

Brook House Newsletter



Welcome to the November edition of our newsletter

The clocks changed this past weekend and the nights have drawn right in, it won't be long until we wake up to frosty mornings and bright pink noses.

Christmas is looming with only 9 weeks until the big day!
Many people have already done all their Christmas shopping and the shops are already full of festive Christmas spirit.

How do you celebrate Christmas with your loved ones....?

Reflections

Our cheese and wine evening was a fantastic night and thank you to everyone who came. We toasted to a wonderful evening and the barn lounge was full of joy, laughter, masses amounts of cheese and obviously the red stuff.....

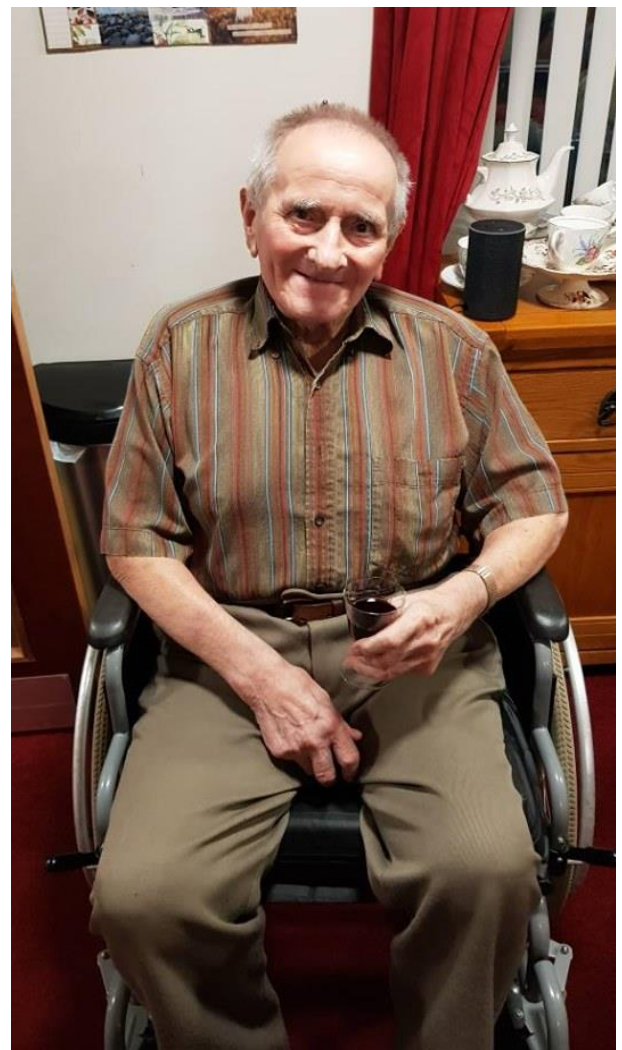
We had megastrikers return for some ball games and chris the pianist for an afternoon of song and laughter.

Mini Sparrows have returned and we had a great morning with the children and everyone was so happy to see them after there summer break.





Sam Farrington Alison Ivaas Kerry Clarke



Sam Farrington Alison Maas Kerry Clarke



Sam Farrington Alison Maas Kerry Clarke



Sam Farrington Alison Maas Kerry Clarke

Baby Lenny





Things to come....

November packs a punch at Brook House,

We have our monthly coffee morning on the 1st at 10.30am, this is open to the general public and is a great opportunity to come and have a look around and see what the home has to offer.

We have a firework display on the 5th November from 4.30-6pm. This is free to enter and there will be Hotdogs, burgers and various nibbles.

Mr Maxwell will be coming in on remembrance Sunday to hold a service for us.

Children in need is fast approaching on the 15th, we will be holding a coffee morning and our own Tour de Leicestershire! Please see our poster below for details.

Our Frank Sinatra tribute in the summer was a massive hit! You'll be pleased to know he's returning on the 29th for another blast from the past.



Brook House Care Home are doing Tour de Leicestershire!

