

# CONSTANTIA CARE

## *Newsletter*

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## London in Lights - Christmas in night

You know Christmas is coming when Oxford Street is transformed by sparkly, glowing lights. This year, the shopping hub is the home to 1,778 decorations (and 750,000 LED light bulbs) inspired by falling snowflakes, plus the addition of new purple baubles.

It's the fifty-ninth year the road has been decorated for the festive period and the "switch on" on 6th November saw thousands of Christmas-lovers and the odd famous face. This year their re-inventing their launch, treating Londoners to pop up performances from UK artists in selected stores down the street.

December is the most magical month to visit London, with lots of festive things to do as Londoners celebrate Christmas and New Year.

London's shopping streets sparkle with Christmas lights in December, and shops are full of gift hunters finishing off their Christmas shopping.

A focal point of the holiday season in London is Trafalgar Square, which resounds with carol singing around the capital's biggest Christmas tree, and lights up with a giant menorah for Chanukah.

London's favourite seasonal activities: shopping for handmade gifts and festive food at a charming Christmas market; ice skating on one of the stunning outdoor ice rinks that pop up across the capital; enjoying carols and concerts accompanied by mulled wine and mince pies; and watching a Christmas pantomime, ballet or family show.



## Hearts Are Melting Over This Young Man's New Friendship With a Lonely Senior He Met at McDonald's

This unlikely duo is a perfect example of how every stranger has the potential to be a friend.

28-year-old Eric Haralson went to a McDonald's in Noblesville, Indiana last week with the intention of eating breakfast by himself – and as fate would have it, so was Jan.

Jan is a 70-year-old woman who approached Haralson in the restaurant and asked if she could sit down with him and eat breakfast. Haralson enthusiastically said 'yes'.

The two of them spent the next 45 minutes enjoying each other's company and swapping stories about their lives. Haralson talked about his son and girlfriend, while Jan talked about how she used to be an artist. When their time together came to an end, Haralson walked her to her car and they exchanged numbers with the intention of having breakfast again soon.

"She is a wonderful woman," Haralson told TODAY Food about his new friend. "She mentioned many times how we all should love one another. And how we should not judge anyone because you never know how their day is going and what they've been through."

It was only later that Haralson saw a picture of him and his new friend on Facebook. A school teacher named Amanda Marquell Craft had snapped a photo of their exchange and published it to social media so she could praise him for his compassion – and the post ended up being shared thousands of times.

"Shout out to this guy! This elderly lady (seemed to be a little lonely) came up to him and asked if she could sit with him," Craft wrote. "My friends and I watched him introduce himself and shake her hand. They talked and laughed together like they were friends. They didn't know each other, and they couldn't be more different. But today they shared a meal together and it touched our hearts."

Haralson is glad that his sweet conversation with Jan could inspire so many people, but he says that he is mostly just happy to have a new friend.

Although she has not yet responded to the voicemail he left about how they are now internet famous, he says he is excited to set up another breakfast date.

"I'll keep trying," said Haralson. "I know if we had forever she would have a story for me for everyday."



## HOUSE IN THE CLOUDS

The stunning "House in the Clouds" is one of Britain's tallest cottages and towers 70 feet above the surrounding landscape. The 1920s structure was originally designed to hide an old water tower in the village, and included housing at the bottom for children's author and poet Malcolm Mason. Today it is the "fairytale home" of Sylvia Le Comber who has filled its interior with dozens of intricately crafted fairy dolls. The fairies are scattered all around the house as a tribute to Mrs. Mason who featured them in her writings.

The 78-year-old, who actually uses the "fairy house" as her home, said: "I have changed very little since I bought the house in 1976. The house looks exactly as was in 1922."

The 5-story-tall home provides five bedrooms – two with double beds, three with twin beds – three bathrooms, drawing room, dining room and one room at the top where the water tank holding 50,000 gallons had been located.

There is also one acre of private grounds surrounding the home, in Thorpeness, Suffolk which includes a tennis court.

The structure was built in 1923 to provide Aldringham Mill with water but was turned into a family home with impressive views across the Suffolk Coast.

