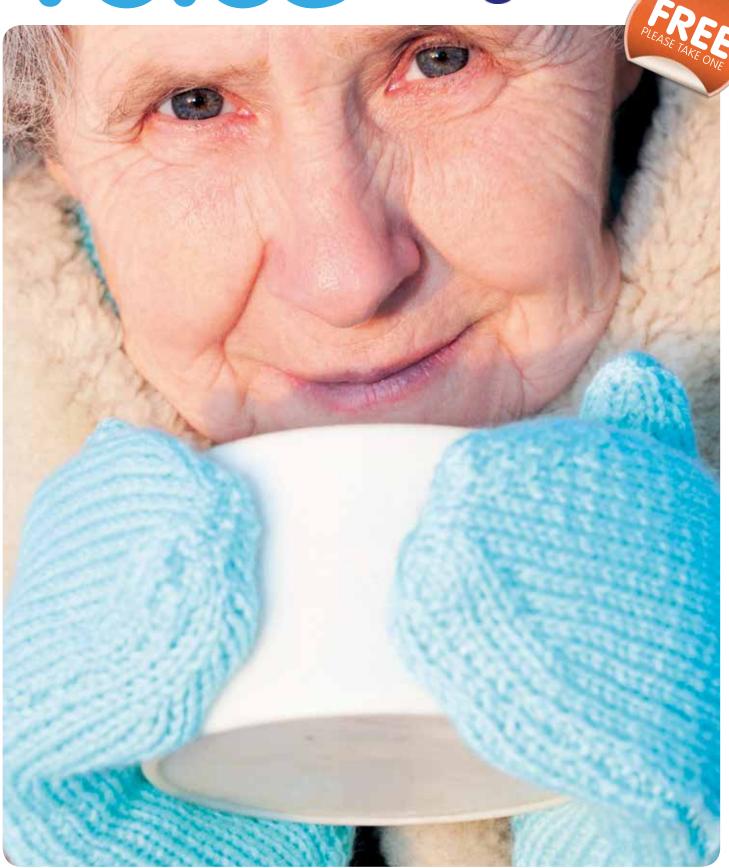
AUTUMN/WINTER 2019

Bedfordshire

GEUK



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T: 01582 494158 E: trefoil@quantumcare.co.uk

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









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.

Dukeminster Court
Review Score:



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

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

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Leave a World Less Lonely

Do you have a will? If not its time to start thinking about making one.

Charlie Chuckles

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Winter QUIZ Answers

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What you didn't know

Q & A about the Bishop of Bedford.

Winter Warming Recipes

Winter Muffin Beef Stew and fruit pie. Try these for a good wholesome warming meal. Make a big pot and freeze some.









Foreword from the CEO



Welcome to this Autumn and Winter edition of our **VOICE** magazine.

It seems that the years fly by quicker and quicker. We are now heading deep into the colder months of the year as we watch the nights draw in and the clocks go back.

Thoughts of rain, mist, fog and snow may be on your minds but take a moment to enjoy Mother Nature when the frost leaves lovely white crisp tree branches, and the pleasure of looking out the window on a cold day when you are warm and comfy.

There is something to be said for all the seasons and Autumn is bright and colourful in its own way with the leaves turning the fiery shades of red, orange and yellow and Winter, not to be outdone brings the winter ivy and confier trees still standing amongst their neighbours, tall and green.

Inside this issue of VOICE you will find some helpful information about winter and the 2 FREE projects that we are offering to help with finances, insulation measures and energy efficiency products in order to ensure our older community are warm and well.

There is also news on the money we have been awarded to help focus on ensuring people are on the correct benefits and entitlements and to make the most of the money in your pockets.

The good old favourites - Charlie Chuckles, Recipes, and Dates for your Diary alongside Green Fingered Grandma are sure to keep you busily reading.

Enjoy the seasons and Have a Happy Christmas all our readers.



Karen Perrv CEO, Age UK Bedfordshire





Cover Image ©Shutterstock

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Reg. Charity No. 1090535









Protect yourself

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.



from [

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

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.

