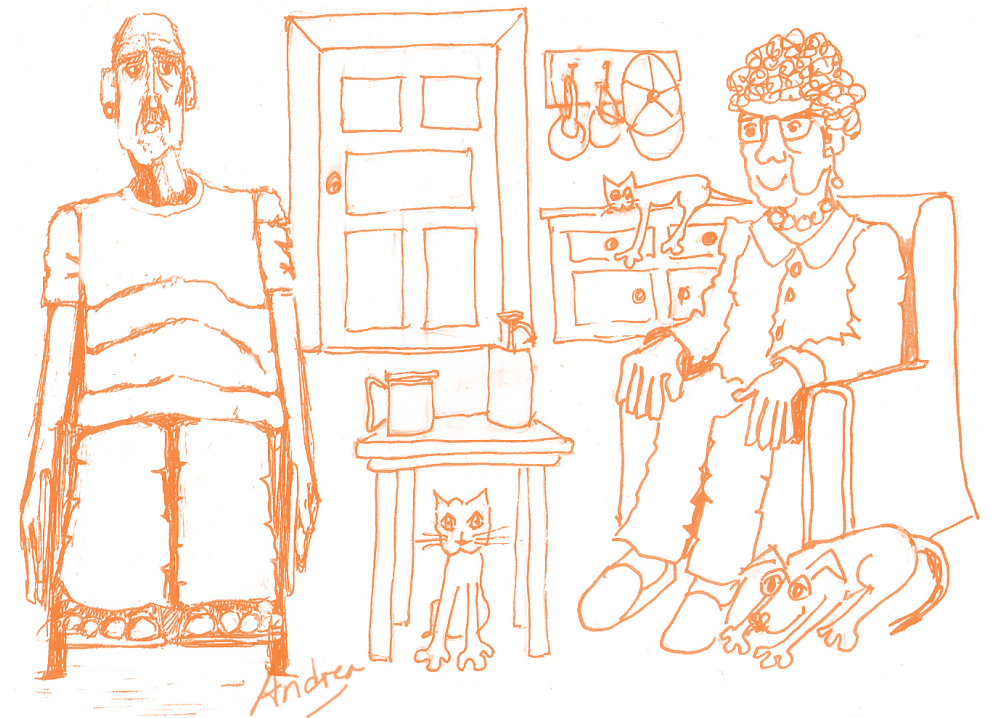
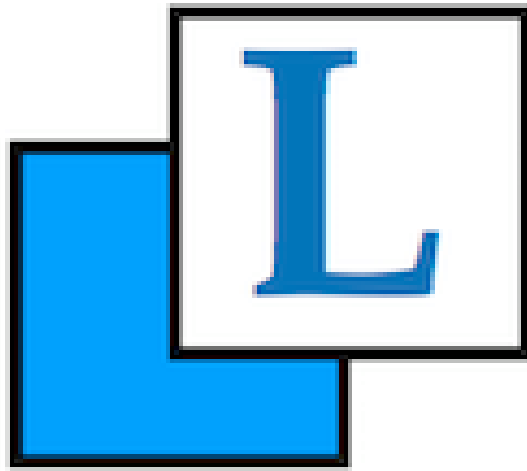


## Tea Break Teasers

A magazine for carers across Dorset,  
Bournemouth, Poole and Christchurch



## Welcome

Hello and welcome to our first ever Tea Break Teaser magazine. We have been busy compiling a range of activities for you to do. There is everything from crosswords, wordsearches and dot to dot exercises to baking recipes and many others. You can pick this up whenever you have a spare moment to just sit and concentrate on something else other than caring for a time.

The Leonardo Trust and the Dorset Carers Hub work hard together to help people who care for others and are dedicated to making sure no carer feels alone. We know that being a full-time carer is hard work, and that getting time off can be difficult. Everyone needs some time to themselves, for short periods of rest and relaxation.

If finding the money for a few hours extra respite care, or to pay for whatever you would like to do to relax, is difficult, The Leonardo Trust may be able to help.



### The Leonardo Trust

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## So You Think I'm Special?

You say you think I'm special well, I don't think that's true  
I think that I am doing just what anyone would do

Caring's not an 'option' not something that you choose  
You know that when you love someone you need to nurse their  
bruise

And what if tables, they were turned would you care for me?  
Of course you would, that's what I mean It's not so different see?

I sometimes, though, feel guilty do I do enough?  
Do I give sufficient 'smooth' when you have so much 'rough'?

Covid's made things harder more care I have to take  
Sanitise and masks on I must make no mistake

But we have our lighter moments we like to laugh and joke  
When things go wrong, just sing a song let's memories evoke

Perhaps then I am 'special' I see now what you mean  
I'm not alone, there's lots of us I do detect a theme

Yes, I'm proud that I'm a carer And I'm proud that it's for you  
And I'm proud that 'us together' now it's time I made a brew!