The house was originally converted for Mrs. Mason by the Ogilvie family – farmers who used to own the Thorpeness village. Sylvia, who is now retired, said Mason authored a book filled with poems all about fairies. Granted the home by the Ogilvie family she lived there with her children, and named it 'House in the Clouds'.

# NOVEMBER MONTH IN HISTORY

November 1

November 1, 1993 - The European Union came into existence as a result of the Maastricht Treaty.



November 1, 1995 - The first all-race local government elections took place in South Africa, marking the end of the apartheid system.

November 2

November 2, 1721 - Peter I was proclaimed Emperor of all the Russians.

November 3

November 3, 1534 - King Henry VIII became Supreme Head of the Church of England following the passage of the Act of Supremacy by Parliament.

November 3, 1839 - The first Opium War between China and Britain began after British frigates blew up several Chinese junks.

November 3, 1903 - Panama declared itself independent of Colombia following a revolt engineered by the U.S.

November 3, 1918 - Part of the German fleet mutinied at Kiel in the closing days of World War I.

November 3, 1957 - Soviet Russia launched the world's first inhabited space capsule, Sputnik II, which carried a dog named Laika.

November 3, 1983 - White South Africans voted to allow Indians and "Coloreds" (persons of mixed race) limited power in the government, but continued to exclude blacks.

November 4

November 4, 1922 - King Tut's tomb was discovered at Luxor, Egypt, by British archaeologist Howard Carter after several years of searching. The child-king Tutankhamen became pharaoh at age nine and died around 1352 B.C. at age 19. The tomb was found mostly intact, containing numerous priceless items now exhibited in Egypt's National Museum in Cairo.

November 4, 1862 - Richard Gatling patented his first rapid-fire machine-gun which used revolving barrels rotating around a central mechanism to load, fire, and extract the cartridges.

November 4, 1890 - The first electrified underground railway system was officially opened in London.

November 4, 1942 - During World War II, British troops led by Bernard Montgomery defeated the Germans under Erwin Rommel at El Alamein after a twelve-day battle.

November 4, 1956 - Soviet Russian troops moved in to crush an uprising in Hungary.

November 4, 1979 - About 500 young Iranian militants stormed the U.S. Embassy in Teheran, Iran, and took 90 hostages, including 52 Americans that they held captive for 444 days.

November 4, 1995 - Israeli Prime Minister Yitzhak Rabin was assassinated as he left a peace rally in Tel Aviv.

November 5

November 5th - Remembered as Guy Fawkes Day in Britain, for the anniversary of the failed "Gunpowder Plot" to blow up the Houses of Parliament and King James I in 1605.

November 6

November 6, 1429 - Henry VI was crowned King of England at age eight. He had acceded to the throne at the age of nine months following the death of Charles VI.



November 6, 1917 - During World War I, the Third Battle of Ypres concluded after five months as Canadian and Australian troops took Passchendaele. Their advance, measuring five miles, cost at least 240,000 soldiers.

November 6, 1962 - The U.N. General Assembly adopted a resolution condemning South Africa for its apartheid policies and recommended economic sanctions.

November 7

November 7, 1944 - President Franklin D. Roosevelt was elected to an unprecedented fourth term, defeating Thomas E. Dewey. Roosevelt died less than a year later on April 12, 1945.

November 7, 1990 - Mary Robinson became Ireland's first female president.

Birthday - Polish chemist Marie Curie (1867-1934) was born in Warsaw, Poland. In 1903, she and her husband received the Nobel Prize for physics for their discovery of the element Radium.

## November 8

November 8, 1895 - X-rays (electromagnetic rays) were discovered by Wilhelm Roentgen at the University of Wuerzburg in Germany.

November 8, 1923 - Hitler's Beer Hall Putsch took place in the Buergerbraukeller in Munich. Hitler, Goering and armed Nazis attempted, but ultimately failed, to forcibly seize power and overthrow democracy in Germany.

November 8, 1939 - An assassination attempt on Hitler failed at the Buergerbraukeller in Munich. A bomb exploded soon after Hitler had exited following a speech commemorating the 1923 Beer Hall Putsch. Seven others were killed.