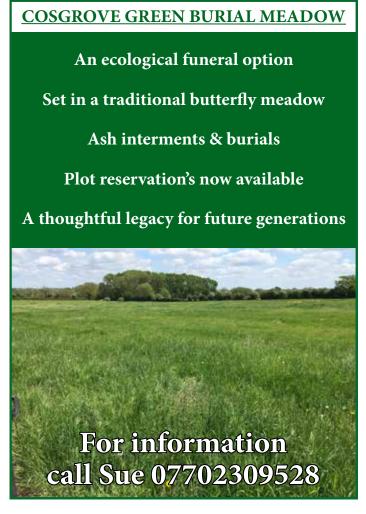
Check their credentials. You should always check someone's credentials - a genuine person won't mind. You can phone the company they represent or check online, but never use contact details they give you.

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.





GREEN FINGERED GRANDMA WINTER 2019

Best bedding plants for Winter

There are some lovely plants that you can enjoy throughout the Autumn and Winter which will last well into Spring.

To look out and see some colour in the depths of the colder months can really cheer one's spirits.

Pansy

These lovely plants

will outshine
anything else right
through winter time. Put them in
borders, hanging baskets, pots or pretty
much anywhere and they will grow and
flourish. The range of colours available is
very wide with yellows purples, oranges

and most other colours to make a real

Viola

show in Winter.

The smaller neighbour to the pansy but equally bright and colourful with much smaller flowers. They will again grow pretty much anywhere and you can have upright or trailing species so you can use them in winter hanging baskets or in tubs, pots, borders etc. The colour varieties are many and with their little nodding heads bring a smile to anyone.



Primrose



If you already have primroses in the garden then you will know that they are a perennial favourite and will grow and bring bright colour. If planting new plants then make sure you harden them off before planting out and avoid over watering. Like the pansy and viola they too have lovely shades of colour.

Polyanthus



Very similar to their cousin the primrose, polyanthus differ only in that they bear clusters of flowers on a stem. Try the species Most Scented Mix for a lovely display. Keep dead heading to encourage long flowering.

Wallflower



Sweet fragrance and rustic relaxed growing habit the wallflower is an old favourite of many gardeners. Wallflower Sugar Rush is a beautiful plant. Wallflowers are also easy to grow and will thrive in the worst of soils generally.

Sweet Williams



Stiff upright growing habit ideal for cutting for indoors Sweet Williams will grow right through Winter and are lovely and fragrant. They are brilliant for ground cover so ideal for borders and beds.

Stocks

A neat upright plant that bears beautifully fragrant large ruffled flowering spikes. They will flower right into Autumn and if planted late on will grow lovely green



foliage then burst into flower in the Spring. Try the species Autumn Perfume Mixed for a lovely show in your garden.

Forget me nots



Who does not recognise these small dainty yet voracious little plants. They will spread like wild fire and suddenly pop up all over the garden. Now available in pink and white colours alongside the regular blue these flowers are ideal neighbours to the spring bulbs. They like well drained but moist soil but can grow in less perfect conditions. If you want to restrict them somewhat best to plant in a patio container.

Bellis



These are vibrant strong little daisy like plants that come in pink red or white. They will provide colour through the Winter and into Spring but do remember to harden off before planting out in Autumn. The species Bam Bam Mixed are really lovely and can flower in Winter and again in Spring for a second show

clamen



A true winter flowering plant the Cyclamen provides its lovely nodding heads of flower in Winter. It likes a woodland like setting but can grow elsewhere. It may also spread and provide better ground cover as the years go on.



Try our fun Winter Quiz

- What colour snow fell over an area of 1,500 sq. km. in Siberia on Feb 2 2007?
 - Orange a.
 - b. Black
 - Pink C.
 - Gold d.
- 2. The following words are from which song?

"Don't be a naughty Eskimo"

- **3.** Each of the following mean snow in which European language?
 - Sneeuw
 - b. Lumi
 - Schnee
 - Neve
 - Snieg
- 4. Who had a hit song in the late 60s with Hazy Shade Of Winter?
- **5.** What is an Alberta Clipper?
- Which director said "Blondes make the best victims. They are like virgin snow that shows up the bloody footprints"?
- What are Mukluks?
- 8. What is a Bedfordshire Clanger?
- **9.** After she eats the poison apple the seven dwarfs, believing her to be dead, place Snow White in what?
- 10. In which country were the first Winter Olympic Games held in 1924?
- 11. What is an Ushanka?

