

Here are our Rejuvenate! books

Your comments about **The Rejuvenation** are welcomed!
Please email and I can add them to our book whilst we are all at home!



Hello everyone and welcome to Issue 3

The Rejuvenation



Quote of the day: *It always seems impossible until it's done*
- Nelson Mandela

Let us begin with a walk round Hereford Cathedral

Sarah Hollingdale, Hereford Cathedral, has kindly forwarded their first resource online – an at-home version of their Sensory Trail. The original Sensory Trail they have in the cathedral was designed with autism and dementia in mind. **Sarah says** “This works for pretty much anyone to be honest... it’s simple and suitable for adults as well as children. It works quite nicely intergenerationally too, so grandparents and grandchildren could do it together (virtually if not in person!). I have the best job at Hereford Cathedral! My main role is as Activity Officer for our NLHF-funded Eastern Cloisters Project, doing research into the history of our Cloisters, sharing our findings, and opening the Cloisters up to the public. The Cloisters are a beautiful space, and one of the key aims of the project is to make the Cloisters even more accessible. Which is where my second role comes in – I’m also the lead Access Ambassador for the cathedral, developing resources and training to make the cathedral as accessible as possible. We do Dementia Friends information sessions with all staff and volunteers, and we are the first Autism Friendly place of worship in the UK! The Sensory Trail was designed with help from the dementia and autism communities, but it’s also just a lovely activity for any visitor to do. I wanted to make it available to people at home – and so the At-Home Sensory Trail was born! If you have any questions or feedback, I’m contactable at sarah.hollingdale@herefordcathedral.org I really hope you enjoy it!”

It's available on their website here: <https://www.herefordcathedral.org/news/at-home-sensory-trail>



We had planned to visit the cloisters in June, but I am sure Sarah will be able to accommodate us at a future date

Thanks to Mandy for the lovely photo of blossom taken a few days ago, with the Cathedral in the background

Have you ever heard of a ‘Tussie-Mussie’?

A tussie-mussie is a small bouquet of flowers that is carried in a paper cone or doily. It dates back to the Victorian era. Suitors brought tussie-mussies to young ladies filled with flowers symbolizing subtle sentiments, this type of communication was called ‘the language of flowers’

It is also used to describe a small bouquet of herbs which smell delicious, adding some flowers to make it pretty. Adding a tussie-mussie to your clothing was once a way to ‘cover up’ the smells from not bathing – people did not wash that often a few centuries ago!

Nowadays, tussie-mussies are excellent for scenting a room, giving as a gift or placing in the kitchen. **Here is how to make one:**

Step 1

Select your favourite herbs and flowers. Good choices include pelargonium (scented geranium), lavender, pansies, mint, thyme, lemon balm, mint, rosemary, bay leaves, violets, etc. When picking them, ensure that you keep a little stem on each one to help keep its place in the tussie-mussie.

Step 2

Place the flower or flowers in the centre of the arrangement. Arrange the various herbs in a circular way around the flower. Try to maintain each herb at an even level with each other herb. Let the stems stick out downwards to form one stem or holding point.

Step 3

Use a rubber band to tie everything together at the top of the stems. At this point, decide whether you'd like to add another layer of herbs to build up the tussie-mussie. If so, add the layer and tie again with another rubber band.

Step 4

Tie a ribbon bow around the stem. This completes the tussie-mussie, although it's a good idea to trim the stems to ensure that the base is even.



Here is my choice – rosemary, lemon balm, fennel, purple sage, chives and cowslips for colour



I used patterned paper, but a paper doily could be used. I think it makes a lovely arrangement, don't you? Would make a lovely gift to place on someone's doorstep at this time – mine is going to our NHS neighbour when we all clap hands for our NHS and Key Workers this evening at 8.00 pm

Here is another recipe from Yvonne Richards - Herefordshire Healthy living Campaign and Make a meal of it. I have planted some basil seeds in pots today, hoping for a good harvest soon !!!!