Birthday - Astronomer and mathematician Edmund Halley (1656-1742) was born in London. He sighted the Great Comet of 1682 (now named Halley's Comet) and foretold its reappearance in 1758. Halley's Comet appears once each generation with the average time between appearances being 76 years. It is expected to be visible again in 2061.

Birthday - Pioneering heart surgeon Christiaan Barnard (1922-2001) was born in Beaufort West, Cape of Good Hope Province, South Africa. He headed the surgical team that achieved the first-ever human heart transplant in 1967.



## November 9

November 9-10, 1938 - Kristallnacht (the night of broken glass) occurred in Germany as Nazi mobs burned synagogues and vandalized Jewish shops and homes.

November 9, 1989 - The Berlin Wall was opened up after standing for 28 years as a symbol of the Cold War. The 27.9 mile wall had been constructed in 1961.

## November 10

November 10, 1871 - Explorer Henry M. Stanley found missionary David Livingstone at Ujiji, Africa. Stanley began his search the previous March for Livingstone who had been missing for two years. Upon locating him, he simply asked, "Dr. Livingstone, I presume?"

November 10, 1942 - Following the British victory at El Alamein in North Africa during World War II, British Prime Minister Winston Churchill stated, "This is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning."

Birthday - Reformation founder Martin Luther (1483-1546) was born in Eisleben, Saxony. In 1517, Luther tacked his 95 Theses on the door of Wittenberg's castle church

asserting the Bible should be the sole authority of the church, and calling for reformation of the Roman Catholic Church.

Birthday - Actor Richard Burton (1925-1984) was born in Pontrhydyfen, South Wales (as Richard Jenkins). The son of a coal miner, he came to be regarded as one of the greatest acting talents of his day, although he never received an Oscar and was never knighted. He led a tempestuous personal life, highlighted by twice marrying actress Elizabeth Taylor. He died at age 58 of a cerebral haemorrhage.



## November 11

November 11th - Celebrated in the U.S. as Veterans Day (formerly called Armistice Day) with parades and military memorial ceremonies.

November 11, 1918 - At 5 a.m., in Marshal Foch's railway car in the Forest of Compiègne, the Armistice between the Allied and Central Powers was signed, silencing the guns of World War I effective at 11 a.m. – the 11th hour of the 11th day of the 11th month. In many places in Europe, a moment of silence in memory of the millions of fallen soldiers is still observed.

November 11, 1992 - The Church of England voted to allow women to become priests.

## November 12

November 12, 1867 - A major eruption of Mount Vesuvius in Italy began, lasting several months.

November 12, 1923 - Adolf Hitler was arrested in Germany after the failed Beer Hall Putsch.

November 12, 1942 - During World War II in North Africa, The city of Tobruk was captured by the British Eighth Army under General Bernard Montgomery.

November 12, 1974 - The U.N. General Assembly suspended South Africa over its policy of apartheid.

Birthday - Grace Kelly (1929-1982) was born in Philadelphia, Pennsylvania. She was an award-winning actress who left Hollywood in 1956 to marry Prince Rainier, becoming Princess Grace of Monaco. She died of injuries from an automobile accident, September 12, 1982.

## November 13

November 13, 1956 - The U.S. Supreme Court ruled that racial segregation on public buses was unconstitutional.

Birthday - Scottish author Robert Louis Stevenson (1850-1894) was born in Edinburgh, Scotland. Best known for

Treasure Island, Kidnapped and The Strange Case of Dr. Jekyll and Mr. Hyde.

November 14

November 14, 1994 - The first paying passengers travelled on the new rail service through the Channel Tunnel linking England and France.

Birthday - French painter Claude Monet (1840-1926) was born in Paris. He pioneered the impressionist style in his landscapes including the Haystacks, Poplars, and Rouen Cathedral series.



November 15

November 15, 1943 - During the Holocaust, Heinrich Himmler ordered Gypsies and part-Gypsies to be sent to concentration camps. The number of Gypsies killed by Nazis is estimated up to 500,000.

