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Trefoil House is a modern home consisting of 70 fully furnished bedrooms all with en-suite shower facilities. Within the home you will find 'Bella Casa', an Italian themed café for residents, family and friends to spend quality time together. 'Morecambe's of Luton Hair and Beauty Salon', a small shop 'Hatters Corner' and residents who enjoy a tipple, can visit O'Brien's Bar on the first floor which often hosts live entertainment.









Dukeminster Court

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T: 01582 474700 E: dukeminster@quantumcare.co.uk

Dukeminster Court is a modern home consisting of 75 fully furnished bedrooms all with en-suite shower facilities. The Home can accommodate residents with a wide range of needs, including those seeking residential and dementia care. Dukeminster Court features a Best Friends Café where residents can sit and chat with friends and family over tea, coffee and cakes. There is also a hair and beauty salon for residents to enjoy a spot of pampering.

Dukeminster Court
Review Score:



If you or a loved one are finding it difficult to make that important decision and would like some help or advice, please call or visit a home today.

Quantum Care manages homes and day centres across Bedfordshire, Hertfordshire and Essex. For more information call 01707 393293 or email info@quantumcare.co.uk



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Bedfordshire Wellbeing Service

and it will look after you. The human brain has been described as the most complex object in the universe.

Making a positive difference through Talking Therapies



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 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 or visit our website:







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.bedfordshirewellbeingservice.nhs.uk**



Foreword from the CEO

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



I am sure most of you will join me in heralding the approach of Spring and Summer. Although not so cold the Winter has been very wet and there are various areas of the country that have experienced some awful floods. We send our kind wishes to those who will be struggling with the aftermath of this weather and wish them well.

Add to that the Coronavirus which has taken up much of the media since February we hope that the onset of the warmer weather will bring a smile to everyone and a lessening of the impact of the 2 major challenges this Winter.

However, inside this Summer edition of VOICE will find the regular Dates for your Diary. Recipes, Jokes and Puzzles alongside other aticles of information.

I hope you all have a lovely Spring and Summer with lots of sunshine and warm weather to enjoy.



Meet the team...

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/oice



Recipes for

If you are hot and bothered and just cannot think what to make for dinner try the below ideas for an easy no fuss dinner-

Jacket Potato

Although this takes an hour or so to cook in the oven you can microwave which cuts the cooking time to about 5 minutes per potato.

Fillings can be anything you like such as:- cheese, coleslaw, baked beans, sweetcorn, tuna mayonnaise, chopped chicken in mayonnaise. Or just use your imagination and go wild!

Put a quick green salad on the side and hey presto a good wholesome dinner which is easy and doesn't involve standing over a hot stove.

For a real summer dessert or for afternoon tea who can beat a good old fruit salad made with all your favourites like apples, oranges, peaches, cherries, strawberries, pears, kiwi, grapes, melon pineapple, passion fruit, mango – the list is endless. Make a large bowl and pop in the fridge – great with cream, ice cream or just on its own.





Summer 2020



If you like cake then try making some scones and then filling with jam and cream or jam and butter. These can be made then frozen. Take a couple out when you fancy them.

Scones

Method

Rub the flour, baking powder and butter together until fine crumbs. Add the caster sugar and stir

in. Add the milk slowly and mix by hand until the dough is soft but formed.

Roll out to about 4cm thick and cut into rounds with a pastry cutter.

Place on a lightly greased baking tray and brush with egg or milk if you wish

Bake in a pre heated oven on 200C fan/220c electric/Gas 7 for about 10 minutes or until just lightly golden brown.

Enjoy hot from the oven or leave to cool – Yum.



Your local Hospice supporting the people of Bedford

We are an independent charity working with other organisations providing care and support for patients with life limiting illnesses in North and Mid Bedfordshire.

Bedford Daycare Hospice aims to provide individualised holistic care to patients suffering with a life limiting condition from the point of diagnosis through treatment to remission or palliative care.

