

ON THE NOTICEBOARD...

THANK YOU

The Staff at Freshfield Court would like to give thanks and appreciation to the residents of Freshfield Court for all their hard work and efforts for organising the Table Top Sale that was held earlier in June, it was a big success!

ATTENTION ALL PEOPLE OVER 50!

Would you like to share your experiences of services in your area?
Do you want an opportunity to meet with other people to hear their views?

Why not come along to the Carlisle Forum for over 50s and find out more
Wednesday 17th September 2008 at 1pm
York Court Housing Scheme
York Gardens, Upperby, CA2 4HP

Refreshments will be provided
Travel expenses are available

What is a forum?

- Forums give a collective voice in order to influence decision-makers on matters which impact on our every-day lives.
- They can provide social activities, trips and events
- They can provide a platform where you can speak out on the issues that concern you.

For more information contact:

Susan Edwards 07825 207024

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!



Calling all Budding Journalists!

We at Carlisle housing association are looking for as much of your input as possible in order to make the sheltered housing newsletter a big success!

So please take this opportunity to tell us what it is you would like to see featured in your newsletter, such as letters to the editor, views on the news, notices of special birthdays, events or occasions, quizzes & Puzzles, all ideas welcome and the more creative the better!

Please direct all ideas to your scheme's warden who will kindly pass them on to us.

We at CHA value your input and look forward to hearing from you!



ISSUE ONE - SUMMER 2008

CARLISLE HOUSING ASSOCIATION SHELTERED HOUSING NEWSLETTER



In a valley late bees with whining gold Thread summer to the loose ends of sleep....

Allen Tate (1899-1979)



IN THIS ISSUE...

Louise's Wedding Joy	01
Your News & Views	02
• Eric Remembers	
• Alliance Pharmacy Prescription Service	
• Outing to Alston	
• Goodbye Jen	
• Teatime Quiz	
Birthdays, Anniversaries & Special Events	04
What's On	
- In and Around Carlisle	05
Summer Wordsearch	05
Mary & Joan are Praised	06
In The Cooks Kitchen	07
On the Noticeboard	08

LOUISE'S WEDDING JOY

Arnside Court Warden Louise Irving recently got married to Roy Langley on 31st May 2008 at St Andrews Church in Thursby. The happy couple celebrated their nuptials on a beautiful summers day surrounded by many loved ones. They later spent an exotic honeymoon in Egypt!

IT'S ALL IN THE NAME

The winner of the Sheltered Housing Magazine Name Competition was Freshfield Court with 'The Schemer'

They have won a prize
£20 gift voucher!

DESIGNED BY PRINT GRAPHIC LTD • 01228 593900



Carlisle Housing Association
English Gate Plaze
Botchergate
Carlisle CA1 1RP

A member of the Riverside Group
Financial Services Authority Registration No 712C
Registered with the Housing Corporation No. LH4350
Registered as a charitable Industrial and Provident Society No. 29361R



ERIC REMEMBERS

Eric takes us back to World War II and his memories of the Middle East



Eric, a resident at Freshfield Court, joined the Pacific Fleet in 1944 and was involved in several major battles of that period including the Battle of Okinawa. His ship was also alongside the US Missouri when the Japanese surrendered in 1945.

In January of the next year Eric, as a volunteer, entered the devastated city of Hiroshima as part

of a British contingent sent to organise the rehabilitation of the city.

Eric's most abiding memory, aside from the fact that the city brewery had remained intact whilst everything around it had been flattened, was the courtesy shown to him and others by the Japanese people. He eventually left in 1947 having spent three years there.

ALLIANCE PHARMACY PRESCRIPTION SERVICE

Alliance Pharmacy- They will come to any of the Sheltered Units to provide a prescription service- which is free of charge! They will install a post box for prescriptions within the Unit which will be collected daily and will be returned free of charge! They also provide toiletries i.e Hand cream, liquid soap, Face cloths and shampoo etc.

If you are interested in this service and would like to hear more please contact **Ellen Penny on 01228 792859.**



Barras House were recently awarded £485. The money was raised by 6 form students of Caldew School for a Low Vision Reading Machine.



IN THE COOKS KITCHEN

DELICIOUS RECIPES FOR YOU TO TRY...

CARIBBEAN LAMB AND SWEET POTATO CURRY

This is ideal if you love curry but don't like it too hot! It is aromatic and mouth wateringly delicious and very easy to make! Serve with rice and naan or flat bread.