November 15, 1969 - The largest antiwar rally in U.S. History occurred as 250,000 persons gathered in Washington, D.C., to protest the Vietnam War.

November 16

November 16, 1989 - South African President F.W. de Klerk announced the abandonment of the Separate Amenities Act, thus opening the country's beaches to all races.

November 17

November 17, 1558 - Queen Elizabeth I ascended the throne of England at the age of 25, reigning until 1603 when she was 69. Under her leadership, England became a world power, defeating the Spanish Armada, and witnessed a golden age of literature featuring works by William Shakespeare, Edmund Spenser and others.

November 17, 1869 - The Suez Canal was formally opened after more than 10 years of construction.

Birthday - British General Bernard L. Montgomery (1887-1976) was born in St. Mark's Vicarage, Kennington Oval, London. He led the British Eighth Army to a major victory over the Germans at El Alamein in North Africa in 1943. He then led the Eighth Army in the Sicilian and Italian campaigns and commanded all ground forces during D-Day.

November 18

November 18, 1477 - William Caxton printed the first book in the English language, The Dictes and Sayengis of the Phylosophers.

November 18, 1916 - During World War I, Allied General Douglas Haig called off the First Battle of the Somme after five months. The Allies had advanced 125 square miles at a

cost of 420,000 British and 195,000 French soldiers. German losses were over 650,000 men.

November 18, 1993 - South Africa adopted a new constitution after more than 300 years of white majority rule. The constitution provided basic civil rights to blacks and was approved by representatives of the ruling party, as well as members of 20 other political parties.

Birthday - Photography inventor Louis Daguerre (1789-1851) was born in Cormeilles, near Paris. In 1839, at a meeting of the French Academy of Sciences, he announced his daguerreotype process, the first practical photographic process that produced lasting pictures.

November 19

November 19, 1703 - The "Man in the Iron Mask," a prisoner of Louis XIV in the Bastille prison in Paris, died. The prisoner may have been Count Matthioli, who had double-crossed Louis XIV, or may have even been the brother of Louis XIV. His true identity has been the cause of much intrigue, and was celebrated in literary works such as Alexandre Dumas' The Viscount Bragelonne.

November 19, 1978 - The biggest mass suicide in history occurred as Reverend Jim Jones led over 900 followers to their deaths at Jonestown, Guyana. Members of his "Peoples Temple" religious cult were ordered to drink a cyanide-laced fruit drink. Those who refused were forcibly injected. Precipitating the tragedy a day earlier, California Congressman Leo J. Ryan, along with four associates and several reporters, had been shot to death during an ambush at a nearby airstrip. They were attempting to return home after investigating the cult's remote jungle location. Jones and his mistress killed themselves after watching his entire membership die. Only a few cult members managed to escape.

Birthday - Charles I, King of Scotland and England (1600-1649) was born. He ruled from 1625-49. He maintained the Divine Right of Kings to rule and opposed Parliament's challenges to his authoritarian style. This resulted in civil war and his eventual execution, followed by the establishment of a Commonwealth with Oliver Cromwell as Lord Protector.

November 20

November 20, 1917 - The first use of tanks in battle occurred at Cambrai, France, during World War I. Over 300 tanks commanded by British General Sir Douglas Haig went into battle against the Germans.

November 20, 1947 - England's Princess Elizabeth married Philip Mountbatten. Elizabeth was the first child of King George VI and became Queen Elizabeth II upon the death of her father in 1952.

November 20, 1992 - Fire erupted inside Queen Elizabeth's residence at Windsor Castle causing extensive damage.

