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ON THE COVER



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Printer

Lance Print Ltd
 ☎ 01733 390 564



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From the Editor...

Welcome to the Summer 2018 edition of the EngAGE magazine produced by Age UK Derby and Derbyshire.



We are hoping for some hot weather this summer, and so we feature some advice about keeping cool in a heatwave.

If you fancy a trip out in the summer with your friends, family or grandchildren visit Crich Tramway Museum – we have an article about a major tram restoration project and the museum has kindly donated a family ticket for the competition. We celebrate the good times that were had in our Eckington shop as it closed its doors for the last time in March. You can find out about an exercise ‘flashmob’ at County Hall, a trip to the opera, the price of love and read about the difference exercise classes make to people who have had a fall. We have some tips for helping children understand dementia and the benefits of dancing for older people.

We hope that you enjoy finding out more about our work and topics of interest for people across Derby and Derbyshire. If you have any comments or suggestions, please do get in touch. Have a lovely summer and stay safe and cool in the hot weather.

Phil

Front cover image by Shutterstock user: Monkey Business

Phil Brown
 Editor

Eckington shop closure



Photo – Linda Higgins, manager, (2nd from right), with some of the shop volunteers at the afternoon tea

The Board of Trustees took the difficult decision not to extend the lease on our Eckington shop which sadly meant that the shop closed at the end of March.

Our Eckington shop on Market Street had been open for 25 years and had been a very successful shop for many of those. It was managed by Linda Higgins who had been there since the beginning. Linda is a dedicated manager, whose enormous contribution to the shop was evident through the lovely atmosphere and welcome that customers received. Linda was supported by a large team of volunteers over the years, some of whom were still there when the shop closed.

However, increased competition and poor footfall in a declining area led to a fall in sales. The successes of the shop were celebrated and memories shared over afternoon tea for the volunteers and staff.

Volunteers are needed in our shops, so if you would like to do something new for a few hours each week, please call our retail manager, Ray Gumbley on 01332 343232, or contact the shops directly. We have shops in Chesterfield, Clay Cross, Duffield, Heanor, Littleover, Mickleover and Wirksworth. They all need volunteers Mondays to Saturdays. Heanor & Littleover also looking for Sundays. www.ageuk.org.uk/derbyandderbyshire/shops

Flash Mob exercise class



The Darley Dale Memory Lane group took part in a 'Flash Mob' exercise routine at the Derbyshire County Council offices in Matlock as part of falls prevention week in April. They had been invited to attend a council meeting and as a surprise for the majority of the meeting attendees, they donned their

red sparkly hats and performed three exercise routines. The meeting loved it so much, everyone was on their feet and joining in for the third routine! Thanks to everyone in the group and our 'out and about' minibus service. Also thanks to staff from Age UK Derby and Derbyshire who also stepped in at short notice.



Footcare volunteers needed



Age UK Derby and Derbyshire run 'Tootsies' Footcare service in many towns across Derbyshire. The service is for anyone who is aged 50+ and who can get to one of the venues.

Untrimmed toenails can cause pain and discomfort which can affect mobility, balance and lead to a loss of confidence. 'Tootsies' offer friendly, basic help to keep older people mobile, which is vital for their health and wellbeing.

Chief Executive of Age UK Derby and Derbyshire Katy Pugh said: "Footcare seems such a simple thing but when you can no longer manage it yourself it can become a big and expensive problem which affects your self-esteem,

mobility and wellbeing and can become an added burden for carers.

'Tootsies', like many of our services, relies on volunteers to enable the service to happen.

If you would like to join our team of volunteers, there are a variety of roles that are needed.

We fully train our Footcare volunteers to carry out footcare for people who don't need full foot health care from a podiatrist but would benefit from basic treatment or advice.

