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Bedfordshire LU5 4FF
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If you find yourself or a loved one requiring additional support and you would like some advice to help you make that important decision, please contact Quantum Care for an informal chat and assessment of your needs.

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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.

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

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.
Contents

Autumn/Winter 2017

Winter Warmer Hints and Tips.......................6
How to keep yourself toasty this winter.

Dates for Your Diary ..................7
Selection of events taking place.

Thank you...................8
Big thanks to Linden Road Surgery.

Green Fingered Grandma....................10
Take a peek at some tips to prepare your garden for winter.

Heart Warming Recipes.......................14
Test your cooking skills with these hearty winter recipes.

Insurance, Products & Services...............18
Independence in later life.

A team you can trust..........................19
Meet our lovely Home Help team.

Christmas..........................20
Learn about the history of Christmas and try our Christmas quiz!

What You Didn't know about ..............24
Q & A with the Mayor of Luton.

Puzzle Page....................25
Enjoy a wordsearch and a Quick Quiz on our puzzle page.

Charlie Chuckles............26
Will he be able to make you laugh?
Foreword from the CEO

Welcome to this edition of our VOICE magazine.

Inside the packed pages in this edition you will find our regular slots of Charlie Chuckles, puzzles, recipes, and green fingered Grandma.

Other features include all your diary dates from Autumn right up till Spring 2018 and lots of interesting articles about practical health and wellbeing alongside the tongue in cheek look at Christmas. I hope you will find something to make you smile, and be of interest within the following pages and don’t forget to get in touch if you would like to ask about gardening tips or anything else really.

Happy Reading Everyone.

Karen Perry
CEO, Age UK Bedfordshire
Winter Warmer
Hints & Tips

Hints and Tips:

• Get your heating system serviced every year by a qualified engineer to ensure it’s running safely and efficiently. If you are struggling to keep warm give us a call. We may be able to change your supplier, get you on a cheaper tariff, supply you with a Hot Box or other energy efficient and insulation measure all for free.

• Never block air vents and if you have wood-burning, coal or gas heaters make sure there’s adequate ventilation.

• If water pipes freeze they can burst. Make sure you know where the main stopcock is and check that it’s easy to turn so you can turn off the water if you need help with this.

• If you have an electric blanket then ensure you have it serviced at least every three years.

• Make sure your smoke alarm is working. If you don’t have alarms give us a call to arrange to help with this.

• Make sure you claim all the financial support you can to help with heating bills. Call us to check for you.

• Dress in plenty of layers and make sure you have warm shoes or boots with non-slip soles.

• Keep a mixture of salt and sand handy to put on steps or paths in icy weather.

• Consider asking us to fit a grab rail if you have steps at your front or back door.

• Keep simple cold, flu and sore throat remedies in the house.

• Follow up your GP’s invitation to have a flu jab.

• Order repeat prescriptions in plenty of time, particularly if bad weather is forecast.

• Ask your local pharmacy if they offer a prescription pick-up and delivery service.

• Keep basic food items in the cupboard or freezer. We can help with our Home Help Service.

• Eat healthily and keep as active as possible.

• Keep a torch handy in case you lose power and keep your radio, mobile phone, laptop or tablet fully charged, so you can use the battery power if there’s no electricity. If there is a power cut you can call 105 for free. You’ll be put through to your local network operator who can give you help and advice.

• Keep a list of emergency numbers, such as your utility companies, and us, by your phone.

Here at Age UK Bedfordshire we try to think of simple and practical things that can help our older community.

With Autumn setting in and Winter on its way it’s time to take a look at planning for the longer, darker and colder days and nights to ensure that we all remain warm, healthy and as active as we can.

Below are some hints and tips to stay safe and ward off the winter chills, but don’t forget we are here if you need us. Just call our offices on 01234 360510 with any questions, worries for help and advice. We will be there for you.
If you live in Bedford why not sign up for our free telephone befriending service.

