



WINTER 2015

EngAGE

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the Christmas
Carol: **Silent Night**



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CONTENTS LIST WINTER 2015

The Story Behind the Christmas Carol: Silent Night.06

Find out more about Silent Night and the myths that gathered around its origins.

In the Kitchen.08

Butternut squash and apple soup from Fit as a Fiddle project.

Scam Watch08

Derbyshire Scam Watch project and tricks that scammers use.

Keeping Warm10

Tips on how to keep yourself and your home warm.

Avoiding Future Arguments When You Make Your Will ... 12

Michael Spencer provides practical advice on the grounds of contesting a Will and how to stop it.

Recruiting Volunteers16

Age UK Derby & Derbyshire's targeted approach to finding volunteers for its Footcare Service.

Housing Options20

Learn more about Derbyshire Dales Housing Options Service in Matlock.

Expansion at Men in Shed Workshop21

Age UK Notts' popular Men in Sheds project is set to expand its operation in Workshop.

Snow Memories.24

Three volunteers from the Heanor shop share their memories of snow.

In the Garden25

Winter gardening tips.

Sybil Levin Health and Wellbeing Centre.28

Sybil Levin and its services for the over 55s and a case study on a service user.

How to Feel Warmer This Winter ...for FREE!29

Free home energy check and how you can save energy and use it more wisely.

24



ON THE COVER



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In the Community.....32

Age UK Notts and Age UK Derby & Derbyshire in action near you.

What's On.....33

Local events and activities across Nottinghamshire and Derbyshire.

Meet the team...

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Foreword from the Editor



Welcome to your Winter Edition of EngAGE!

In this winter issue we look at how to keep yourself and your home warm and we share our memories about snow. We explore how you can safeguard yourself against scams and get a FREE home energy check in your home.

We also look at some of Age UK Notts and Age UK Derby & Derbyshire's services such as housing options, Men in Sheds, day care at Sybil Levin and volunteering.

On a practical note, a solicitor from Actons, Michael Spencer provides some advice on the grounds for contesting a Will and what you can do to try to stop this from happening. With Christmas round the corner, we thought it would be interesting to learn about the origin of the popular Christmas carol Silent Night. We also feature a hearty butternut squash and apple soup recipe.

For those who love to go out and about this festive season, take a look at What's On section to see what activities in Nottinghamshire and Derbyshire suits you best.

Have a happy and merry Christmas!

Angel

Angel Child
Editor

The Story Behind the Christmas Carol: **Silent Night**



Silent Night is one of the world's most popular Christmas carols. It owes its popularity to its peaceful melody and its simple narration of the Christmas tale. As the fame of this carol grew, its whereabouts were slowly forgotten. Myths and fanciful tales gathered around its origins and only recently was the name of the real composer discovered.

Silent Night: The Facts

The song 'Stille Nacht! Heilige Nacht' (Silent Night! Holy Night) was first performed on Christmas Eve in 1818 at St Nicholas parish church in Oberndorf, a village on the Salzach River in Austria located approximately 11 miles north-northwest from Salzburg. This performance had been years in the making with the lyrics having been written two years before by Reverend Joseph Mohr (1792 – 1848) and the melody being composed by Franz Xaver Gruber (1787 – 1863).

A young assistant priest, Reverend Joseph Mohr, had come to Oberndorf the year before. He had already written the lyrics of the song 'Stille Nacht' in 1816 at Mariapfarr, in the Salzburg Lungau region in Austria, where Mohr had worked as a coadjutor and where he was living at the time. The source of his inspiration is unknown; Mariapfarr was home to his grandfather, and this area had suffered greatly during the Napoleonic wars, which had just ended. Due to poor health, Mohr was sent to Salzburg for

hospitalisation in the summer of 1817. In October, during his convalescence, he was assigned to assist the priest at St Nicholas Church in Oberndorf – where he met Franz Xaver Gruber.

The melody was composed by Gruber, who was also born into poverty at Unterweizberg, near Hochburg, Austria. Gruber showed his musical talents early. His father Joseph Gruber, a linen weaver, discouraged his study of music so he studied the violin secretly. He was the school teacher at Arnsdorf from 1807 to 1829. During that time, he was also the organist at Oberndorf where he wrote the Silent Night melody.

Before Christmas Eve, Mohr brought the words to Gruber and asked him to compose a melody and guitar accompaniment for the church service. In a letter written by Franz Gruber, son of the composer, he noted that:

“During the time when my father was the organist of the church St Nikola, there was a very poor almost unusable organ there.”

This may explain why Reverend Mohr preferred to accompany the carol on a well-tuned guitar than on an off-pitch organ. On 30th December 1854, Gruber wrote the following:

“On December 24th in the year 1818 the curate of the newly erected parish-church St Nicola of Oberndorf, Mr Joseph Mohr handed over a poem to the deputy organist, Franz Gruber (at that time also teacher at Arnsdorf) with the request to compose a suitable melody for two solo voices with choir and the accompaniment of one guitar.”

Gruber did so and both performed the carol during the midnight mass on 24th December 1818. Mohr sang the tenor part and provided accompaniment with guitar, while Gruber sang the bass and the church choir did the refrains of each verse, which consisted of the last two lines of the verse. According to Gruber, the song was met with general approval and enthusiastically

received by the congregation (mostly shipping labourers, boat builders and their families).

The original manuscript has been lost. In October 1819, Mohr was transferred from Oberndorf to Kuchl and somewhere between that time and 1821, he wrote out an arrangement of the carol. This manuscript was discovered in 1995 and dated by researchers at circa 1820 and that is the earliest manuscript that still exists and the only one in Mohr's handwriting. It shows that Mohr wrote the words in 1816 when he was assigned to a pilgrim church in Mariapfarr, Austria, and shows that the music was composed by Gruber in 1818. It is displayed in the Carolino Augusteum Museum in Salzburg.

The spread in popularity of the carol can be attributed to Carl (or Karl) Mauracher, who made his home in the Ziller Valley and in 1821 repaired the damaged organ in Arnsdorf, where Gruber lived, and installed a new organ in the church of St Nicholas in Oberndorf in 1825. During this time Mauracher had with him the words and melody for 'Stille Nacht!' and shared this song with two neighbouring families of singers in the Ziller Valley, the Strassers and the Rainers. Both families embraced the song and sang it throughout Europe.

