

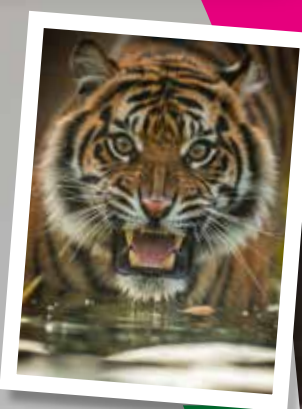


Age UK Cheshire

Connect

Magazine - Issue 2

Chester Zoo
Inside the UK's largest
wildlife attraction



Storyhouse

How Chester's arts venue
is staying connected

RECIPES AND FICTION

Inside: Our guides to...

Online Safety

Shopping Online

Volunteering at
Age UK Cheshire

I Found a Best Friend Online

THE LATER YEARS ARE
THE GREATER YEARS

**Grandma
Williams**

PUZZLES AND
GAMES



Staying connected is now more important than ever

Welcome Issue 2

There are over 100,000 people over 50 in Cheshire East and West who have never used the internet. And we all know that more and more services moved online during the pandemic from GP appointments to grocery deliveries to library services.

We know there are several reasons why some people don't go online:

- They don't think it's for them.
- They don't think it's safe.
- They don't have support or have the correct kit.
- They think it's too complicated.
- It's just too expensive.

If this is you, you're not alone! Age UK Cheshire wants to help you understand how useful it can be. We can help you stay safe, loan you kit if needed, support you and explore with you how the internet can be accessed as inexpensively as possible.

This magazine shows you lots of different ways that the internet is useful and can help you stay connected with the world. We hope that it encourages you to think about taking the first steps online – and we're here to help! If you already have a tablet and just don't have the confidence to use it – give us a call! If you don't have a tablet and would like to loan one from us free of charge – give us a call! We will then link you up with a volunteer who can support you, by telephone, in taking your first steps online and finding out about all that the internet has to offer.

If this sounds like something you'd be interested in, please get in touch with Amy on:

01606 720 431

and we can discuss with you how best to help.



Steve Morgan, CBE, chairman of the Steve Morgan Foundation

“Alongside the Department for Digital, Culture, Media and Sport, we were delighted to support the vital work of Age UK Cheshire through the Community Match Challenge Fund.

“Protecting vulnerable groups of people and tackling problems like social isolation and depression are at the heart of everything we do – all of which have been made a lot worse by Covid-19 and the various lockdowns.

“That's why the work of Age UK Cheshire in encouraging people to be online and stay connected is so important.

“Because of the pandemic, a lot of people have been cut off from their normal support network, but technology can bridge that gap until such a point as we can all get together again.

“I know technology can seem daunting for a lot of people but it's your window into the world and I would urge people reading this to contact Age UK Cheshire and ask for a loan iPad and digital buddy.

“I speak from experience when I say the only problem I have with my iPad is getting it out of my hands once I've started using it!”



Page 3



Page 15



Page 17

to Age UK Cheshire's Connect Magazine!

More people than ever are using the internet but there are still 3.7 million people over 55 in the UK who don't. Some people can't see a reason for using it, some don't know how to get support to go online and others feel that it is just too complicated!

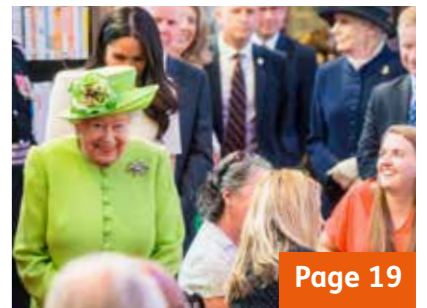
This magazine aims to help with that by sharing news, stories and activities about how people can stay connected – not only with each other but also with the things that they love to do.

We'd love to hear what you think of this magazine so please visit the survey link below or contact us directly via the details on the back cover. If there are any online terms you don't understand while reading it, there's a handy glossary at the back.

<https://www.surveymonkey.co.uk/r/ConnectMagazineAUKC>



Page 9



Page 19



Page 29

Contents

Features

- 3 Chester Zoo Online
- 9 The Greater Years: Joyce Williams
- 15 A Path to Wellbeing
- 17 The Benefits of Pet Adoption
- 19 Storyhouse Chester
- 28 Volunteering at Age UK Cheshire

Advice & Guides

- 7 Avoid Heading for a Fall with Healthbox
- 11 Staying Safe Online
- 23 Smart Online Shopping
- 29 Connected All: Real Stories
- 31 OPAL What's Cooking

Puzzles +

- 14 Word search
- 26 Fiction: An Imperfect Match
- 27 Crossword
- 27 Sudoku
- 33 Glossary of Terms

Did you know? In 2017, Chester Zoo was named best zoo in the UK and third best zoo in the world by Tripadvisor?

Did you know? The zoo's oldest resident is a male flamingo who is 61 years and nine months old!

We're all going to the zoo tomorrow!

But this time the zoo is coming to you, not the other way round...

The county of Cheshire is rightly proud to be home to Chester Zoo, the most visited wildlife attraction in the UK, with over two million visitors every year.

When Covid-19 struck in March 2020, the zoo was forced to close to the public but has worked tirelessly to ensure that people can still enjoy it. At the start of the first lockdown, the zoo launched Virtual Zoo Days which take the zoo into people's homes via Facebook Live and YouTube.

Vicky Ashdown from Chester Zoo says: "Our Virtual Zoo Days essentially mean that people can enjoy a whole day of live animal antics from the comfort of their own sofas! The reaction has been phenomenal – the videos have had over 17 million views to date.

"As a leading conservation and education charity, it also enables us to throw a major spotlight on many incredibly special, but sadly endangered, species – delivering conservation messaging to a huge and varied audience. And very importantly, it allows us to reach the conservationists of the future.

"Lots of schools and people who are in charge of homeschooling tune in

to learn about the animals featured, as well as wildlife conservation and science. We've had amazing feedback from grateful parents and teachers who have told us what a massive help our Virtual Zoo Days have been to them during lockdown and how popular they are with the children."

For more information, visit: www.chesterzoo.org

"Volunteering at Chester Zoo has given me so many moments of joy and a sense of purpose."

The Virtual Zoo Days – like the zoo itself – are not just for the youngsters! Older people have been at the heart of the zoo since it opened in 1931. In 2019, the zoo had 120,000 visitors aged 55-64 and 140,000 visitors aged 65 and over.

As well as visitors, over half (51%) of Chester Zoo's volunteers are aged 60 and over and donate thousands of vital volunteering hours to the zoo every year, supporting its mission to prevent extinction.

Volunteers support guests in connecting with wildlife, learning more about conservation and, of course, helping them have a great day out at the zoo. The zoo's education-based volunteers support the Conservation Education and Engagement team to engage with children ▶

Julie Saville, Visitor Engagement Volunteer (62), says:

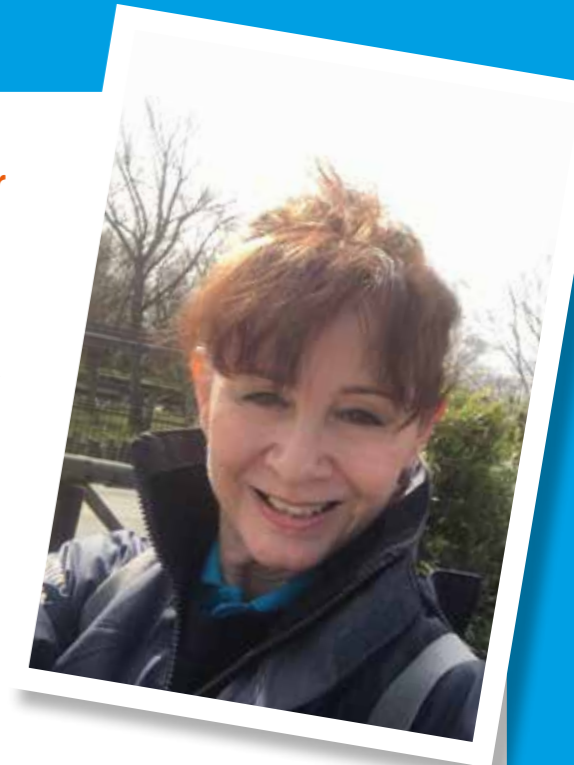
"As a child, I was brought up on the edge of the Worcestershire countryside. My father loved nothing better than taking his children out for long walks, during which we would learn about the wildlife around us. We were brought up to treasure the environment and to love animals.

"I've been a primary school teacher for a large chunk of my adult life. Although not currently teaching, I would not regard myself as retired and am continually seeking new challenges, whether paid or as a volunteer.

"As someone who loves animals, wants to continue to work with children and loves our zoo, my attention turned to volunteering at Chester Zoo. I thrive on new challenges and prefer to be active, so helping the zoo and the public ticks many boxes for me.

"It's always a little daunting when attempting something new but it was apparent right from the start that this was going to be worthwhile and enjoyable. Learning about all of the animals can be challenging – I would not describe myself as uneducated but there's much to learn to give guests the best experience and answer their questions. Of course, there are also physical demands – our English weather is nothing if not unpredictable, and the locations we work in vary from the warmth of the butterfly house to the more exposed Islands zone.

"Volunteering at Chester Zoo has given me so many moments of joy and a sense of purpose. I know that the contribution volunteers have made in these difficult times has been of great value in creating the safest and most pleasurable day for the visitors."



helping them have a great day out at the zoo. The zoo's education-based volunteers support the Conservation Education and Engagement team to engage with children and young people in schools, or during a school visit. Some volunteers are also trained to empower youth volunteers and help them to make a meaningful contribution to the Chester Zoo team.

In addition, volunteers play a crucial part in supporting the zoo to stay Covid-secure, guiding zoo visitors and offering hands, face, space reminders to enable guests to have a safe day out.

