

# HARLAWHILL NEWSLETTER

## CORONAVIRUS SPECIAL

Hello everyone, we hope that you are all keeping well at the moment and keeping this nasty bug at bay. It is a horrible virus which has struck down a lot of people, and in particular, elderly people. Just like us. That is why the government had to close down the Day Centre, to protect our elderly members of the community and to help stop spreading this disease. This certainly seems to be working as we have “appeared” to have reached the peak of this illness and the hospital admissions have gone down as well as the number in Intensive Care. However, there is still a bit of work to be done yet.

People over the age of 70 as well as vulnerable people with underlying ailments were asked to stay at home, to remain “shielded” from the virus and therefore help the NHS from being overwhelmed. You, and all your friends at Harlawhill, have done / are doing that and for that we thank you very much.

We were initially all asked to stay at home and remain protected for 12 weeks which I know seems like a very long time but we are now at the halfway stage of these instructions and I know that you will continue to stay safe, stay at home and help the NHS.

Fiona and all the care staff and volunteers at Harlawhill are thinking of you all and will continue to keep in touch by phone, looking thru’ the window or the other ingenious ways they have of letting you know that you have not been forgotten about.

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We have missed most of the Spring, what is my favourite time of year when we start to see some colour return to our gardens and countryside, the songs of the early morning birds and brighter, longer days when the Sun bring’s back some heat to our lives. It’s nice to sit in the garden and get some fresh air while watching the birds get lost in the grass (I need to get my grass cut). I’m sure it won’t be long before we catch the summer heat on our way to the centre – or even on our way to the Borders for a run and a High Tea. Yum yum.....



**A few celebrations in the past weeks** ..... (I lift a glass to you all)

The wonderful **Jean Thomson B.E.M.** has attained the heights of 80 years. Jean has been with us for.....oh, years and years whilst filling the positions of volunteer, life story secretary, trustee, vice chairperson and of course, Chairperson of Harlawhill Day Centre. Jean was involved even before we were a Day Centre. Wonderful, wonderful lady.

**Margaret Rankin**, who has been a volunteer for nearly 30 years, has reached the age of 80 years young. Well done Margaret.

Three Score Year and Ten, the bible tells us, is the new age of Cookie Crew member **John McMillan** (that means you are 70, John)

For 4 years **Alex Hogg** celebrated his birthday not knowing that he would share his birthday for the next 80 years with the “wee” lassie he was to marry. Alex is 84 and the lovely **Nora** is 80

Unbelievably, **Gemma Brown** has reached 70 years young (yes, only 70). 😄  
A volunteer for a good many years, Gemma is the “bull ‘o the kitchen” and home baker extraordinaire, her shortbread is the BEST I’ve EVER tasted (dinnae tell her that)



Jean



Margaret



John



Alex and his Pink Lady – Nora



Gemma

We have a couple of singing and dancing vacancies needing filled due to a couple of our stalwarts moving into The Abbey Care Home, North Berwick.

Firstly, **Chrissie Martin** will be a great loss to Harlawhill staff and clients for her infectious laughter and willingness to try anything different. There are not many 'Panners' who have not crossed paths with Chrissie in the past and she was well known throughout the town. Personally, I don't think anyone can ever be like Chrissie who could sing the words to every song played by our many entertainers whilst laughing continually at the same time.

Secondly, **Jenny Harkness** has moved into The Abbey after spending some time in hospital and she will take with her our very best wishes while regaling her new friends of stories of Harlawhill. Jenny is probably better known as "Jivin' Jenny" due to her appearance in a story in the centre pages of The Sunday Post. Whenever music was played in the Day Centre, Jenny was up on the floor Twisting and Jiving and blasting out Elvis hits. Many of our 50,000 followers on Facebook were forever commenting on Jenny and her high jinks and will be saddened to no longer see her on a regular basis.

Ladies, take our love and hugs and enjoy being looked after in the Abbey.



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Sadly, we also have to say goodbye to a few of our friends who peacefully passed away recently.

**Agnes Flockhart** was our original "Elvis" groupie and loved the days that Stevie was the entertainment. Difficult times for funerals but Agnes was given a lovely send off by the Salvation Army.

