

Seasonal INSPIRATIONS

BY ALL NEW BEGINNINGS



WINTER 22

Guide to Care

An introductory guide on applying for health and social care

Historic Hamilton

A look into Udston House

Taste For Success

The Tunnock's employee and his creative models

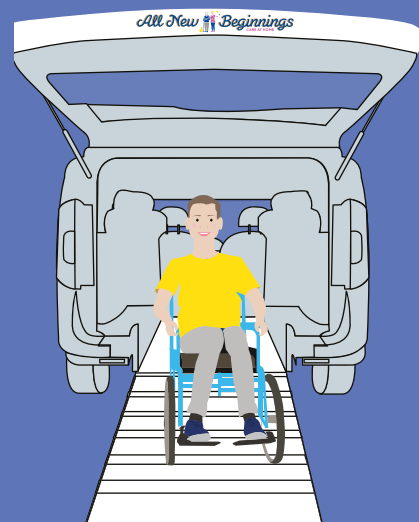
CRAIGTON
SUITE ONLY

FREE

Services we offer

- Meal preparation
- Nutrition
- Medication prompting & administration
- Washing & dressing (morning & evening)
- Light housework
- Accompanied transportation for social outings and appointments
- Mobility transportation
- Wheelchair accessible vehicle on site
- Befriending service
- Respite for primary carers
- Holiday relief for primary carers
- Continence care
- Palliative needs
- Hospital discharge (home preparation)
- Assistance with shopping service
- Any other services not listed can be considered

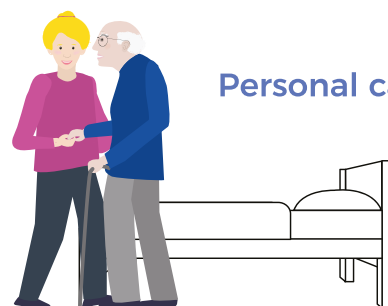
Transportation



Respite care



Personal care



Meal preparation



Welcome Note from us to you



Hi All. We as the Company Directors of All New Beginnings would like to welcome you all to the very first edition of our seasonal quarterly company magazine entitled Seasonal Inspirations.

Whilst we have you here and have the opportunity, we would just like to let you know how delighted we are to have you all as our service users, please be reassured that you are always at the forefront of our thoughts, and we are so pleased to see that there are some really positive comments coming back from yourselves about the company's values. Our most recent visit from the Care Inspectorate proved that fact reflected through the fantastic grades they gave us highlighting all the good work our teams are doing out in the field. We can't thank the staff enough for their commitment and dedication to their roles, are extremely grateful for all their tireless efforts within their teams in order to make that little bit of difference to every one of you service users and your families out there.

Our company continues to be recruiting well at the moment. We know of recent years it has been very frustrating for all of us in the Care Sector due to recent pandemic and on top of this staff sickness and holidays all of which can indeed affected our performances. Nevertheless, we honestly feel we are most definitely at the end of that very long tunnel and can see the light at long last. Due to the rapid expansion of the company we recently moved our office base from Lesmahagow to Hamilton into an office space much more suited to our growing business needs and staffing levels. We are looking forward to 2023 as within this new workplace we can fully expand into other areas of service and allow new projects currently under development the space to grow within it.

As 2022 is drawing to a close that just leaves us to say from whatever capacity you know us from and wherever you are, "Happy Reading" please feel free to let us know what you think about the articles including anything you might like to see included in future editions. We look forward to hearing your thoughts and wish you all a very Merry Christmas and Prosperous New Year when it comes.

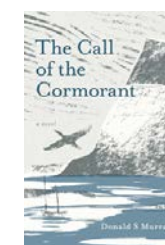
Best Wishes, Company Directors: Stuart and Nancy Auld.

Contents

3	Dementia Unwrapped	16	Inspiring Reads
5	Guide to Social Care	17	Taste for Success
7	Winter Fashion	18	Winter Warmers
8	ANB News	21	Sport
9	Historic Hamilton	23	Pet Corner
12	Makers Showcase	24	Games & Puzzles
13	Whats On	25	Festive Fun
15	Gardening	26	Useful Services



Gardening
Tips
page
15



Winter
Reading
page
16

Dementia Unwrapped



Communicating With Someone Suffering From Dementia

Language disorders are common manifestations of Dementia according to Raul et al 1993. Therefore, listening closely with patience and understanding is imperative across the multi-disciplinary teams although this can be difficult and not always possible in daily practice and many professionals are criticised for this. Dementia is characterised by poverty of speech, the sufferer relies on stock words and phrases especially for conventional purposes and from experience they usually start a sentence allowing you to finish it. The sufferer may have difficulty finding words although does not always apply a term to an object even if the term may be inappropriately applied or is a neologism. Telegraph speech patterns are another language disturbance experienced by these individuals. When dealing with these people we should take time to comprehend what the person is trying to communicate to us. If we are unsuccessful verbally then we should attempt to reach the person with nonverbal skills as replies to the question might be relevant but with little elaboration.

Sadly in advanced Dementia most sufferers can no longer communicate effectively with others and can no longer interact purposely with the environment or wilfully control their bodily functions. Hopefully by the time the sufferer reaches this stage the professionals caring for them will know their service user well enough to anticipate their needs and to be able to control their physical and social environment to prevent repeated Catastrophic Reactions and stop the person being perceived as inappropriate or disruptive which is often the case.

For some people the sufferers' outbursts are impossible to control. These individuals find it difficult to understand that due to the sufferers concrete thinking and impaired memory it may be difficult for the sufferer but not impossible for them to think of alternative ways to communicate in order to obtain attention or fulfil needs. According to Max 1992 throwing things, yelling, cursing, spitting, are often the only means of communication. All carers across the board should be made aware that by paying careful attention to the theme, environmental content and emotional tone of the persons story often provide more information than the actual spoken word. A classic example seen many times is the sufferer standing in the bathroom, we have to assume that he or she needs help to toilet themselves. The sufferer is probably recalling previous incidents where they have been left alone. If seen as expressing anger, it may be at those that looked and left them standing there lonely and concerned that someone will not come and help them or stay with them.

Unfortunately some caregivers of sufferers of Dementia frequently exhibit unrealistic expectations of them. Fortunately it is not usually due to a negative attitude but merely because the person is ignorant of the disease and requires education in order to provide effective holistic care competently.

Sufferers with significant disturbance in verbal communication have trouble in not only expressing themselves but also understanding what others mean (Stokes,1990)

for these people to remember. Carers should use pictures of the needed object or desired activity to help the person perform the task.

When telling a sufferer what to do and they have difficulty displaying the desired behaviour the carer should be willing to demonstrate or initiate the same physically (La Rue 1992) confirms this in stating physically giving movements often help these people understand more effectively than verbal directions would.



Ideally when talking to a sufferer it is better to communicate one idea at a time. Verbal communications are best understood when they are kept simple and direct. Single words and short sentences are known to facilitate understanding nevertheless they almost always need to be supplemented with pictures, paintings, visual clues. (Raul 1992) A sufferer who has difficulty remembering the right word will also have difficulty remembering the meaning of a word. (Raul 1992) further states that although the word may sound familiar association with the object can be problematic. Remembering how to use objects and tools is even more difficult

Touch is an excellent way to express care and concern it is often understood more effectively than when verbal directions have deteriorated. If carers learn to give a hug when words or actions confuse the sufferer, the firm grip will help communicate presence and assertiveness. Often to just sit quietly beside the person provides more security and relief than words.

