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AUTUMN 2019

# EngAGE

First Taste Day Party  
time for students

Friends against  
scams

Time to get smart

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# Contents Autumn 2019

## Party time for First Taste students.

A year of intergenerational projects between local primary school children and care home residents ended with big celebrations.

## New falls class in Sawley.

Information about a new falls class that started this year.

## Fundraising update.

Find out about all the ways that we people have been supporting us and how you can get involved.

## Money sorted in D2N2.

Support available for people experiencing financial difficulty.

## Mr Lonesome.

A short film about loneliness produced by a local film company.

## Eat well, live well.

Resources available to help prevent malnutrition amongst older people.

## Friends against scams.

Practical ways we can all get involved to increase awareness of scams.

## Art exhibition.

A local retirement village had their own art exhibition to celebrate National Care Home Open Day.

## Big Knit.

Thank you to everyone who knitted hats for drink bottles. Look out for them in the shops this Autumn.

## Chaddesden.

There has been a lot happening at the Chaddesden Park Centre recently, find out more.

## Time to get smart.

Information about the benefits of having smart meters installed in your home.

## Chesterfield shop closing.

Our shop in Chesterfield closed its doors for the last time in May.

## 06 Business Directory.

The Age UK service connecting you with traders you can trust.

20

## 08 Planning for the future and making life easy.

Local solicitor gives advice about making wills and power of attorney.

22

10



11

12

12



14



15

11



18

18

19



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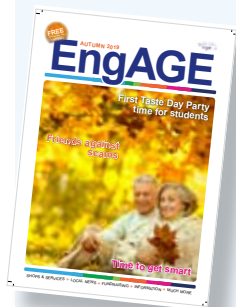
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# from the Editor ...

Welcome to the Autumn edition of our EngAGE magazine, which is packed full of great articles.



There has been so much going on recently, it has been hard knowing what to include.

In this edition, there has been lots happening at our Chaddesden Centre and various different fundraising events and opportunities are mentioned. We have recently closed our Chesterfield shop and the shop staff and volunteers are remembered.

A lot of work by First Taste culminated in a big celebration with local schoolchildren and care home residents after working together on a big project.

You can find out more about how one of the falls class instructors got her class set up and all about an art exhibition at a care home.

Smart energy meters can make a big difference to household bills as well as the environment and we also have information about a local film company who have produced a film looking at issues of loneliness.

A local solicitor has given us some information about wills and powers of attorney and there is information about a service helping people to be more in control of their finances.

We hope that you enjoy reading the magazine and find something that really helps or interests you.

*Phil*

Phil Brown .... Editor



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# First Taste Party Time for



## Thank you

to our fantastic First Taste tutors and Cecilia Harris our Project Manager. Each Tutor creates a bespoke course building on the assets in each home and school to create a very special programme of shared learning. They work quietly away and don't get the appreciation they deserve – it's not everyone who can teach people from 5 – 105 and make it such fun.

So thank you to Clare Bufton, Pauline Bloomfield, Ingo Hermann and Caroline Cook.



July was a month of celebrations for our First Taste students from local primary schools and care homes who had completed a year of learning together.

Our First Taste programme called 'VoYAge' (which stands for 'Valuing of Youth and Age') creates partnerships between a primary school and a nearby care home to enable intergenerational learning. This year, since First Taste joined us, we have delivered five partnerships and created friendships and memories which will last a lifetime.

Castle View Primary School Reception year children made friends with residents from Presentation Sisters Care Centre; children from Year 1 South Darley Primary School

ran in each week to meet their friends at Darley Hall and older pupils in year 4/5 met up with friends living in Ivonbrook Care Home at Darley Bridge. Children from Darley Dale Primary School joined their new friends living at Long Meadow Care Home to spend time in the garden and children from Churchtown School in Darley Dale visited their new friends at Meadow View each week.

The VoYAge programmes are low-cost/high impact projects which achieve some amazing outcomes for children, residents, school and care home staff and families. Children visit their partner care home each week during term time and join residents in a lesson. Lessons cover a wide range of topics and are led by our

experienced and highly skilled tutors. Tutors have developed programmes on horticulture growing plants from seed, setting up gardens, flower-arranging, learning about pollinators and creating wildlife habitats, growing and tasting fruits and creating works of art using crafts and creating beautiful wall plaques and banners. One thing all the sessions have in common is old and young working together and making friends.