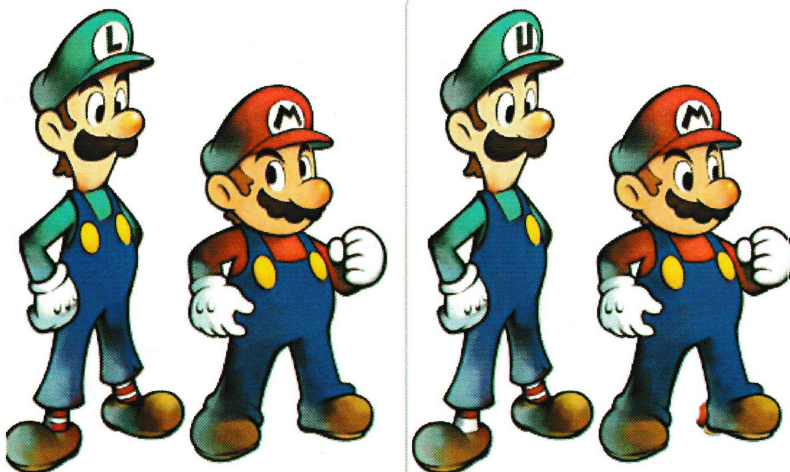
**Isobel Jamieson** was ill for quite a while but was determined to see her 90<sup>th</sup> birthday and she did before passing peacefully at home. Isobel loved her Bingo and if they play dominoes in heaven, then watch out because Isobel was continually the Harlawhill Domino Champion.

**Irene Bird** and **Margaret McLeod** were two of our ladies who moved into nursing care homes recently and passed sadly on 1<sup>st</sup> May

We mourn the loss of four lovely ladies.

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Spot the Difference – 5 differences in the two photos



And finally

We know that it is tough to stay inside all the time, it goes against everything that we understand. We are so used to going down the street, getting picked up to go to the Day Centre, sitting chatting to our friends and getting hugs and kisses from our grandchildren (and great grandchildren).

However, this disease is something different to what has been before. It's a horrible illness and one that affects the elderly more than the young ones.

So it is vital that we all listen to the advice given by the government, the medical people and all the information we get from T.V. and newspapers.

Each and every one of you is special. Special to your families, special to the Day Centre and special to the community of Prestonpans. This disease thinks it can come to Prestonpans and create havoc. Well, it doesn't know the Panners very well. If it wants a fight, we'll give it a fight and send it packing on its way.

Remember the words of Queen Elizabeth a couple of weeks ago :-

*Together we are tackling this disease, and I want to reassure you that if we remain united and resolute, then we will overcome it.*

*While we have faced challenges before, this one is different.*

*We should take comfort that better days will return:*

*We will be with our friends again;*

*We will be with our families again;*

*We will meet again.*


Stay Home – Help the NHS – Stay Safe

Fiona, staff, volunteers and Trustees  
Harlawhill Day Centre.

A Couple of Wordsearches – can you see the missing words?

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

SANTA  
CHRISTMAS  
WREATH  
BELL  
ELF  
GIFTS  
SOCK  
HOLLY



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

CHICKEN  
SPRING  
HUNT  
EASTER  
BUNNY  
EGG  
FLOWER  
BASKET



## Harlawhill “Self-Isolation” Quiz

No.	Questions	Answers
1	How much does a “stitch in time” save?	
2	How many pennies in an old style pound (£)	
3	In which Scottish lake is a monster said to live?	
4	How many people would make up a jury in England?	
5	What nationality was the composer Frederick Chopin?	
6	What were people urged to “go to work” on in the 1960’s	
7	What is the RAF famous aerobatic display team called?	
8	What English city is familiarly known as “Brum”?	
9	What is the plural of “dwarf”?	
10	If you had “tinnitus”, what would you be suffering from?	
11	Scorpions are immune to their own poison. True or False?	
12	In a hit song of 1939, where was the washing going to be hung out?	
13	What colour is a Harrod’s carrier bag?	
14	Where in London do the “Wombles” live?	
15	What sport are Olga Korbut and Nadia Comaneci famous?	
16	Deficiency of Vitamin C gives rise to what disease?	
17	What is the newspaper of the Salvation Army called?	
18	What is the name of the frog who appeared in the “Muppet Show”?	
19	What is the most mentioned animal in the Bible?	
20	What was the nickname of Field Marshall Erwin Rommel?	
21	If an egg floats in water, is it fresh or stale?	
22	What number do we associate with James Bond?	
23	A cricket umpire holds both arms straight up to indicate what?	
24	What country is sometimes known as “Blighty”?	
25	What product was originally marketed as “liquid beef”?	
26	How many men did the “Grand Old Duke of York” have?	
27	What is Uri Gellar famous for?	
28	Which one has a tail – Chimpanzee, Baboon or Gorilla?	
29	Who did God give the 10 commandments to?	
30	Who was known as “the lady of the lamp”?	

If you need any help with this quiz, you could always ask Fiona as your “phone a friend” – if you think she would know 🤔🤔🤔