- 800g diced leg of lamb
- 1 onion
- 2 cloves of garlic
- ¼ teaspoon of ground cloves
- ½ teaspoon of tumeric
- ½ teaspoon of cinnamon or nutmeg
- 2 tablespoons of Patak's curry paste
- 2 teaspoons of garam masala
- 1 tin of tomatoes
- ½ a lime
- Chicken stock
- 2 small sweet potatoes

Fry off all spices - apart from curry paste - with onions and garlic until soft. Then add lamb and brown - add extra oil if it is sticking. Next add tomatoes lime juice sweet potatoes (in small chunks) and enough stock to cover the meat etc. Put it in a casserole dish and place in the oven at 200 C and leave for about 1.5 hours. The longer it cooks the better - so cook on a lower temp for longer if you can.

YUMMY GARLICKY CHEESY POTATO PIE!

I can't really put in quantities here as you need to vary the quantities to suit your taste.

- Potatoes - new or old
- Mature Cheddar
- Garlic
- Onions - red preferably
- Butter and milk
- Sesame seeds
- Pack of shortcrust pastry

Use a deep flan dish or pie dish - with a depth of 6cms approx. It cooks better in metal but Pyrex or pottery will do.

Boil your potatoes - quantity according to your dish size. Mash then roughly with butter and milk. Fry the onions and garlic then add to the mash. Cube some Cheddar and add this to the mixture.

Roll out your pastry and line your pie dish. Place potato mixture in it and press down with spoon. Then sprinkle with sesame seeds and place in the oven at 200 C until brown - for about 30 mins.

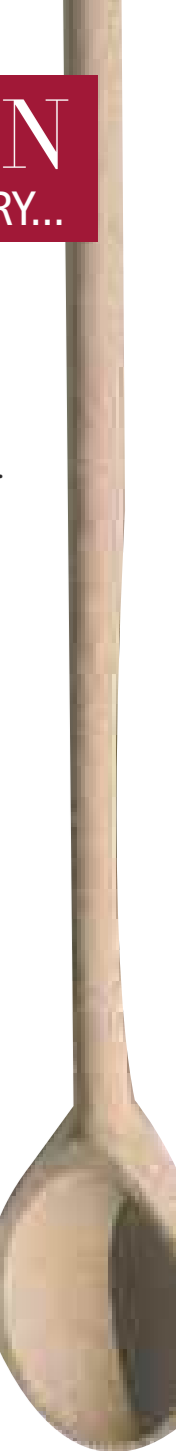
SPINACH AND FETA PIE

- 1 pack of short crust pastry
- 1 pack of baby spinach
- 1 pack of feta
- Pine nuts - as many as you like
- Nutmeg
- 2 cloves of garlic
- 1 red onion

Fry off onion and garlic in a little olive oil - in a wok or large pan. When softened add the pack of spinach and let it wilt. Then add the cubed feta, pine nuts and nutmeg, with a little black pepper.

Roll out the pastry and place on a baking sheet. Place spinach mixture in the middle and using a pastry brush wash the pastry with milk around the edges. Fold pastry over the mixture and seal edges by crimping them together. Brush the pastry with more milk mix and place in the oven until brown on 200 C.

Great served with new potatoes and a green salad.





MARY & JOAN'S WAR EFFORTS ARE PRAISED

Both Mary Palmer and Joan Banks of York Court have recently received their badges and a signed letter from the Prime Minister, Gordon Brown, in praise of their efforts during World War II.

Congratulations!



ULLSWATER VISIT

Freshfield Court recently visited Ullswater in the Lake District for a day away in July. The residents thoroughly enjoyed a ride of the lake boat and a spot of lunch at a local hotel!

BLOOMING MARVELLOUS

Despite the dull weather many of the gardens at our Sheltered Scheme's are looking bright and beautiful.