According to the Stille Nacht Gesellschaft (Silent Night Association) the original Rainer Family Singers sang the song in the parish church of Fügen (Zillertal) at Christmas 1819 and again three years later at the Castle of Count Dönhoff. It was during this period that the original melody was slightly changed. The association also reports the song was included in a church songbook dated 22nd July, 1819 and prepared by Blasius Wimmer, organist and teacher in Waidring (Tirol). Unfortunately, this can't be verified as this copy is now lost meaning the first verifiable



publication of the song occurred in 1833 when publisher A. R. Frieze of Dresden and Leipzig included it as the fourth song in a sheet music booklet entitled “Vier echte Tyroler Lieder...” (“Four genuine Tirolian songs...”).

The Rainers brought the song to the United States in 1839 where it was performed at numerous locations, including the Alexander Hamilton monument in New York, near Trinity Church. At that time, only a very few knew of the authorship of the carol which was already well known.

Silent Night: The Legend

There have been many stories of the origins of Silent Night. Today books, films and Internet sites are filled with fanciful tales purporting to tell its history. Some tell of mice eating the bellows of the organ creating the necessity for a hymn to be accompanied by a guitar. It is actually not known however if the organ was truly broken at Christmas time in 1818.

Others claim that Mohr was forced to write the words to a new carol in haste since the organ would not play. Some say that Mohr simply wanted a new carol for the service and was fond of the guitar as an instrument.

A recent film created for Austrian television places Oberndorf in the Alps and includes evil railroad barons and a double-dealing priest, while a recent book by a German author places a zither in the hands of Gruber and connects Mohr with a tragic fire engulfing the city of Salzburg.

There is a legend associated with the carol that says Mohr wanted the carol to be sung by the children of the village at the midnight Christmas Eve service, as a surprise for their parents. But in the middle of practising, the organ broke and not a note would come from it! So the children had to learn the carol only accompanied by a guitar. They learnt the carol so well that they could sing it on its own without accompaniment. However, there are no records to indicate that a children's choir was involved or that the organ was broken!

Whether or not the legends associated with the carol are true, the enduring appeal of the carol Silent Night cannot be disputed. It has been translated into about 140 different languages with the most popular English version sung today being the 1859 translation by John Freeman Young. Over time slight differences have developed between the lyrics

of different countries' versions, whilst the melody has also altered over time becoming a slower, meditative lullaby, differing slightly from Gruber's original, which was a sprightlier, dance-like tune. In order to safeguard and further verify the origins of the carol UNESCO declared Silent Night an intangible cultural heritage in 2011.



In the Kitchen:



Butternut Squash & Apple soup

This simple recipe will warm you up on a cold winter's day. It is quick to make, has a stunning appearance and tastes delicious. Serve with some fresh crusty bread. The recipe was taken from the Fit as a Fiddle project that operated in Derbyshire a few years ago.

Serves 2

Ingredients

½ onion, chopped
½ stick of celery, chopped
½ carrot, chopped
1 tbsp butter
½ butternut squash, peeled, seeds removed and chopped
½ tart green apple, peeled, cored and chopped
300ml chicken or vegetable stock
Pinch of nutmeg, cinnamon, cayenne and salt and pepper
Cream, parsley and/or chives to garnish (optional)

Methods

1. Heat the butter, add the onion, celery and carrot and sauté for 5 minutes.
2. Add the squash, apple and stock.
3. Bring to the boil and simmer for 30 minutes until the squash and carrots have softened.
4. Puree, add the spices and seasoning to taste and serve garnished with a swirl of cream (if desired) and chopped parsley or chives.



Scam Watch



80% of phone scam victims are over 55 years old.

Scams are schemes that con you out of money through post, phone calls, text messages, emails or doorstep selling. More than 3 million people each year are estimated to be the victims of scams, but only 5% of these are reported. Many people are not even aware that they have been the victim of a scam. Many others are too embarrassed to admit they have fallen for a scam or don't believe they have been conned and so don't report the issue.

Derbyshire Scam Watch is a project funded by the Police and Crime Commissioner for Derbyshire, in partnership with Age UK Derby & Derbyshire, Derbyshire County Council and Citizen's Advice. The aim of the project is to raise awareness, particularly amongst older residents, of the potential harmful effects of mass marketing, internet, doorstep and telephone scams and to provide one to one advice and support where potential scam or fraud victims are identified.

Once someone's name is on a scammer's list, their criminal mail and phone calls will start to increase as more scammers try their luck at getting their hands on your cash.

Scammers are very crafty people, they know how to get into minds. Someone whose mind has been 'dazzled' will become excited and start to focus on the prize,

rather than the fact that they are being asked to send cash or personal details to claim it.

What other tricks do scammers use?

To make the scams even more convincing, some put 'THIS IS NOT A SCAM!' on their letters, or say this over the phone to victims.

- Scammers can build very convincing websites and copy legitimate sites.
- Scammers send out false testimonials and photographs of fictitious winners.
- Scammers claim to be lottery officials, clairvoyants, presidents of banks and use other important sounding titles and names.
- Scammers try to trick people into sending them passports, photographs and birth certificates by pretending they are arranging celebration parties or sending out photographs.
- Scammers hide behind letters from fictitious charities and often use distressing photographs in an attempt to pull at the heartstrings of caring people.

For more information visit:
www.derbyshirescamwatch.org.uk or ageuk.org.
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At the recent long service awards Managing Director, James Day spoke of 'changing times' and the development of Eastgate, into the business it is today, with 5 care homes.

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Keeping Warm

Even if it isn't a severe winter, cold weather makes us more vulnerable to certain illnesses. The following tips are all taken directly from the Age UK guide "Winter Wrapped Up", which is available from any of the information offices.

Keeping yourself warm indoors and out.

- Make sure you keep your hands and face warm. As well as wearing gloves and a hat, always wrap a scarf around your face when you go out in cold weather, even for short intervals. This helps to warm the air you breathe. If your hands and face get cold they can trigger a rise in blood pressure which puts you at risk of a heart attack.
- Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton. Start with thermal underwear, warm tights or socks.
- If you're sitting down, a shawl or blanket will provide a lot of warmth. Try to keep your feet up, as the air is cooler at ground level.
- Wear warm clothes in bed. When it's very cold, wear thermal underwear, bed socks

and even a hat – a lot of heat is lost through your head

- Use a hot-water bottle, wheat bag or an electric blanket to warm the bed, but never use a hot-water bottle and an electric blanket together.
- Check whether your electric blanket can be kept on all night or whether it's only designed to warm the bed before you get in. Get it checked every three years by an expert.
- Keep your feet warm. As with your hands and face, cold feet can trigger a potentially dangerous rise in blood pressure. Choose boots with non-slip soles and a warm lining, or wear thermal socks.
- Check local news and weather forecasts for advice when bad weather is forecast.