We provide: • Access to a Registered Nurse on every visit • Psychological care • Counselling

Peer support/information sharing • Cancer Education Programme • Complementary therapy

. Long Term Conditions Education Programme . Outreach clinics . Respite care . Support for families & carers

Bedford Daycare Hospice provides excellent quality specialist, palliative and end of life care, from the point of diagnosis. We aim to provide incredible hospice care in a unique day care only way. We do all we can to help and support our patients and their loved ones at the most difficult time of their lives. To find out how our staff and rollunteers can help you or your loved one please see page xx or call 01234 352 015. We are open Monday to Friday from 9.30am until 3.30pm

Please get in touch on T: 01234 352015 or E: info@bdc-hospice.org.uk or find out more at: www.bedforddaycarehospice.org.uk



GREEN FINGERED

Know Your Soil Type and What Grows Best in It

There are 5 main types of soil:-



Clay soils have over 25 percent clay. Also known as heavy soils, these are potentially fertile as they hold nutrients bound to the clay minerals in the soil. But they also hold a high proportion of water due to the capillary attraction of the tiny spaces between the numerous clay particles. They drain slowly and take longer to warm up in spring than sandy soils. Clay soils are easily compacted when trodden on while wet and they bake hard in summer, often cracking noticeably. These soils often test the gardener to the limits, but when managed properly with cultivation and plant choice, can be very rewarding to work with.



Sandy soils have high proportion of sand and little clay. Also known as light soils, these soils drain quickly after rain or watering, are easy to cultivate and work. They warm up more quickly in spring than clay soils.

But on the downside, they dry out quickly and are low in plant nutrients, which are quickly washed out by rain. Sandy soils are often very acidic

Silt soils, comprised mainly of intermediate sized particles, are fertile, fairly well drained and hold more moisture than sandy soils, but are easily compacted Loams are comprised of a mixture of clay, sand and silt that avoid the extremes of clay or sandy soils and are fertile, well-drained and easily worked. They can be clay-loam or sandy-loam depending on their predominant composition and cultivation characteristics



Chalky or lime-rich soils may be light or heavy but are largely made up of calcium carbonate and are very alkaline

Identifying your soil type

The best way to tell what type of soil you have is by touching it and rolling it in your hands.

- Sandy soil has a gritty element you can feel sand grains within it, and it falls through your fingers. It cannot be rolled to make a sausage shape. If it is not a coarse sand and perhaps a sandy loam it may stick together better.
- Clay soil has a smearing quality, and is sticky when wet. It is easily rolled into a long thin sausage and can be smoothed to a shiny finish by rubbing with a finger. If is it not a heavy clay it won't get quite as shiny and be as easy to make a sausager
- Pure silt soils are rare, especially in gardens. They have a slightly soapy, slippery texture, and do not clump easily.

If soil froths when placed in a jar of vinegar, then it contains free calcium carbonate (chalk) or limestone and is lime rich.

Another important aspect of soil type, is the pH (acidity or alkalinity). This will also affect the type of plants you can grow and how you manage your soil.

Working with your soil

Now you know what type of soil you have, you can start to work with it and improve it.

Clay soils

Clay soils are rich in nutrients and very fertile if their cloddiness can be broken up by the addition of organic matter. This breaks down the clay into separate crumbs, making the water and nutrients held within the clay more easily available to plant roots. Breaking up the clay into crumbs also makes the soil warmer, more easily workable and less prone to compaction.

Sandy soils

These light soils are usually low in nutrients, and lose water very quickly being particularly free-draining. You can boost the water and nutrient holding capacity of your soil by adding plenty of organic matter to bind the loose sand into more fertile crumbs. Fertilisers may also be necessary to give plants grown in sandy soils an extra boost.

Silt soils

These soils are made up of fine particles that can be easily compacted by treading and use of garden machinery. They are prone to washing away and wind erosion if left exposed to the elements without plant cover. However, they contain more nutrients than sandy soils and hold more water, so tend to be quite fertile. You can bind the silt particles into more stable crumbs by the addition of organic matter.

Loams

These soils are the gardener's best friend, being a 'perfect' balance of all soil particle types. But even though they are very good soils, it is important to regularly

add organic matter, especially if you are digging or cultivating these soils every year.

