



A Team
You Can
Trust

**Winter
Warmer**

Hints and Tips

Thank You
To Linden Road Surgery





Providing high quality care in comfortable homely surroundings. Other services available include; respite stays and convalescence for older people including those living with dementia.

TREFOIL HOUSE

Birdsfoot Lane, Luton
Bedfordshire LU3 2DN

Tel: 01582 494158

Fax: 01582 430500

Email: trefoil@quantumcare.co.uk

DUKEMINSTER COURT

Dukeminster Road, Dunstable
Bedfordshire LU5 4FF

Tel: 01582 474700

Fax: 01582 474704

Email: dukeminster@quantumcare.co.uk

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.

As a not for profit care provider, Quantum Care does not have to answer to shareholders, and is therefore able to focus on what is best for the people we care for. This also allows us to invest more into providing our staff with first class training.

Quantum Care has a further 23 homes in Hertfordshire and 1 in Essex. If you would like to talk to someone about any of our homes please call 01707 393293.

RESIDENTIAL - SPECIALIST DEMENTIA - RESPITE STAYS



 **Quantum Care**
for care, not profit
www.quantumcare.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

Bedfordshire Wellbeing Service
Making a positive difference through Talking Therapies

NHS

Stressed
Not Sleeping
Worried
Low Mood
No Motivation
Phobia

Making a Positive Difference Through Talking Therapies

01234 880400

www.bedfordshirewellbeingservice.nhs.uk

USE YOUR CONSERVATORY ALL YEAR ROUND



2 FREE PANELS THIS MONTH
*Quote Ref AGEUK1017

Before



After

"Very pleased with the result. The new roof has made the conservatory a pleasanter more temperate place to be no matter what the weather."
Mr & Mrs Ingram,
Northampton

Warmer in winter, cooler in summer, quieter in bad weather. Transform your conservatory in one day.



For more information call:

01793 208 002

www.greenspaceconservatories.co.uk



Member of Checkatrade.com
Where reputation matters

As seen on **GRAND DESIGNS LIVE**



*Orders placed by end of Dec 17. Applies to orders over 8 panels. Smaller orders receive calculated discount. Not valid for use with any other offer.



Contents

Autumn/Winter 2017

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

Dates for Your Diary7
Selection of events taking place.

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

Green Fingred 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 about24
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?





6



Cover Image

© Ruslan Guzov/shutterstock

Meet the team...

Editor

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



12

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

Karen Perry
CEO, Age UK Bedfordshire



12

Winter Warmer

Hints & Tips

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.

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.

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 Patricks 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



Thank You

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.

URGENTLY NEEDED!

UNWANTED FURNITURE ITEMS IN GOOD CONDITION

**SOFA
BEDS
WARDROBES
DRAWERS**



**AND MUCH MORE NEEDED
FOR OUR SHOPS**

WE COLLECT AND DELIVER PLEASE PHONE

01234855100

FOR BEDFORD, KEMPSTON AND SURROUNDING AREAS

OR 01767686787

FOR BIGGLESWADE, SANDY AND SURROUNDING AREAS

BEDFORD DAYCARE HOSPICE

caring for people in North and Mid Beds

3 Linden Road,
Bedford, MK40 2DD



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



Twitter Facebook LinkedIn Google+

86 Hookhams Lane, Renhold, Bedford MK41 0JX

Phone **01234 771694**

Website www.thecontemplationgroup.co.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

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

Green Fingered Grandma

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.

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 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.

2 LUXURY STATIC HOLIDAY CARAVANS FOR HIRE 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.

Based at the
Haven



Bermuda 8 Berth



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**

Heart-warming

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

FROM 30th SEPTEMBER 2017

UNTIL 25 FEBRUARY 2018

THE HIGGINS BEDFORD

CASTLE LANE, BEDFORD, MK40 3XD

www.thehigginsbedford.org.uk

A WALK IN THE WOODS

30 September 2017 – 25 February 2018

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.

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

Delicious meals
from £2.99.