The programmes can have a dramatic effect. Teaching staff note the difference the sessions make to children's confidence and behaviour. Some of the bounciest or most shy children turn out to be the most sociable and empathetic when working with residents with

# First Taste students!



*Thank you*  
 to all the teaching and care home staff and families who helped children and residents take part. We know you enjoyed yourselves too but without your care, support and help the programmes couldn't achieve such great outcomes.



significant care needs. And residents speak movingly about the children's visits: 'you don't need medicine when you have the children coming every week' and photographs taken during the sessions show old and young faces aglow with interest in their task.

At the Celebration at Ivonbrook Care Home year 4 and 5 pupils from South Darley Primary School reflected on their experience and courageously read them out. Our favourite was a comment from Sam who felt "I think I've learnt that there shouldn't be such a difference between us and older people and I recommend it to anyone"

And even when the programme confronts some difficult experiences it shows that younger students can learn some valuable life-lessons as Pippa's recollections showed: "My favourite resident was Tom. At first he was hard to talk to because he had his head down but I learnt that we had to speak loudly. I got to know him well – he had two dogs and one of them was very naughty. I was very sad when I learnt he had passed away".

Our celebrations were given fantastic support by local councillors and our First Taste Patron Baroness Estelle Morris. Each celebration had a local councillor or even a mayor

or a Baroness to award the certificates to show each child what a special contribution they had made to their community. So thank you to: Cllr Mary Myers, Mayor, Darley Dale Town Council, Cllr Jason Atkin, Derbyshire Dales District Council, Cllr Tony Morley, Chairman of Derbyshire Dales District Council, Cllr Alex Dale, Derbyshire County Council, Cabinet Member of Children & Young Peoples Services and Baroness Estelle Morris as Patron of First Taste's work in AUKDD for giving their time and personal support to each programme.



## New Falls Class in Sawley



### First Taste

Delivering the programme costs money, and each year it is a struggle to get the funding we need. In 2018/19 our First Taste intergenerational programmes had lots of local support:

- Derbyshire County Council – Community Leaders Fund
- Derbyshire Dales District Council – Local Projects Fund
- Darley Dale Town Council
- National Lottery – Awards for All Programme
- Donations from St Elphins Village residents
- Ernest Bailey Trust
- Derbyshire County Council Community Action Fund
- Carriers for Causes Fund
- Contributions from the Home & the School

**We are very grateful for all the small grants we received and just like the intergenerational programmes themselves once you start putting small things together great things happen!**

**But to carry on and better still grow our First Taste programme we desperately need funding. We know our First Taste programme helps little seeds grow!**



After 2 previously unsuccessful attempts to get a session going at All Saints Church, Sawley, a third attempt has been successful thanks to Janet Micklewright. Janet had taken early retirement from the NHS in April 2018 after working for 37 years as an occupational therapist. She particularly enjoys working with older people and was looking for new ventures where she could develop her skills.

In November 2018, Janet completed the Level 2 CYQ Chair Based Exercise training provided by Age UK Derby and Derbyshire. On completion of the course and in discussion with Jo Briggs, Falls Prevention Service Manager, Janet agreed to set up the Sawley class.

The Strictly No Falling project offers start up grants funded by Derbyshire County Council to support instructors to set up sessions in areas where there is need for a class. Following from some local advertising, the session started in January 2019 with 14 turning up on the first week increasing to 20 over the next couple of weeks.

It is clear that the social aspect of the class is just as important as the exercises themselves. Jo Briggs has visited the class on a couple of occasion and states: "it is lovely to see friendship groups forming and an increase in confidence across the group".



# Case Study

Members of the class were all keen to share their experiences of the Sawley class:

**“I love the music, companionship and making new friends”**

**“I enjoy getting fitter and stronger”**

**“my balance is better and I like learning how I can help myself from the Live Stronger for Longer information booklet”**

Following the success of this group, Janet then went on to complete the Later Life L2 Otago training in March 2019 and in June began planning to start a further class on Tuesdays also at All Saints church Sawley. Janet is happy for you to contact her on 07906 367553 if you would like to join one her sessions.

If you have some spare time and enjoy working with older people perhaps you would like to train to be a Chair Based Exercise instructor or volunteer to support one of the sessions. For more information see contact details below.