Birthday - American astronomer Edwin Hubble (1889-1953) was born in Marshfield, Missouri. He pioneered the concept of an expanding universe. The Hubble Space Telescope was named in his honor. It was deployed from

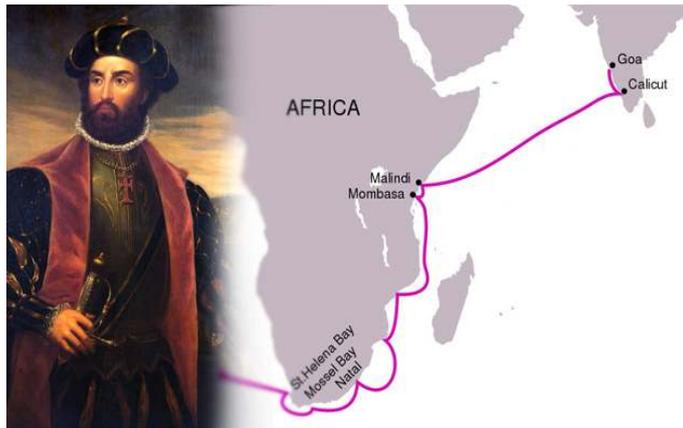
the Space Shuttle Discovery in 1990, allowing astronomers to see farther into space than they had ever seen from telescopes on Earth.

November 21

November 21, 1920 - The IRA (Irish Republican Army) shot and killed 14 British soldiers in Dublin in what became known as "Bloody Sunday."

November 22

November 22, 1497 - Portuguese navigator Vasco Da Gama, leading a fleet of four ships, became the first to sail round the Cape of Good Hope, while searching for a sea route to India.



November 22, 1963 - At 12:30 p.m., on Elm Street in downtown Dallas, President John F. Kennedy's motorcade slowly approached a triple underpass. Shots rang out. The President was struck in the back, then in the head. He was rushed to Parkland Memorial Hospital where fifteen doctors tried to save him. At 1 p.m., John Fitzgerald Kennedy, 35th President of the United States, was pronounced dead. On board Air Force One, at 2:38 p.m., Lyndon B. Johnson was sworn in as the 36th President.

November 23

November 23, 1890 - Ten-year-old Princess Wilhelmina became Queen of the Netherlands upon the death of her father William III. Her mother Queen Emma acted as Regent until 1898.

November 24

November 24, 1859 - Charles Darwin's book *On the Origin of Species by Means of Natural Selection* was first published, theorizing that all the living creatures descended from a common ancestor.

November 24, 1998 - Britain's Queen Elizabeth II opened a new session of Parliament by announcing a bill to do away with the centuries-old right of aristocrats to sit in the House of Lords, thereby taking membership and voting rights away from 759 Dukes, Earls and other hereditary nobles with titles dating as far back as the Middle Ages.

Birthday - Motivational lecturer Dale Carnegie (1888-1955) was born in Maryville, Missouri. Best known for his 1936 book *How to Win Friends and Influence People* which sold millions of copies and was translated into 29 languages.

November 25

Birthday - American financier Andrew Carnegie (1835-1919) was born in Dunfermline, Scotland. He emigrated to America, made his fortune in steel, then became a major philanthropist. Among his gifts; over 2,500 libraries, Carnegie Hall, Carnegie Foundation, and the Carnegie Endowment for International Peace. He once wrote, "The man who dies rich dies disgraced."

November 26

November 26, 1703 - A "Great Storm" lasting two days struck southern England, flooding the Thames and Severn Rivers, killing at least 8,000 persons.

November 26, 1922 - In Egypt, Howard Carter and Lord Carnarvon first went inside the tomb of King Tutankhamen.

November 26, 1992 - British Prime Minister John Major announced Queen Elizabeth II had agreed to pay taxes on her personal income.

Birthday - Harvard College founder John Harvard (1607-1638) was born in London.

November 27

November 27, 1701 - Anders Celsius (1701-1744) was born in Sweden. He invented the centigrade (Celsius) temperature scale commonly used in Europe.

November 28

November 28, 1934 - FBI agents killed bank robber George "Baby Face" Nelson near Barrington, Illinois.



November 28, 1942 - Fire erupted inside the Coconut Grove nightclub in Boston killing nearly 500 persons who had become trapped inside.

Birthday - British artist and poet William Blake (1757-1827) was born in London. Best known for *Songs of Innocence* examining life through the eyes of children and *Songs of Experience* exploring adult viewpoints of the world.