Keeping your home warm

- Most of us spend a lot of time indoors in winter, so it's important that you are comfortable and safe there. And it's essential that you keep your home warm. Low temperatures increase the risk of flu and other respiratory problems and can raise blood pressure. Blood pressure takes longer to return to normal in older people who have been out in the cold, increasing the risk of heart attacks and strokes.
- Keep your main living room around 70°F/21°C, and the rest of the house should be heated to at least

64°F/18°C. You may want your main living room to be warmer than this, and if you feel cold, turn the heat up regardless of what the thermometer reads.

- Get to know how the timer and thermostat on your heating system work. If it's very cold, set the timer to switch the heating on earlier, rather than turning the thermostat up to warm your house quickly.
- Close the curtains at dusk.
- Don't block up air vents, as fires and heaters need ventilation. Good ventilation also helps to prevent condensation.
- Keep your bedroom window closed at night when the weather is cold. The coldest time of the day is just before dawn. Breathing in cold air raises the risk of chest infections.
- Test your carbon monoxide alarms. You should have one fitted in each room that has a gas appliance, as there is a risk of carbon monoxide poisoning if air vents become blocked.
- Contact your local Age UK for a benefits check and advice on any other financial support you may be eligible for:

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& Nottinghamshire
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Avoiding Future Arguments When You M



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A Will sets out everything you want to happen after you die. It is a very important document that everyone should have. Just as important though is foreseeing and avoiding disputes.

Michael Spencer, a solicitor with Actons in Nottingham, who deals regularly with family disputes, provides some practical advice on the grounds for contesting a Will and what you can do to try to stop this from happening.



How do you challenge a Will?

The four main ways for somebody to challenge your Will are if:

1. You did not have mental capacity when you made it.
2. You were unduly influenced by someone when you made it.
3. The Will was not signed or witnessed correctly or you did not know or approve its contents.
4. You did not provide for someone who can make a claim under the Inheritance (Provision for Family and Dependents) Act 1975.

How to avoid a challenge on your capacity to make a Will

- The nature of making its Will and the consequences i.e. what they are leaving to people
- The extent of their property; and
- The individuals who they are morally bound to provide for and the consequences if they do not provide for these individuals

And show that your Will is not affected by any false beliefs. If there might be a question over whether you have capacity at the

time of making a Will, your solicitor should follow what is known as the 'Golden Rule'. This says that if there is any doubt at all about your capacity then obtain medical evidence. So do not be insulted if your solicitor suggests this. They are following good practice to protect your wishes. They should also have met you and their notes are also powerful evidence.

How to avoid a claim against your Will for undue influence?

To set aside your Will for undue influence, someone has to prove that you were coerced into making it. There are a number of practical things you can do to show that you were not. First and foremost, it is advisable to instruct a solicitor to draft your Will. You should meet the solicitor face to face. You should go alone to any appointments or at least see the solicitor alone. You should ask for a draft to consider. Only after consideration should you return to sign. Instructing a Solicitor will mean that you have an objective and impartial person who will ensure that the wishes in your Will are yours and nobody else's. They can confirm

Make Your Will

this afterwards, should somebody suggest you were influenced into making certain decisions in your Will.

If you do decide to make or not make certain gifts in your Will that may confuse or upset someone, you may want to explain your reasons for doing this. You can put your reasons in a letter to be stored with your Will.

How to avoid a claim against the validity of the Will because it was not executed correctly?

This type of claim is an all too common occurrence, particularly with homemade Wills. Under the Law there are certain processes that have to be followed when making a Will and the best way to avoid any claim against a Will not being executed correctly is to instruct a Solicitor to draft the Will for you and meet face to face to sign it.

How to avoid challenges under the Inheritance Act?

A number of people can make a claim against a Will:

- ✓ Your spouse or civil partner; or former spouse or civil partner (provided they have not remarried or registered a new civil partnership)

- ✓ Any person with whom you cohabited continuously with for at least two years before your death
- ✓ Your children; anybody you treat as a child of your family unit
- ✓ Any other person you were supporting financially when you die.

Spouses etc. can claim reasonable financial provision, the others are limited to reasonable financial provision by way of maintenance.

The Courts, under the Inheritance Act, can thus amend your Will. You can take certain practical steps to prevent a challenge. Always provide for spouses, dependent children (living with you or not) cohabittees and other dependants. Your solicitor can advise what is reasonable.

Claims by Adult Children are particularly topical. You may have seen in the news recently, a daughter successfully challenged her mother's Will after she wasn't left anything. Her mother's Will gave everything to a number of animal charities. The Court decided that the daughter was entitled to some of her mother's estate (enough to pay off her mortgage) despite the daughter being

estranged from her mother for many years. The reasoning behind this was that the daughter was very poor, the mother was being unreasonable by not leaving her daughter anything and the beneficiaries were charities with which she had no particular connection.

The logo for actons solicitors features three colored dots (teal, blue, teal) above the word 'actons' in a lowercase sans-serif font, with 'solicitors' in a smaller, lighter font below it.

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e christina.yardley@actons.co.uk
f 0115 9100 249
w www.actons.co.uk

It is therefore always important when deciding to whom you are going to leave things in your Will to make sure there is a reason for your choices. Again a well drafted letter left with your Will can help.

If you need help with a dispute or want a no-obligation telephone discussion, please contact Michael Spencer on **0115 9100 200** or email mike.spencer@actons.co.uk.



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Recruiting Volunteers



Recruiting volunteers can be as diverse as the volunteers themselves. There are countless methods of recruiting volunteers and every volunteer would say that they started volunteering for different reasons. One of the most powerful ways of informing people about the volunteering opportunities available is talk with them face to face. Age UK Derby & Derbyshire has recently had a targeted approach to finding volunteers specifically for the Footcare Service. Julie Akino has been given the task of building relationships in local communities, promoting our services that need volunteers and encouraging people to volunteer.

Julie started her own volunteering journey after relocating to Derbyshire and having a bit of time available but not wanting to commit to anything long term. She became a volunteer Insurance Arranger in the Derby office after spotting a notice in the window asking for volunteers in August 2010. Julie said;

“I worked as a volunteer for two years and was one of the best decisions I have made. Having a totally different day once a week,

meeting new people and friends and feeling very happy about helping people that needed help.”

