

ON THE NOTICEBOARD...

Sheltered Housing Christmas Bash
 The Shepherds Inn 11th December 12.30
 Christmas Dinner and Entertainment -
 Cantonelles Choir back by popular demand!

CUMBRIA COMMUNITY AWARDS 2008
 Barras House Residents have been selected as one of the two finalists for Cumbria Community Awards Greener Communities. The awards evening will be held at Rheged, Redhills, Penrith and two project representatives will be attending from Barras House. Congratulations to Barras House for getting to the finals and thank you for all your voluntary work to date.

Competition!
 As we are nearing Christmas we have decided to hold a competition in December for the best dressed Christmas Tree!
 The prize for the **Best Dressed Communal Christmas Tree** will be a Christmas Hamper for the winning Unit to share!

Headless over Heels!
 Bob Roberts of Barras House spent many weeks putting together Anne Boelyn for the Dalston Scarecrow week representing Barras House and helping to include us into Dalston Festival week. There is a prize of a bottle of wine for anyone who can guess what her neck collar is made of, submit your answers to your wardens who will pass them onto Marianne Davidson, Warden of Barras House.



6th November Unit Together Day at Harraby Catholic Club all tenants welcome Buffet lunch, Entertainment (sing along) Bingo. See your Scheme Manager for details.

FUTURE NOTICES
 If you have any notices you would like to see included in the notice board section in the next edition of **The Schemer** please let your Scheme warden know and they will pass it on to the editors to feature in the next copy!



CARLISLE HOUSING ASSOCIATION SHELTERED HOUSING NEWSLETTER



ELSIE OF ARNSIDE COURT!

Miss Elsie Moffat celebrated her 82nd birthday on the 5th August this year.

Elsie has lived in Arnside Court for 34 years, she moved in with her mother when the scheme opened 34 years ago. Sadly Elsie's mother died, but Elsie continued to stay in her flat at Arnside, as she is registered blind she requires familiarity with her surroundings.

Elsie has never let her lack of sight stand in her way of doing anything and although latterly she is unable to go out to the local shops unassisted she did up until a few years ago. Elsie knits, enjoys Bingo and attends coffee mornings at Arnside Court and is involved with the Church next to the Scheme (St Elizabeth's). She attends service every Sunday and communion once a month which is held in the lounge.

Elsie travels alone on the bus to Hertfordshire usually twice a year in the summer and at Christmas to visit her niece, she also has a weeks holiday once a year this year she went to Silloth.

Elsie has seen many changes within Arnside Court over the years. She enjoys living at Arnside Court and she is much respected by her fellow residents. Elsie is known by many in the community and has made many friends over the years!

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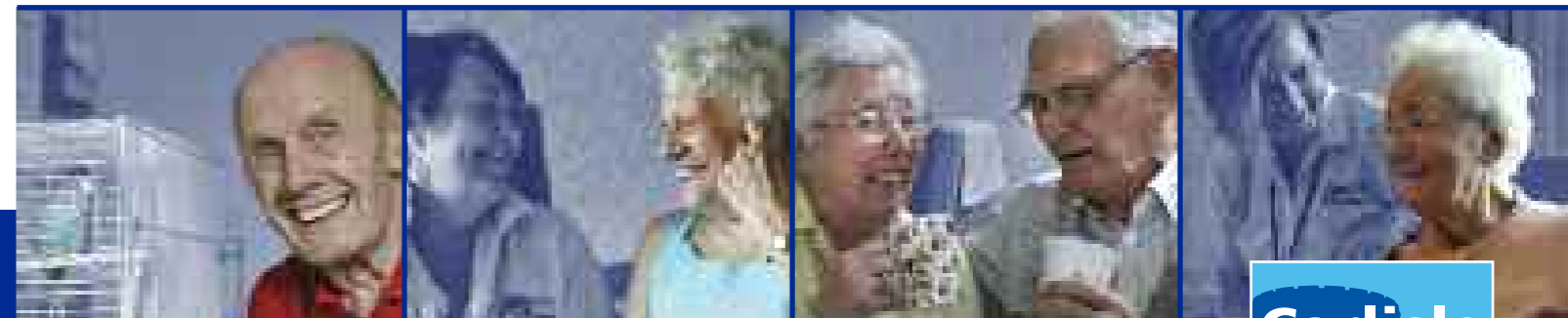
No spring nor summer beauty hath such grace, As I have seen in one autumnal face
 - John Donne

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Carlisle Housing Association
 English Gate Plaze
 Botchergate
 Carlisle CA1 1RP

A member of the Riverside Group
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 Registered as a charitable Industrial and Provident Society No. 29361R



MEET THE SHELTERED HOUSING SUB GROUP

Members of the Sheltered Housing Sub Group include:

MARIANNE DAVIDSON - Warden of Barras House, her hobbies include Gardening, and she loves to play on her Sony Playstation - in particular she enjoys adventure/Quest games, her favourite is 'The Dark Chronicles'. Marianne volunteered for the Group to help establish what is actually needed for the future of Sheltered Housing.

