

# voice

SPRING/SUMMER 2021

Bedfordshire  
ageUK

**FREE**  
PLEASE TAKE ONE



DATES FOR YOUR DIARY + RECIPES + GARDENING + QUIZ + MUCH MORE

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Spring/Summer 2021

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# NHS HEROES

*Thank you*

Age UK Bedfordshire and the publishers, Lance Print limited, would like to thank The NHS and all Key Workers and volunteers.



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# Foreword from the CEO

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

As I write this there is a feeling of hope that this Summer may be a very different time to last year. Last March we all went into lockdown until August therefore we could not get out and about and enjoy ourselves with family and friends.

According to the Government plan to get out of lockdown this year and if it does all go to plan then by mid June we should be able to get out and about and live a near normal life. Now what that normal life will look like for everyone is something to wonder at. Has the fact that we are now used to wearing masks going to change, are we still going to carry gloves and anti bac out and about with us.

Many of us will by now have had at least one vaccine and some maybe have had 2. This will be vital protection for us all. In our organisation all our staff and volunteers have had at least one of their vaccines and we are committed to keeping all our clients safe. This has been our priority throughout COVID and our services have all continued to provide help to those who need us. We ensure anyone visiting a client is in full PPE and we have rigorous checks in place.



So I wish everyone a safe and happy summer with the hope that life will be returning to the new normal over the forthcoming months.

Stay well

## Karen

**Karen Perry**  
CEO, Age UK Bedfordshire



**Cover Image**

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# Dates for Your Diary



- Monday 3rd May**  
May Bank holiday
- Monday 31st May**  
Spring Bank Holiday (Whitsun)
- Sunday 20th June**  
Father's Day
- 30th August**  
Summer Bank Holiday
- 31 October** (clocks go back one hour)
- 31st October**  
Halloween
- 1st November**  
All Saints Day
- 5th November**  
Guy Fawkes Night (Bonfire Night)
- 11th November**  
Armistice Day
- 14th November**  
Remembrance Sunday
- 21st December**  
Winter Solstice (Shortest Day)
- 24th December**  
Christmas Eve
- 25th December**  
Christmas Day
- 26th December**  
Boxing Day
- 31st December**  
New Years Eve
- 1st January 2022**  
New Years Day

# Staying

**As we work towards coming out of lockdown and getting past COVID this is the time to ensure that you are staying safe and well.**

This means both physically and mentally well. We all know that the last year or so has been very challenging for everyone. Those of us who have been shielding have been even more lonely and isolated. Now that we are returning to a new 'normal' it is important to improve our well being.

The information in this article we hope will assist you to keep well.

## Stay in touch

Staying in touch with family and friends is very important. Making time for regular phone calls and staying in touch online if possible are great ways to keep in contact when we can't meet face to face. If you have a mobile phone or computer, now is the ideal time to set up Skype or video calling so you can still see each other. Consider signing up to social media sites such as Facebook, Twitter or Instagram if you haven't already – it can be a great way to stay in touch and find out what's happening in your local community.

Think about ways to get creative. Could some of your usual social activities move online or to phone calls? Can you 'meet up' with friends or family by arranging a video chat over a coffee or a meal?

## Keep busy

Try to keep up with your normal hobbies and activities as far as possible. Whether you're a keen knitter, a gardening enthusiast or crossword champion, make sure you have plenty of supplies to keep you going. You can order what you need online or ask someone to pick up what you need.

Explore options for online alternatives, such as digital subscriptions for papers and magazines, e-books or streaming services for music and films. There are also lots of ways to play group games online as well.

It's time to get creative. If you belong to clubs that can no longer meet face to face, can they still go ahead by phone or online? Now may also be a good time to set yourself a goal, learn a new skill, or take on a group challenge.

## Get active

Staying active is hugely important – as the saying goes, 'use it or lose it', and this is particularly important around physical activity.

Although we are being asked to stay inside again, we're all still able to go out as much as we want for exercise. This can be by yourself, with people that you live with, or one person from another household. Going outside and being with nature can help to lift your spirits as well as keeping you active.

But if you want or need to stay at home, the good news is there is plenty you can do in the house and garden (weather permitting, of course). Whether you're a regular gym bunny or just getting started, advice and inspiration is available via our website or the We Are Undefeatable website today. If you do not have access to the internet just try walking around your home and garden regularly each day. Do some gentle stretches either while standing or sitting.