It is important to remember that the sufferers who are no longer able to comprehend verbal communication to try and relate to them in some degree. The carer should remember that the inability to effectively comprehend makes the person

more sensitive to thinking spite, ill will or badness is involved.

Sensory deprivation that results in environmentally imposed idleness and immobility is a severe problem amongst those with Advanced Dementia. Sometimes intellectual impairment is so obvious and profound that the caregivers assume that such people have no intellectual needs sadly so often these people are left to sit alone in a geriatric chair for extended periods.

A lot of family and friends find it very difficult to understand the cognitive deterioration on their loved one's behaviour. Healthcare professionals can assist carers by acknowledging the caregivers' frustrations and explaining that the sufferer with severe memory loss cannot remember that they cannot remember. Furthermore they can advise the caregivers to slow down with the person and to give one request at a time. This approach can facilitate maximum independence from the sufferer to perform the task and in turn minimise the emotions and physical demands of the responsible caregiver. It also helps to give lots of praise to encourage the sufferer and in doing so helps the carer stay motivated with their efforts of problem solving in the future. Relatives and friends often need reminding that there is no right approach, just try different attitudes, approaches, responses and use the ones that work for them.

Excerpt taken from a Health and Social Care Study by Agnes Auld

Guide to Social Care

What kind of support can I access?

There are various levels of home care, depending on the intensity and frequency of support required. Care packages are tailored to aid people with mobility problems, dementia-related illnesses and those needing shorter-term respite care. Services provided include daily tasks such as washing and bathing, preparing meals, and getting in and out of bed.

Domiciliary carers can also perform other tasks, such as house cleaning and taking you or your loved one to a day centre to ensure that they are not constantly isolated at home. You can also access other support, such as having adaptations made to your home which will make life easier for the service user. Stairlifts and seats in the bathtub or shower can be exceptionally useful for someone with limited mobility, increasing their safety and putting your mind at rest with aided confidence when bathing or showering.

All New Beginnings will not only provide active help but will also offer advice on matters such as accessing further help from voluntary organisations and charities, identifying home hazards and organising home repairs necessary for safety and security.

How do I organise it?

Generally, the process begins with a free assessment. This can be undertaken by your local council or All New Beginnings if you choose to fund the care privately. The assessment is not means-tested and can be accessed by anyone who needs help or has a loved one who needs help. However, as long as you or your loved one has the necessary capacity, they must agree to the assessment too. The adult social care department of your council will organise the time and date of the assessment.

What does the assessment entail?

This assessment often includes a home visit but can sometimes occur over the telephone or over the internet. It will be conducted by a social care professional to talk to you or your loved one and evaluate the level of need. They will appraise several factors, including physical and mental health difficulties and emotional and social needs. They will take into account the wishes of you or your loved one and talk to you too if you are their carer. The assessor will also liaise with other health professionals who are familiar with your relative, such as doctors or nurses.

Following the assessment, the council will develop a care plan in writing to arrange the necessary support that you or your loved one requires. If it is decided the necessary requirements are not met to receive home help, your council can also advise you about other options for home care.

Is there a cost involved?

A financial assessment is an integral part of the care assessment process to assess a supported person's ability to pay/contribute towards their services or personal budget and will take account of evidenced income, savings, capital and specific household expenditure.

You will not be required to make a contribution toward personal care such as help with bathing, dressing, feeding, continence management and meal preparation.



Self-directed Support

Self-Directed Support (SDS), sometimes known as personalisation, gives you and your family more choice and control over your care. It also means that we will work with you to create a flexible and individual care package to meet your needs.



Care at Home

A Simple Guide of Where to Go & Who to Ask

Do you or a loved one feel that care is needed from a professional care provider?

✓ YES

What To Do!!!

Contact your local authority Social Care Department and ask for a Social worker to come out to the house to carry out an assessment of your care needs. The assessment may also be a financial assessment.

Do I qualify?

✓ YES

Social Care Department will get in touch once they have sourced a care provider and a package of care has been put into place.

Self-directed support is an option when receiving care at home, this allows the service user options with budgets and which care provider to use. Speak with your Social care assessor about your choices.

✗ NO

Some costs may have to be met through your own funding. Contact a private care at home provider (All New Beginnings) to discuss costs and levels of care required. The provider will also carry out their own assessment and check with Social work that you are receiving your full entitlement of care.

AWARDS

Kate & Lorna received employee of the month in September for all of the hours that they put in throughout the month, some weeks the girls worked 70 hours to allow staff to have their holiday. (Left)

Carol & Annie have received employee of the month in October for all their hard work and going the extra mile. We would like to thank them both for being part of the team. (Centre/ Right)



Winter Fashion

Can you feel the sudden chill in the air? Winter has truly arrived, and it's time to dig out the winter wardrobe once again. Finding clothing that looks great and works well in the five seasons the Scottish weather can throw at you can be a challenge. How can you transition your key summer dresses for wear in the colder months?

Adding an additional layer under your dress such as a thermal, t-shirt or turtleneck will help keep you warm.

Pairing your dress with thick tights which complement the dresses colour.

Layering with chunky knits for a more relaxed day look or a blazer for evening elegance.

Wearing thick socks under boots to keep your ankles and legs warm will also keep your toes toasty.

heartstyle

128 Bank St,
Coatbridge ML5 1ET
01236 44964



Winnie Waterfall Jumper £35

You are a star bag £35

Silver Star Jumper £35

Bonnie Star Jumper £35

Christmas Wish £18.50

Christmas With Love £18.50

Margo XL Bag £39

Lena Leaf Dress £39

Poppy Paisley Dress £40

Daisy Box Black Purse £19

Charlotte Dress £35

Bella Bee Messenger Bag £28

All New Beginnings News

"25 Years Of Caring For You..."

Pet therapy

We are looking for activities for our clients to be involved in and over the next few months will be going round all service users to do some pet therapy, some of our clients have already received this and enjoyed spending time with animals.



Santa dash

The Santa dash around Strathclyde Park to raise funds for St Andrews Hospice was a great success. Read more and see the photos on page 25.



Halloween

Trick or treat, fun and games at Halloween. Lots of spooky goings with All New Beginnings. See the photos on page 25.



Psychic night

Our most recent event was our Psychic night with Jim Clark. Jim came along to hold a floor show for 90 members of the public and staff. We held a raffle on the night to raise funds for our service users Christmas gifts, in total we raised £955. We can't thank everyone enough for their help.



Sharon Walks the Walk for the Beatson!

A big well done and hearty congratulations go to All New Beginning's Team Leader Support Worker, Sharon Parker, who has completed the gruelling 96-mile West Highland Way charity walk for her selected charity of Glasgow's Beatson Cancer Charity. A delighted Sharon said "It's been a real sense of self-achievement and pushing yourself to your limits to realise this wonderful goal and contribute to the amazing work of the Beatson. All the limitations and restrictions of lockdown made the preparation

that bit more difficult and challenging. It was wonderful to complete the walk over the 5 designated days." Sharon also draws on inspiration for her work with All New Beginnings. "It's very rewarding



developing the relationship and special connection that you build with your service users and it gives me great satisfaction. You may be the only contact that person has that day with the outside world and that sense of trust and also of knowing and serving to your service user's needs is something that gives me so much joy and meaning. It's great to be part of this happy team serving the local community" Meanwhile, support for Sharon's fundraising effort goes from strength to strength and her aim is to take the current total of over £1,500 to a landmark goal of £2,000.