Following this, several non-voluntary opportunities came along with Age UK Derby & Derbyshire, including several short-term local community projects. This has enabled Julie to work with communities, people and organisations with whom she would not normally have had contact with.

After observing a Footcare session at the Millennium Village Hall in Hulland Ward, Ashbourne, Julie could see first hand what type of help was needed. The Footcare staff had the task of meeting and greeting clients, making tea, filling and emptying the bowls of water, booking new appointments and taking payments and of course their main job of clipping nails. All this was done with a smile and caring attitude, but it was obvious they needed a helping hand.

Julie tells her story now about her first volunteer recruits and how she found them:

“With fliers and posters literally hot off the printer, I came across a

youth project workshop, I parked up and went inside to a very noisy room with youths of all ages making crafts or just simply running around shouting! To my amazement this is where I found my first 3 volunteers. 3 young girls aged between 18 and 20, one already volunteering for another charity, the others at college. My next volunteer was a young woman that already worked in a beauty salon in Ashbourne and is happy to use her experience of cutting nails in our new venue in Ashbourne. She has also introduced me to another lady that would like to be trained to cut nails, she currently works with the elderly, but is going to beauty college in January so would like the experience. This brings me to my next couple of volunteers, these are a couple of ladies from the over 60s club who will be happy to do the meeting and greeting.”

All the people mentioned are interested in joining Age UK Derby & Derbyshire bringing with them their diverse experiences from different places and times in their



Kris Kross Winter

Solution on page 28

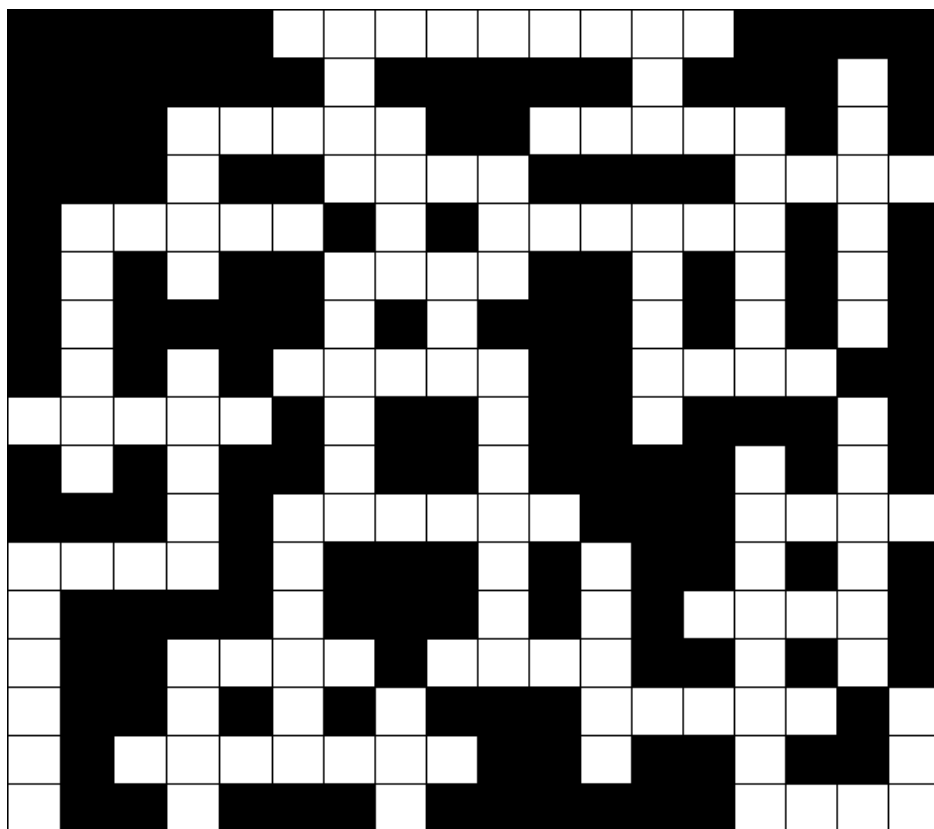
lives. Without volunteers we would not be able to do our work. In becoming a volunteer people are given the opportunity to be part of a great team, learn a new skill, help in their local community, boost their CV if required and to meet lots of people. There is no one type of person who volunteers, people fit in their voluntary work around jobs, or maybe they are students, parents, retired, unemployed.

Age UK Derby & Derbyshire currently have opportunities for a variety of volunteers including but not limited to:

- ✓ Footcare
- ✓ Befriending
- ✓ Charity retail shops

For more information about volunteering and to find out what you can offer, please call 01773 768 240 or email administration@ageukderbyandderbyshire.org.uk.

There are also opportunities for volunteering for Age UK Notts, please contact Judith Keegan on 0115 844 0011 or email judith.keegan@ageuknotts.org.uk.



3 letters

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4 letters

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Christmas

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Partners: Barry Hutsby, Elaine Hutsby, Joanne Hutsby, Anthony Topley

SERVING FAMILIES FOR GENERATIONS

Housing Options

"I do not know what I would have done without the help of Age UK Derby & Derbyshire's Housing Options Service."



For ten years, the Derbyshire Dales Housing Options Service (HOPS) in Matlock has been providing information and advice to help people stay living in their homes safely or if that isn't possible, to allow them to make informed choices about moving to more suitable accommodation.

Since the service started, it has been funded by Derbyshire Dales District Council who continues to offer funding for such a beneficial and life-changing service. The partnership between the District Council and Age UK Derby & Derbyshire is not just financial as the team is also based at the Derbyshire Dales District Council Town Hall, working closely with the Housing Department. The Council Housing Department regularly refer their clients to HOPS in order for a home visit to be conducted.

On a home visit, the HOPS advisor gets an idea of how the client is managing on a day-to-day basis in their home, with a view to identifying any aids and adaptations which may help. If aids and adaptations are required in order to make a client's house more

suitable, then HOPS often arrange for an occupational therapist to visit and work closely with social workers and healthcare professionals.