For more information about the roles available and an application form please contact Age UK Derby and Derbyshire on 01773 766922 administration@ageukdd.org.uk

Memory Lane at the Opera



Chatsworth House generously hosted an evening of opera on 18th April in the spectacular Painted Hall. London-based Connaught Opera, singers Maria Arakie and Glenn Wilson with pianist Nicholas Bosworth, performed music exploring the beauty of the English Country Gardens. The concert was aimed at older people,

including those living in care homes.

The Enlightened Princesses programme was rapturously received by the audience of 90 older people from Derbyshire. It was thoroughly enjoyed by our Memory Lane groups, who were transported there by our 'out and about' minibus service. A huge 'thank you' to Connaught Opera for the invitation.





More money in your pocket

It's estimated that billions of pounds of state benefits intended for people on low incomes go unclaimed by older people in the UK every year. Could you be one of those missing out?

If you're 60 or over, you could be entitled to benefits that you haven't been able to claim before. These can help you keep your independence and improve your standard of living by helping with housing costs, care needs or general day-to-day living expenses.

Age UK have updated their popular guide "More Money in your pocket" with figures relevant from April 2018 to April 2019. It's well worth reading this guide to see whether you're claiming all that you're entitled to and to maximise your income. If you or your partner receive working-age

benefits such as Employment and Support Allowance, Jobseeker's Allowance, Universal Credit or Income

Support, visit www.ageuk.org.uk/benefits for more information.



You can read the guide and other information on the Age UK website www.ageuk.org.uk/services/information-advice/guides-and-factsheets or pick up a copy from one of our offices. If you need to speak to one of our advisors regarding your benefits, please call 01773 768240 (or 01332 343232 in Derby).

The Price of Love



Jane Butler, Compassionate Communities Coordinator for Age UK Derby and Derbyshire, is an experienced bereavement and palliative counsellor and she explains how grief affects us and how you can help someone who is grieving

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Grief is sometimes describes as the price we pay for love. If we love and care for someone or something, it is inevitable we feel their loss deeply.

Grief is most commonly thought of as the loss of a person, but it can be other things like as the loss of a pet, a home or a job. People who are bereaved can be surprised by the range of emotions they feel, sadness might be what most people expect, but there can be a whole range of emotions from rage, relief and guilt. No emotion is off limits and often all of those can be felt in one day!

Grief can also bring a host of physical

symptoms; from disturbed sleep; loss of appetite; lack of energy and tiredness.

We are all different, made up from many unique life experiences. This is the same with grief, in that no two people will experience the same journey of grief. An important thing to remember is that there is no right or wrong way to be or to feel, nor is there a right time to 'move on' or 'get over it'.

Most people come to a place where they still feel their loss but are able to cope and enjoy some of the things they used to enjoy. Sometimes though a little extra support might be needed from a counsellor or health care professional. So how can you help

someone you know who is grieving? Often it is the first contact that is the hardest

'I don't know what to say or I might say the wrong thing'. It's OK to acknowledge those fears by saying something like 'I'm not sure what to say, but I want you to know I care'.

If they want to talk, just listening is the most helpful thing you can do.

Offering to help with practical tasks from shopping or putting the bins out, to making a casserole or a cake, can be very valuable when people are feeling

overwhelmed. It can also be helpful 'to ask again' a few weeks or months after a bereavement: there is often a lot of offers of help in the early days and the bereaved can feel particularly low and isolated when it feels like everyone else has 'gone back to normal' and their world is anything but normal.

For more information The Good Grief Trust has an excellent website, with lots of support and information www.thegoodgrieftrust.org

Young people and Dementia



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Educating children and young people about dementia is essential to creating dementia-friendly communities.

As our population ages and the number of people with dementia increases, more and more young people will come into contact with someone with dementia within their family. Teaching our young people will help them deal with any difficult situations they may face, and increase their confidence and understanding as they get older. Broadcaster Angela Rippon became an

ambassador for the Alzheimer’s Society after caring for her mother and believes that educating children through dementia awareness programmes in schools is, she says, "the best way to improve understanding of the disease and support those who develop it."