# Well

(Always check with your GP if you are considering undertaking any form of exercise – they will give you advice on what you can do given any health conditions you may have)

## Look after yourself

It's quite likely there will be times we all feel anxious or low in the days and weeks ahead. This is completely normal, so we've put together some top tips:

- If you are worried, talking really does help. Take time to chat about how you're feeling with family and friends.
- Focus on the things you can control rather than the things you can't. This might mean focusing on getting into a routine and taking small practical steps each day to do what you need to do.
- If you find the news is making you anxious and depressed, try limiting yourself to set times each day to check in on events. Also, stick to trusted sources of information.
- If things are getting on top of you and you are feeling like you can't cope it's a good idea to talk to your GP about your mental health.

If you start to feel overwhelmed, some simple breathing exercises can help. Sit or lie down in a way that's comfortable for you. Take a deep breath in and hold it, at the same time raising and tightening your shoulders, and clenching your fists. Count slowly to 5 as you breathe out. Do this several times

## Don't neglect your physical health

It's easy to neglect our physical health when we are worried or distracted, so keep an eye on how you're doing and follow these simple tips:

- Stay physically active around the house and garden.
- Eat a balanced diet and try to get your five fruit and vegetables a day (tinned or frozen fruit and vegetables are just as good as fresh). If you feel like you don't have much of an appetite, eating something is better than eating nothing. The most important thing is to eat, even if the only thing you fancy is a slice of cake, something is always better than nothing.
- Avoid drinking too much or smoking.
- Try to get outside for some fresh air. If you aren't able to go out for a walk, just sitting in the garden, or on the balcony, or opening a window can help.
- Get plenty of rest and try to stick to your normal sleeping patterns.
- Carry on managing any other on-going health conditions. Make sure you keep taking your usual medications and keep doing any recommended exercises, even if it means changing your usual routine.

It can seem like coronavirus is the only issue which matters, but your health needs are just as important as before.

The NHS is urging people to get medical help if they are worried about their health. They are not too busy to provide support and they are putting in place extra precautions to help keep everyone accessing services safe. If you think you need help with your physical or mental health, you shouldn't delay asking.

Your GP is still available to support you if you feel unwell, although this may take place over the phone rather than face-to-face.

If you need urgent medical help, whether or not you have coronavirus symptoms, you should contact 111 or call 999 in an emergency.

Having nutritious and varied food is important for good health and well-being throughout life. During this difficult time, making sure we are eating and drinking enough is essential for our health and wellbeing. If you're worried that you have recently gone off food or unintentionally lost weight, it may be a good idea to weigh yourself regularly so you can see if you are losing weight.

## Help someone else

Lots of us like to spend time helping others and find that it improves our mood and gives us a sense of purpose.

If you're used to volunteering regularly you might be missing that feeling of being useful. Or if you're managing well yourself, you might be thinking of those who aren't coping as well.

The good news is there are plenty of ways you can pitch in to help others without leaving the house.

1. Phone friends or relatives to check in and chat - particularly those who live alone. Even a short call can make a big difference to someone who's feeling lonely, and remind them they're missed and cared for. You could also send cards or small gifts to let people know that you're thinking of them.
2. Share your boredom-busters. Inspire your friends and family with ideas of crafts, activities or recipes that you have tried out. You could even try doing activities together over the phone, such as working together on a crossword or taking on a quiz.
3. Get together virtually. Why not explore ways to hold your regular events using the internet? People have been hosting everything from quizzes to book club discussions online, and you don't need to be a tech wizard to get involved.
4. Support friends or neighbours to get online. Some people are taking their first steps into the digital space right now, which can be a bit confusing if you're not used to it. If you have digital know-how, see if you can help them over the phone with any issues they run into.
5. Join the Big Knit. Try your hand at knitting or crocheting and make a tiny hat, just right for topping off an innocent smoothie bottle.

Every hat sold raises 25p for Age UK. The simple pattern is at the end of this article. Have a go and call us and let us know you are knitting.

If you cannot get the hats to us we will arrange to collect them.

**Tel: 01234 360510**



# simple bobble hat

**Yarn:** Yellow and white  
**Needles:** 4mm

**beginner pattern by Juliet Bernard**

### Hat

Cast on 31 sts

Knit two rows

Beginning with a knit row work 12 rows in st st

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

### Making up

Use a sewing needle to join side seams.

