

voice

SPRING/SUMMER 2019

Bedfordshire
ageUK

FREE
PLEASE TAKE ONE



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









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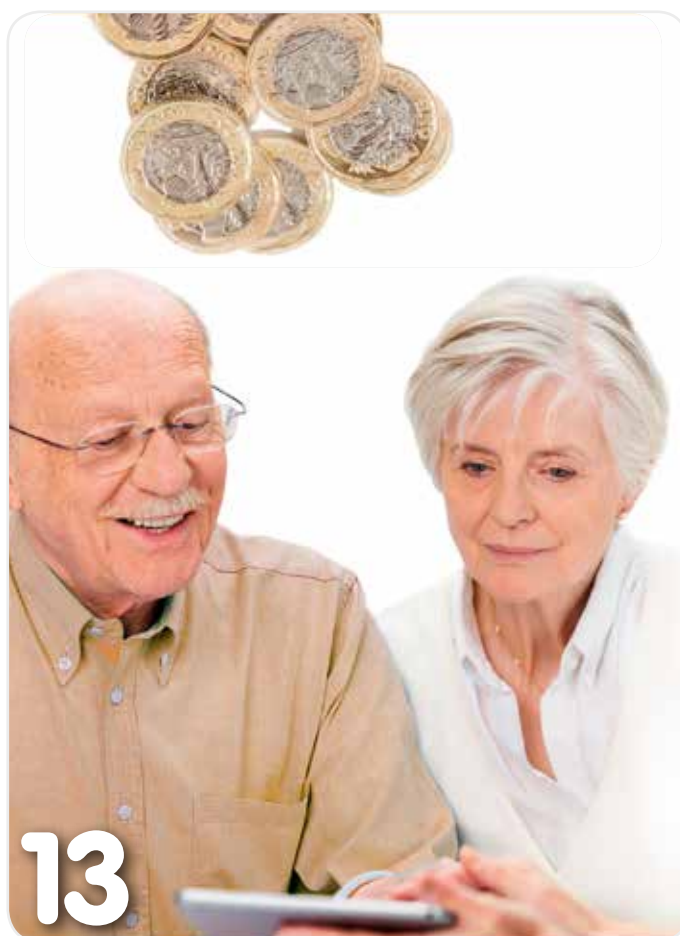
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Foreword from the CEO

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

It really feels very lovely even this early in the year due to the unseasonably warm weather experienced recently. The gardens are quite confused about whether it is still Winter or if we are already into Summer. Certainly the snowdrop, daffodils and crocuses are already very much in bloom and the summer plants and flowers such as roses and others are waking up very early.

Inside you will find the regular Dates for your Diary, Recipes, Jokes and Puzzles alongside other pieces of information and pieces.

We also have an interview with Steve Perry, Deputy Chief Officer of Age UK Bedfordshire giving us an insight into some of his thoughts and interests.

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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Vitamin D

How to Get this Vital Vitamin During Spring and Summer

Vitamin D is essential for healthy bones. In the UK we get most of our vitamin D from sunlight exposure from around late March/early April to the end of September. Find out how to get enough without risking sun damage.

We need vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth and muscles.

A lack of vitamin D, known as vitamin D deficiency, can cause bones to become soft and weak, which can lead to bone deformities.

In children, for example, a lack of vitamin D can lead to rickets. In adults, it can lead to osteomalacia, which causes bone pain and tenderness.

How do we get vitamin D?

Our body creates vitamin D from direct sunlight on our skin when we're outdoors. From about late March/early April to the end of September, most people should be able to get all the vitamin D we need from sunlight.

We also get some vitamin D from a small number of foods, including oily fish such as salmon, mackerel, herring and sardines, as well as red meat and eggs.

Vitamin D is also added to some breakfast cereals, fat spreads and non-dairy milk alternatives. The amounts added to these products can vary and may only be added in small amounts. Another source of vitamin D is dietary supplements.

How long should we spend in the sun?

Most people can make enough vitamin D from being out in the sun daily for short periods with their forearms, hands or lower legs uncovered and without sunscreen from late March or early April to the end of September, especially from 11am to 3pm.

It's not known exactly how much time is needed in the sun to make enough vitamin D to meet the body's requirements.

This is because there are a number of factors that can affect how vitamin D is made, such as your skin colour or how much skin you have exposed.

But you should be careful not to burn in the sun, so take care to cover up or protect your skin with sunscreen before your skin starts to turn red or burn. People with dark skin, such as those of African, African-Caribbean or south Asian origin, will need to spend longer in the sun to produce the same amount of vitamin D as someone with lighter skin.

How long it takes for your skin to go red or burn varies from person to person.

Your body can't make vitamin D if you're sitting indoors by a sunny window because ultraviolet B (UVB) rays (the ones your body needs to make vitamin D) can't get through the glass.

The longer you stay in the sun, especially for prolonged periods without sun protection, the greater your risk of skin cancer. If you plan to be out in the sun for long, cover up with suitable clothing, wrap-around sunglasses, seeking

shade and applying at least SPF15 sunscreen.

