

Keeping Brain Fit At Home

Our Groups: *Pick and Mix, The Giggly Group, Young at Hearts, The Urchins, Passmore Pals, Happy People, Us Lot and Freya's Friends.*

This week our topic is: **AROUND THE UK**



Here at Memory Matters we have been thinking about some of the favourite places we have visited in the UK:

Clarinda is a bit of a home bird and likes nothing more than a visit to parts of Bodmin Moor. She likes to stand on top of a Tor on a clear day and be able to see both coasts and the different landscapes for miles and miles around.

Sophie has family in the New Forest and enjoys visiting the area. It's picturesque and quintessentially British with pretty thatched cottages, lots of ponies, donkeys and amazing wildlife.

Kate's favourite place to visit is the Lake District. Growing up in Derbyshire gave her a love of spectacular hilly scenery and the Lake District has some of the best. Nothing like standing on top of a big hill and taking a deep breath of clean mountain air!

Anne still has a place in her heart for a stretch of the Dorchester to Weymouth road where you first catch a glimpse of the sea. It was her favourite place to cycle to as a child anytime she needed space. She would lie in the clifftop grass for hours, breathing in the scent of sea-pinks, mesmerised by sunlight on the water and the gentle tumbling of the waves ... early mindfulness?

- Where are some of your favourite places to visit?
- If you had a first-class “ticket to ride,” where would you choose to go?
- Can you add some more counties to our list?
Ayrshire, Cumbria, Lancashire, Suffolk, Powys, Worcestershire, Somerset . . .

The Lake District is an amazing landscape which has inspired poets such as Wordsworth. An excerpt from **I Wandered Lonely as a Cloud** by **William Wordsworth**.

I wandered lonely as a cloud
That floats on high o'er vales and hills
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the Milky Way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The Lake District is a mountainous region in Cumbria, famous for its lakes, forests and mountains. It includes dramatic peaks - England's highest mountain, Scafell Pike is there as well as beautiful valleys, fells and stunning lakes.

- If you were to visit this National Park, would you be more likely to hike up the mountains, or take a trip around the lake on a pleasure boat?
- Describe your “perfect day out”.
(Annie's perfect day would definitely include a round of golf!)
- Which other famous landmarks do you think visitors to our country would like to visit?
We wondered about some of these places as “star” attractions?



Big Ben



Buckingham Palace



Stonehenge



Hadrian's Wall

Songs with place names in the title:

- White Cliffs of Dover by Vera Lynn
 - Ilkley Moor Bar T'at by the Band of the Grenadier Guards
 - The Skye Boat song by Alistair McDonald
 - Streets of London by Ralph McTell
- Have you got any more songs to add to our list?*

Food from around the British Isles

- Whereabouts do you think you would be if these foods were served as a local speciality?
- Hotpot, Pasty, Haggis, Cream Tea, A Stick of Rock, A Pint of Guinness.
- Tell us about some of your favourite local dishes from places you have lived?

Getting to Know You

- Which of the following do you prefer?

Summer or Winter

Mountains or Beach

Morning or Evening

Tea or Coffee

Car or Motorbike

Swimming or Sunbathing

Big Party or Small Gathering

Sweet or Savoury

What happened to the magic tractor?

- It went down the lane and turned into a field.

Photo Archive:



Ian helping Lynn with her sense of direction!