



SPRING 2015

EngAGE

*How Do I
Administer
an Estate?*

**Doorstep
Crime**

**Men in
Sheds**

**Human
Rights**
and Older People

WHAT'S ON + IN THE KITCHEN + BEREAVEMENT BENEFITS + QUIZ + MUCH MORE

Making life easier:

- ✓ Wheelchairs:
power & manual
- ✓ Bathing & Hygiene
- ✓ Chairs & Beds
- ✓ Scooters
- ✓ Pressure Care
- ✓ Comfort & Nursing
Chairs
- ✓ Hoists & Lifters
- ✓ Walking Aids
- ✓ Daily Living Aids
- ✓ Service & Repair

www.osteopoise.com

Freephone: 0800 542 7542
customerservice@osteopoise.com

6 Moorbridge Court, Moorbridge Road East, Bingham NG13



"Quality products, experienced advice"

Eastgate Care

- All our homes offer Nursing, Convalescence, Respite, Dementia, Personal/Residential care services and have modern facilities
- Our spacious en-suite rooms are tastefully decorated and furnished to a very high standard
- We have plenty of fully qualified nursing staff, with 24 hour care & specialist nurse call systems
- The comfortable welcoming lounges overlook well- tended gardens or picturesque waterway
- We host regular visits from local GP, chiropodist, optician, dentist, physiotherapist, hairdresser and churches/ministers
- Dedicated Activities Co-ordinators & regularly organised trips and outings
- Our meals are home cooked and we cater for special diets



ALEXANDRA HOUSE
Eastwood, NG16 3GP



BELLE VUE LODGE
Mapperley, NG3 5FS



MELBOURNE HOUSE
Aspley, NG8 5RU



PARK HOUSE
Bulwell, NG6 8SB

"Thankfully the care from you all gave me so much more time with Mum than I ever hoped for. She called her room her flat and made it her home, she loved it. She was so fond of all of you, I can't thank you enough"
Pat & Family



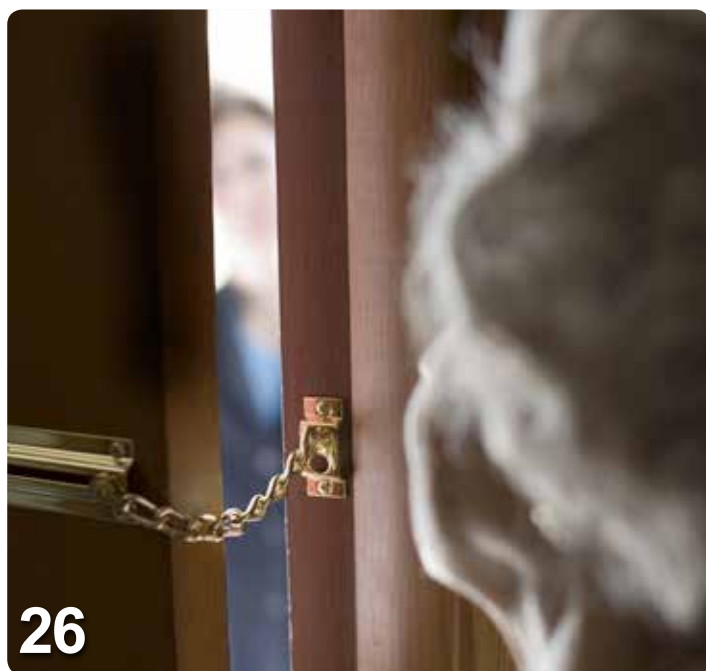
Our latest home is Canal VUE
Ilkeston, Derby DE7 8JF

*Eastgate Care established local company
25 years in the care business*

Tel: 0115 979 1234

The White Swan, Head Office & Training Centre, Notts NG6 0GD
Email: enquiries@eastgatecare.co.uk • www.eastgatecare.co.uk





26



17



10



11

CONTENTS LIST SPRING 2015

Human Rights and Older People 6
Human Rights Act and its implications.

Money and Legal Advice 8
Free money advice and legal advice.

In the Kitchen 10
Light, creamy tasting and refreshing dessert – Apple Snow.

Coffee Morning 10
Derby Coffee Morning celebrated its fifth birthday.

In the Garden 11
Top 5 tips to prepare your garden for Spring.

Bereavement Benefits 12
Financial matters that arise when someone close dies.

Easter 14
History of Easter.

How Do I Administer an Estate? 16
Some practical advice by James Bolton on administering an estate.

In the Community 20
Age UK Derby & Derbyshire and Age UK Notts in action near you.

Kindred Spirits Celebrates its 20th Anniversary 21
Kindred Spirits gives people the opportunities to make friends and socialise.

Men in Sheds Opens for Older Men 24
A project that brings older men together to share skills and socialise opens in Daybrook, Nottingham.

Doorstep Crime 26
What you can do to stop bogus callers and rogue traders.

General Elections and Dissolution of Parliament ... 28
The processes a general election triggers.

What's On 30
Local events and activities across Derbyshire and Nottinghamshire.