By Tom Lee



By Andrea Ross

# Simple Parsnip and Apple Soup

## Ingredients

50g butter

5 parsnips, peeled and cut into chunks

1 large Bramley apple, peeled and cut into chunks

1 litre vegetable stock

600ml milk

## Method

Melt the butter in a saucepan, add the parsnips and apple, then cook gently for 5—10 minutes.

Add the stock, then cover and simmer for a further 20 minutes, or until the parsnips are cooked.

Remove from the heat and allow to cool for a few minutes, then add the milk.

Blend until smooth.

Season to taste, reheat gently for 5 minutes then serve whilst hot.

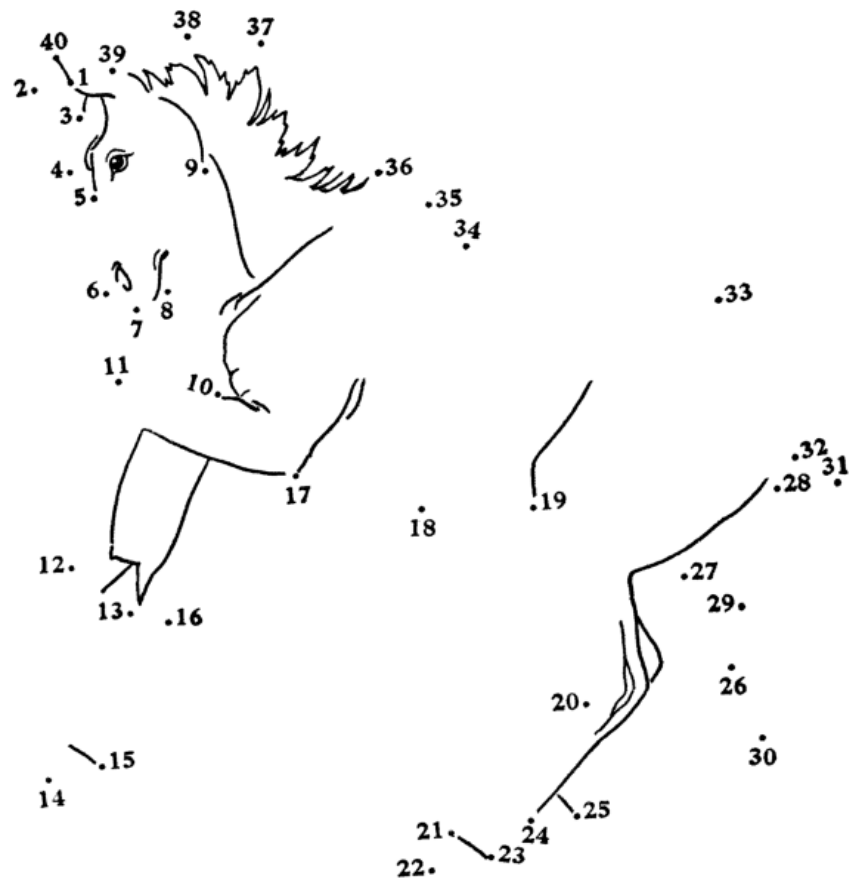


# Who Cares?

D B K R H N M F P P S I Z Z B W A W N G V V R P  
J V M Q N S T E O T E N Y B U Q F U C E H L E Y  
R U R V W X V L T H O F F W Z U Z F S R H F N S  
X E B H A O K Q T B K R Y S E I E N M E N C T C  
A S T B D B T Q A R I A K Z M O C G A S Z R R H  
M A X S A N I Z V K N P M H Z A S X J E D M A I  
Y Y L H I F A G R A N D P A R E N T S Z N Y P L  
N J I B K S B B H O R G F E T W F Y U E K G K D  
O Y O M U M G Q S I X Y R Y J P T Q K P G D N G  
M I D Y T H A N J U W H P G K E C E N E P K Y L  
M W E C L C E W Y B H F R P E S Y E K L X O S N  
A K A X R U I X C K I V A A Z Y O K B E B O Z Q  
R M Z L T S P E T X T F W M P L P C R W B B G D  
N R B C Y W P T S J T G N Y Q I G U I B X M P I  
T F M N B L O Q I Y F W I F E W F Y F X S O N G  
H K K G D Q S E T R Y H R B E B T L H B K S B L  
A E Z A U A Q Q A M Q L W R V H A O U U Q S R V  
U P D L P X R Q E A P F T K Z E Y V L P B F O E  
Z Y Z Y C L U S D H L I I Z I L S E Q A A R T R  
C H K C L F U Q L V X A R O I I E G H R U I H I  
Q L R U Z P D I A P N U G M Z V X Z I E F E E G  
R G F S D G S G W V F W A F L O E N X N X N R P  
U D Y T S Y X A F T P F P Z R K I V O T J D G K  
H R I S W L E H J R D N F O N G C Q T I N Y Y F

Grandparents	Brother	Unpaid	Child
Dad	Wife	Friend	Love
Mum	Husband	Family	Carer
Sister	Partner	Parent	