“Young people have no hang ups about the disease. Once they know what dementia is,

and the effect it’s likely to have on a grandparent or older family member or friend, most of them just accept it and embrace the way the way the symptoms manifest themselves without fear or judgement.”

When I hear from a seven-year old boy, writing about his grandfather who has dementia, saying that

“I love going out with my granddad, he says and does daft things but we

have a great time. Hopefully, unlike the 50-plus-year-olds of today, our children will grow up as an entire dementia friendly generation knowing not to fear dementia, but how to fight it.”

When a close family member or friend develops dementia, each member of the family may be trying to cope with their own feelings. They might also be managing the practicalities of caring. Adults may be upset, tired or stressed – or simply not at home

as much. All of these changes can make a child or young person feel anxious. Very young children may need reminding why the person with dementia sometimes behaves in an unusual way. Young people may need to talk about their feelings as changes occur. The Alzheimer's Society have produced a Factsheet (515LP) titled 'Explaining dementia to children and young people' which sets out how children and young people can be affected when someone close to them has dementia. It also suggests how parents can talk to their children about the condition and ways to help them feel secure and involved.

They have also produced a storybook for 7-11-year-olds about how a family can be affected by dementia: "It's me, Grandma! It's me!" shows how a family is affected by Alzheimer's and how they find help to understand more about it "When Vicky's Grandma comes to live with her beside the sea, she is very excited.

However, Vicky is soon worried that Grandma

is forgetting things and doesn't seem able to do the things she used to." It is available to purchase from their on-line shop at <https://shop.alzheimers.org.uk/books> There are other books available for children to understand this issue, such as "Grandpa Green" by Lane Smith. If you have used any books with your family and would like a review in the next issue, please contact the editor of this magazine.

Information taken from the Alzheimer's Society and Age UK websites. There is a huge range of detailed information available from the Alzheimer's Society www.alzheimers.org.uk and from Age UK www.ageuk.org.uk/dementia

Dementia

600,000-800,000 people have dementia in the UK.

One in six people over 80 have dementia. Only 43% of people with dementia have actually been diagnosed.

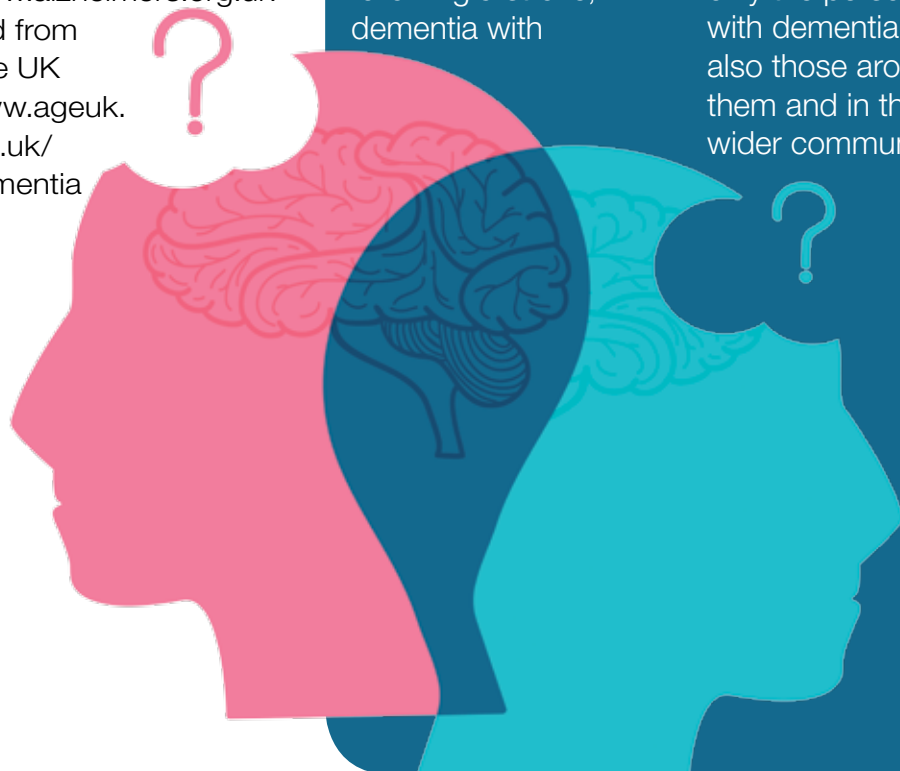
The term dementia covers many illness, the most well-known being Alzheimer's disease.

