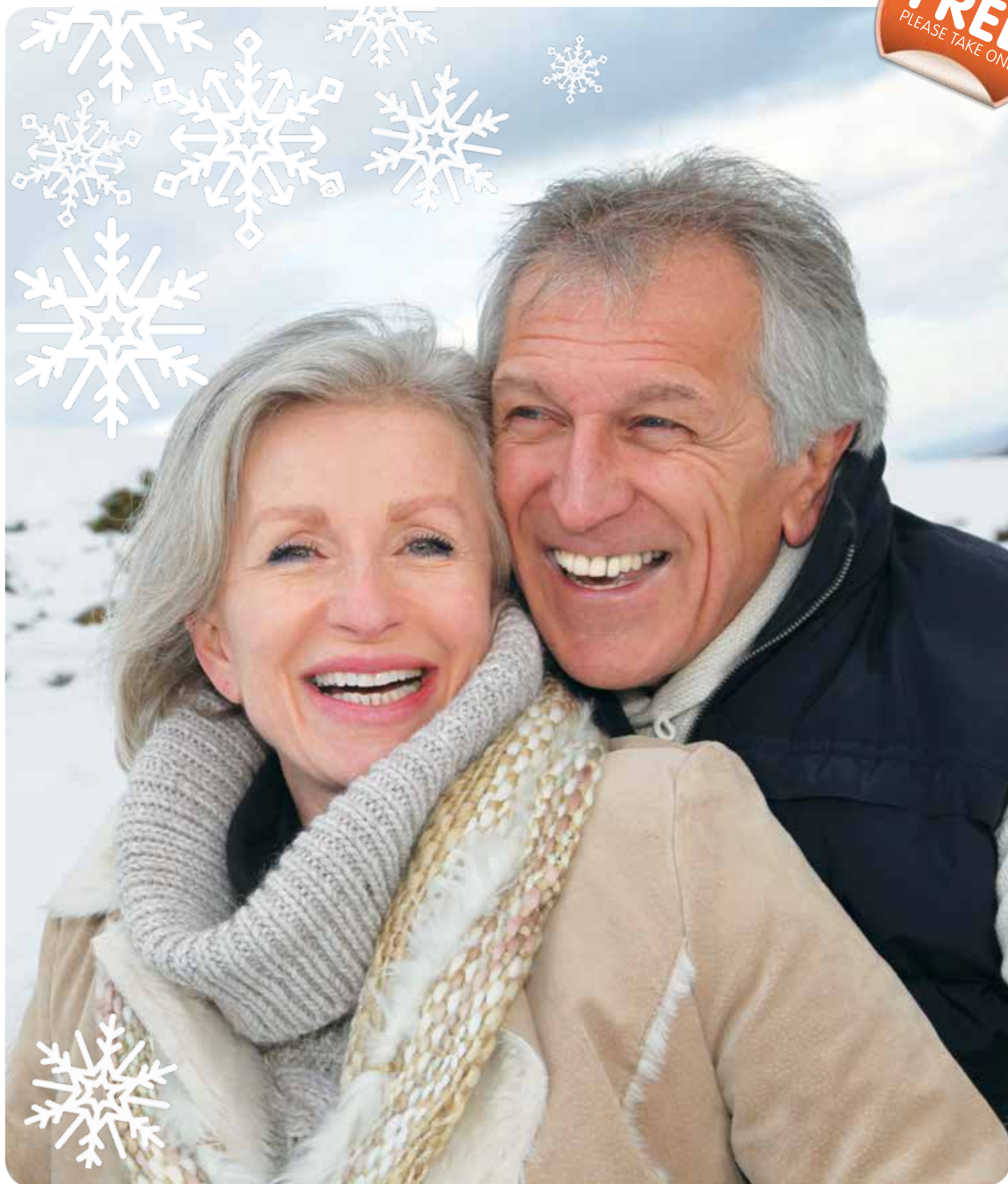


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Foreword from the CEO

I write this just at the end of one of the hottest summers that we have seen since 1976. Those sun lovers are now looking towards Autumn and Winter with trepidation, and those of you who dislike the heat (especially the 30degree plus that we have experienced recently) will be eager to see the leaves turning shades of gold and rust, knowing that the frosts and brisk cold weather is on its way.