**Strictly No Falling is a County-wide programme currently delivering 162 sessions across Derbyshire.**

For information contact:

☎ : 01773 766922

✉ : [administration@ageukdd.org.uk](mailto:administration@ageukdd.org.uk)

🌐 [www.ageuk.org.uk/derbyandderbyshire/snfc\\_classes](http://www.ageuk.org.uk/derbyandderbyshire/snfc_classes)

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# FUNDRAISING

# UPDATE

2019 has flown by for the fundraising team at Age UK Derby and Derbyshire. We've started to develop a very strong team of volunteers wanting to go that extra mile and help raise money for Age UK Derby and Derbyshire.

As you will have seen in the Spring 2019 edition of EngAGE magazine, we were planning for various events during the year, including the Derby 10K, Long Eaton Carnival, the AUKDD Summer raffle, the Spring Walk, Ann and Arthur's Big Knit and Knat 2019, the Winter raffle. These are without all the smaller things going on in between that we help with such as our fundraising with, ASDA in Spondon and the Co-Op in Chaddesden. Then there is the AVIS Budget Group who recently gave us over £700 from events they held, and we mustn't forget Tunnel Light Productions who produced Mr Lonesome, a film about Loneliness and an article on this is on P12.

Long Eaton Carnival was a great success again this year and thanks to all involved who raised lots of money. We were also blessed with sunshine for the whole day.

As I write this the summer Raffle has come to an end and so we are now looking for prizes for our Winter Raffle. If anyone has anything special or runs a business or company and would like to donate, we'd be very grateful.

Ann and Arthurs Big Knit and Knat 2019 is in full swing and this year we have older people and groups knitting dementia mitts, whilst raising money for Age UK Derby and Derbyshire to provide for us to provide our services. The dementia mitts will be distributed free of charge to Dementia settings and through our shops.

Our Spring walk has now been re-arranged to the Autumn, and will take place at Trent College on the 28th Sept – more details will be available on

our website and facebook nearer the time. We'll put more of this new event and how it went in the Winter edition of EngAGE and on our Facebook page.

We are also attending both Pride In Derby and Belper with our Information and advice stand and promoting our new Vintage Crockery Hire Service for special Vintage events or parties.

And then we are back to the Duck Race 2020 on News Year Day and so look out for more of this on our Age UK Derby and Derbyshire website and Facebook pages.

If you'd like to join our team of volunteers; or to get involved in one or more of the activities mentioned or perhaps you would like to raise money for us or do an event yourself, if so please contact Angela Barnes on 01332 343232 or Angela.Barnes@ageukdd.org.uk because we can only do what we do with the help of people like you.



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Money Sorted in D2N2 provides support and personally tailored help for people experiencing financial difficulty. It can help you take control, build your confidence and skills and help you tackle barriers and problems in order to improve your financial well-being for the longer term.

**Who is it for?**

Anyone who living in either Derby, Derbyshire, Nottingham or Nottinghamshire.

You have to be aged over 15 years old, but there is no upper age limit to those we can support. You must be either unemployed or not in paid work at the time of starting

**What does the project provide?**

- A personal worker working with you (a 'Personal Navigator')
- Assessment of your financial well-being
- Personal action plan
- Help to improve your skills, knowledge and confidence with different money issues (topics such as budgeting, banking, debt, credit, saving). This is tailored to your needs through one to one or group sessions.
- Option of a Money Mentor
- Support (or referrals) with your current financial circumstances, (such as benefit, debt, banking).
- Support getting into employment or training, if required.

**Telephone: 0115 908 1534 or Email: [info@moneysortedind2n2.org](mailto:info@moneysortedind2n2.org)**

**[www.moneysortedind2n2.org](http://www.moneysortedind2n2.org)**

**How is the project funded?**

'Money Sorted in D2N2' is funded as part of the Building Better Opportunities programme in D2N2. The project is funded by the European Social Fund and The National Lottery Community Fund.



## Mr Lonesome

Derby-based aspiring film makers, Tunnel Light Film Productions, have produced their first short film, Mr Lonesome. Their film follows the life of an older gentleman who is struggling in life due to the recent loss of his loved one and explores the loneliness for him following this loss.

The short film was premiered at the Kedleston Road Campus of Derby University on the 27th of April this year. Angela Barnes, from Age UK Derby and Derbyshire, attended the event and said "it was a fantastic turnout and the short film was very well received". Over the evening the production team also kindly raised £275 for Age UK Derby and Derbyshire to help us with providing our services for older people.