Chalky soils

Chalky soils are alkaline, so will not support ericaceous plants that need acid soil conditions. Very chalky soils may contain lumps of visible chalky white stone. Such soils cannot be acidified, and it is better to choose plants that will thrive in alkaline conditions. Many chalky soils are shallow, free-draining and low in fertility, but variations exist, and where there is clay present, nutrient levels may be higher and the water holding capacity greater.

To help you grow the best plants in your soil type I have listed a few for each one below:

Clay:-



Malus (crab apple). Bergenia cordifolia.

Spiraea japonica.



Viburnum tinus. Syringa vulgaris. Lonicera periclymenum. Pulmonaria.



Sandy/Silt:-Lavandula.



Geranium ROZANNE 'Gerwat' AGM. Buddleia. Verbena bonariensis.



Choisya ternata AGM

Chalky:-California Poppy Weigala



Gypsophylia paniculata Madonna Lily, Wallflowers Lila, Black Elder

As this soil is the one that is the best mix of all the others pretty much anything will grow so just take your pick of your favourite and try it.



Call us for information on 01234 360510

78-82 Bromham Road, Bedford MK40 2QH www.ageukbedfordshire.org.uk



Boost your Income

can you make better use of your finances?

We should all be able to enjoy our retirement.
But as we get older, it can sometimes get harder to make ends meet.

We've got some straight forward advice to help you make your money go further.

Get A Benefits Check

Don't assume you're not entitled to any benefits. Each year up to £3.5bn of benefits go unclaimed by older people. So, even if you think you're getting everything you are entitled to - it doesn't hurt to check. Benefits could help you to pay for care, bereavement, bills or to maintain your independence. Contact us on 01234 360510 and ask us to arrange for a benefits check Free of Charge.

Clear your debts

It's never too late to regain control and find your way back to a debt-free life. Credit Cards and overdrafts are two of the main offenders. You may be able to switch your credit cards to a 0% card and overdrafts are very costly these days.

There are also lots of organisations offering free debt management advice.



Trace lost money

You may have money stored away in lost bank accounts, pensions or premium bonds if you've changed your name or address several times.

Cut your household costs

Council Tax

Council Tax helps your local authority to pay for services like rubbish collection and road maintenance, and applies to all domestic properties. Regardless of your financial circumstances, you could be eligible for a reduction to the amount you pay or could even be exempt.

How can I get a discount on my Council Tax bill?

There are some circumstances where you may get a discount on your Council Tax. The amount of discount varies.

If you live alone

The full Council Tax is calculated assuming there are 2 or more people living in each home – if you live alone, you should apply to your local council for a discount. You could get a 25% discount, regardless of your financial circumstances.

If you live with someone under 18 or a student

Council Tax isn't calculated on anyone aged under 18, full-time students, student nurses and some apprentices or trainees.

If you're a carer

Carers who look after someone in the household for at least 35 hours a week and who meet additional criteria may be disregarded for Council Tax purposes. Contact your local authority for eligibility criteria.

This does not apply if the person receiving care is the partner of the carer, or is the carer's child aged under 18.

If there are major changes to your home's value

You may be able to get your home moved to a lower Council Tax band if your home has decreased in value. For example, if you've made home adaptations for a disabled person, or if a motorway is built nearby. Contact your local office of the Valuation Office Agency (VOA) if you think your home's Council Tax band should be changed





If you change the way you pay

Although the total year's amount will stay the same, you can request that your bill be split over 12 months (instead of 10 months) so that each month's bill is less. Alternatively, if you can afford to pay a year's worth in one lump sum, check if you can get a discount.

Apply for Council Tax Support

You may be eligible to claim Council Tax Support, sometimes called Council Tax Reduction, if you're on a low income or claiming certain benefits.

Contact your local authority to find out if you're eligible for any discounts and how you can apply.

Water Bills

If you don't have a water meter:
 You will be charged a set amount
 for water and sewage services,
 regardless of how much
 water you actually use. This
 amount is based on your home's
 rateable value.

If you have a water meter:
 You'll be charged for the actual
 units of water you use. All
 properties built since 1990 have a
 water meter installed.

