

Dementia Matters Round-up

“ In it together... ”

... Friendship, support &
advice despite isolation!

Helping you to adjust to changes

“Dementia Matters in Powys is for all those living with dementia and their families or carers. During this time of increased isolation we are here for you and will provide a listening ear, cheerful (even humorous) conversation and practical information and support. Any change can be challenging - even more so when you are already adjusting to the changes which accompany dementia and memory loss. Part of our ongoing support for you will be this regular ‘Round-up’ alongside phone-calls, emails and video chats”

Contact us at info@dmip.org.uk
online www.dmip.org.uk Tel: 01597 821166

On Zoom:-

Carers Support Groups
Llandrindod Mondays at 11am
Brecon Mondays at 2pm
Newtown Tuesdays at 11am
Ystradgynlais Tuesdays at 2pm
Carers Information Session (Powys) Wednesday
16th December 11am
Powys Virtual Meeting Centre
Every Thursday at 11am
10th December = Festive Food & Drink
17th December = Christmas Party

Yule Log!

It's hard to think of a Christmas ritual that isn't tied to food. The Yule log cake is an elaborate creation consisting of a rolled, filled sponge cake (Swiss Roll to you and me!), frosted with chocolate buttercream to look like tree bark and festooned with meringue mushrooms, marzipan holly sprigs, spun sugar cobwebs and any other sort of edible decoration.



It dates back to at least 1615, when the first known recipe appeared in Gervaise Markham's tome “The English Huswife.” Parisian bakers popularised the cake in the 19th century.



Your turn!

Get creative! Try your hand at making mushrooms out of fondant icing?

Send us a picture of your winter scene!



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Eat, drink and be merry!

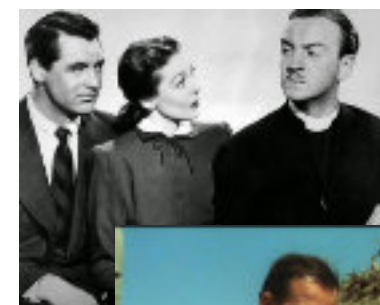
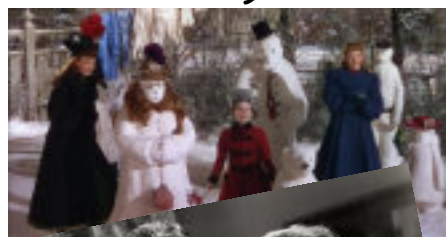
There are so many different foods and drinks associated with Christmas, some are local or family traditions and some come from further afield!

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

*Chocolate coins
Mulled Wine
Cranberry Sauce
Christmas Cake
Mince pies
Pigs in Blankets
Clementines
Bread sauce
Glazed ham
Stuffing*

*Chestnuts
Trifle
Sprouts
Egg nog
Snow ball
Bucks fizz
Turkey
Nut Roast
Cheese Board*

*Everyone loves a good Christmas film
Warm and cosy on the sofa, a cup of coco and a
box of tissues for the weepy bits!
Can you match these film titles with the images?*



It's a wonderful life

Trains, Planes & Automobiles

Holiday Affair

Miracle on 34th Street

Love Actually

How the Grinch Stole Christmas!

Scrooge

The Bishop's Wife

3 Godfathers

Babes in Toyland

Frosty the Snowman

Meet me in St Louis

White Christmas

