

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: **KEEPING IN TOUCH**



Here at Memory Matters we have been talking about the different ways that we have kept in touch with our family and friends over the years:

Annie always looks forward to receiving letters from her Auntie Joan filling her in on all the latest family news from Northumberland!

Clarinda's best friend went to work as a Nanny in Corfu in her early twenties. I loved to receive her monthly letter. When she saw the blue 'Air Mail' envelope amongst the pile of brown envelopes on the doormat she always knew that one was for her.

Emma has travelled to a few different countries over the years and she keeps in touch with all of her friends through an online social media site called Facebook.

An excerpt from Night Mail by WH Auden

This is the night mail crossing the border,
Bringing the cheque and the postal order,
Letters for the rich, letters for the poor,
The shop at the corner and the girl next door.
Pulling up Beattock, a steady climb –
The gradient's against her but she's on time.

Letters of thanks, letters from banks,
Letters of joy from girl and boy,
Receipted bills and invitations
To inspect new stock or visit relations,
Letters from uncles, cousins and aunts,
Letters to Scotland from the South of France.

Written on paper of every hue,
The pink, the violet, the white and the blue,
The chatty, the catty, the boring, adoring,
The cold and official and the heart's outpouring.
In the dark glens, beside the pale-green lochs
Men long for news.



- The poet describes lots of different types of letters, what did you used to look forward to receiving through the post?
- Who did you write Thank You letters to after receiving a birthday or Christmas gift? We remember writing on blue Basildon Bond writing paper with matching envelopes.
- It is always nice to receive a letter or card from someone with beautiful handwriting – did you used to spend a long time practicing “joined up” writing in school?

Sometimes on a love letter, the letters S.W.A.L.K (sealed with a loving kiss) were put on the envelope – how romantic!

Here is our playlist for songs about letters that you might enjoy listening to:

Sealed with a kiss by Brian Hyland

Please Mr Postman by The Carpenters

Love letters straight from the heart by Ketty Lester

Return to sender by Elvis Presley

Nowadays there are lots of different ways of keeping in touch with family and friends. It is always nice to hear a friendly voice over the telephone in the comfort of your own home. We remember having to queue up outside a red telephone box to make a phone call, it could be pretty cold in the winter time and you always had to make sure that you had enough change to put in the slot when the pips went!

- Where was the nearest phone box that you were able to use when you wanted to make a call?
- Who do you enjoy chatting with on the phone?
- Did you ever ring the “speaking clock” to find out the correct time?
“At the third stroke it will be four twenty-four and thirty seconds precisely” this would be followed by three pips!
- How do you think children today would manage without their mobile phones?

During lockdown we have been busy with our weekly online workshops in Cornwall, it has been lovely to see and chat to our group members and there has been lots of laughter over the weeks. These sessions run for approximately one hour and include some activities that you will be familiar with – please let us know if you would like to have a go and we will do our best to help you get online! Please email Anne at hello@memorymatterssw.co.uk.

Here is a quote from a lady attending our Newquay online group:

“It’s wonderful technology. We’re scattered, yet we can keep in touch. It’s so lovely to have this connection.”

This week we have been talking about some of our favourite things with our online groups (just like Julie Andrews in The Sound of Music!)

Hobbies: Caravanning, Gardening, Photography, Bowling, Dress Making

Holiday Destinations: Croatia, The Highlands, Dominican Republic, The Lake District

Flowers: Perfumed Roses, Fuschias, Sweet Peas, Snowdrops

TV Programmes: Neighbours, Dad’s Army, Strictly Come Dancing. Match of the Day

- We wonder which hobbies you have enjoyed over the years?
- Tell us about some of your favourite holidays.
- If you were making up a bouquet of flowers for a special occasion, which flowers would you include?
- What type of TV programmes do you and your family enjoy?
- Families often had only one television set in the home. Who was in charge of the TV controls?!

Photo Archive:



The Cornwall Team toasting your good health!
Lynn, Annie, Sophie and Clarinda.