Historic Hamilton

Article by Garry McCallum

Many of Hamilton's old mansions and country houses have long been demolished, whether through falling into disrepair or by subsidence through the collapse of an old coal mine deep beneath its foundations, however, Udston house has stood the test of time and is still to this day standing proudly on a high vantage point that would once have commanded views over the vast countryside of Lanarkshire.

There has been a house standing on the site of Udston since 1593 which belonged to John Hamilton of Udston, an ancestor of Lord Belhaven and Stenton whose wife purchased the present house in 1893. Udston House is a country mansion and it was built between 1851 & 1855 by Lewis Potter. It was a fine mansion, having ornamental grounds with a large garden. It had offices with a glasshouse adjoining it. The house had 3 public rooms, 11 Bedrooms, 2 dressing rooms, Pantries, Store Rooms, a boot room and



it boasted of having ample servant's accommodation. It had a conservatory, a walled garden, vineries and stables. It also had its very own coach house and a Byre, and the extensive gardens surrounded its grounds.

Before I tell you about Udston House, it is important that I tell you a bit about the man who built it. Lewis Potter was a very rich and powerful man. He was born at Falkirk on 29 May 1807 and he was the son of James Potter and Janet Wilson and became very prosperous as a shipper. He then speculated in Australian land, and through this, he became a very wealthy man. He was invited to join the board of the City of Glasgow Bank in 1859, where he quickly progressed and became a director, and he borrowed large sums for his land speculation.

His job as a director in the bank nearly ruined Lewis Potter when the 1878 recession affected many people across Britain, the City of Glasgow Bank collapsed with debts of over £5 million and the



directors were taken to court and found guilty. Lewis Potter received an 18-month prison sentence for the part in which he played that instigated the bank's collapse.

When Lewis' prison sentence ended, he returned home and continued to live at Udston House until he sold the country mansion between 1879 & 1881. This picture (right) shows Lewis Potter and his family seated at the front of Udston House and it was taken in the year 1877, this could have been the last picture before the family moved from the family home at Udston.

In the picture, L-R is: Susan Colville Potter, Lewis Potter, Louisa Catherine Black, Christina Gladstone Richardson, Margaret Muirhead Potter, John Alexander Potter, Emma Muirhead Potter, Margaret 'May' Potter Muirhead & James Muirhead Potter.

So, back to Udston House! Lewis Potter had other land interests in the local area and not only owned Udston House, he also owned Greenfield

The front of Udston House 1877. Perhaps a last photo before the move.



Farm, Udston Farm, Udston & Dykehead Farms, land at Birdsfield and the farmland in which he owned was leased out various people for the extraction of coal. As Lewis moved away from Udston House and Hamilton, he just missed out on the opportunity to exploit this extraction of the rich coal seems beneath his lands.

Now Lewis Potter didn't seem to appear to be an old scrooge as in June 1872 through his own kindness and at his own expense, he put on an excursion for the Chapel Street Boys and Girls Church. This Church was close to him as the minister of this parish was his Son-In-Law, Robert Black. On this day

he treated the kids to a day at Udston House and when they arrived they all lined up on the spacious lawn at the front of the house and the boys and girls received buns and oranges. They were treated to a full day of sports and games and it was a fun day out in the country that the kids really enjoyed.

Lewis Potter after spending around 28 years at the house has now moved out. He lives at this new house for only two years, but his health deteriorates, and he is suffering from chronic bronchitis and dies on the 17th of June 1881, he was 74 years old.

Scottish Peer buys Udston House. So, changes are ahead



at Udston House and it is now under new ownership and it is purchased between 1879 and 1881 by the Right Honourable Madeline Louisa Keith-Falconer who was the wife of Francis Alexander Keith-Falconer who was the 8th Earl of Kintore. The Earl had died in 1880 so the purchase of Udston house was done around the time of the Duke of Kintore's death.

The third person to take ownership of Udston was Colonel John Clarke Forrest, who had spent the shortest time at Udston as he had only lived at the house for under three years.

Colonel John Jack Forrest is the first person who died at Udston House. He died on the 28th of August 1893. The house was put up for sale only three months after his death, but it was to be quickly snapped up by another Scottish Peer.

Udston was now in the hands of the executors of John Clark Forrest! The fourth owner to acquire Udston House was called Lady Georgina Belhaven and Stenton. This family were a descended branch of the prominent Hamilton family and direct descends from John Hamilton (d. c. 1550), the illegitimate son of James Hamilton, 1st Lord Hamilton and unlike Madeline Louisa





Keith-Falconer, Lady Belhaven lived at Udston House for most of the summer months.

At the start of the Victorian period, most houses were lit by candles and oil lamps. Interior fittings included chandeliers (suspended from the ceiling) and sconces (fixed to the wall) however, these were mainly used on special occasions, and most ordinary events after sunset took place using portable light sources such as candlesticks, candelabra (bracketed candlesticks) and oil lamps, and by the light of the fire. By the end of the period, gas lighting was common in urban homes and electricity was being introduced in many larger houses such as Udston.

On the 18th of November 1904, it was reported in the Hamilton Herald that Udston House was to have its very own electricity supply fitted, this would have been a very exciting time for the staff who worked here.

Lady Belhaven eventually moved from Udston House around 1905. Now, this is the end of the trail for Lady Belhaven's time at Udston House.

So, around 1905 Jackson Russell is the proud new owner of Udston and at the turn of the century, we see how wealth has changed from upper class-families to working class coal-masters. This is a time when Hamilton has now become a thriving mining town.

On Saturday the 12th of May 1917 Jackson Russell and his wife treated wounded soldiers to a day out at Udston House. Along with the staff of Greenfield School in Burnbank, they entertained the patients of Caldergrove Auxiliary Hospital for the afternoon in the lovely gardens and grounds of Udston House. On arrival at Udston House, the men were supplied with ices, cigarettes, etc. After a tour around the spacious grounds, croquet and clock golf were played in the roundel, and the men thoroughly enjoyed themselves. At 4.50, high tea was served, to which all did ample justice and a happy hour was spent in fortune telling and cup reading. Like the previous owners of Udston House, Jackson Russell did his part for the local community.

In July 1918, Udston House was short-listed to become a hospital. This was approved in December 1918 and the town council went ahead to put the plan into action.

In 1920 the neighbouring Glenlee House was opened for a pulmonary TB Hospital with a joint Matron for both Hospitals. In 1930 a new single storey ward pavilion, operating theatre and laundry were built at Udston, the house was now a fully functioning hospital. The house was indeed a working hospital, however, its large grounds still needed to be maintained, so the gardener was kept on at Udston House.

The lands at Udston were being transformed and the council were building houses close to the boundary of the garden of Udston House. The Udston housing estate today is known as 'The Jungle'.

In the 1930's, Udston Hospital would have been avoided by everyone for the fear of catching something from the very sick patients who were unfortunate enough to be admitted to the hospital.

Penicillin was first discovered by Alexander Fleming in 1929, however, it was not used as an antibiotic until the early 1940's.

