



**AM
HERE!**

friendly catch-ups

sunshine, planting, and lambs

ANTI-SLIP TIPS FOR SPRING!

With the coming of spring we kiss the chills and ills of winter goodbye and look forward to warmer nights and sunny days. Along the way we will undoubtedly encounter spring showers, and have an increased risk of slips, trips, and falls. Try our tips to prevent wet weather injuries this spring!

1. Check weather forecasts before venturing out
2. Wear nonslip well-fitting shoes or sneakers
3. Walk (running is dangerous)
4. Stay on paths
5. Use handrails going up or down stairs
6. Walk in well-lit areas if you have to be out at night
7. Use mobility aids if you are unsteady on your feet
8. Focus on where you are walking so you are not distracted
9. Walk with a friend or family member
10. Change outdoor bulbs or install extra lighting
11. Keep paths and drives clear of slippery spring debris



PHOTOS: CAROLE GOMEZ, SYLVIE ROUCHARD, ISTOCKPHOTO

SPRING!
THE SEASON OF
GUTTERS AND
GARDENS, SHOWERS
AND GREENS. HOW
WILL YOU REFRESH
YOUR LIFE THIS
SPRING?

WIN!

Antipodes Oils!

**Organic Avocado Oil +
Rosehip Divine Face Oils**

Your skin will soak up this enriching potion from Kiwi company Antipodes! It's made from nutrient-rich avocado oil, lecithin, and rosehip seed oil, renowned for its ability to help repair damaged skin.

We have 10 of these beautiful products to give away, worth \$36 each! Or, buy your own at retail outlets nationwide. Gifts entry form, page 6!

www.antipodesnature.com



I Am Here! is a special section of *Family Care* that focuses on personal wellbeing. How do you relax and re-energise? Share your ideas with other readers; our contact details are on page 6!



AM HERE!

BREAKFAST FRUIT & NUT CRUMBLE

- 380g can sliced apples
- 425g can sliced pears, drained
- 4 tbsp maple syrup
- 2 tsp vanilla essence
- 1 tsp ground cinnamon
- ¼ tsp freshly ground nutmeg

Crumble

- 1 cup flour
- ½ cup brown sugar
- ½ cup rolled oats
- ½ cup crushed round wine biscuits
- ¼ cup shelled pistachio nuts, chopped
- ¼ cup walnuts, chopped
- ¼ cup sliced almonds
- 100g melted butter, cooled to room temperature

Preheat oven to 160°C.

Place fruit, maple syrup, vanilla essence, cinnamon and nutmeg in a saucepan and simmer over a gentle heat for 10 minutes. Remove from heat and keep warm.

Mix crumble ingredients together in a bowl.

Sprinkle evenly on an oven tray and bake for 20-30 minutes, or until golden brown.

Place warm fruit mixture into breakfast bowls and sprinkle with crumble mix.

Serve with Greek yoghurt. Serves 4-6.



Inspired by her grandmother, Natalie Oldfield opened the Dulcie May Kitchen in Auckland's Mt Eden to coincide with the release of her first book, *Gran's Kitchen*. Although Dulcie has now passed away,

Natalie and her family will always admire the way she lived her life. It was with Dulcie in mind that Natalie wrote her second book, *Gran's Family Table*. Natalie says she has many wonderful childhood memories of breakfast with her Gran and Pop. "Whether it was a steaming bowl of porridge with brown sugar that soaked into pools of fresh cream; scrambled eggs with tangy tomatoes; or thick slices of hot buttered toast with Gran's apricot jam ... we were never disappointed." *Gran's Family Table* (HarperCollins, RRP\$60) is available at libraries and bookstores. www.dulciemaykitchen.com

WIN!

We have two copies of *Gran's Family Table* to give away! Buy your copy at bookstores nationwide.

Try Dulcie May's favourites: her breakfast recipe for tasty eggs, her lunchtime classic (green soup, which she often described as "good for the soul"), her heartwarming evening meals, and her sumptuous puddings!