Winter sunlight

In the UK, sunlight doesn't contain enough UVB radiation in winter (October to early March) for our skin to be able to make vitamin D.

During these months, we rely on getting our vitamin D from food sources (including fortified foods) and supplements.

Using sunbeds isn't a recommended way of making vitamin D.

Who should take vitamin D supplements?

Some groups of the population are at greater risk of not getting enough vitamin D.

The Department of Health recommends that these people should take daily vitamin D supplements to make sure they get enough.

Can you have too much vitamin D?

If you choose to take vitamin D supplements, 10µg a day will be enough for most people.

These groups are:

people who aren't often exposed to the sun (for example, people who are frail or housebound, or are in an institution such as a care home, or if they usually wear clothes that cover up most of their skin when outdoors)

For the rest of the population, it is advised to consider taking a daily supplement containing 10 micrograms (µg) of vitamin D. However please check with your GP first.

But the majority of people aged 5 years and above will probably get enough vitamin D from sunlight in the summer (late March/early April to the end of September), so you might choose not to take a vitamin D supplement during these months.

Speak to your pharmacist, GP or health visitor if you're unsure whether you need to take a vitamin D supplement or don't know what supplements to take.

People who take supplements are advised not to take more than 100µg of vitamin D a day, as it could be harmful (100 micrograms is equal to 0.1 milligrams).

This applies to all adults,

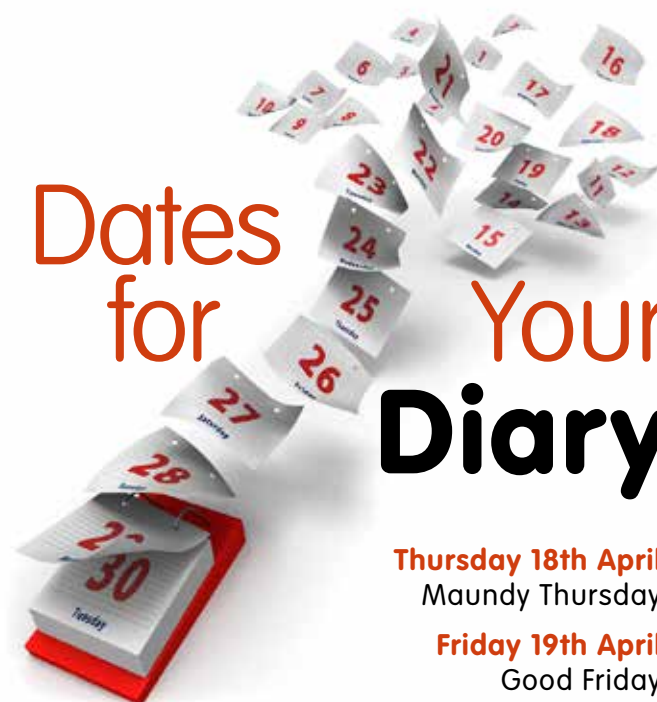
Some people have medical conditions that mean they may not be able to take as much vitamin D safely.

If in doubt, you should talk to your doctor. If your doctor has recommended you take a different amount of vitamin D, you should follow their advice.

The amount of vitamin D contained in supplements is sometimes expressed in international units (IU), where 40 IU is equal to 1 microgram (1µg) of vitamin D.

There's no risk of your body making too much vitamin D from sun exposure, but always remember to cover up or protect your skin before the time it takes you to start turning red or burn.

Dates for Your Diary



Thursday 18th April
Maundy Thursday

Friday 19th April
Good Friday

Sunday 21st April
Easter Sunday

Monday 22nd April
Easter Monday

6th May
May Day Bank Holiday

26th May
Whit Sunday

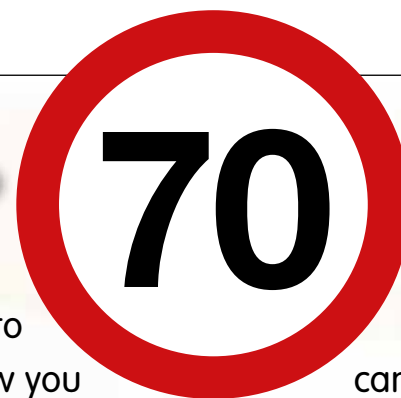
27th May
Whit Monday Bank Holiday

16th June
Father's Day

26th August
1st Bank Holiday



Driving after



If you're over 70 and want to keep on driving, you'll have to renew your driving licence. On this page we'll explain how you can renew your driving licence, and give you some advice to keep you safely on the road in later life.

How do I renew my driving licence after 70?

Once you reach the age of 70, your licence expires, but this doesn't automatically mean you have to stop driving. You just need to renew your driving licence if you want to continue. You'll need to renew it every 3 years after that. Renewal is free of charge.

Don't forget to apply for any categories of vehicle covered on your old licence, if you still want to be able to drive them after you renew your licence. If you don't apply for any categories previously covered, you'll only be able to drive a car in future.

If your licence expires and you don't apply for a new one, you won't legally be allowed to drive.

The DVLA will send you a D46P application form 90 days before your 70th birthday.

