

FREE
PLEASE TAKE ONE

Big Knit Campaign

What you didn't know about

Karen Perry

CEO Age UK Bedfordshire

Star Fundraiser

Tony Carrea

Greenfingered Grandma



Delicious & delivered



FREE NATIONWIDE DELIVERY | MEALS FROM ONLY £2.99
OVER 300 TASTY RECIPES | NO CONTRACT, NO COMMITMENT



Call us today for your **FREE** brochure

01525 242220
wiltshirefarmfoods.com



Wiltshire Farm Foods

Cruise Bedford's Great Ouse



Public Cruises every Thursday and Sunday
from 17th April to 5th October

Special lunch, afternoon tea, fish & chip supper and jazz evening cruises
also available. We also offer charter hire for your group or special event.

Details and tickets at www.johnbunyanboat.org or phone 01946 817 456
for public cruises and 0330 123 9511 for charters.

Tickets can also be purchased from The Corn Exchange Box Office, The Harpur Suite,
Harpur Square, Bedford.

Educational discounts available



healthwatch

Central Bedfordshire

your
voice
counts

**Healthwatch is about helping you get the best out
of your local health and social care services.**

Whether you've had a positive experience or there
is room for improvement, have your say on the
Healthwatch Central Bedfordshire website today.
You can even leave feedback anonymously.



Leave feedback now:

www.healthwatch-centralbedfordshire.org.uk

Telephone: 0300 303 8554 Email: info@healthwatch-centralbedfordshire.org.uk
FREEPOST RTEY-CRBR-XXAE Healthwatch Central Bedfordshire Capability House, Wrest Park, Silsoe MK45 4HR



7



8



6



13



14



Contents Spring/Summer 2017

Big Knit Campaign.....6

People gather at Bedford Pavilion to raise money for Age UK.

Dates for Your Diary7

Selection of events taking place.

Summer Recipes.....8

Follow these refreshing, yet hearty recipes this summer.

What does Age UK Bedfordshire do?.....10

Learn about what goes on throughout the year.

Weight Loss in Later Life 11

Are we wrong to assume weight loss is normal as we age?

Our Star Fundraiser.....12

A Thank you to Tony Carrea.

Green Fingred Grandma.....13

Teaching you how to get the most out of your garden this year.

Being Creative14

How to boost wellbeing in later life.

What you dont know about Karen Perry16

An insight into the CEO's life.

Puzzle Page21

Enjoy a wordsearch and a Quick Quiz on our puzzle page.

Charlie Chuckles.....22

Will he be able to make you laugh?



12



Cover Image

©Pressmaster/shutterstock

Meet the team...

Editor

Jo Rising
Tel: 01234 360 510
Email: jo.rising@ageukbedfordshire.org.uk

Sub-Editor

Klaudia Len
Tel: 01234 360 510
Email: klaudia.len@ageukbedfordshire.org.uk

Age UK Bedfordshire

Head Office
78 - 82 Bromham Road
Bedford
MK40 2QH
Tel: 01234 360 510
Email: voice@ageukbedfordshire.org.uk

Designer

Danielle Bowen
Email: danielle@lancepublishing.co.uk

Sales

Laurence Rowe
Tel: 01536 526678
Email: laurence@lancepublishing.co.uk

Publisher

Lance Publishing Ltd
1st Floor Tailby House, Bath Road, Kettering NN16 8NL
Tel: 01536 512624
www.lancepublishing.co.uk

Printer

Lance Print Ltd
Tel: (01733) 390564
www.lanceprint.co.uk

This magazine is produced on behalf of Age UK Bedfordshire by Lance Publishing Ltd. All rights are reserved by the charity and no part of this publication may be reproduced in whole or in part without the written permission of the charity. Age UK Bedfordshire will accept no responsibility for, or necessarily agree with, any claims made or views expressed in this publication, nor does the mention of any product, service or advertisement imply a recommendation by Age UK Bedfordshire. Reg. Charity No. 1090535

Foreword from the CEO

Welcome to this edition of our VOICE magazine – ready for Spring and Summer.

Inside you will find details on our Big Knit campaign alongside some photographs of a local group who have supported this. There have been many knitters over the years that we have been undertaking this annual project, not least some of our own Trustees, staff, volunteers, and families and we thank everyone who has knitted this year and all the other years.

There is a special piece in this edition on our star man Tony Carrea, who is the husband of one of our staff members, Nancy. Tony has been our star fundraiser so have a read about how supportive he has been to the organisation too. Regular features this time include the dates for your diary, Puzzles and Jokes page, and a recipe to tempt the taste buds. Much to my embarrassment in this edition I was voted to be the subject of the What You Did Not Know About, so if you can bear to read it you may learn a bit more about me and my life.

Happy Reading Everyone. ●

Karen

Karen Perry
CEO, Age UK Bedfordshire



Big Knit Campaign

The Bedford Pavilion

Pavilion at the Park gets crafty for The Big Knit.

In 2015 Lemon & Ginger, a crafty collective started meeting at the Pavilion at the Park in Bedford Park every Monday morning at 10am. The brainchild of Laura Holmes (Holmes Sweet Holmes) and Emma Garrett (Pavilion at the Park), the idea was that people could just turn up to knit, crochet or sew in the stunning surrounds of The Pavilion, with good company, good food and good coffee to inspire them. Their group is free to attend and provides a marvellous opportunity for people of all ages to socialise while getting crafty together and doing something positive for local charities at the same time. Nikkei Reeve who has been with the group for over a year said "I have thoroughly enjoyed meeting some lovely new people at Lemon and Ginger - we automatically have something in common through our knitting and we have a good laugh!" Hannah Johnson added "When Lemon and Ginger started, my little boy was around a year old. I'd been struggling to find groups to go to where I was included. I found that my boy and I were welcomed with open arms and I found a group of like-minded friends who have taken Jaxon and I under their wings."