The advisors will also do benefits checks to ensure the clients are receiving all the money they are entitled to. Last year the team helped clients claim over £200,000 worth of additional benefits. The HOPS advisors will support the client in finding alternative accommodation if this is required and 63 clients have been offered properties since January 2015. The newest member of the HOPS team, Linda, has a housing background of 20 years in various capacities and so arrived with an open mind about what the role would be and where the job would take her. Linda says,

"It took me just a few hours of working in the office and listening to the conversations and work of my new colleagues to know what an amazing service this is. My first thought being 'Why hasn't every district got a provision like

this?' The times in my previous roles when I would have called upon the assistance of such a team are immeasurable. Sadly I had previously worked in a district where there had been nothing similar available to me. I had observed a serious lack of provision for older persons faced with such housing issues and the extreme difficulties that caused them."

The HOPS team provides a vital link between the client and the various official, statutory departments and services. Since January 2015, 146 new clients have been supported in addition to those already being supported. The HOPS advisors go the extra mile for the clients, offering a professional service whilst keeping it individual and personal to the needs of each client. The clients become empowered and gain confidence at the very time when things feel the most difficult and confusing.

Case study

Mr. D, a manual worker all his life, found himself facing a multitude of



difficulties and came to us for help. He had shared his life and his home with his mum and when she finally needed to be in full time care the DWP considered her half of their house as income. After taking legal advice the HOPS staff were able to make the case that Mr. D should be treated as a vulnerable dependent and this saved him £116 a week in care home fees. Later, it was discovered that the care home was over-charging Mr. D for his Mother's care and HOPS staff helped him get £2,000 of his own money back. Had we not been involved, Mr. D would have been forced to have sold the home he grew up in and his skill-set he would not have been capable of rebuilding a life for himself.

For more information, please contact 01629 761 127. Age UK Notts also offers similar service in Nottingham and Nottinghamshire, to access this service please contact Jackie McGuinness on 0115 993 3399 or email jackie.mcguinness@ageuknotts.org.uk.

Expansion at Men in Shed Worksop



Age UK Notts' popular Men in Sheds project is set to expand its operation in Worksop to include extra sessions and a gardening project. The 'Shed' which is actually a well equipped workshop, provides a place for men aged 60 and over to enjoy woodwork and camaraderie. Members share and learn skills whilst participating in a range of woodworking projects, either for themselves or to produce items for sale by the shed.



Due to the success of this project, the shed which is currently open all day Wednesday, Thursday and Friday is looking for volunteers and new members to open further sessions. Volunteers do not need any previous experience, just a willingness to help out. Members come from a variety of backgrounds from highly skilled wood turners and joiners to woodwork beginners, all work together and there is a role for everyone. The Worksop shed is expanding further to include a gardening element where members can access a poly tunnel and allotment space at A1 Housings Branching Out project at their Hundred Acre Wood site. Here members can get involved with growing flowers

and vegetables, either for use in the local community or for their own use. Members can put their gardening skills and knowledge to good use but expert advice is on hand should it be needed. Age UK Notts runs similar projects at Blidworth and Daybrook. If you are interested in getting involved, either as a volunteer or as a member, please ring the project co-ordinator listed below to arrange a visit. Membership is free and a half day session costs just £1.60.

Worksop shed

Patrick Lacey

t 0787 283 9629

e patrick.lacey@ageuknotts.org.uk

Blidworth shed

Christopher Riley

t 0787 283 9556

e christopher.riley@ageuknotts.org.uk

Daybrook shed

Adie Harkin

t 0787 283 9570

e adie.harkin@ageuknotts.org.uk

The sheds produce a large selection of wooden items for the home and garden including bird houses and boxes, benches, planters, turned bowls and bespoke orders. Members are currently focusing on their Christmas range which includes wooden Christmas trees, decorations and a selection of unique hand crafted gifts. All proceeds from the sale of these items are used to support the project. To find out more or to place an order, please contact your nearest shed.

Helping our people



Family Members Scheme

Hospitality Action is the trade charity for the hospitality industry. We support those who have or who are working in the direct provision of food, drink and accommodation away from home.

One of our core services is our Family Members Scheme. This is a contact scheme for people who have spent at least seven years working in the UK hospitality industry and who are now:

- Aged 60 or over; OR
- Near this age and becoming more socially isolated or lonely

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For further information contact our Family Members Co-ordinator Jenny on T. 020 3004 5508 E. jgill@hospitalityaction.org.uk or visit our website at www.hospitalityaction.org.uk

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"It'll Be Lonely This Christmas..." so say the words of the 1974 Christmas hit by Mud. It may be a festive favourite for many but the truth is Christmas will be a particularly lonely time for some people – especially the older and vulnerable. But the irony is that it needn't be so. We are social creatures and we (generally) need and enjoy the company of others. And it's not like there is any shortage of people – populations are rising across the county, the country and the world.

At Ashmere, Christmas is a very special time for us and we choose to celebrate by hosting a wealth of entertainment and activities ensuring our residential homes are always a cheerful place to be.

Our three residential homes in Nottinghamshire have all achieved the highest banding by the Care Quality Commission and also in their food hygiene. One of our homes (Sutton Manor) is ranked 14th out of almost 2000 homes in the East Midlands based on user recommendations on carehome.co.uk. We are a family business and have been in the care business for over 30 years so we certainly know a thing or two about it. We always have great offers which run all year long like our "design your own bedroom" offer which is open to all long term residents. We also have fantastic facilities with an on-site hydrotherapy pool, sensory courtyard and hairdressers.

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If you would like more details or to arrange a viewing to discuss your requirements, please call 01623 441130 or pop along to our reception desk located on the ground floor of Sutton Court (Priestsic Road, Sutton in Ashfield) for more information.



Ashmere Care Centre, Priestsic Road,
Sutton in Ashfield
(opposite Asda)

T: 01623 441130
E: Notts@ashmere.co.uk



Snow Memories

Whether we like snow or not now, everyone will agree that the fresh-fallen snow looks so beautiful and awesome. Waking up to thick, fresh snow covering the landscape like icing on a Christmas cake is one of those memories that sticks in our mind.