## 66 Eat well, live well 99

In Derbyshire professionals from the voluntary sector, health services and adult care work together in a Nutrition and Hydration for Older People Working Group. Over the last few years the group has developed a number of resources to help ensure older people and carers can access information and services. Not eating and drinking enough can increase your risk of having a fall,

low mood and can increase your chances of getting an infection and slow down recovery from illness.

We have produced factsheets for each district of Derbyshire signposting people to social eating opportunities. Joining other people for a lunch, mid-morning coffee or afternoon tea can be a great way of boosting your appetite and making friends. These factsheets are

available when people are discharged from Adult Care's community hospitals.

Last year we produced our 'Top 10 tips for small appetites' bringing together some excellent advice from nutritionists, adult care specialists and lots of practical support.

And this year we have created two resources to help people living at home and the people who care for them. The checklists are designed to help with two very common problems when people need help to cook: not having easy access to the right equipment in the kitchen and not having enough variety of food in the cupboard.



**Top 10 tips  
for small  
appetites**





Following the premiere, a DVD of the short film is being produced and the film will be ready for release soon. The film has also been submitted to 25 film festivals from all over the UK and been

accepted for all of them and the team are now just awaiting ceremony dates and we wish them every success with the film. To find out more about Tunnel Light Films and how the Mr Lonesome film is doing, visit [www.facebook.com/TunnelLightFilms/](http://www.facebook.com/TunnelLightFilms/)



Good food doesn't need to be complicated and you don't need a lot of fancy equipment but some items are essential to cook even simple recipes. Carers and older people can use the 'Kitchen Basics' checklist to make sure they have cooking equipment ready that is clean, in good working order and easy to find.

Making quick, nutritious meals means having a few basic recipe items in the cupboard and fridge.

Having a small supply of tinned, packet, chilled and frozen items always ready means carers and individuals can make a tempting

light meal in minutes. The 'Recipe Basics' checklist can be used as a shopping list and makes checking the cupboards, fridge and freezer easy. Personal preferences or cultural beliefs will mean some items must be substituted but the checklist can help to keep a good variety of recipe items ready to inspire the cook and the diner!

Food is such a lovely part of life. What we eat can reflect our personality and our culture and it's a great way of bringing people

together so if you think that you, or someone you know has a low appetite or needs extra support to cook help is available. All the factsheets are available on the Age UK Derby and Derbyshire website and on Derbyshire County Council's website on the 'Eat Well' page.

visit <https://www.ageuk.org.uk/derbyandderbyshire/about-us/news/articles/2019/eat-well/>

# Friends against SCAMS



**Friends Against Scams** is a National Trading Standards Scams Team initiative, which aims to protect and prevent people from becoming victims of scams by empowering people to take a stand against scams.

- Scams cost the UK economy £5-£10 Billion a year
- 53% of people over 65 have been targeted by scams
- Only 5% of scams are reported
- Statistics indicate that the average scam victim has lost over £3000

Anybody can join **Friends Against Scams** and make a difference in their own way.

Complete the online training or attend a local Friends Against Scams awareness session and raise awareness throughout your community. Together we can create a scam free nation!

**Friends Against Scams** awareness sessions are run by 'SCAM champions', who are trained and supported by the NTS Scams Team. Each 45 minute awareness session is fun and interactive and a chance to meet other people who want to take a stand against scams. Awareness sessions are

run across England, Wales and Northern Ireland and you can find your nearest session using the Friends Against Scams website: <https://www.friendsagainstscams.org.uk/>

Alternatively you can complete the online learning session, which can be done in the comfort of your own home, at work or wherever is most convenient for you. The online learning is also interactive, so you will be able to learn about scams in a fun way.

Help yourself, those you love and your friends and community by becoming scam aware and making Derbyshire safer.

## Remember in Derbyshire you can:

- get advice and report issues to the Citizens Advice Consumer Service  
☎ : 08454 04 05 06
- report scams and suspected scams to Action Fraud  
☎ : 0300 123 2040



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# Art Exhibition

On Friday 28th June Richmond Retirement Village in Aston on Trent, South Derbyshire, celebrated National Care Home Open Day with a special art exhibition. Over the past months, residents and staff at Richmond Village Aston on Trent have been producing an array of wonderful art pieces for the exhibition. Whether a seasoned artist, or completely new to craft and design, everyone has enjoyed getting involved, creating pieces of work using all kinds of creative mediums like paint, cloth, wool, paper, lace and

even ceramics. The exhibition was a wonderful opportunity to celebrate these diverse and beautiful works of art. Residents and guests from the local communities were invited to spend time viewing the exhibition within Richmond Village Aston on Trent's care home. There was also opportunity for visitors to try their hand at a craft activity within the retirement village's dedicated activities room, and enjoy a lovely afternoon tea.