Give us a call on 01234 360510

Dates for Your Diary

Sunday 29th October (2am)
British Summer Time Ends -
Clocks go back one hour

Tuesday 31st October
Halloween

1st Wednesday November
All Saints Day

Sunday 5th November
Bonfire Night - keep pets indoors!

Sunday 12th November
Remembrance Sunday

Sunday 24th December
Christmas Eve

Monday 25th December
Christmas Day

Tuesday 26th December
Boxing Day

Sunday 31st December
New Years Eve

Monday 1st January 2018
New Years Day

Tuesday 13th February 2018
Shrove Tuesday

Wednesday 14th February
Valentine’s Day

Thursday 1st March
St David’s Day

Sunday 11th March
Mothering Sunday

Saturday 17th March
St Patrick’s Day

Sunday 25th March (1am)
British Summer Time commences -
Clocks go forward one hour

Thursday 29th March
Maundy Thursday

Friday 30th March
Good Friday

Sunday 1st April
Easter Sunday

Monday 2nd April
Easter Monday
Linden Road Surgery have given very much appreciated and continued support to Age UK Bedfordshire. The surgery have raised money through book sales and donated over £100 to us as their nominated charity.

Jo Cascella, our Trading Officer, recently went to the surgery to accept their latest donation from Dr Kanungo and the patient participation group, which is organised by Mr Rod Heard. We appreciate the continued support from Linden Road surgery and the group. Thank you.
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With Autumn and Winter on their way I thought I would follow the Spring and Summer trend of hints and tips in month order to keep your luscious lawns and beautiful borders for as long as possible as the days wane, and give them the best start next Spring.

Take a peek at the tips below:

### October
- Finish off pruning roses and then feed them
- If not already done lift and divide congested clumps of snowdrops while still in leaf
- Prune back autumn flowering clematis
- Take the old flower heads off winter flowering heathers and trim the plants
- Lay new turf when there is no frost
- If seeding a lawn prepare the area now
- If cutting grass, cut with the mower set at its highest setting
- Start raking up any leaves so they don’t become slippery

### November
- Dig up and divide established plants which are now overcrowded and re-plant
- Pansies, primulas and other winter/ spring bedding plants
- There is still time to apply an autumn lawn food and mosskiller
- Spike badly drained lawns to improve drainage and if not carried out previously scarify to remove dead grass
- Depending on the season and location it may still be necessary to continue to cut the lawn
- Continue to rake up and get rid of dead wet leaves

### December
- If not frosty plant new Rose bushes
- Cut back the herbaceous border
- Put slug pellets around treasured plants, especially Alpines and Bulbs in mild weather
- Protect delicate evergreens from cold winds
- Avoid walking on lawns in frosty weather
- If puddles stay on the lawn spike with a garden fork or an aerator to aid drainage and prevent disease

### January
- Check Dahlia tubers, Gladioli and Begonia corms that are being stored and remove any that are rotting
- Keep off in frosty weather but rake and get rid of leaves that will suffocate the growth
February
• Lightly trim winter flowering Heathers when the flowers die off
• Divide Snowdrops after flowering
• Plant Lily of the Valley Crowns
• Prune summer flowering shrubs
• Depending upon the weather and growth high level lawn cutting may be needed

March
• Finish off pruning roses
• If not already done lift and divide congested clumps of snowdrops while still in leaf
• Prune back autumn flowering clematis
• Take the old flower heads off winter flowering heathers and trim the plants to shape
• Feed rose bushes
• Mulch any areas of garden missed in the autumn
• Lay new turf when there is no frost
• If seeding a lawn prepare the area now
• If cutting is needed, cut with the mower set at its highest setting

I hope the hints and tips will help you through the next few months. Please don’t forget the birds and any other wildlife that you may like to encourage and feed throughout the cold months of the year. Otherwise sit back in the warm and enjoy the changing seasons.
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 wholetime 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.
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
Apple Syrup Sponge Pudding

Try this out for size yum!