If you have a photocard licence

- To renew, fill in the form and return it to the DVLA with your current driving licence photocard. You may also need to include a new passport-type photo – the form will tell you if you need to do this. If you apply by post it can take up to three weeks.

If you have a paper licence

- To renew, fill in the form and enclose an up-to-

date passport-type photo. If you apply by post it can take up to three weeks.

Renew online

- You can also renew your licence using the GOV.UK website. You'll have to register and you'll be given step-by-step instructions on how to renew:

If you don't receive an application form

If the DVLA doesn't send you an application form:

- call the DVLA form ordering service on 0300 790 6801
- order a D1 form online or go to the Post Office and ask for a D1 form 'Application for a Driving Licence'
- Request a driving licence application form from the DVLA

Can I still drive while my application for a licence is being processed?

You can drive while your licence is being renewed but only if you meet certain conditions. These include:

- you're not currently disqualified from driving
- you had a valid licence
- your licence wasn't revoked for medical reasons and your doctor says you are still ok to drive)

To find out more about continuing to drive while your application is pending read the guidance on the GOV.UK website.

Does my health condition mean I have to stop driving?

If you've developed a medical condition or disability that could affect your driving, you must tell the DVLA, even if you're not yet due to renew your licence. This also applies if your condition has worsened since your licence was issued.

Which conditions do I have to declare to the DVLA?

Some of the medical conditions that you must declare are:

- dementia
- diabetes – if it's insulin-treated
- Parkinson's
- epilepsy
- any chronic neurological condition, such as multiple sclerosis
- any condition that affects both eyes, or total loss of sight in one eye.

Many people worry that they'll be forced to stop driving, but this isn't necessarily the case.

It's a legal obligation for you to declare certain conditions to the DVLA. If you have an accident you haven't declared a health condition, your insurance might not cover you.

Other health conditions may need to be declared, depending on what kind of licence you have and how the condition affects you.

What happens next?

After you've told the DVLA, it may:

- make a decision based on the information you provide
- contact your GP or consultant (with your permission) or arrange for a local doctor or specialist to examine you
- ask you to take a driving assessment, eyesight test or driving appraisal.

How likely am I to lose my licence if I declare a medical condition to the DVLA?

Having a medical condition doesn't always mean that you will lose your licence.

The DVLA can also give you a licence that shows you need to fit special controls to your vehicle to help you to drive with your disability. Unfortunately, the DVLA can also tell you to stop driving, if you're not fit to drive.

Declaring a health condition to your insurer

If you have a condition which you need to declare to the DVLA, you also need to declare this to your insurer. You may find that your premiums go up or that you need to seek a specialist provider. However, if you don't declare your condition, it could invalidate your policy.

Local driver assessment schemes

Many local councils, as well as the Royal Society for the Prevention of Accidents and the Institute of Advanced Motorists, offer driver assessment schemes.

Mobility centre driving assessments

If your medical condition or disability makes it more difficult to drive, then a mobility centre can advise you on the best options for your particular circumstances.

Local driver assessment schemes

The DVLA can refer you (and pay for the assessment) if they've asked you to take it, but there may be a long wait. It can be quicker to refer yourself but you will have to pay – the cost varies depending on the centre.

What does the mobility centre assessment involve?

Mobility centres have trained staff who can assess how your condition or disability affects your driving and look at what can help you to continue driving. The driving ability assessment will include:

How do I get my driving ability reassessed?

You should be able to continue driving if your condition doesn't affect your ability to drive safely. Or you may need some help to adjust or make adaptations to your car.

Sometimes the DVLA will issue you with a driving licence for 1, 2 or 3 years and then review things again in the future.

If you've developed a medical condition, you may need to have your driving ability assessed. Or you may not have a medical condition, but have decided yourself that you could benefit from an assessment. You can either get assessed through a local driver assessment scheme or through a mobility centre.

- Physical assessment to see if you can operate a car's controls
- Cognitive assessment to check your thinking skills
- Visual assessment to check your eyesight
- On-road assessment in a dual-controlled car

You'll get to try out car adaptations to see what works for you.



Driving after 70 continued

What happens if they say I can't drive anymore?

If the assessment shows that your medical condition makes it unsafe for you to drive, the DVLA can tell you to stop driving until your condition improves. In this case, you'll need to reapply for your licence if, and when, you're able to drive safely again. The DVLA will provide you with a medical explanation and, if possible, state when you should reapply. Talk to your GP before reapplying for your licence so you can prove your condition has improved.

How to get a Blue Badge for disabled parking

If you or your passenger has severe mobility problems, the Blue Badge scheme lets you park nearer your destination than you might otherwise be able to. It gives you exemption from some parking restrictions and access to designated parking spaces. We can help you with this. Contact us on 01234 360510.

Blue Badge holders are exempt from certain parking restrictions, including being allowed to park:

- free of charge at on-street parking meters and in Pay and Display bays
- on single or double yellow lines for up to 3 hours, except where there is a ban on loading or unloading.
- To find Blue Badge parking bays across the UK, check the GOV UK website.

Do I qualify for a Blue Badge?

Do I qualify for a Blue Badge?

