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Cards of cheer at craft group

Border Chronicle, Bordertown

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THE Limestone Coast Social Group have been busy this Christmas season, making festive Christmas cards to share with their family and friends.

The group is run by Resthaven Limestone Coast Community Services and clients and staff came together for the activity and enjoyed a morning tea while making cards for friends, families and fellow clients.

Relieving assistant manager, Kate Farana said it was important to the group to bring joy to those in the community who may need a little extra this year.

"Clients also made cards for their fellow clients who are isolated or do not have family and friends to celebrate with at this time of year," she said.

During the crafting session, clients and staff used this time to reflect on what Christmas means to them and shared memories of the Christmas season.

Alice Cruickshanks and Brenda Sutherland recounted their family Christmas traditions from their childhood throughout the war.

"During the war in Scotland, it was a treat to receive tinned peaches from Australia," Ms Cruickshanks said.

"We also enjoyed steak and kidney pies, which we made at home and then baked at our little town's bakery.

"We loved watching the snowflakes fall on Christmas Eve."

"My family had no money for presents due to the war," Ms Sutherland said.

"On Christmas morning, I was surprised to receive a wooden sled, and I spent all day sledding down the hill outside my home.

"Later, I found out that my uncle who worked at the railways, had used railway sleepers and tracks to make my sled and the sled has forever remained a meaningful gift all these years later."

The group members shared their favourite Christmas food which included roast meat, homemade bread, prosciutto and cheese.

This social group is just one of the many wellness supports available for older people through Resthaven Limestone Coast Community Services.

If you would like to learn more about how Resthaven Limestone Coast Community Services can support you, phone 8762 4389.



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CHRISTMAS CHEER: The ladies at the Limestone Coast Social Group make cards for loved ones this Christmas.

Picture: SUPPLIED