

voice

SPRING/SUMMER 2018

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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 tippie, 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.



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



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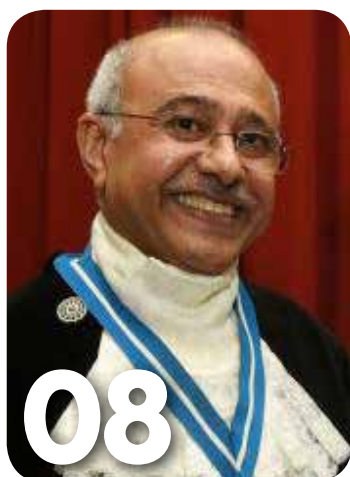
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Foreword from the CEO

Welcome to this Spring and Summer edition of our VOICE magazine

I hope that you are all enjoying the warmer weather following such a snowy and cold Winter. It is so lovely to see the trees and flowers in bloom.

Inside we have an interview with the High Sheriff of Bedfordshire Mr Taylor giving us an insight into some of his thoughts and interests.

Also you will find our regular features such as recipes, gardening, jokes, and puzzles.

You will see inside that we have a feature on a brand new service that we are providing to carers across the county now. This is our new Carers Respite/Sitting Service. We are also featuring our Telephone Friendship Network inside. Read on to find out more and how you can contact us to find out more about these new services. I hope you all have a lovely Spring and Summer with lots of sunshine and warm weather to enjoy. Happy Reading.



Karen

Karen Perry
CEO, Age UK Bedfordshire



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Brand New Services Available

If you are a carer for someone then please read on.

Age UK Bedfordshire in conjunction with Central Bedfordshire Council and Bedford Borough Council are providing short term carers respite for people who are caring for a loved one.

If you or the person you care for lives in Central Bedfordshire or Bedford Borough area and one of you is over 50 years of age then we can help. This service will provide you with a short break of normally one to two hours, thus enabling you to have some respite and do something without worrying about your responsibilities. This can be a one off or regular service.

Contact us direct and we will undertake a short assessment over the telephone so ascertain your needs and requirements alongside how best to work with you to ensure the service meets your needs. We will supply you with a fully trained, reference and Police checked worker to sit with your loved one while you have some free time to undertake other things.

We can:

- Sit and chat with your loved one.
- Read to them.
- Discuss the news with them.

- Watch TV or listen to the radio or music with them.
- Make tea or a light snack.
- Play cards or board game.
- Take them for a short walk (with you as well if you wish).
- Provide companionship.
- Or simply be with them so you can have peace of mind.

We try to establish a regular sitter so that you and your loved one can build a rapport with them making the whole process friendly and warm.

Payment can be made in Central Bedfordshire area by Carers Respite Vouchers (each voucher buys one hour) and in Bedford Borough area you may have a prepaid card or we may be able to invoice the Council for the service.

If you are a carer who has not been allocated any respite from the Local Authority you can still contact us for the service and pay the hourly rate.

Contact us to chat or find out more about the service and we will do our best to help you with any queries:

Tel:
01234 360510

Email:
enquiries@
ageukbedfordshire.org.uk



The Telephone Friendship Network

Age UK Bedfordshire are pleased that our Telephone Friendship Network is now available across the whole of Bedfordshire.

The Telephone Friendship Network has been available in North Bedfordshire area courtesy of start up funding from the Harpur Trust. Central Bedfordshire Council have now funded a pilot scheme in their Local Authority area.

So if you are or someone you know:

- Is 50 years of age.
- Living in Bedford Borough or Central Bedfordshire area.
- Lonely and isolated.
- Finds it difficult to get out and about.
- Go for days without a good natter.
- Simply want to talk to someone who cares.

Then contact us on 01234 360510 or email enquiries@ageukbedfordshire.org.uk.

Our service is offered free of charge and we will make a quick assessment of need over the telephone. The

service is a regular service normally weekly but can be less often if you like. We will treat you with respect and dignity, never judge you or your opinions, chat and take time to listen to you, value you as a person, help make your day brighter.

We can also help if you have worries about anything by signposting you to other relevant services.

What some existing clients say about the Telephone Friendship Service:

“It makes my week when you phone”

“It was wonderful to hear from you today”

“It’s lovely to hear a voice at the end of the phone that isn’t talking to me about windows or energy bill and keeping warm! Someone who really want to talk to me”

Don’t delay if you are lonely and would like this service contact us today!