- you get the higher rate of the mobility component of Disability Living Allowance or, if you claim Personal Independence Payment, you score a certain level on the Moving Around activity.
- you receive a War Pensioners' Mobility Supplement
- you are a registered blind person
- you have received a lump sum benefit from the Armed Forces and Reserve Forces Compensation Scheme (within tariff levels 1-8). You must also have been certified as having a permanent and substantial disability which causes inability to walk or very considerable difficulty in walking
- you get the higher rate of the mobility component of Disability Living Allowance
- you have a permanent and substantial disability which means you are unable to walk or have very considerable difficulty in walking (you will need to show that this criterion applies to you and you may have to be assessed by a medical professional such as physiotherapist or occupational therapist).

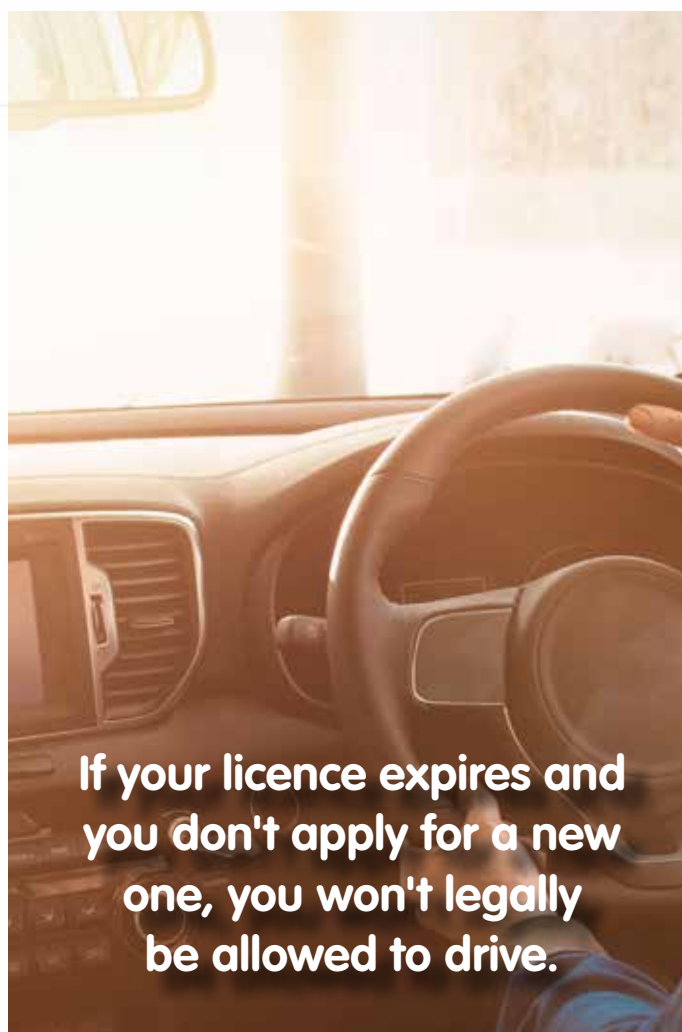
How can I adjust to life without driving?

It can be difficult to accept when we're no longer able to do something safely that has been a routine part of life. But reducing or giving up driving doesn't mean the end of your independence or mobility.