Volunteers supported the response to the hugely successful Save Our Zoo campaign by helping to pack over 14,000 adoption packs and even took on some fundraising initiatives, such as craft auctions or sponsored activity.

Some volunteers described lockdown as an isolating experience and highlighted volunteering at Chester Zoo as a way of maintaining positive wellbeing and mental health. Shielding volunteers benefit from micro-volunteering roles from home, supporting the zoo with educational resources or conservation efforts such as wildlife monitoring and creating habitats for native species.

To enquire about volunteering at Chester Zoo, visit

www.chesterzoo.org/work-with-us/volunteer

**Did you know?
Chester Zoo has 128
acres of zoological
gardens?**



**Did you know?
Chester Zoo opened
in 1931 and is home
to 35,000 animals?**



Thanks for the memory!

It's also well worth browsing through Chester Zoo's Me, You and The Zoo section (www.chesterzoo.org/memories), an online archive of more than 300 personal stories that make up the zoo's shared history from the 1930s when the zoo opened to the present day. You can search the archive by decade, animal or people, and find stories and photos.

A memory from Florence Bland

"The Bland family have been involved in the zoo since its beginnings. We've all been life members for many years. At the opening of the new Tropical House my daughter Christina was in a pushchair and my son William, now 52 years old, was very keen – the press photo of him was taken at the time. The photographer actually put him on the back of the giant tortoise and took a photo. The security man objected and the photographer was made to remove him and place him behind the barrier. William at the time was very disappointed as he just loved all the animals.

"My family have so many happy memories of our visits and we now take family and friends whenever possible. I remember Mr Mottershead with very fond memories. I wish Chester Zoo all the very best for the future and shall continue to visit and support it as long as I can."



A memory from Penny Rudd

"When I was asked if I would be prepared to take on the hand-rearing of one of the zoo's unusual Colecto Mynah birds, I knew that I was in for a time of hard work! Afterwards, I could happily say that it was worth it. Gary, as he was named, was a real character. When he arrived in my office, he was six days old and he weighed a mere 16 grams, was the size of a walnut and completely bald. I couldn't describe him as beautiful – interesting is a better way of putting it. However, he imposed his will on office life in an uncanny way. I remember him growing, gaining weight and becoming fully feathered – apart from the completely bald patches which remained around his eyes.

"The Colecto Mynah is a native of the Philippine and Sulu Islands. The adult pair we had in 1987 managed to rear one chick from several broods and – having failed with their first two clutches – it was decided that we'd attempt to hand-rear the one chick of the third clutch. Hence the arrival of Gary into office life.

"Initially, he required feeding a small amount every 15 to 20 minutes, from 7am to 11pm. It was fascinating to watch his tiny feathers grow and develop and, once his eyes opened at around 10 days after I received him, he grew in leaps and bounds. After about four weeks, he started to feed himself, although this was rather haphazard at first. He learned to pick things up and proudly scattered paper and pencils all over the room. He chattered away happily to himself all day long and used to dive from wherever he was perching to land on the head of anyone entering the room. Photo taken from 'Chez Nous', 1987."

Avoid heading for a fall



Falls can not only result in injuries for older people but can also have a huge negative impact on an individual's confidence and independence, increasing isolation and impacting on both physical and mental health.

Statistics suggest that around one in three adults over 65 who live at home will have at least one fall a year, and about half of these will have more frequent falls.

Healthbox CIC, based in Ellesmere Port, helps to counteract this by offering falls prevention classes with the aim of improving strength and balance, and reducing the risk of falls.

During the pandemic, its Strength and Balance Programme was taken online and the sessions were live-streamed on Zoom.

Barry, 81, started joining in after he was referred by a NHS physiotherapist so he could continue to improve his confidence and balance.

As a result of attending on a regular basis and implementing the advice provided during the sessions, he reported a significant improvement – especially when moving around his home.

“Initially I was apprehensive about doing the sessions online, but I kept joining in as I enjoy the social interaction. Now they're the best part of my week,” he says.

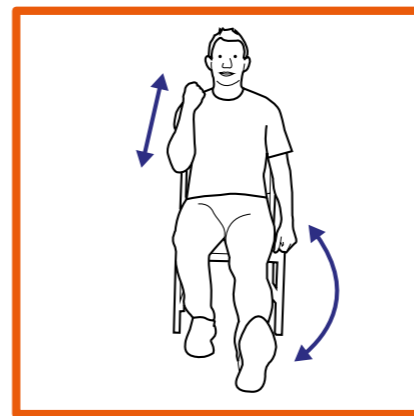
“Initially I was apprehensive about doing the sessions online, but I kept joining in as I enjoy the social interaction.”

Jack Davies, Falls Prevention Manager for Healthbox CIC, states: “The live-streamed sessions have been really well received by participants. They've been a fantastic way for older adults to keep physically active and prevent the risk of significant deconditioning and falls.

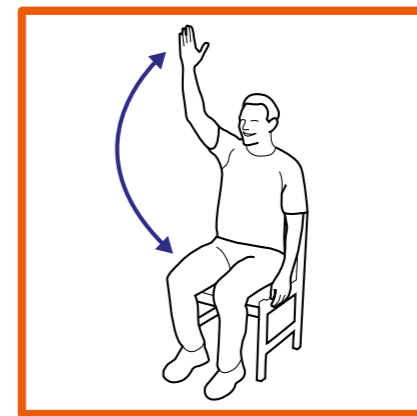
Social interaction is also an important element of the sessions, with many participants recently reporting their feelings of loneliness and isolation as a direct consequence of the pandemic.”

Healthbox CIC's Online Strength and Balance Programme is open to anyone who's concerned about falling or would like to participate in regular exercise. Self-referrals are accepted and encouraged.

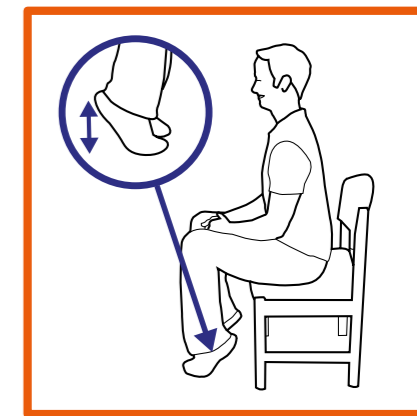
The Zoom sessions are free of charge and, at the time of writing, are delivered every Tuesday, Thursday and Friday.



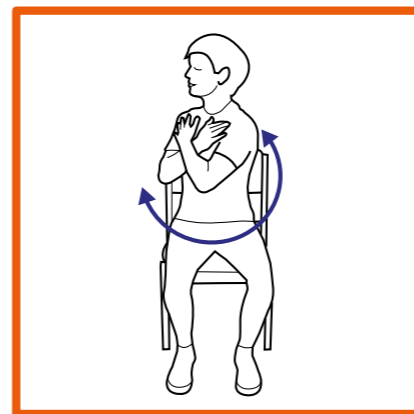
HEEL DIGS & BICEP CURLS



ARM RAISE



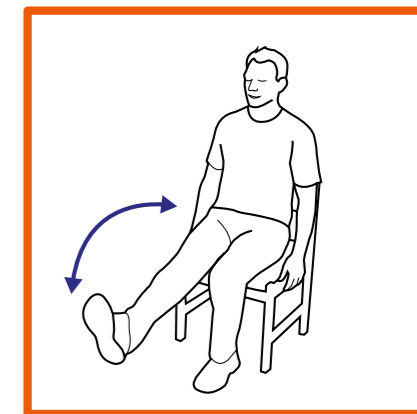
CALF RAISE



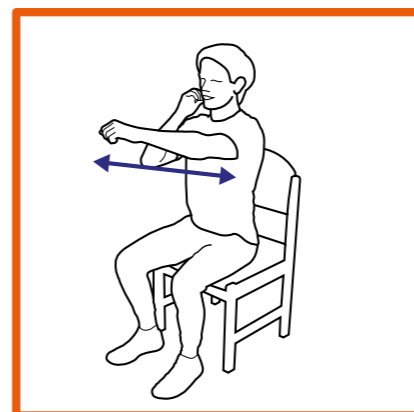
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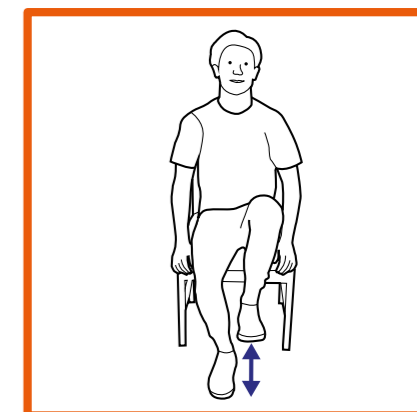
EXERCISES TO DO FROM THE COMFORT OF YOUR OWN CHAIR



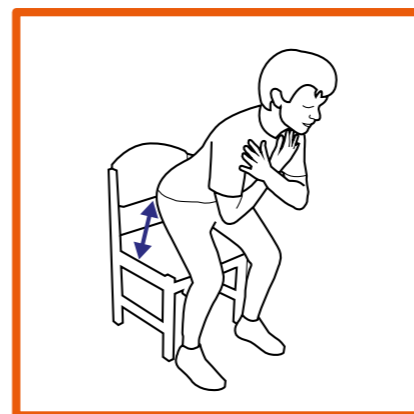
LEG EXTENSION



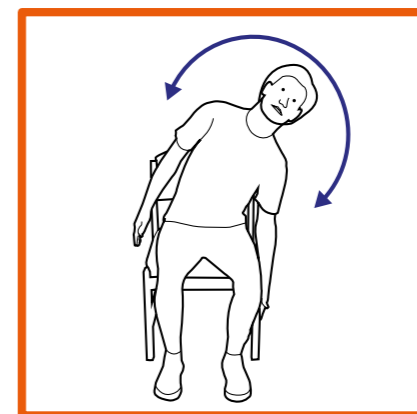
PUNCHING



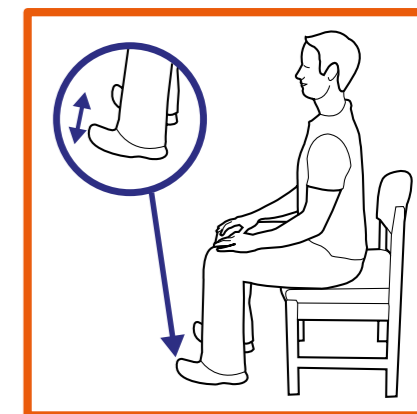
KNEE RAISE



SIT TO STAND



SIDE BEND



TOE RAISE

For more information please email: jack@healthboxcic.com

or call: **0151 355 0205**

Visit Healthbox's website to view a video of people taking part in the programme at www.healthboxcic.com/march-news



Later years are greater years

by Joyce Williams



Retired physiotherapist and internet sensation Joyce Williams (85) is out to challenge ageism and show the world how positive life can be when you're over 80. She launched her own blog in 2017 using the name Grandma Williams, and her zest for life, good humour and sharp writing style have resulted in thousands of followers on Twitter and a blogging award in 2018.

