

**FOR
VISITORS**

**FOR
RESIDENTS**



Wiggy's Tales

September 2019

CONTENTS

Introduction	1
Charity Collections & Fund Raising/ Birthdays	2
Welcome / In Memory	3
Past Events	4 - 10
Wyggestons Fete Poster	11
Wyggestons Entertainment Post 16 th October 2019	12
What is the meaning of Harvest Festival?	13
September Poems?	14
Wyggestons Sunday Afternoon Concerts Poster	15
What's Next? Looking Ahead Dates	16
September Events Calendar	17 - 18
Chapel Services	19
Sudoku	20
Recipes	21 - 23
Answers to Crossword Augusts Edition of Wiggy's Tales	24
Wyggestons Picture	25

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**FOR
STAFF**

**FOR
GOVERNORS**

INTRODUCTION

Welcome to September 2019 Edition of Wiggy's Tales.

Well Autumn will be shortly upon us – where did the summer go?!!

The last few weeks have been very variable weather wise but despite this our builders are progressing well with the refurbishment of the former Master's House, prior to the commencement of the New Apartments and Hub. We hope to be in a position to inform you about the start of these works in next month's edition.

In the meantime we have had some really entertaining events with Andrew Robinson's talk on his work with the Blood Bikes charity, trip to West Midlands Safari Park (despite the weather!) and the very well received concert from Britain's Got Talent finalist Jean Martyn.



A little reminder, our last summer concert is the Ibstock Brick Brass Band on Sunday 1st September at 2:30 pm and for your diaries we have also arranged a Christmas Concert of seasonal carols and songs on Sunday 22nd December at 2:30 pm by the Croft Silver Band.



Just a reminder - we are still seeking donations for the Wyggestons Fete on Saturday 21st September. If anyone wishes to donate prizes for the Raffle, Tombola, Prize Every Time, please can these be taken to the Wardens in the Duty Room.



Photograph by Dave Sinclair in the grounds of Wyggestons

CHARITY COLLECTIONS & FUNDRAISING EVENTS

Bingo 25th July & 16th August raised £115.50



Monday 5th August Scrabble we raised £26.00

Thursday 1st August Coffee Morning raised £93.20



BIRTHDAYS

For those residents who have birthdays in September we would like to wish you a very Happy Birthday

William House

Geoffrey Clarke	6th September
George Butler	7th September
Phyllis Elding	14th September
John Seymour	22nd September
Sue Hulatt	26th September

Agnes house

Peter Barkby	22nd September
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Welcome to Sister Celestine, to William House, and we wish her many happy years here at Wyggestons.



In Memory



It is with sadness we record the death of Mrs Joan Woodcock, a resident of Agnes House who passed away on Monday 5th August 2019.

Joan's' Funeral Service was held on Thursday 15th August in St. Ursula's Chapel at 12:45 pm followed by a Committal at Gilroes Crematorium at 2:00 pm.

Our thoughts and prayers are with her family and friends at this time.

May she rest in peace and rise in glory.



PAST

Coffee Morning Thursday 1st August 2019

Andrew Robinson our Land Agent, gave a talk to the residents about Blood Bikes which is the Charity he is involved with



Thank You Cakes

Carol, Mary Dickinson's daughter popped into Wyggestons on Thursday 1st August and left three Thank You Cakes in memory of her mother.

One for William House, one for Agnes House and one for the Master.

The images of the cakes below are for William House and the Master. The William house cake was cut and each resident and member of staff in William House was given a piece at the Coffee Morning.



Friday 2nd August 2019
Prevention of Falls Exercises in Agnes House



Residents of Agnes enjoying their first new activity,
with regard to Prevention of Falls exercises

Jean Martyn Organist Sunday 4th August 2019



On Monday 5th of Aug. I needed a word with Chris, after we had finished our chat, I was greeted with “ Do us a favour Michael” “If I can I replied”, will you do the News letter report for Jean’s concert on Sunday gone. What could I say pressed ganged and no 6 pence!

On reflection I thought this will take a bit of writing due to her exceptional talent and the enjoyment she gave to all those attending.

WHAT A SHOW, brilliant is the only way most people described it.

Jean started playing the piano at the age of 3, and her style was pleasing , energetic and most important she as an entertainer was enjoying herself (That rubs off to the audience), few people in her field shows that these days. In 2011 she was in the finals of Britain’s Got Talent, she has raised over £100,000 for charity, appeared as a supporting actress in Howards Way. Tutoed in Jazz by Johnny Dankworth, accompanied Vera Lynn. For any more information you can get her on the internet her talents could fill this Newsletter just search Jean Martyn, note Y.



