



Hello Everyone!

Image: Alana Bullock

Greetings from Qube!

It's all change again... As the government announced that England will go into a four week lockdown from Thursday 5th November Qube will temporarily close it's doors to the public again for this period. But that doesn't mean our services will stop- all the staff at Qube will be working behind closed doors or remotely from home to ensure you continue to receive the support you need.

Charlotte has been busy in the gallery making our Christmas craft exhibition look truly magical! And although it won't be open to the public during lockdown, everything is available to view and buy online on our website. Do take a look if you can...



Dial-a-ride will continue to offer journeys for essential travel, and if you're worried about how to get your shopping during lockdown then join our delivery service! You can phone us with a list of what you need and we will pass it onto Morrison's to pick and deliver the goods to your door.

We will also continue our hot meal delivery service in partnership with Osnsoh- if you haven't tried it yet then give us a call for more information.

Importantly we want you to know that you are not alone... If you need to talk we have a fantastic team of befriending volunteers that can call you for a chat each week. If you are worried about being alone during lockdown then don't be afraid to ask us for help.

www.qube-oca.org.uk

Qube

This week you can enjoy the following:

- Lest we forget- pause for Remembrance Day
- Poetry by Wilfred Owen
- Create a pointillism masterpiece
- Greetings from Vicky Turrell
- Brainteasing time
- The Healing power of pets
- A word from one of our volunteers
- Blind drawing
- Apricot and orange rice pudding
- Spot the difference answers

Lest we forget



As remembrance day approaches it's important to reflect on the human cost of war. The First World War took the lives of an estimated 16 million soldiers and civilians and the Second World War took a staggering 60 million lives, and left countless others physically and psychologically wounded.

Websites such as www.nationalarchives.gov.uk and www.greatwar.co.uk have thousands of wartime diaries written by soldiers and workers on the front line available to read and if you had family that served in the war you can search their history here.

Taken from the *Guardian Online*, journalist Toby Helm looks through the letters, diaries and photographs of his own grandfather and uncovers a harrowing account of life on the frontline. Toby's grandfather, Cyril helm, served as a



a doctor during the first world war and his diaries document the survival of his own living nightmare.

It all begins so cheerfully, in gorgeous weather, with the troops itching to join the great adventure abroad. As the 2nd Battalion of the King's Own Yorkshire Light Infantry sets sail from Dublin for Le Havre on an old cargo ship, the SS Buteshire, on 14 August 1914, a chorus of hoots and sirens fills the riverside air as a large crowd sends them noisily on their way. It feels, in the words of a young medical officer on board, "like the realization of the dream of every soldier". When they head out into the open sea and are sailing towards Land's End, a message is read out to all those on deck from King George V. "You are leaving home to fight for the safety and honour of my Empire," he tells them. "I pray to God to bless you and guard you and bring you back victorious."

Just two and a half months later the same 26-year-old doctor, who kept a daily diary, beautifully written in pencil in his standard-issue Army Book 129, is holed up in a farm in northeastern France which he has chosen as his aid post, just outside a tiny village called Richebourg-l'Avoué.



The battalion is already severely depleted. The retreat from Mons in August and early September and the subsequent "race to the sea" have taken a terrible toll. But what is unfolding now is even worse than what went before.

"Hell would be a tame word to describe what we went through," he writes of five dreadful days in October. On the 27th, German shells are raining down around the farm, just 100 yards behind the British fire trench, and he is struggling to cope with the wounded as they flood in. In the garden behind, British and German dead are laid out waiting to be buried as soon as the shelling dies down in the evening. *"Many fell in our frontline trenches, causing awful casualties. Men were buried alive whilst others were just dug out in time and brought to, unable to stand, with their backs half broken. My cellar was soon packed, but I could not put any wounded upstairs as any minute I expected the place to be blown up."* His work, dressing the injured, is so relentless and intense that at times it takes his mind off the horrors unfolding outside. But when he does pause to listen, the noise almost shatters his nerves. "Unimaginable" is how he describes his feeling at such moments. *"There is nothing I know of more trying to the nerves than to sit listening to shells and wondering how long there is before one comes and finds your hiding place."*

**Do you have a wartime story in your family?
We'd love to hear from you!**

Spring Offensive

By Wilfred Owen

Halted against the shade of a last hill,
They fed, and, lying easy, were at ease
And, finding comfortable chests and knees
Carelessly slept
But many there stood still
To face the stark, blank sky beyond the ridge,
Knowing their feet had come to the end of the world.
Marvelling they stood, and watched the long grass swirled
By the May breeze, murmurous with wasp and midge,
For though the summer oozed into their veins
Like the injected drug for their bones' pains,
Sharp on their souls hung the imminent line of grass,
Fearfully flashed the sky's mysterious glass.