For those sports fans who had an extra helping of football with the World Cup early in the year, the season is well under way again. The balmy days for tennis and cricket are now fading into the distance.

For those who love the run up to the festivities of Halloween, Bonfire Night and then Christmas, I have no doubt you are already planning. If you have been into any shops recently you will see the shelves are already turning towards Christmas gifts, cards and all the trappings of wrapping paper, labels and ties!

Inside this edition you will find a piece on Mindfulness if you just want to escape from all the hubbub for a short time. Give it a try you, might be surprised. There are 2 warming and easy recipes to cook that will keep you warm in the cold weather, alongside hints and tips on preparing for winter and staying healthy during the cold seasons.

Don't forget to read about getting your flu jab. Its quick,

simple and really helps. Charlie Chuckles is with us as usual, as are the dates for your diary and a quiz on Wintertime to tickle your brain cells.

I hope you enjoy all that is inside the packed pages.



Karen

Karen Perry
CEO, Age UK Bedfordshire



Cover Image

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Preparing for Winter

As we get older, our bodies respond differently to the cold which can leave us more susceptible to serious health problems.

But with a little preparation, and by following some simple suggestions, you can stay healthy, safe and comfortable this winter.

How can I stay healthy in winter?

Cold temperatures can raise blood pressure and increase the risk of flu and other lung-related problems. Our blood pressure takes longer to return to normal, and this can put you at greater risk of a heart attack or stroke. That's why it's so important to look after yourself in the winter.

Top 8 tips for helping stay healthy:-

1. Keep moving – just walk from room to room periodically or down the garden for some fresh air
2. Eat and drink well – make sure you have a balanced diet with plenty of fruit and vegetables for vitamins
3. Get that flu jab – read our piece on getting your flu jab
4. Check you have had your pneumo jab or if you should have one – if you are over 65 then check with your GP about getting this inoculation
5. Keep your hands clean from germs – wash your hands after going to the bathroom or preparing

raw meat such as chicken and after you have handled any pets to keep germs at bay

6. Protect yourself from chilblains – these occur when your feet get cold and then you warm them up too quickly, don't sit too near the radiator or heat source. Keep feet covered with socks and slippers.
7. Organise your medications – get a dosset box (we stock them in our office) and ensure you get your repeat prescriptions in good time
8. Keep your spirits up – it is normal to feel a bit down during the long cold winter days but talk to people over the phone if you can't get to visit them, ask about our Telephone Friendship Service if you are lonely. Do something you like everyday, watch your favourite TV programme.

How can I keep myself warm?

Even if it isn't a severe winter, cold weather makes us more susceptible to certain illnesses. Follow these tips to stay healthy and keep warm indoors and out.

- Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton. Start with thermal underwear, warm tights or socks.

- Use a hot-water bottle, wheat bag or an electric blanket to warm the bed.
- Check whether your electric blanket can be kept on all night. Some blankets should only be used to warm the bed before you get in. If you have continence difficulties, talk to your doctor before using one.
- Never use a hot-water bottle and an electric blanket together as this can be dangerous; and get your electric blanket checked every three years by an expert.
- Check local news and weather forecasts for advice when cold weather is predicted.
- Get to know how the timer and thermostat on your heating system work. You may be able to set the timer to switch the heating on earlier.
- Have your heating system serviced each year and check that it's working before the cold weather starts. Gas heating must be serviced by a Gas Safe-registered engineer.
- Ask your energy supplier about their Priority Services Register, which gives older or disabled people extra help and support

How can I keep my home warm?

- Close the curtains in the evenings and fit thermal linings if you can. This will keep the heat in.
- Keep your bedroom window closed at night when the weather is cold. The coldest time of the day is just before dawn and breathing in cold air increases the risk of chest infections.
- Draught-proof doors and windows, insulate the loft, lag the hot-water tank and pipes, and consider getting cavity-wall insulation. These measures will help to keep your home warm and your energy bills down – and you may be able to get financial help to set these up.
- Keep your main living room heated to 21°C (70°F).
- Heat your bedroom to 18°C (64°F)

How can I heat my home efficiently?