While individuals can always work on their own projects, the group's first collaborative work back in 2015 was to knit hats for Innocent Smoothie bottles as part of their Big Knit campaign, raising

money for Age UK. If you haven't come across this before, knitters of all ages get involved to knit tiny hats for the top of Innocent smoothie bottles. For every be hatted bottle sold, 25p goes straight to Age UK and the crafty knitters at The Pavilion managed a total of 207 hats in 2015. As the group has grown, so has their output and they have just handed over their second batch of hats and managed to knit a whopping 650 altogether! These included octopi, hedgehogs, frogs, cat in the hat striped top hats and many other colourful creations - which will appear on an innocent smoothie bottle near you from October 2017!

Jo Rising, Facilities and Support Services Manager for Age UK Bedfordshire visited The Pavilion to receive the donation of hats from Emma, Laura and the Lemon and Ginger group: "By getting involved with Age UK and Innocent's Big Knit Campaign, Lemon and Ginger have really made a difference to help support older people - crucial with an aging population increasing so significantly year on year."

With over a decade of support from knitters up and down the

country, The Big Knit has raised vital funds to support local and national winter projects to help older people keep warm and well in winter through befriending visits, emergency cold weather support, warm meals and other vital services.

Douglas Lamont CEO of Innocent Smoothies said: "The Big Knit is a great way to bring people and communities together. Knitting groups have been held up and down the country for people to get involved, share patterns and have a cup of tea or two! The Big Knit campaign couldn't happen without the support of thousands of amazing people across the UK who take part and knit woolly hats to adorn innocent smoothies each year."

Emma Garrett said "Although each of our little hats is tiny, collectively they really do make a difference." Laura Holmes added "I am incredibly proud of the group - I set a new target of 500 hats this time round and they smashed it! If any readers are up for a challenge, the group meets every Monday morning

at The Pavilion in Bedford Park from 10am - 12pm and welcomes newcomers!" Chris read about the group in the Bedfordshire on Sunday two years ago and has been knitting with them ever since "Having been stuck in the house with a broken foot, Lemon & Ginger got me out and about again, and I haven't looked back since."

For more information about the group contact Emma Garrett (The Pavilion) on 01234 351104 or Laura Holmes (Lemon & Ginger) on 07766 344375.



Dates for Your Diary

Thursday 13th April
Maundy Thursday

Friday 14th April
Good Friday

Sunday 16th April
Easter Sunday

Monday 17th April
Easter Monday

Sunday 23rd April
St George's Day

Monday 1st May
May Day Bank Holiday

Monday 29th May
Spring Bank Holiday

Sunday 4th June
Whit Sunday

Sunday 18th June
Father's Day

Monday 28th August
Summer Bank Holiday



Summer Recipes

Roasted Summer Vegetable Casserole



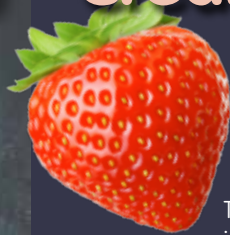
Ingredients

- 1 tbsp olive oil
- 1 garlic bulb, halved through the middle
- 2 large courgettes, thickly sliced
- 1 large red onion, sliced
- 1 aubergine, halved and sliced on the diagonal
- 2 large tomatoes, quartered
- 200g new potatoes, scrubbed and halved
- 1 red pepper, deseeded and cut into chunky pieces
- 400g can chopped tomatoes
- ½ small pack parsley, chopped

Method

1. Heat oven to 200C/180C fan/gas 6 and put the oil in a roasting tin.
2. Tip in the garlic and all the fresh veg, then toss with your hands to coat in the oil. Season well and roast for 45 mins.
3. Remove the garlic from the roasting tin and squeeze out the softened cloves all over the veg, stirring to evenly distribute.
4. In a medium pan, simmer the chopped tomatoes until bubbling, season well and stir through the roasted veg in the tin.
5. Scatter over the parsley and serve.

Strawberry and Cream Cheesecakes



These can be made in jars with lids to transport to picnics or just in individual dishes to enjoy at home.

Ingredients

- 200g buttery biscuit (we used Fox's Butter Crinkles)
- 200g cream cheese
- 200ml double cream
- 6 tbsp icing sugar
- 2 tsp vanilla extract
- 500g strawberries, halved or quartered

Method

1. Blitz the biscuits to crumbs in a food processor or in a bowl with the end of a rolling pin. Divide the biscuit crumbs between the jars.
2. In a large bowl, whisk the cream cheese, cream, 5 tbsp icing sugar and the vanilla extract until softly whipped. Tip half the strawberries and the remaining sugar into another bowl and crush with a fork to a purée.
3. Ripple the purée through the cream and divide between the jars. Top each cheesecake with remaining strawberries, secure the lids and chill.





THE PERSONAL HOME STEP LIFT

**MOTOR
STEP**

Do you find climbing a step within your home a problem?
Motorstep is the perfect solution!

Designed specifically to make any step easy to overcome.
Motorstep is a self supporting lifting platform that takes you
from ground level up to your step height.

Call us today to find out how Motorstep can help you overcome a step at home.
Motorstep disabled access lift. Your step to freedom!