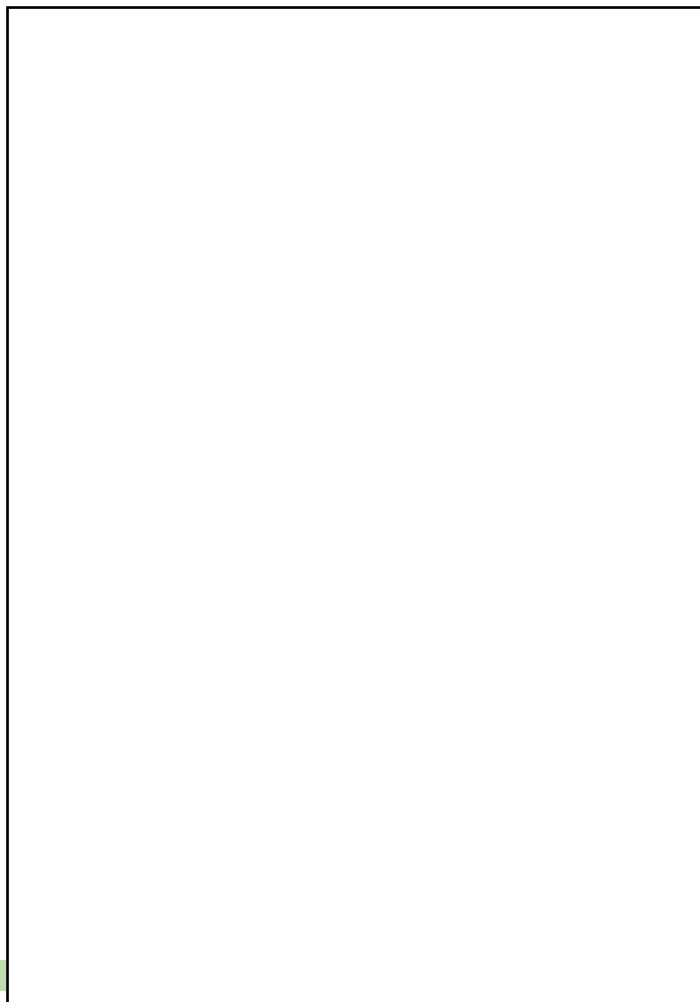
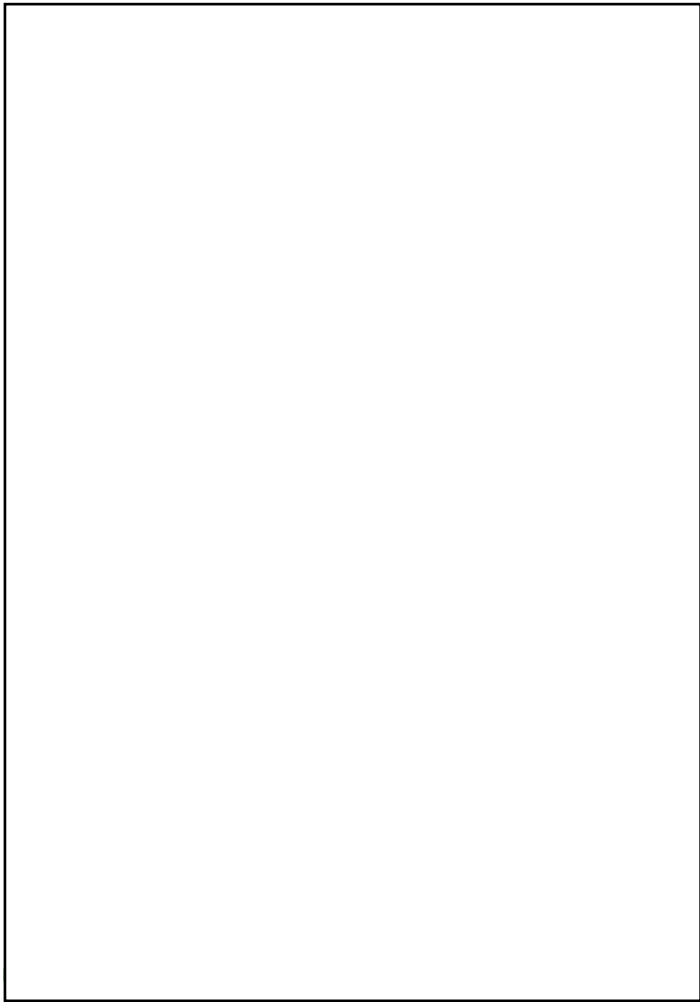
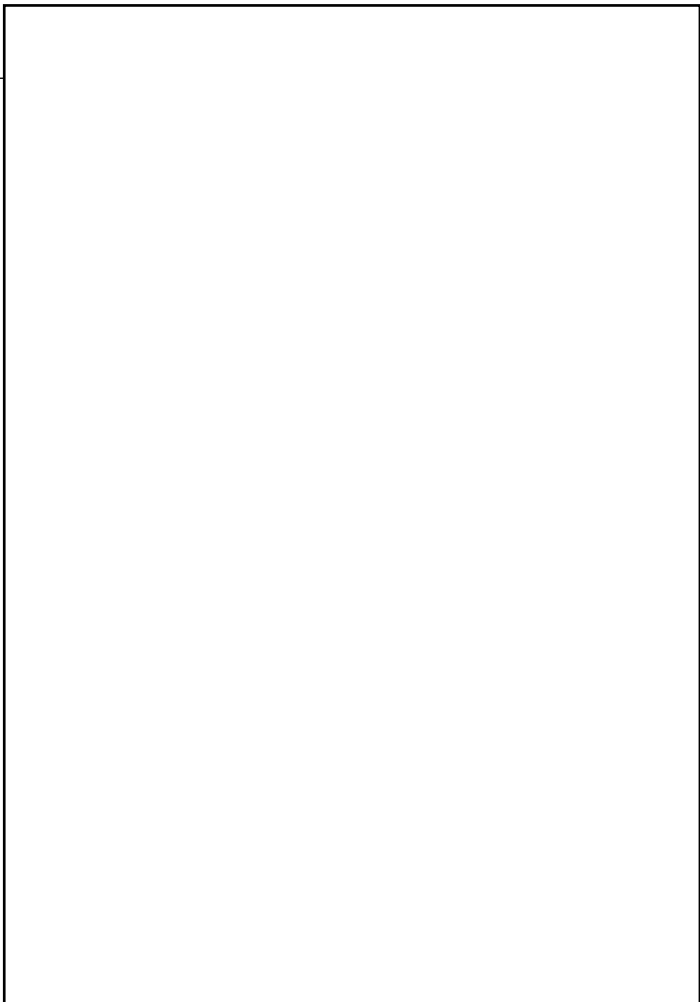
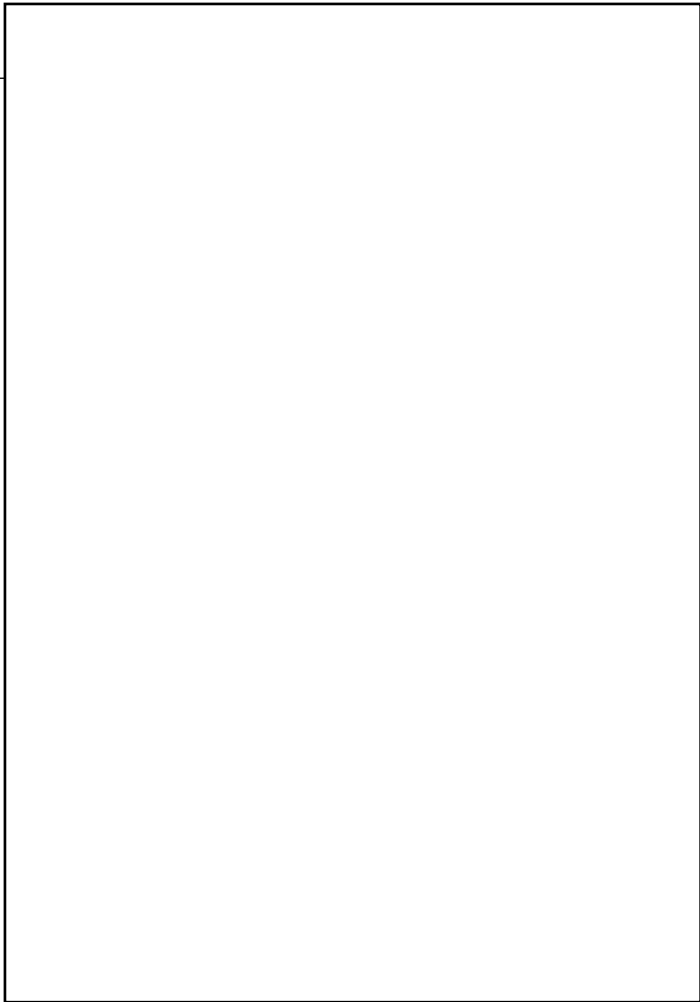
If you've decided to stop driving, or been advised to by the DVLA, there are many ways you can get around and there may be help with transport costs. You may feel worried

