

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: **BONFIRE NIGHT**



Here at Memory Matters we have been talking about all the ways we have celebrated Bonfire Night over the years:

Lynn “I remember going to a brownie bonfire and firework display and having jacket potatoes done in the fire.... also it always seemed to be so cold so we wrapped up with scarfs, gloves with the string round the neck end to end and woolly hats. Toasty!”

Clarinda recalls all the children in her neighbourhood collecting wood to make one big bonfire and all the neighbourhood would gather together with their fireworks safely stored in biscuit tins as instructed by the Blue Peter presenters John Noakes, Peter Purves and Valerie Singleton. In the town some boys would have a ‘Guy’ in an old pushchair and would shout out “Penny for the Guy” to raise money to buy fireworks – probably bangers to frighten the girls!

Traditional Bonfire Night Rhyme

Remember, remember the fifth of November,
Gunpowder treason and plot.
We see no reason
Why gunpowder treason
Should ever be forgot!
Guy Fawkes. Guy Fawkes, t'was his intent
To blow up the King and the Parliament.
Three score barrels were laid below
To prove old England's overthrow.
By God's mercy he was catch'd
With a darkened lantern and burning match.
So holler boys, holler boys, let the bells ring.
Holler boys, holler boys, God save the King.

- How did you celebrate Guy Fawkes's Night when you were young?
- What did you and your friends make your "guy" out of for the bonfire?
- Where were you allowed to go collecting "a penny for the guy?"
- Who was in charge of the fireworks?
We remember a couple of dads being in charge and keeping the matches and fireworks in a biscuit tin!

Here are the names of some of the fireworks that we remember:

Roman Candles **Catherine Wheels** **Rockets** **Bangers** **Sparklers**

- We wonder if you have a favourite firework?
Do you remember the boys throwing bangers at the girls to make them scream?!
We always had to have gloves on before we were allowed to hold a sparkler.
- Nowadays, people tend to go to organised firework displays - do you think this is a good idea?
- What sort of special arrangements do you think people make for their pets at this time?

Some families had foods that they always ate as tradition on bonfire night:

Jacket Potatoes **Soup** **Sausages** **Marshmallows** **Parkin**

Parkin is a gingerbread cake and in Leeds, November 5th became known as Parkin Night because it was such a popular food to have on Guy Fawkes Night.

- Which foods do you associate with Bonfire Night?
Potatoes baked in the embers of the fire that were all black and charred on the outside and hard in the middle!

Here are some Fire sayings that may sound familiar, we wonder if you can tell us what they mean?

- Fire on all cylinders
- Add fuel to the fire
- Get on like a house on fire
- There's no smoke without fire
- If you play with fire, you will get burned
- Have too many irons in the fire

Q. What is the best day to have a barbeque?

A. A Fry-day!

Photo Archive:



Marting demonstrating his artistic flair in our creative session at St. Austell.

Do you like getting a treat through the post? Physical Postcards will give you the opportunity to receive FREE weekly, beautifully designed postcards through the post for 12 weeks. Each postcard will have bite-sized chunks of exercise, dance and music suggestions that are easy to incorporate into a daily routine.

Lois Taylor, Co-director of Dance Centred, the organisation behind the project says:

“We wanted to be able to give a little inspiration to keep moving for the benefit of health and wellbeing, and Physical Postcards do just that... If you or a loved one doesn't have access to the internet then this project is a great way of getting something direct to your home that you can use time and again as a little pick me up.”

All you need to do is call the Physical Postcards Hotline on 07936 648347 Monday to Friday 10am – 4pm or email physicalpostcards@dancecentred.co.uk anytime to refer yourself and why not recommend the project to a relative, friend or neighbour who you feel would also benefit from receiving all 12 Physical Postcards.

The closing date for signing up is 6/11/20 and the first postcards will be sent mid-November.