Remembering Yesterday 31
An update on a project where members record their life story.



ON THE COVER



Meet the team...

Editor

Angel Child
☎ 0115 841 4472
✉ angel.child@ageuknotts.org.uk

Age UK Nottingham & Nottinghamshire

Bradbury House, 12 Shakespeare Street,
Nottingham NG1 4FQ
☎ 0115 844 0011
✉ engage@ageuknotts.org.uk
🌐 www.ageuknotts.org.uk
Twitter: @ageuknotts
Facebook: facebook.com/ageuknotts

Age UK Derby & Derbyshire

29a Market Place, Heanor, Derbyshire DE75 7EG
☎ 01773 768 240
✉ administration@ageukderbyandderbyshire.org.uk
🌐 www.ageuk.org.uk/derbyandderbyshire
Twitter: @AgeUK_DD
Facebook: facebook.com/ageukderbyderbyshire

Designer

Eden Linnell
✉ eden@lancepublishing.co.uk

Advertising

Laurence Rowe
☎ 01536 526 662
✉ laurence@lancepublishing.co.uk

Kevin Mok

☎ 01536 526 678
✉ kevin@lancepublishing.co.uk

Publisher

Lance Publishing Ltd, 1st Floor, Tailby House,
Bath Road, Kettering NN16 8NL
☎ 01536 512 624
☎ 01536 515 481
✉ mike@lancepublishing.co.uk

🌐 www.lancepublishing.co.uk

Printer

Lance Print Ltd
☎ 01733 390 564

Lancepublishing
Part of the Lance Publishing Group

This magazine is produced, free of charge, on behalf of Age UK Derby & Derbyshire and Age UK Nottingham & Nottinghamshire by Lance Publishing Ltd. All rights are reserved by the charities and no part of this publication may be reproduced in whole or in part without the written permission of the charities. Age UK Derby & Derbyshire and Age UK Nottingham & Nottinghamshire will accept no responsibility for, or necessarily agree with, any claims made or views expressed in this publication, nor does the mention of any product, service or advertisement imply a recommendation by Age UK Derby & Derbyshire or Age UK Nottingham & Nottinghamshire. The information contained in this magazine is not advice, and should not be treated as such. To the maximum extent permitted by applicable law, we exclude all representations, warranties, undertakings and guarantees relating to this magazine. Age UK Derby & Derbyshire: Registered Charity No. 1068550, Limited Company No. 3510613. Age UK Nottingham & Nottinghamshire: Registered Charity No. 1067881, Limited Company No. 3455485. Lance Publishing Ltd: Registered Company No. 03253372.

Foreword from the Editor



Welcome to Engage, the first issue of our magazine – a joint effort between Age UK Derby & Derbyshire and Age UK Nottingham & Nottinghamshire. This magazine is for people in later life and those who want to know more about our organisations. There will be 4 editions per year, each packed with informative, exciting and interesting articles.

Inside this issue of Engage are the regular gardening, recipe and quiz features plus What's On in Derbyshire and Nottinghamshire with events and activities that you could attend. There are also some much more useful and interesting reading including how to administer an estate, bereavement benefits, human rights, how to safeguard against doorstep crime and history of Easter. In addition, read about what we are up to.

Throughout the magazine, you will see some helpful advertisements for local tradesmen and services which might be relevant to you, as well as a host of other information from Age UK Derby & Derbyshire and Age UK Nottingham & Nottinghamshire about our services, service users, staff and volunteers.

We hope you enjoy the magazine and we would love to hear what you find useful or what you think of it, so engage with us. Send us your letters, your ideas and stories. We would love to make you part of our magazine.

Angel

Angel Child
Editor

Human Rights and Older People

We do not normally equate older people living in the UK with the Human Rights Act. Yet we should all be mindful that the Human Rights Act applies to everyone of any age and that they are just as applicable to an older person living in the UK as anywhere else in the world. Human Rights are the minimum standards each and every one of us should set ourselves to ensure those we live alongside are treated fairly, justly and with respect and dignity in equal measures regardless of who they are or whatever they have done.

We often see Human Rights being demonised in our media making us think that human rights have no value. This confusion is due to extreme headlines and stories such as war criminals cannot be deported due to breaching their human rights or axemen must be given the vote. It is very rare that we see the true stories of how older people are helped by Human Rights, such as the daughter arguing that her father should be treated rather than just let slip away by the doctor just because of his age or individuals and organisations insisting that care workers and other professional staff should be treating older people with dignity and respect when providing care or when challenging those significant decisions being made on behalf of older people by those who think they know best.

Human Rights should not be demonised or brushed under the carpet. They are there to be used to protect older people and the most vulnerable and are an important tool, not only for them, but anyone advocating on their behalf to secure their rights. The Human Rights Act enables anyone to challenge our public authorities who might be or are breaching an older person's rights. Public authorities under the Act have a duty to investigate breaches and be proactive to ensure a person's human rights are respected, protected and upheld.

