



Foot Care as we get older



**Cost of Living
Some TOP TIPS on
budgeting & staying well**



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Foreword from the CEO

Welcome to this Spring/Summer edition of our **VOICE** magazine.

Well, we have seen the 4 seasons plus some during the last few weeks and months. It has not helped the households struggling with the cost of fuel and cost of living.

Many people are really struggling to make ends meet and will be really grateful when the warmer weather gets a grip and the cold weather diminishes.

We hope that the help that the Government and organisations such as ours have delivered, will have helped people struggling to make ends meet.

The warmer weather will make everything seem brighter and make our spirits lift.

We have filled this edition with useful

articles and hints and tips that we hope will be useful.

Alongside the regular articles on Gardening, Recipes, Dates for Diary we hope you will find lots of things of interest to keep busy.

I hope your Spring and Summer will bring health and happiness and keep you warm.



Karen

Karen Perry
CEO, Age UK Bedfordshire

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Printer

Micropress Ltd



Cover Image

©Shutterstock

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Dementia MCST Groups

Age UK Bedfordshire is encouraging older people living with dementia in the Bedfordshire to join its specialist group to help provide support and improve their wellbeing through a range of activities.

The group sessions are designed for older people with mild to moderate dementia and involve a range of fun and interactive activities such as games, music, art, cooking and exercise classes. As well as helping with memory and mental activity, such as thoughts, emotions and behaviour, the sessions also give older people the chance to meet and socialise

with people who are also living with dementia. Carers are included in the groups so that they can gain support and an outlet for them as individuals too.

The sessions are held at two locations in Bedfordshire – St Mary's Church Hall, Bedford on a Wednesday morning and Biggleswade Baptist Church Hall, Biggleswade on a Friday morning. We welcome local people living with dementia, and their carers, to come along and try out our activities.

The sessions offer expert help and support, and not only are the activities involved fun and interactive, but we also hope people can build friendships along the way. We will be working with partners and other organisations who also help people with dementia and their carers to give another place to help.

Early analysis suggests that the sessions help participants feel more confident, alert and engaged, and can have a positive impact on mood and wellbeing. The sessions, which are also known as Maintenance Cognitive Stimulation Therapy, is the only non-drug treatment recommended to improve memory and thought processes, independence and well-being by the National Institute for Health and Care Excellence (NICE). Thus far we have evidenced the positive impacts of attending the sessions and also interacting with our Team Leaders and other participants.

For further information on the Dementia sessions please contact us on 01234 360510 or email: enquiries@ageukbedfordshire.org.uk



GET SET FOR WINTER

There really is no need to be cold in your home this Winter – or any Winter.
Bedford Borough Council have supported Age UK Bedfordshire
to help older people
Get Set for Winter

And do not worry if you are reading this in July. Our help is available throughout the year.

Email enquiries@ageukbedfordshire.org.uk

Or ring Bedford **360510**

We will supply and install energy saving items, to include, draft excluder to doors and windows (as necessary), timer switches, energy saving light bulbs, radiator reflective backing material and where necessary hot water tank insulation jackets.

We will also carry out an onsite Warm Homes Discount eligibility check and where the criteria is met, assist with ensuring you are on your energy suppliers “eligibility register”. This could save you £150 off your energy bill

Provide energy saving advice both verbally and in the form of a booklet, left with you, to read at your leisure.

An onsite benefit assessment can be carried out and where necessary we will carry out a full benefits check to ensure you are receiving everything you are entitled to.

We will also help you complete any necessary forms and send them to the Department of Works and Pensions on your behalf. Most years in Bedford Borough we help over 400 hundred people gain additional benefits that average over £40 per week every week in additional regular income.



What you didn't know about Sian Hiscocks

Age UK Bedfordshire Telephone Befriending Co-Ordinator

I have been a lay leader of our local church for nearly 12 years now, along with two others. I have done various retail jobs over the years, and child minded for 17 years while bringing up my family. I joined Age UK Bedfordshire as the Telephone Befriending Co-Ordinator 2 years ago and have loved every minute of it. I have "met" many truly inspirational people who love sharing their life's adventures with me and my team of dedicated volunteers.

Who has been the biggest influence on your life?