Call 01296 709630

info@motorstep.net - www.motorstep.net



POWERED BY YOUR HOME 13 AMP SOCKETS - LIFT'S UP TO 125KG (20ST)
SIMPLE PUSH BUTTON CONTROLS - SECURITY EYEBOLT AND KEYSWITCH
LIFT HEIGHT UP TO 600mm (24") - PORTABLE - FOLDING LEGS AND PLATFORM
VIEW DEMONSTRATION VIDEO @ WWW.MOTORSTEP.NET

BEDFORD DAYCARE HOSPICE

*'Your local
charity shop in
Kempston'.*

*We desperately
need your donations of
Bric- a- brac, small
electricals and furniture ,
we collect and
deliver @*



CALL 01234 855100

www.bedforddaycarehospice.org.uk

211 Bedford Rd MK42 8DD



Contemplation Homes Crossways Nursing Home

Our Nursing Home provides a friendly environment
caring for older people and adults with physical
disabilities. We strive to promote independent living,
preserve dignity and maintain privacy at all times.

We provide:

- Person-centred nursing care
- Individualised activities
- Palliative care
- Respite and re-ablement
- Fully vetted and trained staff



🐦 f in 8+

86 Hookhams Lane, Renhold, Bedford MK41 0JX

☎ **01234 771694**

🌐 www.thecontemplationgroup.co.uk

Bedford Guild House

Looking after older people in Bedfordshire.

Would you like to spend some or all of
your day somewhere local and lively?
Somewhere you can meet others in a
friendly and comfortable environment?

At Bedford Guild House, you'll find an open
door. You'll find activities to suit all tastes and
the company of other people just like you. It's
a relaxing and down-to-earth place where you
can do as much or as little as you wish. Pop in
and have a game of whist on Monday. Maybe
have your hair done or a facial. Or simply have
a chat over coffee. If you are not alone, why
not join us with your partner or friend? It's
an easy way to make contact with others.

Give it a go. Pop in and say hello to us. We'll
show you around and explain what's on offer.

Why not stay for a coffee or a hot lunch while
you're here. Don't be afraid to come on your
own—most new people do. Most newcomers
don't know others when they first arrive but
with all kinds of people from all walks of life,
you'll be sure to get chatting quickly to someone
with similar interests, hopes and experiences.

Come back again and join in one of the
activities. If you are only in the area for a short
while, just drop in for coffee and a chat.

Here are just a few of the things you can do—

- Learn a new skill or craft
- Send an e-mail
- Join an escorted holiday or day trip
- Try Tai Chi or Pilates
- Try line dancing or join our Zumba Class.
- Visit our foot specialist, hairdresser,
holistic or beauty therapist.
- Join the play reading group
- Have lunch

It's not just about learning, it's also about enjoying
the buzz and hum of each other's company.

Bedford Guild House is a friendly place
for anyone over the age of 50.

We are a registered charity and a company
limited by guarantee and have been offering
support to older people for over 40 years.
Our main aim is to provide people with an
opportunity to meet others socially, to make
new friends and to spend time enjoying an
exceptional range of interesting activities.

At Bedford Guild House you are never alone.
We are a friend like no other. Why struggle
on your own to find new friends, interests and
activities when it's all here under one roof.

There's nowhere else quite like it!
Open Monday to Friday from 10am to 4pm.

BEDFORD GUILD HOUSE

56 Harpur Street, Bedford, MK40 2QT

Tel: 01234 352038

Web: www.bedfordguildhouse.org.uk Email: sonia@bedfordguildhouse.org.uk

Reg Charity No 1123721 and Company No 6527910

What exactly does Age UK Bedfordshire do?

Some readers may be surprised to learn just how much Age UK Bedfordshire does throughout Bedfordshire each year. We have below tried to give a flavour of the work we do for and on behalf of older people in Bedfordshire. In 2016 we visited 1075 mainly vulnerable older people across the County every single week, to help with their cleaning, cooking, shopping, gardening and as an added benefit gave "companionship" and often friendship too. This service helps older and often the more vulnerable older people to live in their own home. Leaving our clients in a fresh, comfortable and safer environment until our next regular visit. The same home support worker every visit, the same trusted person, dusting, vacuuming, chattering, mowing the grass or trimming back the hedge, bringing a certain warmth and comfort, that often other "institutional visitors don't have the time to bring. We enabled older people across the County to gain an extra £28,500 in benefit entitlements every single week. The current annual total of otherwise

unclaimed benefit entitlements is £1,7342,116. This will rise to around £2 million in the financial year, coming into the county. This extra money brings peace of mind and a new found freedom to our clients. Allowing people to switch their heating on in the winter or a cooling fan on in the summer, to pay for a taxi so they can visit their GP, before they become too ill and need a GP home visit or worse, hospitalisation. It brings in money that allows an older person to eat properly, replace worn out clothing or to help keep their car on the road so they can get out and about, visiting friends etc. It helps relieve social isolation by providing money to buy a drink in the local pub or have a meal out with friends or make phone calls without the fear of not being able to pay the bill.

We visited 29 older people every single week, who just cannot get out of their homes unassisted, to provide advice and support. Support that sometimes makes the difference between sleeping peacefully at night or sitting alone in a chair, with a cold cup of tea, plagued by worry or fear. With

more funding, we could easily treble that number, of course. We provide secure long term employment to over 120 people throughout Bedfordshire. Many of our community workers have young families. Our employment terms, allow our community workers to match work and family commitments. A proportion of our workers are past the historical retirement age, and through working for Age UK Bedfordshire have found a new important role in helping people in their community.

Every two hours of every day of every single week we see, in our local advice sessions older people who are worried and concerned. We provide advice and support, freeing them of worry and fear.