Ingredients:
- 2-3 Bramley apples, peeled, cored and chopped (about 250g flesh)
- 100g light soft brown sugar
- 50g golden syrup plus 2 tbsp butter for greasing
- 1 tangy eating apple such as Braeburn
- Squeeze of lemon juice
- 175g self-raising flour
- 1 tsp bicarbonate of soda
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 1 large egg

Method:
- Heat oven to 180C/160C fan/gas 4. Put the chopped Bramleys in a saucepan, add 100ml water and bring to the boil. Cover and cook for 5 mins until the apples are very soft. Beat to a purée with a wooden spoon. Add the sugar and 50g of the syrup, bring to a simmer, then set aside and cool.
- While you wait, grease the inside of a 1.3-litre pudding basin. Spoon 2 tbsp syrup into the bottom. Peel and core the eating apple, slice half and chop the rest. Toss in the lemon juice and nestle the sliced apple into the syrup in the bottom of the basin.
- Sift the flour, bicarb and spices into a bowl and add a pinch of salt. Beat the egg into the saucy apple, then tip this and the remaining chopped apple into the bowl and stir until smooth. It will start to rise a little as you mix. Quickly turn the batter into the basin, level the top, then bake for 40-45 mins or until well risen and a skewer inserted comes out clean. Cover with foil towards the end of cooking if the sponge browns too quickly. Leave to rest for a few mins, then turn out onto a plate.

Delicious on its own or with cream or custard – or even both!
Recipes

For those that prefer savoury dishes how about this:

Bean and Sausage Hotpot

Ingredients:
• 8 large sausages (course-cut ones like Toulouse or Cumberland are ideal)
• ¼ quantity tomato sauce
• 3 x 400g/14oz cans butter beans
• 1 tbsp black treacle or muscovado sugar - optional
• 1 tsp English mustard

Method:
• In a large casserole, fry the sausages until brown all over – about 10 mins.
• Add the tomato sauce, stirring well, then stir in the beans, treacle or sugar and mustard
• Bring to the boil, simmer, cover and cook for 30 mins.

Great served with crusty bread or rice, potatoes or anything else you fancy.

Simple and super delicious – try it!
A WALK IN THE WOODS
A Celebration of Trees in British Art

CASTLE LANE, BEDFORD, MK40 3XD

This autumn, The Higgins Bedford pays homage to the tree with an exhibition celebrating the role of trees and woodland in British landscape painting. Drawn from the world-famous Cecil Higgins Art Gallery Collection, some forty watercolours, drawings and prints from the past two centuries are on show, including works by John Constable, John Sell Cotman, Edward Lear, Samuel Palmer, Paul Nash, Graham Sutherland and Lucian Freud. The show highlights the importance and enduring popularity of trees in art, and explores various themes which have evolved in artists’ depictions of nature: magical and dreaming trees, trees in the countryside, the pleasures of woods and the lure of the exotic.

The exhibition has been kindly sponsored by The Friends of The Higgins Bedford. The Higgins has partnered with The Forest of Marston Vale, Oxford Brookes University, Bedford Borough Libraries and Access Bedford to organise a series of events to celebrate all things tree.

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^ Demonstration is not available in Scotland or if you order online and Self-Connect.

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To find out more, call us on 01234 3605105
Age UK Bedfordshire is the largest older peoples’ charity in the County. We have been helping older people for over 30 years with confidential advice and support. We work with Bedfordshire residents over the age of 50, their families, friends and carers, focusing on the individual client to ensure their needs and wishes are prioritised.

We can provide:
- Practical assistance around the home and garden through our home help and gardening service.
- Information and Advice on Benefit Entitlement, Health and Housing issues, Personal Budgets, Legal Matters and virtually any other matter relating to older people.
- Home visits to help complete benefit application forms for people who are unable to visit our office.
- Community Support Workers who will work long term with clients who have more complex needs.
- In depth advice and support for vulnerable older people who otherwise would suffer from living in cold homes.
- Telephone Befriending Network supported by the Harpur Trust in Bedford Borough. Our services are delivered in a caring, friendly and professional manner, through our team of fully trained, dedicated staff and volunteers.

If you or anyone you know would like more information, please contact us on the number below or visit our website www.ageukbedfordshire.org.uk.