I have to say Jesus. I became a Christian at the age of 35. Someone asked me along to a local Alpha course, and I thought "Why not". There was wine and a meal included which made it more attractive! That was the beginning of the ride of my life. Jesus has taught me so much (and continues teaching me). He has taught me that I am loved beyond all measure, that I am forgiven, and that I have eternity in Paradise with Him to look forward to. He has given me a deep sense of peace and joy no matter what the challenges are. He continues to be a massive influence on how I live my life and respond to others. I trust Him with all that I am. He is awesome.

What are the most important lessons you've learned in life?

That sometimes other people are right, and to never wear plain black clothes if you share your home with very hairy dogs.

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

One memory? Impossible! My Dad walking me down the aisle, the first time I held my new born babies, being at the birth of my grand daughter, holding my few hours old grandson in my arms.....my daughters smile....seeing my son being finally able to swim at our family holiday in Center Parcs after undergoing major surgery for his Crohns disease. ...sorry....so many!

How would you like to be remembered?

As a Godly woman who was able to bring a smile to peoples day and make them feel loved and accepted.

Where did you grow up?

In a nice village called Tycoch in Swansea. Sadly I am the only one to come out of Wales that cannot hold a single note! Once joined the school choir and was asked to mime it was so bad.

What was your childhood like?

Wonderful! As an only child and grandchild I was cherished....and a little spoilt.

If you could take only one book and one record onto a desert island what would they be?

My Bible and a Shirley Bassey LP, then I could belt out "My Way" with old Leather Larynx and no one could tell me to mime!

How has being a parent changed you?

I have learnt the true meaning of unconditional love.

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

Got drunk on Croft Original sherry while my parents were out and threw up all over my new candlewick bedspread!

Did you have a nickname? How'd you get it?

My Dad always called me Ginge. At school I was called carrot top, as an adult now known as Siany, or "little old goblin woman" by our eldest son.....no idea why!

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

A vet. Always loved animals. Was a bit of a campaigner in my youth against animal testing and seal culling. Then realised that there was not much opportunity for female vets back then....oh and the small fact that I was terrible at Chemistry.

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

For everyone to know Jesus and live by His greatest command, to love your neighbour as yourself. The world would be a very different place then. Just as He intended.

Have you experienced any miracles?

Yes! The birth of our three children. I was told at a young age I would not be able to have any. Three amazing God given miracles. Also, passing my driving test at the grand old age of 42...other road users may not see this as a miracle though.....

If you met God, what would you say to him?

"Thank you"

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

Being bullied at school between the age of 12 and 13. Losing my beloved Dad to Dementia. Weight loss..or lack of it.

Do you have any favourite joke you can share?

An old Monty Python poem still makes me laugh (oddly..just me).

"I've got legs from my hips right down And when I move them they walk around When I lift them, they climb the stairs"

When I shave them, they ain't got no hairs"
OR: It was so cold in London last week that I
actually saw a politician with his hands in his
OWN pockets!

Who was the last person you hugged?

Hubby Neil

Are you a cat or dog person?

A dog person, although we have also had
horses, chickens and rabbits until recently.

**What's your current "can't miss" TV
programme?**

Dinnerladies. I have watched each episode
many times, and still find a line I missed
before which makes me laugh out loud. It is
written by a genius, Victoria Wood.

**If you owned a sweet /florist/hairdressers/
grocers what would you call it?**

I used to run the village grocery store. I
inherited the name "The Lemon Larder", but I
always wanted to call it "The Shop" cos that's
where everyone always says they are going .

Do you have a sporting hero?

My husband and our youngest son Jacob.
Both very talented cricketers, and my heroes!

Sian



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Bedfordshire Wellbeing Service

Making a positive difference through Talking Therapies



Feeling Lonely? Feeling low or worried?

These feelings are not just a normal part of ageing.

We all feel down from time to time, no matter our age. But when these feelings are persistent, talking to someone can be helpful. If you're feeling lonely, low, anxious or just not your usual self Bedfordshire Wellbeing Service can help. You can seek advice from your doctor or self-refer to Bedfordshire Wellbeing Service on: [01234 880 400](tel:01234880400) or visit our website: [www. bedfordshirewellbeingsservice.nhs.uk/get-started](http://www.bedfordshirewellbeingsservice.nhs.uk/get-started).