Make a pompom in white and sew securely to top of the hat.

**Abbreviations:** St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together





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## General Quiz

1. How many pennies are there in an old style English pound?
2. In which Scottish lake is a monster said to live?
3. How many people would normally make up a jury in England and Wales?
4. What nationality was the composer Frederick Chopin?
5. What were commuters urged to go to work on in the 1960's?
6. What is the RAF's famous aerobatic display team called?
7. Which English city is familiarly known as 'Brum'?
8. What is the plural of 'dwarf'?
9. If you had 'tinnitus' what would you be suffering from?
10. What is the world's best selling perfume?
11. Scorpions are immune to their own venom. True or False?
12. In a hit song of 1939, where was the washing going to be hung out?
13. What colour is a Harrods carrier bag?
14. Which of Henry VIII's wives was mother of Queen Elizabeth I?
15. Where in London did 'The Wombles' live?
16. What sport are Olga Korbut and Nadia Comaneci famous?
17. Dietary deficiency of vitamin C gives rise to which disease?
18. What is the newspaper of the Salvation Army called?
19. What was the name of the frog who appeared in 'The Muppet Show'?

# How to **Help** us to **Help** Older People

As a local charity and not a branch of the national Age UK we do not receive any national funding from the national Age UK by right. We have to fund our own services through donations and funding applications.

**D**uring the last year or so we have worked tirelessly to help our older community and our staff and volunteers have gone above and beyond to do this. However COVID has put more of a financial strain on our resources.

There are ways in which you can help us to continue to deliver services:-

## Donations

You can make a one off donation or a regular donation to us. A one off donation can be made by cash, cheque or bank transfer. Cheques made payable to

**Age UK Bedfordshire** and sent to our office at  
78-82 Bromham Road,  
Bedford MK40 2QH.

Bank transfers to  
Account Number **000005163**  
Sort Code **40-52-40**

Account Name **Age UK Bedfordshire**  
(CAF Bank Limited)

If you would like to set up a regular donation please contact us.

Tel **01234 360510**

or email

**enquiries@ageukbedfordshire.org.uk**

## Leave a Legacy in Your Will

Obviously when we pass away we want to leave our family and friends gifts and legacies.

However you can also leave a legacy to Age UK Bedfordshire and this money will then help us to help older people. Your gift to your community.

It is very simple to leave a legacy. If you do not yet have a will contact us and we can help. If you already have a will then you can contact your solicitor and instruct them you wish to make a small change. This act of kindness will go towards helping other people who live in your local area.

## Knit for us

If you like knitting then take part in the **Big Knit** and help us. We knit hats and then we receive a donation from Innocent for every hat that is knitted. See the hat pattern opposite and get your needles ready to go. If you cannot deliver your knitted hats to us then contact us and we will arrange collection

## Volunteer for us

We are always looking for volunteers to help in a range of ways in the organisation.

From simple admin tasks, through being a telephone befriender, to giving information and advice to our clients.

If you feel you can spare a few hours a week to help us to help older people then contact us on

**01234 360510**

or email

**enquiries@ageukbedfordshire.org.uk**



# Phone Scams

Unfortunately it is a fact that scams and scammers are part of life. Phone and Doorstep scams are 2 of the most wide spread. In this article we give information and advice on how to avoid and what to do if you have been a victim.

Phone scams are a common way for criminals to con people out of money. Be aware of some of the most common phone scams and find out what you can do to stay safe.

## What is a cold call?

Cold calls are phone calls from companies trying to sell you something, even though they have had no business with you previously. Cold calls aren't usually illegal and don't necessarily count as a scam although they can be annoying, frustrating and even frightening.

Even though it won't necessarily block scammers, you can register for free with the Telephone Preference Service (TPS) to reduce the number of cold calls you receive.

## What are some common types of phone scams?

It can be hard to tell the difference between a scam and cold calling. However, it's good to know some of the typical tricks that scammers use so you can be prepared.

### Bank scams

Someone may call claiming to be from your bank telling you there's a problem with your card or account. The caller will often sound professional and try to convince you that your card has been cloned or that your money is at risk.

They may ask for your account and card details, including your PIN number, and even offer to send a courier to collect your card.