- **12.** Can you name some famous sled dog breeds given the following clues?
 - a. first letter M, last letter E
 - first letter S. last letter D
- 13. Each of the following all mean what in Europe?

talvi, inverno, zima and tel.

- 14. Which Canadian female singer had a hit in the USA. Canada and the UK in 1970 with Snow Bird?
 - "The snow bird sings the song he always sings, and speaks to me of flowers that will bloom again in spring"
- 15. Which Sir played Richard Lionheart in the prize winning 1968 film The Lion In Winter?
- **16.** Due to the lack of sunlight a dogs nose can fade to brown in the winter. What is this called?
- 17. Which name is given to the battle that took place in severe winter conditions in the Ardennes between 16 December 1944 and 25 January 1945?
- **18.** Who had a hit song on both sides of the Atlantic in 1969 with Winter World Of Love?
- 19. Which 'winter' film opens with the following text?
 - "This is a true story. The events depicted in this film took place in Minnesota in 1987"
- **20.** What is the more common name for the legume called Mangetout?

Answers on Page 15



Keep well this winter

As we get older, changes to our bodies mean that cold weather and winter bugs affect us more than they used to.

But what's changed, and why does it mean we're more likely to get sick over winter? Let's explore how ageing affects our body's responses - and what we can do to keep healthy.

Our immune system doesn't function as well as we age

Our immune system helps us fight off germs and infections.

Colds, flu and pneumonia are all more common in winter. Last year over 60% of cases of flu that needed hospital treatment were in people over 65. So it's a good idea to take extra steps to avoid a nasty illness.

What Can You Do?

Get your flu jab at your local GP practice if you are over 65 or suffering from certain medical conditions. Check with your GP.

Are you eligible for the pneumonia jab?

Contact your GP practice and find out if you can have one.

Wash your hands regularly and thoroughly to stop any nasty bugs. Stock up on cold and flu remedies just in case. Your pharmacy can advise on the best products for you.

TOP TIP

The flu viruses are constantly changing so it is important to have your flu jab every year

The cold puts more pressure on our hearts and circulatory systems

As we get older, our body has to work harder to keep us warm.

If you're exposed to a cold environment for a long time, or in extreme cold for only a short time, your blood pressure rises and your blood thickens. This can increase the risk of heart attack and stroke.

What Can You Do?

Wrap up well both inside and out. Don't forget several thin layers are better than just one thick layer. Make sure your hands, feet and head are warm. These are areas where heat escapes and can leave you feeling stiff and unable to move properly.

Ensure your home is adequately heated. Your bedroom should be 18 degrees C and your living room should be around 21 degrees C

TOP TIP

When going out in Winter wear a scarf around your nose and mouth. This helps warm the air before you breathe it in reducing the risk of chest infections

Our bodies lose muscle mass, so don't keep us as warm

If you find you feel the cold more than you used to, that's totally normal.

From about the age of 55, we lose around 1% of our muscle mass every year. It doesn't sound a lot, but muscle is what keeps us warm.

What Can You Do?

Try not to sit still for more than an hour at a time. Even just moving your arms and legs, hands and feet will help both warmth and circulation.

Aim to have at least one hot meal a day. Why not try the Beef Stew recipe in this magazine.

TOP TIP

Make a large pot of stew or whatever meal you are cooking then freeze into portions for days when you do not feel like cooking. Don't forget hot soup is a good source of vitamins and counts for one of your hot meals.

If you feel that your home is in need of measures to help keep out the cold then contact Age UK Bedfordshire.

We have 2 TOTALLY FREE offers through the Winter:-

1. Energy companies in the UK are offering a discount of £140 on electricity bills on a first come first served basis to qualifying customers.

You may qualify if you are under the age of 65 and in receipt of Pension Guarantee Credit or are over 65 and in receipt of any Pension Credit after 7 July 2019.



Give us a call on **01234 360510**, email enquiries@ageukbedfordshire. org.uk, or check our website for further details.

