



Time to Move On.

People recall what I was like "Before"
 Its Something To Say,
 When there's Nothing to Say
 Its meant to be friendly,
 Its meant to be kind,
 The cord it strikes makes me wince,
 I find the Past suddenly in the Now,
 Through memory I could well leave behind,
 Since "Before" is no more.

April 2012

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Wood carving by Dave Newnham



Disabled Adults Wealden North Social
 Branch of ESDA Charity No: 1042071 and Company No. 2970027

Poem by DAWNS member



Amy's Banoffee Pie
Serves 6-8

Biscuit Base

100g/3-½ oz unsalted butter
250g/9oz-gluten free/wheat free digestive biscuits crushed
¼ tsp vanilla essence

Caramel

175g /6oz butter
85g /3oz caster sugar
85g /3oz dark brown sugar
397g can sweetened condensed milk

Topping

4 small bananas
284ml carton double cream, lightly whipped
Dark chocolate to decorate

Method

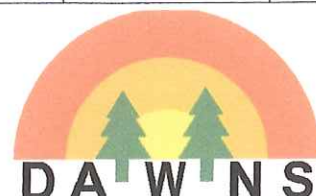
In a large saucepan, melt butter and stir in crushed biscuits. Press into base and partly up the sides of a 19cm (7½in) loose bottomed cake tin. Place in the fridge to chill.
To make the caramel, place the butter and the sugars into a non stick pan over a low heat. Stir until the butter and sugars are dissolved. Add condensed milk and stirring continuously bringing gentle to the boil. Spread the caramel over the biscuits base and chill for approximately 1 ½ hrs. Slice the bananas (keep a few slices back for decoration) and mix with the whipped cream and spread over the cooled caramel. Decorate with the banana slices and grated chocolate.

December 2012

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Drawing by Holly Williams



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Recipe by Amy Neale