To find out more about our service, which is free and part of the NHS, please call us on **01234 880 400** or visit our website: www.bedfordshirewellbeingsservice.nhs.uk



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We can offer specialised care for individuals with a number of different specialised needs, including Post Operative Care, Parkinson's Care, Physical Disability Support and Dementia Care.



www.aetoshealthcare.co.uk

Cost of Living

To continue on from the information in our Winter VOICE 2023 we are giving more information on how to be careful with money and stay healthy.

We know that many people are trying to save money and cut down on energy bills at the moment, but it's important that people stay safe and healthy, too. We've brought together our top tips for staying healthy and well during the cost of living crisis.

Find out about extra financial support

It's a good idea to check whether you might be entitled to some extra financial help. Our benefits calculator tool is a good place to help. Ask your local Age UK to check your benefits and entitlements



Keep the lights switched on

Keeping the lights switched on in the room that you're using is a good idea. Poor lighting increases your risk of falling and hurting yourself.

Keep buying and taking medication

It's important to keep buying and taking any medication that you need.

It's helpful to remember that prescriptions are free for over 60s



Try to batch cook meals

Batch-cooking meals is a great way to save money on ingredients and on your energy bills. You can eat the leftovers the next day, or freeze them to have later on in the week.



Make sure you're getting the help you're entitled to

With the costs of living rising, there are a number of schemes to help people with paying for their energy bills. It's a good idea to make sure you're getting all the help that you're entitled to. Find out more about Government help for energy bills. Ask at our local Age UK.



Stay warm to stay well

If you're only keeping the heating turned on in the rooms you use the most, then make sure to keep it on at a steady temperature throughout the day. Stay wrapped up in multiple layers to stay warm.

Keep in touch with loved ones

Try to keep in touch with family, friends and neighbours, whether in person or over the phone. It's important to stay connected with those around you to look after your mental wellbeing and it's a good reminder that you're probably not alone in how you're feeling. Check whether your broadband company is offering discounts on phone and internet packages (Ofcom)



Keep moving when you can

Moving your body warms you up, whether this means a walk around the block or some gentle chair-based exercises.



If you still need convincing...

- Regular activity can lower your risk of heart disease, stroke, some cancers, depression and dementia.
- Moving more helps your thinking skills – like problem-solving, decision-making and remembering facts and words.
- Being active can lessen aches and pains, help you stay steady on your feet and boost your mood.

Think about your diet

Make sure you're still eating enough – something is better than nothing. But it's a good idea to get hot food and hot drinks into your diet because they can warm you up when it's cold. The Malnutrition Task Force has some information on eating well, especially if you're struggling to eat enough



Be careful if you're using fires for light and warmth

It's important to be safe if you're using candles, portable heaters or open fires for warmth and light.



Buy frozen fruit and vegetables instead of fresh

Fruit and vegetables are a great way to get important vitamins and minerals into your diet, but they can be expensive. Buying them frozen is a good way to save money and still get the nutrition that you need.



Live well, *your* way

Your home is where you feel the most comfortable and the happiest. It is the place you know the best. If you want to stay living comfortably at home, Home Instead® can help make that possible.

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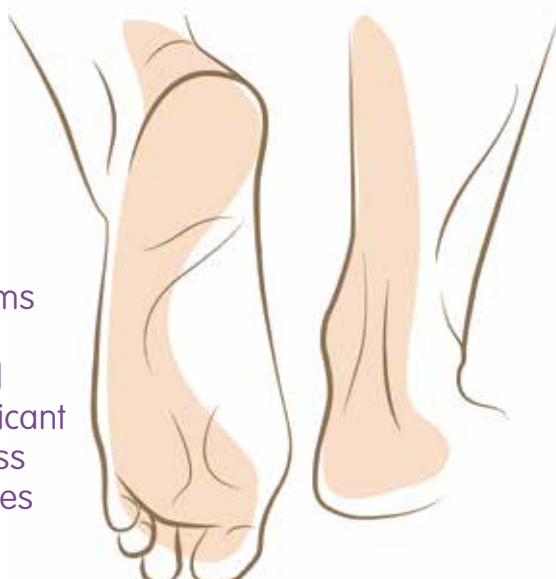


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Foot Care

We only get one pair of feet so it's important to take good care of them. But many of us will develop some foot problems as we age, simply as a result of daily wear and tear. Anyone who has experienced foot pain knows only too well how debilitating it can be. Over time, it can become a significant health issue because, if we can't walk comfortably, we're less likely to get out and about and take part in the social activities or daily exercise that is vital for our health and wellbeing.



