

The Broadstairs Bulletin



Issue 4



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The Broadstairs Branch of the Dickens Fellowship

Charles Dickens is an important name in Broadstairs and perhaps you've wanted to find out more about one of England's greatest novelists who spent so much of his time here in this small town in East Kent. The Dickens Fellowship is a world-wide organisation, founded in 1902, for those who share an interest in the life and works of Charles Dickens.

The Broadstairs branch of the Fellowship meets on the first Wednesday of each month at the Pavilion in Broadstairs at 7pm. There are raffles, a Dickens book club, quizzes, quarterly newsletters, performances by the Dickens Declaimers, the Annual Dinner, outings to Dickens-related venues, and much more. The Broadstairs Fellowship is a thriving, friendly branch, mindful of Dickens's importance in the town of Broadstairs and justly proud of our local Dickensian history. Broadstairs was one of Dickens's favourite places and he and his wife and family stayed in various houses in the town for many years. He called it "Our English Watering Place", and described it as, "...this pretty little semi-circular sweep of houses tapering off at the end of the wooden pier..."

The Broadstairs Dickens Fellowship enjoys first class speakers, booked each month from within the world of Dickens, many of them from the London branch of the Fellowship. There is the chance to learn more about Dickens, his life, the times he lived in, his relevance to Broadstairs, and his books, from the evenings with a speaker.

Speakers recently have included Gerald Dickens, Ian Dickens (current President of the Dickens Fellowship), Mark Dickens and Lucinda Hawksley (great, great grandsons and great, great granddaughter of Charles Dickens), Professor Jerry White, (Historian Tom Keneally (Author of Schindler's List and The Dickens Boy), Professors John Mullan and Jenny Hartley, (Authors) Professor John Bowen, Dr Cindy Sughrue (Director of the Charles Dickens Museum in London), Professor Malcolm Andrews, Paul Graham (Hon. Gen. Sec. of the Dickens Fellowship, London), Dr Tony Williams, Paul Lewis (Writer and Broadcaster) and Professor Michael Slater.

At out Christmas social, there is usually a performance by the Dickens Declaimers, a glass of wine and a grand Christmas raffle. In the New Year, there is also a complimentary drink, membership subscriptions are renewed and very often there is a Dickens-related quiz with a prize. Each of these meetings is a very friendly occasion and because our setting is the Conservatory at the Pavilion, the surroundings lend themselves to a convivial atmosphere.

The Dickens Declaimers are all members of the Fellowship. Dickens himself performed many readings of his works both in the UK and abroad. Book in one hand, he performed to packed audiences with great success, and in our way we try to emulate him with the manner of our performance. The readings are delivered in the same dramatic way and although the Declaimers may take on two or more characters each, it's worth remembering that Dickens did them all himself. Such was the genius of the man. Some say this exhausting schedule of readings was at the expense of his health. After one performance of Sikes and Nancy he was heard to say, "I shall tear myself to pieces." However, a reviewer at the time commented that, "Mr Dickens is the greatest reader of the greatest writer of the age."

The Dickens Declaimers perform regularly for our Fellowship members and locally at our Happy Birthday Mr Dickens! event at the Pavilion each February, as well as performing for the Broadstairs Dickens Festival, local societies and groups. Every year the Fellowship raises money for charity with performances of "A Christmas Carol" at local venues. They have performed at Dickens Fellowship meetings in Canterbury, Rochester and New York. Subsequently two members of the Dickens Declaimers travelled on to Boulder, Colorado to give an additional performance. In July 2021 the Dickens Declaimers performed for the annual Dickens Fellowship Conference on zoom to a world-wide audience.

JOINING THE BROADSTAIRS BRANCH OF THE DICKENS FELLOWSHIP

To join the Broadstairs branch of the Dickens Fellowship is £20 per year. Membership starts in January each year and details of how to join can be obtained from the Hon. Sec. Chris Ewer (details below).

Further information can be obtained from the Dickens Fellowship website at www.dickensfellowship.org or from the Hon Sec: chris.ewer@btinternet.com Tel: 01843 291528.

