

Keeping Brain Fit At Home

Our Groups: *Pick and Mix, The Giggly Group, Young at Hearts, The Urchins, Passmore Pals, Happy People, Us Lot and Freya's Friends.*

This week our topic is: **HOUSES & HOMES**



Here at Memory Matters, we have been look back at childhood homes we grew up in:

Clarinda remembers waking up to ice formed on the inside of her bedroom window as Jack Frost left his mark during very cold winters.

Annie sometimes helped her grandma with the washing; washday was always on a Monday. There was a twin tub with a mangle on the top & in the good weather, clothes were hung on the washing line to dry using dolly pegs.

Laura's childhood home had a heating system with air vents in the floors of every room - Laura and her brother used to try and use the vents to hold "secret conversations" which unfortunately could be heard throughout the house...

Sophie used to go and stay with her Gran during the holidays, she can still recall the distinctive smell of "town gas" from the gas cooker in the kitchen.

- We wonder what your childhood homes were like?
- What are the best ways to keep warm when a house has no central heating?
- If you could live in any house and money was no object, what would it be like?

An excerpt from “Dust if you must” by Pam Ayres.

**Dust if you must, but wouldn't it be better
to paint or write a letter,
bake a cake or plant a seed,
ponder the difference between want and need?**

**Dust if you must, but there's not much time,
with rivers to swim and mountains to climb,
music to hear and books to read,
friends to cherish and life to lead.**



- What do you think of Pam's sentiments?
- We don't think this would have “cut the mustard” with our parents and grandparents - they used to take their household chores very seriously!

“We used to polish our front doorsteps every week using a Donkey Stone (a scouring block mainly used in the mill towns of the north of England) if one doorstep wasn't polished - we used to think people were ill or very lazy!”

- We wonder what sort of chores you were asked to help with when you were a youngster?
- Are there any household jobs that you take pride in now?
- Do you think children today are more or less involved in household chores than when you were a child?

Doorstep Deliveries

In the post-war era, many tradesmen used to deliver to your door:

Milkman
Window Cleaner
Coalman
Chimney Sweep
Pool Man
Avon Lady
Butcher's Boys
Corona Man

- How many of these people have knocked on your door over the years?
- Annie's coalman was called Mr Duffy and his clothes were blackened from his feet to his head.
- What do you think about the re-emergence of people bringing the shop to us?

What am I?

All the answers include the word **house...**

- where the President of America lives
- tender plants are grown here
- for canines and men in trouble
- a den we climbed in
- warns mariners of hazards
- the name of a bird

Doctor, Doctor, I feel like a pair of curtains.
Pull yourself together man!

We will be in contact regularly, please let us know if we can help you in anyway.

Photo Archive:



Martin, Hazel and Jo wondering if they could ice-skate with this!