Joyce can be found online at: www.grandmawilliams.com or on Twitter at: [@JoyceWilliams](https://twitter.com/JoyceWilliams)

The internet has definitely helped me in my later years – in fact it's transformed my life. I started blogging when I was 80. Up to that point I'd only ever used a computer as a word processor and could barely work the internet. Now I engage with people all over the world via social media and can see my friends and family face to face thanks to Zoom – the video conferencing software.

The internet has definitely helped me in my later years – in fact it's transformed my life.

I'm a curious person and the best thing about the internet for me is that I can look up anything I like. I no longer need an encyclopedia – I can just type in a question and get an answer in seconds. And it usually leads on to something else of interest. Keeping the grey matter active is essential and the internet is great for exploring and learning

about topics you didn't know anything about.

And there are so many games to play like scrabble, solitaire and sudoku. I believe curiosity and a constant ability to keep asking questions keeps you interested in life. There are also a lot of free courses online – I've been

learning about screenwriting and astronomy. Most of my friends are doing yoga classes online and love it.

Writing a blog is lovely as you can tell people what you've been doing and post it to the world. You can be as creative as you like and include photos, poetry and links to other interesting topics. I also email a lot and tweet every day.

When the pandemic started I had to shield, but being on

the internet meant I could still engage with the outside world. I teach bridge online, run workshops on ageism, watch plays, lectures and concerts online, and carry on attending my book and film clubs. You can go to church online too! I now have lovely coffee morning chats regularly and even join in a cocktail gossip occasionally.

I had to learn to use Zoom which wasn't easy to start with but, once I got to grips with it, it was quite straightforward. It's revolutionary for those with poor mobility or who have no transport as it means you don't have to leave the house to see people. You don't even need to get dressed up! But having talked to my friends, we realise that we all put on perfume... Are we mad?

I have one grandchild in Taiwan and one in London and we have really nice family Zoom sessions.

In fact I saw more of my family during lockdown than I'd ever seen before and I feel I've got to know them a lot better.

The main problem with using the internet is that it's a new language and my generation are unfamiliar with it. To me a mouse has a tail – it runs about! Businesses need to realise that older people need simple, easy-to-follow instructions. A solution is to ask a young person who can translate it into English for you.

Another problem is our fear of feeling stupid, because our memories are not as good as they were. We may understand it at the time, but then we have to ask again the next time. You have to admit that to yourself and have a go. Older people tend to get the hang of online shopping and family Zoom quite easily though, so I'd recommend starting there.

Being online has opened up the world for me. My advice is just enjoy this new experience and don't worry – it won't explode! The more you engage with it, the more you get back – new friends, new interests and wider social contacts. Just plain fun!



Top: Joyce speaking at an event.

Bottom: Joyce works on her tablet.

Inset: One of Joyce's regular family catch-ups via zoom.

Staying safe online



Getting online can make life easier in many ways, but also comes with the risk of scams and fraud. Online scams are becoming increasingly common but you can protect yourself by knowing what to look out for, and what to do if you suspect a scam. We explain some common online scams below.

Email scams

Scammers can send bogus emails in the hope that people will enter their personal or financial details. They may direct you to a fake website or trick you into thinking you've won a lottery or prize, for example.

Some emails, known as spam or junk, may also have a link or file electronically attached for you to click on or open. Opening these links or downloading the files may harm your device.

Scam emails can look genuine and appear to be from official places, like HMRC or a bank, but you can often tell if it's a scam. Look out for:

- errors in the spelling or grammar, or an unusual style of writing.
- requests for personal information, such as your username, full password or bank details – genuine organisations will never ask this.
- threats saying that unless you act now, a deal will expire or your account will be closed.

Top tip

If you see a suspicious email, don't reply with your details or open any links or documents. Delete the email straight away and mark it as 'junk'. If the email claims to be from an organisation, phone them directly using the phone number found on their official website or in a letter they have sent you and ask them to confirm if the contact is genuine.

Top tip

Never send money or give out your account details. If you arrange to meet in person someone you've met online, make sure it's in a public place, tell someone else where you're going and don't give away information too quickly.

Relationship scams

Scammers can use social networks like Facebook or dating websites. Once they've gained your trust they'll start asking for money, often by telling you an emotional or hard luck story.

These tricks are hard to spot, so it's always worth talking to a friend or relative about it, especially if things seem to be moving fast. Be careful if the person starts moving away from the chat room or dating site to communicating by email or text message.

Fake websites

Scammers can create fake websites which look official, requesting you to provide personal or financial information. For example, a fake bank website may be set up asking you to update your account or security information. Often, they will look very similar and only a few details may be different.

There are also websites set up to look like a copy of a service offered by government websites. For example, websites which offer to help you apply for a passport renewal or a new driving licence. Although they are not illegal, these websites charge extra money if you use them, rather than going directly through the official government department where the service is free of charge.

Top tip

Check if an online pharmacy website is legitimate by looking it up on the General Pharmaceutical Council website.

Health scams

False and misleading claims may be made about medical-related products, such as miracle health cures, and fake online pharmacies may offer medicines cheaply. However, the actual medicine delivered to you can turn out to be poor quality and even harmful to your health.

What should I do if I think I've been a victim of an online scam?

Scammers are constantly finding new ways to trick people and online scams are changing all the time. It's not unusual for people to get tricked, so don't suffer in silence and don't be embarrassed to report it. Scammers are professionals and are extremely skilled in fooling people. If you're worried that your computer is not working properly or think that it may have a virus, then talk to a computer technician.

Computer viruses

Computer viruses (sometimes called malware) are rogue programs that spread from one computer to another. You may be sent an email with an attachment which, when you click on it, will release a virus. Criminals can then use this to take control of your computer, or the virus may scan your computer for personal information. It can also slow your computer down, send out spam email or delete files.

You may even get a phone call from someone claiming to be from a well-known software company, like Microsoft, saying there's a problem with your computer and needing to get access to it, including your personal details. Legitimate IT companies never contact customers in this way. This is a common phone scam – hang up straight away.

Top tip

Visit your bank's website by typing their official web address in your internet browser – you can find this on letters from the bank. If you aren't sure about which website to use for a government service, go through www.gov.uk (the Government's official website) to find what you need.

Top tip

Use anti-virus and anti-spyware to protect your computer from viruses. Find out about protecting your computer, tablet and smartphone below.

Staying safe online

How can I protect my computer, tablet and smartphone?

It's second nature to keep your valuables stored safely in your home and out of sight of burglars. But it's equally important to keep your personal information safe from criminals when you're online. As well as being alert to online scams, there are simple steps you can take to protect your devices so you can have peace of mind to enjoy the benefits they offer:

- Keep your passwords strong. Setting up strong passwords is one of the simplest, most effective things you can do to stay safe when you're on the internet. Avoid passwords made up of common words, numbers or keyboard patterns (such as 'password' or '123456'), and don't include personal information, like your name, date of birth or any family members' details. Use different passwords for different accounts.
- Install security software on your computer. Anti-virus software will look for and remove viruses before they can infect your computer, and anti-spyware software prevents unwanted adverts from popping up, and stops programs tracking your activities or scanning your computer for private data, such as credit card numbers or bank details. You can buy a package from a reputable provider (such as McAfee or Norton) either online or from a computer shop, or there are free security software programs available online, such as AVG, Avast and Microsoft Security Essentials.
- Protect your tablet and your mobile phone. You can check emails, shop and bank online on tablets and smartphones, so they need protecting too. Start by password-protecting any devices. You can download anti-virus and anti-spyware protection for tablets and phones and a lot of the apps are free. Some free, highly rated anti-virus apps are Avast Mobile Security, Kaspersky Internet Security, and Norton Mobile security.
- Protect your wireless network. You need to protect your wireless network (also known as Wi-Fi) so that people living nearby can't access it. Read the instructions that come with your wireless router to find out how to set up a 'key' (a type of password) so that no one else can access the internet through your router.
- Keep your device updated. Every device has an operating system, which is the software it needs to function properly. Computers will use Windows or Mac OS, and tablets and smartphones use Android or iOS. Your device can be better protected from viruses if you keep the operating system updated. You should receive notifications when new updates are available, but you can also update your system manually.