We are reaching out to you for your support and sponsors to help us achieve an incredible challenge of cycling the distance of the Leicestershire Round.



Our formidable journey of *100 miles* is the raise money for

Children In Need on November 15th

We will share the miles between us on an exercise bike at Brook House until the task is accomplished and we have conquered Tour de Leicestershire!

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Brook House Care Home

Resident of the Month



Karen Kay

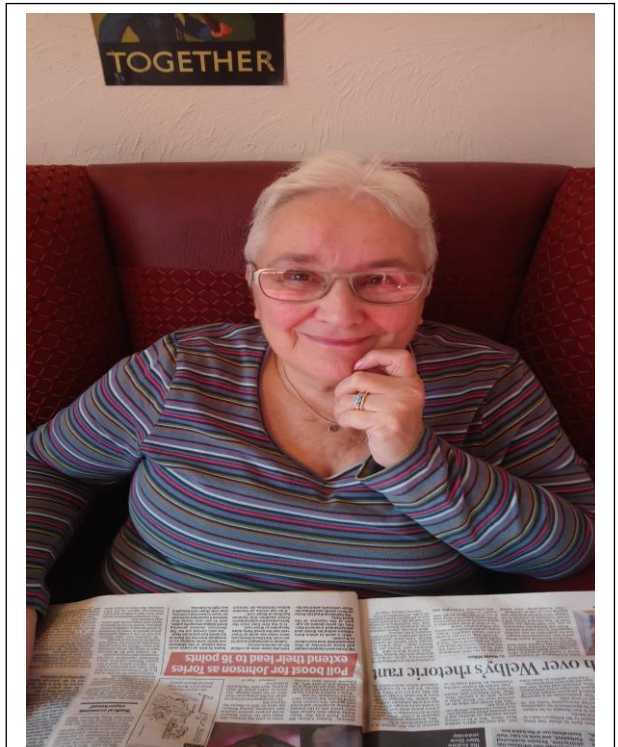
Karen was born in Darwin in 1949 and went to the local school. Karen went on to work in the school helping the teachers.

Karen met her husband Peter and had pet cats.

She has a son called Matthew and two daughters called Sophie and Sarah.

She also has 2 granddaughters called Edith and Lydia.

Her favourite place to go on holiday is Isle of Man.



Carer Factfile



Millie Brooks-Payne

Millie is 20 years old and lives in Welford, she has a dog called Max and her favourite animal is a sloth.

Millie likes socialising with friends in her spare time, she likes playing pool and her beauty treatments.

Millie enjoys working at Brook House and gets a high amount of satisfaction from her job.

Millie used to work at Brook house and had decided to join us once again. We welcome you back Millie with open arms.



November Recipes

Pear, Vanilla and Praline Tart

Ingredients

- 50g whole blanched hazelnuts
- 200g whole blanched almonds
- 250g unsalted butter, at room temperature
 - 250g golden caster sugar
 - 1 tsp vanilla extract
 - 2 medium free-range eggs
- 4 firm conference pears, peeled, cored and halved
 - Crème fraîche to serve

For the pastry...

- 250g plain flour, plus extra to dust
- 120g unsalted butter, very cold
 - 70g icing sugar
 - 2 free-range egg yolks
 - Splash ice cold water