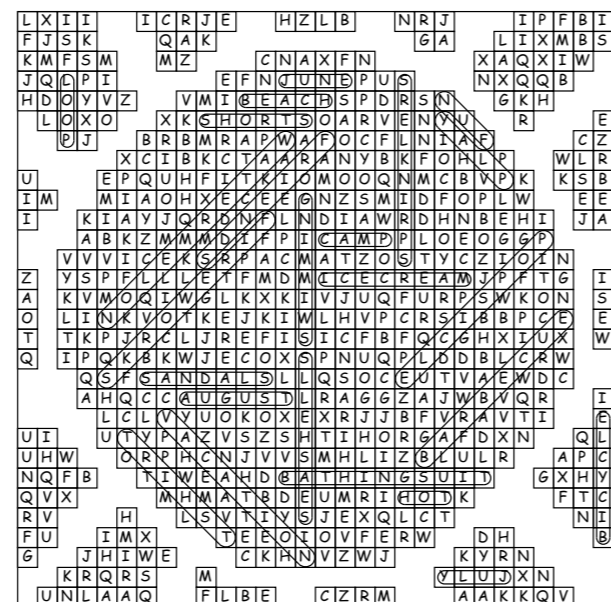
Thank you to all our green fingered residents, their hard work and efforts are very much appreciated!



TEATIME QUIZ ANSWERS

- 1 Reg Smythe
- 2 The Lungs
- 3 Anne Boleyn
- 4 Scafell Pike
- 5 Aardvark

SUMMER WORDSEARCH ANSWERS



YOUR NEWS & VIEWS

York Court have been awarded £100 by Sellafeld Contractors Group Charity Committee. They intend to put this money toward their resident social fund!



GOODBYE JEN

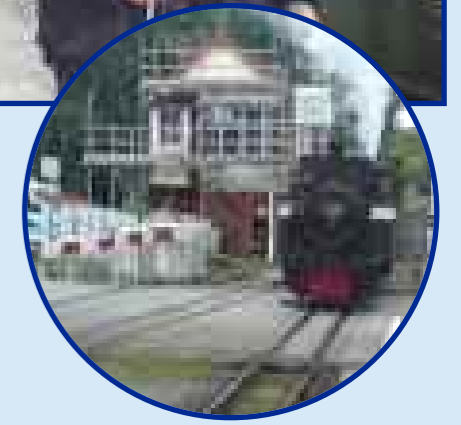
Jen Irving will retire on the 28th of August from her post as Warden for York Court after 7 years. She has been an asset to the Assisted Living department and will be greatly missed by both residents of York Court and work colleagues and we wish her all the best for the future!



Please let us know of any News & Views you might like to share with the rest of Sheltered Housing, to include the next issue of 'The Schemer'

OUTING TO ALSTON

Westhill House residents made page 3 of Cumberland News in July. The residents enjoyed a day out to Alston to enjoy a ride on the Alston and Kirkhaugh steam train!

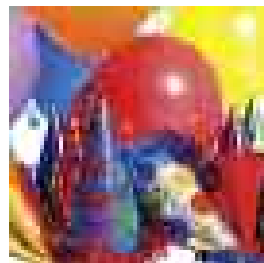


TEATIME Quiz

- 1 Which cartoonist created Andy Capp?
- 2 What organs does Silicosis affect?
- 3 Who was the second wife of Henry VIII?
- 4 Which is the highest mountain in England?
- 5 Which is the first animal listed in the Oxford English Dictionary?

Answers on page 6





BIRTHDAYS ANNIVERSAIRES & SPECIAL EVENTS



HAPPY 100TH BIRTHDAY GERTRUDE

Gertrude Parr from York Court celebrated her 100th birthday on Sunday 3rd August!

When the heat of the summer
Made drowsy the land, A dragon-fly came
And sat on my hand;

Eleanor Farjeon (1881-1965)



ELSIE CELEBRATES HER 82nd BIRTHDAY



Elsie Moffat is 82 on the 5th August also. Elsie has been a resident at Arnside Court for an astounding 34 years and has become quite a face in the community over the years. Elsie is registered blind but has never let that get in the way of her independence. Elsie enjoys knitting and Bingo and regularly attends resident coffee mornings and is a loyal member of St Elizabeths church in Harraby.



HAPPY BIRTHDAY!

- Happy Birthday to Martha Barnes at York Court who recently turned 98 in July
- Maurice Warwick 76 Years of age on Wednesday 23rd July
- Robert Roberts from Barras House celebrated turning 87 on the 5th August!