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With the corona-coaster still playing havoc with overseas travel plans, I would recommend continuing to look at the UK this year and plan a bigger and better holiday for next year.

So, in times of trouble, who do you turn to?

Mickey Mouse and his pals of course!

One of the most popular destinations from the UK, I am taking Disneyland Paris bookings up to August 2022, and I am taking advance registrations up to Christmas 2023!

It is very easily accessible from the UK via Eurostar with direct services to the park.

Across the pond, Walt Disney World Resort in Florida will be celebrating their 50th Anniversary in style in 2022, and I am currently taking bookings up to December 2022.

To celebrate, generous Mickey is currently offering some great WDW Florida 50th Anniversary benefits if you stay at selected Disney Hotels.

There is so much to see and do in Orlando, you really have to plan your Florida holiday with military precision to get the most of your time there and to avoid theme park burn-out; balance the intense fun-packed theme park days with some chill out time at the water parks, or maybe an airboat ride on the Everglades to see the stunning wildlife including the 'gators!

Closer to home and very do-able this year, Disney Cruises have introduced their very own UK Staycations. The Disney Magic is cruising from Tilbury, Southampton and Newcastle this Summer and is proving extremely popular. The price includes all food and entertainment, fireworks at sea, character experiences, plus adult only areas such as pool, spa, nightclubs, and much more!



How to make the most of your annual leave in 2022

If you're of a mind to plan ahead for your travels, now is the perfect time to schedule your holidays strategically to allow you to make the most out of your annual leave. By booking holidays around these key dates you'll be able to get the most out of your annual leave in 2022, allowing you to spend more time exploring the world.

April 15th –24th. Take 4 days leave for a 10-day holiday

Leave the uncertainty of the April UK weather behind with a trip to the Maldives where April temperatures average between 27-31 degrees meaning you can spend your days soaking up the sun out on the soft white sand, and your evenings sat out on the deck of your private overwater villa under the blanket of stars in the pitch-black night sky. Alternatively, head west across the Atlantic to Mexico where temperatures sit around a similarly tropical 30 degrees and the idea of home seems a million miles away. Expect warm and gracious hospitality, fresh punchy cuisine and exotic wildlife.

Aug 27th – Sep 5th. Take 4 days leave for a 9-day holiday

Over August Bank holiday weekend take the short flight down to southern Portugal to the delightful Algarve. The Algarve has a depth of attractions that few regions can compete with, from the pleasant climate and golden beaches to the championship golf courses and delightful dining scene which utilizes the bountiful produce of the neighbouring Atlantic ocean and features no fewer than eight Michelin star restaurants.

December 24th – 2nd Jan. Take 3 days leave for a 10-day holiday

Following the joy of Christmas, take advantage of the bank holidays that succeed it by jetting off for some extended time in the sun. If beachside relaxation is what you need following a busy festive period, then the island of Barbados beckons. Sink your toes into the warm sand of the Platinum coast as the Caribbean Sea creates a soothing melody and the sun sets on another day in paradise.

To discuss your travel plans and get the latest travel advice, please do not hesitate to contact me on **01795 570017**.

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Why Everyone Should Have A Will

It is easy to procrastinate about making a Will. For many people, it can seem quite daunting and it is difficult to contemplate our own mortality.

But for many people, it is a relief when they actually complete their own Will. There are some very good reasons why it is important to die having left a Will rather than dying intestate (without leaving a Will):

- It ensures that the assets in your estate pass to the people you wish to receive them.
- You are able to leave your assets to your unmarried partner. In the absence of a Will a surviving unmarried partner has no right of inheritance. It is a mistaken belief that a "common law wife" or "common law husband" has a legal standing to inherit should their partner die.
- You can leave property to friends or to a charity.
- You will be able to appoint a guardian to bring up your children.
- You can make specific wishes for your funeral arrangements.

If you do not have a Will on your death:

- The law specifies how your assets are to be divided.