Hour after hour they ponder the warm field—
And the far valley behind, where the buttercups
Had blessed with gold their slow boots coming up,
Where even the little brambles would not yield,
But clutched and clung to them like sorrowing hands;
They breathe like trees unstirred.
Till like a cold gust thrilled the little word
At which each body and its soul begird
And tighten them for battle. No alarms
Of bugles, no high flags, no clamorous haste—
Only a lift and flare of eyes that faced
The sun, like a friend with whom their love is done.
O larger shone that smile against the sun,—
Mightier than his whose bounty these have spurned.

So, soon they topped the hill, and raced together
Over an open stretch of herb and heather
Exposed. And instantly the whole sky burned
With fury against them; and soft sudden cups
Opened in thousands for their blood; and the green slopes
Chasmed and steepened sheer to infinite space.

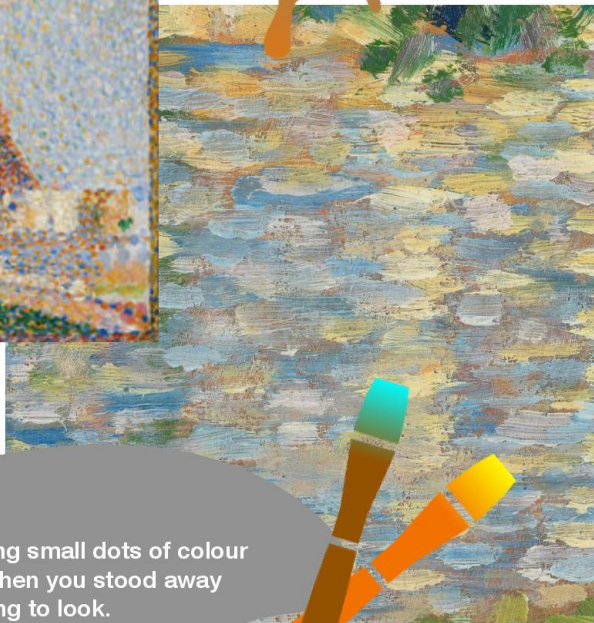


Create your own pointillism painting!

Our Arts department at Qube are always busy looking for new ways to help everyone be creative at home. They've recently commissioned a number of artists to create simple activities which are posted on our website. Here's one by Lyn Tyler where you'll learn how to paint with dots in the style of French post-impressionist artist Georges Seurat...



Georges Seurat grew up in Paris, France. Here is his painting of the Eiffel Tower.

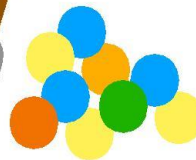


He painted using small dots of colour that blended when you stood away from the painting to look.

This style of painting is called

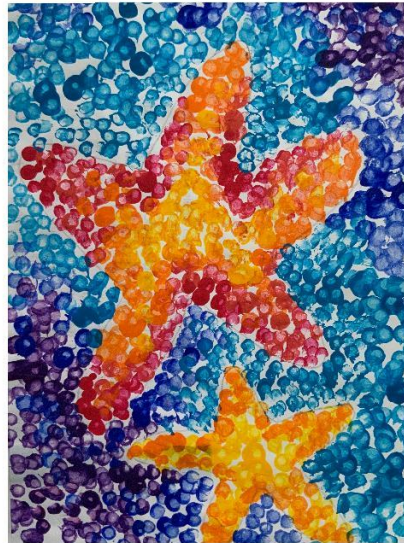
Pointillism

If you look closely at his paintings you will see the dots.



Go on... have a go!

Use the materials included to create your own dotty masterpiece. We've enclosed some templates or perhaps you could use this technique to complete your remembrance day poppies!



We want to see your work!

Send your pictures to art@qube-oca.org.uk to put on the Qube website.

This Activity Pack has been created by artist Lyn Tyler for Qube.
To see Lyn's work visit lyntyler.co.uk



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 HM Government

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COMMUNITY FUND**



Greetings from Vicky...

All change, it is November! I have swapped my red sun hat for my warmer brown one and now is the time we reap the fruits of our labour. The leaves on the trees are at an end, they are changing colour as a farewell to the year. They are yellow, yawning and ready to rest. But all that is passing me by as I watch what is happening in our vegetable garden and orchard. In our orchard many



years ago, when I was young and knew no better, my favourite apple was Golden Delicious. It was originally found growing in America. I loved the crispness and planted a tree for myself immediately. After many years of care, it has grown and crops profusely but now, wouldn't you just know? I have changed my mind and I like our English apples much better! They produce fruit which taste more like the apples I remember from childhood.