PHOTO: MARGO HARRISON, SHUTTERSTOCK

Reflect ...



Are you so driven to help others that you have no time to care for yourself? **By Jane Holley**

Why do some of us end up with no energy left to give to ourselves?

That flat battery feeling where there is no spark to generate self-care.

Knowing that a walk or other time out might help, but you feel so tired and overwhelmed that doing anything extra is too much.

Even though we know we need to take care of ourselves, it sometimes just doesn't happen.

Here are some ways to nurture yourself that are gentle and effective. Try a few and see what works best for you.

Newness: it's a holiday for the mind! Do small things differently. Free yourself from your routines. Wear a colour you wouldn't normally wear, use the good china plates, eat cereal for lunch. It sounds silly, but notice how it makes you feel; you may even catch yourself laughing!

Be aware of the gifts of your situation. Some life experiences are extremely painful and we may wish our life was different. Rather than focusing on what you wish was different, reflect on the gifts this life experience has given you; perhaps you have developed strength, empathy and compassion ... maybe you have met new friends.

Loving listening. Listening does require attention, but not action. It may be the most important and meaningful thing you can do for someone. Rather than rushing around doing things, allow yourself to listen and to be completely present for another person; notice how healing this is for you, too.

A new perspective. On a particularly challenging day, when you feel frustrated about what hasn't been done, change your focus from doing to being. Release yourself from your 'to do' list and instead focus on a way of being. Think: today I will surrender and accept what comes.

Notice the old tape. We have a habit of listening to negative 'self talk' about ourselves. "I'm not good enough", "I'm not doing enough", "I'm a failure", are common negative thought patterns.

We forget we don't have to listen to this negative self talk. We are free to change our thoughts. Notice how much better you feel when your self talk is positive.

Let go. The media is filled with images of what we should be doing, thinking and looking like. These images are often not even close to our real lives. Instead of trying to reach these ideals, embrace and celebrate what is special about you and your life right now.

Healing tonics. Let small things heal you: a flower in bloom, a bird in the garden. When I was sick I spent hours watching a spider spin its web. It was very healing to just stop and observe. The world is so frantic. Make time to be in a moment of observation. Being in the moment is healing and restorative.

A new focus. Give your attention to what feels good rather than what feels uncomfortable. Play beautiful music, wear soft fabrics, use fragrances that uplift you.

Let go of the why. "Why is this happening to me?" Instead, ask yourself some powerful, freeing questions:

How do I want to be while I live this experience? Who do I want to be while I experience this? Laugh, grin and smile today. This is your life now, today, in this moment. Celebrate the moments.

Let go of perfection. Life is messy. It's going to really hurt at times, and some days things will get to you. Give yourself a break from self criticism and judgement. The only person we spend our whole lives with is ourselves. Give yourself the love, compassion and concern you would give to your closest friend. **FC**

Jane Holley has been a family carer, and needed care herself for two years after an illness. Jane now helps others whose lives have been affected by ill health, disability, and caring. She runs regular Hands of Support workshops at the SOUL Centre in Auckland's Titirangi, and also provides self-care and relaxation workshops for groups around the country, plus life coaching by phone or in person. See www.wix.com/janeholley/handsofsupport, phone 09 836 5359, or email janeholley@eznet.co.nz



LET GO ...

I often use a simple technique for easing emotions that is safe, free, and easy. It's based on Jin Shin Jyutsu, a way to balance your life energy and achieve wellbeing.

Gently hold the finger that applies to your current emotional state (*see right*). There is no set time to hold a position. Sometimes relief comes quickly, other times it takes a little longer. Simply hold the finger until you feel like stopping. You can't make a mistake, as it is a very safe and gentle technique.

Learn more at www.jinshinjyutsu.org.nz

THUMB is for worrying

INDEX FINGER is for fear

MIDDLE FINGER is for feelings of anger

RING FINGER for grief

LITTLE FINGER when there are feelings of judgement, pretence, or when that question WHY keeps coming up.