In December 1953 Thirteen branches of the Rangers F.C. supporters association supported a charity event to raise money to buy TV sets for hospitals and Udston was one of the hospitals to receive one of these TVs. Udston would now have its very own TV room for the patients to sit and

relax, the hospital was indeed moving ahead with the times. When I was growing up and before my teenage years me and my old pals used to play on the grounds of Udston Hospital. We discovered that there was a secret tunnel that leads from the old extension beneath Udston house and it leads down to the old building which had the big red chimney, this just added to our adventure. In my opinion, the best thing that happened to

Udston House was the fact that it was owned by South Lanarkshire Council and run by the NHS and this is the reason as to why the house still stands to this day.

Udston House is one of the survivors which links us to our past, I have found great pleasure in researching the house and I feel very proud to have told you the story of its owners.

Makers Showcase

RICHARD PRICE - CERAMIST



The Richard Price Studio is run by Richard Price, a local artist based in Thankerton, Biggar. Richard produces pottery, ceramic sculptures, and a range of paintings in "One-off", varying styles and unique commissions at The Limes, a garden-based pottery and gallery. Raku Fired Pottery is Richard's specialty and he frequently demonstrates this process live and online, his creative process is playful and mindful and he enjoys both Raku's tradition and philosophy, as well as its serendipitous outcomes.

Raku is a Japanese style of pottery first made during the 1580s. The process involves pre-heating low temperature fired pottery in a kiln until its glaze matures and then, when it is still fully hot, it is taken out of the kiln and placed in some combustible material, cooled with water, or slowly cooled and allowed to smoke for some time. Raku has a cultural and historic aura that dates back to Zen Buddhism and has been used in the making of ceremonial tea bowls and tea drinking with influences of monastic and warrior codes of behaviour. However, its spread to the USA and varied approaches have made it a highly diverse art form. At the Studio and Gallery venue,



he also collaborates with other artists and offers demonstrations, these are advertised on the Studio Website, "What's On" pages, www.richardpricestudio.com, as well as his social media platforms, Facebook, Instagram, and Tik Tok.

SP
RICHARD PRICE
STUDIO

Whats on?

Cinderella

13/11/22 - 02/01/23
Motherwell Concert Hall
Motherwell Theatre again team up with Spillers Pantomimes to present CINDERELLA as this year's panto. British Sign Language interpreted performance on Sunday 20 November.



Open Arts Exhibition

30/11/22 - 30/12/22
East Kilbride Arts Centre
Artists get involved! Local artists are invited to exhibit in this annual exhibition of work celebrating visual arts. We welcome stained glass, pottery, photography, embroidery, paintings and sculpture work and all things in-between.



Beauty and the Beast

10/12/22 - 23/12/22
Rutherglen Town Hall
Join our evil witch, our cursed prince, our fairytale princess, our dopey dame and a cast of enchanted characters on a ride of thrills and spills, to cheer the goodies, boo the baddies, and discover if love can win the day.



Christmas Crooners

21/12/22
Motherwell Concert Hall
Christmas Crooners is jam packed with festive favourites including the Christmas hits of Bing Crosby, Nat King Cole and Ol' Blue Eyes himself, Frank Sinatra.



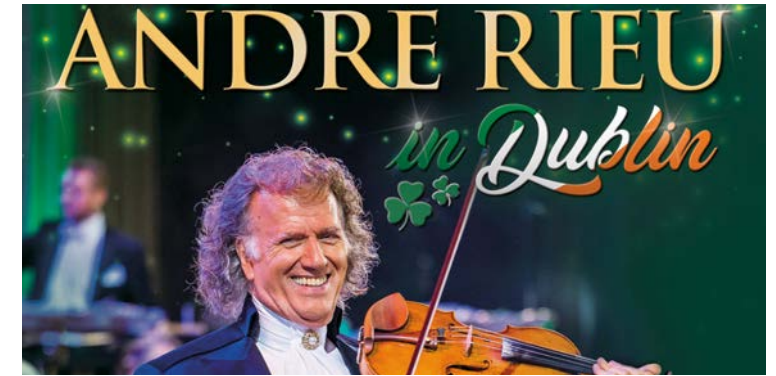
It's Not Unusual

03/03/23
Lanark Memorial Hall
The Tribute to Tom Jones celebrating all the classic songs and many more.



Cinema: Andre Rieu in Dublin

07/01/23 - 08/01/23
Airdrie Town Hall
Start 2023 in style! Exclusive to cinemas this concert is the best way to welcome in the new year! Bring your loved ones to your local cinema and enjoy an evening of music and dance on the big screen with André Rieu. Happy New Year!!



Supreme Queen

18/02/23
Motherwell Concert Hall
Now one of the most recognisable tribute bands in the world, Supreme Queen continue to take things to a whole different level, with their homage to the great days of one of the planet's greatest ever rock bands.



Cinema Live: Like Water for Chocolate

19/01/23 - 22/01/23
Airdrie Town Hall
The ballet is inspired by Laura Esquivel's novel.



Nearly Elton

24/02/23
Rutherglen Town Hall
Experience the ultimate Elton John tribute concert.



The Scottish Pink Floyd

18/02/23
The Town House Hamilton
Celebrating 50 years of The Dark Side of the Moon!



Francie & Josie - Pure Nostalgia

10/03/22
Motherwell Concert Hall
The much loved Glasgow characters return by popular demand with another nod to nostalgia as they open up the archives with a show full of fantastic Comedy Sketches.

Low Maintenance Gardening



reducing the need for weeding & bulbs that flower year after year as you only have to plant them once. Plants with textures and fragrant blooms are perfect for gardeners with visual problems. Herbs like thyme and mint are instantly

- It's therapeutic
- Anyone can do it regardless of age
- It's relatively inexpensive

& shrubs and advice from our knowledgeable gardeners and stylish outdoor furniture. In addition visit our award winning home department where you can find gorgeous gifts and on-trend furniture ranges, as well as experience a magical transformation at Christmas time. Your plant choices can make a huge difference to the amount of time you spend maintaining your garden. Choose low maintenance plants that provide good ground cover

recognisable for their smell make wonderful additions. Low-maintenance plants are difficult to kill. They look good in your garden for a long time, and don't require complicated pruning or feeding.



Lanark Road,
Crossford, ML8 5QQ
01555 860623

Plant of the month

Looking for a plant that will bloom while others sleep?
Christmas Cactus

- grow in indirect light
- Water when the top 1 to 2 inches of soil are dry.
- Give your Christmas cactus 6 weeks of extra darkness and lower temps to encourage blooming.



Article by Silverbirch
Low maintenance perennials including geums and geraniums both fill awkward corners because they 'don't mind a bit of shade' and if you chop them back in summer, you'll get two flushes of colour from them. Other low-maintenance plants include salvias and the tough daisy-like flowers of the Aster family. There are thousands of Images online showing different garden styles. Start collecting and then you can create a mood board. Sometimes the smallest detail of a container, plant colour or shape can steer you towards creating the perfect outdoor space for you to enjoy. Visit garden centres such as Silverbirch in the picturesque Clyde Valley where you'll find an array of plants

Inspiring Reads

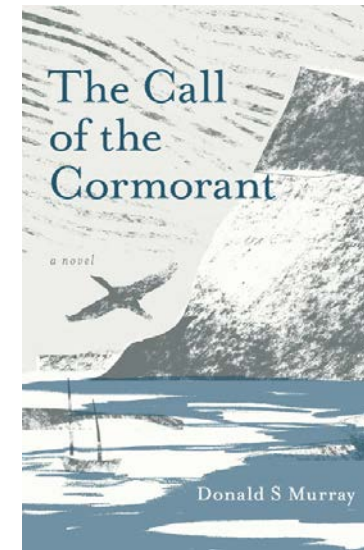


Islands of Abandonment

by Cal Flynn
A non-fiction bestseller in the shop, it blends travelogue with nature writing to examine what happens when humans leave. Flynn begins with slag heaps in West Lothian where she spots hares, badgers, and grouse. Amongst the other places she travels to are Chernobyl, Detroit's urban prairies, a collective farm in Estonia, as well as ghost towns and no man's lands. It's a haunting journey that's ultimately optimistic about what nature gets up to when we're not there to see it.