Lunch Club

in Sandy for older people

Age UK Bedfordshire has supported a local lunch club in Sandy for many years.

If you or someone you know is over 60 and would like to attend please contact Sue on 07775715607

The club operates on a Tuesday and Friday and starts at 12 noon.

A 2 course home cooked nutritious lunch followed by refreshments for £7.00.

Quince court, Endayne Avenue, Sandy, Beds

All welcome!



Dates for Your Diary

Monday 23rd April

St George’s Day

Monday 7th May

May Day Bank Holiday

Monday 28th May

Spring Bank Holiday

Sunday 20th May

Whit Sunday

Sunday 17th June

Father’s Day

Monday 27th August

Summer Bank Holiday

What you didn't know about...

The High Sheriff of Bedfordshire Mr Vinod Tailor FCIB DL

Mr Vinod Tailor FCIB DL was officially appointed to the Office of the High Sheriff of Bedfordshire for 2017-2018 at a ceremony held at the Hindu Temple on 1 April 2017.

The ceremony was attended by around 120 dignitaries, family and friends, including the Lord-Lieutenant of Bedfordshire, Helen Nellis.

The Office of the High Sheriff is an annual appointment by HM The Queen which goes back to Saxon times and Vinod takes over the role from Charles Whitbread.

The High Sheriff is the Queen's representative in Bedfordshire for all matters relating to the Judiciary and the maintenance of law and order.

Mr Tailor and his wife, Jaimani, live in Luton with his mother and their son. As well as working in the Banking and Financial sector for 40 years, Mr Tailor is involved in several organisations in Bedfordshire, London, India and Africa. His interests include reading, charitable works and classical music.

Who has been the biggest influence on your life?
My parents

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

Life is about being ethical, moral and having the right attitude.

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

Arriving in the UK.

What are your hopes and dreams for future generations?

To have ethical and moral attitudes and values in this challenging age of materialism and not to be swayed.

How would you like to be remembered?

For my contribution to mankind and the environment (all living things).

What brief note would you write in a time capsule to be opened in 250 years time?

I hope that creation has preserved, plants and animals have not become extinct.

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

Mahatma Ghandi or Martin Luther King as they lived what they preached.

Where did you grow up?

Uganda until the age of 14, then I came here to the UK.

What was your childhood like?

Very happy, it was related to nature and a very holistic environment.

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

The Bhagavad Gita and Mahatma Ghandi's favourite hymn.

How has being a parent changed you?

My understanding and moving with the times.

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

Trying to smoke at a very young age.

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

A doctor.

Do you plan on retiring ever?

I believe God gave me work to do whilst I am here and I plan to continue working in any way I can (volunteering, mentoring, guiding) until my time is up.



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Tips for Healthy Ageing

Watch what you eat and drink

It sounds obvious, but having a balanced diet is crucial for good health, energy and preventing illness. An ideal diet should be low in saturated fat, with lots of fruit and vegetables, wholegrains, oily fish, and small amounts of low-fat dairy and lean meat.

Don't forget to top-up with lots of water to avoid dehydration, which can make you feel tired and confused. Tea, coffee and fruit juice will also help you to stay hydrated, but avoid sugary fizzy drinks.

If you drink alcohol, keep at least two days per week booze-free to give your liver time to recover from the toxic effects of alcohol, and don't exceed recommended daily limits for alcohol consumption.



Look after your teeth

Brush your teeth twice a day and floss daily. Floss helps to prevent gum disease by removing pieces of food and plaque from between the teeth.

If it's left to build up you might notice sore or bleeding gums, and gum disease can also be linked to diabetes, strokes, heart disease and rheumatoid arthritis.

Have regular check-ups and, if you wear dentures or have a bridge, ask your dentist to check that they fit properly.



Make the most of your GP

It's a good idea to get some routine tests done at the doctors to check your blood pressure and cholesterol levels. High readings increase your risk factor for stroke and heart disease but any problems are completely reversible with medication.



Whilst you're there, why not ask your doctor about the seasonal flu jab? It's free once you reach 65, or if you have a health condition that puts you at risk of more serious problems if you caught the flu.

