

December
2020



Christmas Catch up

Well folks, we made it.

It's been a year that none of us would have chosen to go through, but the end of the year is a time of reflection and so we have asked some of our clients and volunteers what has made them grateful this year, despite the challenges. We have a great Christmas-themed recipe and a roundup of the telly to look out for. And of course our staff have answers for the most burning questions about their Christmas Day...

2020 has thrown a lot of challenges at us all. A lot of us have been in survival mode. But a day at a time, you got through this year. Give yourself permission to feel proud of how you coped. Stop, breathe, smile and relax. Please take a moment to focus on yourself as the year draws to a close. Next year can wait. And remember, CARM is still here, we're just working differently. And we can't wait for the time when our services are back to normal – we will get there!

A very heartfelt Happy Christmas from Team CARM



December's Happy Post is winging its way to all those who have asked to receive post that will brighten their day.

If you, or someone you know, would like to write or receive Happy Post, please get in touch.



On this day...Christmas Eve over the years

The first ever performance of "Silent Night" was on Christmas Eve 1818, at a church in Austria. Wouldn't we have loved to be there?

Santa's journey was tracked for the first time by NORAD (the American Aerospace Command), in 1955. Today, Google Maps follows his sleigh ride as he drops off gifts.

On Christmas Eve, 1777, Captain James Cook arrived at an island called Kiritimati, which he renamed...Christmas Island!

CHRISTMAS HOURS

Our office will be closed from Wednesday 23rd December until Monday 4th January as our staff take a break.

Teeing off 2021

We are very pleased to announce that Littlestone Golf Club has chosen to support CARM by making us the 'Captain's Charity of the Year'. This runs until October 2021, and recognizes that supporting older, isolated, adults in the local area is really vital, especially after a year which saw levels of loneliness rise. We are looking forward to working together.



Littlestone Golf Club ranks as one of the top 100 golf courses in the UK, and dates from 1888. Two Prime Ministers have been captains here – Herbert Asquith and Arthur Balfour, and the club also hosted the first Ladies Championship in 1984. Littlestone Golf Club is proud of its rich history; being designed and improved by some great names in golf. It now has a membership of over 1000, and it also provides coaching to new members as well as coaching to local children through its Junior Academy. Littlestone Warren Course is next to the main course and is open to all.

December riddle:

Roy was born on December 28th, yet his birthday always falls in the summer. How is this possible?

(Answer from last month's riddle: FIRE)

Joke corner:

**What do you get when you cross a snowman with a shark?
Frost bite!!**

Christmas Morning Muffins

This is unbelievably easy to bake for Christmas morning. Your home will smell so festive as they bake.

Makes 12

Preheat oven to 200c/180c fan/gas mark 6. Line a muffin tin with muffin papers.

Measure 250 g plain flour, 100 grams caster sugar, 2 ½ tsp baking powder, ½ tsp bicarbonate of soda, 1 tsp ground cinnamon and ¼ tsp ground nutmeg into a large bowl. Grate the zest of two satsumas or clementines, and add in to the bowl.

Squeeze all the satsuma or clementine juice into a separate measuring jug and add enough full fat milk to make it up to the 200ml mark. Add 75ml of oil or melted butter and 1 large egg and lightly beat together.

Mix wet and dry ingredients together lightly (don't overmix – lumpy is good). Fold in 175g dried cranberries. Spoon the mix into muffin cases and sprinkle demerara sugar over the top of each one. Bake for 20 minutes, and enjoy hot, spread with butter if you like.



MERRY CHRISTMAS TO YOU! FROM ALL OF US AT CARM



My favourite Christmas food is the ham we cook alongside the turkey. It is cooked in ginger beer, then roasted smothered in marmalade.– **Benedict, Befriending**

My mother said she never needed a dishwasher as she had my brother and me to do the dishes!– **Katie, Reminiscence**



My favourite Christmas food is Sherry trifle, how my dad used to make it. – **Helen, Manager**

The only rule is the cook gets to put their feet up whilst the others wash up – **Fiona, Reminiscence**



My favourite Christmas food is Christmas Pudding with lots of cream! – **Victoria, Development Officer**

I'm hoping Santa brings me a diamond necklace – well, a girl can dream! – **Holly, Meeting Points**

For Christmas I'd love a game of Monopoly to end peacefully 😊 – **Zena, Befriending**



Gratitude is the Attitude

We've asked some of our clients and volunteers what they can feel grateful for this year amongst the gloom and doom of 2020. Get involved – let us know what you're grateful for this year by messaging us on social media, emailing us or give us a call!

I was grateful for Meeting Points returning to Brookland after lockdown (we met twice in November) – Christine, Iychurch

We are grateful for all our volunteers, clients and supporters this year. Your strength through this pandemic is inspiring- CARM

Being able to stay in touch with my CARM clients by phone, or visits when allowed – Cathy, Tenterden

I've been doing a lot of DIY! Neighbours and friends make me feel grateful – Sheila, Lydd.

I am so grateful for my health, and my work. I talk to many older, lonely people and it is so rewarding to see their resilience, honed by their long life experience. I am really delighted about the vaccine.– Julian, Appledore

We can rely on a selection of festive treats for our eyes this year:

BBC - A circus arrives in Poplar in **Call the Midwife's** Christmas Special, which will air on Christmas Day. In **Dr Who: Revolution of the Daleks**, the Doctor must escape an alien prison. **Strictly: The Christmas Countdown** reveals the 25 most memorable dances. The Vicar of Dibley returns to light up our TV with some special episodes, from December 7th at 8.50pm. And don't forget **The Queen's Christmas Day Message** at 3pm.

ITV - Familiar faces from over the years will return for another opportunity in front of the judges on **Britain's Got Talent at Christmas** will be shown on Christmas Day and a **Birds of a Feather Christmas Special** will give us all some giggles.

Channel 4 – **The Great Christmas Bake Off** will see four previous contestants from the show compete to be crowned Christmas Star Baker – no doubt it'll be as sweet as the bakes they'll be making! Airing date yet to be confirmed.

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