How can I reduce my water bills?

Here are some simple things you can do to reduce your water usage and therefore the cost of your water bills:

- Fix dripping taps or leaks they can waste the equivalent of half a bath a week.
- Take showers instead of baths A short shower can use a third of the amount of water needed for a bath.
- Don't leave the tap running while brushing your teeth or shaving.
- Use a washing up bowl to do the dishes, rather than rinsing every plate and cup under the tap.
- Wash vegetables in a bowl rather than under running water.
- Use a watering can in the garden rather than a hosepipe.
- Fit a device in your toilet cistern to minimise the water used in flushing. It can save up to 3 litres

of water with every flush. Ask your water company if it supplies them free of charge.

Don't use your washing machine or dishwasher on half-load programmes. A full load uses less water than 2 half loads.

Energy Bills

There is much competition across energy suppliers and it is easy and quick to switch.

You can use USwitch online or give us a call and we may be able to help you.

Before you start, make sure you have the following information at the ready:

- the name of your current supplier and current tarif.
- how much you spent on electricity and gas in the past year.
 Look at past bills or ask your current supplier, otherwise work it out approximatel
- how you currently pay,
 e.g. cheque or direct debit
- how you would like to pay in future
- your postcode

Look after your Brain

The human brain has been described as the most complex object in the universe. It's responsible for everything you do, think, feel and say – the things that make you who you are and enable you to go about your daily activities.

What does your brain actually do?

Your brain has three main jobs.

- Managing your unconscious or 'automatic' functions, such as heartbeat, breathing, digestion and control of body temperature.
- 2. Managing your conscious or 'motor' functions, such as movement, gesturing, balance, posture and speech.
- Thinking, emotions, behaviour and senses (eg sight, sound and touch).

How normal cognitive ageing affects us

Our thinking skills change throughout our lives. It's a long period of gradual change, starting in youth and continuing into later life.

In this lifelong process, we experience a relatively small amount of decline in some of our thinking skills. This is known as 'normal cognitive ageing'. It's experienced by most of us and doesn't usually affect our independence or quality of life.

Thinking skills that **are affected** by normal cognitive ageing

Short-term memory Reasoning Speed of processing of information Thinking skills that **are not affected** by normal cognitive ageing

General vocabulary Knowledge

On average in older age, we know more than younger people but are not as quick in figuring out problems or completing tasks.

Does everyone age the same?

Most of us experience 'normal cognitive ageing' but some of us have a different experience because of differences between us as individuals. Everyone's brain is both complex and unique so it's not surprising that the way our thinking skills age varies between us.

Research shows that, for some people, thinking skills improve as they grow older – they do better than the norm. Some other people experience more than the 'normal' decline, which, in some cases, may lead to more serious loss of thinking skills or dementia.

But this decline is not an inevitable part of ageing and research shows there are ways we can help protect our thinking skills as we age.

What affects our thinking skills as we age?

Scientists are very interested in why some people's thinking skills age better than others.

Genes

Genes are responsible for many things, including physical traits like eye and hair colour. They also influence thinking skills. Evidence tells us that genes account for nearly one quarter (24%) of the change in thinking skills across our lifetime. In other words, they're part of the story but not the full story.



Lifestyle and environmental factors

As genes account for one quarter of the change in thinking skills across our lives, three quarters of the change is down to other factors. Many of these are due to lifestyle choices we can control or change, meaning we can have an impact on how our thinking skills change as we age.

We all want to stay healthy and active in later life, so we're interested in keeping fit mentally as well as physically. Increasingly, we're learning what we can do to keep our thinking skills sharp as we age.

When it comes to keeping our minds sharp, some of the advice can be confusing or contradictory. From fish oils to physical activity, from B vitamins to brain training, open the newspaper and it's easy to find claims on what helps and what harms.

But which claims can we trust? What do we reliably know about what will help us stay sharp as we age?

What does the science say about protecting your thinking skills?