Stay active

Daily exercise helps you to stay strong and healthy. This will lower your risk of obesity, heart disease, stroke, diabetes, and even cancer. If that wasn't enough, staying active can boost your self-esteem, improve your sleep, and give you more energy.

Government guidelines recommend that older adults do 150 minutes of moderate intensity activity per week, as well as strengthening exercises twice a week.

If that sounds like a lot, start small and as you get stronger you will be able to work up to those amounts.



Get a vitamin boost

Lots of people have a vitamin D deficiency and don't know it. In fact, it's estimated that it affects half of the adult population. Vitamin D deficiency has been linked to cognitive impairment, bone problems and also cardiovascular disease.



Try to get outside in the sunshine for at least 15-20 minutes a day for a vitamin D boost. It can also be found in food such as eggs and oily fish. Alternatively, talk to your doctor about a vitamin D supplement.

Take care of your feet

Look after your feet by applying moisturiser to prevent dry skin and cutting your toenails straight across. Make sure you have footwear that fits properly and supports your feet.

If they're sore you may be tempted to stay in slippers, but a pair of trainers could be a good option as they are more supportive.

Contact your GP if your feet become painful, feel very hot or cold or if you have common problems like corns, bunions or ingrown toenails.



Stay in touch

Spending time with other people can prevent you from feeling lonely or anxious. If you find that you are no longer able to do the things you used to do, try to develop new hobbies and interests or think about becoming a volunteer.

Use Skype to make video phone calls to friends and family who don't live nearby.

Contact us for our Telephone Friendship Network



Sort out your sleep

Many of us have trouble getting – or staying – asleep as we get older. This can leave you feeling tired and grumpy.

Avoid insomnia by cutting down on daytime naps, establishing a bedtime routine and going to bed at the same time each night.

Try a warm drink such as chamomile tea or hot milk before you go to bed.



Take the tests

As we age our hearing and eyesight can be affected, so it's important to get them checked regularly. Hearing loss is common in older people so see your GP if you have to have the TV on loud or having trouble tuning into conversations. If you need a hearing aid, some are available on the NHS.

Have your eyes checked every year if you are aged 70 or over, and every two years if you are under 70. This means that changes in your vision can be corrected and any problems can be picked up before they seriously affect your sight. Eye tests are free if you are over 60.



Give up smoking

If you didn't know it already, let us repeat it: smoking is bad for your body and your brain.

It's linked to a whole range of different health problems, including heart disease, lung cancer, and bronchitis.

The good news is that if you stop smoking, regardless of your age, your circulation, your lung capacity and your energy levels will improve.



Staying Cool in a Heatwave

Protecting Your Skin

Use sunscreen of at least sun protection factor (SPF) 15 with four or five stars. Apply it generously and top up at least every two hours and if you've been in water, reapply when you are dry.

The sunscreen's star rating shows its ability to protect your skin from damage and premature ageing.

Apply sunscreen to any uncovered parts of your body.

A hat will protect your head, face, ears and eyes.

Choose sunglasses that have a CE mark, UV400 label or a statement that they offer 100 per cent UV (ultraviolet) protection.

When the weather is hot, your skin may also feel drier than usual. Using moisturiser can help keep your skin healthy.

If you have moles or brown patches on your skin, they usually remain harmless. But if they bleed, or change size, shape or colour, show them to your GP without delay.

Sun Exposure and Vitamin D

Although it's important to protect your skin, some direct exposure to the sun is essential for the production of vitamin D.

Don't let your skin burn, but try to go outside once or twice every day without sunscreen for short periods from March to October. The more of your skin that is exposed, the better your chance of making enough vitamin D.

There are some food sources of vitamin D – salmon, sardines and other oily fish, eggs and fortified spreads – but sunshine is the major source.

The Government recommends vitamin D supplements for some groups of the population, including people aged 65 and over.

If you think you could be at risk of not getting enough vitamin D, particularly if you are housebound or cover your skin for cultural reasons, raise this with your GP. Always speak to your GP before starting to take a vitamin supplement or over-the-counter medicine on a daily basis.

Dehydration and Overheating

Extreme heat and dry conditions can cause you to dehydrate and your body to overheat.

It's important to eat a balanced diet to help your body replace any salt you lose by sweating. Aim to drink 6 – 8 glasses of liquid a day, and more if it's hot. You may also need to be careful if you're taking some types of medication that affect water retention. Speak to your GP if you're concerned.