- 2. We have supplies of simple but really useful energy efficiency and insulation products such as:
- Low energy lightbulbs
- Low energy night light
- Remote socket switches to save bending down
- Timer socket switches again to save bending
- Hot Water tank lagging jackets
- Radiator heat reflecting foils
- Letter Box brush strips for draughts
- Draught excluders of a range of types for doors and windows
- Under door draught excluders

If you feel anything on the list would be helpful to you or someone you know then just give us a call or email us.

This is all provided by energy companies to help older people and our Handyperson Service will supply and fit any or all of the above

FREE OF CHARGE.

We have been undertaking this work for around 9 years and all the people we have helped have seen positive differences in the home and their health during Winter.



Contact details:-

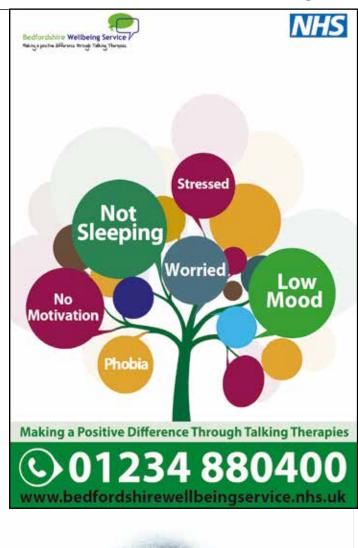
Age UK Bedfordshire 78-82 Bromham Road, Bedford MK40 2QH

Tel 01234 360510

(please leave a message if we are busy)

Email – enquiries@ ageukbedfordshire.org.uk

Website – www. ageukbedfordshire.org







pet can be a loyal Acompanion as we get older, particularly if we live alone or don't have regular contact with friends and family. For this reason, it's not unusual to decide to keep a pet-or get one for the first time - later in life.

Health benefits

Quite aside from the joy of having a cat or a dog, studies show that pets can have a beneficial effect on our health and wellbeing.

A study at Cambridge University found that owning a pet can improve our general health in less than a month, with pet owners reporting fewer minor ailments such as headaches, coughs and colds.

According to the Pet Health Council, simply stroking a pet or watching fish swim can help us to relax, thus reducing our heart rate and lowering blood pressure.

Other studies indicate that owning a pet can reduce cholesterol, reducing the risk of heart attack - and one US study found that people who do suffer a heart attack have a better chance of survival if they have a pet.

Not only that, pets can help to lift depression, as well as reducing loneliness and isolation. This is true for some pets more than others.

For example, walking a dog not only helps to keep us fit but also gives us more opportunity to meet new people while we're out and about. Also, many of us feel safer when we're walking, or sharing our home, with a dog.

'There's no doubt that keeping any kind of pet can help us to feel happier,' says Elaine Pendlebury, Senior Vet at PDSA. 'They can help us in all sorts of ways, but it's a two-way thing as we have a responsibility to take good care of them, too.'

Thinking ahead

Whether you're thinking of getting a pet, or have one already, it makes sense to plan for the future so that you can cope with any unexpected expenses and know that your pet will be well cared for if your circumstances change.

Lifestyle choice

If you're keen to get a pet, think carefully about which one best suits your lifestyle. Different types of pets require different levels of care:

a dog needs regular exercise

birds and small animals like rabbits and guinea pigs have to be cleaned out regularly

cats need little more than regular meals and affection.

Care costs

It's also easy to underestimate how much it will cost to keep a pet. Elaine Pendlebury says that the 2012 PDSA Animal Wellbeing Report found that over the course of a lifetime. It costs £16,000 - £31,000 to care for a dog, around £17,000 for a cat and about £9,000 for a rabbit. This sounds like a lot, but when you consider that it costs about £400 per year to feed a small dog and up to £2,000 to feed a large one, it's easy to see how it adds up.

Vet's bills

Vet's bills are another significant expense. For this reason, it's wise to take out pet insurance.

Although pet insurance won't cover the cost of routine check-ups, vaccinations or dental treatments, it will save you a great deal of expense if your pet becomes ill or has an accident.