We were taken on a whirl wind tour of music from The Warsaw Concerto, to Boogie, Russ Conway and many others including the Mikado.

Then she moved onto the Chapels organ twice and played that just as expertly. Her Yamaha gave us Drums, Clarinet, Piano, Bass about any instrument you wanted, electronics and digital have changed the whole concept of such an instrument.

Her feet moved her hands moved, on the switches as well as the dual keyboard.

One section the whole audience were taken to the Blackpool ballroom and before they knew it we were all singing “ I Do Like to Be Beside The Seaside”

What a show there is talk of her returning and I urge anybody who missed it, to come (If it happens) you will come out happy and revitalised.

One bit made me jealous she is doing a tour around the Mississippi including, Graceland and New Orleans the home of Southern music. Enjoy Jean and tell us all about it when we hear from you again. Jean if you can fit in, “The Sun studios” as well as the home of “The Million Dollar Quartet” my generation of music late 50’s to 60’s.

Thanks for a wonderful show,

Michael and all at Wygggestons

West Midlands Safari Park Wednesday 14th August 2019





Photos taken by Tony Leighton

WYGGESTONS FETE
SATURDAY
21ST SEPTEMBER 2019
11:00 AM TO 2:00 PM

**ALL PROCEEDS TO OUR 2019 CHARITY
“MIRACLES TO BELIEVE IN”**

We all need to start thinking about the Autumn Fete

If anyone wishes to donate prizes for the Raffle, Tombola, Prize Every Time, please can these be taken to the Wardens in the Duty Room.

We also ask residents to start thinking about making jams, pickles and nearer the date cakes, scones, etc. to be sold at the Fete.

Many thanks





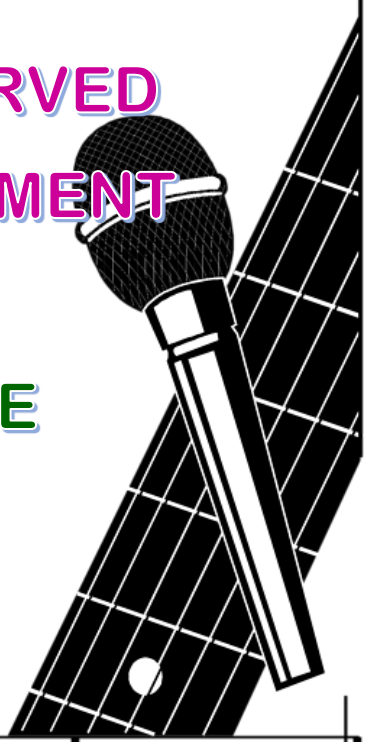
WILLIAM HOUSE

**AFTERNOON OF SINGING,
MUSIC & POETRY
BY JUNE, JOSE & PIP**

**WEDNESDAY 16TH OCTOBER
IN THE BOARDROOM
AT 2:30 PM**

**TEA & CAKE WILL BE SERVED
DURING THE ENTERTAINMENT**

EVERYONE WELCOME



The Meaning of Harvest Festival and why do we celebrate this

Harvest Festival reminds Christians of all the good things God gives them. This makes them want to share with others who are not so fortunate. In schools and in Churches, people bring food from home to a Harvest Festival Service. After the service, the food that has been put on display is usually made into parcels and given to people in need.

Why do people celebrate Harvest Festival?

This is the time of year when all the crops have been **harvested**. **Harvest Festival** is a **celebration** of the food grown on the land. ... We **celebrate** this day by singing, praying and decorating our churches with baskets of fruit and food in a **festival** known as '**Harvest Festival**', usually during the month of September.

What is the history of Harvest Festival?

History of Harvest Festival. **Harvest Festival** used to be celebrated at the beginning of the **Harvest** season on 1 August and was called Lammas, meaning 'loaf Mass'. Farmers made loaves of bread from the new wheat **crop** and gave them to their local church.

What does harvest mean in the bible?

Jesus refers to God as "the Lord of the **harvest**" (Matthew 9:38). ... In all of this transition of the seasons, celebration of **harvest**, and preparing for a season of familial celebrations that will soon be on us, I've been meditating on the theme of **harvest** in Scripture

What is the meaning of harvest day?

A **harvest** festival is an annual celebration that occurs around the time of the main **harvest** of a given region. Given the differences in climate and crops around the world, **harvest** festivals can be found at various times at different places.

Who celebrates Harvest Festival?

As the name suggests, **Harvest Festival** is **celebrated** around **harvest** time. More specifically **Harvest Festival** coincides with the **Harvest** Moon, the full moon that occurs closest to the autumn equinox. **Harvest Festival** in Britain is usually **celebrated** on the Sunday nearest to this date.