about the costs of giving up driving and having to pay for public transport but if you add up the amount you spend on car tax, insurance, fuel and maintenance, you may find that using alternatives work out to be less expensive than running a car.

Most people find adjusting to life without a car is difficult at first. If you're finding life without a car tough and causing you to feel down, talk to a family member, friend or your GP.



If your licence expires and you don't apply for a new one, you won't legally be allowed to drive.



GREEN FINGERED GRANDMA SUMMER 2019

For this edition I thought it would be nice to write a little about some of the typical English garden flowers that we all love.

Obviously there are hundreds of beautiful summer flowering shrubs, plants and bulbs so I have chosen my own personal 3 favourites and hope that one or more of them resonate with you all.

Roses

What can I say – the flower that is found in a number of varieties, colours, scents. A typical English garden flower.

Everyone can own a rose as they come in all shapes and sizes. Patio roses, hybrid tea, floribunda, climbing, standard and ground covering. They range in colour from the purest white, through the whole colour scheme to the darkest blue to be almost black. They grow in most soils and therefore you can keep them in most gardens. You can feed with bonemeal and even throw your old, used tea leaves around the base of them.

The scent of roses again can range from the most heady fragrance to almost no scent at all.

My firm favourites include:-

Peace – Hybrid Tea rose.

Large, globular, sweetly fragrant blooms of yellow, edged with pink. It is a vigorous variety with tall, branching growth and large, glossy, deep green foliage



Will Scarlett – Shrub rose.



A sport of 'Wilhelm', to which it is similar in every way except in its colour which is a brilliant scarlet fading to lilac-pink in hot weather. Light fragrance.

Sweet Memories – Patio rose. Sweet Memories has an attractive compact habit of well-formed, soft yellow bloom. Light green healthy foliage.



Geraniums

Another firm favourite in many gardens, and again come in various shapes, sizes and colours.

Geraniums love the sun and you can grow in the borders, beds and in hanging baskets and pots. They will flower for most of the summer and sometimes well into the Autumn.

They look great mixed with bedding plants and other summer bedding such as marigolds, pansies, petunias, and lobelia. Trailing varieties look wonderful in your hanging baskets, bright, colourful and easy to care for.

My favourite varieties:-

Best Red – Hybrid F1 deep red annual. Easy to grow and pest resistant naturally.



Johnson's Blue – drought tolerant. It blooms best in full sun, but appreciates some afternoon shade in hot, dry areas. It's very disease resistant and a magnet for bees and butterflies.



Sweet Peas

These beautiful, delicate, fragrant flowers are a sight to behold in the summer garden. Encouraging bees and other insects they can transport you into a place of peace and fragrance.



The colour schemes that occur as they grow and climb can put a rainbow to shame. Sweet peas do like to grow in full sun to partial shade and require rich, well-drained soil. They can be troubled by birds and some insects. However, if you can grow them they are well worthy of the effort.

To get the best from sweet peas I plant as many different colours as I can so that I get a screen of colour and scent through the flowering period of June – September.