Price comparison websites will help you to find a policy that suits your needs, or you can ask your vet for advice. You can pay annually or monthly, with basic cover costing from around £5 per

On top of this, expect to pay £50-£100 for a typical visit to the vet for booster vaccinations, along with flea and worming treatments - you'll need to do this at least once a year.

If you receive Housing Benefit or Council







If your circumstances change

Many of us worry about what would happen to our much-loved pet if we had to spend time in hospital or needed to move into sheltered accommodation.

Then there's the worry that our pets might outlive us and end up without a home or, even worse, being put to sleep.

Fortunately, there are several steps that we can take to ensure that our pets are well looked after if we're no longer able to take care of them.

Volunteer pet carers

The Cinnamon Trust is a national charity which seeks to keep pet owners and their pets together for as long as possible. A national network of volunteers can help when any issues arise with day-to-day care, and can arrange for your pet to be fostered if you become ill or have to spend time in hospital.

The Trust can also arrange long-term care so that you know that your pet will be looked after in the event of your death.

'We can help with things like dog walking, grooming, cat care and transport to the vet,' says Averil Jarvis MBE, Founder of The Cinnamon Trust.

'We ask pet owners to fill out a form giving details of their pet, so that we can quickly organise suitable foster care in the event of emergency. When a pet owner dies we aim to find a long-term foster home for their bereaved pet, often matching them with a bereaved owner.'

'We also have two sanctuaries for homefrom-home care - there are no kennels or cages, just sofas and cushions so that pets can live in comfort.'

Re-homing your pet

If you need to move into sheltered accommodation, The Trust maintains a list of local options where pets are allowed, so there's a good chance that you can find somewhere suitable in your

If you don't have the option to take your pet with you, The Trust can arrange foster care so that you can still see your pet on a regular basis, as well as receiving letters and photographs.

It's also important to talk to friends and family about how you would like your pets to be cared for in the event of your death. If someone close to you agrees that they will look after your pet, write this into your will.

Alternatively, you can specify that The Cinnamon Trust, or a similar organisation such as the National Animal Welfare Trust, can care for or re-home your pet. Both of these organisations provide pet care cards that you can carry with you as you would an organ donor card.

Once you've made a provision for your pet's future, you can relax and enjoy your time together, without having to worry about what the future holds.



Looking after older people in Bedfordshire.

Would you like to spend some or all of your day somewhere local and lively? Somewhere you can meet others in a friendly and comfortable environment?

At Bedford Guild House, you'll find an open door. You'll find activities to suit all tastes and the company of other people just like you. It's a relaxing and down-to-earth place where you can do as much or as little as you wish. Pop in and have a game of whist on Monday. Maybe have your hair done or a facial. Or simply have a chat over coffee. If you are not alone, why not join us with your partner or friend? It's an easy way to make contact with others.

Give it a go. Pop in and say hello to us. We'll show you around and explain what's on offer.

Why not stay for a coffee or a hot lunch while you're here. Don't be afraid to come on your -most new people do. Most newcomers don't know others when they first arrive but with all kinds of people from all walks of life, you'll be sure to get chatting quickly to someone with similar interests, hopes and experiences.

Come back again and join in one of the activities. If you are only in the area for a short while, just drop in for coffee and a chat.

- Here are just a few of the things you can do-
- · Learn a new skill or craft
- · Send an e-mail
- Join an escorted holiday or day trip Try Tai Chi or Pilates
- · Visit our foot specialist, hairdresser,
- Try line dancing or join our Zumba Class.
- holistic or beauty therapist.
- Join the play reading group

It's not just about learning, it's also about enjoying the buzz and hum of each other's company.

Bedford Guild House is a friendly place for anyone over the age of 50 We are a registered charity and a company limited by guarantee and have been offering support to older people for over 40 years. Our main aim is to provide people with an opportunity to meet others socially, to make new friends and to spend time enjoying an exceptional range of interesting activities.

At Bedford Guild House you are never alone. We are a friend like no other. Why struggle on your own to find new friends, interests and activities when it's all here under one roof. There's nowhere else quite like it! Open Monday to Friday from 10am to 4pm.

BEDFORD GUILD HOUSE

56 Harpur Street, Bedford, MK40 2QT

Tel: 01234 352038

Reg Charity No 1123721 and Company No 6527910





Do you have a will?