Energy prices are high, but heating your home is easier and cheaper if it's well insulated and your heating works properly.

Contact our office on 01234 360510 if you are having difficulties with fuel costs or want to see if switching can save you money.

We can help with these issues plus check you are getting all your benefits and entitlements.

Give us a call if in doubt.
Tel 01234 360510.



Dates for Your Diary

Sunday 28th October (2am)

British Summer Time Ends -
Clocks go back one hour

Wednesday 31st October

Halloween

Thursday 1st November

All Saints Day

Monday 5th November

Bonfire Night - keep pets indoors!

Sunday 11th November

Remembrance Sunday

Monday 24th December

Christmas Eve

Tuesday 25th December

Christmas Day

Wednesday 26th December

Boxing Day

Monday 31st December

New Years Eve

Tuesday 1st January 2019

New Years Day

Thursday 14th February

Valentine's Day

Friday 1st March

St David's Day

Tuesday 5th March

Shrove Tuesday

Saturday 17th March

St Patricks Day

Sunday 31st March (1am)

British Summer Time commences -
Clocks go forward one hour

Sunday 31st March

Mothering Sunday

Monday 1st April

April Fools Day

Thursday 18th April

Maundy Thursday

Friday 19th April

Good Friday

Sunday 21st April

Easter Sunday

Monday 22nd April

Easter Monday

A Very Big Thank you

Ampthill Singers are a group who enjoy singing whilst raising money for selected charities.

The group present a concert in November each year and also perform for local events and organisations. Social functions also take place during the year which adds to the charity fund.

Every year members nominate a charity with a brief idea of why they have nominated it which is then presented at their AGM. Members then vote for the charities of which the top two are selected.

Age UK Bedfordshire was one of the selected charities. We are very grateful to the members for voting for us.

Ampthill Singers presented Hilary Tuohy of Age UK Bedfordshire with a cheque for a huge £2750 in June for the funds raised.

Thank you Ampthill Singers, we are very grateful.





Quantum Care is an award winning, not-for-profit, care provider which delivers quality care services for over 3,000 people. The range of high-quality services on offer means that whether you are looking for long-term care, a short break, or just a bit of extra support, our staff have the expertise to provide a service tailored to your individual needs, or those of your loved ones.

Trefoil House

Birdsfoot Lane, Luton LU3 2DN

T: 01582 494158

E: trefoil@quantumcare.co.uk

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'Brian's Bar on the first floor which hosts live entertainment.



Trefoil House winner of 'Best Dementia Garden' category at the Dementia Care Awards in 2016.

Dukeminster Court

Dukeminster Road, Dunstable LU5 4FF

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.

All Quantum Care homes' have dedicated Activity Care Workers that get to know residents' hobbies and interests. There is always a busy schedule of activities and events to choose from - residents can get involved in as much or as little as they like.



Rated Top 5 Residential Care Providers in England
by Which? and Laing Buisson 2018



Quantum Care manages homes and day centres across Bedfordshire, Hertfordshire and Essex. For more information call 01707 393293

Getting Your Flu Jab



If you're 65 and over, it's vital that you have your seasonal flu vaccination. Flu is not simply a bad cold – and it can increase your risk of more serious illness. A seasonal flu jab will help protect you at the time of the year when you are most vulnerable

Why should I have the flu jab?

People aged 65 and over are at greater risk of having serious complications from the flu compared with younger, healthy adults. These complications could include developing bronchitis or pneumonia. Catching flu can also make some existing conditions worse. For these reasons, it's important to have an annual flu jab if you're aged 65 or over to reduce this risk.

Who can have a free flu jab?