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# Big Knit

We want to say a big thank you to all the many people who have knitted some amazing hats for the Big Knit. We have sent hats to Innocent Drinks and they add them onto bottles of smoothies, which will be

on sale in supermarkets and shops near you towards the end of the year. Innocent generously donate 25p for every bottle with a hat that is sold.

We are so impressed at some of the original designs, which we recognise must have taken a very long time to complete. If you see one of the bottles with a hat, please do buy one to show your support.

Thank you everyone – those hats will brighten up the day of the people who buy them and the money raised will make a difference to the lives of older people in Derbyshire and Derby.



## Chaddesden

There has been lots happening at our Chaddesden Park Centre recently. The centre was turned into a vintage tea room at the Chaddesden Park Big One in June. Our vintage crockery was used and it looked great. (If you want to hire our vintage crockery for your event visit [www.vintagehire.org](http://www.vintagehire.org)). Thank you to all the volunteers who helped at this event as well as at all the other events that take place.



Thank you to the Coop in Oakwood who provided scones for this event, but they also need a special mention for providing a new oven with money raised from the Co-op Community Funding. The oven is a vital asset to our lunch club.

Members of the Chaddesden lunch club joined with other Age UK Derby and Derbyshire groups for a tea Dance at the Whitworth Centre, Darley Dale in July. There was a lovely atmosphere and a great event. Thank you to everyone who made it a success: Gatepost Theatre Company, Whitworth Centre, Tony Waldran CT4TC and Glovers Transport in Ashbourne.

Finally, congratulations to Derby Parks for receiving the Green Flag Awards for lots of parks in Derby, including Chaddesden Park, where we have a centre.

IN SUPPORT OF



## Time to get

You have probably heard about smart meters, some good things, some not-so-good and perhaps

some things that are plain confusing!

Age UK Leicestershire and Rutland, Age UK Notts and Age UK Derby and Derbyshire have partnered up to work with Smart Energy GB to make sure that older people across the East Midlands have access to the truth and facts about smart meters and are able to make an informed decision about whether to choose to have one fitted.

Smart Energy GB is the campaign for a smarter Britain. It's their task to help everyone in Great Britain understand smart meters, the national rollout and how to use their new meters to be cleaner and greener with their energy use.

Between now and the end of October 2019, Age UK Derby and Derbyshire will be engaging with groups of older people across Derby and Derbyshire to make them aware of the benefits of this new technology, answer their questions and hopefully, dispel some of the myths that have grown around smart meters. Here are some details to help you decide.

### What are they?

A smart meter can be fitted at no extra cost and replaces your current meter. This is coupled with a handheld in-home display unit that shows you your home energy consumption.

### Can everyone get one?

We're all entitled to a smart meter as part of the rollout. Some of us will have to wait longer than others to get our new meter, but you can ask your energy supplier directly to see if yours can be fitted now. How soon you can get your smart meter depends on your energy supplier, where you live, your current meter type and what kind of home you live in.

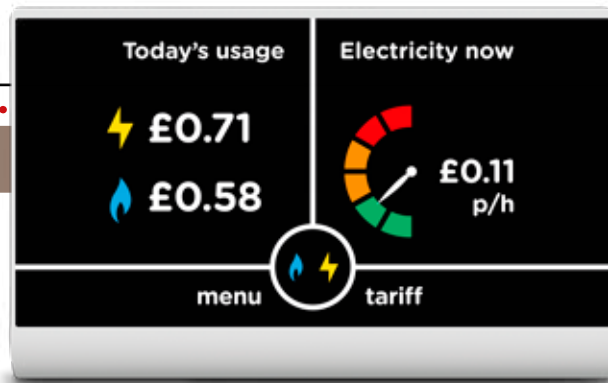
### Do I have to get one?

The government requires energy suppliers to offer smart meters to all homes and small businesses across Great Britain.

It is your choice whether you wish to upgrade to a smart meter. You can upgrade and there are potential benefits to doing so.