Get Checked

What's more, people who suffer from diabetes or arthritis should check their feet regularly and ensure they attend check-ups as requested, as they are at risk of amputation if they don't seek timely treatment. Fortunately, there's lots we can do to protect our feet and most common problems can be treated successfully by a chiropodist or podiatrist - there's no difference between the two, but most now prefer to call themselves podiatrists.

'As we get older, an annual foot health check is as important as a sight or hearing test,' says Mike O'Neill, Consultant Podiatrist and spokesperson for the College of Podiatry. 'Conditions like diabetes or circulatory problems can all be picked up by looking at the feet and common problems like corns, cracked skin and ingrown toenails can be successfully treated.' Unfortunately, though, unlike the free sight tests for over 60s, you will have to pay for an annual health check.



Get the right footwear

On a day-to-day basis, there's lots we can do ourselves. First and foremost, it's important to wear comfortable, well-fitting shoes. 'Many people wear slippers if their feet are hurting, but this can make things worse as slippers encourage you to shuffle rather than letting the joints work as they should,' says Mike O'Neill. 'A pair of running shoes is the best option as these provide a good amount of shock absorption and stability and also support the arch.' Good nail care can also help to keep feet feeling comfortable. Unfortunately, many of us find it hard to clip our toenails properly, partly because it can be hard to reach but also because they become tougher with age.



Look after your nails



However, nails that become too long can press against the end of the shoe and the constant pressure can cause soreness, infection or ulceration. Toenails that have been poorly cut can also become ingrown.

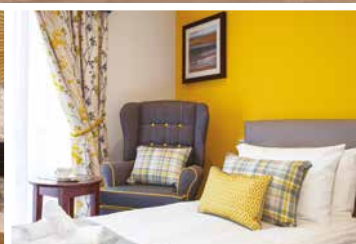
Keep feet moisturised



Finally, daily application of a moisturising lotion will help to keep feet feeling soft and supple. 'As we get older the skin on our feet starts to dry out, we lose the fatty pads that cushion the bottom of the feet, the joints start to creak and circulation is reduced,' says Mike O'Neill. 'As a result, the skin on the soles of our feet and heels becomes dry and nails become brittle and more difficult to manage.'



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Green-Fingered Grandma

There are so many different plant varieties that can be planted now in time for summer.

Highly recommended come the old favourite Alliums are an excellent choice.

Allium

Allium is a genus of monocotyledonous flowering plants with hundreds of species, including the cultivated onion, garlic, scallion, shallot, leek, and chives. The generic name Allium is the Latin word for garlic, and the type species for the genus is Allium sativum which means "cultivated garlic". These ornamental onions are bold and architectural, with large, rounded heads of usually purple flowers, followed by attractive seedheads. Weave them through sunny borders or combine them with feathery grasses for best effect. Easy to grow.

Flowers in spring and early summer
Best planted in well-drained soil
Thrive in full sun and drought tolerant.
Avoid damp sites on heavy soil.
Propagate from offsets, aerial bulbils or seed.
Good cut flowers
Attractive to pollinators



Other varieties of plants for summer colour that can be planted now include:

Ranunculus

Ranunculus range from hardy, low growing perennials, useful in borders or meadows, to buttercups that thrive on the edge of ponds and streams. The



satin-like petals of Persian buttercups are ideal in containers and as bedding plants but like alpine ranunculus, benefit from specialist care to flower well.

Latin name: Ranunculus repens
Creeping buttercup (Ranunculus repens) is a British native perennial commonly found on heavy soils and is found in moist grassland, marshes and along woodland paths... The classic glossy-yellow flowers of creeping buttercup (Ranunculus repens) are not unattractive from May to September but the foliage is coarser than meadow buttercup (R. acris) and it tends to stay more low-lying.