The Call of the Cormorant

by Donald S Murray
This is a fictionalised "biography" of the real-life character, Karl Einarsson, self-styled Duke of St. Kilda and Cormorant XII, Emperor of Atlantis. Born in Iceland and raised in Faroe, Einarsson, artist and serial swindler, is searching for Atlantis. His adventures take him to Berlin as the Nazis rise to power....
With irony and even humour, the book explores issues of island life for those who leave and for those who stay behind and the dangers and delusions of false identity.



Article

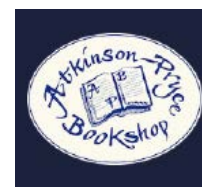
by Atkinson-Price Bookstore

Have you ever judged a book by its cover? When it comes to the book world I have always suspected that a little bit of judging a book by its cover is not a bad thing. The joy of an independent bookshop is the experience of spending time in it and finding a book you hadn't necessarily known you wanted or went in for. And therefore how do you decide, when surrounded by hundreds of books, which ones to pick up and look at because as much as we would like, we cannot spend an indefinite time in life browsing and reading. After that book has been picked up then it shouldn't be bought based on its cover alone but I think the cover is an important part of what draws us to a book in the first instance. It is a small pleasure to appreciate some of the most beautiful artwork on the covers of books.

Book Delivery

We hope that readers can take comfort in books, in discovering something new, something to escape into and something that just might change their life. We have a very efficient ordering system and can source pretty much anything - we especially enjoy a challenge (you know the one, that book you heard on the radio a week ago but can't remember the title or author!), don't hesitate to ask.

Content provided by



27 High Street,
Biggar, ML1 26DA
01899 221225

Book Group

Atkinson-Pryce runs two book groups - Fireside reads new and classic fiction and Wood Between the Worlds is a group for adults to read children's classics. Currently these meetings are held virtually on zoom. Email or call us for details. tomes@atkinson-pryce.co.uk

Taste for Success

with Bobby Cunningham



Robert (Bobby) Cunningham is one of our service users. Bobby enjoys sharing with staff all of his models that he has made for various people over the years, these people include the Duke of Edinburgh, Chris Hoy and Carol Vorderman.

All of the models he made have had the Tunnock's biscuits included in them. Bobby worked at the Tunnock's biscuits factory for over 55 years and worked into his 90s, as an engineer with the chocolate pumps and machines. Bobby was very happy working there and to the present-day Boyd Tunnock still comes to visit Bobby in his Rolls Royce, Bobby always says "folk will think I have money when it's parked outside".

Bobby was also a keen cyclist and was a member of Hamilton

cycling club, he still has some cycles in his cupboard which he says he will also show us for our next magazine issue, so keep your eyes peeled folks.



Above: Carol Vorderman with one of Bobby's models

Right: Sweet tribute to Andy Murray's first grand slam



We want you!

All new beginning wants to hear your stories and showcase your achievements in our magazine. If you have anything you are proud of and wish to showcase it, speak with a member of our team for more details.



Winter Warmers



Scotch Broth

Ingredients

- 250g broth mix
- 1 tbsp vegetable or olive oil
- 1 large onion, finely chopped
- 1 leek, washed and sliced
- 1 medium turnip, peeled and finely chopped
- 3 carrots, finely chopped
- 3 celery sticks, trimmed and finely chopped
- 3 litres lamb stock
- 200g kale chopped

1. Rinse the soup mix and soak in cold water for 8 hrs or overnight, covered in a cool place. Drain and rinse well.
2. Heat the oil in a large pan and fry the onion, leek, turnip, carrots and celery for 10 mins, covered with a lid, until soft but not golden. Add a generous pinch of salt and a good grinding of pepper.
3. Pour the stock into the pan and bring to a simmer. Add the drained soup mix, and gently simmer for 1 hr part-covered, until the barley and split peas are tender. Season again if needed. Stir in the kale, and cook for 10-15 mins until tender, then ladle into bowls to serve.

Christmas Treats

Santa Hats

Ingredients

- Pack of Philadelphia cream cheese
- ½ tsp Olive Oil
- 5 Basil Leaves
- 16 Cherry tomatoes
- 16 Crackers

1. Blitz or whip the cream cheese, milk, olive oil and basil until smooth, season well with pepper.
2. Cut the tips off the tomatoes, so that they can stand up straight. Set aside the ends to use for garnish or in salads later.
3. Spread ½ tsp of the cream cheese mixture over each cracker and top with a tomato. Top each hat with another bobble for the cream cheese mixture.



Image credit: TI Media Limited

Christmas Cake

by Jackie D, All New Beginnings

Ingredients

- 6oz of Sugar half brown half castor
- 6oz of Butter
- 3 Eggs
- 6oz of Plain Flour
- ½ tsp Mixed Spice
- ¼ Teaspoon of Nutmeg
- ¼ Teaspoon of Salt
- 10oz Sultanas
- 16oz Cut Cherries
- 1oz Almonds Ground
- 3 Quarters oz of Almonds Chopped
- 1 to 2 Tablespoons of Grated Fruit Rinds of preference
- 1 to 2 Tablespoons of Ale
- ¼ of Coffee Essence,
- Few Drops of Vanilla Essence, Almond Essence, Rum Essence, Milk or Water to bind as or if required



You will need either a Square 6 inch or Round 7 inch tin
Cooking Time: 3 Hours Oven: 150c/ Gas Mark 2

METHOD

1. Line tin with double greaseproof paper.
2. Cream Fat, Sugar, and Grated Rinds until light and fluffy. Beat in Eggs one at a time.
3. Add dry ingredients to the mixture and combine thoroughly. Mix in liquid add extra liquid to form a dropping consistency.
4. Turn into a lined tin to ensure that there are no pockets of air, and the surface is flat. Tie a double band of brown paper around the tin so that it is approximately 3 inches above the tin.
5. Place in the oven slightly below the middle. When the cake is cooked leave to cool in the tin when cold turn out and carefully remove the greaseproof paper.
6. To store wrap completely in greaseproof paper and then in foil. To allow cake to mature make at least two months in advance. If desired a small amount of Brandy or Sherry can be brushed over the top of the cake at regular intervals during the storage time.

Mince Pies

Ingredients

- 350g Plain Flour
- Pinch of salt
- 75g Lard
- 175g Butter
- 1 tbsp Caster Sugar
- Grated rind and juice of 1 1/2 large oranges
- 540g Jar Mincemeat
- Milk to Glaze
- Icing or Caster sugar

1. Sift the flour and salt into a mixing bowl. Cut the lard and butter into the flour, then rub in coarsely. Stir in the sugar.
2. Make a well in the centre and stir in orange juice, mix to a soft dough – you may need a few teaspoons of cold water (depending on size of oranges). Wrap the dough in greaseproof paper and chill in the fridge for 1 hour.
3. Preheat the oven to 200C. Roll out three-quarters of the dough on a lightly floured surface. Cut out twenty-four 7.5cm/3in circles and use to line two 12 Patty tins.
4. Roll out the remaining dough and cut into 24 Christmassy shapes – stars, trees, or bells to make lids.
5. Mix the orange rind with the mincemeat and spoon into lined tins. Cover with lids and brush with milk. Bake for 20 minutes. Dust with Sugar. Serve Hot or cold.