If not its time to start thinking about making one.

Here at Age UK Bedfordshire we have a free monthly solicitor session and occasionally run specific Wills Weeks to enable older people to have professional legal advice on making a will.

Recently we ran a Wills Week and were able to help over 20 people through the process. This was hosted by Tollers solicitors and they provided the service FREE to all those who booked an appointment provided the person included a small bequest to Age UK Bedfordshire.

As a local charity Age UK Bedfordshire rely on local donations, trusts, and our own work to fund the services that we provide to the over 50's right across the county. We are not Government funded or given any funds by the national Age UK.

Therefore if you feel that you would like to help other older people in the future then leaving a legacy to our organisation may be an easy and quick way to do so.

There are several ways to leave a legacy:

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

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

Specific Donation (a personal Possession): A particular asset to us which could be sold to raise funds to support our services.

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

Inheritance Tax:

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

How would we use your legacy

Age UK Bedfordshire provide a range of services to older people in Bedfordshire. Some we have to charge for but others are FREE. Our Information and Advice Service helps older people to have access to information and support on any issue they may have. Our advisors are all trained and provide objective, non judgemental advice. We procure on average over £1.3million a year in benefits for older people. Many people have now been able to change their lifestyle due to the additional income that we have manage to help them receive.

Our Telephone Friendship Network helps people who are isolated and lonely everyday. We have a band of telephone friends who call people and have a chat with them on a regular basis. This service allows older people who are lonely and isolated to just talk to someone and feel part of society. We can listen, laugh, chat and generally make the person truly feel better. We care about all older people and our service makes a huge difference to those who receive it.

These are just 2 of the services that would benefit from a legacy or gift in a will.

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

Charity Name - Age UK Bedfordshire Registered Charity Number - 1090535 Registered Address - 78-82 Bromham Road, Bedford, Bedfordshire, MK40 2QH

Thank you on behalf of all those older people we help.



Your local Hospice supporting the people of Bedford

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

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

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

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

Long Term Conditions Education Programme
 Outreach clinics
 Respite care
 Support for families
 Carers

of life care, from the point of diagnosis. We aim to provide incredible hospice care in a unique day care only way. We do all we can to help and support our patients and their loved ones at the most difficult time of their lives. To find out how our staff and oluntoers can help you or your loved one please see page xx or call 01234 352 015.

Please get in touch on T: 01234 352015 or E: info@bdc-hospice.org.uk or

find out more at: www.bedforddaycarehospice.org.uk Find us at: Bedfordshire Hospice Care Ltd., 3 Linden Road, Bedford MK40 200







Don't worry about avoiding temptation. As you grow older, it will avoid you.

The worse thing about growing old is having to listen to the advice of one's children.

Be kind to your kids; they'll be choosing your nursing home.

You're getting older when the girl you just smiled at thinks you are one of her Grandfather's friends

At my age I do what Mark Twain did. I get my daily paper, look at the obituaries page and if I'm not there I carry on as usual.

Answers to the **Winter Quiz**

- 1. a. orange
- 2. Don't Eat The Yellow Snow
- **3.** Five answers
 - **a.** Dutch
 - **b.** Finnish
 - c. German
 - **d.** Italian
 - e. Polish
- **4**. Simon and Garfunkel
- **5.** An extremely cold, fast moving winter storm
- 6. Alfred Hitchcock
- 7. A type of Eskimo boots
- **8.** A pastry with savoury filling one end and sweet the other
- 9. A glass coffin
- 10. France. Chamonix.

- Russian fur cap with ear flaps
- 12. Two answers
 - a. Malamute
 - **b.** Samoyed
- **13.** Winter. Talvi is Finnish, Inverno is Italian, Zima is Czech and Tel is Hungarian for winter
- 14. Anne Murray
- 15. Sir Anthony Hopkins
- **16.** Snow nose or hyperpigmentation
- 17. Battle of the Bulge
- **18.** Engelbert Humperdinck
- **19.** Fargo
- 20. Snow Pea





What you didn't

know about the **Bishop of Bedford**

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

Jesus Christ. At about the age of 13 I made a personal decision to make Jesus and his teaching the centre of my life.