We provide opportunities for dozens of volunteers, from all walks of life and of all age groups. We have retired school teachers, accountants, administrators and salespeople, who find new outlets for their vast wealth of knowledge and experience. We also have some volunteers who have found difficulty gaining employment,

after long term illness. Their confidence shaken, they slowly begin to realise that they do have valuable skills and eventually leave us and successfully get back into paid employment. Our youngest volunteer, currently is Jake, who is 16 and our oldest, Joyce, is 93 years of age. Joyce started volunteering for us before Jake was born. Providing volunteering opportunities, provides a valuable service to the community in so many ways. We provide free, impartial and comprehensive information and advice to 100 older people across the whole County every single week. Many of whom have severe memory loss, are carers for an older or often younger partner, have a physical disability, suffer from mental health issues, or are simply frightened out of their wits because they cannot afford to pay their heating bill, or their rent, or are being mistreated by family members or even suffering from institutional abuse. Some of the people we help are black, some white, some in-between the two, some have money, some have none, some were Christians some were atheists, and some simply didn't give a damn. Some were gay, some were straight and again, probably some were a bit in-between. However, every one of them received the same free, impartial and comprehensive information and advice. This is who we are and this is what we do, every week of the year.



If you want to know more about our work, or support us by making a donation or volunteer for us, please call 01234 360510 and ask for Jo Rising.

Weight Loss in Later Life

is not a normal part of ageing...

A new study from the Malnutrition Task Force has found that we are wrong to assume that it is normal to lose weight as we age.

Not a normal part of ageing

The Malnutrition Task Force found that over five million (36%) of people aged 60 and over in the UK think it's perfectly normal to lose weight as you get older. 75% of people said they had never worried about themselves or another older person unintentionally losing weight, despite the fact that this is not

a normal part of ageing. The task force is urging older people to take unexplained weight loss seriously.

There may be serious health consequences for older people who don't eat enough. Many ignore the warning signs, or simply do not pay attention when they start to manifest. Under-nutrition is a major cause and consequence of poor health, and affects around one in ten people over 65. Older people who are at most risk of becoming undernourished often feel lonely or have had a

change in circumstances such as bereavement which may have affected their appetite.

Serious consequences of malnutrition

Compared to well-nourished individuals, people who are undernourished are twice as likely to visit their GP, have more hospital admissions and stay in hospital longer when they are admitted. Treating someone who is malnourished is two to three times more expensive than for someone who is not malnourished. If you feel that you or someone

you know is at risk some simple steps are below:

- Eat little and often to keep nourishment going into the body.
- Swap low fat and diet foods/drinks for full fat and non diet versions.
- Choose simple easy meals to encourage eating without too much preparation.
- Keep a stock of favourite high calorie snacks in the house.
- Drink more milky drinks through the day and at bedtime.

The malnutrition website has further information and fact sheets:
www.malnutritiontaskforce.org.uk



Our Star Fundraiser

Tony Carrea



Tony was born in Petrella, the Molise region in Italy. He and his parents and older brother moved to England in the 1960's when his father went to work at the Stewartby Brickworks. Tony was 6 years old when they arrived in the country therefore grew up and has spent most of his life in and around Bedfordshire.

Tony trained to be a mechanic when he left school although his wish was to go into banking. This did not pan out and Tony started working for SDC Builders who are based in Bedford. Over the last 30+ years Tony has risen through the ranks and now runs the Lime Grove branch of the company very successfully.

Tony is married to Nancy who is an employee of Age UK Bedfordshire. They have 2 children Agostino who is 27 and his sister Carmela who is 25. Tony and Nancy live in Bedford and when Nancy joined the organisation back in February 2012. Tony started to take an interest in our work.

Being a keen fundraiser over the years with various projects such as:

- Buying a 1992 Mitsubishi GTO car, renovating it

then selling raffle tickets to win the car, raising £5200 for Breast Cancer.

- Being awarded a Gold Heart for raising money for Make Them Smile, a childrens' charity.

Tony has over recent years put his efforts into selling raffle tickets and gaining donations for Age UK Bedfordshire. This has been through his contacts, in conjunction with publicising the services and good work that we do.

Over the last few years Tony has been responsible for over £3000 in donations, both large and small for our work.

Tony is one of those unsung heroes, who likes to help and see the difference his fundraising makes, especially in his local community.

We have no words of praise and thanks that are enough for Tony and so we wish to make public our thanks for his enormous efforts on our behalf and to give a public thank you to him.

Tony you are our absolute Star Man. Thank You.

Green Fingered Grandma

Spring and Summer are with us again and to prove it the trees are in blossom, the crocuses and snowdrops are blooming and the daffodils are waving their heads in the sunshine and breeze.

We look forward to the onset of the rainbow of colours that Summer brings with the roses, dahlias, begonias, petunias, and the many other shrubs, plants, bulbs, and annuals that grace the gardens during the warmer months of the year. In order to get the best from our gardens during this time take a peek at the tips below:-

March

- Plant your summer flowering bulbs
- Mow the lawn on dry days to give it a good start
- Prune both your climbing and bush roses

April

- Start the dreaded weeding as they start to grow
- Start to water houseplants more often now
- Feed those plants to give them a good growing spurt now

May

- Get planting for summer bedding displays
- Mow your lawn weekly in this growing season – it makes it thicker too
- Don't forget to check for bird nests before trimming hedges back

June

- Keep weeding those borders and beds
- Continue mowing the lawn
- Take care with watering if we have a drought but use rain water where you can

July

- Check your clematis in hot weather for wilt
- Keep on top of the mowing, weeding and watering
- Dead head to keep flowering plants going for longer

August

- Prune wisteria plant
- Keep deadheading and gathering seeds for next year from plants that have flowered
- Don't forget to harvest any fruit and vegetables as they ripen

September

- Start planting spring flowering bulbs
- Cut and divide herbaceous plants
- Start to prepare for Autumn and Winter by pruning and tidying

I hope the above will help you through the next few months but above all don't forget to take some time and sit and enjoy your garden or any green space with its abundance of wildlife, birds, plants, and flowers.