## Dot to Dot



## Colour me in



## Farmhouse Orange/Lemon Victoria

\*For this cake you will need two 18cm(7inch) sandwich cake tins

### Ingredients

175g (6oz) butter, softened

175g (6oz) light muscovado sugar

3 large eggs

175g (6oz) self-raising flour

1 ½ level teaspoon baking powder

Zest of 1 orange/lemon



### Method

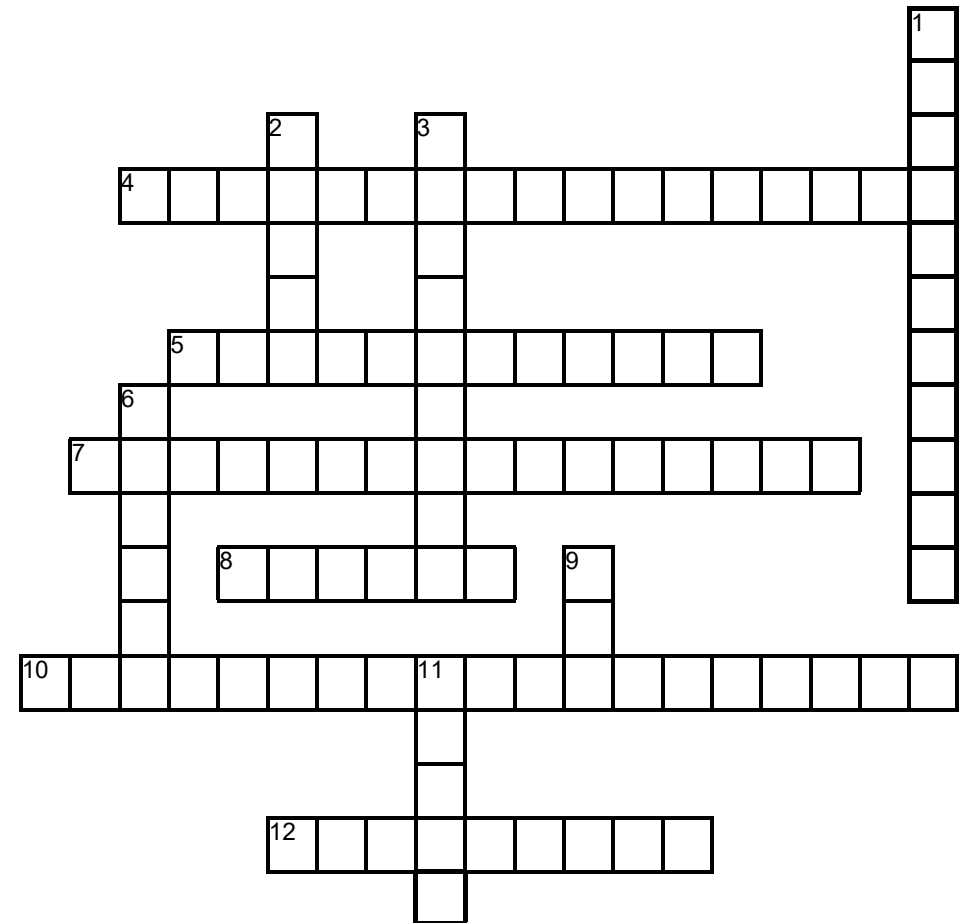
Preheat oven to 180°C/fan, 160°C/gas 4. Grease the tins and line the bases with non-stick baking parchment.

Measure all the ingredients for the cake into a bowl and beat well for about 2 minutes, until smooth and blended. Divide the mixture between the tins evenly and level out.

Bake for 25-30 minutes or until the cakes have shrunk away slightly from the sides of the tins and will spring back when lightly pressed with a finger. Turnout the cakes onto a wire rack to cool and peel off the paper.

Measure the ingredients for the filling into a bowl and blend together until smooth. Use to sandwich the cakes together. Dust the top of the cake with sieved icing sugar.