Do you have a recipe that you would like to share with us?

In the March edition we will be showcasing your Easter recipe ideas.

Simply hand your tasty recipe/ recipes over to a member of the team.

If you have any photos of your cooking/ baking, we would love to see these too.

Talk From the Terrace



Hamilton United Juniors

Hamilton United were founded back in 2019. Since the start of the year they have taken part in many fundraising events for their club including climbing Tinto hill and taking part in a 5k Mud Madness run at Chatelherault Country Park. They are this years winner of the Eddlewood Tournament 2022/2023 and also the semi-finalists of the CLYFA League Cup 2021/2022. The team are now actively working hard on their football skills for next season.



RIP Ian St John. Motherwell FC together with all football fans mourn the loss of another Ancell Babe.

Ian St John A Local Hero

One of his most memorable moments whilst wearing claret & amber was on 15th August 1959 away to Hibernian in a League Cup tie when he scored a hat-trick in 158 seconds between the 78th & 80th minutes in a 3-2 'Well win. The first one was a 10 yard shot from a right wing cross by Sammy Reid, followed by a tap-in after the keeper dropped an Andy Weir drive and the 3rd a neat header off another Sammy Reid cross.

On the 1st May 1961 he was transferred to Liverpool for a reported £35,000-£37,500. Not surprisingly he scored a hat trick in his first game for his new club in the Merseyside derby (Everton won 4-3) and in the years ahead became a legend at Anfield.

In his 4 years at Fir Park Ian played in 113 League games scoring an incredible 80 goals, 15 League Cup games scoring 12 goals and in 12 Scottish Cup games scoring 12 goals. Add to these totals Lanarkshire Cup and friendly games his record with the 'Well' is up there with the very best.

In June 1973 he returned to Fir Park when he replaced Bobby Howitt as Motherwell manager, then in September 1974 he moved to Portsmouth to become their boss.

This is only a brief summary of his short career whilst wearing claret & amber but it can be clearly seen that he is one of the clubs legends and will long be remembered as one of THE ANCELL BABES.

History of Motherwell FC *part 1*

Article by Stuart Graham
Motherwell Football Club was formed after the amalgamation of two local amateur sides based at industrial factories, Glencairn and Alpha. Glencairn started up around 1877 and took their name from John Glencairn Carter Hamilton of Dalzell. Alpha FC was first organised in 1881 by workers at George Russell's Alpha Steam Crane and Engine Works, situated in the town's Park Street. In 1886, a Motherwell Charity Cup was organised which would include a friendly match between a team from Glasgow and a select chosen from the town's two top teams, Alpha and Glencairn. Even before this there had been suggestions that the two Motherwell sides should combine, and indeed on Monday 17th May 1886 representatives of both clubs met and formed a new club to be called "Motherwell Football Club". Motherwell continued to play their home matches at Alpha's pitch at Roman Road, 50 yards from Merry Street, and it was there Motherwell defeated Hamilton Accies 3-2 in their first game. In 1889 Motherwell were forced to move to a new home to allow further house building in Roman Road. The new home was a pitch off Airbles Street at Parkhead Street called "Dalziel Park", and Motherwell's first game there saw Rangers being held to a 3-3 draw. At the club's AGM of 1893 it was decided that the club should turn professional, and when the Scottish League formed a second division, Motherwell were one of ten clubs elected. In their first league game Motherwell

defeated Hamilton 4-1. It was in 1895 when Lord Hamilton granted a lease for a piece of land at the northern end of the large Fir Park on his Dalzell Estate's northern edge, and Motherwell moved to the home which they still occupy today. A crowd of over 6,000 saw Motherwell's first game at Fir Park at the start of season 1895/96, Celtic ungraciously winning 8-1. Season 1902/03 saw 'Well finish runners-up in the league and promoted to the First Division.

The Motherwell team of 1886 comprised of the best players from Glencairn and Alpha, who are pictured at the original ground Roman Road.



Motherwell players turn out in the racing colours of Lord Hamilton of Dalzell, namely claret and amber, for the first time (previously blue had been worn). After the First World War, Motherwell began to establish themselves as more of a force in Scottish Football, reaching the cup quarter-finals on five occasions before being semi-finalists in 1923, and finishing in third place in the league in 1920. Motherwell's greatest period began in season 1926/27 – for the next seven seasons they were always in the top three, winning the league for the one and so far only time in their history in 1931, finishing five points clear of Rangers. Willie MacFadyen scored 52 goals during the

season, giving him the Scottish League record. Cup finals were reached in 1931, 1933 and 1939 but each ended in defeat, before both the league and cup were suspended after the outbreak of World War Two.

Motherwell's first major cup success came in 1950 with victory in the League Cup, Hibs being beaten 3-0 in the final. After another losing final in 1951, the Scottish Cup jinx was finally laid to rest the following year when 136,274 fans saw Motherwell beat Dundee 4-0 at Hampden to lift the cup for the first time. The fourth round replay of this competition saw 35,600 squeeze into Fir Park, Fir Park's record crowd, as the 'Well beat Rangers 2-1. Bobby Ancell took over as manager in 1955 and built the team into the famous "Ancell Babes", featuring players like Charlie Aitken and Ian St. John.

No major trophies were won during the Ancell era, although the team did include a large number of internationalists. The money generated from the transfer of St. John to Liverpool in 1962 was used to replace the tiny Fir Park grandstand with the large cantilever construction which still serves to this day. After Ancell left the club in 1965, several mediocre seasons followed culminating in relegation in 1968, although Motherwell were immediately promoted as champions the following year. The early seventies saw 'Well compete in the Texaco Cup, recording memorable wins over Stoke and Spurs before the Premier League was introduced in 1975/76.

Part 2 will be appearing in the next issue.

Pet Corner

Any photos of your beloved pets?
 Pass them on to your care team or send them on to magazine@allnewbeginnings.co.uk



This is Winston. Behind Winston is Maisie. Maisie is blind but loves wandering around her garden, eating and sun bathing in summer. Winston is a wee fur ball of mischief, he loves playing with his soft squeaky toys. His favourite is a teddy bear.



This is Teddy. He is very friendly with humans and loves nothing better than cuddling up next to his family on the bed or sofa and of course getting plenty treats and kisses. Teddy is 8 years old. He also loves his walks.



We wake up in the morning in the best form from the kisses of our dog Saffi who is a Cockapoo and cats Ruby and Royston who are Devon Rexes. We love our pets because they're, cute, funny, and full of unconditional love. We take care of them by giving lots of tasty treats with their food, lots of play and attention with their toys. Despite spending a great deal of what we thought were interesting toys for the cats they much prefer a cardboard box any size will fit and Saffi prefers to play with the cat's toy mice. We love to take the dog outside for some fresh air and sunshine, for a long walk sometimes to the park or down the riverbank and let her run around. We hope to go to the beach soon when we know she will love to run around kicking up the sand and dodging the waves. Due to the dog and cats breeds their hair is super fluffy and needs frequent brushing which they hate. They need a lot of bathing to keep clean, Saffi, loves the hairdryer and tries to bite at the warm air. Ruby and Royston love to snuggle up to us and each other, always quietly purring contentedly. Our pets make us happy and the work is a happier place. They are very special to us.