Other types of dementia include vascular dementia, which can develop following a stroke, dementia with

Lewy bodies and frontotemporal dementia.

When someone has dementia, they may have increasing problems with their memory, they may become more confused or they may have problems thinking or doing things they used to find easy. Dementia can affect speech and mood, and how people perceive the world around them.

Dementia affects not only the person living with dementia, but also those around them and in the wider community.



Crich Tram Museum restoration

In June 2014, the National Tramway Museum in Crich began a major tram restoration project which is due to be completed next year.

A London County Council tramcar No.1 (LCC 1) nicknamed "Bluebird", entered into their Conservation Workshop for major restoration, in order to join the Museum's collection of operational tramcars. Completed in 1932, LCC 1 was the prototype for a proposed new fleet of tramcars for London that would utilise the latest techniques in engineering and would produce a vehicle that could rival the increasingly popular motorbus.

During its construction, the tramcar's design changed many times, with tweaks being made



during production. Unfortunately, not destined to go into mass production, LCC 1 still saw service in London for almost 20 years, before being sold to Leeds and seeing further service with that tramway operator.

The restoration project is a joint venture between the Tramway Museum Society (TMS), who are providing the workshop facilities and



The Tramway Museum have very kindly donated a single entry family ticket as a prize. Answer the question to win it!



skilled team to undertake the restoration, and the London County Council Tramways Trust (LCCTT) whose supporters are generously providing the finance for the project. Both organisations are also utilising the skills and knowledge of members to

.....
“The target date for LCC 1 to enter service at Crich, fully restored, is October 2019. This remains an ambitious deadline and, to realise this ambition, our Conservation Workshop is currently interviewing for an additional two technicians to join our skilled workforce”.

.....
provide technical input to advance the project and provide historical accuracy. The project is by far one of the most complex the Museum’s Conservation Workshop has ever undertaken, and is providing some interesting challenges to the skilled team of engineers. Neil White, Engineering Manager, said:

Ian Ross, Chairman of the London County Council Tramways Trust, said: “Many of our supporters did not ever expect to see this famous London tramcar being brought back to a condition where they can ride on ‘Bluebird’ again. They have been following the progress of the restoration with great interest and greatly appreciate the work being done by the Museum team”.

If you would like to contribute financially to the restoration of Bluebird, please visit: <http://www.lcctt.org.uk/>

The National Tramway Museum has been at the site in Crich since 1959. They have over 60 trams at the museum which have come from cities all over the UK and some from other countries. It is a really popular attraction for all ages which relies on volunteers. They are looking for enthusiastic individuals to join our volunteer Tram crew on our vintage trams. You need to be of smart appearance with good customer service skills. Training will be given to successful applicants, starting as a Conductor/Guard responsible for the safety of passengers

boarding and alighting, ticketing and assisting the Tram Driver.

tram Crew, please email: volunteering@tramway.co.uk

If you are interested in becoming part of the volunteer

To find out more about the museum, visit www.tramway.co.uk

Competition

Win a family ticket for Crich Tramway Village, very kindly donated by Crich Tramway Village. Answer the following question to enter:

What is the nickname of the tram that is currently being restored at Crich Tramway Village?