Some of the Rights in place to assist someone helping an older person are:



Article 2: Right to life; Article 3: Right not to be tortured or treated in an inhuman or degrading way; Article 4: Right to be free from slavery or forced labour; Article 5: Right to liberty; Article 6: Right to a fair trial; Article 7: Right to no punishment without law; Article 8: Right to respect for private and family life, home and correspondence; Article 9: Right to freedom of thought, conscience and religion; Article 10: Right to freedom of expression; Article 11: Right to freedom of assembly and association; Article 12: Right to marry and found a family; Article 14: Right not to be discriminated against in relation to any of the rights.

The hardest bit for most people is translating the language of the Articles into how we can help older people secure their rights. This is where we need to look at each Article and translate it into what is happening to the person whose rights are being possibly breached. For example, Article 8 could relate to care staff opening and reading an older person's post without first requesting or securing permission to do so. Or care homes not allowing gay partners to sit and spend time together or show affection to each other in public

because it may upset other residents or staff. Article 5 could relate to locking windows and doors so residents can't come and go where there is no legal or practical reason. Article 3 could be being left in soiled clothing for long periods of time due to neglect by care staff.

It is not easy translating human rights into practical situations and partly due to negative media presentations of the use of human rights, it is taking a long time to embed human rights into health and social care practice and for it to be understood as a positive way to bring about change.

For more information regarding older people and their human rights checkout the British Institute of Human Rights or Age UK's website which hold and signpost to a number of other good resources. If you're interested in joining a Human Rights Group then the Seen Ya Rights Group based in Derby can be contacted by contacting Ray Gumbley at Age UK Derby & Derbyshire on **01332 343 232**.



CandorTM Stairlifts

Best Choice

An independent family run business supplying the widest selection of straight and curved models (new or reconditioned). You can even 'try before you buy' at our showroom.

Simple & Swift Installation

Our local engineers provide next day installation; fitting the lift to the stairs, not the wall, causing no disruption to the decor of your home.

Warranty Cover

All new stairlifts have a 2 year warranty (with 10 years on major components) and we provide ongoing aftercare and support as standard.

Brand new
standard straight
stairlift with 2 years
warranty & fitted
£1,495!!

Call now to arrange a **FREE**
no obligation quote: 0115 971 7066



Trusted members of the British Healthcare Trades Association
(whose Code of Conduct is approved by Trading Standards).



Read our independently
verified reviews online:



FREE MONEY ADVICE

The right money advice can make a difference to your life – because when you take steps to manage your money better, you really can live better. Less worry, more peace of mind.

Age UK Notts Money Advice Service is truly unbiased, we won't recommend any products or try to sell you anything.

It's about clear, unbiased money advice you can trust and that can make a real difference to your life:

- Benefits and tax credits: Find out what benefits you are entitled to

and learn about Universal Credit.

- Pensions and retirement planning: Includes retirement advice, types of pension and retirement income and information on automatic enrolment.
- Budgeting to saving: Advice on running a bank account, planning your finances and cutting costs.
- Credit and borrowing: Taking control of debt, get free debt advice and how to borrow affordably.
- Mortgages: Everything you need to know about buying a home and choosing the right mortgage.
- Insurance: Help and advice on protecting your family and getting the right home and car insurance.



This service is delivered in person via advice sessions at Bradbury House, 12 Shakespeare Street, Nottingham NG1 4FQ or in the comfort of your own home.

Call Age UK Notts Money Advice Service on **0115 844 0011** to book a free, confidential appointment with a Money Adviser in your area.

FREE LEGAL ADVICE

Are you 55+ and do you need some help on legal matters? We offer free, professional and confidential advice via a local solicitor on all legal matters. This service is delivered in person via a 20-minute advice session.

We provide a wide range of legal services and advice for your personal legal needs:

- Preparation of Wills.
- Lasting Powers of Attorney.
- Registration of Enduring Powers of Attorney.
- Deputyship applications.
- Questions relating to Grants of Probate.
- Administering Estates.
- Inheritance tax enquiries.
- Property queries.
- Care Home fees.
- Trust matters.

We provide advice in a genuine and straightforward manner. We are careful to explain things to you to

make the process of dealing with us smooth and uncomplicated.

We are simply here to help!

Nottingham and Nottinghamshire

This service is delivered at Bradbury House, 12 Shakespeare Street, Nottingham NG1 4FQ on Wednesday morning and Friday afternoon.

For more information or to book an appointment with Age UK Notts Legal Advice Service, please contact **0115 844 0011**.



Derby and Derbyshire

This service is delivered at 15 The Morledge, Derby DE1 2AW once a month on a Tuesday or Friday.

For more information or to book an appointment with Age UK Derby & Derbyshire Legal Advice Service, please contact **01332 343 232**.

The legal advice sessions in Nottingham and Nottinghamshire are kindly provided by Actons Solicitors and Sills MacLaren Britton Solicitors. The sessions in Derby and Derbyshire are kindly provided by Moody & Woolley Solicitors, Smith Partnership Solicitors, Simpson Jones Solicitors and Flint Bishop Solicitors.