- If you are married and have children your estate will not necessarily pass to your spouse.
- If you are married but don't have children, your husband or wife may have to share your estate with your parents or brothers and sisters.
- If you are unmarried your partner has no automatic right to inherit your estate.

There are a number of pitfalls that can be avoided by consulting a professional to ensure that your Will is legally valid and that your wishes are followed. You should also regularly review your Will so that it reflects your current wishes. Minor alterations can be made fairly simply by executing a document setting out those changes – called a Codicil. But you should never attempt to revise or make changes by altering your Will with manuscript additions or deletions as this could invalidate the Will altogether.

Finally, do consider what will happen to your digital assets. Photos, social media accounts and emails from loved ones are often just as treasured as physical possessions. A recent survey has revealed that over ninety percent of people had not included any digital assets in their Will. Just as important is the fact that keeping a careful record of online passwords will make sure that your family can access digital assets and are not faced with problems during the probate application.



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Sarah Thorne Theatre Reopening

The Sarah Thorne Theatre Company and Michael Friend Productions are pleased to announce that the 15th Summer Repertory Season will stage the following plays.

VILLAGE WOONG and HOW HE LIED TO HER HUSBAND by Bernard Shaw

A double bill of two comic views of the state of marriage as seen by Shaw. An eternal triangle in which Shaw sends up his own characters from his play Candida. and a most unusual love story in a village post office.

Friday 10th Sept at 7.30pm - Saturday 11th Sept at 2.30pm and 7.30pm. Sunday 12th at 6.30pm.

THE IMPORTANCE OF BEING EARNEST by Oscar Wilde

Late Victorian English society mocked brilliantly by Oscar Wilde in this witty play full of some of the most famous comedy lines in theatre history.

Friday 17th Sept at 7.30pm - Saturday 18th Sept at 2.30pm and 7.30pm. Sunday 19th at 6.30pm.

AN INCIDENT AT THE BORDER by Kieran Lynn

Mountains create natural borders, rivers create natural borders, and human beings create unnatural ones. Kieran Lynn's sharply funny black comedy shows how a political whim can turn a romantic afternoon in the park to nightmare. A play which has continued to grow ever more topical since its premiere at the Finborough Theatre in 2012.

Friday 24th Sept at 7.30pm - Saturday 25th Sept at 2.30pm and 7.30pm. Sunday 26th at 6.30pm.

**All seats £16.00 (advance) £18 (doors)
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In early 2011, an Open Call went out across Thanet for 100 singers from any musical background to form a choir to sing an exciting, challenging piece of new music to celebrate the opening of Turner Contemporary, Margate. The 'Big Sing Community Choir', led by Music Director, Tony Castro, gave the World Premiere of Orlando Gough's "The Red Volcano" (inspired by JMW Turner's eponymous poem and painting) at the opening of Turner Contemporary Gallery on 17th of April 2011, accompanied by an orchestra of local musicians and students.

Following this debut performance, the singers unanimously agreed to stay together and formed the Thanet Big Sing Community Choir, becoming Turner Contemporary's resident choir and the only choir in the UK based in an art gallery of international standing.

The Thanet Big Sing has gone from strength to strength, performing at the Turner Contemporary (including five world premieres to date), giving regular concerts in Westgate, Broadstairs, and Ramsgate, participating in local festivals and community events and collaborating with other artists, musicians and actors.

The choir has performed at Proms in the Park, the Dickens festival, and at London's SouthBank Centre and supported East Kent Mencap with their Christmas sing-along, together with an annual Christmas event at Turner Contemporary.

Rehearsals take place in Westgate-on-Sea every Tuesday evening during term time from 7.30 to 9.30pm, under the expert guidance of our Music Director, Tony Castro, who has had many years in the music industry working on numerous internationally famous shows including productions

of Phantom of the Opera, Rocky Horror Show, Spamalot, Miss Saigon and a great deal more.