- a) Blue Tit
- b) Bluebird
- c) Blue Jay
- d) Blue Gull

To enter the competition either:

- visit ageuk.org.uk/derbyandderbyshire/competition
- scan this code
- email your answer, name and phone number to philip.brown@ageukdd.org.uk



Terms and Conditions of this competition: Closing date Friday 27th July 2018 at 12 noon. The winner will be chosen at random from the correct answers received by the closing date. There is only one prize: a family ticket for two adults and up to three children or one adult and up to four children. Children are aged between 4 and 15 years. Under 4 years are admitted free. The ticket is for a single visit and expires on 4th November 2018. For full terms of this competition visit: ageuk.org.uk/derbyandderbyshire/competition



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Avoiding heat-related illness

Although this article is being written in a cool spring, by the time you read it, we may be experiencing a heat wave!

One of the guides produced by Age UK is “Staying cool in a heatwave: Tips to keep you cool when it's very hot”. It gives loads of great tips on how to stay well in the hot weather, including looking after your skin; Sun exposure and vitamin D; dehydration and overheating; heat exhaustion and heatstroke. Here is the section about avoiding heat-related illness:

- Although some direct sun exposure is essential for the production of vitamin D avoid spending long periods outside during the hottest time of the day, which is from 11am to 3pm. If you do go out, wear a broad-brimmed hat and stay in the shade as much as possible.
 - If you're travelling by car or public transport, always take a bottle of water.
- Avoid strenuous activity and limit activities such as housework and gardening to the morning or evening.
 - When inside, try to stay in the coolest parts of your home. Keep curtains and blinds closed in rooms that catch the sun and remember that lights generate heat so turn them off. Keep windows shut while it's cooler inside than outside. Fans can help sweat evaporate but they don't cool the air itself, so don't rely on them to keep you well in the heat.
 - Wear loose, lightweight, light-coloured, cotton clothing.
 - Splash your face with cool (not very cold) water or place a damp cloth on the back of your neck to help you cool off.
 - Drink lots of fluid. Aim for 6 to 8 glasses a day, more if it's very hot. If you usually rely on drinks with caffeine in them, limit these and have water or decaf drinks instead.
 - Avoid alcohol, as it can make dehydration worse.

- Eat normally – even if you aren't hungry, you need a normal diet to replace salt loss from sweating. Try to have more salads and fruit, as these contain a lot of water.
- Speak to your GP or pharmacist about how your health or medications may be affected by extreme heat. Check the storage instructions of your medicines – most need to be stored in a cool area, and away from direct sunlight.

This guide and others is available on www.ageuk.org.uk/services/information-advice/guides-and-factsheets or you can pick one up from any of our offices.



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 Both are situated together with a large grass area at the front with outdoor tables and chairs.
 The caravans are available for hire from 10th March to 20th November

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The Benefits of Dancing

It's really important to exercise and stay physically active as you get older. Current government guidelines recommend that older people aged 65 or over, who are generally fit and have no health conditions that limit their mobility, do 2.5 hours of moderate aerobic exercise a week, which might include dancing.

Whether you like to arabesque or zumba, jump or jive, tap or tango, dancing is one of the most enjoyable ways to get moving. Regular dancing is great for losing weight, maintaining strong bones, improving

posture and muscle strength, increasing balance and co-ordination, and beating stress.

During January and February 2018, Peak FM ran a loneliness awareness campaign called Don't Dance

Alone, supporting our work. As part of the campaign, listeners were encouraged to consider their response to help end loneliness by dancing with older relatives or friends and sharing a short video of the dance on social media

#dontdancealone. Peak FM took Don't Dance Alone on the road, dropping into our Day Centre in Bakewell. Everybody enjoyed fun, food and music! See www.ageuk.org.uk/derbyandderbyshire/day.



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Our Age UK Chaddesden Day Centre were successful in receiving funding from SENSE to provide a ballroom dance class which ran from Summer 2017 until May 2018. SENSE co-ordinator Callan Barber was really impressed when she paid them a visit and Teresa Williams, Centre Coordinator said

“It was certainly hot and sweaty during the Summer months but everyone laughed so much it was lovely to see”.