## General Knowledge Crossword



### Across

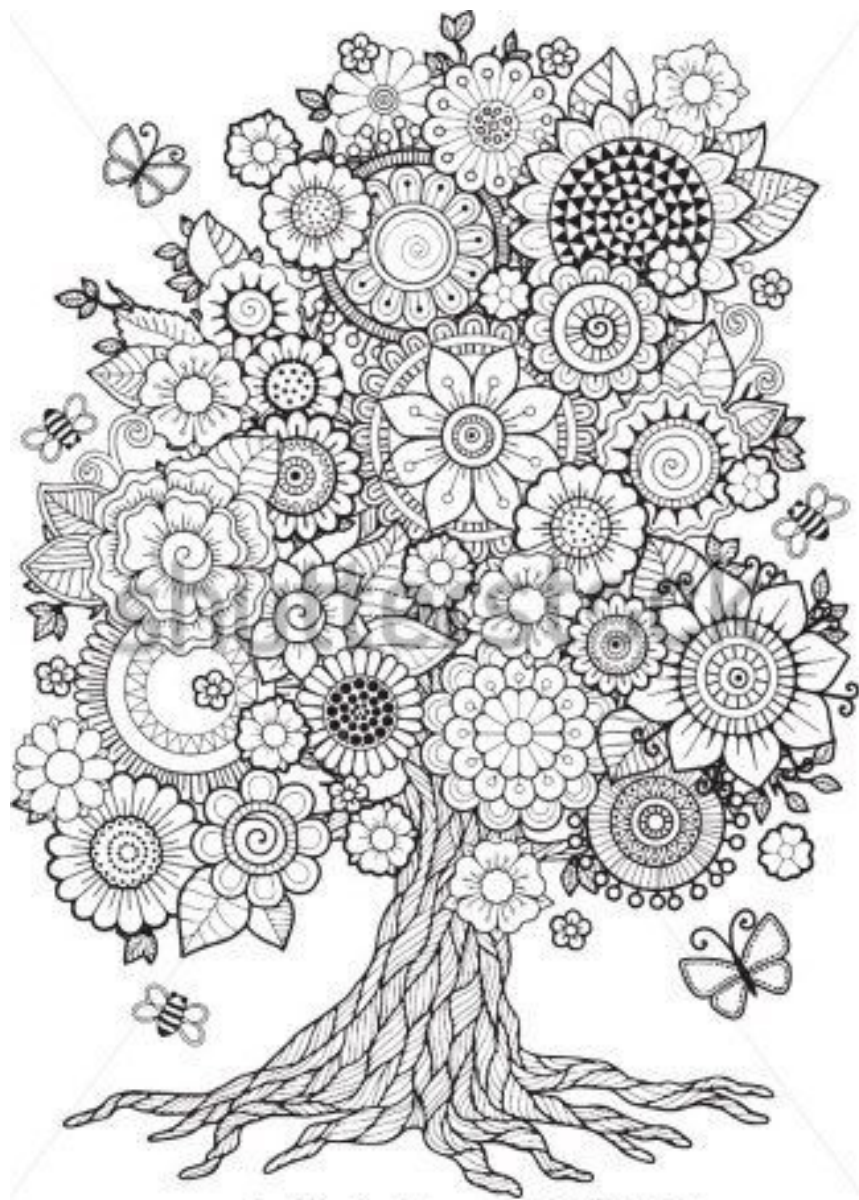
- 4. The BARD's home town
- 5. Partner of Fred Astaire
- 7. ITV's oldest soap
- 8. Capital of Austria
- 10. BBC's popular dance competition
- 12. British legal driving age

### Down

- 1. Author of Tinker Tailor Soldier Spy
- 2. Name the actor..... Statham
- 3. English gold coin
- 6. Australia's currency
- 9. Garden tool
- 11. Well-known West Country drink



## Colour me in



## Dot to Dot





# Fungi I-Spy

Why not go for a winter walk and see how many of these you can find?

Taken from the Dorset Fungus Group online puzzles and games section



Please do not pick or eat any fungi



Amethyst deceiver



Porcelain Fungus



Penny Bun (Cep)



