



AUTUMN 2015

EngAGE

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Personal Choice

History of
Halloween

Day Centres
are Full of Life

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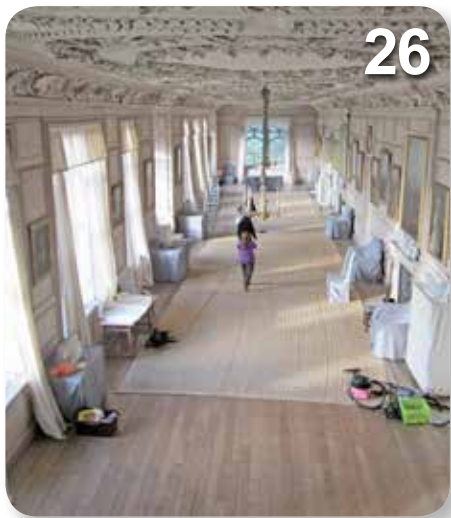
Our objective is to support residents in maintaining their independence.

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Telephone: 0115 9209328 Email: info@nottinghamcarevillage.co.uk



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Foreword from the Editor

Welcome to your Autumn Edition of EngAGE!



In this issue we looked at how Sudbury Hall gets ready for Christmas, how to maintain good footcare and what to do if you are worried about carbon monoxide.

We also looked at how to better work with the transgender community and access to a range of specialist advice to help plan for and meet the costs of paying for care.

A solicitor from Actons, Christina Yardley highlights the importance of making a Lasting Power of Attorney to look after things whilst you are alive.

On a lighter note, with 31 October coming round the corner, we thought it would be interesting to find out the origins of Halloween. We also feature a well-loved raspberry and white chocolate cheesecake recipe.

For those who love to go out and about this autumn, take a look at What's On section to see what activities tickle your fancy.

Have a superb autumn!

Angel

Angel Child
Editor



Day Centres are Full of Life

People often have the wrong perception of what it is like attending a day centre. They can often be portrayed in such a negative way even though they are places full of life and providing great opportunities for the members. The three day centres operated by Age UK Derby & Derbyshire are always trying a range of different ideas and activities that promote independence, encourage reminiscence and provide stimulating opportunities.

Gardening and Holidays

Caroline Court Day Centre, in Hope benefits from easy access to the garden which service users make use of it often, even if it is only for a breath of fresh air on a cold winter's day. In the summer, it's a treat for many members who are housebound without support. The disabled access garden, garden seating etc. offers members the chance to be independently mobile. It is also a great opportunity for the green-fingered members to get involved.

Holidays and day trips from the Day Centre in Hulland Ward regularly takes the members on trips, not just to local places of interest but some overnight trips and even a 'Turkey and Tinsel' long weekend break to Llandudno. This is really well received and is such special time for the members to have a break. Last year, 30 people went on the trip, including club members and others from the village and another local day centre.

Bakewell Memory projects

From February to May 2015, two Occupational Therapy students were

on placement in Bakewell and worked with the groups at Bakewell Daycentre on projects to support memory.

Alison Stefan worked on a reminiscence project over 12 weeks which gathered reminiscence information that she used to create a memory tree. This was put together in the form of a tree on the wall in the daycentre and she used each of the leaves to create a memory from the information members had shared. Each leaf can be taken from the tree and used in reminiscence sessions in the daycentre. Each leaf carries individual pictures and memories from the past which when shared across the group captures and re-creates times gone by.

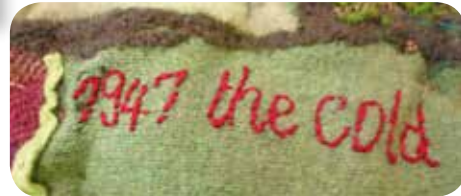


Lauren Wheatley worked on a cognitive engagement project where she worked with the groups to encourage stimulation of memory through therapy. Sessions included themed sessions of: physical games, sound, childhood, food, current affairs, faces or scenes, word association, being creative, and lots more. Both students left the project work at

the centre so they can be used again. The placements really offered the Bakewell team an opportunity to see how an Occupational Therapy student works with therapies to encourage members to engage in activities of a different kind and support members with dementia.

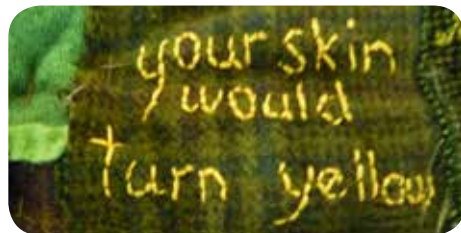
Stitching the Wars

Stitching the Wars was a creation of artwork informed by reminiscences of older people in Derbyshire, commemorating and celebrating the lives of people affected by the First and Second World War.



The first part of this project has been completed with the creation of a beautiful quilt. Members at Bakewell, Hope and Hulland Ward have shared memories which Lois Blackburn has captured. These have then been re-created in small word associated patches of the quilt and sewn onto the final quilt. When looked at and viewed from above it creates a landscape reminiscence of both wars.

The second part of the project is now underway and Lois is creating a second quilt relating to Poverty and Strife, when both quilts are completed they will travel the county and be displayed for all to see. They will then be held and the details archived and kept safely for future records.



If you look at the www.arthur-and-martha.blogspot.co.uk further information is held under stitching the wars. The quilts have been a community shared creation as Lois has included The Alzheimer's society, The Farming Life group and the New Mills volunteer bureau who have all had a hand in its creation.

For more information about Bakewell, Hulland Ward or Hope Day Centres please contact Mary Ward on 01629 813 221.

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History of Halloween

Halloween or All Hallows Eve, as it is sometimes referred to, is a lot different now than it may have been celebrated many centuries ago. Evolving from the ancient Celtic holiday of Samhain (pronounced sah win or sow in), modern Halloween has become less about literal ghosts and ghouls and more about costumes and candy.

With 31 October coming around the corner, we thought it would be interesting to explore the origins of Halloween.

Gaelic and Welsh influence

Today's Halloween customs are influenced by folk customs and beliefs from Celtic-speaking countries, some of which have pagan roots and others are rooted in Celtic Christianity. Halloween is typically believed to have originated with the pre-Christian ancient Celtic festival of Samhain which means 'summer's end', when people would light bonfires and wear costumes to ward off roaming ghosts.

Samhain was the first and most important of the four quarter days in the medieval Gaelic calendar and was celebrated in Ireland, Scotland and the Isle of Man. It was held on or about 31 October or 1 November. This day marked the end of summer and the harvest and the beginning of winter or the darker half of the year. It

was seen as a liminal time, the Druids (Celtic pagans) believed that the fairies or spirits (the Aos Si) of those who died came into our world and roamed the earth on the night of Samhain. The Druids celebrated this holiday with a great fire festival to encourage the dimming Sun not to vanish and people danced around bonfires to keep evil spirits away, but left their doors open in the hope that the kind spirits of loved ones might join them around their hearths, places were also set at the dinner table to welcome them. It was believed that the Aos Si needed to be propitiated to ensure that the people and their livestock survived the winter. Offerings of food and drink, or a portion of the crops were left for the Aos Si.