One of the best things about dancing is that while you're having fun moving to music and meeting new people, you're getting all the health benefits of a good workout.

Added benefits of dancing:

Strength

Time and again, dance has proven to be one of the best ways to maintain and improve muscle strength as we age, combatting



the typical muscle loss that comes with age. Dance can also improve balance and coordination, making people less likely to fall and injure themselves too.

Pain relief

A study in the USA found that people who relied upon pain medicines to cope with knee and hip discomfort were actually able to reduce the amount of medication they took as a result of a dance programme. The programme lasted 12 weeks, and by the end

of the period, participants were able, on average, to reduce their pain relief medicine by over a third (39 per cent).

Dementia defence

Exercise can help reduce the risk of developing dementia, but dance appears to be one of the best forms of exercise for this. Experts believe that the combination of cardiovascular exercise and split-second decision-making challenges the neural network, causing it to forge new pathways and thereby stave off mental decline.

Social

Dancing can be done alone, but it's much more fun in a group strengthening social connections.

Mood boosting

Numerous studies have proven that dance can be beneficial for staving off depression and anxiety. Healthy, mood boosting endorphins will be released with any type of exercise, but because dance is a social activity too, this is augmented to give dancers a really positive boost following their session.



If you or someone you know could benefit from Strictly No Falling exercise sessions then please call Age UK Derby & Derbyshire on 01773 766922 or visit ageuk.org.uk/derbyandderbyshire/falls

Are you at risk of falling?

Falls may be caused by a combination of factors such as the side effects of medication, slippery floors, ill health and something as simple as a stumble.

If you suffer a fall it can reduce your confidence and affect your mobility. There are a number of services available in Derbyshire to help protect you or reduce the chance of falling. As we get older we're more at risk of injury and long term health problems resulting from trips and falls.

Derbyshire's Strictly No Falling scheme helps support older people who may have had a fall or at risk of having fall. The service is administered by Age UK Derby and Derbyshire working in partnership with NHS Derbyshire Community Health Services and Derbyshire County Council public health and adult care teams.

Here is Dorothy Hardwick's story about her fall in 2016 and her road to recovery. Dorothy, age 76, from Scarcliffe, fell and fractured her left hip in Feb 2016. It has been a long difficult recovery process – 3 months in hospital, followed by a stay in East Clune care home and then followed by home support. Dorothy was feeling lonely and isolated and she felt she had lost her independence, confidence and spirit. She believed she would never get back to how she was prior to the fall.

Dorothy was referred to Diane Ball – Falls Advisor for 'Strictly No Falling' in October 2016 and Diane began to identify the key mobility and balance issues which Dorothy faced as well as the feeling of social isolation.

Dorothy began CBE/Otago (a set of leg muscle strengthening and balance retraining exercises designed specifically to prevent falls.) at a Strictly No Falling (SNF) class in Bolsover Library. After 6 months, she was able to get out of a chair unaided and with confidence. She no longer used a zimmer and instead now uses

a stick when she is out and can manage without an aid in her own home. She also now feels confident to go out on public transport.

Dorothy said, "I cannot believe the progress I have made since starting the sessions. I now have the confidence to go out on my own, and can travel on public transport into Chesterfield and go shopping. Staying in all the time makes you withdrawn and depressed. I still rely upon my walking stick at the moment but it's my aim to go out and about without it."

Dorothy has now been attending her 2nd SNF class in chesterfield for over a year. She looks happier, her confidence has improved and she now has a spring in her step. She's made friends at the groups and looks forward to seeing them. She goes out on the bus, can go shopping and attend the groups without having to rely on family or taxis to take her. Her leg strength has improved a lot and she has increased mobility and balance.

Thanks to Bolsover District Council for letting us use this article which first appeared in their newsletter in July 2017.