Watch out for certain signs – particularly for muscle cramps in your arms, legs or stomach, mild confusion, weakness or sleep problems. If you have any of these, rest in a cool place and drink plenty of fluids. Seek medical advice if your symptoms persist or worsen.

Heat Exhaustion and Heatstroke

Heat exhaustion:

The symptoms of heat exhaustion include headaches, dizziness, nausea or vomiting, intense thirst, heavy sweating and a fast pulse.


If you have any of these symptoms you must, if at all possible:

- Find a cool place and loosen tight clothes.
- Drink plenty of water or fruit juice.
- Sponge yourself with cool water or have a cool shower.

Your symptoms should improve within 30 minutes. If you're feeling better but still have any concerns, call your GP or NHS 111 for advice.

Heatstroke:

Heatstroke can develop if heat exhaustion is left untreated – it can also develop suddenly and without warning. The symptoms of heatstroke include confusion, disorientation, seizures and loss of consciousness.



Heatstroke is a life-threatening condition.
If you or someone else shows symptoms:
Call 999 immediately, if you have a
community alarm, press the button on
your pendant to call for help while waiting
for the ambulance, follow the advice given
for heat exhaustion but do not try to give
fluids to anyone who is unconscious.

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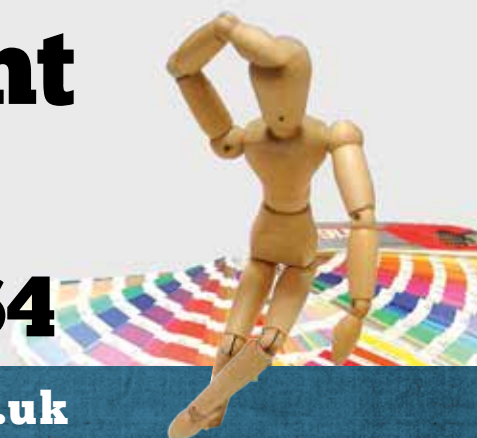
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Green Fingere Grandma

Well by the time you all read this the snow and frost should be gone and the buds will be growing, the bulbs will be bringing a welcome splash of colour and the trees and the hedgerows will be growing and bringing the feeling that Summer is just around the corner.

To tickle your little grey cells I have detailed a fun quiz below for those of you that like all things horticultural. Want to see how much you really know? Then test your gardening knowledge below!

1. Which flower's name comes from the Ancient Greek word for star?
2. What common name was dianthus barbatus given to honour the Duke of Cumberland's victory at the Battle of Culloden? And, in contrast, what name do the Scots sometimes call the weed noxious ragwort also in memory of the infamous Duke? (Two answers required)
3. Which plant, widespread in Britain, if touched causes a serious chemical reaction which makes skin hypersensitive to ultraviolet light?
4. What is the common name for salix babylonica?
5. Which flower is also the goddess of the rainbow in Greek Mythology?
6. Most species of eucalyptus are native to which country?
7. True or false. Ericaceous plants like acid soil?
8. Who designed the Blue Peter Garden in 1974?
9. The Avenue of the Baobabs is a group of famous trees in which African country?
10. Which garden in the Cotswolds is notable for its miles of sculptured hedges?
11. True or false. Tulips were once so valuable in Holland that their bulbs were worth more than gold?
12. Which king created the Hanging Gardens of Babylon?

Answers
 1. Aster. 2. Sweet William and Stinking Billy. 3. Giant hogweed. 4. Weeping Willow. 5. Iris. 6. Australia. 7. True. 8. Percy Thrower. 9. Madagascar. 10. Hidcote. 11. True. 12. Nebuchadnezzar II.

Phone Scams

Phone scams are a common way for criminals to con people out of money using various tricks to get your personal or financial information.

What are some common types of phone scams?

It can be hard to tell the difference between a scam and a genuine business trying to sell you something. However, it's good to know some of the typical tricks that scammers use so you can be prepared if you ever get a call like these.

Bank scams

This is a call from someone claiming to be from your bank telling you there's a problem with your card or account. They may ask for your account and card details, including your PIN number, and even offer to send a courier to collect your card from you so they can resolve the problem. They may also advise transferring your money to a 'safe account' to protect it, which

can lead to loss of money. The caller will often sound professional and try to convince you that your card has been cloned or that your money is at risk. This is a common scam and your bank would never ask you to do this. Simply put the phone down.