We are an inclusive choir, open to anyone who wants to sing with others in a friendly and fun atmosphere, and we welcome all new members aged 18 years and over. You do not need to audition, and choir members do not need to be able to read music or have any previous experience. All you need is enthusiasm and the desire to sing with other like-minded singers. We offer all potential new members a free-of-charge 'taster' rehearsal.

We sing a wide variety of music, including popular, light classical, musical theatre, and folk songs. The Thanet Big Sing regularly commissions new compositions for the choir to compliment and be performed alongside exhibitions at Turner Contemporary and local events. Examples of these, all written and composed by Tony Castro, include On the Tram (T.S. Eliot exhibition), Oh! I do like to be (Seaside Photographed), and our latest piece, Lost and Found (Ellen Harvey exhibition). Often accompanied by other musicians, a narrator, and projected images, these performances are very special and hugely popular.

The Thanet Big Sing Community Choir is well known for being a friendly and supportive choir and a warm welcome awaits anyone joining. Our guiding principle is to have fun while rehearsing and performing music that we enjoy singing, relishing the challenge that this sometime presents, but always singing confidently together in a safe, friendly atmosphere. Several social events are planned throughout the year.

If you want to be part of a group that just loves singing together, then come and join us. We look forward to seeing you. www.thanetbigsing.com



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Introducing the RNLI Thanet Fundraising Group

The RNLI have taken the decision to merge the Ramsgate Fundraising Branch & the Margate, Birchington & Districts Branch. This change will allow the RNLI to reach all parts of Thanet to the benefit of both lifeboat stations in Thanet.

Two of our volunteers Karen Cox (Ramsgate Press Officer) & Sarah Hewes (Thanet Group Leader) walked 9 miles for their Mayday Mile on the 5th May, starting at the Margate Lifeboat Station & finishing at the Ramsgate Lifeboat Station. They received fantastic support and raised £800 for the RNLI Mayday Campaign.

If you are interested in getting involved please contact the Group Leader, Sarah Hewes via the RNLI Thanet Fundraising Group Facebook page or by e-mail sarah.hewes@outlook.com, if you do not have a computer then a message could be left at the RNLI Ramsgate Lifeboat Station with your contact details.

Many thanks for all the support the good people of Thanet give to the RNLI. It is very much appreciated. Sarah Hewes – Group Leader.



Photo credit – Chris Cox

East Kent Justice Needs You

Could you help by playing a vital role in the delivery of justice both in your local area and wider afield? Magistrates come from all walks of life and are members of the judiciary who give up their time to support the delivery of justice.

You may not know that JP's make up 85% of all judiciary and deal with 9 out of 10 criminal cases. The role is open to all those between 18 and 70 who have sound judgement and good character. We are particularly looking to recruit for magistrates to sit in East Kent. You don't necessarily need legal qualifications to be a magistrate. Personal qualities are more important. You will be asked to listen to cases and make clear judgement on what happens next.

This is a really worthwhile and fulfilling role, giving you the opportunity to give back to society and make a difference. You will receive specialist training, delivered locally through the Judicial College. Initial training is typically three and a half day's introductory training, delivered both face-to-face as well as online learning. If you would like to find out more about this interesting opportunity, then please contact:

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An interview with senior audiologist, Anabela Pinho, Hearbase at Spencer Private Hospital, Margate

What is an audiologist?

An audiologist is a clinical health care professional responsible for helping those who have problems with their hearing and balance disorders. It's a highly qualified role, and each day an audiologist could be assessing and fitting hearing aids, providing ear protection, tinnitus support and advising on balance and wax removal.

How long have you been at Hearbase?

I have been at Hearbase for nearly 3 years now and I enjoy my work, especially meeting and helping so many people all over Thanet, old and young, from all walks of life. I am based at the Hearbase clinic at the wonderful Spencer Private Hospital, Ramsgate Road, Margate, CT9 4TG.

What are the first signs of a hearing problem?

Some of the early signs are when you struggle to keep up with conversation in noisy places, when your family tell you the TV is too loud,



or when you have difficulty hearing people clearly. If you experience ringing or buzzing in your ears, or head, or a feeling of blockage, these can also be early signs of hearing loss.