They may also advise transferring your money to a 'safe account' to protect it.

This is a common scam and your bank would never ask you to do this.

### Computer repair scams

A scammer may call you claiming to be from the helpdesk of a well-known IT firm, such as Microsoft. They'll tell you that your computer has a virus and will ask you to download 'anti-virus software', possibly at a cost.

This turns out to be spyware, used to get your personal details.

Legitimate IT companies don't contact customers this way.



## Compensation calls

This is a call from a company asking about a car accident you've supposedly had claiming you may be entitled to 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.

## 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.

## 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 a 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.

## Pensions and investment scams

This is a call about an 'unmissable' investment opportunity, or offering you the opportunity to access your pension cash earlier.

Nuisance calls about pensions are now illegal. If you receive a cold call about your pension, report it to the Information Commissioner's Office on **0303 123 1113**

## '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 I 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 personal or financial information (such as your bank account details or your PIN) over the phone, even if the caller claims to be from your bank.
- 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 pressurised into anything.
- 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 and don't use the one provided by the caller.
- Don't be rushed. Scammers will try to rush you into providing your personal details. They may say they have time-limited offer or claim your bank account is at risk if you don't give them the information they need right away.

## 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.
- There are products to block some calls. Some local councils provide call blockers through their trading standards teams.

## How can I report or make a complaint about a cold call?

There are privacy laws that protect consumers from direct marketing phone calls. If you've registered your phone number with the Telephone Preference Service (TPS) or if you've told the company directly that you don't wish to receive phone calls, you shouldn't receive direct marketing calls from the UK.

If you receive an unwanted telesales call, an automated message, or a spam message, tell the company that you don't wish to be contacted again.

You can complain to the Information Commissioner's Office or report spam texts by forwarding the text for free to **7726**.

If you have received a silent or abandoned call, complain to Ofcom.

## What should I do if I've been a victim of a phone scam?

Scammers are constantly finding new ways to trick people and phone scams are changing all the time. If you've been the victim of a scam don't be embarrassed to report it. It can happen to anyone.

Report the scam to the police and also contact Action Fraud. The information you give to Action Fraud can help track down the scammer.

## What should I do next?

Register your landline and your mobile phone with the Telephone Preference Service (TPS). To register your mobile phone, text 'TPS' and your email address to 85095.

Talk to your phone provider to see what privacy services and call-blocking services are available, although you may need to pay for some of these services. Ofcom has information about different phone providers' services that block nuisance calls.

If you're concerned about whether a scheme or offer is legal or legitimate, contact the Citizens Advice Consumer Service or Action Fraud for advice.

We have a small supply of scam blocking telephones. These are normal phones but pre loaded to block known scam numbers. Contact us for one of these phones FOC - **01234 360510** or email [enquiries@ageukbedfordshire.org.uk](mailto:enquiries@ageukbedfordshire.org.uk)

## Doorstep scams

Doorstep scammers commonly target older people. We'll show you how to protect yourself and stay safe on your doorstep.

## What is a doorstep scam?

Doorstep scams take place when someone comes to your door and tries to scam you out of your money or tries to gain access to your home.

Doorstep scammers aren't always pushy and persuasive, they may seem polite or friendly. So if you're not expecting someone it's important to be vigilant when you answer the door, especially if you live on your own.

It can be very easy to fall victim to a scam, but you can be scam savvy if you know what to look out for.

## What are some common types of doorstep scams?

There are many different types of doorstep scams, some of the most common ones include:

- **Rogue traders:** A cold-caller may offer you a service you don't really need. They may claim to have noticed something about your property that needs work or improvement, such as the roof, and offer to fix it for cash or an inflated price.
- **Bogus officials:** People claim to be from your utility company as a way of gaining access to your home. Always check the ID of any official, and if they're genuine they won't mind waiting while you check.
- **Fake charity collections:** A fraudster may pretend they're from a charity and ask you to donate money, clothes or household goods. Legitimate charities will all have a charity number that can be checked on the Charity Commission website.
- **Made-up consumer surveys:** Some scammers ask you to complete a survey so they can get hold of your personal details, or use it as a cover for persuading you to buy something you don't want or need.
- **Hard luck stories:** Someone may come to your door and ask you to help them out with cash, ask to use your telephone or claim they're feeling unwell. The story is made up and intended to con you out of your money or gain access to your home.