Enjoy!!

Being 'Creative' and 'Open' Boosts Wellbeing in Later Life

Age UK's Wellbeing Index finds that age isn't a barrier to living well. The Wellbeing in Later Life Index, developed by Age UK and the University of Southampton, analysed data from 15,000 people aged 60 and over to measure the wellbeing of the UK's older population.

It looked at how people were doing in different aspects of their lives under five key areas – social, personal, health, financial and environmental.

Overall it showed there is no 'magic bullet' for positive wellbeing in later life and that instead, a whole host of factors under each of the key areas play a part in contributing to a person's overall sense of wellbeing.

Being creative boosts wellbeing in later life.

Factors which were found to have a bigger influence in improving peoples' wellbeing than many people might suppose included:

- Having an open personality and being willing to try out new things.
- Being physically active.
- Having a good memory and thinking skills.
- A good social network and lots of warm relationships around you.

Interestingly however, the Index found that taking part in 'creative activities' such as the arts had the most direct influence in improving a person's wellbeing in later life. The activities that

older people took part in included dancing, playing a musical instrument, visiting museums, photography, singing, painting and writing.

This may be partly because older people who are fit and well, with an adequate income, a positive outlook on life, and possibly a good education too, are more likely to want to be able to get involved in activities like these, and more likely to be able to do so, than others who lack these advantages.

Differences between those with high and low wellbeing scores:

When the attributes of the top 20% of the wellbeing distribution were compared with those in the bottom 20%

Some interesting differences emerged:

In a nutshell, those in the top 20%:

- Scored considerably higher on thinking skills and had more qualifications and were for the most part not living alone, they were outgoing and engaged, including in cultural activities.
- Had a good friendship network.
- Were physically active.
- Did not have a long standing illness.
- Were likely to own their home outright.
- Did not have any serious money worries.
- Were generally satisfied with the state of local public services.



On the other hand, those in the bottom 20%:

- Scored lower on thinking skills and had fewer qualifications.
- The majority lived alone.
- They were mostly not involved in cultural or social activities.
- They did not have a good social network - indeed, tragically, one in eight of these older people reported that they had no friends at all.
- They were also unlikely to be physically active.
- The great majority had a longstanding limiting illness.
- Two in five had at least three diagnosed health conditions.
- Considerably fewer in this group owned their own home outright.
- One in four was on an income related benefit.
- Finally, they were likely to be dissatisfied with their local public services – on which, of course, they were likely to be highly reliant because of their needs.

But even though the Index paints the picture of an incredibly diverse older population, in which the

opportunities to thrive and enjoy later life are not very equally shared, it found age itself isn't a barrier in determining wellbeing in later life: the average age for the group of people in the top 20% and the bottom 20% was very similar, at 70 and 71 years respectively.

As the number of people aged 60 and over is expected to pass the 20 million mark by 2030, the Index provides a unique snapshot on how older people are doing now and shines a light on some of the changes that are needed to improve the quality of life for our ageing population in future.

'Age need not be a barrier to wellbeing'

Caroline Abrahams, Charity Director at Age UK, said: 'The good news from our Index is that age need not be a barrier to wellbeing and that there are things we can all do to make life better for individual older people, for our older population

as a whole and indeed for ourselves as we age.

'Being positive and open, willing to try out new things, and engaged with what's going on around us turns out to be incredibly important in sustaining our wellbeing as we get older. Things like playing the piano, singing or dancing all seem to do a lot to help. And if you can't paint, sing or play a musical instrument, try your local college for courses that can help. 'To some extent we can all act on messages like these but we also need to be realistic and recognise that it is a lot easier to be positive, outgoing and involved if you are in good mental and physical health, financially secure, and well supported by family and friends than if none of these things are in place. 'Our Index reveals a huge gap between the most and the least favoured older people in our society and shows that we have to do more to help those with the lowest wellbeing. They are often alone, on a low income, in poor health,

and with very few additional resources to fall back on. 'Good public services can make a huge difference to older people in this position so it is incredibly important that they are sustained. Against this context, the current cuts to social care, the NHS and many local facilities like lunch clubs and day centres are a real worry because it is these least fortunate older people who are most likely to lose out as a result. 'More generally, an overall wellbeing score of just over fifty per cent across our entire older population is a cause for concern – we think we should be doing a lot better. Health and finance were the two domains most responsible for holding back this overall score and are both areas where we need to go further and do more. 'For example, efforts to transform the NHS so it is more responsive to older people with multiple health conditions must be intensified, and policies like the Triple Lock must stay in place to protect those older people on the lowest incomes.



What you didn't know about Karen Perry

Chief Officer Age UK Bedfordshire

If you could hold on to just one memory from your life forever, what would that be?

The memory which is most poignant for me apart from the birth of my children is when my mum told me she was proud of me last year when I was diagnosed with breast cancer for a second time. This was about a month before she then died of masticised stomach cancer (undiagnosed until 12 days before her death).

How would you like to be remembered?

I would like to think that people who know me would remember me for being kind and always trying to be there for everyone who needed me. Whether I have and will achieve that remains to be seen!

Where did you grow up?

I was born and lived in my parent's home in Chertsey, Surrey, until I was 17 years old when I flew the nest. Chertsey is a town on the River Thames.

How has being a parent changed you?

