	24	25	26	27	28
29						

## IGNITE YOUR SPARK

List activities that interest you

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# February

Identify the things that make you happy. Get involved in activities that you are passionate about. Be creative and inspired, feel motivated to be social and interact with others. You can take risks and feel empowered. There are endless possibilities. Contact a southern council and find local activities



## Communication skills

Making a successful connection with others relies very heavily on communication. Good communication skills can avoid misunderstandings, misinterpretation, and aid in conflict resolution.

### Setting goals:

Be mindful of both verbal and non-verbal communication techniques. Taking notice of the way you interact with others and the resulting outcomes may highlight potential areas for improvement. Is your conversation and body language open or closed? Do you tend to focus more on negative or positive conversation?

### Making Decisions:

Being an effective communicator is equally about listening to others. A good listener will hear what is being said as well as what is not being said. Likewise, a good listener can communicate great comfort to a companion just by making the decision to pay attention.

### Problem Solving:

If verbal communication is physically difficult, there are many different aids as well as specialist support to help. You may even find your own creative ways to engage in communication or assisted conversation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		1 <b>Move:</b> Get in to the garden today	2	3	4	5	6
							
<b>Initiate:</b> 7 Host a games night for friends or family	8	9	<b>Move:</b> 10 Redecorate an area of the house this month, experiment with colour	11	12	13	
							
14	<b>Interact:</b> 15 Take a friend to the movies	16	17	18	19	20	
							
21	22	23	24	25	26	<b>Relax:</b> 27 Put on your favourite music and dance	
							
<b>Initiate:</b> 28 Have you considered learning a new language?	29	<b>Explore:</b> 30 Look around the language-learning section at the library	31				
							

## GAMES NIGHT CHECKLIST

Pictionary

Articulate

Poker

Monopoly

Celebrity Head

Cribbage

Canasta

Trivial Pursuit

**How about hosting a murder mystery night?**

# March

## This Season's Senses: AUTUMN

A muddle of browns through golden-topped trees  
 Clouds that grow fatter, then drizzle and sneeze  
 Full-bodied reds with warm breads and cheeses  
 And temperature changes in soft-stumbling breezes  
 Leaves that take flight as the atmosphere wheezes  
 And a mellowing sun that does just as it pleases  
 This canvas of colours forms a beautiful mess  
 Does art live in Autumn? Emphatically, yes



## Belonging and Support

Feelings of loneliness and being disconnected are significant risks to overall wellbeing. Therefore it is essential to develop and maintain support networks. It's important to note this is very much about the individual's needs. Not everyone needs to be supported in the same way, nor does everyone attain a sense of belonging in the same way.

### Setting goals:

Stay connected regularly with friends and family. Make an effort to develop new friendships and widen your network. If you are experiencing difficult life changes, support groups and connecting with people who have similar experiences can be very helpful.

### Making Decisions:

Support may come from family and friends, walking groups, sporting groups, aged-care services, health services, and many other avenues. Identify the connections that are right for you and take the initiative to reach out.

### Problem Solving:

If you would like to get involved in new groups, it may be difficult to know where to start. Give your local council a call to discuss activities within your community or contact My Aged Care\*. If you are experiencing some difficult life challenges look into joining a support group.

\*[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOALS FOR THIS MONTH
				1	2	3 <b>Interact:</b> Introduce yourself to neighbours you haven't met	Physical
4	5	6	7	8	9	10	Emotional
11 <b>Relax:</b> Crossword, coffee and chocolate donut from the bakery	12	13	14	15 <b>Let's cook:</b> Anzac Biscuits	16	17 <b>Initiate:</b> Take some Anzac Biscuits to the neighbours	Brain Health
18	19	20	21 <b>Interact:</b> Most libraries have book clubs you could join	22	23	24	
25	26	27 <b>Initiate:</b> Talk to your family or friends about how you are feeling	28	29	30		

# April

"As Australia's population ages, greater numbers of people aged 65 years or over may experience social, emotional and physical health problems associated with loneliness. This requires serious attention not only on a broader societal level, but also by those who come in contact with older people on a daily basis ..."