At Samhain, throughout the Gaelic and Welsh regions, the household festivities included rituals and games intended to divine one's future, especially regarding death and marriage. For example, on this night, divination was thought to be more effective than any other time, so methods were derived to ascertain who might marry, what great person might be born, who might rise to prominence or who might die. Nuts and apples were often used in these divination rituals.

Also during the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes. Crops were burned

and animals were sacrificed. The spirits were believed to be either entertained by the living, or they would find a body to possess for the incoming year. This all gives reasons as to why dressing up like witches, ghosts and goblins, villagers could avoid being possessed. Special bonfires were lit and there were rituals involving them. Their flames, smoke and ashes were deemed to have protective and cleansing power, and were also used for divination. It is suggested that fires were a kind of imitative or sympathetic magic – they mimicked the sun, helping the 'powers of growth' and holding back the decay and darkness of winter.

Roman influence

By 43 A.D., the Roman Empire had conquered the majority of Celtic territory. In the course of the four hundred years that they ruled the Celtic lands, two festivals of Roman origin were combined with the traditional Celtic celebration of Samhain. The first was Feralia, a day in late October when the Romans traditionally commemorated the passing of the dead. The second was a day to honour Pomona, the Roman goddess of fruit and trees. The symbol of Pomona is the apple and the incorporation of this celebration into Samhain possibly explains the modern Halloween activity of 'bobbing' for apples.

Christian influence

Today's Halloween customs are also

influenced by Christian dogma and practices. Halloween falls on the evening before the Christian holy days of All Hallows' Day (also known as All Saints' or Hallowmas) on 1 November and All Souls' Day on 2 November, thus giving the holiday on 31 October the full name of All Hallows' Eve (meaning the evening before All Hallows' Day) and eventually, Halloween. These three days are collectively referred to as Allhallowtide and are a time for honoring the saints and praying for the recently departed souls who have yet to reach Heaven.

Samhain became the Halloween we are familiar with when Christian missionaries attempted to change the religious practices of the Celtic people. In the early centuries of the 1st millennium A.D., through their efforts to wipe out pagan holidays, such as Samhain, the Christians succeeded in effecting major transformations in it. In 601 A.D. Pope Gregory the First issued a now famous edict to his missionaries concerning the native beliefs and customs of the peoples he hoped to convert. Rather than try to obliterate native peoples' customs and beliefs, the pope instructed his missionaries to use them.

Samhain, with its emphasis on the supernatural, was decidedly pagan. While missionaries identified their holy days with those observed by the Celts, they branded the earlier religion's supernatural deities as evil, and associated them with the devil. As representatives of

the rival religion, pagan Druids were considered evil worshippers of devilish or demonic gods and spirits. The Celtic underworld inevitably became identified with the Christian Hell.

The effects of this policy were to diminish but not totally eradicate the beliefs in the traditional gods. Celtic belief in supernatural creatures persisted, while the church made deliberate attempts to define them as being not merely dangerous, but malicious. Followers of the old religion went into hiding and were branded as witches.

The Christian feast of All Saints was assigned to 1 November. The day honoured every Christian saint, and was meant as a substitute to Samhain, to draw the devotion of the Celtic peoples, and, finally, to replace it forever. That did not happen, but the traditional Celtic deities diminished in status, becoming fairies or leprechauns of more recent traditions.

The old beliefs associated with Samhain never died out entirely. The powerful symbolism of the traveling dead was too strong, and perhaps too basic to the human psyche, to be satisfied with the new, more abstract Catholic feast honouring saints. Recognising that something that would subsume the original energy of Samhain was necessary, the church tried again to supplant it with a Christian feast day in the 9th century. This time it established 2 November as All Souls Day – a day when the living prayed for the souls of all the dead. But, once again, the practice of retaining traditional customs while attempting to redefine them had a sustaining effect: the traditional beliefs and customs lived on, in new guises.

All Saints Day, otherwise known as All Hallows (hallowed means sanctified or holy), continued the ancient Celtic traditions. The evening prior to the day was the time of the most intense activity, both human and supernatural. People continued to celebrate All Hallows Eve as a time of the wandering dead, but the supernatural beings were now thought to be evil. The folk continued to propitiate those spirits (and their masked impersonators) by setting out gifts of food and drink. Subsequently, All Hallows Eve became Hallow

Evening, which became Halloween – an ancient Celtic, pre-Christian New Year's Day in contemporary dress.

By the end of the 12th century they had become holy days of obligation across Europe and church bells were rung for the souls in purgatory. It was customary for criers dressed in black to parade the streets, ringing a bell of mournful sound and calling on all good Christians to remember the poor souls. By the 15th century, 'souling' – the custom of baking and sharing soul cakes for all christened souls became popular, and has been suggested as the origin of trick-or-treating. The custom found in parts of England, Belgium, Germany, Austria and Italy. Groups of poor people, often children, would go door-to-door during Allhallowtide, collecting soul cakes, in exchange for praying for the dead, especially the souls of the givers' friends and relatives. In order to avoid being recognised by any soul that might be seeking such vengeance, people would don masks or costumes to disguise their identities.

On Halloween, in medieval Europe, fires were lit to guide these souls on their way and deflect them from haunting honest Christian folk. In addition, households in Austria, England, and Ireland often had 'soul lights' – candles burning in every room to guide the souls back to visit their earthly homes.

In the 19th century, in some rural parts of England, families gathered on hills on the night of All Hallows' Eve. One held a bunch of burning straw on a pitchfork while the rest knelt around him in a circle, praying for the souls of relatives and friends until the flames went out. This was known as teen'lay, derived either from the Old English tendan (meaning to kindle) or a word related to Old Irish tenlach (meaning hearth). The rising popularity of Guy Fawkes Night (5 November) from 1605 onward, saw many Halloween traditions appropriated by that holiday instead, and Halloween's popularity waned in Britain, with the noteworthy exception of Scotland. There and in Ireland, they had been celebrating Samhain and Halloween since at least the early Middle Ages, and the Scottish kirk took a more pragmatic approach to Halloween, seeing it as important to the life cycle and rites of passage of communities and thus ensuring its survival in the country.





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In the Kitchen:



Raspberry & White Chocolate Cheesecake

Mavis Littlewood is a volunteer in the Age UK Derby & Derbyshire shop in Heanor, which is located underneath the head office. Mavis makes some lovely cakes which are much appreciated by staff and volunteers! Here is one of her favourite recipes which Mavis supplied that looks stunning at a dinner party, tastes delicious and is easy to make. Works well with any seasonal berries.