How to take care of yourself and your loved ones in later life



More and more people are facing a financial dilemma as they grow older.

Many people would like to make monetary gifts to provide immediate benefit to loved ones as soon as possible. But there is a growing fear that money could run out, leaving them unable to maintain a standard of living later in life, especially if long term care is required.

With nursing homes charging on average £731 a week, the spectre of having to sell property to meet care costs looms large for many. Over the last ten years, the average cost of nursing care has increased by almost 75% and residential care by 70% (Laing & Buisson Care of Elderly People UK Market Survey 2012/13).

Even if people choose to remain in their own homes and receive care there, the cost is significant. And on top of all this, there is the threat of Inheritance Tax (IHT) taking as much as 40% of assets exceeding the nil rate band of £325,000 for a single person, or where the full allowance is passed to the surviving spouse, £650,000 for a couple. This can have a serious impact on people's estates. More and more people are affected by IHT every year. It used to be a tax that was the preserve of the very wealthy, but escalating property values in the last ten years have put pay to that.

For single people, Inheritance Tax applies at the top rate of 40% to assets worth over £325,000. This threshold is known as the nil band rate. For married couples and civil partnerships the threshold is £650,000. But the higher £650,000 limit only applies when assets are passed between spouses and civil

partners and this figure reduces if any money is passed onto any of your benefactors during your lifetime. There are also other financial implications to consider, particularly if you are a widow, widower or divorcee.

And with the threshold remaining unchanged by the coalition government until at least 2015 and subject to further legislation, the freeze will be extended up to and including the 2017/2018 tax year. More people could get sucked in as the minimum IHT threshold usually increases at a rate equivalent to at least inflation.

Davy Hudson, a local Partner of St. James's Place Wealth Management, is concerned that most people do not consider the big picture when planning for later life, often not taking the time to understand the impact that care fees or IHT could have on their wealth. "It's clear that people are confused by IHT policy and many mistakenly believe they are unlikely to be affected by this or the need for care in later life," he says. And he is also concerned about a potentially more serious knock-on effect.

"The good news is there are solutions to help safeguard your wealth in later life" says Davy. "Simply understanding what you can gift to loved ones now, or place in trust for later, can give you access to the income you need today and also mitigate any future exposure."

"Any planning advice will always need to consider your personal circumstances, but even ensuring your Will is up to date could reduce the risk of

Davy Hudson is based locally and is inviting Engage readers to discuss how they could reduce their potential Inheritance Tax exposure and plan for long term care.

Later Life Planning Surgeries are being held, by appointment only, between 10am - 4pm on 23 April 2015 at the Age UK Nottingham Office, Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ. All surgeries last approximately 30 to 45 minutes and are held in the strictest confidence without obligation.

Call **0115 8770211** for more information or your complimentary guide to Later Life Planning.

your estate being severely reduced through IHT and the high cost of long term care."

The best action anyone concerned about these issues can take is to seek professional advice and establish how you can protect your hard earned assets.

The writing of a Will involves the referral to a service that is separate and distinct to those offered by St. James's Place. Wills are not regulated by the Financial Conduct Authority.

If you would like further information on this or any other financial matter, please contact Davy Hudson of St. James's Place Wealth Management. Davy can be contacted by phone on 0115 8770211 or by email on davy.hudson@sjpp.co.uk.



HUDSON WEALTH MANAGEMENT

Partner Practice of St. James's Place Wealth Management

Tel: 0115 8770211

Email: davy.hudson@sjpp.co.uk

Web: hudsonwealthmanagement.co.uk

In the Kitchen:

Apple Snow

This light, creamy tasting and refreshing dessert is especially good for those who like creamy desserts but shouldn't – as everybody thinks it is made with lots of cream!

Preparation time: 20 minutes
Serving: 5 – 6

Ingredients:

2lbs cooking apples
2oz margarine or soft butter
4oz sugar
Rind and juice of 1 lemon
1 egg
Whipped cream (optional)

Method:

1. Cook together peeled, cored and sliced apples, soft butter or margarine, sugar and rind and juice of a lemon
2. Put through sieve with wooden spoon (or you could use a blender).
3. Separate the yolk from the egg white and beat the egg yolk.
4. Then in a clean basin whip the egg white until stiff or at the 'soft peak' stage.
5. Add the beaten yolk of the egg to the warm apple mixture and allow to cool a little. Add the stiffly beaten white of the egg and fold in until mixed.
6. Spoon into 5 or 6 individual glass dishes.
7. Top with whipped cream or shavings of lemon rind.
8. Serve with sponge fingers or shortbread biscuits.



Coffee Morning

On 30th January 2015, the Age UK Derby & Derbyshire coffee morning celebrated its fifth birthday. The coffee morning started off as a small affair at Derby County Football Club Stadium with the support of Specsavers from the Crown Walk shop in the INTU Centre in Derby. The group has now grown to between 45 and 60 people and it regularly meets on the last Friday of each month at St Peter's Church in the centre of Derby.