Delivered free from
Stewkley



Chicken & Vegetable Casserole £2.99

Order by calling our local number,
delivered by our local team.

Wiltshire Farm Foods offers over 300 ready meals, each made using tasty ingredients that are perfectly cooked then quick-frozen to lock the goodness in. Special dietary needs like gluten-free or low calorie? It's all available no-contract, no-commitment and with free delivery. Just order what you want, when you want.



Call us today or go online for your **FREE** brochure

01525 242220
wiltshirefarmfoods.com



Wiltshire Farm Foods



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 offers a range of products and services for the over 50s. These include Home, Car, and Travel Insurance, Motor Breakdown Insurance, Funeral Plans, Wills and Legal Services, LifeBook, Personal Alarms, and the 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).



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 Plans: Your family could 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 Self – Connect.



Stairlifts: There are a range of stairlifts to suit you and your home at a reasonable price and with outstanding customer service. Straight and curved stairlifts are available, and are made-to-measure with a 'price match guarantee'.

To find out more, call us on 01234 3605105

Age UK Home, Car and Travel Insurance are administered by Ageas Retail Limited. Age UK Funeral Plans are provided by Dignity. Brought to you by Age UK Enterprises Limited. Age UK Personal Alarms are provided by PPP Taking Care Limited and brought to you by Age UK Trading CIC.

*Subject to medical screening and acceptance by underwriters. Medical exclusions may apply and acceptance is not guaranteed

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

Age UK Insurance is arranged by Age UK Enterprises Limited and arranged and administered by Ageas Retail Limited, who are both authorised and regulated by the Financial Conduct Authority. Ageas Retail Limited is a sister company of Ageas Insurance Limited. PPP Taking Care Limited is a subsidiary of AXA PPP healthcare Group Limited, which is registered in England and Wales (number 01488490). Registered address: 5 Old Bond Street, London EC2N 1AD. Age UK Stairlifts are provided by Handicare Accessibility Limited (HAL) working in association with Age UK Trading CIC. HAL will raise a minimum of £1,200,000 during 2016/17 for Age UK (charity no. 1128267) through the promotion and sale of independent living products.

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. Financial Services Register number 311438.

ACOE2767V4JUN17



A Team You Can Trust!

Just some of our lovely Home Help Team, many of whom have been employed by us, helping to support older people for over 10 years

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!

01234 360510

Age UK Bedfordshire
The name you can trust!



Christmas

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 (Christ mass) 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 feast with them at Christmas. (He did not bring gifts).

However in the 19th century in England Father Christmas 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.

The Dutch took the tradition of 'Sinterklaas' to America. In time Santa Claus evolved into a figure who brings gifts to sleeping children at Christmas. The modern Santa Claus or Father Christmas was invented in 1862 by a German-American artist called Thomas Nast. In the late 1860s Santa Claus was imported into England.

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 Santa Clause, 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 Punny 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. I Saw Three Ships 4. Cranberry Sauce
 5. T S Elliot 6. Mince Pie 7. Mince Pie 8. Tchaikovsky 9. Monday
 10. Tiny Tim in A Christmas Carol 11. Oliver Cromwell 12. Greece
 13. Mistletoe 14. Red 15. Canada 16. Germany 17. Welsh 18. Candles





PEOPLE'S CHOICE

Domiciliary Care

People's Choice has the pleasure to offer a wide range of services to clients living within their own homes. We pride ourselves on being reliable, professional and trust worthy in dealing with your loved ones. Here at People's Choice we cater for all types of clients' whichever faith or background they come from. We provide our services for People with Learning Disabilities, Physical Disabilities, Older People with dementia or without and people with mental health problems.

We offer the following range service.

- Personal Care • Domestic Care • Respite Service
- Companionship Service • Night Care • Live-in



Good

in all areas

Peoples Choice UK Ltd.

Registered Manager: Toby King

334 Bedford Heights, Manton Lane, Bedford MK41 7PH

Telephone: **0844 854 9445 / 01234 328614 / 01582742663**

Out of hours: **07717680505**

Email: **info@peopleschoiceuk.org / www.peopleschoiceuk.org**





Trust. Quality. Passion.