Tawny Grisette



Chanterelle



Stinkhorn



Beef Steak



Stump Puffball



Dyers Mazegill



Parasol



Birch Polypore



King Alfred's Cakes



Blusher



Common White Saddle



Fly Agaric



Earth Ball



Brown Birch Bolette



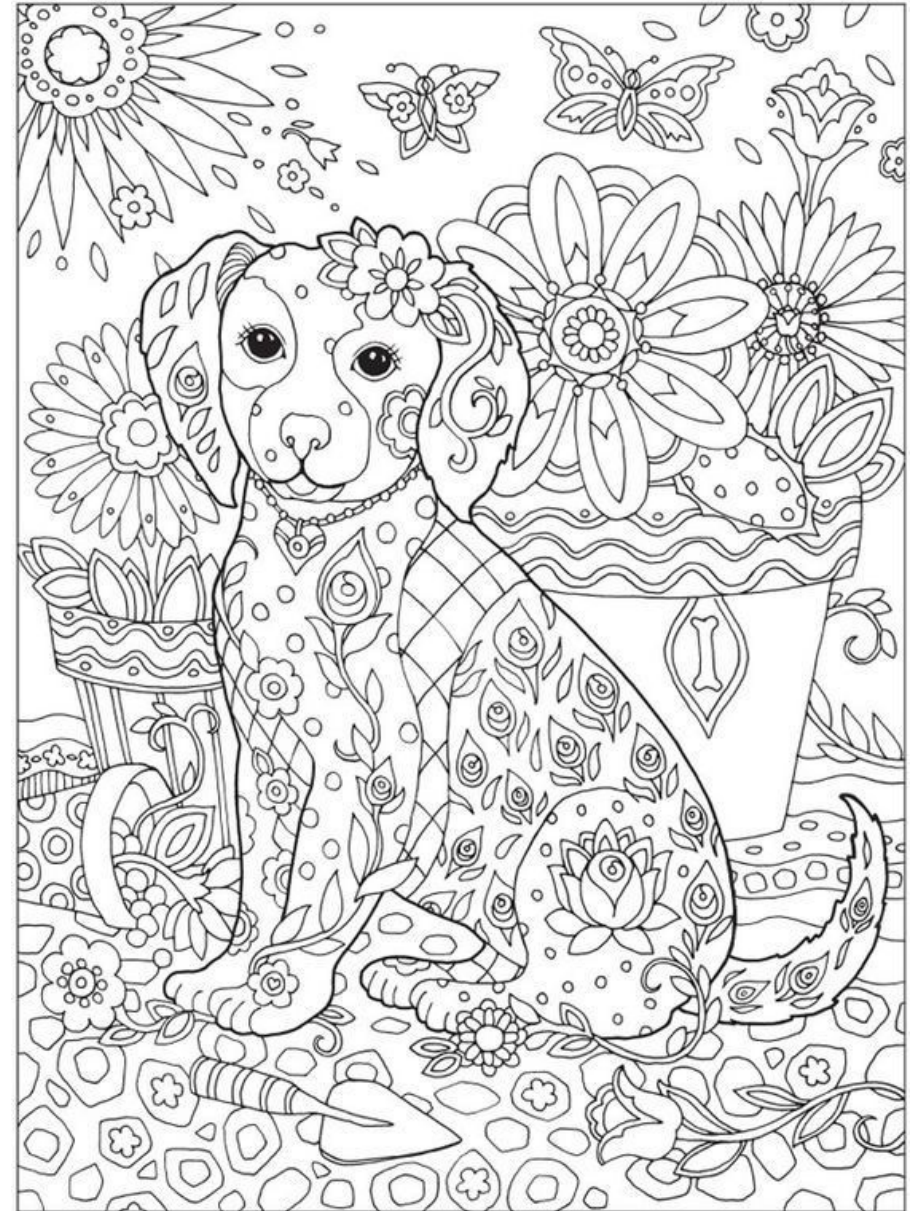
Turkey Tails



## Match me up

- |   |                           |
|---|---------------------------|
| 1. A single strand of spaghetti                 | A. Pineapple              |
| 2. To leave a party without telling anyone      | B. Spaghetti              |
| 3. Marine animal with a beak                    | C. 3 months               |
| 4. Who coined the phrase keep calm and carry on | D. Just Enough Room       |
| 5. Name of an Island                            | E. Sunflower              |
| 6. A cluster of bananas                         | F. Seven Years            |
| 7. A lettuce is a member of which family        | G. French exit            |
| 8. A sign of wealth in the 18th Century         | H. A Hand                 |
| 9. How often Eiffel tower gets repainted        | I. Octopus                |
| 10. How long was the US ban on bread in 1943    | J. The British Government |

## Colour Me In





## YES I'LL MARRY YOU MY DEAR



Yes, I'll marry you, my dear.  
And here's the reason why.  
So I can push you out of bed,  
When the baby starts to cry.  
And if we hear a knocking,  
And it's creepy and it's late,  
I hand you the torch, you see,  
And you investigate.

Yes I'll marry you, my dear,  
You may not apprehend it,  
But when the tumble-drier goes  
It's you that has to mend it.  
You have to face the neighbour  
Should our Labrador attack him,  
And if a drunkard fondles me  
It's you that has to whack him.

Yes, I'll marry you, my dear,  
You're virile and you're lean,  
My house is like a pigsty  
You can help to keep it clean.  
That little sexy dinner  
Which you served by candlelight,  
As I just do chipolatas,  
You can cook it every night!!!

It's you who has to work the drill  
And put up curtain track,  
And when I've got PMT, it's you who gets the flak,  
I do see great advantages,  
But none of them for you,  
And so, before you see the light,  
I DO, I DO, I DO!!

## Fact or Fiction?

1. A daddy long legs has the most poisonous venom known to man.....
2. The peanut is not a nut .....
3. When a crab is drunk it will walk forward .....
4. When a tortoise is happy it will wag its tail .....
5. A rhino's horn is made of hair .....
6. Slugs have four noses .....
7. Snails can sleep for three years .....
8. A man has one less rib than a woman .....
9. Birds do not urinate .....
10. Shaving makes hair grow back faster .....
11. Alcohol destroys brain cells .....
12. Carrots help you see better in the dark .....
13. The Spanish flu started in Spain .....
14. Vikings wore horns on their helmets .....
15. Camels store water in their humps .....