Remember, we are a County wide service!

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Age UK Bedfordshire
The name you can trust!
Christmas – it’s one of the words that can conjure up excitement, joy, love, or dread, worry, and a heightened sense of being alone.

No matter which camp you are in, we hope that this article will give you something of interest to read and a smile or two.

Why not also try our special Christmas quiz at the end to see how much you know?

Christmas is celebrated as the birthday of Jesus although there is no evidence he was born on that day. It was declared his birthday in 440 AD. In England Christmas was originally called Yule. The old Saxon word Yule meant mid-winter. However when the Saxons were converted to Christianity the word Yule came to mean Jesus’ birthday. The word Christmas (Christmass) was not used until the 11th century.

For most of history Christmas was just one of many festivals celebrated throughout the year. Until the 19th century Christmas was not particularly important in England.

Most of the things that make up a ‘traditional’ English Christmas were actually invented (or imported into England from other countries) in the 19th century. That includes Christmas trees, Christmas cards, Christmas crackers, paper decorations and, of course, Father Christmas or Santa Claus with his white beard and red costume. During the 17th century and 18th century people continued to celebrate Christmas as they had done for centuries. For centuries it was traditional to burn a Yule log in the fireplace at Christmas. In the 19th century it was also common to light a large Yule candle. Boxing Day was originally a day when alms-boxes in churches were opened and the money was distributed to the poor. Later ‘boxes’ were given to servants.

Our modern Christmas really began in the 19th century. Long before the 19th century people in England decorated their houses at Christmas with holly, ivy and mistletoe. In the 19th century people began to use coloured paper decorations.

For centuries it was common to give Christmas gifts to friends and relatives at Christmas. However hanging out stockings to be filled with presents was first recorded in parts of England in the early 19th century. It became common in the late 19th century. Christmas cards were invented in the 19th century. The first one was designed in 1843 by John Horsley. Before 1840 it would not have been feasible for ordinary people to send cards because of the cost of postage. However Rowland Hill introduced the penny post in 1840. By the 1860s Christmas cards were very popular in England.

Christmas crackers were invented in 1847 by a confectioner named Tom Smith. While in Paris he saw sugar almonds sold wrapped in tissue paper and he invented the Christmas cracker. He added mottoes to the sweets (later these evolved into jokes). Smith added the ‘bang’ in 1860. Little gifts were also added to Christmas crackers.

Christmas trees were used in central Europe from the Middle Ages. By the 16th century they were decorated. By the 17th century tinsel was used. Other Christmas ornaments included paper flowers, candles, barley sugar, gingerbread and wax shapes. The first Christmas trees in England appeared in England in the early 19th century but they did not become popular till Queen Victoria married a German, Prince Albert. In 1848 they were shown in a picture in the Illustrated London News with a Christmas tree. As a result Christmas trees became very popular. Electric Christmas tree lights were invented in 1882 by Edward H. Johnson.

Father Christmas and Santa Claus were originally two different figures. In England Father Christmas was a man dressed in green (representing the return of Spring) who was supposed to visit families and give to charity to remember the saint’s generosity.

The Dutch took the tradition of ‘Sinterklaas’ to America. In time Santa Claus merged with the Dutch Santa Claus. He is supposed to be based on St Nicholas a Christian bishop who lived in Turkey in the 4th century AD. According to tradition St Nicholas gave generous gifts to the poor. St Nicholas had a feast day on 6 December. In Poland Santa still brings gifts on 6 December. On that day it was traditional to give gifts or to give to charity to remember the saint’s generosity.

Mince pies have been eaten at Christmas in England since the 16th century. Originally they were made of minced meat but in the 19th century the meat was replaced with dried fruit and spices.

Originally people ate a cake on Twelfth Night (6 January). In the late 19th century people began to eat the traditional Twelfth Night cake at Christmas. So a Victorian Christmas contained all the elements of a ‘traditional’ Christmas such as Christmas trees, Christmas crackers, Christmas Cards, Christmas cake and pudding.