Serves 12

- Ingredients**
- 100g (4oz) Butter
 - 300g (12oz) Digestive biscuits, crushed
 - 200g (8oz) White chocolate
 - 375g (15oz) full fat 'Philadelphia' cream cheese
 - 600ml Double cream
 - 150g (6oz) Fresh raspberries
 - 50g (2oz) White chocolate curls
 - Bottle of raspberry coulis (optional)

- Methods**
1. Melt the butter.
 2. Mix in the crushed digestive biscuits.
 3. Press into the bottom of a 23cm (9 inch) spring form cake tin.
 4. Leave in the fridge to set for at least one hour but preferably overnight.
 5. Melt the white chocolate, and leave it till it is cool but not set.
 6. Whisk the cream with the cream cheese.
 7. Add the cooled white chocolate and keep whisking till thick.
 8. Smooth half of the mixture of the biscuit base.
 9. Press in half of the raspberries into the mixture.
 10. Add the rest of the mixture on top of raspberries and smooth the top.
 11. Decorate with the remaining raspberries and white chocolate curls.
 12. Serve with raspberry coulis.

University of the Third Age: **U3A** Derby Group



As the days start to get shorter at this time of year and the temperatures drop, there can be less inclination to venture outside. It is important to do something that will keep your mind occupied and active. There are so many opportunities available to learn new skills, maintain an existing interest and try different activities. Often these come with the added bonus of meeting other people who enjoy similar activities to you.

U3A stands for University of the Third Age. It began in France in 1972 with U3As attached to existing universities on an extra mural basis. The core of the U3A in the UK, which started in 1982, is self-directed learning. This was the belief that united the founding fathers, Peter Laslett, Michael Young and Eric Midwinter. They shared a common vision; one where older people had access to education by controlling it themselves. They recognised older people as active citizens with talents and skills to be utilised for the benefit of each other.

Membership of the U3A is open to retired and semi-retired men and women, irrespective of race, religion or politics. This is enshrined in the original Objects and Principles and recently restated in the Aims and Guiding Principles. There is neither a lower nor an upper age limit and no qualifications are required and none are given.

What makes a U3A unique is the fact

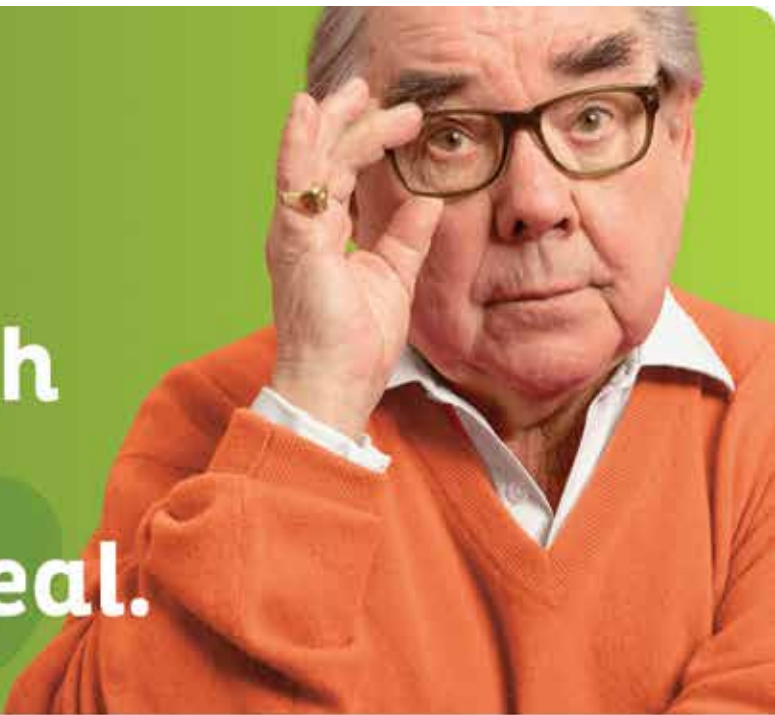
that everything is done by members. The National Organisation, the Third Age Trust, supports the development of new U3As, but the initiative has to involve local third-agers. Each U3A is administered by a committee. Committee members are volunteers and governed by a constitution, based on a model provided by the Third Age Trust to all new U3As. All U3As must abide by the Aims and Guiding Principles of the U3A movement. Once up and running, it is up to its members to plan and implement a programme, find premises as and when required, arrange speakers and in short do everything necessary to make the U3A grow and flourish.



With the exception of August and December, Derby U3A's General Meetings with a guest speaker, are held on the last Thursday of each month, 1.30pm at St Mary's Church Hall, Darley Lane, Derby. At September's meeting there will be a walking tour around Allestree, and in October, there will be a talk about The History of Cromford and the High Peak railway. On a voluntary basis, led by members prepared to share their knowledge, skills and enthusiasms, Interest Groups are at the heart of their activities. Whether seeking mental stimulation, physical or social activities, there should be something to appeal to most. Some of the groups in Derby include Ukele, Digital Photography, family history, crafts, art appreciation and much more.

U3A is about informal learning: no qualifications required or given; no formal lectures or exams. Everyone is welcome! For more information, if you live in or near Derby, contact Daphne on 01332 242 504 or visit www.u3asites.org.uk/derby.

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THE POWER OF PERSONAL CHOICE

A Guide to Lasting Powers of Attorney

You may realise the importance of making a Will to deal with your estate after you die but do you realise the importance of making a Lasting Power of Attorney to look after things whilst you are alive? Christina Yardley, Solicitor of Nottingham law firm Actons Solicitors explains why.

What is a Lasting Power of Attorney?

A Lasting Power of Attorney (LPA) is an important legal document that allows you to appoint people that you trust to look after your affairs in the event that you are not able to. This could be temporary assistance such as paying your bills during a period in hospital or time abroad or more permanently as a result of an accident or an illness such as dementia. It will continue to be valid even if you lose mental capacity.

A person making an LPA is called a Donor, and they can appoint anybody they wish to act as their Attorney as long as they are over the age of 18 and are not bankrupt. This could include children, siblings, other family members, trusted friends or a professional such as your solicitor. It is possible to appoint more than one Attorney and they can act 'jointly' so all together or 'jointly and severally' so they may act individually. "Most importantly you can only create an LPA whilst you still have mental

capacity and so I'll always advise clients not to delay." Whilst ever you have mental capacity you can cancel your LPA if you wish to.

Types of Lasting Powers of Attorney

There are two types of LPA which consist of two separate documents; one for your Property and Affairs and one for your Health and Welfare.

The LPA for Property and Affairs deals with all financial and property matters such as accessing bank accounts, paying bills or mortgages, claiming benefits and pension allowances, buying or selling property, organising property repairs and maintenance, purchasing gifts for family or friends and donating to charities. This type of LPA can be used whilst you still retain mental capacity.