But all is not lost. I leave the Golden Delicious for the birds. They come in big flocks. Redwings and Fieldfares from Scandinavia will eat the rotting fruit, guarding them from all comers as if they were their very own.

In our vegetable garden I am growing my own spaghetti. Now, you will know that to make normal spaghetti they use wheat and water, but mine is different. It is from the marrow family. I have often grown them and when they are ready, I boil them and scoop them out. The flesh comes in long strands and is wonderful for Bolognese.

We planted three in the spring. But for some reason they failed. We had to pull them out and sow three more, but by now they were behind schedule. I have nurtured these new plants and they have grown very gradually, surprised that they had to hurry and ripen before the cold weather.



I visit them every day. Sadly, two of the plants are not doing well. But all is not lost, again, because one of the plants is in the polytunnel and has flowered profusely. There are male and female flowers. The female is easy to distinguish because it has a little fruit at the base. The male, of course, has the pollen and I took this and carefully put it into the female flower with a paint brush.

My labour has paid off. I have one big fat spaghetti fruit. It is so heavy that it has flattened the soil under it and has formed a sort of cradle. It is the weight of a big bag of sugar. Now it needs to ripen off in the November sun. Then I will eat it.

Vicky Turrell

Brainteasing time!

Can you solve the following word puzzles...

1 Funny Funny Words Words Words Words	2 ICEBERG	3 UWIN + ULOSE +	4 
5 DDWESTDD	6 IF - LAND IF - IF - C	7 DAYDAYOUT	8 Thought An
9 	10 HOROBOD	11 deathlife	12 SITTING THE WORLD
13 Cut Cut Cut Cut	14 ***** WEIGHT	15 F FIRE R E	16 SHACRYME
17 CHA ^{WHO} _{WHO} RGE	18 NaNaFISH	19 	20 wear long
21 T RN	22 pants pants	23 GO IT IT IT IT	24 ME 1one11
25 CAN CAN	26 123456789 US	27 SK8 	28 EMPLOY ___T
29 FOOT	30 CCC <u>CC</u>	31 SMOKE G	32 TAKE A PETS
33 AM U OUS	34 HIJKLMNO	35 B 10	36 222 Day
37 thesingingrain	38 PROMISE	39 LO ^{HEAD} _{HEALS} VE	40 LEADTEC

The Healing Power of Pets for Seniors

Ageing care online recently printed a wonderful article on how pets are good for both our mental and physical health. Pet owners may already know this- but if you haven't got a furry friend, maybe it's time to think about finding one to suit you. Let's take a look...

Let's face it- getting older can be very lonely. Loved ones and friends may move or pass away, and it becomes increasingly difficult to leave the house and participate in once-loved activities. But there



is one source of comfort and companionship that benefit everyone in countless ways: pets!

Animals can help reduce stress, lower blood pressure, and increase physical activity. Pets also provide other intangibles, too. Dogs and cats live in the present; they don't worry about tomorrow, which can be a very scary concept for an older person. An animal embodies that sense of here and now, and it tends to rub off on people.

Pets can also have an astounding effect on symptoms of depression and feelings of loneliness. The warmth and affection that a pet will show it's owner may be the only sense of touch they have in their life and releases the same feel-good endorphins as when hugging a loved one.

In some studies it's thought that pets can help those with memory loss to access memories from long ago. Having a pet helps to focus the mind on something other than physical problems or negative preoccupations about loss of aging.

Animals benefit from adoption too, particularly when older people adopt older pets. Retired adopters tend to have lots of time to devote to a previously unwanted pet, forming a lasting bond. The pet becomes as attached to the owner as the owner does to the pet.

Could a pet be good for you?

Finding the right pet...

While the advantages of pet ownership are undeniable, there are some drawbacks and consequences to be aware of before going out to adopt a furry friend.



Here's a few questions to help you along...

Have you had a pet before?

If you have, then you'll already know about the responsibility and whether the pet you had before could fit into your life. Look at how your life has changed and whether this makes a difference.

Do you have any physical limitations?

Dogs can be wonderful companions and will undoubtedly encourage you to exercise more. But they can be a challenge if you have limited mobility. If taking a dog outside and walking it is too trying, lower-maintenance animals like cats and birds may be preferable.

What age pet would be best?

A puppy or kitten may not be ideal for elderly owners because of the intensive care and training they require. It's also important to consider that some animals like birds have especially long life spans. And in contrast although a senior pet may have its own physical limitations and illnesses they are usually well trained already.

What temperament would be a good fit for you?