The strongest smelling sweet pea is said to be the 'Matucana'. A bi-colour magenta and purple. **The strongest scented sweet pea in the world!**



Changes to couples benefits

The Government has announced plans to change the way benefits are given to couples where there's an age gap between them. Find out if this affects you and what you should do if it does.

■ What's changing?

From 15 May 2019, couples where one person is over State Pension age while the other is under that age won't be able to choose whether they claim Universal Credit or Pension Credit and pension-age Housing Benefit. Instead, both people will need to reach State Pension age before they can claim Pension Credit or Housing Benefit.

Because Universal Credit is less than pension-age benefits, you could lose out on quite a bit of money. Some couples could lose up to £7,000 a year, and a few could lose even more.

■ What can I do?

- If you're affected by these changes, you should make a claim for Pension Credit or Housing Benefit now, before the changes come into effect.
- We hold Factsheets on Pension Credit and Housing Benefit – please contact us for this information.

■ Are claims backdated if I apply after 15 May 2019?

Yes, but only for 3 months. Claims made on or before 13 August 2019 can be backdated to before the rule change applies, provided you meet the entitlement conditions applicable on 14 May 2019.

It's better to apply sooner rather than later though.

■ I'm already claiming Pension Credit or Housing Benefit. Am I affected?

If you're already claiming either of these benefits on 14 May 2019, you should not be affected. However, if your circumstances change or you take a break from claiming, it might mean you have to claim Universal Credit instead.

Some of the changes that might affect your claim include:

- a change of address to a different local authority area
- going abroad for more than 4 weeks
- a change in the amount of capital you have
- stopping claiming a benefit that helps you qualify you for Pension Credit or Housing Benefit
- separating from your partner and then getting back together.



In these circumstances,
it's best to get advice on your
situation. Contact us on

01234 360510

or visit our website at

www.ageukbedfordshire.org.uk

SALADS

Who says they are boring?

Salad does not just have to be lettuce, cucumber and tomatoes.



Why not try some new and different ideas to give salad a bit of WOW!!

Cook some chicken fillets sprinkled with Cajun then chop up and mix with different leaves, cherry tomatoes, cucumber, chopped spring onions and celery. Add beetroot, couscous or rice (either hot or cold) and you have a delicious plate of food which does not resemble rabbit food.

Try swapping the chicken for another meat or salmon, tuna, or prawns. If Cajun is too spicy try other herbs like oregano, coriander or even sprinkle the whole meal with fresh chopped mint to make it fresh and tasty.



Making a real mess



Eton Mess

2 large egg white

120g caster sugar

500g strawberries – hulled and chopped

450ml double cream

1 tbsp icing sugar

Heat oven to 120C/100C fan/gas 1 and line a large baking tray with parchment paper. Whisk the egg whites in a clean bowl using an electric whisk or tabletop mixer until they reach stiff peaks, then add the sugar in 3 lots, re-whisking to stiff peaks every time. Spoon dollops of the mixture onto the baking parchment, cook on the bottom shelf of the oven for 1hr – 1hr15 mins until the meringues are completely hard and come off the paper easily. Leave to cool.

Blitz 1/3 of the strawberries to make a strawberry sauce. In a large bowl whisk the cream with the icing sugar until it just holds its shape. Roughly crush 3/4 of the meringues and tip them in with the chopped strawberries and stir, then swirl through the strawberry sauce. Dollop into bowls then crush the remaining meringues, sprinkling the pieces over the top.

Quick cheats – Use shop bought meringue nests instead of cooking them. Use shop bought strawberry sauce instead of making your own.



GOOSEBERRY



50g gooseberries topped and tailed
200g Greek yoghurt
3tbsp caster sugar
1-2 tbsp icing sugar
1 tsp vanilla essence
200ml double cream

Put the gooseberries and sugar in a pan with a splash of water. Heat gently, stirring, then bring to a simmer and cook until the fruit starts to burst. Squash the gooseberries with a potato masher or fork until pulpy.

Cool then chill until cold in the fridge.

Put the yoghurt in a bowl and beat with the icing sugar and vanilla until smooth. Gently whisk in the cream (it will thicken as you whisk so don't overdo it). Ripple through the gooseberry pulp then spoon into pretty glasses or bowls to serve.



Charlie Chuckles

Sally walked in to the Dentist to make an appointment. "How much do you charge to pull out a tooth?" She asked. "It's £130", was the prompt reply. "£100!" gasped Sally, that's ridiculous! There must be a way for you to go cheaper." "Well," said the Dentist thoughtfully, I suppose if we don't numb it, we could knock off £30." "Only £30?," countered Sally, "that's still £100, you've got to make it cheaper." "Well," said the Dentist after a long pause, "I suppose if we take it out with a wrench we could knock it down to £50." "Perfect", said Sally happily. "I would like to make an appointment for next Tuesday, for my husband Jack."

Q: What do you call a fake noodle?

A: An Impasta

Q: What happens if your cat eats shoe polish?

A: Every morning it'll rise and shine!

I'm on a whisky diet . . . last week I lost three days!