The NHS provides a free flu jab if:

- you're aged 65 and over
- you have certain health conditions such as a heart problem, a chronic breathing problem, diabetes, chronic kidney/liver disease, Parkinson's disease or motor neurone disease.
- you've had a stroke or mini-stroke
- you have a weakened immune system
- you are the main carer for an older person who may be put at risk if you fall ill and/or you receive Carer's Allowance.

Speak to your GP or pharmacist if you think you could be eligible.

When should I have the flu jab?

Most surgeries and pharmacists start to offer the jab in late September or early October. It takes up to 10 days for the vaccine to take effect, so it's best to have it as early as possible.

Where do I go for my flu jab?

You can have your flu jab at:

- your GP surgery
- a local pharmacy offering the service

Do I need the pneumo jab?

The 'pneumo' (or pneumococcal) jab is a one-off jab that helps protect you against pneumonia, meningitis and septicaemia (a type of blood poisoning).

Ask your GP about it if you're aged 65 and over and haven't had one.

How can I avoid catching the flu?

You can still catch flu even if you have had the flu jab, but if you do catch it you'll probably have milder symptoms than if you hadn't been vaccinated. Take these precautions to reduce your risk of catching flu:

- Have the flu vaccination
- Eat a healthy diet, take regular exercise and drink plenty of warm drinks in the winter months
- Wash your hands regularly with soap and warm water, particularly after using the toilet, gardening, petting animals and before eating.

Walk don't run!

You don't have to go on a long, gruelling run to get the greatest health benefits - a brisk walk is actually more effective at reducing heart disease, according to a US study.

Both activities are good for you but when the energy expenditure of both is balanced out, walking is found to have the edge. Data from 33,060 runners and 15,045 walkers aged between 18 and 80 was compared, and for the same amount of energy used, walkers experienced greater health benefits than runners. The relevant statistics: Running reduced the risk of heart disease by 4.5%, while walking cut it by 9.3%. Walking also had more of an impact on heart disease risk factors, such as high blood pressure and cholesterol. The risk of first-time high blood pressure was reduced by 4.2% by running and 7.2% by walking, while first-time high cholesterol risk was lowered by 4.3% by running and 7% by walking. The risk of first-time diabetes was cut by about 12% by both walking and running, according to the research, published in heart journal *Arteriosclerosis, Thrombosis and Vascular Biology*. Science behind the results: Study leader Dr Paul Williams, from the Lawrence Berkeley National Laboratory in California, said walking and

running provide an ideal test of the health benefits of exercise because they involve the same muscle groups and the same activities performed at different intensities. The Disconnected Mind study, funded by Age UK at the University of Edinburgh, has shown that exercise and protection of brain function in later life are linked. Professor James Goodwin, Head of Research at Age UK, said: 'We already know that exercise is important in reducing our risk of some illnesses that come with ageing, such as cardiovascular disease and cancer. 'The Disconnected Mind study re-emphasises that it really is never too late to benefit from exercise, so whether it's a brisk walk to the shops, gardening or competing in a fun run it is crucial that, those of us who can, get active as we grow older.'

Benefits of aerobic activity: Doireann Maddock, senior cardiac nurse at the British Heart Foundation, said the study shows that any brisk physical activity, not just long runs, can be great for heart health. 'We know the best type of



activity for your heart is moderate-intensity aerobic activity and that includes walking, as long as you feel warmer, breathe harder and your heart beats faster than usual,' she said. 'Whether it's walking, jogging

or running, staying active will help control your weight, reduce blood pressure and cholesterol and improve your mental health. In other words, you'll look and feel great and reduce your risk of a heart attack and stroke too.'

Personal Independence Payment (PIP)

Personal Independence Payment (PIP) is a benefit for people of working age with disabilities. It was phased in from April 2013 and will replace Disability Living Allowance (DLA) for people under 65.

Will I be able to claim PIP? Age limit

You may be eligible for PIP if you're under 65 and need help with daily living activities or help getting around, or both. If you are 65 or over and you have care needs, you can't claim PIP but you may be able to claim Attendance Allowance. If you are awarded PIP before you are 65 it can continue after age 65.