Today Christmas is still celebrated on 7 January in Ethiopia. The Russian Orthodox Church also celebrates Christmas on 7 January.
Now try the Quiz

1. Christmas Island, in the Indian Ocean, is a territory of which country?
2. The North Pole, said to be Santa’s home, is located in which ocean?
3. And all the bells on earth shall ring, on Christmas day in the morning... is from which Christmas carol?
4. Which Christmas condiment is made from fruit sometimes referred to as marshworts?
5. Which American-born English poet, having first names Thomas Stearns, wrote the poem The Cultivation Of Christmas Trees?
6. Which British monarch (born 1865, died 1936) introduced the custom of giving thousands of Christmas puddings to staff?
7. In the UK it is traditionally believed that eating a what each day of the twelve days of Christmas brings happiness the following year: Sausage, Mince pie, Carrot, or Turkey drumstick?
8. Who composed the music known as The Nutcracker Suite, for the Christmas themed ballet The Nutcracker, premiered in St Petersburg, 1892?
9. What day of the week was Christmas day in the year 2000 (in the conventional western calendar)?
10. Charles Dickens is said to have considered the names Little Larry and Puny Pete for which character?
11. Under which Puritan leader did the English parliament pass a law banning Christmas in 1647?
12. In which European country is it said that malicious goblins called Kallikantzoroi (or Kallikantzari - singular Kallikantzoros) play troublesome pranks at Christmas?
13. Which traditional Christmas plant was once so revered by early Britons that it had to be cut with a golden sickle?
14. In Mexico, it is said that wearing what colour /color underwear on New Year’s Eve ensures finding new love the following year: Yellow, Green, Red, or Brown?
15. In which country does Santa have his own personal postcode HOH OHO?
16. In 2004, the post office of which country (international dialling code 49) gave away twenty million free scented stickers, to make Christmas cards smell like fir trees, cinnamon, gingerbread or honey wax?
17. ‘Nadolig Llawen’ means Merry Christmas in which western European language?
18. The surname Chandler derives from the making or selling of what?

Answers:
1. Australia
2. Arctic Ocean
3. Christmas ships
4. Cranberry Sauce
5. Cinnamon
6. Tchaikovsky
7. Monday
8. Tiny Tim in A Christmas Carol
9. Charles Dickens
10. Christmas pudding
11. Oliver Cromwell
12. Greece
13. Mistletoe
14. Colour
15. Canada
16. Germany
17. Welsh
18. Candles
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Its leading Supra C500 key safe is a locked metal box, which provides a secure method of externally storing keys to the exterior of a property. The Supra C500 can hold up to five keys and is regularly used by carers, relatives, healthcare and telecare professionals to gain access to a home.

The product allows householders to guarantee access to care givers, providing a crucial service if they struggle to answer the door themselves. The product is secured with a single code mechanical locking system, and the code can be changed at any time.

As the UK’s only Police accredited mechanical key safe tested on outside walls, the Supra C500 has an LPS 1175: Issue 6, security rating 1 certification from The Loss Prevention Certification Board (LPCB), the leading international Certification Body in the fields of security and fire protection. Recognised by Secured By Design, as well as leading home insurance companies, the product has undergone rigorous tests devised by security experts to demonstrate a comparable attack resistance to a front door.

Already used by the majority of local authorities and thousands of UK householders, the Supra C500 can be used to allow access to care teams, occupational therapists and other support staff, without the need to carry sets of keys, allowing more time to be spent with clients.

For more information about the C500 visit www.keysafe.co.uk or call The Key Safe Company direct on 01905 770333
Cllr Mohammad Ayub is Luton’s Mayor. Mayor Ayub graduated with a BA & further graduated with an LLB from Punjab University in Lahore and spent eleven years practicing at the District Bar in Kotli.

In 2007, he was elected for Luton Council. In his role at the council, he has served as Chair and Vice Chair on many committees. He has also been a member of the Fire Authority for seven years, although it was challenging.

One of Mayor Ayub’s achievements was getting the community to install life-saving equipment in people’s homes. He has always been passionate about the future welfare of local people in the town and for the betterment of the community.