My wife said 'Take me in your arms and whisper something soft and sweet'. I said, 'chocolate fudge'.

Quick Quiz

1. How many cantons are there in Switzerland?
2. What is the highest mountain in Northern Ireland?
3. Cu is the symbol for which chemical element?
4. What is the astrological status of Pluto?
5. Who in the 17th century was unofficially known as The Witchfinder General?
6. Martin Luther produced his 95 theses in which year?
7. The Colour Purple was a novel by which author?
8. Who is the current chief executive of the English National Opera?
9. Which actress recently won an Academy Award for her role in The Favourite?
10. Babooshka was a hit in 1980 for which British artist?
11. Welford Road is the home of which rugby union team?
12. Which two teams did Brian Clough manage to the first division title?



What you didn't know about

Steve Perry

Steve was appointed to Deputy Chief Officer of what was then Age Concern Bedfordshire in 2005. He joined Age Concern in 2003 as the Manager of their Home Help and Gardening Service (renamed Welfare Services in 2007). He still carries responsibility for Welfare Services and the Information, Advice and Support Service. He lives in Kempston Rural, Bedfordshire with his wife Karen, his stepdaughter Serena and their two dogs Molly and Charlie.

He says that the post of Deputy Chief Officer is an amazing job to have. You know that you are helping older people and their families to live a more stress-free life. Also, it is a privilege to work with an incredible team of people, both volunteers and employees. Age UK Bedfordshire employs over 150 people throughout the county and they are supported by a very dedicated team of volunteers. Steve is guided in his role by Karen, his wife, who is also his boss and by the most dedicated and supportive Board of Trustees you could wish to have.

Since leaving college in the late '60s, he has always been involved in business. Prior to joining Age UK Bedfordshire, he was, for 15 years, a senior manager with one of the worlds largest business to business service companies. He retired in 2001 and helped his sons set up their own businesses. He says "Then the excitement of seeing their business grow created an itch, I simply had to scratch. A friend showed me the Age Concern recruitment advertisement, and as they say, the rest is history.

1. Who has been the biggest influence on your life?

I have two. The first is my Grandfather. He brought me up. He was a sea captain. He joined the Merchant Navy when he was 15 (1907) and during the 1st World War sailed the Atlantic many times and also to Archangel (Russia) bringing much needed supplies to allied troops during the Great War. He taught me the difference between right and wrong, to stand up for your beliefs and always help those people less fortunate than yourself. He died when I was 25, but his influence has stayed with me throughout my life, if I am conflicted I will often reflect on what his advice might be and often act upon it. The other is my wife Karen. She is the strongest woman I have ever known, she has an unfair amount of courage, is resilient and there is not very much that phases her. She is an inspiration to me, her family and anyone who meets her. I work with her, so we are together more or less 24/7. People ask, how can you stand being together so much? I answer because I love her and enjoy her company. For her part, I think she sees me as yet another challenge to overcome. We have been together for 15 years, and our bond grows stronger with every day.

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

Your partner is probably right about everything!

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

My grandfather tickling my knee, it made me giggle so much my ribs ached.

4. How would you like to be remembered?

As a person who overcame adversity and temptation in order to do a small amount of good for at least some vulnerable in our society.

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

Shallow or not, I would love to be Sir Paul McCartney. One of the greatest composers and lyricists ever, who had an everlasting positive impact on the world and continues to do so more than 50 years later.

6. Where did you grow up?

I lived in a terraced house next door to a rather rowdy pub in the docks area of Newport, just east of Cardiff.

7. What was your childhood like?

The same as my friends really. We all learned to play football and cricket in the street and we also learned when to fight and more importantly, when to run away. I only have happy memories of my childhood.

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

My book would be an Idiots Guide to Mathematics as there is so much we can all thank mathematics for and Sargent Pepper

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

Started smoking.

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

Pedro was my nickname. I have no idea how it came about as I am blue eyed and had very fair hair!!

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

I was too much involved in enjoying the 60's to bother about what I was going to be, I knew I could rely on my wits to get by and had always had a flare for business.



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

To eradicate humankind's desire to argue, fight and kill over their separate religious beliefs.

13. Do you plan on retiring ever?

No. The thought of sitting at home on a cold winters morning watching Jeremy Kyle on TV, fills me with horror!

14. What advice would you give to the next Prime Minister?

Resign immediately. No matter what you achieve, you will always go down in history as a failure of some kind.

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

Radio 4

16. If you won the Euro millions, what's the one big thing you would splash out on?

After ensuring the very best medical treatment for my family and securing the kids' (all 7) future, I would love a convertible Range Rover Sport in black and silver, with cream hide upholstery.

17. Do you have a sporting hero?

I love all competitive sport and there are so many great sports people out there, but Barry John has to be the greatest fly half rugby has ever seen.

12. Derby County and Nottingham Forest
11. Leicester
10. Kate Bush
9. Olivia Colman
8. Stuart Murphy
7. Alice Walker
6. 1517
5. Matthew Hopkins
4. Dwarf planet
3. Copper
2. Steve Donard
1. 23

Quick Quiz ANSWERS



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