## What are the benefits?

- No more estimated bills: Your remote, wireless in-home display unit shows you what gas and electric you have used and how much this is costing, in pounds and pence.
- Reduce energy bills: Knowing how much you have spent can help with budgeting and to save energy on items that are using electricity and don't need to be on, for example a TV on standby, lights on in a room when no one is using it.
- No more meter reads: Going down into the cellar or squeezing yourself into cupboards to get the meter reading will be a thing of the past, as the readings are automatic. This means you'll only be paying for electricity you are using, rather than those annoying estimated bills that can sometimes be way off.
- Greener energy supply: smart meters will play a key role in the creation of a new smart grid. Our energy supply could be greener because the smart grid will be able to supply more reliable, efficient and low-carbon energy to households and help us all to manage our valuable resources more efficiently.



Smart meters can't solve climate change on their own but with the smarter, more energy efficient grid they help to create, they're a start.

## How do I get one now?

Simply contact your energy supplier for more information. Eligibility may vary. Available in England, Scotland and Wales.

You can get more information about smart meters and how to get one fitted on the Smart Energy G.B. website: [www.smartenergyGB.org](http://www.smartenergyGB.org)

If you would like more information about the engagement events that will be taking place across Derby and Derbyshire, please email: [administration@ageukdd.org.uk](mailto:administration@ageukdd.org.uk)

## Details will also be available on our website:

<https://www.ageuk.org.uk/derbyandderbyshire>  
and on social media <https://www.facebook.com/AUKDD>  
[https://twitter.com/AgeUK\\_DD](https://twitter.com/AgeUK_DD)

## Chesterfield shop closing



At the end of May the Age UK Derby and Derbyshire shop in Chesterfield closed its doors for the final time following intense pressure from the many other charity shops that have recently appeared in the town centre. A huge thank you to all the volunteers that helped with the clearing and tidying of the shop in the weeks prior to its closure, especially to Julie and Joanne who were a particular help to Ray and Phil once the shop had closed.

Jane Freeman, and more recently Linda Higgins, have successfully managed the shop and a fantastic team of volunteers since 2002. The whole team have been really loyal and dedicated and provided a wonderful service in the town. The staff, volunteers and the shop will be missed and we wish them all well.

# *Connecting you with traders you can trust*

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[01283 211412 / cedarcourt@yourhealthgroup.co.uk](mailto:cedarcourt@yourhealthgroup.co.uk)

### ***Cedar Court residents enjoy their wildest June yet with 30 Days Wild***

Each June the 30 Days Wild campaign challenges everyone to complete one random act of wildness a day. Launched by the Wildlife Trusts this initiative aims to connect people to nature, and unleash a wealth of physical and mental health benefits. Cedar Court Nursing and Dementia Care Homes were among the care homes to take part this year. Our residents enjoyed all manner of wild activities, including planting, bird feeding and watching, cloud spotting, and spending time outdoors with our guinea pigs. Residents had a wonderful month of reminiscence, and found calm and conversation in those moments inspired by nature. We have now pledged to enjoy 365 Days Wild, and have begun to feel all the better for it already. Why not join us?





Laura Clare

## Planning for the future and making life easy

Planning for the future is something many of us put off, with busy lifestyles and other commitments it is something that is often overlooked. However, putting a plan in place to deal with situations where we may be unwell or unable to cope in the future, or indeed planning for our own deaths, is crucial not only for our own peace of mind but also for those close to us, family and loved ones.

Making a Will means facing up to the reality of a time when we are no longer here, this in itself can be very daunting. Nevertheless, making a Will allows you to put down your wishes in writing. You decide who should be appointed to look after your affairs after you've died, this person is called an Executor. They have the responsibility of arranging your funeral, collecting and dealing with your estate in accordance with the terms of your Will. With a Will you can, if you wish, include gifts of money or possessions to individuals, charities or other organisations, these gifts are referred to as legacies. You can decide who you would like to inherit the remainder of your estate, referred to as the residuary gift. This is often the largest proportion of your estate and often includes property, savings and investments. Taking into account your personal circumstances you can decide who should inherit the residuary estate and the proportions each beneficiary ought to receive. You can also deal effectively with situations whereby an intended beneficiary has died before you. You can include substitute gifts in that event. All in all, making a Will gives you control to decide what should happen to your estate and doesn't leave anything to chance.