Parenting gives you a new perspective on life. For me I love being a parent. Family is one of the most

important things in my life and my children are key in that. I have a son Ryan who is 30 this year, a daughter Victoria 29 this year and another daughter Serena who is 23 this year. I also think that my grandmother was right in a way in that she used to say laughingly that children are arm ache when they are babies and heartache and joy for the rest of their lives. We see joy and tears with our children and would not miss any of it for the world. Although, as a mother you just want to keep them safe and happy.

What was the worst thing you did as a child/teenager?

When I was about 11 years old a couple of friends and I had a blow up 2 man dingy and we decided it would be a good idea to launch it from the bank of the River Thames in Chertsey and go up and down the local stretch of river. Chertsey has a large weir and at that time I don't think any of us realised the danger we put ourselves in. When my father found out he was at pains to ensure I did not do it again!

What did you think you were going to be when you grew up?

A Teacher or Policewoman.

If you could wave a wand and make one significant change on the planet what would it be?

I would do away with war and famine. It is heart breaking to see people torn apart by war and starvation. We need to find ways to agree across the world without resorting to violence. Surely we are better than that?? Starvation can affect so many people from those in deserts and war torn countries to those people living in isolation and who cannot manage to keep themselves safe and well.

Do you plan on retiring ever?

No – I love what we do at Age UK Bedfordshire: helping people through our services, the joy and pleasure we see from the things that we do, the support and lovely team of people I work with (Trustees, Staff, Apprentices, Students, Volunteers), and I would get bored anyway!

Can you talk about the biggest obstacle(s) you have had to overcome in your life so far.

I think at this moment in time my biggest obstacle was last year as a whole. In May 2016 I was diagnosed with breast

cancer for the second time in 10 years. Having survived the first time of operations and radiotherapy, this time I had to undergo surgery for a mastectomy and then chemotherapy. Two weeks after my operation in early July my mother was taken ill suddenly and within 12 days she had passed away with masticised stomach and bowel cancer. My chemotherapey was postponed for 2 weeks so that I could organise my mother's funeral along with my family. While undergoing chemotherapy I was trying to undertake probate for my mother and also support my sister and three children with the agonising loss of our lovely strong mother and grandmother. Towards the end of the year just as I was finishing chemotherapy and we were coming to terms with the sudden loss my youngest daughter who suffers from Crohns disease had a flare up and recently had to be admitted to UCLH hospital in London as she was so poorly. All in all, a year to put in the 'not very nice' pile and move on from.

Who was the last person you hugged?

My husband, my daughter, my dog, not sure which.

Bio: Karen Perry

Karen Perry has been Chief Executive Officer of Age UK Bedfordshire (formerly Age Concern Bedfordshire) since 2001. She joined the organisation in 1999 having held a number of supervisory and senior management positions before her appointment in 2001. Prior to joining the organisation Karen took a career break to have a

family. She had previously worked in the travel industry, IT industry and also medical equipment business. She is now the proud mother of 3 grown up children. Although brought up in Surrey, she has lived and worked in Bedfordshire since the early 1990's. Having settled in Bromham over 10 years ago, she now considers Bedfordshire to be her home.

In her youth Karen was a keen athlete, representing her county in sprinting, and netball where she captained the school team. She is now a keen swimmer, having given up jet skiing a few years back following an unfortunate knee injury. Most of her time away from the office is spent with family, the garden and Molly the dog!

Do you get nervous before making a speech?

No. I love speaking as my husband and others who know me well will testify to. I think the saying – I can talk for England – is very apt.

Are you a cat or dog person?

Definitely a dog person having had about 5 Great Danes, various mongrels and latterly 2 beautiful Cocker Spaniels, Patch and Molly.

If the sky wasn't blue, what colour do you think it should be?

My favourite colour is Yellow as I find it such a happy colour, so that would be my choice.

If you won the Euromillions, what's the one big thing you would splash out on?

A Jaguar soft top sports car.

Which book are you currently reading?

Dead Scared by Sharon Bolton, having just finished reading the whole collection of Jack Reacher books.



In an
emergency
GET OUT
STAY OUT
CALL 999



**Bedfordshire Fire and
Rescue Service**
Southfields Road
Kempston
Bedford
MK42 7NR

Phone: Bedford
(01234) 845000

E-mail:
contact@bedsfire.com



Bedfordshire Fire and Rescue Service

Your Bedtime Checklist



Close inside
doors



Turn off and unplug
electrical appliances
not being used



Is the cooker
turned off



Are the heaters turned
off and fireguards if
needed are put up



Candles and cigarettes
all put out



Keep the door and
window keys where
you can find them



Make sure all exits are
clear



Phone by the bed with
an emergency number
to hand

Preventing Protecting Responding



Bedfordshire Fire and Rescue Service have 14 strategically positioned Fire Stations; five wholtime stations, one day crewing station and 8 retained stations.

An emergency communication centre, training centre and headquarters are located on the same site and there are other offices located in the north and south of the Service.