The LPA for Health and Welfare deals with your personal welfare such as where you will live dependant on your



needs, your day to day care, social activities and the consent or refusal of life sustaining treatment. This type of LPA will only come into force once you have lost mental capacity.

LPAs replace the previous Enduring Powers of Attorney since a change in the law in 2007. Existing Enduring Powers of Attorney remain valid but require registering once the donor has lost capacity.

- not being forced to make the document;
- ✓ The Law provides that the LPA must only be used in the donor's best interests;
- ✓ A person of your choosing is notified about the LPA when it is registered.

Do I need one?

If you lost capacity without an LPA in place, your family or friends would be forced to make an application to the Court of Protection to appoint a Deputy to look after your affairs. Not only would you have no influence in who acted as your Deputy, but the process is very time consuming. What is more there are yearly fees and insurance to pay for as well as substantial court fees and legal costs.

Lasting Powers of Attorney are a vital part of ensuring you have your affairs in order. You may never need the services of your Attorney, but it provides peace of mind that you have done all you can to plan ahead for the future.

How a solicitor can help you

It is very important that you fully understand LPAs and that your Attorneys are aware of what they can and cannot do on your behalf. A solicitor will provide you and your Attorneys with easily understood and expert advice. They will also:

- ✓ They have to be registered with the Court before they can be used;
- ✓ A Certificate Provider such as a solicitor or doctor must confirm that the Donor understands what they are doing and is

- ✓ Ensure that your LPA is completed correctly and that it is registered at the Office of the Public Guardian;
- ✓ Act as your Certificate

- Provider if you wish them to;
- ✓ Advise you on any applicable Court Fee discounts available to you.

ACTONS SOLICITORS are offering a discount to EngAGE readers who wish to make a Lasting Power of Attorney. Simply quote reference CMY. AGE UK when contacting them.

Actons office is based in Nottingham city centre and is easily accessible with car parking facilities. Alternatively, a member of our specialist team will visit you at home or any other place convenient to you to take your instructions if you are unable to come into our office.

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Volunteering with Age UK Notts

Volunteering involves spending unpaid time doing something to help other people or groups, other than (or as well as) close relatives.

Whatever the motive, evidence suggests that volunteering improves the health, happiness, and in some cases the longevity of volunteers as well as the people they help. Interestingly, the benefits of volunteering rise for older people, and experts say they might benefit from more volunteer work, not less.

Benefits of volunteering

- ✓ Volunteering can help keep people healthy and happy in the longer lives they are living, as staying physically and socially active is key.
- ✓ Volunteering can help people come to terms with their own illness and help take their mind off their own problems.
- ✓ Volunteering can bring back self-esteem. Improved self-esteem can have an effect on other areas of health and life.
- ✓ Volunteering is a good way to meet people – vital for older volunteers and people who might be isolated or not particularly integrated into society.
- ✓ Volunteers can have better relationships with their family. This may be because their care-giving role carries over into personal relationships and makes older volunteers more independent and less reliant on their family.

At Age UK Notts we currently have approximately 280 active volunteers, many of them older, retired people, but also students with spare time to give during their studies, working people who have a minimum amount of time to spare but who want to put it to good use and people not currently working who want to make good use of their time until they gain paid employment. Whatever their motivation, we value all our volunteers at Age UK Notts as they are extremely precious to both us as a charity and the people they support. Even with 280 active volunteers, we still have an urgent need to recruit more people to make an even bigger difference to the lives of older people. The types of opportunities we currently have available are outlined below:



- ✓ **One-off/emergency volunteering** (e.g. collecting a prescription during bad weather or changing a light bulb for an older person who is unable to do it for themselves or has no friends or family to do it for them)
- ✓ **Regular volunteering to raise funds for Age UK Notts** (e.g. helping out at external events by 'tin rattling' or working in one of our shops in West Bridgford or Mansfield)
- ✓ **Regular volunteering to help out in our busy Contact Hub or other services requiring administrative support** (e.g. to help answer the telephone at our Head Office in Nottingham at busy times to signpost our clients to the services they need. Help out with administrative support, filing, photocopying, shredding, mailing, data input)
- ✓ **Regular volunteering to help improve the health and wellbeing of an older person** (e.g. visit and support on a weekly basis a lonely/isolated older person)
- ✓ **Occasional volunteering to represent the charity at external public meetings/events** (e.g. being very knowledgeable about the charity and able to speak confidently about the charity to large groups of people, often at prestigious events)
- ✓ **Occasional-regular volunteering to represent the charity at external public events organised to promote the charity's services** (e.g. by being able to speak confidently to members of the public about our services)

Age UK Notts is very much a people oriented charity, driven by core values that focus on dignity and respect for older people, and as such recruits staff and volunteers who can safeguard this commitment. If you feel that you could put these values at the heart of everything you do, and you have a few hours to spare to volunteer for us, then please contact Judith Keegan, Volunteering Manager, stating which opportunity you are interested in and to request an application form.

Contact can be either via email at judith.keegan@ageuknotts.org.uk or by telephone on 0115 859 9204. There are also different volunteering opportunities available at Age UK Derby & Derbyshire, please contact administration@ageukderbyandderbyshire.org.uk or 01773 768 240 to find out more.



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Move it or Lose it is a community interest company aiming to change the way we age!

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Julie - Founder of Move it or Lose it and Yours Magazine Fitness Expert - has motivated thousands of people of all ages to get moving. With a growing network of classes across the UK, five award-winning DVDs, an audio CD and an internationally selling book, the brand and its healthy ageing message is spreading far and wide.

The Move it or Lose it programme has been tried, tested and scientifically proven to help with strength, fitness, mobility and confidence – and it's fun to do! The award-winning range of products

are made by real people for real people and are recommended by Professor Janet Lord, world-leading expert in healthy ageing. For some, they're the first step to regaining independence, for others, a fun resource to workout regularly at home.

All the low-impact exercises are related to making everyday life a little easier so they can help with walking, climbing stairs, getting in and out of the car or opening jars and bottles.

The demand for this type of exercise, which is functional and fun, has prompted Move it or Lose it to develop a nationally recognised qualification. They are now training instructors who can deliver sessions in their local communities and need people who are passionate about the benefits of active living to join their team.

Their network of instructors range from 22 to 72 and all have the vital ingredients to make a class enjoyable – humour and empathy!

To find out about their range of products, visit www.moveitorloseit.co.uk or call 0800 612 0450.



In the Garden

Autumn Gardening Tips:

Autumn is the mellow season, all the hectic flowering and reproductive activity of the summer is over and the changing colour of leaves signals the beginning of the end of the growing season. For the gardener, this is the time to start putting the garden to bed!