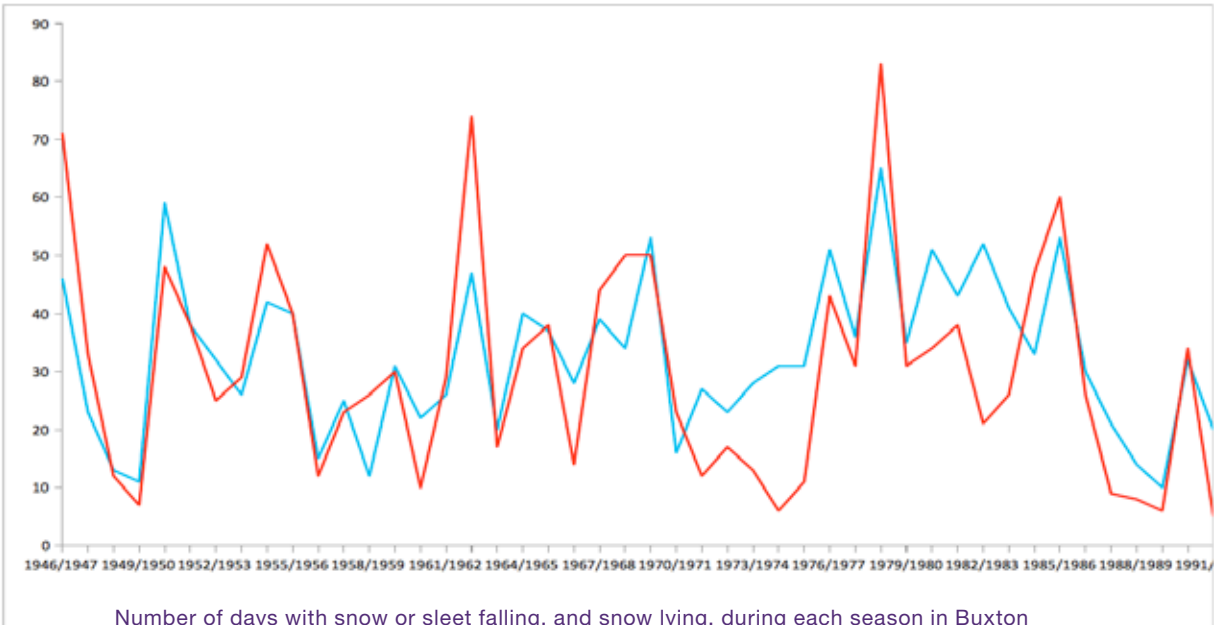
We can all remember times when the snow has been so thick and lasted for ages. It may well be that as you read this the whole region is covered in thick

snow, or maybe you are still waiting to see how bad the snow will be!

When we think about the snow when we were children, it is easy to think that the snow was always deeper and lasted longer than it does now. This is because when snow was in abundance, it triggers all our senses and blocks out some of the times when the snowfall was disappointing. This article has been an opportunity for three volunteers

from the Heanor shop to share their memories of snow. Maybe some of these memories will remind you of something from when you were young.

The chart below shows how the snow fluctuates quite dramatically over time dispelling the myths that it **ALWAYS** snowed more when we were children! It is the Met Office annual summary from 1946-1991. The red line shows the number of





days that snow was lying on the ground. The blue line shows the number of days that snow/sleet was falling.

Mavis Littlewood remembers having to walk one mile to school in wellies and carry plimsols to change into at school. The snow was so deep that it went over the top of her wellies so her feet were cold and wet anyway. It wasn't just her feet that would be wet as the boys would always throw snowballs as the girls went past. The girls would give as good as they got in return fire! Once at school, the wellies would be put by the coal fire in the corner of the classroom as there was no central heating.

Pat Dawson remembers schools never closed, however deep the snow. In those days more people walked to school as there were less vehicles on the road and so the bad snow did not cause the disruption it does now. She remembers one winter when the snow lasted for a long time. Milk was delivered to school on a sledge. The 1/3 pint milk bottles arrived frozen and had to be put on the hearth to thaw. This meant the milk tasted horrible as it was warm!

1979 was a good year for snow and the photos on this page were from that time. **Sheila Wain** remembers the road at Woodlinkin (which is now part of the Heanor bypass from Codnor to Langley Mill) being so deep in snow that she and her brother had to help her father dig out the car as it was completely buried. She remembers the snow seemed to last forever.



In The Garden: Winter Gardening Tips

Just because the cold weather has descended, it doesn't mean that it's closed season for gardening. In fact it's essential to keep them ticking over in the winter months. Following are some useful winter gardening tips which you might find handy.

Plant spring bulbs like tulips, daffodils and crocus in borders and containers, they also look fantastic naturalised along hedge lines or under trees.

Tidy borders by cutting back herbaceous plants as well as remove summer bedding and weeds, lightly fork over and mulch with well-rotted garden compost.

Plant new shrubs and trees as they establish and root down well because the soil is warm from the summer and moist from the autumn rain, which means they get a really good start in the spring.

Lift and store smaller non-hardy plants such as dahlias and geraniums whilst with larger plants that can't be moved like tree ferns and Gunnera, protect their leaves or wrap in hessian or if in containers move them close to the house for extra protection.

Plant winter bedding like pansies, wall flowers and forget-me-nots for much appreciated colour in winter and early spring. Put the plants closer together than normal as they don't fill out as much as summer bedding.

Rake up leaves regularly especially from the lawn as if left it can lead to bare patches.

Clear and tidy vegetable patch by throwing out any canes and netting that is past its sell by date. Roughly dig over the soil but you don't need to worry about breaking up the clods as the winter weather will naturally do that for you.

Provide for the birds by putting out a range of food and keep it as clean as possible. Water is just as important as natural resources freeze up – create a pond or water feature and make sure birdbaths stay ice-free.

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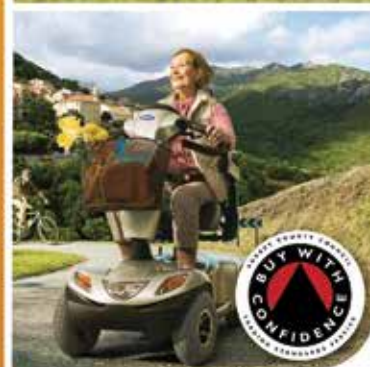
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manager@forthmeadow.co.uk

Sybil Levin Health and Wellbeing Centre

The Sybil Levin Centre is a health and wellbeing centre with lots of services under one roof for the over 55s.

We specialise in day care for people with dementia providing specialist support for those with higher level of care needs and the much needed respite for many carers. The age range in day care is between 60 and 101. We tailor the days to suit each individual making sure that each individuals needs are catered for with a varied and suitable wide range of activities organised by fully trained staff who are committed to providing person-centred care.

We provide a home-cooked nutritional 2-course lunch each day and homemade biscuits with cups of tea or coffee for refreshments.