## I'm all scrambled!

1. DYILHAO \_\_\_\_\_
2. TRTAAENRSU \_\_\_\_\_
3. EIMNCA \_\_\_\_\_
4. WNLIOBG \_\_\_\_\_
5. ASKNTIG \_\_\_\_\_
6. HPEOENLET \_\_\_\_\_
7. EOLEENPV \_\_\_\_\_
8. NGIITWR \_\_\_\_\_
9. AIRTNIOFMNO \_\_\_\_\_
10. MERATK \_\_\_\_\_

## Dorset Apple Cake

### Ingredients

115g unsalted butter, diced and chilled, plus extra for the tin  
225g self-raising flour  
2 tsp ground cinnamon  
115g light brown sugar  
1 large egg, beaten  
6-8 tbsp milk  
225g Bramley or Granny Smith apples, peeled, cored and diced  
100g sultanas  
2 tbsp demerara sugar (optional)

### Method

#### STEP 1

Heat the oven to 180C/160C fan/gas 4. Butter and line a deep 20cm cake tin with baking parchment.

#### STEP 2

Mix the flour and cinnamon together in a large bowl. Add the butter and rub into the flour using your fingers, until it resembles fine breadcrumbs. Stir in the light brown sugar. Beat in the egg followed by 6-8 tbsp of milk – add it gradually until you have a smooth, thick batter.

#### STEP 3

Add the apples and sultanas and mix to combine. Scrape the batter into the prepared tin and gently level out. Sprinkle over the demerara sugar, if using, and bake for 30-40 mins or until golden and a skewer inserted into the middle comes out clean.

#### STEP 4

Allow to cool in the tin for 15 mins and then carefully turn out onto a wire rack to cool further. Best served still warm with a

# THEY SHOULD HAVE ASKED MY HUSBAND

You know, this world is complicated and imperfect and oppressed,  
And it's not hard to feel timid, apprehensive and depressed,  
It seems that all around us, tides of questions ebb and flow,  
And people want solutions, but they don't know where to go.

Opinions abound but who is wrong and who is right?  
People need a prophet, a diffuser of the light,  
Someone they can turn to as the crises rage and swirl,  
Someone with the remedy, the wisdom, the pearl...

Well they should have asked my husband, he's a man who likes his say,  
With his thoughts on immigration, teenage mums, Theresa May,  
The future of the monarchy, the latest Brexit shocks,  
The wait for hip replacements, and the rubbish on the box.

Yes, they should have asked my husband, he can sort out any mess,  
He can rejuvenate the railways, he can cure the NHS,  
So any little niggle, anything you want to know,  
Just run it past my husband, wind him up and let him go.

Congestion on the motorways, free holidays for thugs,  
The damage to the ozone layer, refugees, drugs,  
These may defeat the brain of any politician bloke,  
But present it to my husband, he will solve it at a stroke.

He'll clarify the situation, he will make it crystal clear,  
You'll feel the glazing of your eyeballs and the bending of your ear,  
You may lose the will to live, you may feel your shoulders slump,  
When he talks about the President, Mr. Donald Trump. \*

Upon these areas he brings his intellect to shine,  
In a great compelling voice that's twice as loud as yours or mine,  
I often wonder what it must be like to be so strong,  
Infallible, articulate, self-confident and wrong.

When it comes to tolerance, he hasn't got a lot,  
Joy riders should be guillotined, and muggers should be shot,  
The sound of his own voice becomes like music to his ears,  
And he hasn't got an inkling that he's boring us to tears.

My friends don't call so often, they have busy lives I know,  
But it's not every day you want to hear a windbag suck and blow,  
Google? Safari? On them we never call,  
Why bother with computers...when my husband knows it all.