Ray Gumbley who runs the coffee morning says "Looking back over the five years it's amazing that in all that time only one coffee morning has had to be cancelled due to bad weather and even then it was touch and go until the last minute."

The coffee morning has raised several thousand pounds for Age UK Derby & Derbyshire over the years due to the kind support provided by Specsavers in the last five years and through the regular coffee morning raffles.

Over the five years, the coffee morning has had talks from ex Derby County Footballers, Radio presenters and had presentations on Burlesque culture, meditation, holistic healing and even had wild birds flying from guest to guest during a presentation of Eagles and Owls by a bird sanctuary. They have held artefacts from prehistoric times to modern art sculpted by an international artist living in Derby. They have all been on a trip around the City on a vintage

bus and last year they attended a World War One re-enactment where they were treated to a display of vintage steam trains and WWI cavalry demonstrations.

You could say no two Fridays are exactly the same except in the fact that they have regular raffles and quizzes, loads of tea, coffee and biscuits and they all leave having had a brilliant morning. The coffee morning has now become like a small community in itself. It is friendly, inviting and a warm group to be a part of and they look after each other keeping an eye out if someone does not turn up or are away sick.

This year the coffee morning even provided their own pantomime Cinder Flipping Ella written by one of the coffee morning regulars and performed by the group themselves. This was followed by a buffet and presents delivered from Santa which was kindly donated by Simpson Solicitors in Derby.



For more information about the coffee morning call the Morledge office of Age UK Derby & Derbyshire on **01332 343 232**.

If you are interested in attending coffee mornings held by Age UK Notts Kindred Spirits to make friends and put the world to right at various venues throughout Nottingham and Nottinghamshire. Please email membership@ageuknotts.org.uk or call **0115 841 4473** to find out more.





In the Garden

Top 5 tips to prepare your garden for Spring:

1. Plant summer-flowering bulbs

This is the perfect task for a sunny Spring day! Summer-flowering bulbs such as Gladiolus, Lillies and Ranunculus can be planted in early Spring for a colourful summer display. Always plant bulbs with the pointed growing tip facing upwards and as a rule of thumb, most bulbs can be planted at a depth of approximately 3 times their own height.

2. Clear up borders and flower beds

If you would like to be wildlife friendly, you can cut back the old dead growth of deciduous grasses and herbaceous perennials in early Spring. If the soil is workable, you can dig a 5cm layer of organic matter such as compost,

well-rotted manure or recycled green waste into empty garden borders.

3. Hunt down garden pests

Hunting down and removing hibernating pests in Spring can save a lot of trouble come summer. Take a closer look at the crowns of your perennial plants and you may find slugs, snails and aphid colonies sheltering for the winter. If you have yet to clear out last year's pots of summer bedding then do this now and look out for the white vine weevil larvae. Destroy any you find and treat using parasitic nematodes.

4. Move deciduous shrubs

If you have a badly placed deciduous shrub then now is the time to move it whilst it's dormant. Choose a still day

to prevent the roots drying out. Take a wide berth around the shrub when digging it up and try to take as much of the root ball as possible for the quickest establishment in its new location.

5. Create a composting area

Set up a compost area in your garden, if you haven't already done so. This could simply be a ready-made compost bin or you could build a compost bin yourself. Not only will you have somewhere to put your garden waste but your plants will benefit from the rich compost created when it all breaks down! Make sure you have a good mixture of grass clippings, vegetable peelings, paper and woody prunings. Most importantly, turn your compost with a garden fork each month to keep it aerated.



Bereavement Benefits

When someone close to you dies you'll have to make decisions and arrangements at a time when you are very upset. Financial matters raise concerns for so many who have never had to deal with them by themselves before. There are several financial aspects that need to be considered that will save money, but could also help a widow(er) who finds themselves in financial hardship. Here is a list of some of the things to consider but for more detailed information about any of these, please contact Information and Advice in Derbyshire on 01773 768 240 or Nottinghamshire on 0115 844 0011.



Pension Credit

You will need to inform the Pension Service of any changes as the way your pension credit is calculated will change. This can be done through the 'Tell Me Once' service at the Registrar Office at the time of registering the death or by telephoning the Pension Service direct on 0845 606 0265.

Council Tax support

A single resident in a house is entitled to receive a 25% single person's discount.

Tax changes

You may find your tax allowances change after your spouse or civil partner dies, or you may need to pay a different amount of income tax.

- If you were getting Married Couple's Allowance, you'll receive it for the rest of the tax year but not the year after.
- If your spouse or civil partner was receiving Blind Person's Allowance and they didn't have enough income to use it all up in the year they died, you can ask HMRC to transfer what's left to you for that tax year.
- If you get extra income following their death, such as bereavement benefits, a pension or annuity, your tax status may change.
- If you become liable for income tax for the first time and you have some savings, you will have to pay tax on the interest.

Financial help for bereaved people
You may be entitled to benefits based on

your spouse's or civil partner's National Insurance (NI) contributions. The type of benefit will depend on your age.

