

# Story of the creation of Bake 'n' Share

## Reflection on I. Kings Ch 17

Back in December 2012, I was led to read **I Kings Ch 17**. In it, the text where Elijah asked the widow to 'make him a scone' spoke to my heart. Then one cold dark day in late January as I was recovering from a very bad flu and felt I needed to do something - but what? I had little energy - it was then that I was drawn again to the passage about Elijah. This inspired me and I thought to myself that I might just have the energy to make a few scones. Which I did, and it was a wonderful experience, however, as I have a wheat allergy I couldn't eat them myself, but sharing them with my family gave me a sense of pleasure; one of my sons who lives close by later commented on his Face Book page how lovely they were and his excitement at receiving home made scones from his mum.

Later when I was sharing this experience with Canon Edward Pogmore, Healthcare Chaplaincy Team Leader at George Eliot Hospital. I have known Edward since 1990; he has always been supportive and an inspiration. This story struck a chord with him and he shared his story with me. He has granted me permission to share his story with you.

***“Some of my brightest memories are of my Mum Mary baking in our kitchen... we had a stove next to the open fire where the winter pikelets would be shared. When 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 sight and self esteem”.***

From there the idea of Bake 'n' Share grew and I tried it out at our trustees meeting as part of the fellowship. The sense of surprise, the socialising; everyone felt more relaxed and found it uplifting after their long day, much better than the usual tea and biscuits. As I continued to reflect on the experiences of giving and receiving I realised the real value was the joy of sharing. Bake 'n' Share could be one way of helping people to join in; a way to overcome illness, isolation, fear and grow in confidence and friendship.

Whilst cake making can often be an art form and expensive, requiring great effort, baking scones is just so simple, for as little as a few pence each. Scones are suited to most diets and those who are giving up sweets and cakes for lent need not miss out. It is also a wonderful school activity or even part of a lesson plan.

Many of those I spoke to about Bake 'n' Share were willing to join in the National Week of Prayer and Awareness of Dementia 12-19<sup>th</sup> March. They were happy to incorporate Bake 'n' Share into their regular charity event for the Pastoral Care Project.

In the words of Elijah to the Widow 'Make me a scone first' was explained thus; if a parish or organisation took part to raise funds for the Pastoral Care Project annually each March and join in the Week of Prayer then we were more than happy for them to continue to use the Bake 'n' Share event regularly to raise funds for themselves in order to bring people together who may be housebound and draw on their experience of baking and such skills - after all who can resist freshly baked scones?

The SVP in Ballycastle Parish (page 10) have shared this story with me. For many years the SVP have been working with the local care homes who provided a venue whereby the housebound were offered hospitality one evening per month throughout the winter. The evenings consist of transport being organised, food being prepared and a variety of stimulating entertainment. This was one of the reasons why they committed to organising a Bake 'n' Share event and raise funds for our work—it fitted in so easily with their regular event.

The story of Elijah still inspires me - in these difficult times God still provides. I invite you to read I Kings Ch 17 and I would love to hear from you and hear how this story touches your life.

Frances Molloy

Project Manager  
Pastoral Care Project  
Charity No 1094766

The message of Bake 'n' Share is simple – it stimulates all the senses and ideal for providers of care or occupational therapists, schools or anyone

- Thought – organising ingredients
- Touch – rubbing together butter and flour
- Smell – freshly baked scones
- Sight – beautiful scones
- Emotion – the joy of sharing
- Taste – delicious when shared over a cup of tea.

Here is one example of how Bake 'n' Share inspired one lady. She took up the idea and decided to make scones for an elderly neighbour who was ill in bed for several months; her husband was feeling rather low too. The surprise on his face on opening the door and being presented with freshly baked scones; he was overjoyed to think that someone had gone to so much trouble to think of them.

The flyer on the following page will help you promote your event.

# 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](mailto: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"*