By Pam Ayres  
Platypus Rights Ltd. 2018

## 5 Minute Relaxation Exercise

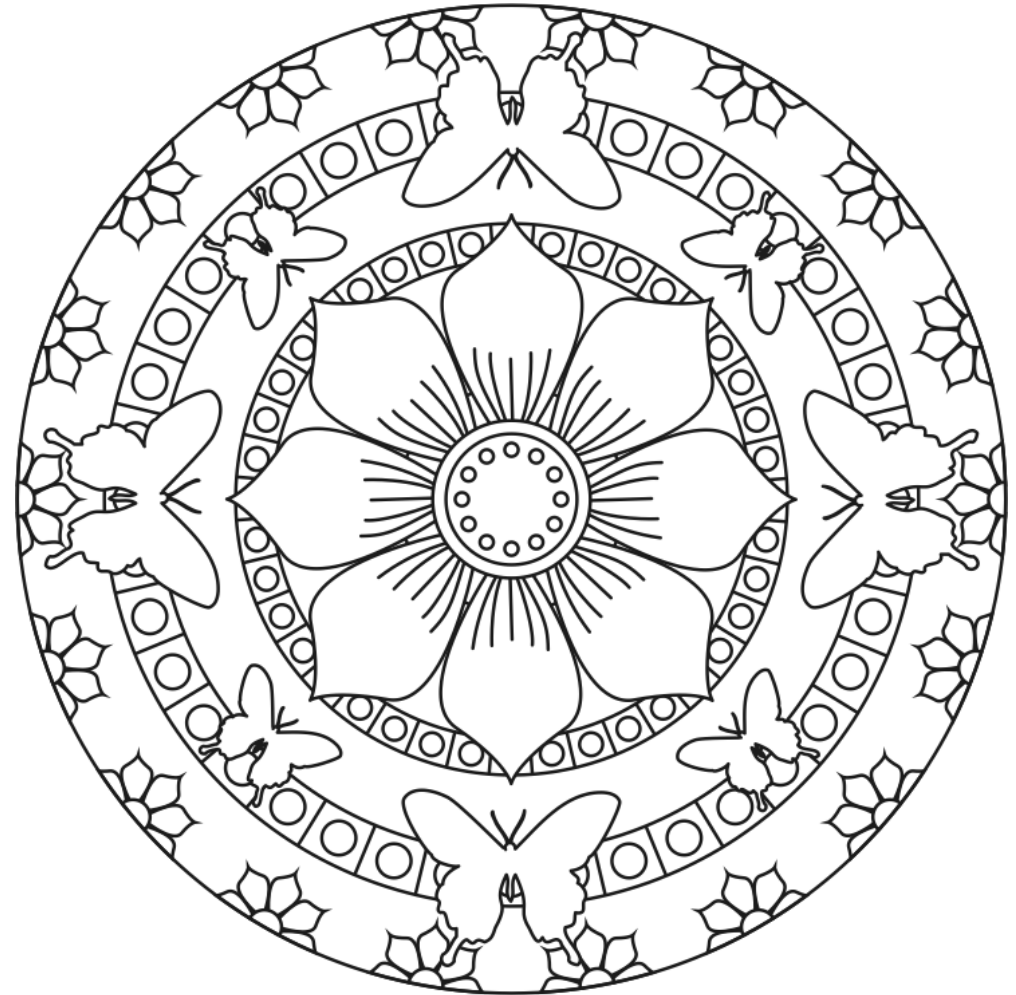
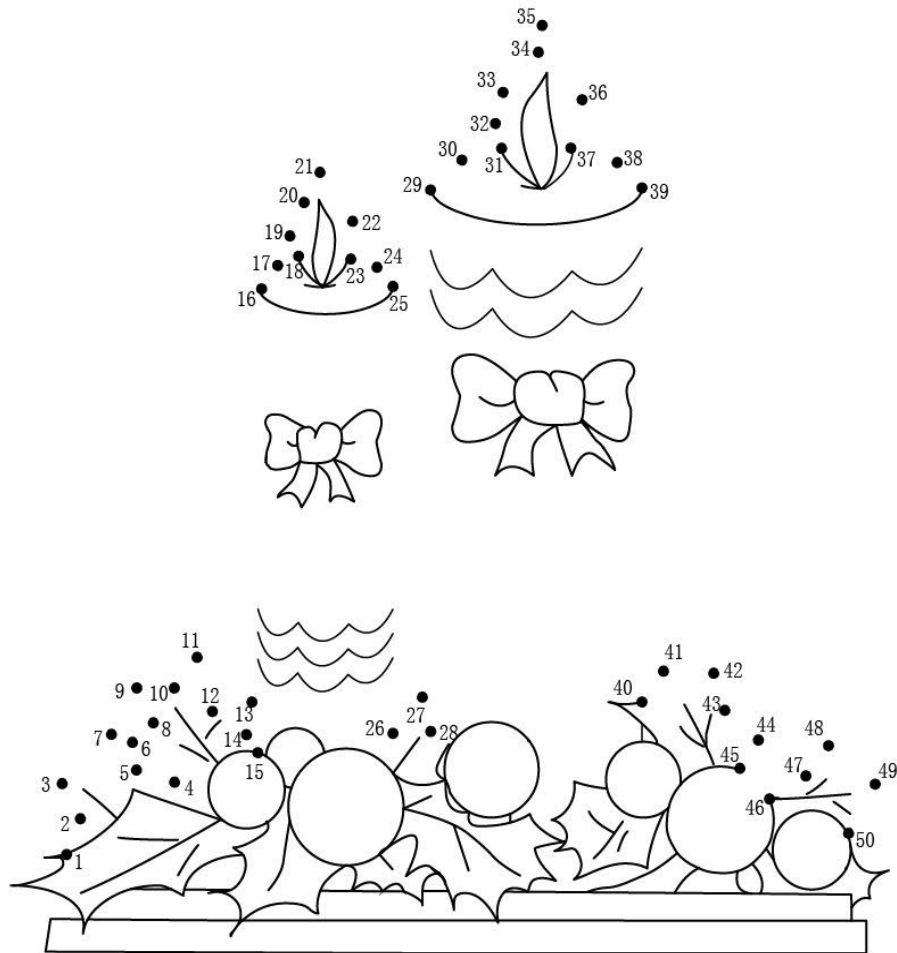
Sit comfortably and close your eyes (First time do with eyes open so you can read this)

- Breathe in slowly through your nose  
As you breathe in feel the air hit the inside of your nose
- Breathe out slowly
- Breathe in slowly  
As you breathe in feel the air hit the back of your throat this time
- Breathe out slowly
- Breathe in slowly  
As you breathe in feel the air hit your lungs this time
- Breathe out slowly
- Breathe in slowly  
As you breathe in feel your body relax
- Breathe out slowly  
Keep breathing in and out and as you do so feel your whole body relax



## Dot to Dot

## Colour me in



Answers

General Knowledge Crossword

10 S T R I C T L Y 11 C O M E D A N C I N G

4 S T R A T F O R D U P O N A V O N

2 J S O

3 S V E

5 G I N G E R R O G E R S

6 D E

7 C O R O N A T I O N S T R E E T

8 V I E N N A 9 H O

12 S E V E N T E E N

R

Who cares?