ROBERT ROBERTS - Resident of Barras House, his hobbies include gardening, art and music - he enjoys everything and anything except opera and rap, he also enjoys crafts and is interested in all the latest gadgets that are new and challenging! By being part of the Group Bob wishes to help establish what is actually needed for the future of Sheltered Housing, and would like to act as a voice for Barras House, and to be actively involved in discussions regarding Sheltered Housing.

TREVOR ALDRIDGE - Resident of Morton Court, his Hobbies include pets and animals. Trevor lives with his dog Lady who is a famous face around Morton Court, he likes to read and go retail shopping, he used to be into collecting antiques but not so much nowadays. Trevor hopes that by being on the Sub Group he can help organise things to improve Sheltered Housing for current and future residents.



L-R Marjorie Finlayson, Alan Hiatt, Isabel Simpson

MARJORIE FINLAYSON - Resident at York Court her interests include pets and animals, Marjorie lives with her dog Bailey. She also enjoys shopping, watching films and catching up with the soaps! Marjorie is pleased to have been given the opportunity to be involved as part of the Sub Group because she is interested to see what's going on in and around Sheltered Housing.

ISABEL SIMPSON - Resident at Freshfield Court, she loves to read and enjoys playing on her Nintendo! By being on the Sub Group Isabel hopes to be able to make a difference by being a representative for Freshfield Court - communicating the residents views, ideas and opinions back to the Group and CHA.

ALAN HIATT - Warden at Freshfield Court - Alan's hobbies include chess, painting and watching Rugby League. He's also really interested in surfing the net and finding out new and interesting things! Alan thinks this is an exciting time for Sheltered Housing and would like to think that by being a part of the Sheltered Housing Sub Group, he can help to feedback to his scheme as a 'guider'. He is interested in current and future projects of Sheltered Housing also.

ITEMS DISCUSSED AT THE LAST MEETING

- Wardens involvement in social outings
- ISS Waterers - Gardening at Morton Court
- Relief Wardens position - greatly missed by residents of Sheltered Housing
- Careline Services



L-R Trevor Aldridge, Robert Roberts, Marianne Davidson



IN THE COOKS KITCHEN

DELICIOUS RECIPES FOR YOU TO TRY...

Our Winter Warmers!

AUTUMN HARVEST SOUP

- 1 - 2 teaspoons oil
- 1.2 lb (225 g) onions, finely sliced
- Pinch of sea salt
- 1.2 lb (225 g) pumpkin, diced
- 1.2 lb (225 g) carrots, diced
- 1.2 lb (225 g) sweetcorn kernels
- 2 pints (1.1 litres) water
- 1 - 2 teaspoons miso or yeast extract
- 1 - 2 tablespoons parsley or spring onions

1. Warm a large, heavy soup pot and brush with the oil. Add the onion and salt, and saute until transparent, stirring to prevent burning.

2. Stir in the remaining vegetables and cook for 3 minutes before adding the water. Simmer gently for 30 minutes, until the vegetables are tender.

3. Leave the vegetables whole, or sieve or liquidise. Reheat and season with the miso and serve garnished with the parsley or spring onions.

HOT AUTUMN PUDDING

Prep: 15 min • Cook: 10 min

- 2 large tea cakes
- 30g unsalted Butter
- 3 tbsp Honey
- 2 oranges, grated rind
- 450g Plums, stoned and cut into slices
- 170g Blackberries
- 3 tbsp orange liqueur

1. Heat a grill or griddle pan. Cut each teacake in half and grill or griddle on both sides for approximately 1 minute or until lightly toasted.

2. Meanwhile melt the butter in a frying pan, add the honey, orange juice and rind and cook for approximately 30 seconds, stirring frequently.

3. Add the plums cover and cook for 4-5 minutes until tender. Remove the lid add the blackberries and orange liqueur and cook for a further 20-30 seconds, uncovered.

4. Place a warm teacake half, cut side up on each serving plate. Spoon over the hot fruit jam and serve each serving with a spoonful of clotted cream.



POETRY *Corner*

inviting Residents & Wardens to include their favourite poetry or poetry they have written for others to read and enjoy!