State Pension

There are different rules for widows, widowers and surviving civil partners.

- If you're a widow who is over State Pension age and not receiving a full basic State Pension when your husband dies, you may be able to use his NI contributions to increase your basic State Pension. If your husband was entitled to any additional pension or Graduated Retirement Benefit, you may be entitled to some of it.
- If you're a widow who is under State Pension age when your husband dies, you may be entitled to a State Pension based on his contributions once you reach State Pension age.
- If you're a widower or surviving civil partner and you reached State Pension age after 5th April 2010, the rules about inheriting State Pension are the same as for widows (see above). If you reached State Pension age before that date, different rules may apply depending on your wife or civil partner's date of birth, date of death and your date of birth.

Bereavement payment

You may be entitled to a tax-free lump sum bereavement payment of £2,000, but only if your spouse or civil partner paid NI contributions and either you were under State Pension age when they died or if they were not entitled to a Category A

State Pension when they died. If you have dependent children, you may also be entitled to Widowed Parent's Allowance.

Bereavement Allowance

You can claim Bereavement Allowance if your spouse or civil partner paid NI contributions and you were under State Pension age when they died. The amount you get depends on your age and your partner's NI contribution and it is taxable.

Benevolent funds and charities

Help is sometimes available from benevolent funds linked to a spouse's, civil partner's or your own past employment.

War pensions

If your late spouse or civil partner served in the armed forces you may be entitled to help.

Funeral Payment

You may be able to get a grant to cover the costs of a simple, respectful funeral from the Social Fund, but there are strict rules about who can get help and how much. A Funeral Payment will have to be paid back from the deceased person's estate (if there is one).

Budgeting Loan

If you don't qualify for a Funeral Payment or it does not cover the full costs of the funeral, you may be entitled to a Budgeting Loan. These are interest-free loans of between £100 and £1,500 which are repaid out of your benefits.

TITHE GREEN

NATURAL BURIAL GROUND

"A meadow and woodland for remembrance in Sherwood Forest in the County of Nottinghamshire"

**Salterford Lane, Calverton,
Nottingham. NG14 6NZ**

Tel: 01623 882210 (Option 2)

Mob: 07800 635037

E-Mail burialground@oxtonestate.com

www.woodlandburialoxton.co.uk

Member of the Association of Natural Burial Grounds

A.W. LYMN

The Family Funeral Service

www.lymn.co.uk



24 hour personal service • Rolls-Royce fleet
Pre-arranged funeral plans

NOTTINGHAM HEAD OFFICE 0115 950 5875

Robin Hood House, Robin Hood Street, Nottingham

ARNOLD 0115 967 6777	ASPLEY 0115 919 0011	BEESTON 0115 922 0433	BINGHAM 01949 837 211
BULWELL 0115 979 4944	CARLTON 0115 961 6180	CLIFTON 0115 945 6232	COTMANHAY 0115 930 1639
DERBY 01332 348 800	HUCKNALL 0115 968 0737	ILKSTONE 0115 944 4121	LONG EATON 0115 946 3093
MANSFIELD 01623 622 116	MANS. W'HOUSE 01623 623 765	OLLERTON 01623 860 045	OSMASTON 01332 733 321
RADCLIFFE 0115 933 2257	RUDDINGTON 0115 921 1075	SHIREBROOK 01623 742 813	SPONDON 01332 544 666
STAPLEFORD 0115 949 9211	SUTTON 01623 980 080	WEST BRIDGFORD 0115 969 6006	WOLLATON 0115 928 4366

"Our family serving your family since 1907"

The Eastwood Funeral Partnership

A family tradition
of care and support

An independent family business, our aim is to provide a service which is individual, flexible and responsive, and centred around the needs of our clients and the wider family.

Our experienced and dedicated funeral directors are available to discuss funeral arrangements and pre-planning either at our premises or in your home.



Eastwood and District Funeral Service

154 Nottingham Road, EASTWOOD NG16 3GG

Tel: 01773 713484

Kimberley Funeral Service

Main Street, KIMBERLEY

Tel: 0115 938 6720

Gillotts Funeral Service

1a Abbott St, HEANOR DE75 7QD

Tel: 01773 713921

and

136 Derby Road, STAPLEFORD NG9 7AY

Tel: 0115 949 1534



Easter

Easter Sunday this year falls on the 5th April and for many people it is a welcome long weekend with both a Friday and Monday bank holiday.

For Christians the Easter holiday is of special significance as it celebrates and commemorates the resurrection of Jesus Christ, with many Churches holding special Easter ceremonies.

Interestingly the time of year of the Easter holiday varies, and can occur as early as 22nd March or as late as 25th April. To discover the reason for this variation we need to look to the history of Easter celebration.

History of Easter

According to St Bede, an English historian of the eighteenth century; Easter owes its origin to the old Teutonic mythology. The name Easter was originally derived from the name of the ancient Greek goddess of Spring, Eostre. It was believed that every year, Eostre returned to Earth after a long, cold winter and brought along with her the light and warmth of Spring. Thus, the ancient Greeks held pagan festivals to welcome Eostre and herald the onset of Spring.