Dwarf Iris

When to plant irises. Plant iris bulbs (bulbous irises) in autumn, typically from September to November in the UK. Some bulbous irises (such as Iris reticulata) flower as early as February, so it's important to plant them in good time otherwise they will flower late.

Iris Sibirica (Siberian irises) have flowers in a range of blues and creams and long, bright green grassy leaves...Although iris are usually trouble-free, slugs and snails sometimes favour bearded irises as does the fungal disease iris leaf spot



Montbretia/Crocasmia

Ideally, montbretia is to be planted in fall or in spring for it to bloom in the following summer. Plant the montbretia bulbs 4 inches (10 cm) deep in the sun in a spot where it gets hot in summer. Montbretia likes well drained soil and shouldn't be buried too deep.

Common name: Crocasmia, montbretia
Crocasmias are multi-flowered perennials that come in a range of fiery colours. Easy to grow, they thrive in a range of soil types, in sun or partial shade. Plant with dahlias, salvias and cannas for a sumptuous mid- to late-summer display.



Lilies

Lilium is a genus of herbaceous flowering plants growing from bulbs, all with large prominent flowers. They are the true lilies. Lilies are a group of flowering plants which are important in culture and literature in much of the world.

Do lilies grow back every year?

Lilies are an easy to grow summer flowering plant with large, showy, and often fragrant flowers, which make a fantastic statement in the border. Lilies are perennial and will return each year in suitable growing conditions

Alstromeria

How to grow alstroemerias

A great addition to borders and containers, alstroemerias produce showy flowers in a wide choice of colours from early summer to the first frosts. Most are hardy and easy to grow, blooming generously for many years. They also make long-lasting cut flowers.

*Clusters of colourful lily-like flowers
Bloom from early summer to late autumn
Perennials, so will live for many years
Most are hardy, but do give them a warm, sheltered spot
Need sun or partial shade
Grow in borders and containers
Plant in spring or autumn*



Dahlias

Dahlia tubers can be started into growth in March or April in pots undercover, and then planted out in the garden in late May and June. Start by half-filling a 2 or 3 litre pot with peat-free multi-purpose compost. Place the tuber in the pot with the central stem upwards and cover with more compost.

Dahlias grow and flower best in a well-drained, sunny site. They like warm weather and will not tolerate frost. Plant dahlia tubers outdoors after your last frost date, when the soil has warmed. Most dahlias will begin flowering by midsummer.



Dates for Your Diary



Maundy Thursday

6 April

Good Friday

7 April

Easter Sunday

9 April

Easter Monday

10 April

St George's Day

23 April

May Bank Holiday

1 May

Coronation of King Charles III

6 May

Kings Charles III Coronation Bank Holiday

8 May

Spring Bank Holiday

29 May (Whitsun)

Father's Day

18 June

Summer Solstice (Longest Day)

21 June

Summer Bank Holiday

28 August

British Summer Time Ends

29 October (clocks go back one hour)

Halloween

31 October

All Saints Day

1 November

Guy Fawkes Night (Bonfire Night)

5 November

Armistice Day

11 November

Remembrance Sunday

12 November

Winter Solstice (Shortest Day)

21 December

Christmas Eve

24 December

Christmas Day

25 December

Boxing Day

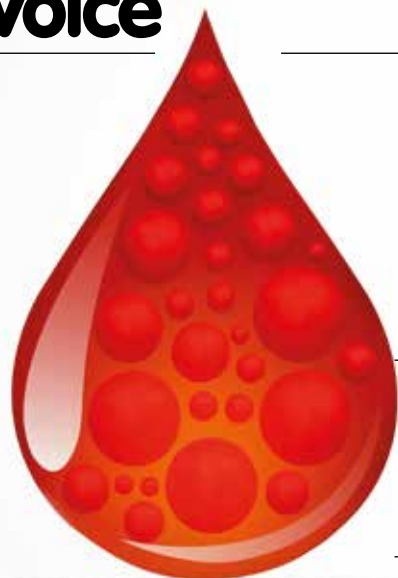
26 December

New Year's Eve

31 December

New Year's Day

1 January 2022



Sepsis

WHAT IS SEPSIS?