We have our own mini bus that picks people up and takes people home giving door-to-door service. In addition, you or your loved ones will be in safe hands as all our staff and volunteers are DBS (Disclosure Barring Service, formerly CRB) checked. With regular



attendance and familiarity of the setting, Sybil Levin offers significant emotional, mental and social benefits to you or your loved ones. Apart from day care, Sybil Levin also provides other services which include bathing, hairdressing, yoga classes, movement to music, table tennis, social events, trips out and the occasional holiday.

Case study on Mrs A

Mrs A whose daughter lives a great distance away attends the day care at Sybil Levin regularly. Mrs A's daughter feels that the centre provides her with peace of mind and that her mother is in safe hands, she feels that we provide good social interaction and really good company in addition to cognitive stimulation and a lovely hot meal.

Her experience with the staff members is that they are cheerful, thoughtful and accommodating and the support the centre provides is invaluable to keeping her mum independent in her own home for as long as possible. On the days Mrs A comes to the centre she appears to be a lot more

aware and her daughter feels that the centre is giving Mrs A a good quality of life, she feels the staff make her mum feel valued as an individual and gives her a positive to focus on in her life.

Mrs A's daughter came to the centre some years ago not knowing what to expect. We talked to her about all the services we provided and she eventually brought Mrs A to the centre and stayed with her to see what we were all about. Over the weeks she could see the good work we were doing and she trusted us to look after Mrs A who now comes three days a week!

Sybil Levin is located at 577A Nuthall Road, Cinderhill, Nottingham NG8 6AD. For more information or to access the centre and its services, please contact Michelle Sanderson on **0115 978 0011**.

For more information about the Age UK Derby & Derbyshire day centres in Derbyshire, please call 01629 813 221.



Don't delay! By taking action now we can really help you.

How to Feel Warmer This Winter...for FREE!

No one wants to live in a cold home, yet every winter 24,000 older people die in the UK as a result of cold weather.

Age UK Notts Home Safety and Improvement (HSI) Service is here to help older people struggling to keep warm and/or pay their bills this energy check season.

How can we help you?

We offer a free home energy check in your home to look at how you can save energy and use it more wisely. We can install free energy efficiency equipment including draught excluders, radiator panels, night lights, timer switches, boiler jackets and more. We can also advise you on how to keep warm and well in winter.

Who can we help?

We are able to offer our help to the following people:

- People aged 60+ who are on low income or living in a cold home
- Home owners or people in private rented accommodation
- People with health conditions that

are exacerbated by the cold e.g. heart and respiratory conditions

- People living in Nottingham City and conurbation such as Arnold, Carlton, Mapperley, Hucknall, West Bridgford and Daybrook.

A true story about Mr Flint

"The drafts are gone and I'm warmer."

Mr Flint from Nottingham was living in a cold drafty property, stuffing a tea towel into his letter box to reduce the cold drafts coming into the house.

The house was cold but following a free home energy check he is more aware of how he can take simple steps to reduce his energy consumption which will reduce his bills and he was thrilled with the measures fitted which included free energy saving light bulbs and draft excluders.

"I can't thank Age UK Notts enough for all their help. It is invaluable in helping people like me."

For a free Home Energy Check contact us on freephone 0800 888 6464 or emailing hsi@ageuknotts.org.uk. If you live in Derby or Derbyshire, please call 01773 768 240 to see if there is any help available in your area.

Answers & Solutions from page



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In the Community

Age UK Derby & Derbyshire's Memory Lane Award

Age UK Derby & Derbyshire's Memory Lane service along with Metropolitan Housing, came joint second in "Best Street and Communal area". The awards were presented at Erewash in Bloom which took place on the 9th of October at Morley Hayes Golf Club.

Memory Lane runs a session every fortnight at Epha House on Shipley Common Lane Ilkeston. Metropolitan Homes own Epha House which is a sheltered and supported housing scheme. During the summer the group raised funds for the pond's pump and plants. Residents, staff and group members of Memory Lane teamed up and decided to

make a late entry to Erewash in Bloom. Memory Lane and Epha House are now looking at organising a weekly gardening group and entering again next year!



Pictured from left to right are: Di Cliff, Memory Lane, Age UK Derby & Derbyshire; Val Custance, Erewash Mayor; Blossom Thompson, Housing Support Manager for Metropolitan Housing.

Age UK Derby & Derbyshire's Retail Gift Aid

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Retail Gift Aid was being introduced in all Age UK Derby & Derbyshire charity shops during Autumn 2015. Through the scheme offered by the Government, an extra 25p per £1 can be claimed back from the Government on all items sold that had been registered for Gift Aid. The person donating the goods

for sale in the shop needs to register to confirm they are a UK tax payer. Every time one of those items is sold in the shop, then the extra money is made available. The introduction to Gift Aid has been welcomed in the shops as it easily enables each of them to raise more money. To find out more, please call 01773 768 240 or pop into one of the eight shops: Chesterfield, Clay Cross, Duffield, Eckington, Heanor, Littleover, Mickleover and Wirksworth..

Age UK Notts Kindred Spirits 20th Anniversary Party

Age UK Notts celebrated the 20th anniversary of Kindred Spirits with a party for members, held at the Britannia Hotel in Nottingham on Older People's Day (1st October 2015). 170 Kindred Spirits members attended the party, which featured entertainment from Tony Farrell's Big Band, as well as a showcase of the Kindred Spirits Sing & Smile group's talents. Everyone was served a wonderful afternoon tea as well as a slice of birthday cake and everyone enjoyed themselves whilst reminiscing at the photo display or having a dance. Many members commented on how nice it was to see those they had not ran into for a long time. Carol Wilby, Service Manager, gave a speech about the important part Kindred Spirits plays in members' lives and she was followed



by the High Sheriff of Nottinghamshire who gave a wonderful speech about how important it is to stay active as we age. Over 20 years Kindred Spirits has supported thousands of people to meet friends, share good times, enjoy healthy activities and improve wellbeing. It is open to everybody living in Nottingham and Nottinghamshire, the activities provided are geared towards older people. Kindred Spirits membership helps people to overcome feelings of loneliness and isolation by providing an opportunity to make friends at a pace that suits them in safe and welcoming settings. Membership costs just £28 for 12 months or £16 for 6 months. To find out more please call us on 0115 841 4473.