1 J O H L E C A R R E

D B K R H N M F P P S I Z Z B W A W N G V V R P

J V M Q N S T E O T E N Y B U Q F U C E H L E Y

R U R V W X V L T H O F F W Z U Z F S R H F N S

X E B H A O K Q T B K R Y S E I E N M E N C T C

A S T B D B T Q A R I A K Z M O C G A S Z R R H

M A X S A N I Z V K N P M H Z A S X J E D M A I

Y Y L H I F A G R A N D P A R E N T S Z N Y P L

N J I B K S B B H O R G F E T W F Y U E K G K D

O Y O M U M G Q S I X Y R Y J P T Q K P G D N G

M I D Y T H A N J U W H P G K E C E N E P K Y L

M W E C L C E W Y B H F R P E S Y E K L X O S N

A K A X R U I X C K I V A A Z Y O K B E B O Z Q

R M Z L T S P E T X T F W M P L P C R W B B G D

N R B C Y W P T S J T G N Y Q I G U I B X M P I

T F M N B L O Q I Y F W I F E W F Y F X S O N G

H K K G D Q S E T R Y H R B E B T L H B K S B L

A E Z A U A Q Q A M Q L W R V H A O U U Q S R V

U P D L P X R Q E A P F T K Z E Y V L P B F O E

Z Y Z Y C L U S D H L I I Z I L S E Q A A R T R

C H K C L F U Q L V X A R O I I E G H R U I H I

Q L R U Z P D I A P N U G M Z V X Z I E F E E G

R G F S D G S G W V F W A F L O E N X N X N R P

U D Y T S Y X A F T P F P Z R K I V O T J D G K

H R I S W L E H J R D N F O N G C Q T I N Y Y F

## Answers

### I'm all scrambled!

- |                |             |
|----------------|-------------|
| 1. DYILHAO     | holiday     |
| 2. TRTAAENRSU  | restaurant  |
| 3. EIMNCA      | cinema      |
| 4. WNLIOBG     | bowling     |
| 5. ASKNTIG     | skating     |
| 6. HPEOENLET   | telephone   |
| 7. EOLEENPV    | envelope    |
| 8. NGIITWR     | writing     |
| 9. AIRTNIOFMNO | information |
| 10. MERATK     | market      |

### Match me up

- |   |                        |
|---|------------------------|
| 1. A single strand of spaghetti                 | Spaghetti              |
| 2. To leave a party without telling anyone      | French exit            |
| 3. Marine animal with a beak                    | Octopus                |
| 4. Who coined the phrase keep calm and carry on | The British Government |
| 5. Name of an Island                            | Just Enough Room       |
| 6. A cluster of bananas                         | A Hand                 |
| 7. A lettuce is a member of which family        | Sunflower              |
| 8. A sign of wealth in the 18th Century         | Pineapple              |
| 9. How often Eiffel tower gets re-painted       | Seven Years            |
| 10. How long was the US ban on bread in 1943    | 3 months               |

## Fact or Fiction

- |   |                          |
|---|--------------------------|
| 1. A daddy long legs has the most poisonous venom known to man... | <b>TRUE</b> ....         |
| 2. The peanut is not a nut  | ..... <b>TRUE</b> .....  |
| 3. When a crab is drunk it will walk forward                      | ..... <b>FALSE</b> ..... |
| 4. When a tortoise is happy it will wag its tail                  | ..... <b>FALSE</b> ..... |
| 5. A rhino's horn is made of hair                                 | ..... <b>TRUE</b> .....  |
| 6. Slugs have four noses  | ..... <b>TRUE</b> .....  |
| 7. Snails can sleep for three years                               | ..... <b>TRUE</b> .....  |
| 8. A man has one less rib than a woman                            | ..... <b>FALSE</b> ..... |
| 9. Birds do not urinate   | ..... <b>TRUE</b> .....  |
| 10. Shaving makes hair grow back faster                           | ..... <b>FALSE</b> ..... |
| 11. Alcohol destroys brain cells                                  | ..... <b>FALSE</b> ..... |
| 12. Carrots help you see better in the dark                       | ..... <b>FALSE</b> ..... |
| 13. The Spanish flu started in Spain                              | ..... <b>FALSE</b> ..... |
| 14. Vikings wore horns on their helmets                           | ..... <b>FALSE</b> ..... |
| 15. Camels store water in their humps                             | ..... <b>FALSE</b> ..... |