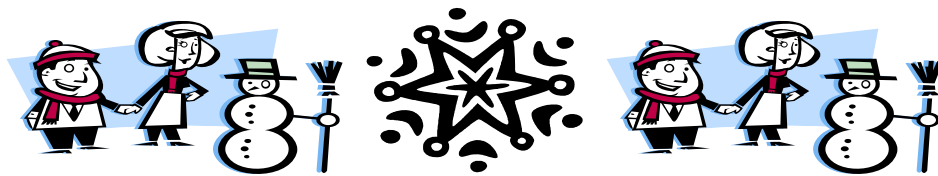




SELSEY and DISTRICT
CARERS SUPPORT GROUP

PATRON: Prof. Dame Jenifer Wilson-Barnett
CHAIRMAN: Mrs Wendy Sykes



NEWS EXTRA

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CARERS' HELPLINE 01243 601039

In cases of a Medical Emergency, please contact your Doctor or dial 999

OFFICE & BUSINESS: 01243 603602



Hello and welcome to 2010! We sincerely hope that you had a peaceful and happy time over the festive period and that you are all fit and healthy at the beginning of this New Year. Let's hope it brings an end to all this rain we've been having. Otherwise, all we may be looking forward to is developing webbed feet! We hope that those of you, who were able to attend, enjoyed the Christmas Lunch at the Solent View. It was heartening to see so many of you there, but also sad that so many were unable to come. Perhaps this year? Please don't forget that there is always someone available to talk to you on the Helpline. Otherwise, please try and drop by to see us on the High Street in Selsey. You are always welcome.

THREE SISTERS

Three sisters, aged 92, 94 and 96 live in a house together.



One night the 96 year old draws a bath. She puts her foot in and pauses. She yells down the stairs, "Was I getting in, or out, of the bath?"

The 94 year old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses, "Was I going up the stairs, or down?"



The 92 year old is sitting at the kitchen table, having a cup of tea, listening to her sisters. She shakes her head and says, "I really hope I never get that forgetful."



She knocks on wood for good measure and yells to her sisters, "I'll come up and help you as soon as I see who's at the door."



My wife said, "What are you doing today?"

I said, "Nothing."

She said, "You did that yesterday!"

I said, "I hadn't finished."

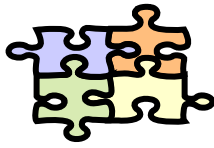


THE VILLAGE STORE

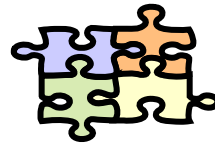


I knew a little village store
That sold so many things,
Bacon, seeds and boiled ham
And sausages on strings.
A tabby cat lay curled asleep
Immersed in feline dreams
Amidst the glass-topped biscuit tins
That held the custard creams.
Honey still sold on the comb
That came from local bees.
Nearby, the wire cutter lay
That sliced the cheddar cheese.
Pungent odours lingered there
Of paraffin and spice
With candles stacked in bundles
Next to traps for catching mice.
Rolled up sticky papers
For unsuspecting flies.
Mothballs and disinfectant
(Precautions for the wise).
But childish eyes delighted
In rows of screw topped jars
That stored the stripy humbugs
And the twisted candy bars.
It wasn't too hygienic
And the service not too fast.
No vacuum packed or sell-by-date,
Just memories from the past





Puzzle Page



ANSWERS FROM LAST

- BISCUIT QUIZ**
1. Rocky
 2. Brandy Snap
 3. Victoria
 4. Break
 5. Custard Cream
 6. Wagon Wheels

	V	I	E	T	N	A	M
1	N	A	T	I	V	E	
2	N	A	I	V	E		
3	V	A	I	N			
4	I	A	N				
5	M	A	I	N			
6	M	A	N	I	A		
7	A	I	R	M	A	N	
	R	O	M	A	N	I	A

TEST YOUR BRAIN AGAIN!

- BISCUIT QUIZ**
1. Very thin slices from Penzance? 2. Are they tiny branches? 3. Emulsified cream joins the Magic Dragon? 4. Add Rose Lee to Ulay, makes Countdown favourite. 5. Is a Shropshire small rodent interred here? 6. Remix the ill frogs for a fruity bite?

- LATERAL THINKING — What do you think these symbols mean?**
1. man
board
 2. stand
i
 3. /r/e/a/d/i/n/g
 4. cycle
cycle
 5. 0
M..D.
Ph.D,
 6. Knee
Light
 7. ground
feet feet feet feet feet feet
 8. ecnalg

ANSWERS NEXT TIME

TAKE CARE UNTIL THEN