Age UK Notts Sing and Smile Group at The Malt Cross, Nottingham

Anyone walking into the historic and beautiful venue of The Malt Cross in Nottingham on the 24th September would have been greeted by our two very enthusiastic and lively Sing and Smile groups who joined forces for this special sing-a-long extravaganza along with their fantastic singing tutor Jane Ashworth. With great support from The Malt Cross, there was a healthy turnout made up of members of both our Nottingham and Beeston Sing and Smile groups and plentiful support in the audience from friends, family and curious members of the public. All in all this made for a very enjoyable afternoon for everyone who came along, a real hark back to their roots for The Malt Cross as a former music hall venue.

There were hearty renditions of some well-loved and well known traditional songs and it didn't take long for the audience and even some of the bar staff to gather up their song sheets and join in with the singing. The Sing and Smile groups certainly lived up to their name on the day, as infectious smiles and laughter filled this very special venue. Rapturous applause marked the end of the performance before shouts of encore rang out from every corner with very little persuasion needed to coax the group into another few songs.

Dr. Rebekah Wood, Heritage Engagement Worker for Education and Outreach from The Malt Cross said, "The Sing and Smile sing-a-long Extravaganza was a fantastic opportunity for the Malt Cross music hall to host local singers who are passionate about bringing the heritage of the music hall to life through vibrant songs from the past, the public certainly enjoyed joining in too. If you enjoyed the first Sing and Smile concert then you may be in luck as we are eager to host future sing-a-long events, starting with the Christmas concert being held on 15th December, 2pm to 3pm. Come and channel your inner Bing Crosby and get in the festive spirit in our beautiful Victorian music hall!"

WHAT'S ON

in Nottinghamshire and Derbyshire

1 – 20 Dec **Santa Specials at Great Central Railway** Take a steam train through beautiful Nottinghamshire countryside with Santa, depart and return to Ruddington. Call 0115 940 5705.

2 – 6 Dec **Dynamo Live Tour** See Dynamo's magic skills up close and personal in a spectacular and unique live stage production. Capital FM Arena, Nottingham. Call 0843 373 3000..

5 – 6 Dec **The Great Christmas Show** Enjoy a wondrous selection of food, chocolate, whiskey and wine with feature workshops and demos at Wollaton Hall. 10am – 5pm. Call 0115 876 3100.

6 December, **Belper Winter Food, Real Ale & Craft Festival** Attracting thousands of visitors, it is a perfect day out for food lovers, on and around King Street, 10am – 4pm. Free entry. Call 0114 360 3447.

7 Dec **Bromley House Library Tours** A little hidden gem in the heart of the city of Nottingham, free tour is available for about an hour. 2.30pm. Call 0115 947 3134.

11 December **Swadlincote Mega Christmas Market** Featuring Christmas stalls, fairground rides, carol singing and more. Swadlincote town centre. 9am – 2pm. Free entry. Call 01283 595 795.

12, 13, 19 & 20 December **Tapton Lock Santa Special Boat Trips** Take your grandchildren on a boat trip to see Santa – you get a drink and mince pie! Tapton Lock, Chesterfield. Various times. £6. Call 01629 533 020.

15 & 16 December **Floral Demonstration: Christmas at Chatsworth** Discover tips and techniques to adorn your homes for Christmas using natural decorations. 11.30am, 2.30pm. £30 (includes admission to house and garden). Call 01629 824 003.

20 December **Candlelit Carol Service** All Age and Traditional Candlelit Carol Service, Trinity Church, Buxton. 6.30pm.

Free entry. Call 01298 26962.

24 December **Wirksworth Crib Service** Bring grandchildren dressed up as a character from the nativity and watch the nativity story unfold during the service. St Mary's Church, Wirksworth. 5pm. Free entry. Call 01629 824 707.

3 Jan **Johann Strauss Gala** John Strauss Dancers and Orchestra return with a brand new show with its much-loved music, delightful dancing and dash of comedy. 3pm at Royal Concert Hall, Nottingham. Call 0115 989 5555.

7 January **The Pitman Poets** Celebrating triumphs, tragedy, humour and hard times of North-East England's coal mining tradition in an evening of music, song and spoken word. Chesterfield Pomegranate Theatre. 7.30pm. £19. Call 01246 345 222.

13 Jan **£1 Comedy Night** See top acts practising their new material and support the up-and-coming acts as they start their careers. Canalhouse, Nottingham. Call 07989 454 817.

22 January **Sinfona Viva at Derby Cathedral** Principal Conductor Duncan Ward and Sinfonia Viva start their new year of concerts in Derby with a bright selection of classics for a winter's evening. Derby Cathedral. 7.30pm. £20. Call 01332 255 800.

27 January **Sarah Millican – Outsider** An evening of comedy. Buxton Opera House. 8pm. £28. Call 01298 72190.

28 Jan **Reduced Shakespeare Company** Join the madcap men in tights as they weave their wicked way through all of Shakespeare's comedies, histories and tragedies. Nottingham Playhouse, Nottingham. Call 0115 941 9419.

29 Jan **The Carnival of Madness** A debut appearance on UK shores with Kentucky Rockers, Black Stone Cherry and special

guests Shinedown. Capital FM Arena, Nottingham. 7pm. Call 0843 373 3000.

5 Feb **Light Night 2016** Do something different on this Friday night and take part in a fantastic night of discovery as Nottingham comes to life! Nottingham city centre. 5pm till late. Call 0844 477 5678.

5 February **The Sixteen: Handel Dixit Dominus** The Sixteen choir and orchestra devote an entire evening to the glorious music of Handel. Derby Cathedral. 7.30pm. £9 – £29.50. Call 01332 255 800..

9 – 10 Feb **Strictly Come Dancing 2016** Judges from the TV series are back, audience can experience everything they love about the TV show live on stage. Capital FM Arena, Nottingham. Call 0843 373 3000.

15 – 19 Feb **Roundheads and Cavaliers** Pikes at the ready! Aim your muskets! Discover what it takes to be a soldier. 11am – 3pm at Bolsover Castle. Call 01246 822 844.

17 – 20 February **National Winter Ales Festival** Enjoy the prestigious Champion Winter Beer of Britain competition in a stunning equal access venue. Derby Roundhouse. Call 01727 337 854.

27 February **Fawcety Towers** – The Dinner Show A spectacular tribute to the iconic British sitcom. Everything that can go wrong will and as you, the dining audience are part of the show. Makeney Hall Hotel. 7.30pm. £42.50. Call 01332 593 939.

27 – 28 Feb **Peppa Pig's Surprise** Enjoy fun, games and surprises with new songs and new life-size puppets perfect show for all pre-schoolers. Royal Concert Hall. Call 0115 989 5555.



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