

Bake 'n' Share



Scone Recipe (8 - 10 scones)

Preheat Oven: 220 C, F210 C Gas 7-8
Using a warm bowl;
sift twice 250 g of Self Raising Flour and
1 tsp Baking Powder add 50 g of castor
sugar, rub in 50g of butter.
Mix tog 150ml milk & 1 egg in a separate bowl
- reserving a little for later.
Add the milk and mix; knead lightly on a
floured surface; roll out and cut as desired.
Place on lightly floured baking sheet and
brush with the reserved milk/egg mixture
Bake for 10 -12 mins. Best served warm.
Beautiful Scones - delicious, comforting -
you will want to share them with someone!

Beautiful Memories

Some of my brightest memories are of my Mum Mary, baking in our kitchen...

We had the stove next to the open fire where the winter pikelets would be shared.

When my Mum went through the first frustrations of Dementia she expressed the need to make her beautiful scones. To safely negotiate her original recipe a volunteer came once a week and the culinary smells permeated her flat again and her satisfaction of contributing again sustained her insight and her self esteem.

All good wishes and blessings.

Canon Edward Pogmore

Healthcare Chaplaincy Team Leader, George Eliot Hospital, Nuneaton

The aims of Bake 'n' Share:

Remember!

All of us have a longing to make sense of the past and the present.

Be inspired!

Create something whereby your visit with an elderly person focuses on their interests. The visit can become a hub of activity generating memories of the moment and a feeling of fulfilment - please share your idea and stories with us (with their permission).

Be generous!

To raise funds - every £ is so valuable to the work of the Pastoral Care Project.
Schools-
children love baking scones
- benefiting literacy and numeracy skills.

"I wish to thank Rev Edward Pogmore for sharing his story with us and may it inspire you to be creative; to think of ways of being a friend with those who may need support." **Frances Molloy** Project Manager

Any donations raised should be sent to the address below or complete the online form by clicking below.

Pastoral Care Project

St Gerard's,
Coventry Road,
Coleshill B46 3ED.
Telephone: 01675 434035
Email: info@pastoralcareproject.org.uk



Registered Charity No: 1094766

Gift Aid it!

You can download a form from the website

*"Raising awareness of the spiritual needs of the frail elderly -
Enabling carers to support them in their journey to the fullness of life"*