WHATS ON IN AND AROUND CARLISLE

THE SANDS CENTRE

- Sept 5th - Colin Fry - An evening of clairvoyance with TV's psychic.
- Oct 11th - Moscow Philamonic Orchestra
- Oct 12th - Jim Davidson
- Oct 16th - An audience with Jim Bowen
- Oct 17th - Jane McDonald
 - Oct 18th - Ken Dodd
 - Oct 26th - Spirit of the Dance



TULLIE HOUSE

- 19th July to 14th Sept - 'Abram Games' exhibition(1914-1996) Country's official WW2 poster designer.
- August 19th - Drop in exhibition - World War 2 1pm-4pm
- Sept 16th - 'Brief history of time peices' Lunchtime discussion 1pm - 1.30pm

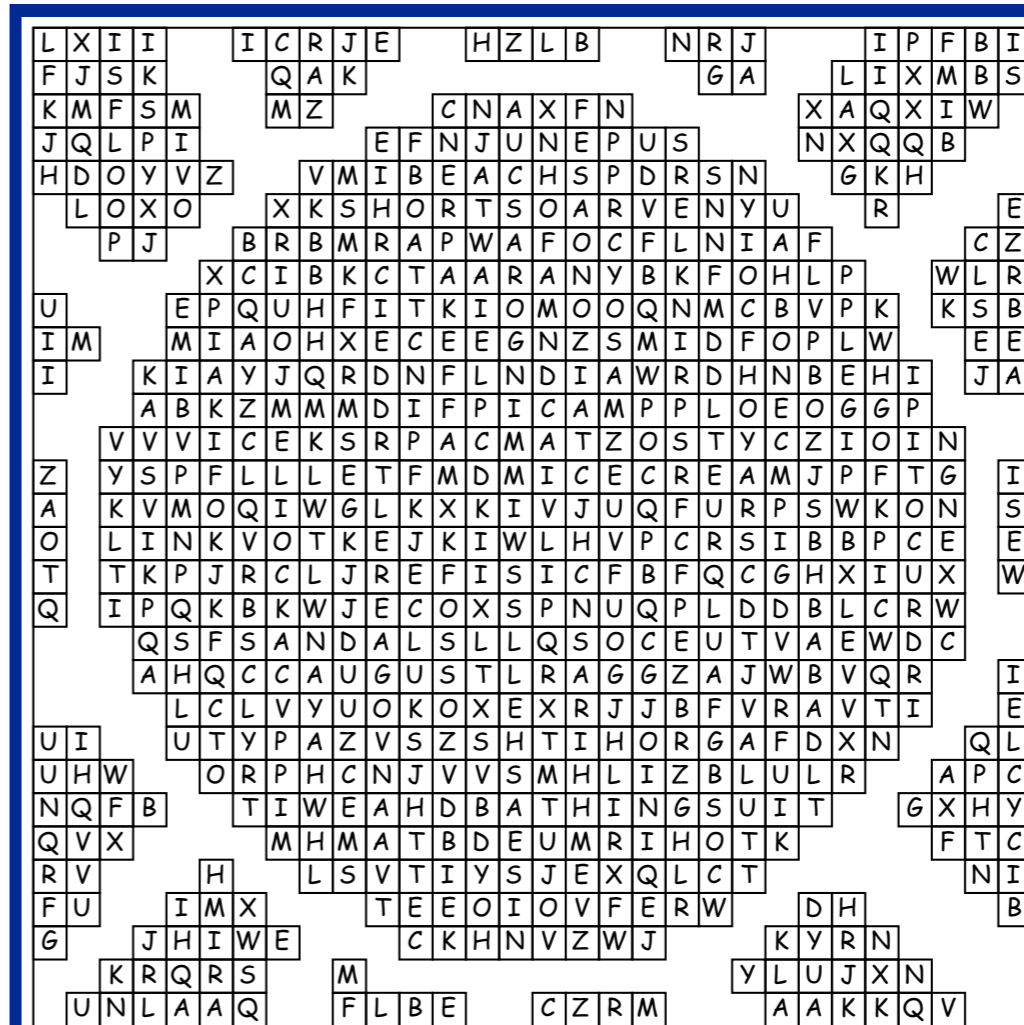
VUE CINEMA - Senior tickets £4.35

- Weekend Matinee's
- 8th Aug - 27 Dresses
- 15th Aug - Fools Gold
- 22nd Aug - Smart People
- 29th Aug - Gone baby Gone

Refreshments provided, tea, coffee and biscuits.



THE SUMMER WORDSEARCH



- BEACH
- PLAY
- CAMP
- FRIENDS
- VACATION
- BATHING SUIT
- HOT
- POOL
- FUN
- JUNE
- POPSICLE
- SHORTS
- SWIMMING
- SPRINKLERS
- BARBECUE
- JULY
- WATERMELON
- T SHIRT
- ICE CREAM
- BICYCLE
- FIREWORKS
- AUGUST
- SEA SHELLS
- SANDALS

Answers on page 6