Another great achievement was his involvement in the allocation and development of the Bath Rd site for the much needed new Riverbank Primary School which resulted in the desperate shortage of children’s admissions being alleviated.

Mayor Ayub born and raised in Kashmir Pakistan and is married to Naseem, who is also a councillor and Cabinet Member for Luton Council. Mayor Ayub is also a father to four children who have all been supportive.

Mayor Ayub is a keen gardener, enjoys watching cricket and football and recently developed a passion for cooking.

**1. Who has been the biggest influence on your life?**
My wife, because she is the one person I can count on. She has always been there for me whenever I’ve had any lows or highs I have found her encouraging and supporting me in every step of my journey.

**2. What are the most important lessons you’ve learned in life?**
To always be honest, try to be of a good nature and care for all living beings.

**3. If you could hold on to just one memory from your life forever, what would that be?**
At the birth of my first born son, was the most unforgettable and sweetest memory.

**4. How would you like to be remembered?**
I would like to be remembered by the good work I have done in the town to promote it and make my town a proud place to live, work and enjoy. I would like to believe I helped on some part of that memory.

**9. What was your childhood like?**
My childhood was care free and growing up were the best days of my life.

**11. How has being a parent changed you?**
I have become more responsible and everything I do or think about my family always comes first as they mean so much to me.

**12. What was the worst thing you did as a child/teenager?**
I rode a motorbike without getting any training and took off in it one day resulting in a really bad accident injuring my knee with grazing and bruising all over my body. I was made to swear never to attempt driving a motorbike ever again, and the good news is I never did!

**5. What did you think you were going to be when you grew up?**
I wanted to be in the army or become a teacher. But as you know, we can plan all we want but destiny can bring all sorts of surprises in your life but I’m not complaining!

**13. What was the worst thing you did as a child/teenager?**
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**16. If you could wave a wand and make one significant change on the planet what would it be?**
I would eradicate poverty and eliminate violence to ensure that there is peace and no more suffering in this world.

**17. Do you plan on retiring ever?**
I want to work for as long as I possibly can, but I know there will come a time when I will have to accept slowing down.

**20. What advice would you give to the next Prime Minister?**
To work towards a better country making sure that the standard of life is better and to promote peace and tranquility in this country and beyond. Not to be part of any future wars but to negotiate solutions around the table.

**29. Are you a cat or dog person?**
I would say I’m more of a cat person and I enjoy their company.

**36. Do you have a sporting hero?**
Yes, Brian Lara the cricket player.
Quick Quiz

1. Upper Volta is now known as which country?
2. The Loughs Agency operates in which country?
3. Which was Elvis Presley’s debut film?
4. Tony Warren was the creator of which long running British TV series?
5. Which French heroine was known as ‘The Maid of Orleans’?
6. A shopkeeper named Alf Roberts was the father of which British Prime Minister?
7. Kevin Spacey was the artistic director of which London theatre?
8. Mary Anne Evans was known by which pen name?
9. In which year did England first compete in the Rugby Union World Cup Final?
10. Kelly Holmes won gold medals in the 800m and 1500m at which Olympic games?
11. The tibia is the less common name of which vertebra?
12. Until the 19th century, what was the general term for the study of nature?

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

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

My memory’s not as sharp as it used to be. Also, my memory’s not as sharp as it used to be.

Q: What is the most common remark made by 60+ year olds when they browse an antique shop?
A: I remember these.

Q: How can you speed up the heart rate of your 60+ year old husband?
A: Tell him you’re pregnant.

Q: Is it a common problem for 60+ year olds to have trouble with memory storage?
A: No. Memory storage is not the problem. Memory retrieval is.

Answers & solutions to page 25

Quiz

1. Burkina Fasso
2. Republic of Ireland
3. Love Me Tender
4. Coronation Street
5. Joan of Arc
6. Margaret Thatcher
7. The Old Vic
8. George Eliot
9. 1991
10. Athens 2004
11. The shinbone (or shankbone)
12. Natural philosophy

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