## How can I protect myself from doorstep scams?

There are things you can do to feel safer when answering the door, such as:

- **Putting up a deterrent sign.** You could put a 'no cold callers' sign up on your door or window, which should deter any cold callers from knocking on your door.
- **Setting up passwords for utilities.** You can set up a password with your utility companies to be used by anyone they send round to your home. Phone your utility company to find out how to do this.
- **Nominating a neighbour.** Find out if you have a nominated neighbour scheme where a neighbour can help to make sure if callers are safe.

**Contact your local Neighbourhood Watch or your local Safer Neighbourhood police team to find out more**

### Remember S.C.A.M.S

If someone does come to the door, it's important to remember the following:

- **Only let someone in if you're expecting them** or they're a trusted friend, family member or professional. Don't feel embarrassed about turning someone away.
- **Don't feel pressured.** Don't agree to sign a contract or hand over money at the door. Think about it and talk to someone you trust.

■ **Check their credentials.** You should always check someone's credentials - a genuine person won't mind. You can phone the company they represent or check online, but never use contact details they give you.

■ **Don't share your PIN.** Never disclose your PIN number or let anyone persuade you to hand over your bank card or withdraw cash.

■ **Call the police.** Call the police non-emergency number 101 if you're not in immediate danger but want to report an incident. But call 999 if you feel threatened or in danger.

Take the time to think about any offer, even if it's genuine. Don't be embarrassed to say 'No' to people or ask them to leave.

## What should I do if I've been a victim of a doorstep scam?

Scammers are constantly finding new ways to trick people and doorstep scams are changing all the time. If you've been the victim of a scam don't be embarrassed to report it. It can happen to anyone.

Report the scam to the police and contact Action Fraud. The information you give to Action Fraud can help track down the scammer.



# Gardening Service

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# Charlie Chuckles

- Teacher:** "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"
- Johnny:** "Seven."
- Teacher:** "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"
- Johnny:** "Seven."
- Teacher:** "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"
- Johnny:** "Six."
- Teacher:** "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"
- Johnny:** "Seven!"
- Teacher:** "Johnny, where in the heck do you get seven from?!"
- Johnny:** "Because I've already got a freaking cat!"

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

In a Catholic school cafeteria, a nun places a note in front of a pile of apples, "Only take one. God is watching." Further down the line is a pile of chocolate biscuits. A little boy makes his own note, "Take all you want. God is watching the apples."

Late one night a burglar broke into a house and while he was sneaking around he heard a voice say, "Jesus is watching you." He looked around and saw nothing. He kept on creeping and again heard, "Jesus is watching you." In a dark corner, he saw a cage with a parrot inside. The burglar asked the parrot, "Was it you who said Jesus is watching me?" The parrot replied, "Yes." Relieved, the burglar asked, "What is your name?" The parrot said, "Clarence." The burglar said, "That's a stupid name for a parrot. What idiot named you Clarence?" The parrot answered, "The same idiot that named the Rottweiler Jesus."



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1. 240
2. Loch Ness
3. 12
4. Polish
5. An egg
6. The Red Arrows
7. Birmingham
8. Dwarfs OR Dwarves
9. A ringing in the ears
10. Chanel No. 5
11. False
12. On the Seigfried Line
13. Green
14. Anne Boleyn
15. Wimbledon
16. Gymnastics
17. Scurry
18. The War Cry
19. Kermil