Mary's cat sadly passed away last week at 19yrs old. Today Mary got a new cat. Mary would like to introduce Toffee. She is 1 and a half years old and is settling in well already.



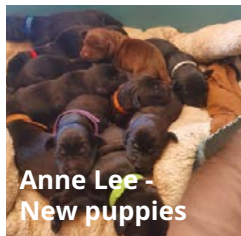
After a stressful start yesterday with the dogs locking themselves in the car with the engine running, Neo & Alfie had a lovely day with Robbie after visiting Costco and IKEA.



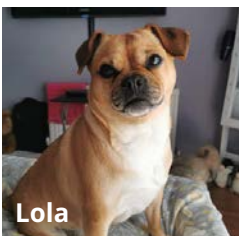
Belle



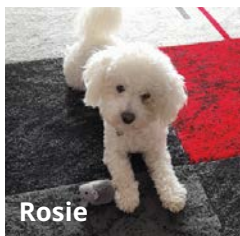
Zues



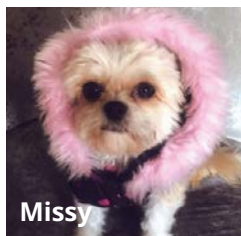
Anne Lee - New puppies



Lola



Rosie



Missy

Mind Games

Our brain cells' existing connections are strengthened as a result of puzzle solving. Additionally, it boosts the development of new connections. As a result, mental agility and cognitive processes are enhanced. Jigsaws are particularly beneficial for enhancing short-term memory. We can imagine the overall image and recall shapes and colours with the aid of our short-term memory to determine how the pieces will fit together. Have a go and see if you can solve our puzzles below. Answers at the back.

Across

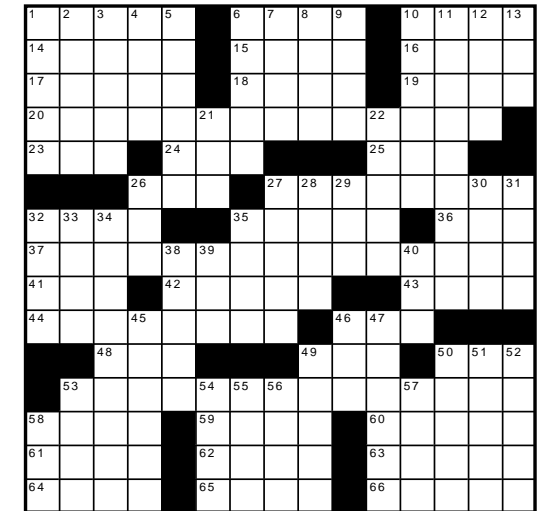
1. Ottoman title
6. Very funny!
10. Play opener
14. Extra-terrestrial being
15. Biol. branch
16. 554, in stone
17. Tiny amounts
18. Mob scene
19. Give an edge to
20. Haunt of Robin Hood
23. Small batteries
24. Actor Byrnes
25. Bard's before
26. Lode load
27. Tramway vehicle
32. Early late-night host
35. Dolphins' home
36. ___ rule
37. Like afterschool activities
41. On Soc. Sec.
42. Aromatic fragrance
43. Mont Blanc, par exemple
44. Excess
46. Levi's rival
48. Originally named
49. Amigo
50. Palm Pilot, e.g.
53. One purpose of a driver's license
58. Med. school class
59. Blue dye

Across

60. Anklebone
61. Decline
62. Yield
63. Uneven
64. ___'acte (intermission)
65. Prepared to drive
66. Hinder

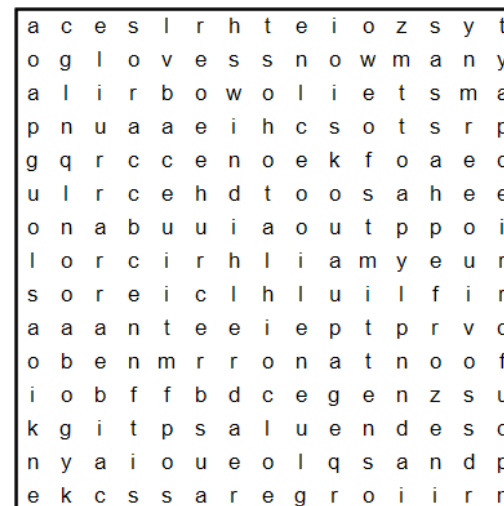
Down

1. Monetary unit of India
2. Hawaiian greeting
3. Locations
4. Get wind of
5. Reply
6. Biblical king
7. Etcher's need
8. Foot of a horse
9. Choir member
10. Stick (to)
11. Narrow escape
12. Windshield feature
13. ___ Got a Secret
21. Poetic paeon
22. Memento
26. Bruin legend
27. About
28. Swiss river
29. ASCAP alternative
30. Quickly, quickly
31. Describes a gently cooked steak



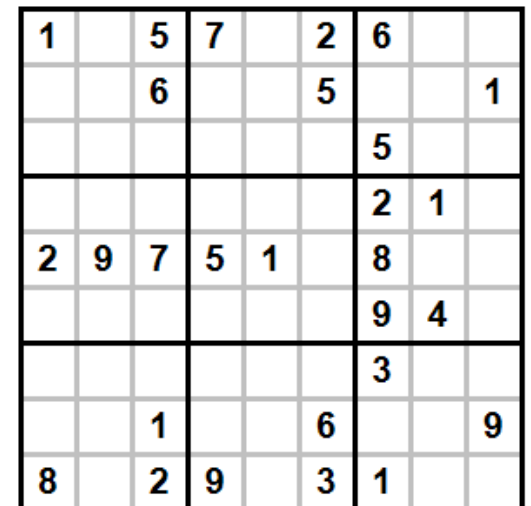
32. Cop's collar
33. Skater's jump
34. Servant
35. The Ghost and Mrs. ___
38. White as a ghost
39. USN rank
40. Abu Dhabi's fed.
45. Wobble
46. Fond du ___, Wisconsin
47. On cloud nine
49. Heaped
50. Guide
51. Drench
52. Goose genus
53. ___ uproar
54. Mediator's skill
55. Arrow poison
56. Bona ___
57. Shipping deduction
58. Admiration

Wordsearch



Chill Glacier Mittens Wind Curling
 Gloves Snowman Frozen Ice Socks

Sudoku



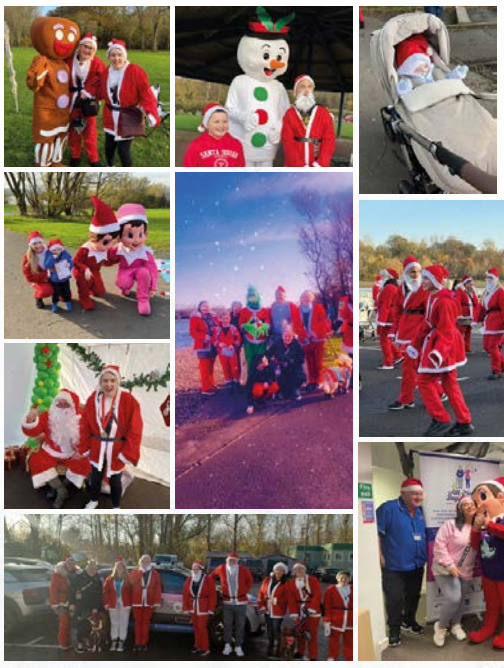
We Scare Because We Care



Halloween for All New Beginnings started with an afternoon in the office with our staff and service users coming together to play some Halloween games including dooking for apples and doughnuts on a string. We even had a disco ball with music and party food. Into the evening our staff went out dressed up onto the runs with their Halloween buckets filled with goodies for our service users playing some tricks or treats with them.