Savings

PIP won't be based on National Insurance contributions and won't be affected by other income, savings or benefits.

Evaluation

PIP will have two parts – a daily living component and a mobility component. They are paid at different rates, depending on the level of difficulty you have. You can claim one or both components depending on your ability to perform particular activities. There will be 9 daily living activities.

- Preparing food and drink
- Taking nutrition
- Managing therapy or monitoring a health condition
- Bathing and grooming

- Managing toilet needs or incontinence
- Dressing and undressing
- Communicating
- Engaging socially
- Making financial decisions.

The two mobility activities that will be assessed are planning and following a journey, and moving around. You will be given a score for each activity depending on how much help you need with it. Your scores will be added up and if you get enough points you will be awarded PIP.



How do I claim?

Claims for PIP will be made by phone, on a paper claim form, or online. Most people will have to attend a face-to-face assessment of their needs. The DWP will consider all the information and decide whether you're entitled to PIP, what level you're entitled to and how long you should receive it for.

If you currently claim DLA and you're under 65, you will be informed when you need to

claim PIP. At the moment the government isn't planning to reassess you for PIP if you're over 65 and receiving DLA at the time PIP is introduced. Assistance in completing applications for PIP or Attendance Allowance can be provided by our Information and Advice department. Please ring 01234 360510 or email enquiries@ageukbedfordshire.org.uk This is a free service although a small donation would be much appreciated if your claim is successful.



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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
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Green Fingere Grandma

Autumn and Winter Hints and Tips

1. Get those wet leaves up – they are slippery and will suffocate your flower beds if you leave too many.
2. Plant your spring flowering bulbs in September or October. This includes snowdrops, tulips, daffodils and narcissus.
3. Don't forget your lawn – it dried out in the summer but still needs a last mow, a scarify and feed to help it through the winter.
4. Cut back your roses. Most roses will stand a really good cut back but check the label first.
5. Cut back other shrubs such as clematis (again check the label)
6. Cover your fragile plants and shrubs with fleece type material that you can get from the garden centre.
7. Plant your winter pansies and violas – who says gardens don't bloom in the Winter?
8. When your annuals have finished take them out and put in your compost bin they all add to the process
9. If you have had pots out in the garden then check if they can withstand frost. If they can't then bring them in over Winter.
10. Don't forget our little feathered friends. Put out seed and feed for the birds – they will need it over forthcoming months.
11. Check or have checked, your fences before the wind and rain. Get any repairs done now.
12. Last but not least enjoy your garden through the Autumn colour right through the bright frosty Winter. It may look dormant but really its still alive and just waiting for Spring to bloom again

Happy Gardening

Mindfulness

Give it a try

Mindfulness meditation is becoming increasingly popular with more and more people using it to relax or cope with stress, but what actually is it and can it really help improve your quality of life?

What is mindfulness meditation?

Mindfulness is a popular type of meditation. It is a way to increase your awareness of the present moment, using techniques like breathing and yoga. It can help us be more aware of our thoughts so that we are better able to manage them and not become overwhelmed.

What are the benefits of meditation?

The Mental Health Foundation supports mindfulness as a tool to help you live your life, improve general wellbeing and treat depression. Evidence shows that it can help with a number of problems, such as recurrent depression, anxiety disorders, addictive behaviour, chronic pain and many more mental and physical problems. **NICE, the UK's National Institute for Health and Care Excellence**, has recommended that Mindfulness-based Cognitive Therapy is an option offered to prevent relapse for people who are currently well but who have experienced recurrent depression. Your GP would need to decide

if the therapy is suitable for your situation before offering access to the treatment. Meditation is also recommended by **Cancer Research UK** as a popular and useful form of complementary therapy, because it can help people with cancer cope with problems such as pain, difficulty sleeping, tiredness, feeling sick and high blood pressure.

Do you have to be religious to meditate?