SEPTEMBER POEMS



"Departing summer hath assumed
An aspect tenderly illumed,
The gentlest look of spring;
That calls from yonder leafy shade
Unfaded, yet prepared to fade,
A timely carolling."

- William Wordsworth, September

"The breezes taste
Of apple peel.
The air is full
Of smells to feel-
Ripe fruit, old footballs,
Burning brush,
New books, erasers,
Chalk, and such.
The bee, his hive,
Well-honeyed hum,
And Mother cuts
Chrysanthemums.
Like plates washed clean
With suds, the days
Are polished with
A morning haze. "
- John Updike, September



"Smoke hangs like haze over harvested
fields,
The gold of stubble, the brown of turned earth
And you walk under the red light of fall
The scent of fallen apples, the dust of
threshed grain
The sharp, gentle chill of fall.
Here as we move into the shadows of autumn
The night that brings the morning of spring
Come to us, Lord of Harvest
Teach us to be thankful for the gifts you bring
us ..."

- Autumn Equinox Ritual



WYGGESTONS
SUNDAY AFTERNOON CONCERTS 2019

Sunday 1st September Ibstock Brick Brass Band

Additional Concert

Sunday 22nd December - Croft Silver Band
Christmas Music & Carols



WHAT'S NEXT?

Looking Ahead Dates 2019

Please note the following dates in your diary:-

Sunday 1st September	2:30 pm	Ibstock Brick Band (St. Ursula's Chapel)
Thursday 5th September	10:15 am	Coffee Morning- Talk by Emily Owen (Boardroom)
Saturday 14th September	10:00 am 2:00 pm	Ride 'N' Stride St. Ursula's Chapel
Saturday 21st September	11:00 am 2:00 pm	Wygggestons Fete
Friday 27th September	10:30 am 12:00 noon	Macmillan Coffee Morning in Agnes House
Thursday 3rd October	10:15 am	Coffee Morning - Talk by Governor Dr Susan Barton (Boardroom)
Wednesday 16th October	2:30 pm	Afternoon of Music, Singing & Poetry (Boardroom)
Thursday 7th November	10:15 am	Coffee Morning - A talk by Hilary Cooper from "Miracles To Be Believe In" (Boardroom)
Thursday 5th December	10:15 am	Coffee Morning - A talk by Ian Stringer about The Bodie Hodges Foundation (Boardroom)
Monday 2nd December	TBC	Entertainment by the Brownies (Boardroom)
Tuesday 10th December	5:00 pm	Grammar School Carol Concert (St. Ursula's Chapel)
Wednesday 18th December	11:30 am	Residents & Staff Get Together (Boardroom)
Sunday 22nd December	2:30 pm	Croft Silver Band Sunday Afternoon Concert Christmas Themed Music & Carols (St. Ursula's Chapel)
December	TBC	Church of the Martyrs Carol Singers



SEPTEMBER ACTIVITIES 2019

DATE	ACTIVITY
Sunday 1st	Sunday Afternoon Concert - Ibstock Brick Brass Band at 2:30 pm in St. Ursula's Chapel 
Monday 2nd	DIY Pilates (Mtg Rm) at 10:00 am Bingo (Agnes House) 2:00 pm to 4:00 pm Scrabble (BdRm) at 7:00 pm
Tuesday 3rd	Do It Yourself Chair Exercises (BdRm) at 2:30 pm
Wednesday 4th	Art Group (BdRm) at 10:15 am Story Telling (Agnes House) 11:00 am to 12:00 noon Card Making (BdRm) at 2:30 pm
Thursday 5th	Coffee Morning (BdRm) at 10:15 am incorporating a talk by Emily Owen  Music & Movement (Agnes House) at 11:15 am to 12:15 pm Music Afternoon with Michael & Patricia Heyden (BdRm) at 2:30 pm
Friday 6th	Prevention of Falls Exercises 11:30 am Lounge - Agnes House Games (Agnes House) at 2:00 pm Tea & Chat with the Wardens (BdRm) at 2:30 pm
Monday 9th	DIY Pilates (Mtg Rm) at 10:00 am Bingo (Agnes House) 2:00 pm to 4:00 pm
Tuesday 10th	Homegroup (Mtg Rm) at 10:30 am Do It Yourself Chair Exercises (BdRm) at 2:30 pm
Wednesday 11th	Art Group (BdRm) at 10:15 am Story Telling (Agnes House) 11:00 am to 12:00 noon Bingo (BdRm) at 2:30 pm
Thursday 12th	Music & Movement (Agnes House) at 11:15 am to 12:15 pm Baking Afternoon with Learning for the Fourth Age (BdRm) 1:45 pm
Friday 13th	Prevention of Falls Exercises 11:30 am Lounge - Agnes House Games (Agnes House) 11:00 am to 12:00 noon Quiz (BdRm) at 2:30 pm
Saturday 14th	 Ride 'N' Stride in St. Ursula's Chapel 10:00 am to 2:00 pm