These Pagan festivals always coincided with the Spring Equinox on the 21st of March every year. Though the Greeks did not fully understand when and why Spring came, they believed Eostre must be pleased to ensure that she returns year after year. The festivals were lavish feasts that celebrated the blooming of new flowers, the chirping of birds, butterflies, and sunshine and in general the feeling of rejuvenation that is inherent of Spring.

With the growth of the Christian Church Easter changed from a celebration of Spring to a celebration of the resurrection of Jesus. Prior to 325 A.D., the Church celebrated Easter Sunday not on the Spring equinox but on very first Sunday following the full moon on or after the Spring equinox. In 325 A.D., the Church Council of Nicaea sought to standardise the date of Easter and as astronomers were able to approximate the dates of full moons in future years, the Western Christian Church used these calculations to establish a table



of ecclesiastical full moon dates. These dates would determine the Holy Days on the ecclesiastical calendar. Therefore Easter Sunday is the first Sunday after the first ecclesiastical full moon after the 20th of March. To further complicate matters the rules for determining when Easter falls can be different depending on where you live, as Eastern Christianity uses a different method to Western Christianity. So, ever since the days of early Church history, determining the precise date of Easter has been a matter for continued argument.

Easter Today

Current Easter customs vary across the Christian world, and include sunrise services, clipping the Church, where people hold hands in a ring around the Church and sing and dance, and decorating eggs, a symbol of the empty tomb. Often Easter lilies, a symbol of the resurrection, are used to decorate the chancel area of Churches on Easter Sunday and for the rest of Eastertide. Easter has also been commercialised

to a large extent by the greeting card industry and companies manufacturing Easter related goods and items. With cute chicks and bunnies often being the symbols of commercial Easter.

Customs that have become associated with Easter and are observed by both Christians and some non-Christians include egg hunting, the Easter Bunny and Easter parades. There are also various traditional Easter foods that vary regionally like the Paska, which is a pyramid shaped dessert made from cheese in Russia and Tsoureki a Greek brioche like bread decorated with hard boiled eggs.

Easter is a festival that denotes life, rejuvenation, renewal and rebirth and in 2015 there will be many events to mark the celebration of Easter in the United Kingdom and across the globe.

Whatever you may be doing we wish you a happy Easter!



barkerevans

private client law

Having problems with probate?

Need to challenge a will?

Questions about a legacy?

Find answers at our Wills & Probate Workshops - developed and presented by experienced solicitors.

Various dates in West Bridgford Nottingham.

Call free on **0800 9788582** for details or email **enquiries@barkerevanslaw.co.uk**

Law Your Way - specialists in age and disability issues.

www.barkerevanslaw.co.uk



Looking for a home

. . . adopt with confidence

 Derby Adoption Centre
Long Lane
Derbyshire
DE6 5BJ
Tel: 01332 824950

open daily
11am > 3pm

 Cats Protection Derby Adoption Centre www.derby.cats.org.uk

Sills MacLaren Britton Solicitors

Specialists in all areas of law

- Wills, Trusts & Probate
- Lasting Powers of Attorney
- Impact of Care Home Fees
- Residential Property
- Divorce and Separation
- Injury Claims
- Medical Negligence
- Industrial Disease
- Mental Health
- Company & Commercial

We offer free legal clinics
Phone us now or visit our website

FOLLOW US ON | facebook.com/sillsandbetteridge



| twitter.com/sillslegal or @sillslegal



Grosvenor Chambers, 23 King Street, Nottingham, NG1 2AY T: 0115 941 1469 F: 0115 947 6073
Also offices at: Lincoln | Boston | Sleaford | Skegness | Gainsborough | Spilsby | Scunthorpe



How do to Adm an E

The death of a relative or friend is a difficult time, even before you start thinking about dealing with their financial affairs. It is easy to become confused by a host of legal terms and procedural requirements. Where do you start?

James Bolton, a solicitor with Actons in Nottingham, and a member of the Society of Trust and Estate Practitioners, provides some practical advice.



James Bolton

Is there a Will?

First of all you need to find out if there is a Will. If there is a Will, it should appoint the people responsible for dealing with the estate (the property, money and possessions). They are called the 'executors'.

If there is no Will, the process is slightly more complicated. In this situation the law states who can deal with the estate and who should benefit, known as the 'rules of Intestacy'. Under such circumstances, the people responsible for dealing with your estate are known as the 'administrators'.

The collective name for executors or administrators is 'Personal Representatives.'

What is a Grant of Representation?

A Grant of Representation is commonly known as 'Probate'. It is the document issued by the Probate Registry. If there's a Will, a 'Grant of Probate' is given to the executors. If there is no Will, the rules of intestacy apply. A 'Grant of Letters of Administration' will be given to the administrators.

Both documents are collectively known as 'Grants of Representation.' They confirm that the people named have the authority to administer the estate.