Santa Dash



What a morning we got for our Santa dash for St Andrew's Hospice! We had a total of 25 staff, family and friends attend the event. Everyone had a great fun morning meeting all the Christmas characters and walking along the water. We would like thank you for all our sponsorship for such an amazing cause! The total funds raised are currently sitting over an amazing £800 between just giving and sponsor sheets!

Useful Products & Services

List of various providers from the surrounding area

HEARING

Lanarkshire Hearing Centre Hamilton 58 Cadzow St, Hamilton ML3 6DS
www.lanarkshirehearingcentre.co.uk
info@lanarkshirehearingcentre.co.uk

Specsavers Opticians and Audiologists
 36 High St, Lanark ML11 7EX
www.specsavers.co.uk
 01555 661166

MOBILITY

Relief Mobility Solutions
 34b, Brownsburn Ind Est, Viking Rd, Airdrie ML6 9SE
www.relief-mobility.co.uk
 01236 767759

Beejay Mobility
 12-16 Cadzow St, Hamilton ML3 6DG
www.beejaymobility.co.uk
info@ukmobilityhealthcare.co.uk
 01698 423888

DENTIST

Strathaven Dental
 2 Kirk St, Strathaven ML10 6LE
mail@strathaven.dentist
www.strathaven.dentist
 01357 522886

Blantyre Family Dental Care
 3 Broompark Rd, Blantyre, Glasgow G72 0DP
www.blantyrefamilydentalcare.com
Info@blantyrefamilydentalcare.com
 01698 829080

Windmill Dental Care
 79 Windmillhill St, Motherwell ML1 1RY
www.windmilldentalcare.co.uk
info@windmilldentalcare.co.uk
 01698 262698

ORTHOPAEDICS

The Treatment Hub
 60 Cadzow St, Hamilton ML3 6DS,
www.thetreatmenthub.co.uk
customerservices@sportorthotics.co.uk
 01698 537037

Bothwell Medical Rooms
 28 Hamilton Rd, Bothwell, G71 8NA, United Kingdom
www.bothwellmedicalrooms.co.uk
info@bothwellmedicalrooms.co.uk
 01698 854474

OPTICIANS

Optical Express
 61 High St, Carluke ML8 4AL
www.opticalexpress.co.uk
enquiries@opticalexpress.com
 01555 750136

Vision Express Opticians
 18/19, The Plaza, East Kilbride, Glasgow G74 1LW
www.visionexpress.com
 01355 241200

Simpson Opticians
 52 Union St, Larkhall ML9 1DR
info@simpsonopticians.com
www.simpsonopticians.com
 01698 882622

OTHER

Glebe Medical Centre
 Abbeygreen, Lesmahagow, Lanark ML11 0DB
www.glebemedicalpractice.co.uk
 01555 892328

Motherwell Health Centre
 138-144 Windmillhill St, Motherwell ML1 1TA
www.nhs.uk
 01698 242610

Lanarkshire Medical Group
 20 Greenhills Cres, East Kilbride, Glasgow G75 8TT
www.lanarkshiremedicalgroup.co.uk
 01355 236331

St Luke's Medical Practice
 St Luke's Medical Practice
 40 Chapel St, Carluke ML8 4BA
www.stlukesmedicalpractice.co.uk
 01555 752150

Mind games answers

Turn page upside down for answers

Answers to the crossword puzzle:

1	W	A	N	A	N
2	C	E	D	E	D
3	A	N	I	L	S
4	I	N	T	I	C
5	F	A	L	L	I
6	P	A	L	L	P
7	H	O	R	A	L
8	S	P	I	C	E
9	C	U	R	I	C
10	M	I	A	M	I
11	C	A	B	L	E
12	S	H	E	R	E
13	O	F	O	R	E
14	R	I	O	T	S
15	E	C	O	L	L
16	H	A	H	A	A
17	A	C	T	I	V

Crossword

Answers to the Sukoku puzzle:

6	5	1	9	2	8	7	8
9	8	4	6	1	5	8	3
2	3	7	9	8	1	8	6
5	4	5	2	7	9	4	4
3	6	3	5	1	4	8	6
7	2	1	7	3	4	8	6
8	5	3	8	6	9	2	1
2	8	7	3	4	6	9	1
1	9	2	6	4	8	5	7
4	6	9	4	1	8	5	7

Sukoku

Answers to the Wordsearch puzzle (read upside down):

1	L	O	V	E	S	S	A	N	E	S	S	C	I	T	A	T	E	S
2	A	B	B	E	E	S	T	A	N	E	S	S	C	I	T	A	T	E
3	N	O	O	O	N	E	S	S	C	I	T	A	T	E	S	S	C	I
4	F	O	N	D	E	S	S	C	I	T	A	T	E	S	S	C	I	
5	O	B	E	R	T	A	N	E	S	S	C	I	T	A	T	E	S	
6	A	A	N	E	L	E	P	T	A	N	E	S	S	C	I	T	A	T
7	S	O	R	E	C	I	T	I	N	E	S	S	C	I	T	A	T	E
8	I	O	R	C	T	A	N	E	S	S	C	I	T	A	T	E	S	
9	O	N	A	B	U	N	E	S	S	C	I	T	A	T	E	S	S	
10	U	N	I	T	E	R	S	S	C	I	T	A	T	E	S	S	C	I
11	G	P	A	R	T	H	E	N	E	S	S	C	I	T	A	T	E	S
12	D	P	N	A	A	E	L	H	S	S	C	I	T	A	T	E	S	
13	O	G	L	O	V	E	S	S	C	I	T	A	T	E	S	S	C	I
14	A	C	E	S	S	C	I	T	A	T	E	S	S	C	I	T	A	T

Wordsearch

THE OLD RUGGED CROSS

On a hill far away stood an old rugged cross
The emblem of suffering and shame
And I love that old cross where the dearest and best
For a world of lost sinners was slain

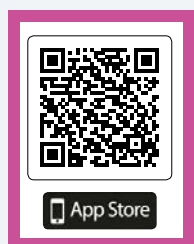
So I'll cherish the old rugged cross (rugged cross)
Till my trophies at last I lay down
I will cling to the old rugged cross
And exchange it some day for a crown

To the old rugged cross I will ever be true
It's shame and reproach gladly bear
Then he'll call me some day to my home far away
Where his glory forever I'll share

And I'll cherish the old rugged cross (rugged cross)
Till my trophies at last I lay down
And I will cling to the old rugged cross
And exchange it some day for a crown
I will cling to the old rugged cross
And exchange it some day for a crown

- Written by George Bennard
- Hymn selected by Adrienne Henderson

**Download our free app for
help, advice and recruitment
opportunities**



Clyde House, 105 Bothwell
Road, Hamilton, ML3 0DW
www.allnewbeginnings.co.uk
info@allnewbeginnings.co.uk
T: 01555 668580

We have been providing care and making a huge difference for 25 years. Our aim is to deliver life changing and affirming home care, that respects independence and provides peace of mind.