Remove greenhouse shading and spring-clean your greenhouse: By September, the days become shorter, removing the shade paint in your greenhouse will maximise the sunlight available to your plants. Scrubbing the glass with some hot water will make it sparkling clean. Disinfect the greenhouse paths and staging, and the inside of the glass too. Use a hot solution of garden disinfectant such as Jeyes Fluid. Let it ventilate over the next couple of days to dry it thoroughly.

Tidy Borders: Dig up annuals and add them to the compost heap. Autumn is an ideal time to move poorly placed plants and divide overcrowded perennials while the soil is still warm. Cut back faded perennials to 5cm above ground level. Once your borders are clean and tidy, spread a thick layer of compost, bark chips or well-rotted manure across them.

Lawn maintenance: Remove thatch

(old grass clippings) and moss. If you have a large amount of moss then you may want to use a moss killer first. Improve drainage and aeration on areas that receive a lot of wear (such as paths and play areas) by making deep holes with the prongs of a garden fork every 10 cm across the entire area. Brush in a sandy top dressing followed by an application of autumn lawn feed.

Plant evergreens: Evergreens form the backbone of the garden, providing structure and year round interest. Sarcococca and Daphne will bring glossy green leaves and beautifully fragrant flowers in the depths of winter. For an elegant larger shrub, try spring flowering Camellias of Fatsia for its large architectural foliage. For a more formal look, why not invest in some box or yew topiary.

Lift tender species: Make sure that you lift those tender species such as Begonias, Dahlias, and Cannas before the first frosts threaten. To lift them, first cut back the stems and then lift the tubers/rhizomes from the ground cleaning off any soil from them. Store them in trays of dry compost/sand and place them in a cool frost free area over winter, making sure the tops of the crowns are visible. In very mild areas it may be possible to protect tender species without lifting them. Simply cover the crowns with a thick blanket of mulch.

Promoting Carbon Monoxide Awareness



Age UKs in Derbyshire and Nottinghamshire are supporting an important awareness-raising initiative about the dangers of carbon monoxide (CO) poisoning, being led by the Gas Safe Charity. Each year about 40 people die from CO poisoning and 2,000 people end up in accident and emergency departments. Many more people suffer from low levels of CO in the homes that is making them feel unwell on a day-to-day basis.

This project aims to make people more aware of the signs of possible CO poisoning when they visit the homes of more vulnerable people or in their own home. But the message applies to everyone who has gas, coal or wood stoves in their home. It is important to remember it is not just in the home but also leisure activities like caravanning, camping (with a barbecue) and boats that use gas heating or motors that can bring risks as well.

What are the indicators to look out for in the home?

- ⊗ Yellow flames (instead of only blue).
- ⊗ Sooty marks around the fire.
- ⊗ Excessive condensation on the windows.
- ⊗ Signs of scorching around the fire.

- ⊗ Pilot light keeps going out.
 - ⊗ Avoid blocking up any ventilation points in your house, even when it is cold.
- How are you feeling?**
Someone suffering with CO poisoning may have the following symptoms:
- ⊗ Common first symptom is being unusually tired.
 - ⊗ Symptoms are similar to flu and food poisoning and seem to last a long time.
 - ⊗ You feel better when you are not in your home.
 - ⊗ Other family members, visitors or pets suffer similar symptoms when in your house.

What to do if you are worried?

Getting your boiler serviced annually, by a Gas Safe Registered engineer, is the best precaution you can take. You could also buy a Carbon Monoxide detector from a local supermarket for about £15 to £20. Make sure it has BS EN 50291 on the box.

If you'd like some more information about CO poisoning, or if you belong to a local community group and would like to present it at one of your meetings, please contact promotingcoawareness@gmail.com. It only takes about 15 minutes to show but could make a life or death difference to someone who isn't aware of the signs and symptoms.

Puzzle Page

Solution on page 28

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

Instructions

Like a standard Sudoku puzzle, every row, column and 3x3 grid needs to contain each of the numbers 1-9 once only.

In addition Sudoku X needs the numbers 1-9 in both diagonal lines too.





Working with the Transgender Community

Age UK Notts has been looking at how better to work with the transgender community. Part of this process was to put on awareness training for all their staff and volunteers.



Although transgender people are estimated to be as many as 1 in every 200 people, the community and their needs are little understood, particularly in the older population. This is in part because there was a time when transgender people needed to hide this part of their identity for their own safety, and were encouraged by the people who treated them to “blend in”. Stigma and negative social attitudes also prevented many trans people from doing anything about their feelings, and this is why we see many people over 60 finally acknowledging the truth about themselves.

65 year old Caitlyn Jenner, who recently graced the cover of Vanity Fair, is the most high profile of these “late transitioners”, but it is not an uncommon story. In the UK, boxing promoter Kellie Maloney also decided to transition to live as her more authentic self in her early sixties, after a long career in which she had to hide who she really was. In her interview for EQ View, Kellie said “I want people to understand

the transgender community and to see us as what we are, human beings”. Writer, actor and Crystal Maze presenter Richard O'Brien's story brings home the stigma that older trans people have faced; particularly if they are “non-binary” – that is, they do not fully fit the categories of man or woman. At age 31, O'Brien wrote the famous words “don't dream it, be it” and yet was unable to come out as a non-binary transgender person until the age of 67. In an interview with Pink News, O'Brien said: “All my life, I've been fighting never belonging, never being male or female, and it got to the stage where I couldn't deal with it any longer.”

But many older trans people have lived most of their long lives as the men and women they know themselves to be. 60 year old Professor Stephen Whittle (pictured top left) began his transition when he was a teenager, and has lived most of his life as a man. Whittle went on to help transgender people gain legal gender recognition. In an interview with the Guardian, Whittle stated “At one time, we transsexuals were what other people wiped off the bottom of their shoes”. Thankfully, due to campaigners like Stephen, things are improving for trans people.



lived as a woman for fifty years, and told the Daily Beast “I didn't share my surgical

path or gender history with anyone. I was alienated from the community, and was led down that path by my doctors, who encouraged me to live and function outside the trans community.”

Sam Hope (pictured above), who delivered the training for Age UK Notts, and is transgender, took great pains to highlight the specific needs of older trans people. “When we do think of ageing, we think of the disrespect and abuse sometimes afforded older, and particularly frail or sick, people. We think of how our trans status might compound this. We think of how our sometimes unusual bodies may be treated and responded to when we are given personal care. We wonder how we will fare - whether we will be treated, housed and clothed according to our gender when we lose the freedom to make our own decisions, and we wonder if anyone will understand the vital importance of this.”

Keen to help as many people as possible inform themselves about the issues that affect trans people, Sam has put together some resources specifically related to older trans people on the website hopecat.co.uk.

Notts Trans Hub in Nottingham (nottstranshub.wordpress.com) and Transcend in Derby (www.transcend.org.uk) are there to support trans people locally, whatever their age.