1. We know that our thinking skills change very gradually through out our lives. Most of us lose a little of some of them and this doesn't usually affect independence or quality of life. But differences between us mean that some people's thinking skills improve



and it will look after you

over their lives, and some experience greater degrees of decline.

- Research is looking at a wide range of factors that might be involved in healthy ageing of our thinking skills, or that increase the risk of more serious decline.
- 3. Many of these studies are on factors that we can influence ourselves. Evidence suggests, for example, that taking exercise and engaging in new activities are linked with better thinking skills in later life.
- 4. Some lifestyle choices increase the risk of more decline. This includes smoking. In addition, some health conditions are now known to be associated with more decline, including cardiovascular disease and type 2 diabetes.

Why small changes can make a big difference

The evidence indicates that we can help ourselves to stay sharp as we grow older. It also tells us to take a range of steps because no one single factor is a 'magic bullet'.

Rather, each of the factors associated with healthy cognitive ageing has an effect and these effects are thought to add up to help protect our thinking skills as we age. And we need to avoid the harmful factors.

Overall, evidence so far bears out the saying 'healthy body, healthy mind'.

Based on the evidence so far, here are practical things that we can do to help stay sharp in later life.

1. Keep active

Get moving throughout the day and do physical exercises and activities that you enjoy – or try new ones. An active lifestyle and regular exercise are linked to healthier brains and sharper thinking skills in later life.

2. Don't smoke

If you smoke, it's best to stop. Smoking is linked with having a thinner cortex, the brain's outer layer that is crucial for thinking skills. When you stop smoking, some reversal of this damage may be possible, but this can be very slow so it's better to stop sooner rather than later.

3. Have regular check-ups

Have check-ups with your doctor to see if you have high blood pressure, high cholesterol or diabetes. These conditions are associated with higher risk of decline in thinking skills, particularly from middle-age.

4. Eat a healthy diet

Eat a diet high in fruit, vegetables, nuts, olive oil, beans and cereals; moderate in fish, dairy products and wine; and limited in red meat and poultry. This Mediterraneanstyle diet is linked to better brain health.

5. Maintain a healthy weight

Manage your weight through healthy eating and physical activity. Being overweight may be a risk factor for accelerated decline in thinking skills. A healthy weight is better for physical health too.

6. Take up a new activity

Take up activities or hobbies you haven't done before. New activities might help improve thinking skills in later life as they challenge us in new ways. If you do activities in a group, the increased social interaction may play a role too.

7. Look after your sleep

Aim for an average of seven to eight hours sleep a day as this amount is related to better brain and physical health in older age. Try to get most of it at night, with only short daytime naps.

8. Learn another language

Learn and practise a language new to you. Learning and using more than one language is linked with better thinking skills in later life. And it's never too late to start – if anything, the benefits of speaking multiple languages might increase with age.



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SUMMER QUIZ For Your Brain

- 1. What is the collective name of a group of seventeen hundred islands between Canada and the USA which are popular summer resorts?
- 2. Whose summer villa is at Castel Gandolfo?
- **3.** When is the Christian festival of Midsummer Day?
- **4.** Where were the 1968 Summer Olympics held?
- 5. What is used as the filling of a summer pudding?
- 6. Which institution, introduced by Harold Wilson, consists of TV and radio lectures and summer schools?
- 7. In 'Alice's Adventures in Wonderland', what was done all on a summer's day?
- **8.** Elvis Presley was the King, Bruce Springsteen the Boss. What nickname was given to Donna Summer?
- 9. In which capital city in the Northern Hemisphere, the name of which is a local tribe, has almost 19 hours of daylight during the summer solstice?
- **10.** Which actor, later to find fame in 'It Ain't Half Hot Mum', played the part of one of Cliff Richard's friends in the film 'Summer Holiday'?
- 11. Which brothers wrote the song summertime?
- **12.** Esther Summerson is the heroine of which novel by Charles Dickens?
- **13.** Which brothers wrote the song summertime?
- **14.** Which hit song describes summer thus? Those days of soda and pretzels and beer?
- **15.** The film Summersby starred Richard Gere and which actress?
- **16.** As the owner of what sort of shops is Anne Summers renowned?
- 17. Who had a hit record in 1961 with Summertime Blues?
- **18.** The tiny summer Isles are a few miles Northwest of which Scottish port?
- **19.** How is the singer La Donna Gaynes better known?
- **20.** Which group had a hit with the song In the summer time?