Contact Action Fraud

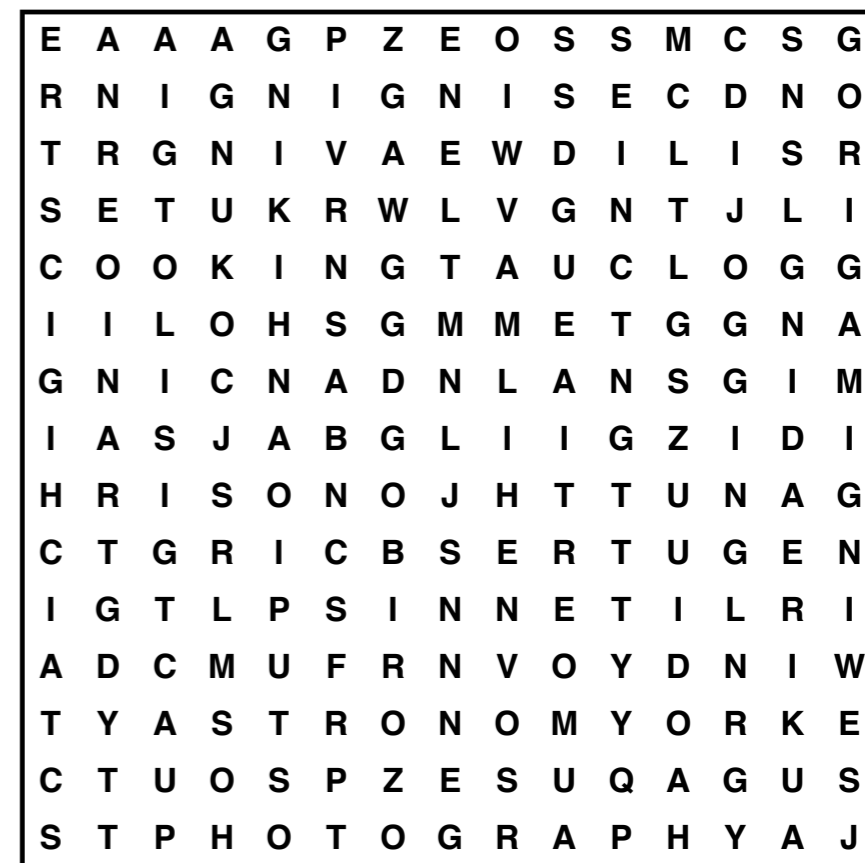
Contact the police, then Action Fraud (the UK's national reporting centre for fraud and cybercrime) if you're worried something might be a scam or you think you've been scammed. The information you give to Action Fraud can help track down the scammer. They can be contacted on:

0300 123 2040

Word search

Hobbies

ART
ASTRONOMY
COOKING
CYCLING
DANCING
FISHING
HIKING
JOGGING
KNITTING
MAGIC
ORIGAMI
PHOTOGRAPHY
READING
SEWING
SINGING
STAMP COLLECTING
TAI CHI
TENNIS
WEAVING
YOGA



Prime Ministers

ASQUITH
ATLEE
BALDWIN
BALFOUR
BLAIR
BROWN
CALLAGHAN
CAMERON
CHURCHILL
DISRAELI
GLADSTONE
HEATH
JOHNSON
MACDONALD
MACMILLAN
MAJOR
MAY
PEEL
THATCHER
WILSON

A path to wellbeing

The pandemic exposed the deepest inequalities in British life, especially for those deprived of clean air and green space. Many gardens sadly had to close and the health benefits of being outdoors were sorely missed. However, some, like community garden Grozone, went above and beyond to help people continue to connect with nature.

It comes as no surprise that when we're around green space we often feel more at peace, with an immediate reduction in pulse and blood pressure. The forced isolation during the pandemic has taken a huge toll on the nation, but harnessing nature is increasingly being offered as a sustainable solution to good mental and physical health.

Harnessing nature is increasingly seen as a sustainable solution to good mental and physical health.

Although it wasn't allowed to open during lockdown, the flourishing community garden Grozone in Northwich continued to offer online horticulture and wellbeing activities. In normal times, this hidden oasis offers an enriching environment where people of all ages can learn new skills, or share and develop existing ones, while feeling part of a community. Activities include gardening, crafts and cooking.

Caroline Rose is the project officer and says visiting Grozone helps improve self-esteem and social cohesion – all with the added benefit of being out in the fresh air.

"It's about getting people of all ages together to do healthy

activities that make them feel better and adds structure to their lives," she says. "It can also help those struggling financially as we grow our own fruit and vegetables. For those that can't cook, we make healthy meals here so everyone can eat well.

It does everyone so much good in a myriad of ways – the older members share their knowledge and skills with the younger members. It's very enriching."

During the pandemic, Grozone still managed

to cram in lots of positive experiences for the community in between lockdowns by moving craft sessions and social groups on to Facebook, posting gardening tips and running a pea-growing competition in the new growing season.

"We also managed to undertake a huge overhaul of the site to get the weeds under control when we reopened in the summer of 2020," says Caroline. "It was great as everyone was spread out and could enjoy the space. Some people were quite overwhelmed going out after being isolated for so long, so it was a gentle reintroduction to real life."

A seed swap was started outside

"It does everyone so much good in a myriad of ways."

the gates which meant anyone doing their daily exercise could collect a seed packet and leave their spares for someone else to collect. In the run up to Christmas 2020, a 'giving tree' appeared outside the gates for residents to collect handmade Christmas tree decorations. They could either keep these for themselves, give them to a loved one, or attach a label with a message of Christmas cheer and leave it somewhere public for a stranger to find.

"It was a great way for the community to connect with each other, at a time when social isolation made us feel very distant," says Caroline.

Someone who's found a sense of purpose at Grozone is retired service technician Roy Pearce from Wincham. After his wife of 46 years died, he was feeling very low so his worried family encouraged him to give Grozone a go.

"I do a bit of everything there," he says, "from weeding, to picking fruit, to helping people with learning difficulties saw wood. Initially I just wanted to tire myself out so I could get a good night's sleep, but coming to Grozone has also widened my friendship group."

"When the site was closed, I used Grozone's Facebook page to keep



To find out more about Grozone, visit:
www.grozone.org.uk
www.facebook.com/grozone
or call Andy Martin, Project Manager:
07849 069 573

in touch with my friends there, as well as the members I'd heard of who were isolated. It was great as I was wondering what I was going to do with myself in the evenings but I ended up having fun. Keeping connected really does make a difference."

"While I'm helping others, I'm not missing my wife. They look at me like a father figure and it makes me feel useful."



My rescue cat Molly brought me so much comfort during lockdown

And the best part – I got her online!

Frances Jeater, a 73-year-old actor from Richmond in Surrey, had been using technology for many years, but even she was surprised – and delighted – to discover that she was able to adopt a new cat during the first lockdown just by going online!

“A few years ago, I realised that I couldn’t put off getting myself a computer any longer. I knew I was missing out on things and although I was scared of using it, I was more scared of being left behind. I live alone and being able to stay in contact with people is very important, so I bit the bullet and bought my first laptop.

“Almost immediately, I realised I didn’t have the first clue how to use it, so went to a bookshop to buy myself a book called *Laptops for Dummies*. The lady in the shop gave me the best piece of advice ever – ‘Don’t worry, you can’t break it!’ – which gave me the confidence to just give it a go.”

After a year’s worth of one-on-one lessons at her local Apple store, Frances was up and running and going online for a wide range of things. In

fact, Frances used her laptop so much that after a few years’ heavy use, it needed to be replaced, at which point she decided to get an iPad instead.

“It really is amazing what you can do online.”

“I was doing a play in the West End and wanted something portable, so the iPad was perfect. It does everything the laptop did and is absolutely ideal for all of my needs,” says Frances.

“I’m a very curious person and I love doing research. If I’m watching TV and there is a mention of something I haven’t heard about before, I can just Google it and find out – it’s wonderful.

“I also upload music, photos and recipes and I love reading my daily newspaper online as the text is really sharp and clear you can easily make it bigger. One of my biggest hobbies is knitting and I’ve found the most wonderful international knitting site where I can download patterns. And I’ve recently bought myself a new car entirely online, which included interior and exterior video tours – it really is amazing what you can do online!”

“It was the best home delivery I’ve ever had.”

And like many people, Frances also does most of her shopping online for home delivery, but in May last year, had a very different kind of delivery made to her home.

“My beloved cat Bertie died in January last year at the ripe old age of 13. I swore to myself that I wouldn’t get another cat as I didn’t particularly want a kitten but, as the weeks passed, I realised how much I was missing having a cat in the house. Then it occurred to me that I could offer a home to an older rescue cat which would suit me better.

“The next thing I knew, Covid-19 had happened and we all went into the first lockdown. With all the animal rescue centres closed, I thought I’d missed the boat until a friend mentioned that the charity Cats Protection had launched a new online adoption process called Hands-Free Homing.

“I went onto the Cats Protection website straight away and filled in an enquiry form. The first cat that caught my eye was already reserved and then I spotted five-year-old Molly (who used to be

called Stumpy – she was very pleased when I re-named her!). Obviously I couldn’t go and meet Molly but I wasn’t worried as there’s no such thing as a horrible cat, plus I had plenty of chats with the lovely, helpful Cats Protection staff who provided lots of information about her personality.

“I was over the moon when they confirmed I could adopt Molly and within a few days she was delivered to my home by a charity volunteer, with all social distancing measures observed. It was one of most unusual deliveries I’ve ever had, but definitely the very best one!

“Molly settled in beautifully straight away. She is utterly enchanting and makes me laugh every single day. She has also made firm friends with the little boy who lives next door, who I think loves her as much as I do! I cannot imagine how much harder lockdown would have been without her – I think we are both extremely lucky to have found each other.”



Cats Protection is the UK’s leading feline welfare charity. When Covid struck in March 2020, the charity worked hard to launch a new online adoption process called Hands-Free Homing. By January 2021, the charity had found new homes for 15,000 cats this way.

The benefits of having a pet are well known, but our pets have never been as important to us as they have been during lockdown, especially for older people who may be living alone.

Having a pet has been shown to reduce stress, as being with a pet increases levels of serotonin, the ‘feel good’ hormone. It also provides physical contact which can help calm anxiety and has even been shown to improve heart health.