Without a valid legal Will, you die intestate and this means the law stipulates who can administer the estate and who will benefit from the estate as beneficiary. There is an order of priority as to who inherits under the intestacy laws and contrary to popular belief, it doesn't always follow that your spouse will inherit everything. It will depend on the value of the estate you leave behind and your family circumstances, in particular whether you have children alive. The intestacy laws do not benefit non-married partners, such as cohabitants. If you are not married to your partner and you wish them to inherit on your death, you must draw up a valid will to make provision for them.

Seeking professional advice is key in the process of making your Will and ensures that the Will deals effectively with your estate and is drawn up in a way that is clear and accurate. A Will must be signed by the person making the Will in the presence of two independent witnesses and must be done in accordance with the law. Failure to sign a Will in accordance with the law will make a Will invalid and as a result you will be deemed to have died intestate.

Besides making your Will, another legal document that should be considered is a Lasting Power of Attorney. There are two types of Lasting Power of Attorney. The Property and Financial Affairs Lasting Power of Attorney allows you to appoint individuals (referred to as Attorneys) to make decisions in the event that you are either physically incapable or mentally incapable of making decisions in relation to managing your bank accounts, investments, pensions and even your property.

The second type of Lasting Power of Attorney is to do with Health and Care decisions. This document only comes into existence if you lose mental capacity and allows your Attorneys to make decisions about your medical treatment, welfare matters such as where you should live and even decisions in relation to life sustaining treatment, should you wish them to do so.

Again, if you don't make a Lasting Power of Attorney and you do become too unwell to make decisions yourself, your family or loved ones will have to apply to the Court of Protection for a Deputyship Order, and the Court decides if the applicants are appropriate to act. This process is both costly and lengthy at a time when your family often need simplicity.

*Article written by Laura Clare, Wills & Probate Solicitor at Timms Solicitors in Derby. Timms Solicitors can assist you with the preparation of your Will and Lasting Powers of Attorney. You can contact Laura or another member of the Wills & Probate team on 01332 364436. Timms Solicitors are one of the firms of solicitors who provide a monthly advice clinic at the Age UK Derby office where you can have a free 20 minute consultation.*



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Golden Rainbows is a friendship and social support group for LGBT+ people over the age of 50. Derbyshire LGBT+ originally set up the Golden Rainbows groups to reduce feelings of loneliness and isolation amongst older members of our community.

The results of a survey carried out by Derbyshire LGBT+ indicated that there are many LGBT+ people over 50 in rural Derbyshire who would like to make friends and connect more with people their age.

Derbyshire LGBT+ currently runs 3 groups in Derby (2nd Wednesday of the month); Belper (3rd Wednesday of the month) and Chesterfield (4th Wednesday of the month). The groups meet for 2 hours on a Wednesday afternoon.

Each group enjoys visits from organisations across the county who have spoken to group members on Derbyshire Fire and Rescue Service; health provision; the role of the police; and the CPS. Group activities have included Desert Island Discs; memory boxes; Pride; and creating personal timelines.

Running alongside these groups is our 'Munch and Mingle' groups which meet on the 2nd Thursday of the month in Chesterfield; and 4th Wednesday of the month in Derby. At these groups, we share food and socialise. Munch and Mingle is for over 50s also.

If you would like to know more about the Golden Rainbows or Munch and Mingle groups, Please contact John at

[johny@derbyshirelgbt.org.uk](mailto:johny@derbyshirelgbt.org.uk)  
or call 01332 207 704

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Our care homes have built up excellent reputations within their local communities with the vast majority of our new residents coming through recommendations from others. This has been established through our commitment to the on-going provision of dedicated quality care delivered within a high quality, yet homely environment.

We welcome visitors into our homes and encourage family members and friends to get involved in their loved-ones care and become part of the care home's life. Those looking for a care home are welcome to visit at any time, an appointment is not always necessary.

- You are reading this because you are thinking about finding a care home for a loved one or even yourself
- You're trying to ensure you are making the right decision to find the best possible care for your family member
- Are you unsure what funding you are entitled to, how to work through all the paperwork?

It can be a very challenging process - We will help and advise you. Let our management team offer professional support and guidance from people who genuinely care.

## Contact us now...

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E: peacemills@btconnect.com

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#### Moriah House

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E: moriahhouse@my-care.co.uk

#### Orchard House

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Nottingham NG11 6LA  
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E: orchardhouse@my-care.co.uk

#### St. Peters

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### Assisted Living Apartments & Residential Home

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#### Bramcote Hills

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