**General Quiz**  
**ANSWERS**



## APHIDS including greenfly and blackfly



**What:** 5mm long, with or without wings. Slow moving. Shed papery skins

**Symptoms:** Sap sucking may distort growth, create stickiness and spread virus

**Control:** Squash, spray with natural or synthetic products



Green Fingered Grandma

## LILY BEETLE



**What:** Red wings, black head. Flies. Grubs wrapped in black excrement on underside of leaves

**Symptoms:** Holes in lily and fritillaria leaves. Grubs cause most damage

**Control:** Pick off from spring onwards

## VINE WEEVIL GRUB



**What:** White legless, brown head, 10mm long in soil, especially pots. September to March

**Symptoms:** Wilting due to eaten roots

**Control:** Check pots. Biocontrol or a pesticide drench for ornamentals

## SLUGS or SNAILS



**What:** Slug or snail damage to leaves

**Symptoms:** Ragged edges or irregular holes. Eaten growing tips. Often silvery slime trail.

**Control:** Barriers and traps, bio control, pesticide pellets



## ADULT VINE WEEVIL



**What:** Adult Vine weevil. 1cm, dull black, pear shaped. Produces root-eating grubs

**Symptoms:** Notches eaten from leaf edges, especially evergreens

**Control:** Remove by hand

# Garden Pest

## SOOTY MOULD



**What:** Sooty mould. Dark powdery deposit on upper surface of sticky leaves

**Symptoms:** Dark fungal crust growing on sugary excretions of sap sucking insects eg aphids or scale insects. Blocks light, weakening plant

**Control:** Wipe off if possible. Control aphids or scale insect

## CAPSID



**What:** Capsid damage. Winged adult bugs generally to 6mm with diamond pattern at rear. Green or brown

**Symptoms:** Leaves develop with small holes. May distort flowers especially dahlia and fuchsia. Late spring through summer

**Control:** Monitor, pesticide

## SCALE NYMPHS



**What:** Scale nymphs. Scale insects form limpet like cases on stems and leaves. Some adults produce fluffy egg masses

**Symptoms:** poor growth, sticky surfaces, sooty mould

**Control:** some bio controls indoors, vigilance, pesticide

## EARWIG



**What:** Earwig. Brown and shiny to 15mm. Two end pincers. Hides in daylight

**Symptoms:** Ragged flowers and young leaves spring to autumn

**Control:** Monitor by trapping. Also beneficial. Eats small pests especially aphids on fruit trees

## GLASSHOUSE THRIPS

**What:** Glasshouse thrips on outdoor plants. Adults to 2mm, brown with orange tips.

**Symptoms:** Foliage bleached silver with brown flecking of excrement. Especially on evergreen viburnum

**Control:** Pesticide

Photo by Stephanie Fray © Shutterstock





Who says that stews are only for the winter. Try this fresh chicken stew simple and one pot cooking.

# Summer Chicken Stew

Serves 4

## Ingredients

**2 tbsp** olive oil  
**500g** leeks , finely sliced  
**2** plump garlic cloves , finely sliced  
**2** thyme sprigs , leaves picked  
**8** chicken thighs , skinless and boneless  
**500g** new potatoes , larger ones quartered, smaller ones halved  
**350ml** chicken stock  
**200g** green beans  
**350g** frozen petit pois  
 lemon wedges, to serve

## Method

### STEP 1

Heat the oil in a large casserole dish over a medium heat. Add the leeks, garlic and thyme, cover and cook gently for 10 mins, stirring occasionally. Season the chicken and tip into the dish with the potatoes.

### STEP 2

Turn up the heat, pour in the stock and bring to a simmer. Reduce the heat and allow to gently bubble with the lid on for 35 mins. Add the green beans and peas for the final 10 mins of cooking. Season to taste, then ladle into bowls or lipped plates with a squeeze of lemon.

Try this simple no cook recipe



# Strawberry Shortcake Slice

## Ingredients

**600ml** double cream  
**1 tbsp** vanilla bean paste  
**1 tbsp** orange blossom water  
**125g** icing sugar , plus 2 tbsp  
**500g** shortcake biscuits , plus 3 crushed  
**350g** strawberries , sliced

## Method

### STEP 1

Line a 20cm cake tin or dish (either a square or rectangle works well) with cling film, leaving an overhang. Whip 500ml of the cream, the vanilla, orange blossom water and 125g icing sugar with an electric whisk until thick and billowy.

### STEP 2

Add a layer of biscuits to the tin, and spoon over some of the cream, about 1cm thick all over. Add a layer of strawberry slices, then repeat with the cream, biscuits and strawberries until you fill the tin, finishing on a layer of biscuit. You'll have some strawberries left over to serve. Press everything down well so every biscuit is covered in cream. Cover and chill overnight.

### STEP 2

To serve, flip the tin onto a serving plate, and remove the cling film. Whip the remaining 100ml cream with 1 tbsp icing sugar and dollop on top of the cake, swirling it around. Top with the remaining strawberry slices in lines, sift over the remaining 1 tbsp icing sugar, and sprinkle the biscuit crumbs in between the rows of strawberries.

Cut into slices to serve.

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## CADDINGTON GROVE

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