SEPTEMBER ACTIVITIES 2019

DATE	ACTIVITY
Monday 16th	DIY Pilates (Mtg Rm) at 10:00 am Bingo (Agnes House) 2:00 pm to 4:00 pm
Tuesday 17th	Do It Yourself Chair Exercises (BdRm) at 2:30 pm
Wednesday 18th	Sorting out for the Fete Art Group (BdRm) at 10:15 am Story Telling (Agnes House) 11:00 am to 12:00 noon
Thursday 19th	Sorting out for the Fete Music & Movement (Agnes House) at 11:15 am to 12:15 pm
Friday 20th	Prevention of Falls Exercises 11:30 am Lounge - Agnes House Games (Agnes House) 11:00 am to 12:00 noon Setting up & pricing for Wygggestons Fete at 2:30 pm
Saturday 21st	 Wygggestons Fete 11:00 am to 2:00 pm
Monday 23rd	DIY Pilates (Mtg Rm) at 10:00 am Bingo (Agnes House) 2:00 pm to 4:00 pm Arts & Crafts *BdRm) 2:30 pm to 4:00 pm
Tuesday 24th	Homegroup (Mtg Rm) at 10:30 am Do It Yourself Chair Exercises (BdRm) at 2:30 pm
Wednesday 25th	Art Group (BdRm) at 10:15 am Story Telling (Agnes House) 11:00 am to 12:00 noon Uno Card Game (BdRm) at 2:30 pm
Thursday 26th	Music & Movement (Agnes House) at 11:15 am to 12:15 pm Knitting & Crochet (BdRm) 2:30 pm
Friday 27th	Macmillan Coffee Morning in Agnes House 10:30 am to 12 noon Games (Agnes House) 11:00 am to 12:00 noon Poetry (BdRm) at 2:15 pm
Sunday 29th	Harvest Festival Service 08:30 am Holy Communion 09:30 am Morning Service
Monday 30th	DIY Pilates (Mtg Rm) at 10:00 am Bingo (Agnes House) 2:00 pm to 4:00 pm



Activities are open to all residents
Please note that dates do change,
keep an eye on the Noticeboard

SERVICES IN ST. URSULA'S CHAPEL

Sunday September 1st

8:30 am Holy Communion

Rev'd Arthur Deegan

9:30 am Morning Service

Rev'd Arthur Deegan

Tuesday September 3rd

9:30 am Morning Service

Sue Hulatt

Thursday September 5th

9:30 am Informal Service

Rev'd David Spriggs

Sunday September 8th

Morning service 9:30 am

Rev'd Nigel Rooms

Tuesday September 10th

9:30 am Morning Service

Rosemary Smith

Thursday September 12th

9:30 am Informal Service

Rev'd Novette Headley

Sunday September 15th

10:30 am Holy Communion

Tuesday September 17th

9:30 am Morning Service

Thursday September 19th

9:30 am Informal Service

Sunday September 22nd

9:30 am Morning Service

Tuesday September 24th

9:30 am Morning Service

Thursday September 26th

9:30 am Informal Service

Sunday September 29th

8:30 am Holy Communion

Harvest Festival

9:30 am Morning Service

On Tuesdays there is a Service of Holy Communion in the Conservatory of Agnes House at 12:00 noon, to which all are welcome



Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
					1	8		
		8	7	6				

Pork with Pears

Prep Time	Cooking Time	Serves
5 mins	3 Hrs	6

A simple yet stunning recipe that combines well known flavours to create an exquisite dish

Ingredients

1 tbsp sunflower oil
2 red onions, roots trimmed and cut into eighths
2 large pears, quartered and cored (leave the skin on)
Few sprigs of rosemary, leaves roughly chopped
4 pork steaks. About 175g / 6oz each, trimmed of excess fat
50g blue cheese, cubed

Method

Heat the oil in a roasting tin on the hob (use 2 rings), then add the onions, pears, most of the rosemary and seasoning. Fry for 5 mins or until just starting to caramelise.

Heat grill to high. Season the pork, then arrange among the veg and fry for 5 mins, turning halfway until golden and cooked through. Scatter with the remaining rosemary and the cheese, grill until the cheese starts to melt, then serve.