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Cold Weather Footcare Tips



Maintaining good footcare can improve mobility, confidence and independence and prevent problems developing. In the summer we tend to wear footcare that allows our feet to move more freely but as we move into the winter months we then switch into structured outdoor shoes that give more support and protection from the cold weather.

Footwear

As you switch to wearing enclosed shoes and boots ensure that footwear is fitted correctly as this reduces the risks of problems developing with your toes and feet during the winter. Poorly fitting footwear can cause corns, calluses and ingrowing toe nails. The upper of your shoes should be made of leather or other breathable materials; it should have a wide toe box and be deep and roomy to prevent pressure on your toes. The sole of your shoes should be cushioned and flexible with a good grip and fastenings like laces and velcro should hold your shoes or boots comfortably and securely on your feet. If your shoes become wet make sure they are dried properly before you next wear them.

It is recommended that you do not walk barefoot indoors during the winter as these temperature changes can affect the feet so it is advised you wear socks or good fitting slippers to help minimise the risk of cracked, dry skin and chilblains.

Hosiery

In the winter it is important that a steady foot temperature is maintained therefore socks and shoes should always be worn when going outside into the cold. During the colder weather we tend to bundle our feet up in thick socks which can lead to our feet becoming sweaty and sore so socks should contain a high proportion of natural materials such as cotton or wool. During the winter months wool socks will keep your feet warm but ensure that any type of hosiery is not too tight or cuts into the skin. This is particularly important if you suffer with swelling in your lower legs and feet!



General footcare tips

Here are some useful ways you can help to manage your own personal footcare to prevent problems developing at any time of the year and to keep your feet in good condition.

Keep your feet clean: Wash your feet daily, making sure that you thoroughly dry

your feet, especially in between your toes. A cotton bud or folded cotton pad can be used to dry effectively in between toes.

File and Moisturise: To prevent the build-up of callus (hard skin), remove small patches of dry and hard skin using a foot file or pumice stone, gently filing in one direction. In order to prevent dry, cracked skin and to keep the skin on your feet soft and supple, apply moisture cream every day, preferably at bedtime concentrating on dry areas, the top of your feet, heels and toes but avoiding applying cream in between the toes.

Regularly check your feet: Check the top of your feet, sole, heels, toes and in between your toes for any signs of cuts, sores, redness or swelling. If you are concerned then contact your GP, local NHS Podiatry services or a private Footcare Professional or Podiatrist.

Tootsies Footcare Service

Trimming toenails and filing hard skin may seem like trivial matters for the young, but some older people struggle to care for their own feet and this can lead to more serious foot complications later on. NHS Derbyshire has teamed up with Age UK Derby & Derbyshire to fund easily accessible clinics where people can have their toenails trimmed and filed.

Running in clean, comfortable, airy community centres across Derbyshire the service has recently expanded to offer footcare at 23 venues covering North East Derbyshire, High Peak and Dales, Chesterfield, Erewash, Amber Valley and South Derbyshire with further new venues to be announced shortly.

Each footcare session lasts approximately 45 minutes, and entitles clients to a foot assessment, foot soak, toenail trimming and filing and application of moisture cream to the feet. The cost per session is £12, with the first session costing £17 (including £5 nail kit).

To book a footcare treatment or for general enquiries about Tootsies Footcare in your area please ring Age UK Derby & Derbyshire on 01773 768 240.

References: www.scot.nhs.uk and www.footcareexpert.co.uk.



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Sudbury Hall: Winter Preparations

In the autumn, we make small checks at home to ensure we are prepared for the harshness of the winter, but how does a grand 17th century Country House prepare? We have gone behind the scenes at Sudbury Hall and the Museum of Childhood in Derbyshire to find out what preparations are needed for cleaning, conservation and getting ready for Christmas.

Heating

It is essential for preservation that stable conditions are maintained through the house at all times. There are two giant biomass boilers situated down in the basement in the 'Brushing Room' where the Butlers would have brushed down all the cloaks. Approximately 6 tonnes of UK-sourced chipped willow pellets are delivered every two weeks during the colder weather to heat the house, museum and restaurant. The House staff at Sudbury Hall try to be environmentally friendly and ultimately sustainable, so even the ash is reused by some volunteers for their gardens!



Paper chrstmas trees: Mike Boulby (National Trust)

Christmas preparations

National Trust properties used to be closed for approximately 5 months per year purely for cleaning and conservation, but now are often open during December so that visitors can admire the properties fully decorated for Christmas. At Sudbury, the Hall will be

closed to visitors during November allowing the staff and volunteers time to prepare for Christmas and to carry out vital conservation work to the property, although the museum will be open from Thursday to Sundays.

In December this year, the Hall will be opened continuing with the sustainable theme started in 2014 called 'Homemade Christmas' where all the decorations are hand-made. The House staff and the volunteers are asked to use their skills and creative ideas where possible to make some Christmas decorations using recycled material. Local groups are also asked to help decorate the Hall. The theme was really popular last year especially amongst older visitors as it encouraged them to reminisce about how they used to make their own decorations when they were children. As you walk around the property in December, look out for crocheted snowflakes, trees made out of folded pages from books, painted decorations made from old toilet roll tubes and much more. Before decorations are placed on any of the antique tables, a transparent conservation film called Melinex is put down first to protect the surface.

Cleaning and conservation

Sudbury Hall was gifted to the National Trust in 1967, who took it on because of the exquisite craftsmanship throughout the house and it has one of the 'finest grand staircases in-situ in England' intricate carvings and ornate plasterwork add to the imposing grandeur of the building, but bring with it particular challenges for the army of staff and volunteers who clean and maintain the property. All items of furniture are covered in the winter to protect from dust and light. Acid

free tissue paper is placed on the textiles and a custom-made cover, made by some of the volunteers, goes over the entire item.

Cleaning is a continuous job throughout the year but the main cleaning and conservation work takes place when the Hall is closed to visitors, especially in November and January. One or two rooms are deep cleaned at a time. The rooms are then painstakingly cleaned from ceiling to floor using scaffold towers and appropriate techniques. Natural hair brushes are used to brush the dust into a vacuum cleaner, and cotton buds are used for the more intricate designs and for glazed ceramics. Each of the plasterwork ceilings are cleaned in rotation every 5-7 years. The saloon was most recently cleaned and took 2 people 10 consecutive full days to clean.

Sudbury Hall and the Museum of Childhood are well worth a visit, located on the A50, south of Ashbourne. Many thanks to Giannina Major for giving up her time to share about Sudbury Hall.



Cleaning the ceiling Emily Lipscombe (National Trust)

Sudbury Hall is open for their Homemade Christmas every Thursday to Sunday from 3rd to 20th December. The Hall will be open 1pm to 5pm, with the last entry being at 4.15pm. Come at 4pm for the 'twinkle' effect! For more information call 01283 586800 or visit www.nationaltrust.org.uk/sudbury-hall-and-museum-of-childhood.