It is very important to research different breeds' characteristics and to get a feel for their varying energy levels. Many older people might think they'd do better with a Jack Russell Terrier because it's a small breed, but they are very, very, high energy and require a great deal of effort and commitment

Is the animal healthy?

It's important that any pet you consider bringing home is examined by a professional prior to adoption. Unhealthy pets can be difficult to handle both emotionally and financially.

One pet or two?

While multiple pets can keep each other company, that may not be a good idea for an older person. Two animals may bond with each other rather than with their owner and this may defeat the point of bringing a pet into your life.

Are finances an issue?

Pets are a significant long-term financial commitment. There are many costs involved in owning a pet such as food, bedding and medical care to name a few. Be sure to carefully consider your current budget before taking any animal home.

Is there a backup plan in place for the pet?

It isn't pleasant to think about, but owners must plan for the unexpected for their pets, too. If you have to go to the hospital, or have to spend time in a care environment, what would happen to your pet? It's important to have a contingency plan in place for our pets before an emergency strikes.

Where to get a pet...

There are many animals in rehoming shelters- particularly older ones that have ended up there through no fault of their own. Rehoming centres run by charities such as the Dogs Trust or Shropshire Cat Rescue will always make sure that you and your chosen animal are suited to each other before letting the animal come home with you. They'll also check the animal's health and make sure they've had the relevant vaccinations before coming home with you.

Do not be tempted by adverts selling animals for low prices as you do not know how they've been reared or treated and you could end up with an unhealthy pet or one with behavioural problems.

A word from one of our volunteers...

Our wonderful telephone befriending team has been growing this year as COVID restrictions have meant more people are staying at home to be safe. Nicky joined our team during lockdown- she has two beautiful horses. Let's hear a bit about them...

Hello Everyone!

I am a volunteer for The Qube and I thought you might like to read about my two horses that keep me busy on a daily basis.

Finn (19 years old) is a big chestnut Irish Sports horse which is a cross between an Irish Draft horse and a thoroughbred racehorse. You should end up with something fast but quiet!! I got something quite the opposite – someone who was very nervous, hyper, scared of everything and a bit on the lazy side!!



Nevertheless having owned him for the past 12 years I love him loads. We have been through a lot together. He had somewhat of a sad start; he came from Ireland and when the vets were diagnosing his lameness, x-rays revealed that he has a small bullet lodged in the joint of one of his back legs. No-one knows how or when it happened but it was during his younger years. It doesn't cause any problems so has been left where it is. Unfortunately he was diagnosed with a type of horse arthritis in his feet within about 3 months of buying him. This was probably due to him being so jumpy on the roads. I could have sent him back but knew he would just have been put to sleep as he could not be sold on as he had a progressive disease. I have spent an absolute fortune on keeping him sound and pain free as possible. He looks stunning and leads a very happy life. I ride him most days to keep him mobile which has really paid off. He is also much quieter now and his teen years of 'dirty tricks campaigns' are now a thing of the past. Anything he could do to be disruptive was a daily occurrence!!

Finn lives with his companion Charlie, a little Welsh Mountain pony who lives next to Finn. Because their food needs are very different they don't live together. A few times a week I let them in together for a bit of social time.

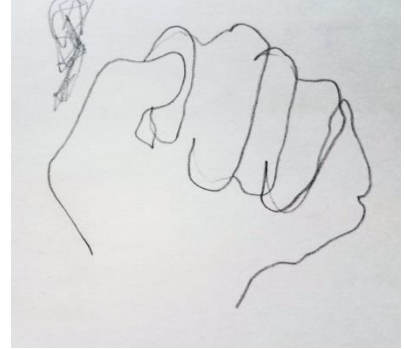
Charlie used to be a companion to racehorses but his owners had great difficulty in keeping him in anywhere!! I was given him and realised just what they meant. He was kept behind a 2-strand (quite normal) electric fence then 3-strand then 4-strand and then we gave up after 5-strand!! He used to just duck and run!! He now has a good post and rails fence to keep him secure. He has a lovely character, is very gentle and affectionate. The two of them are firm friends, are very close and are a pleasure to watch.

Nicky

Blind drawing...

What is blind drawing?