What are the symptoms and how can we avoid it?

Sepsis is often referred to as either blood poisoning or septicaemia, although it could be argued that both terms are not entirely accurate. Sepsis is not just limited to the blood and can affect the whole body, including the organs. Sepsis is a life-threatening illness caused by the body overreacting to an infection. The body's immune system goes into overdrive, setting off a series of reactions that can lead to widespread inflammation (swelling) and blood clotting. Symptoms usually develop quickly and include:

- a fever or high temperature over 38C (100.4F)
- chills
- a fast heartbeat
- fast breathing

In severe cases you may notice:

- you feel dizzy when you stand up
- confusion or disorientation
- nausea and vomiting

Although anybody can develop sepsis from a minor infection, some people are more vulnerable, such as those:

- with a medical condition or receiving medical treatment that weakens their immune system
- who are already in hospital with a serious illness
- who are very young or very old
- who have just had surgery or who have wounds or injuries as a result of an accident

STAGES OF SEPSIS

Sepsis develops in three stages, described below.

- Uncomplicated sepsis is caused by infections, such as flu or dental abscesses. It is very common and does not usually require hospital treatment.
- Severe sepsis occurs when the body's response to infection has started to interfere with the function of vital organs, such as the heart, kidneys, lungs or liver.
- Septic shock occurs in severe cases of sepsis, when your blood pressure drops to a dangerously low level, preventing your vital organs from receiving enough oxygenated blood.

It is estimated that there are over 30,000 cases of severe sepsis in the UK every year, and the number seems to be rising. This means that around 10,000 to 15,000 people die as a result contracting severe sepsis. Help to avoid becoming part of these statistics. Remember the early signs: high temperature, fast breathing, a quickened heart rate and chills. If you have any or all of these symptoms phone your doctor. Don't wait! Sadly, too many people are no longer with us because they did not want to bother their GP. Be a bother - stay alive.

Sepsis can be triggered by an infection in any part of the body. The most common sites of infection leading to sepsis are the lungs, urinary tract, abdomen and pelvis.

If it is not treated, sepsis can progress from uncomplicated sepsis to septic shock and can eventually lead to multiple organ failure and death.

If you think you have sepsis, it is important to get it diagnosed and treated as quickly as possible. Contact your GP immediately or visit the A&E department of your local hospital

If you think that you or someone in your care has severe sepsis or septic shock, phone 999 and ask for an ambulance.

Severe sepsis and septic shock are considered medical emergencies and normally require admission to an intensive care unit, where the body's organs can be supported while the infection is treated.

SOURCES OF INFECTION

Types of infection associated with sepsis include:

- lung infection (pneumonia)
- flu (influenza)
- appendicitis
- infection of the lining of the digestive system (peritonitis)
- an infection of the bladder, urethra or kidneys (urinary tract infection)
- skin infections, such as cellulitis, often caused when an intravenous drip or catheter has been inserted into the body through the skin
- post-surgical (after surgery) infections
- infections of the nervous system, such as meningitis or encephalitis

In approximately one in five cases, the infection and source of sepsis cannot be detected.

If you think that you or someone in your care has severe sepsis or septic shock, **phone 999** and ask for an ambulance.

WHAT CAUSES THE SYMPTOMS OF SEPSIS?

Usually, your immune system will keep the infection limited to one place (known as a localised infection). Your body will produce white blood cells, which travel to the site of the infection to destroy the germs causing infection. A series of biological processes occur, such as tissue swelling, which helps fight the infection and prevents it spreading. This process is known as inflammation.

If your immune system is weakened or an infection is particularly severe, it can spread through the blood into other parts of the body. This causes the immune system to go into overdrive, and the process of inflammation affects the entire body. This can cause more problems than the initial infection, as widespread inflammation damages tissue and interferes with the flow of blood, leading to a dangerous drop in blood pressure, which stops oxygen reaching your organs and tissue.