November 30

Birthday - Winston Churchill (1874-1965) was born in Blenheim Palace, Oxfordshire, England. Before World War II, he held a number of high level political offices in Britain including First Lord of the Admiralty. In May 1940, he became Prime Minister, stating, "I have nothing to offer but blood, tears, toil, and sweat." His inspirational speeches, combined with his political skills and military strategy carried Britain through the war, and helped the Allies overcome the Nazi onslaught and defeat Hitler.

# Coming up... ...during the month of December

## Christmas at Kew - *On now until 5th January*

A glittering wonderland with Christmas at Kew at the Royal Botanical Gardens, Kew. The popular after-dark Christmas event returns with its mile-long trail through the famous botanic gardens, lit up with more than 1 million lights, live performances, and spectacular displays.

Highlights of Christmas at Kew 2018

- Hundreds of moving lights with the Field of Light, leading towards the Great Pagoda.
- The Laser Garden, where darting beams of light illuminate mature trees.
- 300 sparkling origami boats floating on the lake.
- A magical trail featuring firework trees lit up with bright colours, a walkway filled with ribbons of light, and the 100m-long Cathedral of Light tunnel.
- Flickering flames from sculptures in the fire garden.
- The Great Broad Walk Borders, which are surrounded by illuminated benches and 11 m-high (36ft) flower sculptures.
- Spectacular light, music and water display in front of the iconic Palm House.



## THE NUTCRACKER - *3rd December to 15th January*



Tchaikovsky's famous "The Nutcracker" is brought to life at the Royal Opera House.

Late on Christmas Eve, a young girl named Clara tiptoes downstairs in search of her favourite present, a nutcracker doll. There, she is met by the mysterious magician Drosselmeyer who transports her on a dream-like adventure, where she encounters the Mouse King, the Sugar Plum Fairy and more magical characters.

Breathtaking sets inspired by the classic Victorian Christmas and sparkling stage effects in Peter Wright's spectacular production, performed by The Royal Ballet.

## STRICTLY COME DANCING

*Grand Finale 15th December on BBC1*

How many dances are the celebrities performing in the Strictly final?

We don't yet have the details for the 2018 final, but historically every couple have each performed three different routines in the last show.

Last year each of the couples danced a 'Judges' Pick' – the performance from the series that the judges selected – their own 'Favourite Dance' – the couple's favourite routine from the series, and finally the 'Showdance'.

How is the Strictly winner decided?

Unlike throughout the rest of the competition, the ultimate winner of Strictly is all down to the viewers' votes.

During the rest of the series, viewer votes are combined with the judges' scores to determine which celebrities placed where on the leader board.

Although judges Craig Revel Horwood, Darcey Bussell, Shirley Ballas and Bruno Tonioli will still score all of the dances in the Strictly final, it will be for guidance only. In the final, who takes home that Glitterball trophy is solely down to viewers.

When is the Strictly winner announced?

We will find out who's won Strictly 2018 on the Saturday night and there will be no Sunday evening results show.



*At some time, in some way, we must all face the end of life, and most of us share a common hope that when death comes to us, or to a loved one, it will be peaceful. We hope to be surrounded by those we love, feeling safe, comfortable and cared for. When our life has ended, we hope that our loved ones, who are left behind, will be comforted and supported through their grief.*

*What is palliative care?*

The goal of palliative care is to help people with serious illnesses feel better. It prevents or treats symptoms and side effects of disease and treatment. Palliative care also treats emotional, social, practical, and spiritual problems that illnesses can bring up. When the person feels better in these areas, they have an improved quality of life.

Palliative care can be given at the same time as treatments meant to cure or treat the disease. Palliative care may be given when the illness is diagnosed, throughout treatment, during follow-up, and at the end of life.

Palliative care may be offered for people with illnesses, such as:

- Cancer
- Heart disease
- Lung diseases
- Kidney failure
- Dementia
- HIV/AIDS
- ALS (amyotrophic lateral sclerosis)

While receiving palliative care, people can remain under the care of their regular provider and still receive treatment for their disease.