A number of charities are offering virtual rehoming so, if you think you could provide an unwanted dog or cat with a new home, the following sites are worth checking out:

www.cats.org.uk

www.dogstrust.org.uk

www.bluecross.org.uk

Why Storyhouse Chester is open for business as usual!

Despite the pandemic, there's never been a better time to join the Storyhouse community

Storyhouse Chester has been an integral part of the local community since the award-winning venue opened in 2017, and from the start, older and retired people have been a huge part of this.

Older people have been prioritised from the outset as part of Storyhouse's core philosophy. As it says on its website: "Our culture is very biased towards the young. It prioritises beauty over wisdom and innovation over experience. It assumes older people are neither beautiful nor innovative. As our population ages, we need to build a society which is kinder and more generous to its elders."

And the venue has certainly delivered on its promise. Not only does Storyhouse put on dedicated events such as Love Later Life and The Great Get Together – which include the input of older people at every step of the planning – but, according to Artistic Director Alex Clifton, they are absolutely vital to the day-to-day running of the organisation. "Storyhouse couldn't run without its cohort of 180

volunteers, the vast majority of whom are retired. From working in the library or Storyhouse's restaurant The Kitchen, to being front of house, they really are an essential part of the Storyhouse team."

Storyhouse – along with many other venues – was forced to close during the Covid-19 lockdowns, most recently on Christmas Eve 2020 when the region was suddenly plunged into Tier 4. However, Alex and his team have used their extensive creativity to great effect, working out how to

offer activities online.

"We viewed the pandemic as an opportunity to make programmes which are accessible from home," says

Alex. "Pre-Covid, we were running around 131 groups every week and around two thirds of these are now available online. It's been a huge team effort and we're really proud that in a time of potential isolation, people can still be involved."

For older people, the amount of free activities on offer is huge and diverse. A very popular one is the brilliantly simple 'Not Another Reading

Group' – a weekly Zoom meeting where people are invited to come and just chat about what they've been reading, rather than a traditional book group where the whole group would be discussing a single book.

Storyhouse is also offering language classes for all levels – including conversational German, French and Polish, and Lunchtime Lectures in partnership with the University of Chester (which can be watched live or later) covering topics such as French cinema, architecture and Visual Arts, online choirs, board game groups, knitting and crafting groups, Weekly Scrabble club, photography courses – the list goes on and on. There really is something for everyone.

Technology has been key to the success of moving Storyhouse online and improvements are being made all the time.

"We've invested heavily in camera and sound equipment, which means that the experience is more like 'being in the room' than being in a Zoom meeting," says Alex. "We're also looking at creating our own digital Storyhouse platform, so if you're accessing something online you will visit a dedicated site rather than



"We believe there's no reason for older people to miss out and we're striving to make the 'at home' experience as good as the 'being there' one. We consider both to be equally important."

going through the main Storyhouse website."

An example of how successful this has been is last year's production of A Christmas Carol, which would normally only be seen by 10,000 people within 30 minutes' drive of the venue.

"Live-streaming it meant the production was seen by 15,000 people in 15 countries across four continents, which is remarkable," says Alex.

Post-pandemic, Storyhouse plans to offer online events alongside physical ones.

"Obviously being there in person for an event is wonderful but not everyone is able to, or perhaps wants to, particularly older people who may have illness or transport issues."



Above: The iconic Storyhouse building, Chester

Insert: HM The Queen officially opens Storyhouse (June 14 2018)

"We believe there's no reason for older people to miss out and we're striving to make the 'at home' experience as good as the 'being there' one. We consider both to be equally important."

It's impossible to promise exactly what will happen post lockdown, but Alex remains optimistic.

"The Great Get Together is due to take place in June and we'll certainly look to run it online as well as in person if restrictions are not lifted by then. Love Later Life is scheduled for the autumn so we're pretty confident that this will take place as usual but, again, we'll have a digital version sitting alongside the physical one, making the reach as wide as possible."

Events at Storyhouse

The Great Get Together June

A celebration with older people at its heart, this is a packed weekend of free activities, talks, workshops, shows and special cinema screenings.

Love Later Life October

A festival of workshops, theatre, song, arts & crafts and health & wellbeing to celebrate later life.

For more information, visit:

www.storyhouse.com

Why Margaret Johnson loves to Chatter and Natter!

When lockdown is over and you can visit Storyhouse, why not pull up a chair and say hello if you spot Margaret Johnson sitting in The Kitchen?

The 78-year-old is the woman behind Storyhouse's weekly Chatter and Natter sessions which offer people the chance to enjoy a good conversation over a cuppa.

While we live in a world where we have more forms of communication available to us than ever before, many of us are missing out on much-needed personal interaction, which is where initiatives like Chatter and Natter come in.

The Thursday morning event is part of the nationwide Chatty Café scheme, and Margaret has been the warm and welcoming host for the past 18 months.

"I had a call one day saying the person who ran it was on holiday and would I come and do it instead?" she explains.

"I haven't missed a week since. I've had one holiday in all that time; I tend to work my holidays around Chatter and Natter. I'm a bit dedicated to it to be honest and I get a lot of enjoyment out of it."

Margaret brings the empathy she developed over a long career as a nurse to her current role, acting as host to the people who stop at her table for a natter each week.

One of Chatter and Natter's regulars is Elma Whyte, 90, who has lived on her own since her husband passed away three years ago and says she relishes her Thursday mornings at Storyhouse.

"I think there are a lot of lonely people that might not know Margaret is here," she suggests. "They probably come in and sit on their own and never realise."



"It costs me £14 return by taxi to come here, and I also do some shopping while I'm in the city centre. I think there must be lots of people who live on their own like me who would benefit."

"It keeps you young in mind."

Chatter and Natter might help the people who drop by each week, but being involved in the life of Storyhouse has proved just as rewarding for Margaret.

She explains: "I come here four or five times a week. Everybody is lovely and it's a family to me. It keeps you young in mind."

"It's good to meet different people and it gives you a reason to get up in the morning and go out. I live on my own. My sons are in Manchester, but they have busy lives. So this is good for me as well – I get so much out of it."

"Now I'm volunteering I don't have time to think about my day. I even have to make an appointment to see my son as I'm so busy!"

As for Chatter and Natter?

Margaret smiles: "I'm happy to do this for as long as they want me to."

www.storyhouse.com

Digital Buddies: bringing young and old together

There's a technological revolution afoot at Storyhouse every Friday morning – and it's bringing young and old together to change lives for the better.

Digital Buddies is an intergenerational project run by Here & Now, a Blacon-based social enterprise which helps bring socially isolated older people together in a friendly environment.

Digital Buddies was the brainwave of Alan Smith from the University of Chester and began when he enlisted students to help him teach older people computer skills.

He explains: "We managed to get funding to buy some iPads at the university. We found that older people – even those who hadn't got any idea how to use technology – were interested in interaction with the younger people, but also learning about the devices they had."

Digital Buddies came to Storyhouse in May 2017 and has proved extremely popular.

The shape of each Friday morning get together depends on the number of volunteers – or 'buddies' – available, with a mixture of group sessions led by project officer Alan, and one-to-one tuition and help.

"A lot of people really enjoy the group sessions because it brings people together and we have the social side of it as well," Alan says.

Lynn Folkes heard about the group eight months ago. She says: "I thought, well I live on my own and sometimes I need a little bit of company and a little laugh, so I decided, why not?"

"I worked for BT for many years and used a computer then. But it's like anything else – no matter how strong you are in your job, once



you leave it for a time you forget a lot of things."

Conversely, Frank Samuels had no computer skills at all and admits Digital Buddies has helped revolutionise his life.

"I couldn't do anything," he reveals. "I couldn't buy a ticket for the cinema or theatre, do any online business or find out what a hotel I was booking looked like."

"There are a lot of people who must be like me, who are frustrated. Because it takes courage to admit that you need help. I did find that difficult but they were very welcoming."

In 2018, Frank explained the work of Digital Buddies to the Queen when she visited Storyhouse with the Duchess of Sussex to officially open the venue.

Frank agrees: "Digital Buddies has meant a great deal to me. I couldn't have operated otherwise."

Smart shopping online

Shopping online is quick and convenient. Almost all shops offer online shopping so, whether you're doing your weekly supermarket shop, looking for clothes or buying a new sofa, why not do it from the comfort of your own home?

How do I buy groceries online?

Most major supermarkets have online shopping and you might find that smaller local independent shops do as well. It's worth remembering however that most supermarkets have a minimum spend of at least £30 before you can get a delivery. To shop with major supermarkets:

1. Make an account on the supermarket's website by clicking register and entering your details.
2. First book a delivery slot. This is usually a one-hour window on a specific day and the price of the slot will vary according to demand. It's a good idea to check when the next delivery slot is before you put all the items in your virtual basket.
3. Search for the items you want in the search bar or browse by using the menus. The website is organised with the products in different categories, just like a supermarket aisle.
4. If you've shopped with the same supermarket before online, it will remember what you've previously bought and suggest these to you in your 'Favourites' or 'Previous orders'.
5. Click 'add' underneath the item to add what you want to the virtual trolley.
6. Click 'checkout' and enter your payment details to pay for your items. You may be charged a pre-authorisation payment initially, which reserves funds for a future payment. The final payment will be taken on the day of the delivery, so you only pay for exactly what is delivered.
7. On the delivery day, you will be told if any items are out of stock and can't be delivered. You will be offered a substitute item but you don't have to accept it.

If you regularly shop with a supermarket online, it might be worth buying a delivery pass or delivery saver. This is a one-off payment so you don't need to pay for delivery each time. It might also give you priority access to certain delivery slots.