Answers on Page **16**

THANK YOU TO TOLLER'S SOLICITORS

AND CLIENTS DURING THE FREE WILLS WEEK

We have to say a huge thank you to Toller's Solicitors – Cathy Eaton in particular, and the clients that took advantage of the Free Wills Week that was held for Age UK Bedfordshire in August 2019.

Cathy from Toller's spent a week booking older people in for Will Making Free of Charge, but recommending a donation to our o rganisation.

Cathy then presented our CEO Karen Perry with a cheque for £1,600 donated by those who had a will made.



Thank you again Cathy, and the clients who so generously gave time and donations to us.

If you would like to leave our organisation a bequest then it is really simple to do:-

Residual Donation: A percentage of the remainder of your estate after you have left provision for your loved ones.

Pecuniary Donation: A specific sum of money left to our charity.

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A particular asset to us which could be sold to raise funds to support our services.

Codicil: An amendment to an existing Will which can be drafted by a solicitor if you wish to include a Gift to our charity.

Inheritance Tax:

A Gift to charity in your Will can be tax

efficient. Inheritance tax is not normally paid on Gifts in Wills so the charity would receive all of the funds. This also means that your beneficiaries would be subject to less inheritance tax on your estate. For further information visit HM Revenue and Customs website at www.hmrc.gov.uk

To ensure your Gift is received by our charity please detail the following to avoid confusion:-

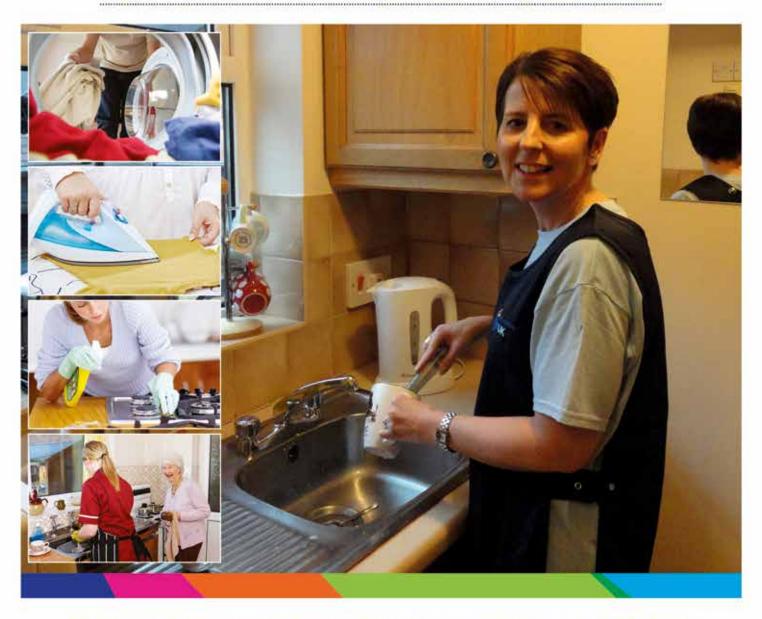
Charity Name - Age UK Bedfordshire **Registered Charity Number** - 1090535

Registered Address - 78-82 Bromham Road, Bedford, Bedfordshire, MK40 2QH.



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www.ageukbedfordshire.org.uk





What you didn't know about

Diana Blackmun

Chief Executive Officer of Healthwatch Central Bedfordshire.



Who has been the biggest influence on your life?

The people that have influenced me the most are the people I have worked for, and with, over the years. There is always something to learn which helps to enhance my skills and I am continually amazed by the lived experiences of all the people I meet along the way.

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

Over the years I have learned not to judge, to always compromise and be kind. As you get older it is important to aspire to be a better person and to remember that when life gives you lemons – add gin!

What are your hopes and dreams for future generations?