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

Apart from my Wedding vows to Helen thirty-five years ago and the birth of our three children, it would be receiving an OBE from the Queen for services to employment in Rotherham.

3. What are your hopes and dreams for future generations?

That present generations have the courage and vision to care for our planet so that our children and their children can flourish and prosper.

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

John Bunyan, so that I could understand more of his life and the influences behind 'Pilgrim's Progress'.

5. Where did you grow up?

Ealing in West London.

6. Can you remember your first kiss?

Yes! It was a girl from the church youth group.

7. Do you plan on retiring ever?

Yes. One day I will step down as Bishop of Bedford. However, I hope it will be an opportunity to take up new voluntary roles and to enjoy some leisure. I suspect I will also be helping out local churches.

8. If you met God, what would you say to him?

A humble servant reporting for duty!

9. How much is a pint of milk?

I know it is £1.09 for four pints at Tesco since I do the family shopping each week.

10. Do you get nervous before making a speech?

I've preached too often now to get nervous on most occasions. It was nerve-racking taking my eldest daughter's wedding. I wanted it to be just right!

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

I will make sure I am in to see 'Call the Midwife'. I am also an Archers' Addict.

12. Can you recall the one defining moment when you knew you wanted to be a Vicar?

I was 16 and a Vicar was talking about ministry in the church. He said to everyone 'And it could be you'. I heard it very personally. It was me!

13. If the sky wasn't blue, what colour do you think it should be?

Red, like the beautiful sunsets over the sea that we experience on our annual summer holidays in Cornwall.

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

This would be a surprise since I haven't participated in any of the lotteries! If I did get a windfall I would help my children further with finding somewhere to live; and would support some the charities with which I am

15. Which book are you currently reading?

I've just completed Max Hastings' book 'Vietnam'. I wanted to understand that dreadful conflict that was the backdrop to my younger years.

16. Do you have a sporting hero?

It is a close run thing between David Duckham, the former England Rugby Union Centre, who reminds me of watching Internationals with my father at Twickenham and John Snow the Sussex and England Fast Bowler who I used to see at Hove when visiting my grandmother.





Winter Warming Recipes

Try the stew below for a good wholesome warming meal. Make a big pot and freeze some.

Ingrediants

500g braising steak, cut into bite-sized churks 2 thosp plain flour, seasoned with pepper and a little salt

2 thosp olive oil

1 large onion , finely chopped

450g carrot, cut into chunks

2 large parships, cut into chunks

1 bay leaf

2 thsp smarred or regular tomato paste

300ml red wine or extra stock

450ml vegetable stock

for the topping

225g plain flow 3 tsp baking powder

140g cheddar, coarsely grated

2 thsp olive oil 150ml milk

Ingrediants

for the pastry

225g butter, room temperature

50g golden caster sugar, plius extra

2 eggs

350g plain flour

softly whipped cream, to serve

Filling of Apple

ikg Bramley apples

140g golden caster sugar

1/2 tsp cimamon

3 Hosp flour

Winter Muffin Beef Stew

Method

Heat oven to 150C/fan 130C/gas 2. Toss the beef in seasoned flour. Heat the oil in a large flameproof casserole. Fry the beef over a high heat until browned all over – it's easiest to do this in batches. Remove with a slotted spoon and set aside.



Add 2 tbsp water and the onion to the pan, stir well over a medium heat, scraping up the crusty bits from the bottom of the pan. Lower the heat and fry gently for 10 mins, stirring occasionally until the onions have softened.

Tip in the carrots, parsnips and bay leaf, then fry for 2 mins more. Return the beef to the pan, stir in the tomato paste, wine if using, and stock, then bring to the boil. Cover and cook in the oven for $1\frac{3}{4}$ -2 hrs until the meat is tender. Can be made up to 2 days ahead or frozen for up to 1 month. Defrost thoroughly in the fridge before topping and baking. Take out of the oven and increase the temperature to 190C/fan 170C/gas 5.