Some of the most popular shopping sites in the UK include:

Supermarkets:

- www.sainsburys.com
- www.ocado.com
- www.tesco.com
- www.asda.com

Clothing and household:

- www.marksandspencer.com
- www.lakeland.co.uk
- www.johnlewis.com
- www.dunelm.com

Furniture:

- www.ikea.com
- www.dfs.com
- www.furniturevillage.com

Books/stationery:

- www.waterstones.com
- www.whsmith.co.uk

A bit of everything:

- www.amazon.co.uk

Beauty:

- www.boots.com
- www.superdrug.com

Auction and general shopping site:

- www.ebay.co.uk

What information will I give when I pay for something?

You'll never be asked for your card Personal Identification Number (PIN) when you pay for something online, but you will be asked for:

- the 16-digit card number on the front of the debit or credit card.
- the expiry date.
- the three digits on the back of your card, known as the security number, Card Verification Value or 'CVV', 'CVC' or 'CVV2'.

When purchasing something online you can set up an account with the retailer. Make sure to use a different password for each account and always use a strong password that can't be easily guessed.

Sometimes the website or your internet browser prompts you to save your card details for next time – never do this on a shared computer and, if you do save your card details, make sure your device is protected with a password, PIN or fingerprint log in.



What if something goes wrong with my online shopping?

Contact the online retailer if your delivery doesn't arrive, is damaged or if the wrong item arrives. They should hopefully arrange a refund or deliver a replacement. If you're not happy with the response from the retailer you should contact your bank.

You should check your bank statement regularly and contact your bank immediately if you notice any unusual transactions. You'll usually be able to get your money back if your card details have been compromised and used by a fraudster.

How do I know if a website is secure?

Make sure that you're using a secure website before entering any personal details. There are ways to spot that a website is secure, including:

- the website address starts with 'https' – the 's' stands for secure.
- the address bar is green, which is an additional sign that you're using a safe website.
- a padlock symbol appears in the browser where the website address is (but don't be fooled if the padlock appears on the page itself).
- a current security certificate that is registered to the correct address – this appears when you click on the padlock.
- the website ends in '.com' or '.co.uk' – websites that end in '.net' or '.org' aren't usually used for online shopping.

How can I shop safely online?

Unfortunately, there are people who might try and scam you or steal your card details but, by following some simple steps, you can shop securely.

Steps to Online Safety

- Use online retailers with a good reputation, such as well-known supermarkets, high street shops, or established online stores such as Amazon.
- Look for the company's full contact details. A reputable company will always display this information on its website.
- Search for the name of the company on the internet to see if anyone has experienced problems with the retailer.
- Beware of pop-up messages that warn you about a website's security certificate. They may direct you to a fake website that's designed to get you to hand over your security details.
- If a deal looks too good to be true, it probably is, so be cautious of anything offered in an unsolicited email.
- Use the same card for internet transactions only. Check the bank statement for this card regularly for any unusual transactions and contact your bank immediately if there's a problem.
- For additional protection on internet purchases, use a credit card rather than a debit card. If your purchase costs more than £100, the seller and your credit card company are equally responsible if anything goes wrong.

An Imperfect Match

by Della Galton

"I think I have a virus on my computer," Tess said, as she showed Matt into the lounge where her laptop was set up. Not that he needed showing. She was probably his best customer. This was the fourth time she'd called him out.

He frowned as he swivelled on her office chair. "What's happened this time then?"

"I've lost a whole load of files. Can you fix it?"

"I'll give it a go."

"Coffee with two sugars?" she asked, leaping up.

While he tapped away at her keyboard she washed up and dreamed. Matt was the nicest guy she'd met for ages. He was kind and his quirky humour matched hers. She'd had this brief fantasy he would ask her out, but he hadn't.

He clearly didn't feel the same. After all, she already knew he was single. He'd let slip he'd recently tried online dating but it hadn't worked out.

"No one tells you the truth, Tess. I don't mind the odd embellishment but saying you're 51 when you're 70 isn't on."

She'd agreed that would be annoying. Especially as he was clearly in his mid-fifties, like her.

She took in his coffee. "How's it going? Any luck?"

"There's no virus. I've checked. The lost files might take longer to retrieve. What on earth were you doing?"

"Pressing the wrong buttons, obviously," she quipped.

"Well you've made a right old mess. Don't worry. We'll get there."

It took him until lunchtime.

"Do you fancy a cheese sandwich, Matt? I'm making one for me?"

He accepted and they ate in her conservatory. Thankfully the wilderness that was her garden was hidden. The bushes around the patio were too high to see over.

"Cheers for the sandwich," he said as he got up to go.

"Thanks for your help. Again. I'll try to be more careful."

"That's a good idea. Sabotaging your own laptop and paying me to sort it out must be getting expensive." His eyebrows rose in a challenge.

"You knew!" She stared at him in shock. "How?"

"I wasn't 100 per cent sure until today." He paused.

"The question is... why?"

She closed her eyes. How humiliating. She already knew he didn't like women who lied. Who could blame him?

"I'm so sorry. The first time was genuine. I thought



we had a connection and hoped... maybe if I saw you again..."

He didn't look happy. His blue eyes were distinctly cool.

"It's not that I don't like you, Tess."

"It's OK. I shouldn't have tried to manipulate you. I really am sorry."

He reddened. "The truth is...I haven't been completely straight with you either."

"You haven't? How?"

"I'm not the computer whizz-kid I led you to believe."

He cleared his throat nervously. "I started fixing computers because my day job was seasonal." He met her eyes. "You were my first client. But today I realised you probably know more about computers than I do! I wasn't going to come again. It didn't feel right."

"So what is your day job?" she asked curiously, noticing the tiny gold hairs on the backs of his hands, the strong fingers, and feeling a sense of regret that they wouldn't meet again.

"I'm a landscape gardener."

Tess burst out laughing and he looked bemused. She flung open the patio doors and beckoned him onto the moss covered paving slabs.

The garden had been neglected when she'd moved in, but the recent rain and sunshine had transformed it into a jungle. Bramble bushes tangled with shrubs. The threadbare lawn was overrun by dandelions and the surrounding borders were choked with nettles.

She watched his face change. "Wow, you could do loads here. Is that an old pond? This could be a perfect little garden."

"I'd have hired you to do it if I'd known." In her heart she knew that bird had flown.

His expression said he did too.

"You're right about one thing, Tess. We have a lot in common." A beat.

"Maybe we should go for a drink and try just being ourselves and - um - see what happens?"

"I'd really like that."

They smiled at each other. They hadn't started well, but maybe that simply meant neither of them was perfect.

Tess didn't want a perfect relationship, any more than she wanted a perfect garden. She just wanted one that would grow in the right general direction.

And she had a feeling they may have found that.

Della Galton's latest novel is *Sunshine Over Studland Bay*, published by Boldwood.

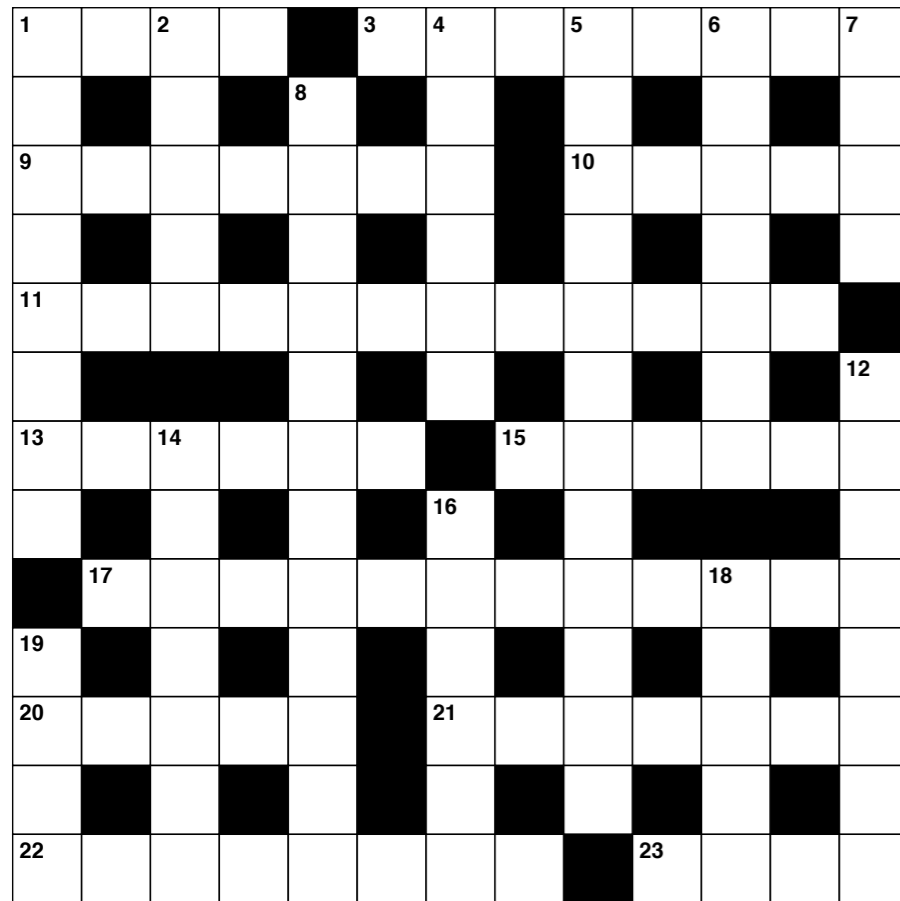
Available in paperback, digital, large print and audio.

Get puzzling

Doing good does you good

Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.