Sudbury Hall (National Trust)

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Financial Information & Advice Service

Welcome to our new Financial Information & Advice Service – a service providing help and access to a range of specialist advice and support to enable you and your relatives to plan for and meet the costs of paying for care.

What is this new service?

You may have heard about The Care Act 2014 and some of new duties that this places on Local Authorities. As part of this Act, Local Authorities now have to provide access to independent and impartial financial advice services, to assist people of all ages to plan for their care and support and how to meet the costs of this. Funded by Nottinghamshire County Council, Age UK Notts can now provide this free, independent and confidential service specifically tailored to your needs if you live anywhere across Nottinghamshire. Importantly, this service is open to adults of all ages, not just older people; the emphasis really is on being prepared and, when it comes to making decisions about your finances, the earlier the better.

How the Service can help you?

We aim to support you to have peace of mind and stay as independent as

possible in later life or when the need for care arises. If you have questions and concerns about how you will organize and pay for your care this bespoke service can provide the answers. We can help you to:

- ✓ Consider your present or future care needs including, looking at the options for paying for long term care, as well as how to choose a care home and/or what care services can be delivered in your own home.
- ✓ Put plans in place to maximize and to protect you and your assets for yourself and your family including advice on: deferred payments schemes for care; pensions and annuities; investments and savings; tax planning; equity release; estate planning; powers of attorney matters and more.

Giving you Peace of Mind

In order to deliver this new service we are working with a panel of Later Life Financial Advisers and local Solicitors. Each of our Later Life Financial Advisers is regulated by the Financial Conduct Authority and is approved by the Society for Later Life Advisers.

On top of that each has signed up to our local Business Directory meaning that they have been subject to additional checks and references all designed to give you peace of mind.

We also work with local solicitors who are authorised and regulated by the Solicitors Regulation Authority.

How Does it work?

If you have any questions whatsoever in relation to care planning and finance then please call us on 0115 844 0011 and ask for our Financial Information & Advice Service, or email us at info@ageuknotts.org.uk with your enquiry. The service is open from 9am to 5pm Monday to Friday.



One of our team will assess your enquiry. They will then provide you directly with the information that you require or arrange your choice of a telephone appointment or face-to-face session with our Financial Information & Advice Co-ordinator.

You can also opt to be referred for an initial free consultation with one of our Later Life Advisers (30 minutes) or Solicitors (20 minutes). You may then choose to pay for further services either with them or with other providers.

Additionally you can find lots of information on our website at <http://www.ageuk.org.uk/notts/our-services/financial-information--advice/>.

We have many other free and fully impartial advice services. For example we have a free Housing Options & Care Advice Service to provide advice and support as your housing needs change in later life, a free Welfare Rights Service so that you can be sure that you are claiming everything that you are entitled to receive and a Money Advice Service to help you with budgeting.

Don't Delay
By taking action now we really can support you with a range of services.

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- Ample parking space in front of the building.

Phone Judith on 01536 711884

www.algarveestatemangement.co.uk
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Answers & Solutions
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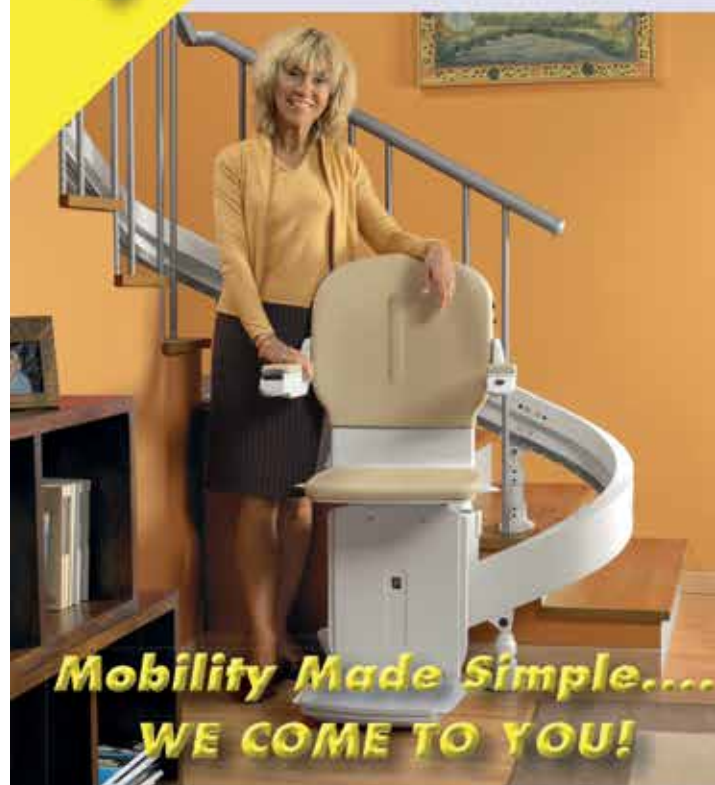
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In the Community

Age UK Notts recognised with Queen's Award for Voluntary Service for 2015



Age UK Notts has been honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK.

Age UK Notts has received the Award for its wide-ranging work in helping local older people for example offering regular visiting service to older people who are lonely or socially isolated; helping older people to claim rightful benefits and entitlement; offering free, confidential and impartial support on personal, practical, financial

and legal matters, but to name a few. Deana Peace and Di Trinder from Age UK Notts attended a garden party at Buckingham Palace on 28th May 2015 where they met other winners of this year's award. The Queen and others members of the Royal Family attended the garden party.

Age UK Notts is one of 187 charities, social enterprises and voluntary groups to receive the prestigious award this year. The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK to recognise outstanding work in their communities.

Age UK Derby & Derbyshire's Shop Celebrations

Littleover: Our shop in Littleover once again has entered the annual Littleover in Bloom competition where shops are encouraged to do a window display on a particular theme. This year's theme was Alice in Wonderland and the window has been dressed this year by Mary Lynch, one of the two volunteers who has been at the shop

since it opened 26 years ago. The window has attracted a huge amount of interest and shoppers have said how wonderful it looks.



Age UK Notts awarded £10,000 for Bathe & Pamper Project



Age UK Notts' Bathe & Pamper Project has been chosen as a winner in the Aviva Community Fund and has been awarded £10,000. The vision of the Bathe & Pamper Project is to expand its existing specialist day services for older people with dementia and those who have a disability or are physically frail so we can reach out to a larger and diverse group of older people who are unable to bathe in their own home by providing this service at the Sybil Levin Centre. With this award we are able to install a "walk-in" bath in our day centre which would enable us to offer an assisted and unassisted bathing service to a wider range of older people. We currently

provide a restricted bathing service using a traditional bath which severely limits who can access the service. Providing Bathe & Pamper in a safe, warm environment with trained, skilled care assistants can hugely increase the health and wellbeing of older people. It can reduce the risk of infections, provide social interaction and provides an opportunity for older people to discuss any concerns they may have around other matters, enabling us to signpost or refer them on to other services which they may be able to benefit from. Bathe & Pamper will help reduce the demand on statutory services (such as GPs, hospitals and adult health and social care) by reducing slips, trips and falls at home, undetected infections due to poor hygiene, which in turn will reduce the number of unplanned emergency hospital admissions and associated aftercare. For more information about the Bathe & Pamper Project please call Michelle Sanderson on 0115 978 0011.