The Key Safe Company allows access at the point of need

The Key Safe Company is the market leader of mechanical security access products, having revolutionised the way in which people can access properties safely and securely.

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 maintain an independent lifestyle and can ensure healthcare professionals are able to deliver scheduled care and gain access in the event of an emergency, without encountering restricted access to the home.

The Supra C500 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



What you didn't know about Councillor Mohammad Ayub Mayor of Luton

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.

5. 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!

15. 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!

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.



Test your knowledge in our **Quick Quiz**.

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?

Puzzle Page

Solutions to puzzles can be found on **page 26**

Winter Wordsearch

CHRISTMAS
WREATH
WINTER
WARM
COSY
FIRE
SANTA
FIREWORKS
BONFIRE
GIFTS
MISTLETOE
HOLLY
GINGERBREAD
RUDOLPH
SNOW

S	O	B	R	T	H	S	A	M	T	S	I	R	H	C
G	P	W	C	M	R	A	W	G	M	A	H	S	I	O
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
D	H	I	R	A	H	E	S	K	G	P	R	C	G	I
C	O	M	I	R	U	D	R	B	Y	Q	O	L	L	O

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 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.



©sheppplaywood/shutterstock

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 Faso
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

Wordsearch

S	O	B	R	T	H	S	A	M	T	S	I	R	H	C
G	P	W	C	M	R	A	W	G	M	A	H	S	I	O
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	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
D	H	I	R	A	H	E	S	K	G	P	R	C	G	I
C	O	M	I	R	U	D	R	B	Y	Q	O	L	L	O

Great food, no fuss

Quality, home delivered ready meals

Call for
your **FREE**
brochure

or order online
with the discount
code below



Sunday
Roast Beef

- Over 300 quality dishes from £2.80
- Cooked in the traditional way from wholesome ingredients
- Ready in minutes from your oven or microwave
- Huge selection of meals for smaller appetites
- Meals to suit most diets
- Friendly, local delivery drivers

£5 off your first order*

Quote code **AUB17** or enter online at the checkout

Call us for a **FREE** brochure

0333 370 2516 LOCAL RATE

or visit us online at oakhousefoods.co.uk

ENJOYING DELICIOUS
MEALS IS AS EASY AS 1, 2, 3

1 CHOOSE
YOUR
DISHES 

2 RELAX
WHILE WE
DELIVER 

3 ENJOY
TASTY MEALS
IN MINUTES 

“Excellent service
and lovely food” - Jane



TRUSTPILOT 8.7/10

Please send me a **FREE** colour brochure

Mr / Mrs / Miss / Ms

Address:

Postcode: Telephone:

Email:



Post to: **Freepost OAKHOUSE FOODS** (no stamp needed)

AUBEDSOct17





An Age UK Funeral Plan
is another way to show your
family how much you care

**Plans
start from
just
£2,895**



Buying this product supports Age UK's charitable work

Pop into your local office to find out more:

Age UK Bedfordshire

78-82 Bromham Road

Bedford

MK40 2QH

Tel: 01234 360 510



Age UK Funeral Plans are provided by Dignity, and brought to you by Age UK Enterprises Limited

The Age UK Funeral Plan is provided by Advanced Planning Limited, a subsidiary of Dignity plc, in association with Age UK Enterprises Limited. Advance Planning Limited is a company incorporated in England and a subsidiary of Dignity plc. Registered office: Advance Planning Limited, 4 King Edwards Court, King Edwards Square, Sutton Coldfield, West Midlands B73 6AP. Registered in England, no. 3292336. Age UK Enterprises Limited is a commercial arm of Age UK (charity no. 1128267) and donates its net profits to that charity. Age UK Enterprises Limited is registered in England and Wales no. 3156159. Registered office: Tavish House, 1-6 Tavistock Square, London WC1H 9NA. Calls may be recorded for monitoring and training purposes. F7216V1MAY17