Why should I have my hearing tested?

Not being able to hear, seriously impacts your quality of life, not to mention talking with friends, family and others. I recommend if you show any of these early signs, you should get it checked. If you are concerned about someone close to you who struggles to hear, speak to them about getting a free hearing test and why not join them to offer support if they need a little bit of encouragement?

Why should I go to Hearbase Spencer Private Hospital Margate?

Well, to start, our hearing tests are completely free. This isn't unique to us, you can get your hearing tested elsewhere, but as we are expert audiologists, if we find anything of concern after your free hearing test, we will point you in the direction of specialist services quickly. We are a really friendly bunch of people and



our focus is to listen and help you to manage your hearing.

How should I look after my hearing?

If you notice any change to your hearing, large or small, then always get it checked. This is important however old or young you are. If you work in a noisy place or have a history of hearing loss in your family, have a hearing test, it only takes 30 minutes. Call us on **0800 077 3061** or email admin@hearbase.com and book your free hearing test at Hearbase at Spencer Private Hospital Margate today!



Kentish Soap Company Scoops Two Prizes at European Skincare Award

The Kentish Soap Company has won two awards at the tenth annual Free From Skincare Awards.

The Europe-wide Awards were founded to encourage and reward manufacturers of skincare products that are 'free from' many of the allergens, preservatives, additives and fragrances associated with skin sensitivities, allergies, and ethical, environmental and health concerns.

The Kent based company, recently recognised by the government-backed Thames Estuary Scheme as visionary business for good, green sustainable growth, has won a silver award for one of the newest additions to its range, the Rose Clay facial bar and a bronze award for its Sunshine soap bar.

John Waddy, co-owner, said, "Wow, we're so proud. We love that people love our artisan products. Our heart and soul goes in to making them as ethically and as sustainably as we can. It's wonderful that 2021 is bringing us award success like 2020. Our facial bar is the newest addition to our range and we've got plans for more skincare products, all following the same sustainable ethos that we go by. And it's marvellous that our Sunshine bar has brought a little sunshine to our customers' lives."

The announcements were made on 7th July, and followed a long judging process which included a rigorous month-long assessment by four experienced skincare testers, and concluded with round-table expert judging sessions.

The Free From Skincare Awards launched in 2012 to encourage and reward manufacturers of skincare products that are 'free from' many of the allergens, ingredients, additives and artificial fragrances associated with skin sensitivities, health concerns, as well as ethical, personal and environmental issues.

They were founded by Michelle Berriedale-Johnson, director of the Free From Food Awards) and Alex Gazzola, a writer specialising in allergies and 'free from'.

For the full set of results, see the Awards website at www.freefromskincareawards.co.uk.



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Residents, business owners and visitors to Kent are being invited to play their part in protecting and enhancing the local environment for future generations in a new campaign.

Kent County Council's campaign, Kent Green Action, aims to connect people with nature and inspire everyone to take action to protect and improve their local environment.

One way people can do this is by saving the amount of energy they use at home, work and when they travel to help reduce carbon emissions.

Valuing and protecting the local environment not only protects the natural world but also has benefits for our health, wellbeing, and local economy, now and in the future.

Kent Green Action aims to engage with Kent's residents and businesses through social media using animations, case study films, tips and advice about how to become more environmentally friendly.



Kent County Council's Cabinet Member for Environment, Susan Carey, said: "We know Kent residents care about their environment and want to play their part in protecting it.

"The Kent Green Action campaign will share advice and case studies from here in Kent showing how individuals, businesses and communities can make a difference."

Residents can visit www.kent.gov.uk/kentgreenaction and www.kent.gov.uk/saveenergy to find out how they can make a difference.

Businesses and organisations can visit www.locase.co.uk for more information on support available to them.

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Seniors Helping Seniors in Broadstairs

It really doesn't matter how old we are, we all need a reason to get out of bed in the morning.