PEOPLE AT RISK

Everybody is potentially at risk of developing sepsis from minor infections, such as flu. However, some people are more vulnerable, including people who:

- have a medical condition, such as HIV or leukaemia, that weakens their immune system
- are receiving medical treatment, such as chemotherapy, that weakens their immune system
- are very young or very old
- have just had surgery, or have wounds or injuries as a result of an accident
- are on mechanical ventilation
- with drips or catheters attached to their skin
- are genetically prone to infection

Sepsis is a particular risk for people already in hospital due to another serious illness.

EARLY DETECTION IS KEY

ANTIBIOTICS

Severe sepsis is treated with intravenous antibiotics (given directly into a vein). There will not usually be time to wait until a specific type of infection has been identified, so 'broad-spectrum' antibiotics will initially be given. Broad-spectrum antibiotics are designed to work against a wide range of known infectious bacteria, and can also treat some fungal infections.

Once a specific bacterium has been identified, a more 'focused' antibiotic can be used. This has the advantage of reducing the chance of the bacteria

becoming resistant to antibiotics.

You can help to protect yourself from getting sepsis by maintaining good personal hygiene habits, such as washing your hands regularly (not just after using the toilet), avoiding putting your hands and fingers in your mouth. Especially avoiding nail biting and nibbling the skin around your nails. Treat all cuts with an antiseptic and keep a close eye on their progress. Don't try and go it alone. If in any doubt contact your GP or A & E.

Source NHS England and Age UK Bedfordshire

Despite the best efforts of doctors and nurses, secondary infections acquired in hospital are always a potential risk.

Hospital-acquired bacterial infections, such as MRSA, tend to be more serious as the bacteria causing the infection have often developed a resistance to antibiotics.

In the case of suspected sepsis, it is important to get a diagnosis as soon as possible so that appropriate treatment can be given. This can help stop the progress of sepsis and any long-term damage to the body.

If your sepsis is detected early enough and has not affected organ or tissue function (uncomplicated sepsis), it may be possible to treat the condition at home. You will be prescribed a course of antibiotic tablets.

If the sepsis is severe, or you develop septic shock, you will need emergency hospital treatment, usually in an intensive care unit (ICU). ICUs are able to support any affected body function, such as breathing or blood circulation, while the medical staff focus on treating the infection.

One-pan baked salmon - serves 4

Ingredients

- 650g/1lb 7oz small Maris Piper potatoes, scrubbed and cut into 3cm/1?in chunks
- 2-3 tbsp olive oil
- 1 large garlic clove sliced
- 6 spring onions, trimmed and cut into 3cm/1?in lengths
- 200g/7oz Tenderstem broccoli, cut into 5cm/2in lengths
- 8 asparagus spears, trimmed and cut into 5cm/2in lengths
- 12 cherry tomatoes
- 4 x 150g/5?oz salmon fillets
- 2 tbsp finely chopped fresh flatleaf parsley
- 1 tbsp chopped fresh dill
- 2 tbsp capers, chopped
- 3 tbsp extra virgin olive oil
- 1/2 unwaxed lemon, zest and juice only
- salt and freshly ground black pepper

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Place the potatoes a large roasting tin. Drizzle with 2 tablespoons olive oil, season well with salt and pepper and roast for 30 minutes until starting to turn golden and soften. Turn the potatoes over, add the garlic and spring onions and cook for a further 10 minutes.
3. Remove the tin from the oven, add the broccoli, asparagus and cherry tomatoes and stir to coat in the hot oil. Make four spaces among the vegetables, and nestle one salmon fillet in each space, season well, drizzle with a little olive oil and return to the oven for a further 10-15 minutes until the salmon is cooked through and the vegetables are tender.
4. Meanwhile combine the chopped herbs, capers, extra virgin olive oil and lemon zest and juice in a small bowl and season with salt and pepper.
5. Drizzle the herby dressing over the salmon and vegetables and serve.