1. Heat the oven to 180°C/160°C fan/ gas 4. For the pastry, sift the flour and a pinch of salt into a large mixing bowl. Grate in the butter and mix with your fingertips to the consistency of fine breadcrumbs. Mix in the sugar, then add the egg yolks. Combine into a dough, adding a splash of ice cold water to bring it together (see tips). Wrap the pastry in cling film, then chill, along with a loose-bottomed 24cm x 5cm deep tin, for 1 hour.
2. Meanwhile, put all the nuts on a non-stick baking tray and toast in the oven for 8-10 minutes until golden but not brown. Remove from the oven and leave to cool.
3. When the pastry has chilled, dust a work surface with flour. Unwrap the pastry and roll out into a circle the thickness of a pound coin – it must be large enough to fit the tin.
4. Take the tart tin out of the fridge and loosely wrap the pastry around a rolling pin. Lift directly on top of the tin, then unroll gently into the tin, making sure it doesn't tear. Gently press the pastry into all the flutes and edges, leaving an overhang. Chill in the freezer for 15 minutes.
5. Remove the tart case from the freezer and line with baking paper. Fill with baking beans or rice and bake for 15-20 minutes until the pastry edge is pale golden and crisp. Remove the beans/rice and paper, then return the tart case to the oven for 2-3 minutes until the pastry feels sandy and there are no grey patches. Set aside. Turn the oven to 160°C/140°C/gas 3.
6. Blend the cooled nuts in a food processor or blender until finely ground – keep an eye on them and stop as soon as they're ground or they'll become oily. Transfer to a large bowl and add the butter, sugar and vanilla extract. Beat with a wooden spoon or electric mixer until well combined and a little paler. Using a large metal spoon, slowly fold in the eggs.
7. Arrange the pear halves cut-side down in an even pattern in the case. Spoon the hazelnut and almond mixture on top of the pears, then bake for 55-65 minutes until golden. 8. Leave the tart to cool slightly, then carefully remove from the tin to cool further. Serve warm or at room temperature with a dollop of crème fraîche.



'Avin a Laugh'



Teeth Cleaning

The sight of my mother cleaning her dentures fascinated my young son. He sat riveted as she carefully took them out, brushed and rinsed them, and then popped them back in. "Cool, Grandma!" he said. "Now take off your arm."

Tea Time

A little 3-year-old girl was playing with her miniature tea set. Her father was in the living room and her mother was out shopping.

The little girl came out to the living room and offered her father a cup of tea, which was in fact just water. He thought this was really cute, so she did it several more times.

When the mother came home, the father had the mother stop and watch the little tea ritual, as her daughter brought the father another cup of tea (water) and he drank it.

The mother said, "Very nice. But has it occurred to you that the only place she can reach to get water is the toilet?"

Mother's Day

Last year on Mother's Day, the whole family got together for a big dinner and afterward, when Mom started to clean up, I said to her, "Don't bother with those dishes, Mom. Today is Mother's Day. You can always do them tomorrow."

Lets talk about.....

Bonfire Night.....

Guy Fawkes Night is annually held on November 5. It is sometimes known as Bonfire Night and marks the anniversary of the discovery of a plot organized by Catholic conspirators to blow up the Houses of Parliament in London in 1605. Many people light bonfires and set off fireworks.

Here are some fun Bonfire night facts for your knowledge

- It was once illegal not to celebrate Bonfire Night in Britain
- King Henry VII was the first ever person to host a fireworks display
- It's still possible to see the lantern Guy Fawkes was carrying when he was caught in the Houses of Parliament
- Queen Elizabeth I honoured the best firework maker in the country
- The Yeomen of the Guard still search the Houses of Parliament...
- The village of Ottery St. Mary sees a time-honoured tradition in celebration of Bonfire Night
- Your average sparkler burns at between 1000-1500°C
- Guy Fawkes has an island named after him
- The 36 barrels of gunpowder would have destroyed how we see London today
- Fireworks were invented by accident





Birthday Celebration



Trevor Sargent – 7th November

Peter Pink - 17th November

Joyce Walker – 25th November



**KEEP
CALM
EVERYONE
ITS MY
BIRTHDAY !**



Horoscopes



Scorpio October 23rd-November 21st

Because of its incredible passion and power, Scorpio is often mistaken for a fire sign. In fact, Scorpio is a water sign that derives its strength from the psychic, emotional realm. Like its fellow water signs, Cancer and Pisces, Scorpio is extremely clairvoyant and intuitive.

Sagittarius November 22nd- December 21st

They have vision and are good at seeing the big picture,” says astrologer Francesca Oddie, who describes Sags as friendly, energetic, honest, open, sincere, generous, and full of joie de vivre. Another common Sagittarius trait is being easily adaptable.