Crossword



Down

- 1 Distance marker in a race (8)
- 2 Foresee or predict (5)
- 4 Advance evidence for (6)
- 5 Smooth and easy progress (5,7)
- 6 Lessons (7)
- 7 Small pointed missile (4)
- 8 Boxing class (12)
- 12 Continues obstinately (8)
- 14 Learning institutions (7)
- 16 Ablaze (6)
- 18 Tests (5)
- 19 This grows on your head (4)

Across

- 1 Repast (4)
- 3 Interfered with (8)
- 9 Person who dawdles (7)
- 10 Small venomous snake (5)
- 11 Firework display (12)
- 13 Plant with oil rich seeds (6)
- 15 Notable inconvenience (6)
- 17 Optimism (12)
- 20 In the company of (5)
- 21 Plants that live a year or less (7)
- 22 Flower-shaped competition awards (8)
- 23 Exploits (4)

Sudoku

							7	
8	9	2			7			
			8		5	4		9
	6		3					8
5		7	1	4	2	9		3
9					6		1	
4		6	9		1			
			6			1	4	5
	1							

Helping others is a two-way street as it can benefit you as much as the cause you choose to support. Not only are you making a difference to someone's life, but you're also keeping yourself mentally stimulated and giving yourself a sense of purpose.

While some people are naturally outgoing, others have a hard time meeting new people. Volunteering can help you make new friends, expand your network and boost your social skills.

While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organisations in need.

In today's digital age, people can contribute by becoming a befriender or helping with admin tasks via phone or computer. In fact, research has shown that adults show improvements in feelings of wellbeing after volunteering.



Liz Smith offers befriending support

"The telephone befriending service was perfect for me during the pandemic as I had to shield due to my asthma. It's not a chore or duty but pure enjoyment as we have a really good natter – and more importantly, a laugh. I get so much out of it as I really feel I've cheered someone up and have helped to make their day. When my befriendees share personal matters with me I feel trusted and honoured. To be honest, I think I get more out of it than they do!"



Philip Lawrence offers IT support

"Helping people to get online is really satisfying as you know you've made a difference to someone's life in a positive way. When people engage in digital inclusion it gives them independence and self-reliance, which in turn helps with self-worth and a sense of purpose. During lockdown, seeing the reaction on people's faces when they saw their children or grandchildren on Zoom or similar was really rewarding."

Age UK Cheshire relies on volunteers to help offer vital services in the local community. To find out more, visit: www.ageuk.org.uk/cheshire/get-involved/volunteer/ or contact Hazel on: **01606 305 015** or email: volunteering@ageukcheshire.org.uk

Connect All

Age UK Cheshire has been helping people to get online and develop their IT skills and confidence for many years now, lead by a team of dedicated volunteers.

We all know that more and more services moved online during the pandemic from GP appointments to grocery deliveries to library services, and our brilliant volunteers adapted how we do this work to make sure that we continue to connect people, even when it became much more challenging. Our work in getting people online has told us that...

- Some people don't think that the internet is for them and can't see why they would use it.
- Some people have concerns about how safe the internet is.
- Lots of people don't have support for going online or have the equipment.
- For some people, they worry that it is too expensive.



Deryck Farmer (74) from Nantwich

"I used to use computers when I worked for the Office for National Statistics but didn't buy one when I retired as I didn't think I'd use it. Then during the pandemic, my grandchildren kept calling me a dinosaur so I decided I needed to get online! I borrowed a computer from Age UK Cheshire who also provided me with support on how to use it. I had six sessions once a week over the phone with a very helpful chap.

"I was already confident using a keyboard so I picked that up quite quickly. However, I'd never done online banking or shopping before so he showed me how to do that. He also taught me how to video call which was brilliant. What was great about it was he let me decide what areas were useful to me and then advised me which was the best computer to buy.

"My wife has dementia so I don't get much time for entertainment but my grandkids have showed me how to access things that interest me, such as sport and music. I can't rely on them to show me much though as they're much too fast for me!

"I'm quite an independent soul and don't like to ask other people to do too much for me, so learning how to use computers has made me feel much more self-reliant."

If this is you, you're not alone! Age UK Cheshire wants to help you understand how useful it can be to get online. We can help you stay safe, loan you equipment if needed, support you and explore with you how the internet can be accessed as inexpensively as possible.

Our Connect All project shows you lots of different ways that the internet is useful and can help you stay connected with the world. We hope that it encourages you to think about taking the first steps online – and we're here to help! If you already have a tablet and just don't have the confidence to use it – give us a call! If you don't have a tablet and would like to loan one from us free of charge – give us a call! We will then link you up with a volunteer who can support you, by telephone, in taking your first steps online and finding out about all that the internet has to offer.

If this sounds like something you'd be interested in, please get in touch with Amy on:

01606 720 431

and we can discuss how best to help you.

On the other hand, if you have an hour or so to spare each week and you're confident in your digital skills, why not get in touch and join our community of digital volunteers helping people across Cheshire to get online. Call Hazel on:

01606 305 015

to hear how you can get involved.

Photography Acknowledgements:

Page 18: Photograph by Sophia Voce Photography (all images)

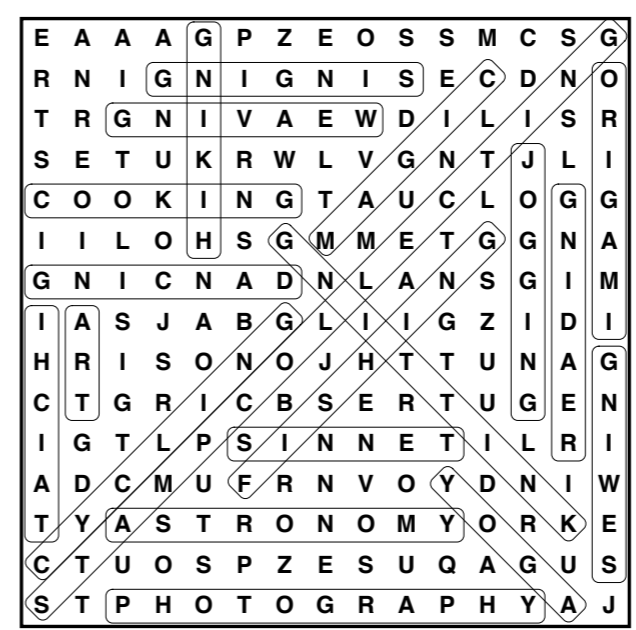
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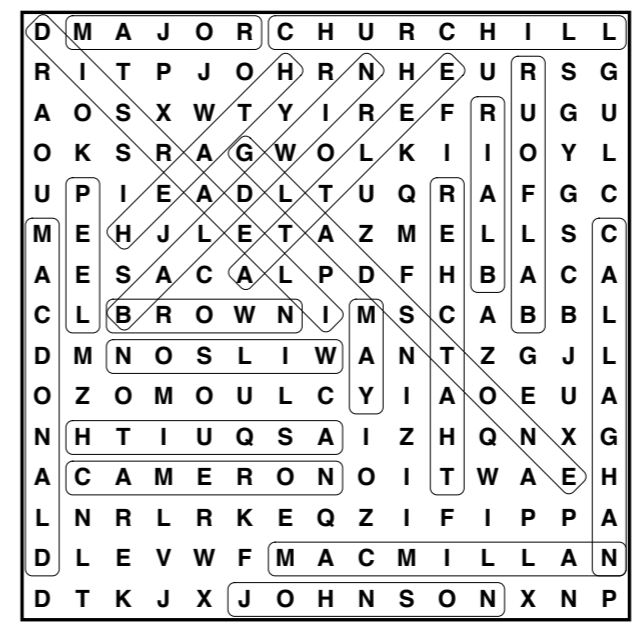
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Puzzle solutions

Page 14: Word search - Hobbies



Page 14: Word search - Prime Ministers



Page 27: Crossword



Page 27: Sudoku

6	4	5	2	9	3	8	7	1
8	9	2	4	1	7	5	3	6
7	3	1	8	6	5	4	2	9
1	6	4	3	7	9	2	5	8
5	8	7	1	4	2	9	6	3
9	2	3	5	8	6	7	1	4
4	5	6	9	2	1	3	8	7
2	7	9	6	3	8	1	4	5
3	1	8	7	5	4	6	9	2

What's Cooking?

Older People Active Lives (OPAL) has been running social groups with a focus on food since September 2017 with regular meet-ups in Frodsham, Helsby and Farndon.

The principal aim is to help older people to renew their interest and skills in cooking and to do so in good company while having fun.

While people were not able to meet up in person during lockdown, OPAL shared recipes in its weekly news sheet and on Zoom, in conjunction with Cheshire West and Chester libraries.



A regular theme at What's Cooking sessions is using up leftovers and using store cupboard ingredients. A volunteer shared this quick and easy recipe to use up leftover chicken – a simple chicken fricassee.

“Rather than use a roux sauce, use a tin of condensed soup (chicken or mushroom) to make the sauce. Fry onion, bacon and mushrooms in a pan, then add the tin of soup and heat through. Then stir in the leftover chicken and heat thoroughly. Serve with rice.”



Mixed bean chilli (Serves 4)

Ingredients

- 2 tbsp olive oil
- 1 medium onion, peeled and finely chopped
- 1 clove garlic, crushed
- 1 tsp ground cumin
- ¼ tsp dried chilli flakes
- ½ tsp paprika
- ½ tsp ground cinnamon
- 400g can chopped tomatoes in juice
- 100ml water
- 1 x 400g can kidney beans, rinsed and drained
- 1 x 400g can black beans, rinsed and drained
- 1 x 400g can haricot beans, rinsed and drained
- 1 x 10g veg stock cube
- Salt and pepper

Method

1. Heat a large heavy pan with the oil and sauté the onions, garlic and spices, until soft.
2. Add tomatoes, water, beans and stock cube and mix really well.
3. Bring to the boil and then gently simmer for 15-20 minutes.
4. Season well with salt and pepper.
5. Serve on boiled rice.