Raspberry and Lemon Cheesecake



Ingredients

- 85g unsalted butter
- 175g digestive biscuits, crushed
- 300g full-fat cream cheese
- 150g Greek yogurt
- 150ml double cream
- 2 lemons, zested and juiced
- 75g caster sugar
- 225g raspberries
- 2 tsp icing sugar, to dust



Method

1. Line the base of a 20cm loose-bottomed round cake tin with greaseproof paper. Melt the butter in a saucepan and stir in the crushed biscuits. Stir until well coated in the butter. Tip the biscuit mixture into the base of the prepared tin and spread out. Pack the biscuit crumb into the base with a spoon and chill for 5 minutes.
2. Meanwhile, mix together the cream cheese, Greek yogurt, double cream, zest and juice of 1? lemons and the caster sugar in a bowl. Fold in half the raspberries.
3. Remove the biscuit base from the fridge and spread the mixture over the top in an even layer. Return to the fridge and chill for at least 4 hours.
4. When ready to serve, remove the cheesecake from the fridge. Dip a knife in hot water and dry it before running around the inside of the tin. Unclip the tin and lift the cheesecake out. Remove the greaseproof paper and serve decorated with the remaining raspberries and dusted with icing sugar.

Free your mind from care home stress.



"My mum has had the best four weeks of respite at Baycroft. Great staff, facilities, food and accommodation. They've thought of everything! Thank you, Baycroft. Great place - great team."

**Helen, daughter of resident at Baycroft
Kempston, 22 Feb 2023**



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Please contact Charlotte Deans: cdeans@baycroft.co.uk | 07964115018
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Charlie Chuckles

A man died and went to The Judgment, they told him, "Before you meet with God, I should tell you - we've looked over your life, and to be honest you really didn't do anything particularly good or bad. We're not really sure what to do with you. Can you tell us anything you did that can help us make a decision?" The newly arrived soul thought for a moment and replied, "Yeah, once I was driving along and came upon a person who was being harassed by a group of thugs. So, I pulled over, got out a bat, and went up to the leader of the thugs. He was a big, muscular guy with a ring pierced through his lip. Well, I tore the ring out of his lip, and told him he and his gang had better stop bothering this guy or they would have to deal with me!" "Wow that's impressive, "When did this happen?" "About three minutes ago," came the reply.

Dad decided to write to Father Christmas again. He wrote: Dear Santa, for this year I'm requesting, a fat bank account, and a small body.
P.S. This year, please don't mix them up, like you did last year!

Q: How do you know if there's a snowman in your bed?
A: You wake up wet!

A man walked into a bar in Dunstable after a long drive down the High Street! As he began to drink his beer, he heard a voice say seductively "You've got great hair!" The man looked around but couldn't see where the voice was coming from, so he went back to his beer. A minute later, he heard the same soft voice say, "You're a handsome man!" The man looked around, but still couldn't see where the voice was coming from. When he went back to his beer, the voice said again "I love your suit, it looks great" The man was so baffled by this that he asked the bartender what was going on. The bartender said "Oh, it's the nuts--they're complimentary."

Last night in bed, my wife woke me up as she heard a knock on our front door. I went down and answered the door. A man stood there and asked if I could give him a push! I told him to clear off as it was half past two in the morning! On returning to bed I explained to my wife what happened. She told me off and reminded me of a recent incident where we had run out of petrol and a passerby helped us push the car to a petrol station. Feeling guilty I ran down and opened the door. "Are you still there I shouted", "Yes" came a loud reply. "Do you still need a push" I asked, "Yes" he said, "Where are you?" I asked peering into the darkness, "On your garden swing" he replied.

Have you thought about how improving your health can help you to be more mobile and enjoy more time with your loved ones?

MORE Life

MoreLife provide FREE weight management programmes across Bedfordshire and Milton Keynes*. Our 12-week programmes can be attended either in person or virtually.

In our group sessions you will learn how to overcome individual barriers to weight loss and gain a better understanding of making healthy lifestyle choices that work for you.

To find out more about our programmes and other services, visit more-life.co.uk/bedsmk, alternatively you can call us on 0808 208 2340 and talk to a member of our referral team.

*Eligibility criteria applies



MoreLifeBedsMK



MoreLifeBedsMK



Carers Respite/Sitting Service

A service for carers in Bedfordshire

We will come and 'sit' with your loved one giving you a short break of one to two hours generally, enabling you to have some respite and do something without worrying about your responsibilities.



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Sit and chat

Make tea or a light snack

Go for a walk with your loved one

Watch TV or listen to the radio with them

Simply watch over them

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Tel: **01234 360510**

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