Even if we get up out of habit, how we fill our days impacts our health and well being. If we feel valued, if we have purpose, if we do things that mean something to us, we are happier and we are healthier no matter what conditions we are living with or through.

Traditional elderly care tends to rob people of their independence. When the aim is to care for lots of people, the focus is on efficiencies and on doing everything to make life easier. The Peer-to-Peer support at Seniors Helping Seniors is totally different.

Seniors Helping Seniors was created to focus on the few and not the many. Our organisation is built around family values and we provide the flexibility people want. Our carers have experienced what is needed themselves and Care at Seniors Helping Seniors is all about what the client needs feel at their best. We respond to needs without doing everything for people.

We have amazing carers in and around Broadstairs so we have a wealth of experience to draw upon. If our client has a passion for photography, the carer we'll organise will love photography too so

the conversation and activities will happen naturally around common interests while all the things that need doing get done.

Our carers are used to breaking down tasks for people. We'll clean with our clients, we cook with our clients and this becomes very important when, for example, people are able to dress themselves, and they are able to go to the toilet themselves. Providing things are set up and people are prompted, people remain able for longer.

If we know fine motor skills are becoming a challenge, we will try to increase practise and support – all this rather than making a client less able because things are done for them.

Purposeful days around the routine of keeping well and getting better keep peoples' personalities whole.

As a local company, we are delighted to have been shortlisted for the Keiba business award. Our carers are encouraging other carers to join our Broadstairs team.

Carers at Seniors Helping Seniors are professional carers and people who have experience of caring. Carers can work as much or as little as they like and as a Living Wage champion for the sector, we'd love to hear from you.



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I am Louise, a trained hypnotherapist (HPD) using a combined therapy approach to help children including Hypnosis, TFT, NLP and mindfulness techniques within my practice.

My passion is to give children a mindfulness toolbox to be able to cope with everyday emotions, trauma, fears, and cope with the uncontrollable events that can be chucked into our pathway! This passion matches perfectly with the Hypno4Children programs for which I am an accredited practitioner offering both the MindHack System which incorporates a variety of therapy modalities such as Hypnotherapy, Neuro Linguistic Programming, Tapping, Cognitive Behavioural Therapy and Positive Psychology / Coaching & StudyCalm System (learn easily, study calmly, perform optimally)! Make contact with me for more information.....

I have two inspirational daughters who are 7 & 10. I have used many of the techniques with them, to help them to regulate emotions and to start to form their own toolbox. As a parent, I have experienced the pain of watching an ill child, a child who is so upset about attending nursery/school, a child who fears the dark, a child who has frustration from learning difficulties, just to name a few! I believe that children are our most valuable gift and giving them a mindfulness toolkit has become a real passion and is when I come alive! Helping children to be able to cope with trauma however big or small it seems to us!

How I work

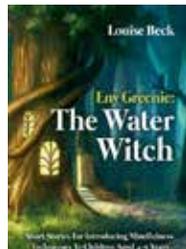
1. Arrange a free discovery call with parents/carer. (In the discovery call you can ask any questions and I can explain how I like to work)
2. Arrange an appointment if your happy for me to work with your child either online via Zoom or face/face in a therapy room setting.
3. I send over the Consent forms & Working Therapy Agreement via email.

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A Caremark first, 2 Carers receive Carer of the Month Award

Caremark (Thanet) in-home Care & Support Workers receive their awards for June.

Ben Beddall, with assistance from Katherine Moore saved a client's life, in Ben's own words, this is what happened: "We provided care as usual and gave the client his cup of tea and just as his wife went to the kitchen, he fell unconscious and didn't come to with all attempts made.

I sensed the urgency of the situation and I asked Kate to call 999 while I proceeded to flatten his bed and check for a CPR tag to deflate the bed so if needed, I could provide CPR. With no CPR tag evident, I checked for breathing by looking down his chest with my ear close to his mouth so I could listen for breath as well."

His breathing was unstable at first then within a couple seconds stopped. That was when I first started CPR. Kate had communicated amazingly well all worries to the 999 call operators who could give advice and guidance on how to help the gentleman."