It's not necessary, we're told by Dr Danny Penman, an expert on mindfulness meditation: 'Mindfulness was originally a Buddhist practice developed about 2000 years ago. All religions practice some form of meditation. It was certainly very common in Christianity until the late middle ages. 'But Judaism, and Islam as well, all practice meditation, but you don't have to be religious to practice it at all. Nowadays, it's an entirely secular practice. It's like yoga - it's like many of these things - they have their roots in religion, but you don't need to be religious to practice them. There're plenty of atheists who go to yoga or practice mindfulness.'

Can you teach yourself meditation?

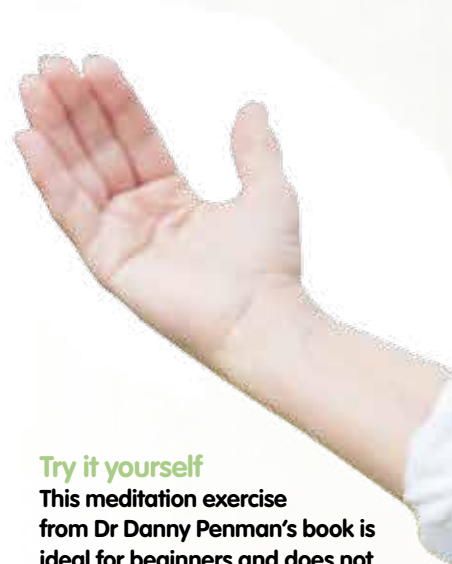
'Yes you can', says Dr Danny Penman: 'If you are generally healthy and just trying to cope with the stresses and strains of daily life, you can learn it from a book; you can learn it from a CD.' The following websites give more information about mindfulness meditation and offer information to help you get started:

- **Be Mindful** is a website from the Mental Health Foundation that offers more information about mindfulness, including a list of recommended resources and a guide to finding courses in your area.
- **Cancer Research UK** offers information on how cancer patients can benefit from meditation, including information about how you practise meditation, finding a meditation teacher and the possible harmful effects of meditation.
- **Frantic World** is a website from Dr Danny Penman, author of *Mindfulness: A Practical Guide to Finding Peace in a Frantic World*. The website offers a number of free resources as well as free audio-guided meditations.

Try it yourself

This meditation exercise from Dr Danny Penman's book is ideal for beginners and does not require any special equipment. It demonstrates the basic technique and takes just a few minutes and it will leave you profoundly relaxed.

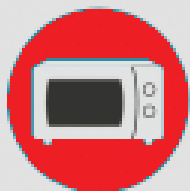
1. **If your condition allows it, sit erect but relaxed in a straight-backed chair with your feet on the floor. If you cannot sit, then lie on a mat or blanket on the floor or on your bed. Allow your arms and hands to be as relaxed as possible.**
2. **Gently close your eyes and focus your awareness on the breath as it flows into and out of your body. Feel the sensations the air makes as it flows in through your mouth or nose, down your throat and into your lungs. Feel the expansion and subsiding of your chest and belly as you breathe. Focus your awareness on where the sensations are strongest. Stay in contact with each in-breath and each out-breath. Observe it without trying to alter it in any way or expecting anything special to happen.**
3. **When your mind wanders, gently shepherd it back to the**





breath. Try not to criticise yourself. Minds wander. It's what they do. The act of realising that your mind has wandered – and encouraging it to return to focus on the breath – is central to the practice of mindfulness.

4. Your mind will eventually become calm – or it may not. If it becomes calm, then this may only be short-lived. Your mind may become filled with thoughts or powerful emotions such as fear, anger, stress or love. These may also be fleeting. Whatever happens, simply observe as best you can without reacting to your experience or trying to change anything. Gently return your awareness back to the sensations of the breath again and again.
5. After a few minutes, or longer if you prefer, gently open your eyes and take in your surroundings.