HOME

The sun rose so slowly on this summers morn
And once again as always another day was born;
High on the fields the dawn chorus had begun
And longhaired sheep warmed in the morning sun:

Water sparkled like diamonds as it cascaded down
the fell
Keeping to its course that it knew so well;
Down the valley people began to stir
Bed was no place to be this time of year:

People out walking with their family dogs
And somewhere in the distance the sound of
croaking frogs;
The paper boywhistling as he pedals down the lanes
Delivering papers and magazines in sunshire or in
rain:

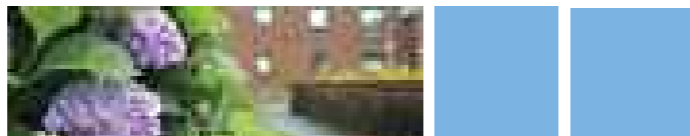
As the sun climbed higher in the morning sky
All teh children were in school, you could hear the
mothers sigh:
Gardeners are out early tending to their plots
Hoping that this year they will get a bumper crop:

When you look down upon this rural scene
Seeing all those myriad colours and different shades
of green;
you should feel lucky and perhaps a little small
As mother nature is still the strongest of us all.

submitted by Ken Wedderburn of Freshfield Court

TEATIME QUIZ ANSWERS

- | | |
|---------------------------|---------------|
| 1 Stanely Matthews | 4 A5 |
| 2 Rob Roy | 5 Lima |
| 3 Melvyn Bragg | |



To All Tenants & Visitors

Take a stroll into Barras House gardens
Not with shade or hoe
But just to appreciate how the flowers grow,
Take a seat you'll find there in the garden
and breathe in the pure fresh air,
Look around you and wonder at all the nature
whilst you are sitting there.
For we all need natures beauty to make our lives
complete
The deep blue sky above us,
The flowers at our feet
The mountains and the rivers
and the little birds that sing, are a combination of the
joys that nature surely brings.

submitted by Frank Todd of Barras House



Octobers Party

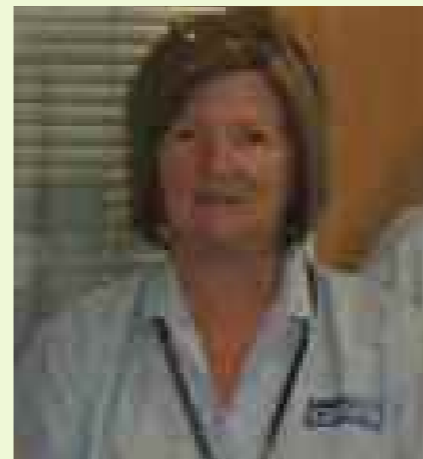
October gave a party;
The leaves by hundreds came-
The Chestnuts, Oaks and Maples,
And leaves of every name
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing
Professor Wind the band.

The Chestnuts came in Yellow,
The Oaks in crimson dressed;
The lovely Misses Maple
In scarlet looked their best;
All balanced to their partners,
And gaily fluttered by;
The sight was like a rainbow
New fallen from the sky.

Then, in the rustic hollow,
At hide and seek they played,
The party closed at sundown
And everybody stayed.
Professor Wind played louder;
They flew along the ground;
And then the party ended
In jolly "hands around".

By Poet George Cooper

YOUR NEWS & VIEWS



HELLO BARBARA...

**Introducing Barbara Ewings as
new Warden at York Court
(replacing Jen Irving who
retired last month)**

After taking redundancy from Cavaghan and Gray London Road site 2004 where Barbara worked for 20 years, her Mother had been diagonised with Heart problems and was in early stages of Parkinsons and had carers visiting her daily and they were excellent with her throughout her illness, this helped Barbara choose a different career path and join a care group as a mobile home carer where she stayed for 3 enjoyable years some of her clients were living in York Court.

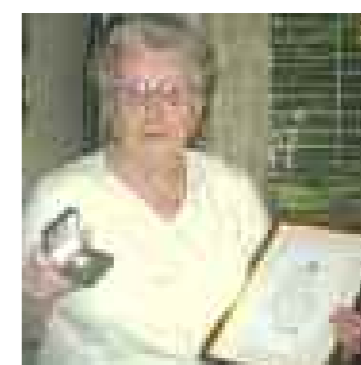
Barbara saw the advert for Relief Warden in the evening paper and filled in the application form as she was looking for day work rather than shifts but still involved with helping people. She joined the Riverside Group in November 2007 on a temporary contract and succesfully got the full time position when Jen Irving retired.