The franchisee Garry Costain recognised this amazing lifesaving activity and awarded Ben with an outstanding contribution award.

From Ben's account you already know that he was not alone in his endeavours to save this person's life, but had another Care & Support Worker with him, Kate, who gives us her perspective on the events that unfolded this day: "The call started off as normal, with the client in good spirits, we gave him a full wash then his medication. I sat down to write the notes and Ben was sat next him encouraging him to drink his tea. The next thing we know is he dropped his mug and when we looked over he wasn't breathing.

Ben shouted to call 999 while he got the client flat on the bed and started CPR. While relaying the information, the operator told us to get the client on the floor which we did with the slide sheets. He stopped breathing again and again Ben's CPR got him breathing, it was at this point the ambulance arrived. Without a shadow of a doubt without Ben's quick thinking this gentleman would have passed away that day."

Garry obviously recognised Kate's part in saving this client's life and also presented her with an 'outstanding contribution award.'



Further to presenting these awards to these quick-thinking carers, Garry had this to say: "Performing CPR in training is one thing: doing it for real is something else entirely. Ben should be very proud of what he has done. No matter what training you have, you never know how you will react when you are faced with a real-life emergency. Ben acted magnificently. He remained calm under pressure and did the things that he learned in training. We are very proud of Ben and he can justly feel very proud of how he conducted himself."

These quick-thinking Carers were also both awarded 'Carer of the month' for June by Caremark Head Office, which means they both not only received vouchers and a certificate but are now both finalists for the 'Carer of the year' award, which will be announced at next year's annual conference 2022 in January.

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Preparation time: 25 minutes Cooking time: 45 minutes

INGREDIENTS

For Banana Topping

- 120g brown sugar
- 60g butter
- 1.5 tbsp golden syrup
- 3 bananas sliced

For the Cake

- 2 ripe bananas
- 2 tbsp yoghurt
- 90g butter at room temperature
- 180g caster sugar
- 1 tsp vanilla extract
- 2 eggs
- 180g self-raising flour
- ½ tsp cinnamon
- ¼ tsp nutmeg

METHOD

Preheat the oven to 180C.

Line a 20 x 20cm square baking tin or a 23cm round tin with baking parchment. It's best not to use a loose-bottomed tin but if you do fold the parchment so it goes up the sides of the tin too. Otherwise, the caramel will leak out into the oven!

To make the topping, place the sugar, butter, and golden syrup into a small heavy-bottomed saucepan. Heat until all the sugar and butter have melted. Stir gently and pour into the tin, tilting the tin backwards and forwards so the layer of caramel completely covers the bottom.

Slice the bananas into pieces about 2cm thick. Place them in the caramel.

For the cake, mash the bananas with a fork then mix into the yogurt. Set aside.

Place the butter and sugar into a large mixing bowl. Whisk till pale and fluffy.

Add the vanilla extract and eggs, one at a time, whisking after each one.

Sift the flour and spices together and gradually fold into the mixing bowl. Then fold in the banana and yoghurt mixture.

Spoon the batter into the cake tin on top of the caramel and bananas.

Bake at 180C for about 45 minutes. Test with a skewer to see if it's cooked. If necessary bake for a little longer.

When ready, remove the cake from the oven and let it stand for a couple of minutes. Then place a plate on top of the tin and turn it over to remove the cake.

Serve warm with cream, custard, or ice cream.



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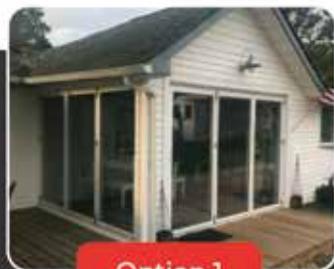
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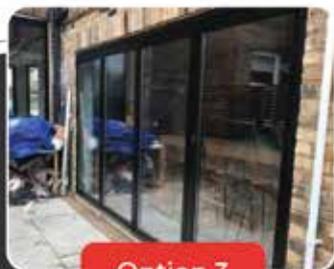
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