Bedfordshire Wellbeing Service
Making a positive difference through Talking Therapies

NHS

Making a Positive Difference Through Talking Therapies

01234 880400
www.bedfordshirewellbeingservice.nhs.uk

expresslines

**YOUR LOCAL SPECIALIST
COACH HIRE COMPANY**

MINI COACHES FOR ALL OCCASIONS

We have a range of air conditioned coaches for hire from 16 to 39 seats, all come with a uniformed DBS checked and friendly driver. Our coaches are all maintained to high standards to ensure your special day runs smoothly.
E: info@expresslinesltd.co.uk T: 01234 268704

Competitive rates

Expresslines Limited
Unit 15 Fenlake Industrial Estate
Fenlake Road, Bedford MK42 0HB
01234 268704
www.expresslinesltd.co.uk

*celebrating
40 years in
business*

**2 LUXURY STATIC
HOLIDAY CARAVANS FOR HIRE**

Based at the *Haven*

GOLDENSANDS HOLIDAY PARK MABLETHORPE

With miles and miles of golden sandy beaches opposite the park, you can also benefit from the facilities of the Haven Holidays Park which include: an outdoor pool with flume and a heated indoor pool.
A Funfair with plenty of rides, a large fun area with a playground, climbing wall and crazy golf.
There are also two coarse fishing lakes. Entertainment, both daytime and evening and a bar and restaurant.

The Caravans are comfortable, clean and spacious. Central and electric heating throughout, with a fully equipped kitchen area. Both have extra wide showers, with separate toilets. The large lounges have comfortable seating a TV, DVD and CD player, with a second TV in the double bedroom.
Both are situated together with a large grass area at the front with outdoor tables and chairs.
The caravans are available for hire from 10th March to 20th November

3 Nights Fri - Mon 4 Nights Mon - Fri 7 Nights Fri - Fri

Booking **MUST** be made through **eastuk-holidays.com**
Look for - **Bermuda 8 Berth** or **Richmond 8 Berth**

Insurance, Products and Services

Most of us want to remain independent and to keep doing things in life we love most.

In association with various third party providers, Age UK Enterprises Limited has developed a range of products and services for the over 50s. These include Home, Car, and Travel Insurance, Motor Breakdown Services, Funeral Plans, Wills and Legal Services, LifeBook, Personal Alarms, Age UK Weekly Lottery.

Home Insurance – Cover for Buildings, Contents or both is available with no hidden admin fees and the choice to pay by monthly instalments at no extra cost (0% APR Representative).

Car Insurance – Cover with no upper age limit and the choice to pay by monthly instalments at no extra cost (0% APR Representative).

Motor Breakdown – Cover wherever you are in the UK including Roadside Recovery and Home Services.

Travel Insurance – Choice of Single Trip or Annual Multi-trip cover with no upper age limit and cover for existing medical conditions wherever possible.

Funeral Plan – Your family will be spared the worry of having to make all the arrangements, and the financial strain of paying for them will be eased. Acceptance is guaranteed if you are over 50 and there are easy payment options.

Personal Alarms – If you want to remain independent and have peace of mind, Personal Alarms is the perfect service for you. Professional and friendly help in an emergency, any time of the day and night. No obligation home demonstration available upon request, or order online and connect the unit yourself with Easy-Connect.

Wills and Legal Services - In association with leading law firm Irwin Mitchell, we offer a range of legal services providing advice in relation to Wills, family and relationships, personal injury, buying or selling a home and rights at work.

Age UK Home, Car and Travel Insurance are administered by Ageas Retail Limited. Age UK Motor Breakdown Insurance is provided by Intana Assistance. The Age UK Funeral Plan is provided by Dignity. Brought to you by Age UK Enterprises Ltd. Personal Alarms are provided by Aid-Call Limited.

Personal Alarms are provided by Aid-Call Limited, which is authorised and regulated by the Financial Conduct Authority for Consumer Credit. Financial Services Register number 707455.

Age UK Bedfordshire is an Appointed Representative of Age UK Enterprises Limited which is authorised and regulated by the Financial Conduct Authority for insurance mediation. ACOSE2641V3SEP16



To find out more,
call us on
01234 360510

Puzzle Page

Solutions to all three puzzles can be found on [page 22](#)

Quick Quiz

Test your knowledge in our [Quick Quiz](#).

- Which civil engineer built the Great Western Railway?
- Margaret Thatcher took up which cabinet role in 1970?
- Caracas is the capital city of which South American country?
- The river Tiber runs through which city?
- Who was the award winning novelist of the 2000 work 'White Teeth'?
- 'The Garden of Earthly Delights' was a triptych painted by which Dutch author?
- Which British athlete recently won the women's 1500m and 3000m gold medals at the European Indoor Championships?
- Who is the current captain of the England test cricket team?
- 'As Tears Go By' was a hit single for which female artist?
- Who played the role of Ethan Edwards in 'The Searchers'?
- What is olfaction better known as?
- At which temperature are Fahrenheit and Celsius equal?

Spring Wordsearch

- Rabbit
- Easter
- Egg
- Basket
- Daffodils
- Spring
- April Showers
- Chocolate
- Chicks
- Hunt
- Hop
- Candy
- Celebration
- Trail
- Nest



A	H	T	I	O	N	E	A	C	E	C	F	I	O	A
C	B	G	O	N	E	S	T	M	A	H	A	S	D	L
N	S	S	D	E	K	I	F	J	S	O	I	N	D	Y
O	R	P	L	R	A	B	B	I	T	C	R	I	T	O
I	E	R	P	I	L	R	B	U	E	O	B	U	G	M
A	W	I	J	T	D	C	D	H	R	L	Q	T	Z	L
K	O	N	E	A	C	O	A	M	T	A	O	E	T	S
Q	H	G	M	G	W	S	F	J	E	T	P	K	N	N
E	S	P	V	N	G	T	Y	F	H	E	V	S	U	T
J	L	S	A	U	I	O	L	D	A	Y	G	A	H	I
Y	I	F	R	C	R	K	I	A	F	D	N	B	W	O
N	R	N	P	O	H	O	A	X	P	B	B	A	I	N
Z	P	K	J	R	S	L	R	C	A	N	D	Y	S	T
E	A	C	H	N	O	I	T	A	R	B	E	L	E	C
N	S	K	C	I	H	C	M	E	S	A	J	Q	R	E

Share Your Voice With Us...