Fundraising News



Teddys and Cakes

Santander branches on St Peters Gate and Market Place in Derby donned

their aprons and got baking for us. They raised £147.98 by all of the staff and their families baking cakes which they offered to customers visiting the branch in return for a small donation. They also had a competition to name the giant teddy. Santander matched the amount raised, so will be donating **£295.96**

to AUKDD. Rosie Cox from Santander said "We contacted Age UK Derby and Derbyshire as our staff had decided that they wanted to help local older people. We went into AUKDD on 19th March and offered advice to older people regarding scams and how to avoid being scammed. Santander are concerned that all older people should be aware of the many ways they could be targeted by scammers".

Derby 10k race



On 15th April the first ever Age UK Derby & Derbyshire team assembled to support the charity and raise funds at the popular Derby 10K event.

The team consisted of staff family and friends, a volunteer and an enthusiastic team from Medoc Computers Ltd in Nottingham. There was a lovely atmosphere amongst our team and they all finished with good

running times. One of the runners brought his young son who also ran alongside his dad in the 3K which happened after the main race. Between them, the team raised over **£1,200** a superb effort for or first run. After the race the Siddiqui family, famous for their Goggle Box appearances, visited our stand and had a photograph with some of our runners. Hopefully 2019 will be even bigger and better.

If you would like to be involved in the knitathon; or would like to run in the Derby 10K next year; or your company would like to be involved in fundraising, please contact Angela Barnes on angela.barnes@ageukdd.org.uk or call 01332 343232



Knitathon

The date for our Autumn knitathon is **1st October** (The United Nations' (UN) International Day of Older Persons). We have lots of wool available so if you enjoy knitting please get involved. Although 1st October is the actual day you can

knit any time before or during that week. We want to produce 'Vintage Bunting' so if you are a knitter please ask us for a sponsor form and get your friends and family to sponsor you for your knitting. Please join us for our get together in a venue in the centre of Derby on 1st but you can knit in your own home if you prefer.

Summer Raffle

We have a summer raffle with some great prizes, very kindly donated by local businesses. The draw will be on the 9th July,

so people who read this magazine before then will be able to enter. Tickets can be bought in our Derby office on the Morledge and cost £1 each.





Hospice care **isn't** just about dying.

It's about **living life**
with support, compassion and care

If you've received life-changing news - whether it's a diagnosis of a life-limiting illness such as cancer, motor neurone disease or a heart or lung condition, or if you're dealing with a bereavement - we are here to support you to continue living life. We provide nursing care and emotional support for adults and their families, and we're here for you right from the beginning.

All of our services are provided free of charge.

- *Support for any life-limiting illness, from diagnosis onwards*
- *Specialist nursing care from qualified nurses, day or night*
- *Support to help you care for yourself*
- *Physical, emotional, spiritual and social care*
- *Bereavement counselling and emotional support*
- *Art and complementary therapies*

Support and Information

We offer confidential support from diagnosis onwards for anyone who has been diagnosed with a life-limiting illness, as well as their carers, family and friends

Day Care Services

Our purpose-built Day Care Unit in Risley is set within 12.5 acres of countryside within easy reach of Derby and Nottingham. Open Monday to Friday, Day Care is a relaxed and friendly place to visit.

Therapeutic Services

We offer a range of services for adults, children, young people and families who are dealing with a bereavement of any type, including unexpected deaths such as suicide or accidents, or who are dealing with a life-limiting illness. Services are available to all users of Treetops services and anyone registered with a GP in southern Derbyshire and Derby city areas.

Well-being Days

Our new well-being days can help you deal with concerns that arise as a result of your condition and aim to enhance your capacity to care for yourself.

Hospice at Home

Our team of qualified nurses and health care assistants offer one-to-one nursing care and emotional support, day or night, to patients in their own homes

For advice and support, call **0115 949 1264**
or visit **www.treetopshospice.org.uk**



TREETOPS
HOSPICE CARE
where every day counts