"I can honestly say this is the most rewarding and enjoyable job I have ever had" - said Barbara



WELL DONE BARRAS HOUSE

Barras House was awarded a silver Gilt Medal Award for becoming joint runner up in The Best Residential Home catagory of Cumbria In Bloom competition! Well Done!



FREDA'S CERTIFICATE OF RECOGNITION

Freda Stewart of Arnside Court was awarded her Land Army Certficate in recognition of her unsparing efforts as a loyal and devoted member of the Womens Land Army during World War 2, Congratulations Freda!



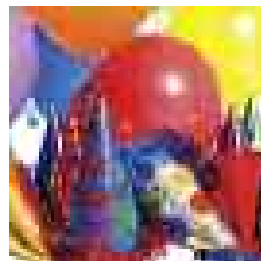
SHOPPING TRIP TO DUMFRIES

On the 24th Sept Jacqui McCann accompanied Residents of Ladyseat on a shopping trip to Dumfries! The day was thoroughly enjoyed by all!

A warm welcome to the new tenants of Sheltered Housing!

York Court
Mrs Gladys Gaughey
Mrs Joyce Edgar
Mr Bobby Little

Arnside Court
Mrs Flo Lavery
Mr J Boyd
Mrs Ann Goodall



BIRTHDAYS ANNIVERSAIRES & SPECIAL EVENTS

LILIAN TURNS 90!

Lilian Quig is 90 on 25th of October, Lilian moved into Arnside Court in 2007 and since then she has renovated the garden at the front of the Scheme and put several new flower beds and many plants into plots dug out by her hands at the back of the Scheme! She has limited mobility and uses a three wheeled walker at all times and gets down on her hands and knees to put in plants and take out weeds despite her mobility problems Lilian has worked very hard all year in the garden, all at her own expense.

HAPPY BIRTHDAY TO...

Sadie McKenzie who turned 79 on the 9th September
Barbara Lamb was 87 on 8th October
Win Corbett will be 91 on 31st October



JULIA SET TO PARTY AT MORTON COURT

Julia Barnes the Domestic at Morton Court celebrates her 60th on the 27th October, Julia is soon to retire on the 24th October so will be having a joint leaving/brithday bash with the Wardens and residents of Morton Court.

MARIANNE CELEBRATES HER BIRTHDAY

Marianne Davidson, Warden of Barras House celebrated her birthday on the 19th September, to mark the occassion she received a gorgeous bunch of flowers from her residents.



HAPPY BIRTHDAY MARGARET ABBOTT a long time friend and tireless volunteer for Westhill House

TEATIME Quiz

- Who was the first professional footballer to be knighted?
- By what name was the scottish outlaw Robert McGregor better known?
- Who presented the ITV arts show The South Bank Show?
- Which of the following is the smallest paper size: A3, A4, or A5
- What word is used in international radio communications to denote the letter L?

Answers on page 6



WHATS ON IN AND AROUND CARLISLE

NOVEMBER

- 1st Fireshow - Bitts Park 7pm
- 2nd Countryside Family Fun Day - Carlisle Race Course
- 10th National Hunt Raceday - Carlisle Race Course
- 16th Christmas lights switched on - Carlisle Town hall
- 28th-7th Dec - Red Riding Hood - West Walls Theatre

DECEMBER

- 3rd - 7th Christmas Market - City Centre
- 3rd - Crime Stories of the Citadel - Citadel
- 11th - Carol Parade followed by a Hog Roast - City Centre
- 21st - Festival of readings & Carols - Carlisle Cathedral
- 27th - 30th - Life in a Medieval Castle - Guided Tours - Carlisle Castle



SODUKO FUN

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CELEBRATING HARVEST FESTIVAL

York Court and Bishop Goodwin Primary School joined together for a harvest festival event! The day was enjoyed by all and they hope to meet again next Autumn.

AUTUMN WORDSEARCH

Y	M	V	R	A	L	N	S	E	Z	A	Y	N	H	Q
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- | | | |
|------------|-----------|-----------|
| ACORN | BONFIRE | HAYRIDE |
| BEAUTIFUL | CRISP | NOVEMBER |
| CORNUCOPIA | HARVEST | PUMPKIN |
| FOOTBALL | MIGRATION | SCARECROW |
| LEAVES | ORANGE | SEPTEMBER |
| OCTOBER | RIPE | SUNSHINE |
| RAKE | SEASON | |
| SCENIC | SUNFLOWER | |
| SQUIRREL | AUTUMN | |
| YELLOW | BROWN | |
| APPLE | FOLIAGE | |