To make the topping, sieve the flour and baking powder into a bowl and add half the cheese. Mix olive oil and milk, then stir into the flour to make a soft, slightly sticky dough. Add more milk, if necessary. Spoon the dough over the meat and vegetables, sprinkle with the remaining cheese and bake for about 15 mins until golden, risen and cooked through.

For a good staple pud try a **fruit pie**. You can put almost anything in a fruit pie and can even mix fruits together such as the old favourite of apple and blackberry. Why not try apple and rhubarb or plum with another fruit or anything that takes your fancy. The recipe below is using just apple.

Fruit Pie

Method



Put a layer of paper towels on a large baking sheet. Quarter, core, peel and slice the apples about 5mm thick and lay evenly on the baking sheet. Put paper towels on top and set aside while you make and chill the pastry.

For the pastry, beat the butter and sugar in a large bowl until just mixed. Break in a whole egg and a yolk (keep the white for glazing later). Beat together for just under 1 min – it will look a bit like scrambled egg. Now work in the flour with a wooden spoon, a third at a time, until it's beginning to clump up, then finish gathering it together with your hands. Gently work the dough into a ball, wrap in cling film, and chill for 45 mins. Now mix the 140g/5oz sugar, the cinnamon and flour for the filling in a bowl that is large enough to take the apples later.

After the pastry has chilled, heat the oven to 190C/fan 170C/gas 5. Lightly beat the egg white with a fork. Cut off a third of the pastry and keep it wrapped while you roll out the rest, and use this to line a pie tin – 20-22cm round and 4cm deep – leaving a slight overhang. Roll the remaining third to a circle about 28cm in diameter. Pat the apples dry with kitchen paper, and tip them into the bowl with the cinnamon-sugar mix. Give a quick mix with your hands and immediately pile high into the pastry-lined tin.

Brush a little water around the pastry rim and lay the pastry lid over the apples pressing the edges together to seal. Trim the edge with a sharp knife and make 5 little slashes on top of the lid for the steam to escape. (Can be frozen at this stage.) Brush it all with the egg white and sprinkle with caster sugar. Bake for 40-45 mins, until golden, then remove and let it sit for 5-10 mins. Sprinkle with more sugar and serve while still warm from the oven with softly whipped cream.





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E-mail: contact@bedsfire.com

Your Bedtime Checklist



Close inside doors



Turn off and unplug electrical appliances not being used



Is the cooker turned off



Are the heaters turned off and fireguards if needed are put up









Candles and cigarettes all put out



Keep the door and window keys where you can find them



Make sure all exits are clear



Phone by the bed with an emergency number to hand

Preventing Protecting Responding



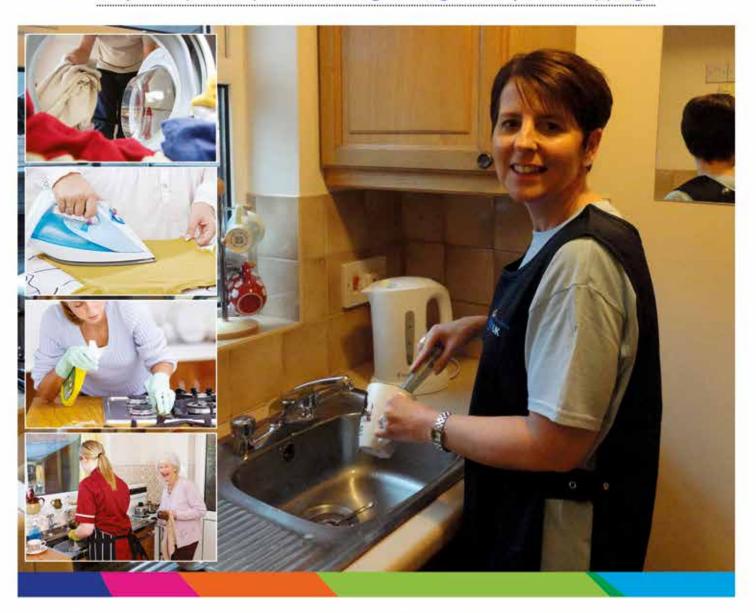
Bedfordshire Fire and Rescue Service have 14 strategically positioned Fire Stations; five wholetime stations, one day crewing station and 8 retained stations.

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