Stanley, M. 2011 *Cultivating People, Programs and Community, Making a difference for older people who are lonely*



## Positive self-talk

Self-talk is the way we talk to ourselves. Focusing on positive self-talk goes a long way in achieving goals. It is important to remind yourself of the things that you have accomplished rather than obsessing over things you may not have achieved.

### Setting goals:

Putting too much pressure on yourself can breed frustration and discontent. Be realistic when setting goals and see the benefit in small victories. Using the motivation of positive emotions creates a snowball effect, increasing the ability to achieve greater challenges.

### Making Decisions:

Avoid letting negative thoughts stunt your decisions. Start the day with a positive spin on your thought processes. Make a conscious effort to change I Can't statements into I can.

### Problem Solving:

If you are finding barriers in motivation and mood, try using positive affirmations throughout difficult stages of your day. Many people find writing and reading affirmations very useful in breaking down negative thoughts.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	CREATIVE EXPRESSION	
30	31					1	Dancing Acting Writing	
2	Explore: 3 Do you know the public transport benefits for senior's card-holders? 	4		5	Move: 6 Plan a day out, be bold, and use only public transport 	7	8	Music and Singing Painting Pottery and Craft
9	Move: 10 Get out into the sunshine today and write 	11	12	13	Explore: 14 Is there a local amateur drama group in your area? 	15	Fitness Cooking and Nutrition Sculpture	
16	17	18	Relax: 19 Watch a favourite film you haven't seen in years 	20	21	Interact: 22 Get along to a local drama production. Even better, get involved! 	Sewing	
23	24	25	26	27	28	29		

# May

"Make a list of any creative activity that you once enjoyed ... without forcing, gently ask yourself how you would feel about trying these activities now? If nothing inspires you, or if you've never considered yourself creative before, then how about trying something new?" ... "You may find it useful to join a local class in your chosen activity. This could open up your social life and allow you to be supported by others."

Jenkinson, A. 2004 Past Caring, The Beginning Not The End



*Change*

**I CAN'T** *into* **I CAN**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3 Explore: Find a Social Card Group near you 	4	5
6	7	8 Interact: Get along to a social card group 	9	10	11	12 Initiate: Sunday lunch with family, friends or neighbours 
13	14	15 Explore: Find a local bric-a-brac and buy something you love 	16	17	18	19
20 Let's cook: Cold weather calls for hot soup 	21	22	23	24	25	26
27	28	29	30			

Playing cards is the perfect way to maintain an active mind and social interaction without the physical demand. There are many social card groups that engage at all skill levels.

### POTATO AND LEEK SOUP

(Approx 4 servings)

- 1) Chop 7 rashers of bacon into small pieces, fry in a small amount of oil until golden
- 2) Clean and cut 2 large leeks into small pieces
- 3) Peel and cut 4 large potatoes into small pieces
- 4) Fry leeks and 2 cloves of garlic (minced) in a pot with a small amount of oil
- 5) Add potatoes and 1/3 of bacon pieces and stir for 1 minute
- 6) Add 5 cups of chicken stock, bring to the boil
- 7) Reduce heat and simmer for ½ hour
- 8) Add the mixture, and 1 teaspoon of Dijon mustard, to a blender and blend until smooth
- 9) Add remaining bacon and ¼ cup of thickened cream

Serve warm with chopped herbs, salt and pepper to taste

# June

## This Season's Senses: WINTER

Winds that sweep grasses or rattle the doors  
 A light clap of thunder, or striking applause  
 The sparkle of rain on the black of the street  
 The warmth of wool socks on the soles of your feet  
 Smoke coiling chimneys from newly stoked fires  
 And the fresh smell of linen as it turns in the dryer  
 Soups on the stove, and warm toast with tea  
 There's a wonder in winter, look closely, you'll see