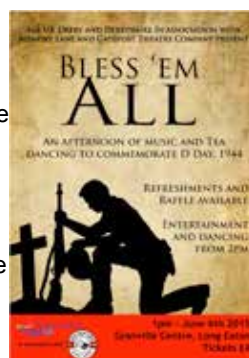
Duffield

Our shop in Duffield celebrated the 20th Anniversary of its opening in August. Manager, Marion Braggs (centre in photo) has been there since the shop opened, as has one volunteer, Anne Nelson (left in photo). Pictured outside the Duffield shop with another volunteer, Sue Venkortes who celebrated her 85th birthday on the Day of the celebration. Everyone at Age UK Derby & Derbyshire would like to thank all Duffield customers and volunteers for their support over the last 20 years.



Age UK Derby & Derbyshire D-Day Commemorations

Age UK Derby & Derbyshire's Memory Lane Erewash service commemorated D-Day at the Erewash CVS Centre in Long Eaton on 6 June with Gatepost Theatre. Songs from the day



were respectfully performed along with film footage of D-Day itself. The show was not just a commemoration; it was an act of remembrance. The event was well attended and lots of flag waving took place. Many thanks to Gatepost Theatre Company who have supported Memory Lane on many projects over the years with their various themed shows, even though they were in the middle of rehearsals for their forthcoming performance of RENT at the Guildhall Theatre Derby in September 2015.

WHAT'S ON

in Nottinghamshire and Derbyshire

11 – 27 Sep **Wirksworth Festival** Great art in a unique and inspiring setting in venues across the whole town. Various times and prices. Call 01629 824 003.

12 – 13 Sep **The Major Oak Woodland Festival** Visit Sherwood Forest for a weekend of heritage crafts, traditional toys, hurdle making, charcoal making and much more. Free entry. 11am – 4pm. Call 01623 823 202.

19 Sep **Tours of Hockerton Housing Project** Have a tour around the residents of the five houses who live without heating, with renewable energies; they manage their own water system and grow their own food. Call 01636 816 902.

19 - 20 Sep **Steam Transport and Family Show** A new show in the parkland at Kedleston Hall. Entry: £6 (adults). 10am – 4:30pm. Call 01159 123 823.

24 – 27 Sep **The Great Notts Show** The show will take over the Old Market Square in Nottingham filling it with local produce, handmade crafts and real ale. Free entry. 10am – 11pm.

25 Sep (Long Eaton Library), 26 Sep (Hatton Jubilee Hall) **Falls Awareness Events Information**, exercise, refreshment and reminiscence. Free entry. Call 01773 768 240.

25 – 26 Sep **Derby Festé** Breathtaking family-friendly jamboree of music, film, dance and performance. Various times, prices and venues across Derby City. Call 01332 255 388.

30 Sep – 4 Oct **Goose Fair 2015** Visitors will enjoy more than 500 attractions – from the latest white knuckle rides to the old time rides at the Forest Recreation Ground. Call 08444 775 678.

2-4 October **Derby Folk Festival** Two days of music, dancing and entertainment. Various times, prices and venues across Derby City. Call 01332 255 800.

6 October **Behind the Scenes at Hardwick Hall** Take a closer look at Hardwick Hall its history and collection. Entry: £25. 10:30am – 12:30pm. Call 01246 850 430.

7 – 10 Oct **Robin Hood Beer & Cider Festival 2015** There are 1,100 different real ales, over 300 real ciders and perries on offer in the grounds of Nottingham Castle. Entry: Various prices. Call 08444 775 678.

8 – 9 Oct **Newark International Antique & Collectors Fair** Largest event of its kind in Europe on an 84 acre site with up to 2,500 stands attracting thousands of dealers and buyers. Free entry. 9am – 6pm. Call 01636 702 326.

15 – 18 Oct **Mayhem Film Festival – Broadway** This year the festival looks at the darker side of sci-fi and cult cinema and television whilst keeping its horror focus. Call 0115 952 6611.

17 – 18 Oct **Robin Hood Game & Country Show** Featuring Robin Hood and his Merry Men in thrilling displays of jousting, stunt riding, ferret racing and the dog and duck show at Newark Showground. Call 01702 549 623.

31 Oct **Matlock Bath Illuminations and Fireworks** Final unique parade of illuminated and decorated boats for this year. Starting at 7.45pm and fireworks commence at 9.15pm. Call 01629 761 110.

31 Oct **Pirates of Penzance Concert** The High Sheriff of Derbyshire invites you to a fundraising concert raising money for Age UK at Buxton Opera House. Entry: From £18. Call 01298 72190.

5 Nov **Bonfire Night** on The Forest 2015 This event marks the anniversary of Guy Fawkes foiled gunpowder plot includes fairground rides, a small and grand firework display. From 5.30pm. Call 08444 775 678.

7 Nov **Remembrance and Reminiscence Afternoon Tea and Cake** Firs House Community Centre, Firs Gardens, Alfreton. Free entry. 2pm – 4pm. Call Di on 01773 768 240.

12 Nov **Holme Pierrepont Hall Christmas Fair** Features over 45 stands from a wide range of arts, crafts, clothing, jewellery and local food producers. Lunch and refreshments are available throughout the day. Call 0115 933 2390.

12 – 22 Nov **Chatsworth Christmas Market** Live seasonal music, delicious food and a range of gifts at Chatsworth House. £3-£10 per car. Call 01246 565 300.

18 – 22 Nov **Nottingham Indoor Wheelchair Tennis Tournament** An ITF 1 Series event (one level below Super Series), the event frequently attracts the world's top players. Call 0115 876 1600.

13, 20, 27 Nov **Christmas 'Make and Take' Workshop** Go and help decorate Sudbury Hall, then make something to take home too. £15 per item. Call 01283 586 800.

28 – 29 Nov **Great Food and Drink Festival's Christmas Event** Enjoy delicious hotdogs, crepes, hog roast and gourmet burgers, churros, fudge and chocolate treats galore at Wollaton Hall. 10am – 5pm. Call 0115 876 3100.

5 Dec **A Celebration of Christmas** Featuring The York Gospel Choir - All welcome. Venue: TBC. Starting at 6pm. Free entry. Call 07984 817 519.

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