I hope that future generations will be more tolerant and compassionate; that there will be more equality for all and that they are less reliant on technology. I hope that they will see the benefit of social interaction by actually getting out and about in their community and not just through social media because human interaction is vital to your health.

If you could be anyone for a week (living or dead) who would it be and

I would like to be either Queen Victoria or Eva Perón for a week. Both very strong women who lived through times of great social upheaval and who inspired millions with their campaigns. It would be great to see what a week in their lives would involve.

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

I would take a book that tells you how to survive on a desert island and how to avoid boredom! The record I would take is 'Million Years Ago' by Adele. I never tire of the lyrics in that song.

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

When I was growing up I wanted to be a PE

Teacher as I was very sporty and loved all kinds of physical games. However, I also wanted to work in London as I thought that's where all the hip and trendy people were so I ended up working for the Civil Service and my career took a very different path, although I still play quite a bit of sport.

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

If I could wave a magic wand it would be to put an end to war and hostility on the planet; war is a pointless act of conflict and results in the tragic loss of so many lives.

8. Do you plan on retiring ever?

I don't ever plan on retiring as I really love what I do; I get to meet so many fascinating people and their resilience and strenath in the face of such adversity never fails to impress me. Its makes me realise that the struggles in your own life are minor compared to what some people are going through.

Which radio station do you listen to more than any other?

I always listen to Virgin Radio, especially Chris Evans in the morning. He has such a wide variety of guests on, including authors, politicians and life coaches, many of whom discuss human behaviour with tips on how to navigate life's stresses and strains.

10. Regrets, do you have a few?

I think everyone has regrets of some kind and I am no different. I regret not asking my parents more questions about their lives when they were growing up, as there are things I would like to know that I never thought to ask them; sadly I missed my chance.

11. Do you get nervous before making a speech?

I always get very nervous before making a presentation. I always like to think that I am behaving like a swan; calm and composed on the surface but paddling away like mad underneath. It doesn't always work and sometimes I wish I had a time machine so I could go back and do it again to get it right!

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

I never miss an episode of Vera, staring Brenda Blethyn. She is a complicated and very solitary character but very passionate about what she does. I like fairly sophisticated detective stories that make you think and keep you guessing until the end.

13. Which book are you currently reading?

I finally got around to reading Stephen Hawkins, A Brief History of Time. I have been meaning to read it for some time and I am surprised at how well he explains everything – it's an easier read than I thought and very interesting.

14. Do you have a sporting hero?

I am a big fan of F1 Motor Racing and have great respect for all the drivers but Lewis Hamilton is a big favourite. The split second decisions, attention to detail and the strenath and resilience of the drivers whilst travelling at vast speeds never fails to impress me. I tried Go Karting once and was absolutely rubbish at it because it's a lot harder than you think, so I really admire what they do.

Wungo Jerry Donna Summer NIIapool Eddie Cochran sdous xəs Jodie Foster Lazy Hazy Crazy Days of Summer John Travolta & Olivia Newton John RIGAK Honze George & Ira Gershwin Welvyn Hayes Helsinki (Finland) Queen of Disco Queen of Hearts made some farts

> or blackcurrants) Soft fruit (such as raspberries Mexico

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Quiz Answers

Open University



This is my step ladder. I never knew my real ladder.

I told my girlfriend she drew her eyebrows too high. She looked surprised.

I bought some shoes from a drug dealer. I don't know what he laced them with, but I've been tripping all day.

My wife told me I had to stop acting like a flamingo. So I had to put my foot down.

What's orange and sounds like a parrot? A carrot

What do you call a dog that does magic tricks? A labracadabrador

Wife says to her programmer husband, "Go to Tesco's and buy a loaf of bread. If they have eggs, buy a dozen." Husband returns with 12 loaves of bread.

I couldn't figure out why the cricket ball kept getting bigger. Then it hit me.





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The Museum is volunteer run, please contact us if you would like to join our team!

John Bunyan Museum & Library and Bunyan Meeting Mill Street, Bedford, MK40 3EU

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BedfordshireFire and Rescue Service



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Phone: Bedford (01234) 845000

E-mail: contact@bedsfire.com

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



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