We are looking to publish a selection of articles where readers write into the magazine

with their thoughts, views on topics raised in the magazine or support they have received from Age UK Bedfordshire.

Please write to: The Editor, Age UK Bedfordshire,

Voice, 78-82 Bromham Rd, Bedford MK40 2QH or Email: voice@ageukbedfordshire.org.uk.

We look forward to hearing from you next time...

Remember the next edition will be available from late Autumn 2017 so if you have any stories, events going on or photographs please send them in. ●



Charlie Chuckles

Q: What happens if you eat yeast and shoe polish?

A: Every morning you'll rise and shine!

Q: What do you call a three-footed aardvark?

A: a yardvark!



Bill was flying alone. "Hi! My name is Gertrude," said the lady next to him on the plane. "It's so nice to meet you! I'm flying to Glasgow for my grandson's third birthday. I'm so excited! I remember when he was just a little baby and now he's already three! It's really hard to believe. He's the most adorable thing you've ever seen! You know what? Hold on, I think I might have a picture on me. Let me take a look in my purse, yes, here it is, just look at him, isn't he adorable. Do you see his dimple on his left cheek? Simply adorable! I could stare at his picture all day. Oh my, and you should hear him on the phone! He is just the cutest, he says to me in the cutest voice "Hi Grandma!" It just gets me all teary eyed." After what seemed like an hour for the poor man sitting next to her, Gertrude seemed to realise that perhaps she was talking a bit too much. "You know, I feel terrible! Here I am just talking and talking without letting you get in a word edgewise! Tell me, what do you think about my grandson!"

At the urging of Harry's wife and doctor, 70 year old Harry finally made it to the gym. After consulting with one of the trainers, Harry decided to try out a steep treadmill. "Ok", said the trainer "I'm going to set it for ten minutes, if you want to go longer just press start again." At first Harry was doing fine but after 5 seconds he started getting tired, and after a minute he jumped off gasping for breath. Walking to the side to sit down, he passed by a friend of his. "Oh boy", said Harry. "I could barely last a full minute on that treadmill." "Alright alright", said his friend, "no reason to brag!"

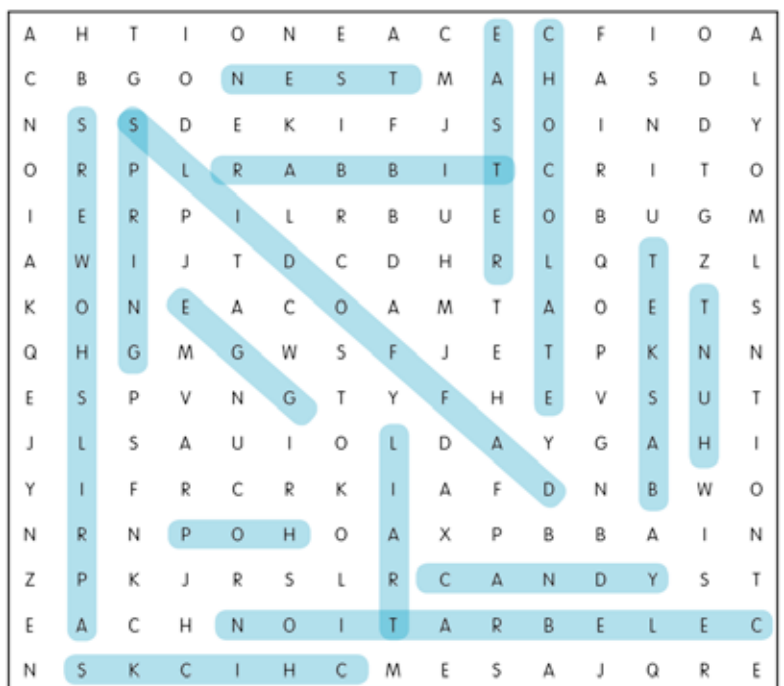


Answers & solutions to page 21

Quiz

1. Isambard Kingdom Brunel
2. Secretary of State for Education
3. Venezuela
4. Rome
5. Zadie Smith
6. Hieronymous Bosch
7. Laura Muir
8. Joe Root
9. Marianne Faithfull
10. John Wayne
11. The sense of smell
12. Minus 40 degrees

Wordsearch Answers





Real life experiences...
at Trefoil House & Dukeminster Court



Trefoil House, Birdsfoot Lane, Luton, LU3 2DN
01582 494158 Trefoil@quantumcare.co.uk

Dukeminster Court, Dukeminster Road
(off Church Street) Dunstable LU5 4FF
01582 474700 Dukeminster@quantumcare.co.uk

- Residential and Respite Care
- Accredited providers of Specialist Dementia Care
- Competitive fee rates, not for profit



I never
thought
I'd make
so many
friends in a
care home



Quantum Care homes provide a friendly, stimulating atmosphere with the human warmth to help you enjoy life in a comfortable, homely environment.

We choose dedicated, well-trained staff for whom caring is more than just a job, and locations which are in the heart of the local community.

For more information on any of our homes or services:

www.quantumcare.co.uk

Play our Lottery

Fantastic cash prizes to be won every week!

- ✓ £25,000 Quarterly Superdraw Jackpot
- ✓ 1,000 winners every week
- ✓ Just £1 a week to enter

Over
£1 million
prize money
every year



Playing our Lottery supports Age UK's charitable work

To enter, pop into your local Age UK,

Call **FREE** on **0800 304 7090**

Or visit **www.ageuk.org.uk/lotto**

