

## 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: **CORNWALL**



Here at Memory Matters we have been discussing the things we love about Cornwall:

**Clardinda's** heart is in Cornwall being a Cornish Maid. She said, "I love the diverse landscape through the seasons. There's nothing quite like driving back into Cornwall on the A30 after 'going out of county' with the sun setting in God's Country. How lucky I am."

**Laura** grew up in Cornwall and likes nothing better than a good Cornish accent. "Tis ansome", she said. Her mother always used to say that she felt like a taxi driver when she had young teenagers as it's so rural and buses are usually once a week in most villages! Laura said, "Now as a mother of teenagers myself, I see what she meant! The children of course can't wait to move somewhere else - and they should. It's when you move back that you appreciate it's absolutely breathtaking beauty."

- A – Z of places in Cornwall, see how many letters of the alphabet you can match with places in Cornwall.
- Where are some of your favourite places to visit?  
*We like Boscastle, Bodmin Moor and Constantine Beach.*
- What do you think about sharing Cornwall with all the holidaymakers during the summer months?!

### **The Exile**

My heart is in Cornwall... My heart is not here  
 In the noise of the city with its fume-laden air;  
 I long for the land where the sea breezes blow,  
 For hedgerows and meadows where sweet flowers grow.

My heart is in Cornwall... My heart is not here  
 In the jostling crowds and dark streets that I fear;  
 I yearn for the sight of those beckoning shores.  
 For the solace and peace of her wild, lonely moors,  
 To stand once again where the tides froth and cream,  
 Watching long-legged waders, hearing gulls laugh and scream.

My heart is in Cornwall... My heart is not here  
 In this maelstrom of life with its stresses and fears;  
 It's away to the land where the air's pure and sweet,  
 Where there's time to dream and ponder,  
 Where life's pressures seem less great.

My thoughts are for Cornwall... For we dwell far apart,  
 But forever she'll be the loved home of my heart.

- The poet describes all the things he misses about Cornwall, what are the things that you love most about living in Cornwall?

**Pasties      Clotted Cream      Beautiful Beaches      Pace of Life**

- We wonder where you have lived over the years and which areas have a special place in your heart?

**Northumberland      Manchester      Yorkshire Dales      London**

- Where would you recommend visitors to go for a great day out?  
We thought of:

**Eden Project      St Michael's Mount      Lost Gardens of Heligan**

## Picture Clues

- Can you work out where these Cornish towns and villages are from the pictures?



## Photo Archive:



The Liskeard Group enjoying a visit from the Storytellers.