Orchard Crumble

Prep Time	Cook	Easy	Serves
30 mins	45 - 55 mins		5 - 6

Ingredients

400g apple, peeled, cored and cut into small pieces
400g stoned plums, cut into chunky wedges
2 tbsp sugar, any type
300g figs, woody stalks trimmed, quartered
300g blackberry or brambles, washed well
Cream, custard or ice cream, to serve

For the Topping

140g plain flour
140g wholemeal flour
175g butter, cut into small pieces
100g soft brown sugar

Method

First make the topping. Put the flour in a bowl with a pinch of salt, then rub in the butter with your fingertips to form crumbs. Stir in the sugar with a fork, and chill until needed.

Heat oven to 180C/160C fan/ gas 4. Tip the apples, plums and sugar into a big saucepan with 50ml water and cook, stirring, for about 5 mins, until the apples are soft and juicy. Stir in the figs and blackberries, and tip into a baking dish. Scatter over the crumble and bake for 45-55 mins until the topping is golden and the fruit is bubbling.



Chocolate & Pear Cake

Prep Time
45 mins

Cooking Time
1 hr 5 mins

Easy

Cuts into
10 slices



Ingredients

250g pack of butter, melted, plus a little extra for the tin
250g castor sugar
200g self-raising flour
50g wholemeal flour
100g ground almonds
1 tsp baking powder
2 tsp mixed spice
1 tsp ground cinnamon
Good grating of nutmeg
50g whole hazelnut, finely chopped
50g whole almonds with skins on, finely chopped
50g pistachio, finely chopped
50g macadamia nut, finely chopped
100g dark chocolate, finely chopped, or dark chocolate chips
3 large eggs, beaten
1 tsp almond extract
2 pears peeled, cored and diced

For the Icing

300ml pot of soured cream
100gs dark chocolate, broken into chunks
100g milk chocolate, broken into chunks

Method

Heat oven to 180C/160C fan/gas 4. Butter and line the base and sides of a deep, 20cm loose-bottomed round cake tin. Mix the sugar, flours, ground almonds, baking powder and spices in a big bowl. Mix together the chopped nuts. Set aside 2 heaped tbsp of them for decoration and stir the rest into the dry ingredients with the chopped chocolate or chips. Whisk together the melted butter, eggs and almond extract.

Tip the butter mixture into the dry ingredients and stir thoroughly to combine, then fold in the diced pear. Scrape the mixture into the tin and bake for 45 mins, then cover with foil and bake for 20 mins more until a skewer poked in comes out clean. Cool in the tin overnight.

For the icing, put the soured cream and chocolate chunks in a small pan. Heat very gently, stirring, until melted. Chill until spreadable (overnight is fine).

Remove the cake from the tin, spread over the icing and scatter with the reserved nuts.

Tangy Chicken Breasts

Prep Time	Cooking Time	Easy	Serves
5 mins	20 mins		2

Ingredients

2 skinless chicken breasts
3 tbsp barbeque sauce
2 rashers streaky bacon
50g cheddar, grated



Method

Heat the grill to medium-high and line a baking sheet with foil. Lay the chicken breasts upside-down on the foil, brush with 1 tbsp of barbecue sauce, then grill for 5 mins. Turn the chicken breasts over, add the bacon rashers to the tray, then return to the grill for a further 5 mins.

Drizzle the chicken with the remaining barbecue sauce, sprinkle with cheese, then place back under the grill for 2-3 mins until the chicken is cooked through, the cheese is bubbling and golden and the bacon is crispy. Top the chicken with the bacon to serve.

Fish O'Leekie

Prep Time	Cooking Time	Easy	Serves
7 mins	20 mins		4

Ingredients

1 leek, finely sliced
500ml vegetable stock
330g Basmati rice
500g cod or haddock fillet, skinned and cut into large chunks
Handful parsley, roughly chopped
Finely grated zest and juice of 1 lemon



Method

Put the leek in a large microwave dish with 4 tbsp of the stock. Cover the dish with cling film, pierce the film with a knife, then microwave on High for 5 mins.

Uncover the dish, then stir the rice and remaining stock into the leek. Re-cover with cling film, pierce and microwave on High for another 10 mins, stirring halfway through until the rice is very nearly cooked.

Gently stir in the fish chunks, cover the dish with cling film again, then pierce and cook for a further 5 mins until the fish flakes easily and the rice is tender. Stir in the parsley, lemon zest and juice. Leave to stand for 2 mins before serving.

Recipes from the Good Food magazine

Answers to the Crossword in August's Edition of Wiggy's Tales





Photograph by Dave Sinclair in the grounds of Wyggestons