Courgette, asparagus and hazelnut salad (Serves 4)

Ingredients

- Courgettes, sliced long ways
- Asparagus, trimmed
- Broad beans
- Bag of mixed salad leaves (watercress, spinach and rocket)
- Blanched hazelnuts, toasted and chopped

Dressing ingredients

- 1 orange, zested and juiced
- 2 tbsp olive oil
- ½ garlic clove, crushed
- ½ tsp chilli flakes

Method

1. Make dressing by mixing all ingredients well.
2. Cook the courgettes on a griddle for 2-3 minutes.
3. Boil the asparagus for 2 minutes then rinse in cold water. When cold, cook on griddle.
4. Boil broad beans for 3 minutes, cool under cold running water, and remove outer skins.
5. Arrange veg on a bed of mixed leaves. To serve, drizzle with the dressing and scatter with the nuts.



Strawberry, mascarpone and lemon curd tart (Serves 6)

Ingredients

- 125g mascarpone cheese
- 125g Greek yogurt
- 175g lemon curd, zest of 1 lemon
- 1 sweet pastry case (205g)
- 400g strawberries, hulled and sliced

Method

1. Beat together the mascarpone and the yogurt in a bowl until smooth.
2. Beat in the lemon curd and most of the lemon zest until combined.
3. Fill the tart case.
4. Arrange the strawberries over the filling, then chill for at least 20 minutes.
5. To serve, dust with icing sugar and sprinkle remaining lemon zest over.

Anyone with an interest in cooking is welcome at What's Cooking. For more information please visit:

www.opalservices.org.uk/whats-cooking

or call: **07512 632 515**

Address bar: The address bar is at the top of your web browser (such as Microsoft Edge or Google Chrome). It's where the address of a webpage (or URL) appears. You can type a web address straight into the address bar – for example, typing 'www.ageuk.org.uk' will take you to our website.

Android: The software that some phones and tablets use to function. It's known as a type of operating system. Phones and tablets from lots of different brands fall into the bracket of an Android device, including Alcatel, Google, HTC, LG, Moto, Samsung and Sony.

Anti-virus: Software that detects and prevents known computer viruses from attacking your device.

Apps (applications): An app is a type of computer program that you can download for your computer, tablet, or mobile phone. There are hundreds of different apps available that do lots of different things, from playing games and puzzles to allowing you to access your bank account. You download apps from Google Play Store if you have an Android phone or tablet, or the App Store if you have an Apple device.

Attachment: Files, such as photos, documents or programs, which are sent along with an email.

Blog: A regularly updated website or webpage, typically one run by an individual or small group, that is written in an informal or conversational style.

Broadband: Broadband is a generic term for the internet connection which allows you to access the internet. To get home broadband, you'll need to set up a contract with a broadband provider (such as BT, TalkTalk or Virgin to name just a few) who will charge you for the equipment needed to connect your smartphone, tablet or computer to the internet.

Browser: The computer software or app you use to access the internet. Examples include Microsoft Edge, Google Chrome and Safari.

Cookies: Most websites pop up with a message asking you to 'accept cookies'. A cookie is a small piece of data that is stored on your computer, smartphone or tablet when you visit a website. They allow the website to track information about your activity on the website, such as how many times you've visited and how long you spent on the website. You don't have to accept cookies, but it might mean that you can't access some websites.

Download: To transfer files or data stored on the internet onto your smartphone, tablet or computer. For example, you might download a picture that a friend has sent you by email, download a document to read from a trusted website, or download an app from the online app store.

Email: Electronic mail or email is a free and easy way to stay in touch with family and friends, and the main way that organisations and companies will communicate with you. Popular email providers include Google Mail (commonly known as Gmail), Outlook and Yahoo.

Encrypted: If an app or a website is encrypted, this means that all the communication between you and the website is secure and can't be read by anyone else. Encrypted websites have web addresses that start with 'https'. The 's' stands for secure.

Facebook: Facebook is a popular social media platform. It allows you to create a personal profile where you can share your thoughts, photos, videos and interests on your 'timeline' with your friends and family.

FaceTime: To face-time someone is a term often used meaning to video call someone, and there are many platforms or apps (such as FaceTime, Zoom or WhatsApp) that allow you to do this. (The 'FaceTime' app can only be accessed on an Apple device.)

Google: Google is the most popular search engine on the internet and allows you to find websites and ask questions. You can visit www.google.com then type in some keywords to find out information. Someone might tell you to 'google' something, which means to look up information online.

Hack: An attempt to gain unauthorised access to a computer or account.

Home page: The introductory page of a website, typically serving as a table of contents for the site.

Icon: An image or symbol that represents an app or function on your phone, tablet or computer screen. You usually 'tap' or 'click' on an icon to open an app.

Inbox: The virtual folder in your email account where any emails you receive are stored.

iPad: A small portable computer activated by touching the screen and developed by the company Apple.

Instagram (or Insta): Instagram is a popular social media platform used for photo sharing. It allows you to create a personal profile where you can share photos with friends and family on your 'Instagram feed'.

Link (or Hyperlink): A line of text, an image or a button that you can click or tap on in order to access a website. The link may be blue in colour and underlined, and may include wording such as 'click here for more information' or 'find out more'.

Log in/on: If you have set up an online account for anything including email, banking, shopping or social media, you'll need to use a 'username' (often your email address) and password to access the account. This is known as logging in or on.

Malware: Malware is short for 'malicious software', a general term describing software that can cause harm to your computer through spreading computer viruses or accessing your personal information.

Mobile data: Mobile data enables your phone to get online when you're not connected to Wi-Fi. It's measured in megabytes (MB) and gigabytes (GB), and you'll usually have a mobile data usage limit.

Online: This refers to anything using the internet. For example, online shopping or online banking uses a website or an app, rather than doing the activity in person or over the phone.

PayPal: An online account that you link to your bank account or payment card which allows you to pay for online purchases.

Phishing: An attempt at identity theft in which criminals direct users to a fake website to trick them into disclosing private information, such as usernames or passwords.

Podcast: A broadcast that is placed on the internet for anyone who wants to listen to it or watch it.

Pop-up: A small window that suddenly appears (or 'pops up') on a webpage, usually an advertisement or an alert.

Profile: A description that may include your personal details and is used to identify you on a social networking website. This can be set as public (viewed by everyone) or private (only viewed by certain people).

Search engine: Search engines enable you to find websites and ask questions on the internet. Popular search engines include Google and Bing. You can type in some keywords to find out information or access websites. Someone might tell you to 'google' something, which means to look up information online using a search engine.

Skype: Skype is a type of video calling software. You can either install it as an app on your phone, tablet or computer, or you can access it through your internet browser.

Smartphone: A mobile phone which, as well as making calls and sending texts, can connect to the internet to do lots of different things, such as sending emails, reading the news, playing games and puzzles, banking and shopping online.

Social media: Social media, or social networks, are online communities where you can connect with friends, family and other people who share your interests. Examples include Facebook, Twitter and Instagram.

Software: Software is a catch-all term for something that runs on your

computer, tablet or smartphone. Examples include apps on your phone and tablet, video calling programs like Skype and Zoom, or anti-virus programs. You might also see them described as 'programs'.

Spam: A commercial email that you did not request, also known as junk mail.

Spyware: An unwanted program that runs on your computer, which can make it slow and unreliable or make you a target for online criminals. Anti-spyware software helps protect your computer against security threats caused by spyware and other unwanted software.

Streaming: Streaming refers to any media content – live or recorded – delivered to computers and mobile devices via the internet and played back in real time.

Tab: Tabs are at the very top of your internet browser. You can click on the '+' symbol to open a new tab, where you can visit a different website without losing access to the webpage you're on. Some apps might also have tabs at or near the top, which you can click or tap on to switch between different parts of the app.

Tablet: A handheld device with a touchscreen which can connect to the internet and be used as a portable computer.

Twitter: Twitter is a popular social networking site that enables you to create a profile and post short public messages known as 'tweets'.

Upload: To transfer files or data stored on your smartphone, tablet or computer to the internet. For example, you might upload a picture to social media or cloud storage.

URL: The URL is the address of a webpage, for example, 'www.ageuk.org.uk'. You type the URL into the address bar at the top of your web browser (such as Microsoft Edge or Google Chrome) to visit a website.

Viruses: Programs that spread from

one computer to another by email or through malicious websites. They can slow your computer down, display unwanted pop-up messages and even delete files.

Webcam: A video camera that allows other people to see you on video calls, such as Skype or Zoom. Most smartphones, tablets and computers have inbuilt webcams (sometimes referred to as just cameras), but if you have an older computer you might need to buy a separate webcam.

Webpage: Webpages provide information through text, images and videos, and are displayed on your web browser, such as Microsoft Edge or Google Chrome. Websites are made up of hundreds of webpages, just like books are made of pages.

Website: A set of related webpages owned by one person or organisation. For example, Age UK's website is made up of hundreds of individual webpages on different topics, but all the webpages begin with 'www.ageuk.org.uk'. You visit websites on your web browser, such as Microsoft Edge or Google Chrome.

WhatsApp: An app that allows you to message friends and family, make phone calls and video calls, and send and receive photos and videos. It uses your internet connection rather than your text or call allowances.

Wireless network (Wi-Fi): This is a way for your computer to connect to the internet without using wires or cables. You can access public Wi-Fi networks, or arrange a contract with an internet provider who will provide you with the equipment needed to set up your own Wi-Fi network.

YouTube: YouTube is a popular and free video sharing website. It contains millions of videos, uploaded by individuals and organisations. You can use it to watch documentaries, music videos, tutorials, funny videos and much more.

Zoom: Zoom is a type of video calling software. You can either install it as an app on your phone, tablet or computer, or you can access it through your internet browser.

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Steve Morgan
FOUNDATION



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Chester Zoo

For more information visit:

www.chesterzoo.org

OPAL | What's Cooking

For more information visit:

www.opalservices.org.uk/whats-cooking

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Healthbox

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Storyhouse

For more information visit:

www.storyhouse.com

Age UK Cheshire

For more information contact:

www.ageuk.org.uk/cheshire

or call: **01606 305 015**

Grozone

For more information visit:

www.grozone.org.uk

www.facebook.com/grozone

or call: **07849 069 573**

Cats Protection

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