



AUTUMN NEWSLETTER 2024

Dear Carer and Service User

Autumn has arrived and is the season of change. The leaves change colour, the little trees we do have are starting to look bare and we are thinking to dig out our jumpers, boots and winter coats. If you are someone who isn't a particular fan of Autumn or is dreading the colder days and nights why not take a moment to get outdoors on a lovely crisp day, treat yourself to a cosy new jumper, try a pumpkin-spiced latte, hot chocolate or indulge in some nice autumn scented candles. Alternatively, you could make a tasty pot of Parsnip and Apple soup- not something you may think to put together but having tried and tested it, it really is complete comfort in a bowl. (See recipe at the end).

Annual Survey 2024

It's that time of year again where we need to your help in evaluating the service we provide. Comments and feedback- both positive and negative are very welcome. Please find enclosed letter and Survey(s).

For the first time the survey can now be completed online if you wish. To submit your answers for the Carers Survey please click on the following link <https://www.surveymonkey.com/r/CCOC24>

The Service User Survey can be found at <https://www.surveymonkey.com/r/CCOSU24>

If you have not received a paper copy and would prefer one, please phone the office on 870500 to request this.

Raffle Tickets

We still have some tickets available in the office. If you have any to return- sold or unsold, please can you do so by Monday 28th October.

Cream Tea Afternoon

The Friends of Crossroads are holding the Annual Cream Tea on Saturday 2nd of November from 2-4pm in the King Street Halls. The raffle will be drawn this day too. Any donations of raffle prizes, baking or bottles for our stalls on the day would be most welcome. If you are interested in joining the Friends of Crossroads to help them with their fundraising, please let the Office know.

Time to Live Fund

This fund is flexible, creative and for all Carers to help you have a short break. Anything that gives you a break such as a craft magazine subscription, music lessons, gym membership, a garden bench, the list is endless. It doesn't mean you need to jet off somewhere, although I'm sure the thought of that may appeal to us all! Please get in touch if you would like an application form for this fund.

Access to the Carers Centre from 4:00pm to 5:00pm during the winter months

The tourist centre is now back to their winter opening hours. This means the automatic doors are now locked at 4pm daily. Should you wish to pop in from 4pm onwards please chap the window or use the doorbell marked 'XRoads' on the grey fire door to the right of the automatic door, on the Tullocks garage side of the Travel Centre. We apologise for this inconvenience.



Christmas Cards

We now have Christmas Cards on sale in the office and they will also be on sale at the Tea afternoon. As always, there is a lovely selection to choose from. Larger cards are £4.00 per pack and smaller packs are £3.00.

Carers Support Group

This takes place on the second Wednesday of each month from 12-2pm. Keep an eye on our Facebook page or listen to Radio Orkney for updates. Bring a sandwich and we will provide tea, cake and a biscuit or three! The group is a chance to meet with other Carers, have a chat and share information and ideas. Stay for the full 2 hours or pop in as you wish. If you are interested in attending this group or if there is anything in particular you'd like to know more about, please do get in touch.

Recipe - Apple & Parsnip Soup

Ingredients

- 25g/1oz **butter**
- 1 tbsp **sunflower oil**
- 2 medium **onions**, chopped
- 600g/1lb 5oz **parsnips**, cut into 2cm/1in pieces
- 2 **garlic** cloves, crushed
- 600g/1lb 5oz **Bramley apples**, peeled, quartered and cut into chunks
- 1 litre/1¾ pints vegetable or **chicken stock**
- 150ml/5fl oz **milk**
- flaked sea salt and freshly ground **black pepper**

Method

1. Melt the butter and oil in a large saucepan. Gently fry the onions and parsnips for 15 minutes, or until the onions are softened. Add the garlic and apples and cook for a further two minutes, stirring regularly.
2. Pour over the stock and bring to the boil. Reduce the heat to a simmer and cook for about 20 minutes, or until the parsnips are very soft. Remove from the heat and season with salt and freshly ground black pepper. Blend the mixture in a food processor until smooth.
3. Stir in the milk, adding a little extra if required. Season to taste with salt and freshly ground black pepper.

Tips: Add a little curry powder to the fried onions and parsnips before stirring in the stock for a delicious twist.

Please remember you can call us anytime- we are here to offer emotional support and advice and if we don't know the answer, we will find someone who does.

Yours sincerely

A handwritten signature in cursive script, appearing to read 'Anpityomeny'.

Orkney Carers Centre, West Castle Street, Kirkwall KW15 1GU TEL: 870500

Email: carers@crossroadsorkney.co.uk Registered Charity Number: SC022786. Co. No- 16342