*Who Gives Palliative Care?*

Any health care provider can give palliative care. But some providers specialize in it. Palliative care may be given by:

- A team of doctors
- Nurses and nurse practitioners
- Physician assistants
- Registered dietitians
- Social workers
- Psychologists
- Chaplains



*The Difference Between Palliative Care and Hospice?*

Both palliative care and hospice care provide comfort. But palliative care can begin at diagnosis, and at the same time as treatment. Hospice care begins after treatment of the disease is stopped and when it is clear that the person is not going to survive the illness.

Hospice care is most often offered only when the person is expected to live 6 months or less.

*Benefits of palliative care*

In addition to improving quality of life and helping with symptoms, palliative care can help patients understand their choices for medical treatment. The organised services available through palliative care may be helpful to any older person having a lot of general discomfort and disability very late in life. Palliative care can be provided along with curative treatment and does not depend on prognosis.

*Hospice & Palliative Care*

- Is the active, expert and gentle care and support of individuals living with a serious, progressive illness when cure is not expected.
- Is holistic in nature – caring for the "whole" person and their family.
- Aims to support and improve quality of life for those in the last stages of living, and their families.
- Includes the individual and his or her family in planning treatment and care, to enable them to make choices based on knowledge and understanding.
- Supports family and friends through care-giving and bereavement.
- Offers social, emotional and spiritual support to individuals and families through members of an interdisciplinary team including physicians, nurses, social workers, home care nursing, home support, Hospice staff and volunteers, and other disciplines.

# Recipe

...something sweet for the festive season...

## MINCE PIE BROWNIES

Combine two favourites in this clever mash-up of brownies and mince pies. These sweet treats will prove a big hit throughout the festive season!

### INGREDIENTS

- 185g unsalted butter, cubed
- 185g high-quality dark chocolate, chopped
- 85g plain flour
- 40g cocoa powder
- 3 large eggs
- 275g golden caster sugar
- 6 mince pies or 9-12 mini mince pies
- icing sugar, for dusting

### METHOD

1. Melt the butter and chocolate in a medium bowl, either in a microwave – cooking for 1 min on High, then stirring and continuing to heat in 20-second blasts – or by setting the bowl over a pan of simmering water and stirring occasionally. Once melted, leave the mixture to cool.
2. Heat the oven to 180C/160C fan/gas 4. Line the base of a shallow 20cm square tin with non-stick baking parchment. Sieve the flour



and cocoa into a medium bowl. Whisk the eggs and sugar with an electric mixer on maximum speed until thick and creamy, about 3-8 minutes, or when the mixture runs off the beaters and leaves a trail for a second or two.

3. Pour in the cooled chocolate mixture, then fold together with a rubber spatula in a figure of eight, moving the bowl round until the mixture is a mottled dark brown. Be gentle so you don't knock out the air.

4. Sift in the cocoa and flour mixture and continue gently folding. The mixture will look dry and dusty, then fudgy. Stop just before you feel you should, as you don't want to overmix it.

5. Spoon a little mixture into the prepared tin, then add the mince pies, leaving them whole.

Scrape over the rest of the mixture, gently easing it between and over the pies. Level the top. Put in the oven for 25 mins. If the brownie mixture is very wobbly in the middle, it's not quite done, so bake for another 5 -10 mins, or until the top has a shiny, papery crust and the sides are just beginning to come away from the tin. Take out of the oven and leave to cool in the tin. Dust with icing sugar. Cut into quarters, then cut each quarter into four squares. Will keep in an airtight container for a week and in the freezer for up to a month.

## Staff Birthdays



Claire Morgan  
Operations Co-ordinator



Sammie Fludgate  
Care Co-ordinator

Happy  
Birthday

## Carer OF THE MONTH CONGRATULATIONS !!



Carer of the Month for November was awarded to **CARREEN FOUCAUD !!**

This is one way we recognise the hard work and commitment of our wonderful team who dedicate themselves to providing remarkable levels of care. Your Amazon Gift Vouchers are on the way...

If you have any comments, anything you would like to share, some interesting information or some positive words of inspiration... please call or email me – [sharan@constantiacare.co.uk](mailto:sharan@constantiacare.co.uk)