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

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 - Peer support/information sharing
 - Cancer Education Programme
 - Complementary therapy
 - Long Term Conditions Education Programme
 - Outreach clinics
 - Respite care
 - Support for families & carers

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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
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Cheesy Leek & Bacon Pasta



A quick easy and nutritious meal

Ingredients

- 1 tbsp olive oil
- 300g leek, halved and finely sliced
- 8 rashers smoked streaky bacon, sliced
- 400g pasta shapes (use any type such as twists or penne)
- 100g herb & garlic soft cheese (Philadelphia or Boursin)

Method

- Heat the oil in a large non-stick frying pan. Add the leeks and 2 tbsp water, and cook for about 10 mins until very soft. Add the bacon, turn up the heat and fry until cooked.
- Meanwhile, cook the pasta following pack instructions. Drain and reserve a mug of the cooking water.
- Spoon cheese into the leek and bacon mix, adding some of the reserved cooking water. Season and stir gently over a low heat until melted. Toss through the cooked pasta, adding a little more cooking water, if needed, to help the sauce coat the pasta.

Chocolate Bread and Butter Pudding



A twist on an old favourite - try it out. Make it large then cut into pieces and freeze what you want to save for later.

Ingredients

- 100g dark chocolate, finely chopped
- 200ml double cream, plus extra to serve
- 600ml whole milk
- 3 eggs
- 140g golden caster sugar
- 1 large white loaf of bread, (800g) unsliced (a day or two old if possible, it'll be much easier to cut)
- 300g chocolate spread, biscuit spread or canned caramel
- 100g marmalade, plus extra to serve

Method

- Melt the chocolate and cream together in the microwave, stirring every 30 secs. Warm the milk in a large pan.
- Whisk the eggs and sugar in a large bowl or jug. Pour in the hot milk, whisking as you do, then add the chocolate mixture and whisk to combine.
- Remove the crusts from the bread (these will freeze well for breadcrumbs). Use a sharp serrated knife to cut the loaf into 4 or 5 slices along the length of the loaf (approx. 2cm thick) – this is easiest if you score where you want to cut along the top before slicing.
- Spread one side of each slice with the spread of your choice. Roll the slices up, from the shorter ends, then cut each roll in half or three so you have 10-12 roly-polys. Place them cut-side up in a baking dish. Pour over the chocolate custard, making sure each roll is soaked. Cover with cling film and leave for at least 30 mins so the bread can soak up all the custard, or you can put it in the fridge overnight, if you like.
- Heat oven to 170C/150C fan/gas 3½. Brush the tops of the bread swirls with the marmalade, then bake for 45 mins until the bread has puffed up and the custard is just set. Brush with marmalade again for a glossy finish, then serve warm with double cream.

Puzzle Page

Solutions to puzzles
can be found on
page 26

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

Quick Winter Quiz

1. Which Russian composer wrote the music for the opera The Snow Maiden?
2. Morten Frost won the All-England Championship in which sport 4 times in the 1980s?
3. Where does snow have to fall for there to be an official declaration of a white Christmas?
4. Who had a hit with Ice Ice Baby?
5. What is the real name of the American footballer nicknamed The Fridge?
6. Which carol includes the line: 'When the snow lay round about, deep and crisp and even'?
7. What is the name given to a moving sheet of ice and snow?
8. In what year was Snow White And The Seven Dwarfs released?
9. In the 1980s which British Couple dominated the world of Ice Dancing?
10. The Panto Snow White was so popular in 1994 that there was a shortage of what?

Winter Wordsearch

SNOWBALL
SNOWFALL
HOT CHOCOLATE
FROZEN
BLIZZARD
WONDERLAND
SKATING
SNOWFLAKE
SKIING
NIPPY
WINTER
ICICLE
FROSTY
GLISTEN

L	O	K	I	L	L	A	B	W	O	N	S	T	E
N	B	S	W	W	L	K	N	S	W	W	N	L	W
S	G	N	K	H	I	K	A	L	T	I	N	S	O
A	N	D	E	I	G	O	T	E	N	N	B	L	N
N	N	O	G	T	I	I	B	D	Y	T	B	B	D
E	A	S	W	F	S	N	L	D	P	E	S	L	E
L	L	N	T	F	R	I	G	I	P	R	K	I	R
C	I	O	G	A	A	O	L	N	I	F	A	Z	L
I	O	W	N	B	F	L	S	G	N	R	T	Z	A
C	D	F	Z	I	W	N	L	T	E	O	I	A	N
I	N	L	D	N	T	N	F	E	Y	Z	N	R	D
B	L	A	G	I	I	O	L	E	E	E	G	D	O
Z	W	K	L	D	S	H	N	H	L	N	L	O	O
F	D	E	T	A	L	O	C	O	H	C	T	O	H