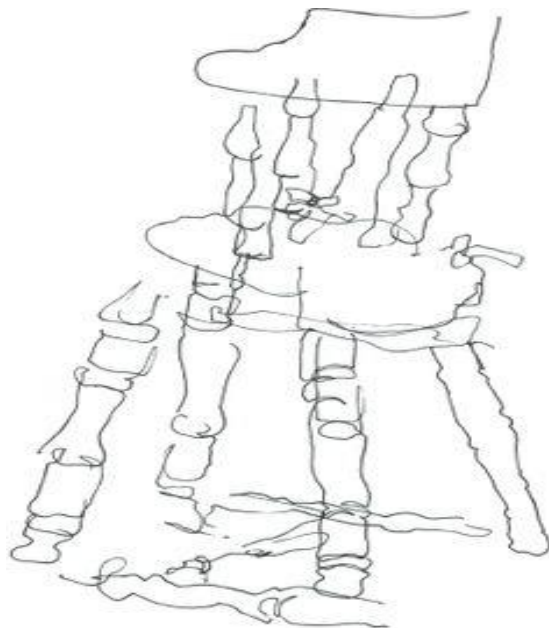
Blind drawing is an exercise many Artists use to create free and loose drawings. To do this they simply draw something - an object, person or landscape without looking at the paper. They may also choose to not lift their pencil from the paper throughout their drawing. There are lots of inventive ways we can use blind drawings to create interesting and imaginative work!



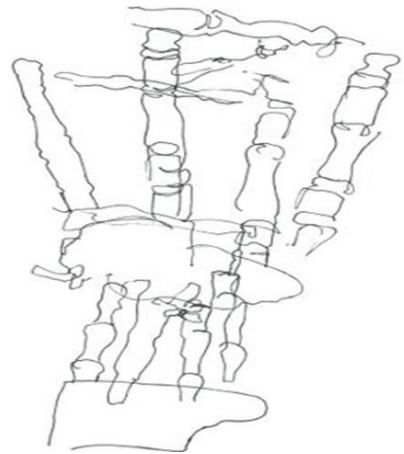
Let's have a go!

Our task is to create a blind drawing of an object we have around us. We will turn this 'starter drawing' into a new artwork by rotating the drawing to see a new layout. From this, we are then going to look for images and shapes within our drawing and create a new imaginative drawing from this, of any subject or environment - creating a whole new image

With your chosen object in front of you, put your pencil to the paper. The key to the next stage is not to look at what your hands are doing or your paper ... Now draw your object, only look at your object and try not to at your paper.

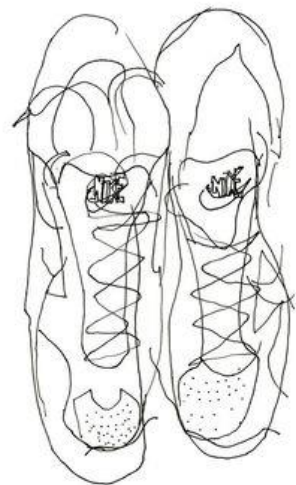
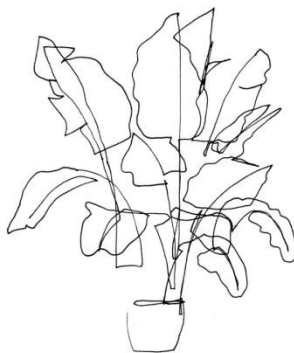


The next step is to rotate our drawing to a new orientation. The only rule is your drawing has to be a different way round to the way you drew it, it cannot end up the in the same position it started. Through this process think about what shapes or imagery you can see in your drawing – the one with the most imagery for you is the best way round to turn your drawing. If you can't see any imagery don't worry just simply choose a new orientation of your drawing.



You might have seen some new images when you rotated your drawing, these could form the basis for your new drawing. Or you might chose to create something completely new from your drawing. The aim is to use your existing drawing to find a new and imaginative image from your original work. This could be anything; a landscape, a fictional scene or maybe even an abstract pattern – what ever you see!

Use the pencils included in this pack to create your own blind drawing. Here's a few examples- what do you see?!...





Apricot & orange rice pudding

*This easy rice pudding with a zing
can be made in your microwave!*

Ingredients

200g pudding rice
600ml skimmed milk
1 big pinch ground nutmeg
1 tbs clear honey, plus extra to serve
140g ready-to-eat dried apricot roughly chopped
zest and juice 1 orange
4 tbs reduced-fat fromage frais
handful toasted sliced almonds

Method

Step 1

Put the rice, milk and nutmeg into a large microwaveable bowl. Cover with cling film, pierce it, then cook on High for 5 mins. Stir and leave to stand for 1 min, then return to the microwave for a further 5-6 mins or until the rice is cooked and all the milk absorbed. Remove from the microwave and stand for a further 2 mins.

Step 2

Put the honey, apricots and orange juice into another microwaveable bowl and cook on high for 1 min until the apricots have plumped up. Stir the syrupy apricots, fromage frais and a pinch of orange zest into the rice. Serve straight away in bowls, topped with a sprinkling of almonds, a little more orange zest and a drizzle of honey to taste.