Walnut and Basil Pesto

Ingredients

2 large cloves of garlic, peeled and roughly chopped
60g walnuts
75g basil leaves (2-3 handfuls)
50g parmesan cheese, finely grated
175ml olive oil
Salt and pepper to taste

Method

1. Place nuts and garlic into a blender and pulse until coarsely chopped
2. Add the basil leaves, salt, pepper and pulse until it resembles a paste
3. Remove cutting tool and gradually add the oil stirring well
4. Add the parmesan and mix well – taste and add more cheese/seasoning as required

This can be stored in an airtight container, cover the top with a layer of oil to preserve colour. Or freeze in ice cube trays for use in later recipes

Have you been feeling like this? Someone has shared this with us

“I have to admit that like many people at the moment, I have been struggling with anxiety and I've had to withdraw a bit so I can cope. One of the things that helps ground me is nature in the garden.



We live in a beautiful area, but next to a usually very busy and fast main road. Now it is quiet I am appreciating the wonderful bird song in the wood opposite. The birds are not anxious. That helps me.

I'm finding joy in the beautiful dandelion flowers, along with the daisies and forget me nots.

I'm also enjoying the loud and deep buzzing of the enormous bumble bees that we seem to have so many of. I find that nature still calmly carrying on in circumstances that feel like being tossed on a stormy sea, is very reassuring.”

Over the last few days, I've been watching blue tits visiting our new nest box (see below). It has been quite meditative watching them over my early morning cuppa. At the same time, goldfinches were on the sunflower and niger seeds and then I saw a tiny blue butterfly (they have the lovely name of **Holly Blue**) hovering around my rosemary bush. And almost the same shade as the blue rosemary flowers! In a 'normal' week, I probably wouldn't have had time to notice these things - *Maggie*

Carrying on with the bird theme, *Lisa* (co-founder of Rejuvenate!) has put together this project with detailed instructions and photographs. I do hope some of you will have a go and please share your photos on our FB page or send them to me by email to rejuvenate@creativecarergroup.co.uk.

Nesting material holder



Take this opportunity to experiment using an alternative yarn such as string, raffia or nettle as I've used here. It may not be as smooth to work with but will give some lovely texture.

Row 1



Row 2



Rows 3-10









Yarn used : nettle Hook: 3mm (adjust to yarn used)
 R1: Chain approx. 25 to measure 6 inches/15 cms (chain less for thicker yarn)
 R2: ch2, * treble into first stitch, ch1, treble into next two stitches. Continue from * to end. Ch 2 turn. This will give you the increases and cause the shape to fan out.
 R3-9 *Treble into the space below, ch1. Continue to the end of the row. Ch 2 turn.
 Row 10 as previous row. Fasten off. (Make less rows if using thicker yarn)
 To finish: fold in half and sew up the bottom and side. Thread a string through the spaces of the top row. Stuff with scraps and pull closed.

Filling your holder
 Natural materials are best, which stay warm even if wet and will gradually decompose later. Use any string such as; sisal, jute, hemp cut small, twigs, leaves, feathers, wool, raw cotton, yarn also cut into short lengths. Not human hair or flea treated pet fur.
 Hang away from any feeders.



C Lisa Woakes Craft Design Studio 2020
I am happy for you to share this pattern without altering and a credit is appreciated



Natural fibres used

Here is my version made from raffia



Not its final resting place

And now something from Karen P, our secretary at Rejuvenate!

Mandalas are circular, geometric designs symbolizing the notion that life is never ending.

Many **mandalas** have spiritual significance to an individual or group of individuals. Some people find the drawing and colouring of a **mandala** as a form of meditation. As they focus on colouring in the patterns of the form, they relax, their mind grows quiet. This **mandala** below is made from an arrangement of leaves and a dandelion foraged from verges and hedgerows but you could just as easily make one from things in the kitchen, such as pieces of fruit and vegetables and beans or pulses – as long as you can still eat them afterwards of course. You could also use buttons or threads and yarn from your sewing/knitting box.

Start with something in the centre and build your circular design outwards from there it is so easy but can be quite beautiful. Don't forget to take a photo and share either our FB page or by email and I can include a selection in a future issue.



WE HOPE YOU HAVE ENJOYED OUR GARDEN THEMED ISSUE



Thanks to all the Rejuvenation Gang
Lisa, Lindsay, Trish, Karen P, Karen H, Paula and Marion

Keep safe and well and be kind and patient with one another
Maggie