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 2018 so if you have any stories, events going on or photographs please send them in. ●



Charlie Chuckles

One day, while strolling down the road, John bumped into an old friend of his, Rob, from school. "You look great John, how do you stay looking so young? Why you must be 60 already but you don't look a day over 40!" Rob exclaimed. "I feel like I'm 40 too!" replied John. "That's incredible" exclaimed Rob, "Does it run in the family? How old was your dad when he passed?" "Did I say he was dead?" asked John. "He's 81 and is more active than ever. He just joined the local pub football team!" responded John. "Whoa! Well how old was your Grandfather when he died?" "Did I say he died" asked John. Rob was amazed. "He just had his 105th birthday and plays golf and goes swimming each day! He's actually getting married this week!" "Getting married?!" Rob asked. If he's 105, why on earth does he want to get married?! John looked at Rob and replied, "Did I say he wanted to?"

The neighbours thought it was odd, but 93 year old Bert was dating again. One Monday morning he woke up with a funny feeling that something important happened last evening. It was during breakfast, that Bert finally remembered what it was. He had proposed to his date Gladys. But what she answered he just couldn't seem to remember. Bert picked up the phone and rang her. "Hello Gladys", said Bert, "I have a funny question for you, do you remember last night when I proposed?" "Oh my gosh" gushed Gladys, "I'm so glad you called, I knew I said yes to somebody but I just couldn't remember who it was!"

While working the lunch shift at a local restaurant, I watched as an older couple ate. It seemed as if the man was the only one eating. First his starter, then his main, and then finally his pudding. All the while with his wife just looking on, not even touching her food. Confused, I approached the woman and asked if there was anything I could get for her. "No thank you," came her answer, "it's his turn for the teeth!"

Sam goes to the doctor for his yearly check-up. "Everything is fine", said the doctor, "You're doing OK for your age." "For my age?" questioned Sam, "I'm only 75, do you think I'll make it to 90?" "Well" said the doctor, "do you drink or smoke?" "No" Sam replied. "Do you eat fatty meat or sweets?"

"No" said Sam "I am very careful about what I eat." "How about your activities? Do you engage in thrilling behaviours like speeding or skiing?" "No" said Sam taken aback, "I would never engage in dangerous activities." "Well," said the doctor, "then why in the world would you want to live to be 90?"

Answers & solutions to page 25

Quiz

1. Rimsky-Korsakov
2. Badminton
3. The roof of the Meteorological Office in London
4. Vanilla Ice
5. William Perry
6. Good King Wenceslas
7. A glacier
8. 1937
9. Jayne Torvill and Christopher Dean
10. Dwarf Actors

Wordsearch

L	O	K	I	L	L	A	B	W	O	N	S	T	E
N	B	S	W	W	L	K	N	S	W	W	N	L	W
S	G	N	K	H	I	K	A	L	T	I	N	S	O
A	N	D	E	I	G	O	T	E	N	N	B	L	N
N	N	O	G	T	I	I	B	D	Y	T	B	B	D
E	A	S	W	F	S	N	L	D	P	E	S	L	E
L	L	N	T	F	R	I	G	I	P	R	K	I	R
C	I	O	G	A	A	O	L	N	I	F	A	Z	L
I	O	W	N	B	F	L	S	G	N	R	T	Z	A
C	D	F	Z	I	W	N	L	T	E	O	I	A	N
I	N	L	D	N	T	N	F	E	Y	Z	N	R	D
B	L	A	G	I	O	L	E	E	E	G	D	O	
Z	W	K	L	D	S	H	N	H	L	N	L	O	O
F	D	E	T	A	L	O	C	O	H	C	T	O	H

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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



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you can find them



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clear



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an emergency number
to hand

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