Compensation calls

This is a call from a company asking about a car accident you've had and offering you compensation. Some of these could be genuine companies looking for business but others are scammers. Don't engage in these calls. If you've had an accident, call your own insurance company on the phone number provided on your policy. And put the phone down sharply if you have not been involved in an accident.

HMRC scams

You may get a call from someone claiming to be from HMRC saying there is an issue with your tax refund or an unpaid tax bill. They may leave a message and ask you to call back. Again, don't be fooled by this. HMRC would never contact you this way and would never ask you to reveal personal financial information such as your bank account

details. Do not engage in any conversation and never call them back on the number provided.

Number spoofing

Scammers now have the technology to mimic an official telephone number so it comes up on your caller ID display (if you have one on your phone). This can trick you into thinking the caller is really from a legitimate organisation, such as a bank or utility company. If you're in any doubt, hang up and call the organisation directly. If possible, call them from different phone as scammers can keep the phone line open, so that even if you hang up and call the organisation directly, the line may still be connected to the scammer. If it's not possible to use another phone then wait for at least 10 minutes before you call.

'Anti-scam' scams

This is a call from someone claiming to be from a charity supporting scam victims, a company selling anti-scam technology, or from someone demanding money to renew your Telephone Preference Service registration, which is actually free. Be alert to all of these.

Check a charity's registration with the Charity Commission to find out if they're genuine

What should you do if I get a scam call?

Older people are often a target for scammers, so it's important

to be aware of phone scams and how to handle them. Fortunately, there are things you can do to protect yourself.

Don't reveal personal details

Never give out financial information (such as your bank account details or your PIN) over the phone, even if the caller claims to be from your bank. Be wary of anyone asking for personal information such as your passport details. No bank or official organisation would ask for confidential information over the phone.

Hang up

If you feel harassed or intimidated, or if the caller talks over you without giving you a chance to speak, end the call. It may feel rude to hang up on someone, but you have the right not to be harassed and pressurised into buying something, answering a survey, or giving out your personal details. Hanging up is the best advice. If the caller turns out to be genuine, they will understand and contact you by letter or email.

Ring the organisation

If you're unsure whether the caller is genuine, you can always ring the company or bank they claim to be from. Make sure you find the number yourself (from a letter, statement, the phone book, or their official website) and don't use the one provided by the caller.

If you're using the same phone, try calling someone you know first to make sure the line is

free, or wait at least 10 minutes between calls to make sure scammers have hung up. Don't be rushed. Scammers will try to rush you into providing your personal details. They may say they have an offer or an investment that is time-limited. Alternatively, they may say your money or your bank account is at risk if you don't give them the information they need right away. These tactics are designed to pressure you but don't be rushed into doing something you're not sure about. They will often sound well-spoken and knowledgeable. Don't be fooled by the sound of their voice.

If it's about an offer or an investment, always take the time to seek advice and look into the seller's credentials first.

How can I avoid phone scams and cold calls?

You can block or prevent some cold calls. Try these simple things: Register with the Telephone Preference Service – it's free and it allows you to opt out of

any unsolicited live telesales calls. This should reduce the number of cold calls you receive but may not block scammers. Talk to your phone provider to see what other privacy services and call-blocking services are available, although you may need to pay for some of these services. If you have a smartphone, you can use the settings on the phone to block unwanted numbers. If you're not sure how to do this, you could visit your local mobile phone shop for assistance.

Stay alert to these despicable people and their nasty tricks.

Chocolate Marble Cake

Ingredients:

- 225g butter, softened
- 225g caster sugar
- 4 eggs
- 225g self-raising flour
- 3 tbsp milk
- 1 tsp vanilla extract
- 2 tbsp cocoa powder

Method:

- Heat oven to 180°C/gas 160°C/gas 4.
- Grease a 20cm cake tin and line the bottom with a circle of greaseproof paper.
- If you want to make life easy, simply put all the ingredients (except the cocoa powder) into a food processor and whizz for 1-2 mins until smooth. If you prefer to mix by hand, beat the butter and sugar together, then add the eggs, one at a time, mixing well after each addition. Fold through the flour, milk and vanilla extract until the mixture is smooth.
- Divide the mixture between 2 bowls.
- Stir the cocoa powder into the mixture in one of the bowls. Take 2 spoons and use them to dollop the chocolate and vanilla cake mixes into the tin alternately.
- When all the mixture has been used up (and if young kids are doing this, you'll need to ensure the base of the tin is fairly evenly covered), tap the bottom on your work surface to ensure that there aren't any air bubbles. Take a skewer and swirl it around the mixture in the tin a few times to create a marbled effect.
- Bake the cake for 45-55 mins until a skewer inserted into the centre comes out clean.
- Turn out onto a cooling rack and leave to cool. Will keep for 3 days in an airtight container or freeze for up to 3 months.

Old fashioned Goulash

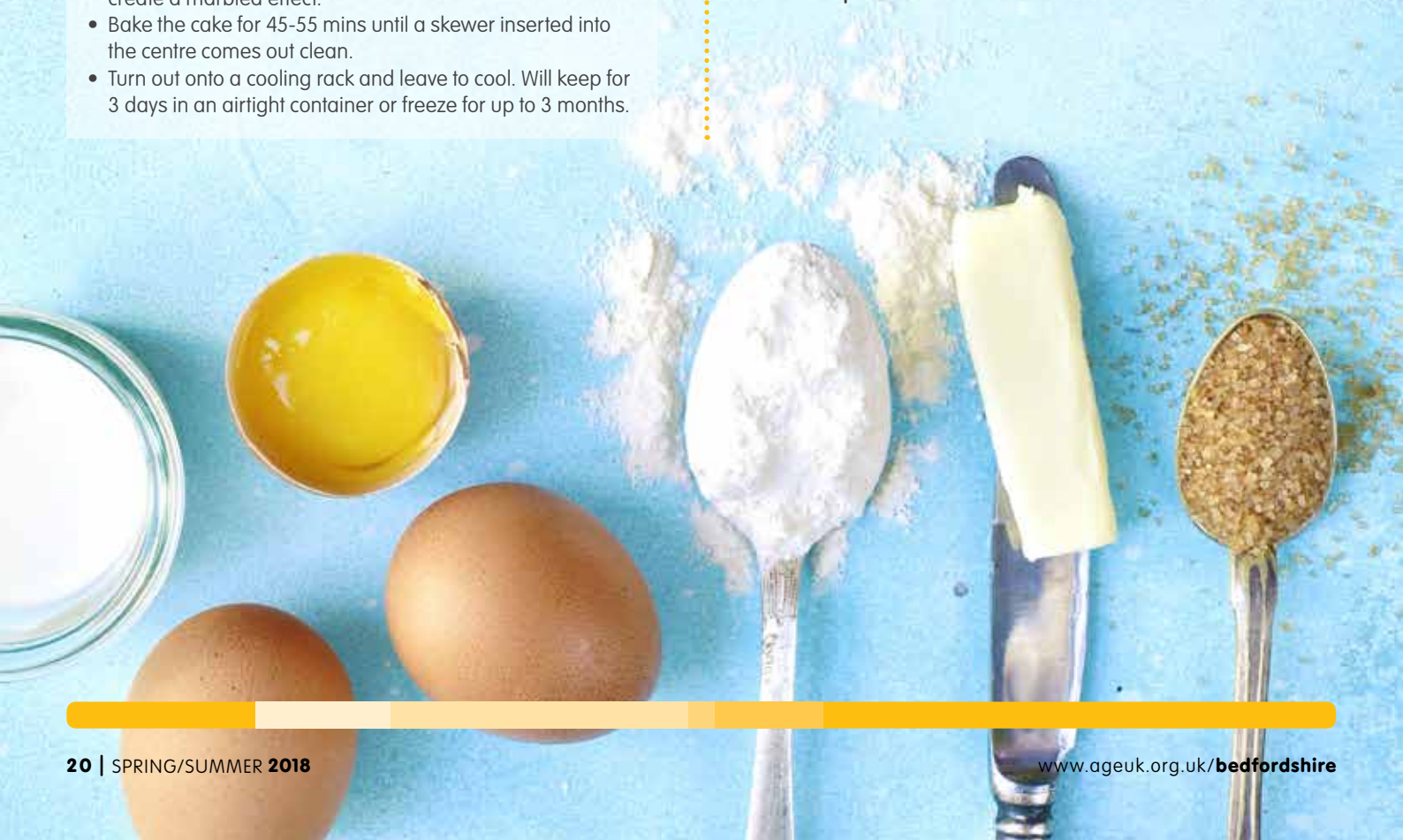
Ingredients:

- 1 lb ground beef
- 1 tsp olive oil
- 1 onion, chopped
- 1 pepper, chopped (whatever colour you have on hand)
- 3 cloves garlic, finely chopped
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp Italian seasoning
- 2 bay leaves
- 1 tbsp low sodium soy sauce
- 1 2/3 cups water
- 1 – 28 oz can chopped tomatoes
- ½ cup frozen peas
- 1 cup elbow macaroni, uncooked

Method:

- Heat olive oil in a large pan over medium high heat.
- Add ground beef, break up with a spoon and brown until no longer pink.
- Add onion, bell pepper and garlic, sauté for about 5 minutes until onion is translucent.
- Stir in salt, pepper, Italian seasoning and bay leaves.
- Stir in water, tomatoes and soy sauce, bring to a bubble.
- Reduce heat and simmer, covered, for 15 minutes.
- Stir in peas and macaroni.
- Simmer covered for 20-25 minutes, until macaroni is tender.

This recipe feeds 4-6



Puzzle Page

Solutions to puzzles
can be found on
page 26

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

Quick Quiz

1. Yellowstone National Park is primarily in which U.S. state?
2. Where in the British Isles can Lady Isabella be found?
3. Praxis was a 1978 novel by which novelist?
4. Shakespeare's Timon of Athens was either a tragedy, a history or a comedy?
5. Going to the Match is an acclaimed work by which Lancastrian artist?
6. Sheridan Smith portrayed which celebrated entertainer in a 2014 TV biopic series?
7. In which year was the Battle of Poitiers?
8. Who was the only British First Lord of the Treasury to be assassinated, in 1812?
9. Which is the second planet from the Sun?
10. What is removed from water in the process of desalination?
11. How many players are there in a netball team?
12. Which football team play at Elland Road?

Summer Wordsearch

SUNSHINE
HOLIDAY
ICE CREAM
TAN
FAMILY
SUITCASE
SWIM
CAMPING
AEROPLANE
FLIP FLOPS
BEACH
SAND
SUNGLASSES
SEA
POOL
BIKINI

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

Why should you have a dog if you also have a teenager?

So someone in the house is happy to see you.

Why can't you hear a pterodactyl go to the toilet?

Because the "P" is silent!

Did you hear about the dyslexic man who walked into a bra?

I couldn't believe that the motorway police called my dad a thief.

But when I got home, all the signs were there.

A man is walking in the desert with his horse and his dog when the dog says, "I can't do this. I need water." The man says, "I didn't know dogs could talk." The horse says, "Me neither!"

Answers & solutions to page 25

Quiz

1. Wyoming
2. Isle of Man
3. Fay Weldon
4. A tragedy
5. Laurence Lowry
6. Cilla Black
7. 1356
8. Spencer Percival
9. Venus
10. Salt
11. Seven
12. Leeds United

Wordsearch



You could be in the Algarve, relaxing in the sun...

[www.algarve-retreats.com/
property-to-rent/apartment-meia.htm](http://www.algarve-retreats.com/property-to-rent/apartment-meia.htm)

Situated on the top floor of a three storey block the apartment has its own residents' swimming pool. It has the advantage of being away from the bustle of the town centre but within walking distance (5 minutes to the marina and another 5 to the town centre).

It has a twin bedroom, open plan kitchen and lounge. The kitchen has a 4-ring hob, oven, microwave, toaster and washing machine. There is a family sized bathroom. The lounge has a sofa (which converts into two more single beds) and a table to seat four. A TV, DVD and CD player are also available. Both the lounge and Bedroom have Patio doors which open onto the balcony offering views over the swimming pool and across Lagos. There is ample car parking space in front of the building.

PRICES:

Jan - March	£225
April	£300
May	£325
June	£375
July/August	£475
Sept	£375
Oct	£325
Nov/Dec	£250



To book accommodation please contact Judith Hall on **01536 711884**
Apartments can also be booked very competitively at judith.hall6@btinternet.com

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