Not all estates require a Grant of Representation. Many banks, building societies, etc. will release quite large sums of money without it, providing their own procedures are satisfied. However, if the estate includes property or significant

investments or savings, a Grant of Representation will be necessary.

What does it involve?

There are four key stages to administering an estate:

1. Investigation on the size of the estate

A careful review of the deceased's personal papers, and increasingly his or her electronic records, will ascertain what was owned and owed at the date of death.

2. Do you need to pay Inheritance Tax?

Inheritance Tax may be payable if a person's estate (his or her property, money and possessions) is worth more than £325,000 when he or she dies. This is called the 'Inheritance Tax threshold'. Meanwhile, the application for the Grant of Representation can be submitted to the Probate Registry. Once they receive confirmation that any tax has been paid, the grant will be issued.

I Start Administer Estate?

3. Collect or sell assets and pay debts

Once the grant has been received, the Personal Representatives can administer the estate by closing bank accounts and selling investments and property which have not been passed to someone else in the Will. Any money raised can be used to pay any outstanding debts, and reimburse any expenses of the personal representatives.

4. Distribution

Once the Personal Representatives know everything has been accounted for, they can distribute the estate in accordance with the Will or the rules of intestacy if there is no Will. Estate accounts will then be prepared to show how the final balance for distribution has been calculated.

Do I have to do it myself?

Although some people are happy to take on the responsibilities of being a personal representative, you do not have to do things all by yourself.

Before you start the administration of an estate, you should consider the following:

1. The call on your time

Depending on how complicated the estate, the administration can take several months to finish. You must be sure that you can cope with the additional demand on your time.

2. Estate complications

There may be complications with the estate which may require some legal expertise to resolve. For example these can include issues such as Inheritance Tax, what to do if there is no Will, or there are doubts about how valid the Will is or it may be particularly complicated.

3. Family relationships

The death of a close relative is a stressful time and this can sometimes result in family feuds about how the estate is being administered which can be very distressing.

4. Are you happy to take on the responsibility?

As a Personal Representative, you are legally responsible for dealing with the estate correctly. Any failure in carrying out your legal duties can result in you being personally liable and subject to putting things right out of your own pocket.

How can a solicitor help?

By using a solicitor to deal with this for you, you'll have the peace of mind of knowing that everything will be dealt with legally, correctly and efficiently. Once the solicitor has assessed the value of the estate, they will provide you with a breakdown of the charges involved.

For information, or for a no-obligation discussion, please contact James Bolton on **0115 9100 279** or email james.bolton@actons.co.uk

actons
solicitors

20 Regent Street,
Nottingham NG1 5BQ
t 0115 9100 200
f 0115 9100 249
w www.actons.co.uk

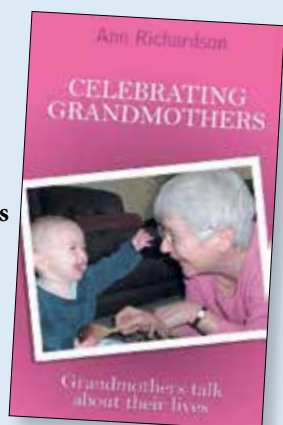


New book for
grandmothers

**CELEBRATING
GRANDMOTHERS:**
Grandmothers talk about their lives

by Ann Richardson
New Generation Publishing 2014
paperback (£7.99)
e-book (£3.99)

'heart-warming'
Jane Fearnley-Whittingstall



**Suction Ear Wax
Removal Service**

Same day appointments available
£40 one Ear / £60 for both

CORRECT HEARING LTD

242 Oakdale Road, Carlton, NG4 1AD
0115 9618351 0800 368 47 47



MindforYou

Support for people living with dementia
www.mindforyou.co.uk

MindforYou recognises the need for both
carers and people living with dementia to
have quality time away from the
pressures of daily life.



Come and join one of our lunch clubs at a
local restaurant/pub near you. Here you
can meet new people, learn about the
activities in your local community and
hear about MindforYou's befriending
services, day trips and holidays.

To find out more please:

Call 07788292938 or email info@mindforyou.co.uk

Ashmere's Tuesday Day-Care Offer



- Transport to and from your own home
- Food and drink throughout the day
- Activities
- Hairdressing
- And a Bath or Shower



All of this for only £30

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

T: 01623 441130

Help With Dementia

Understanding Dementia for you and the extended family or friends

Do you know someone who has had a diagnosis of dementia?

Are you a carer or involved in the care of someone with dementia?

Can we help?

We are running an A to Z of Dementia series of information sessions, the next one starting in April. The sessions begin on Wednesday morning the 29th April from 10am to 12noon, and will continue every Wednesday for a further 6 weeks finishing on Wednesday 10th June.

It is specifically for families and friends, not paid carers, and is called Making Sense of Dementia (an Information Programme for carers of people with dementia). The 'Programme' runs for seven weeks and is just two hours a week. During the two hour sessions, carers learn about the different types of dementia, how dementia affects the brain. Carers will also learn how dementia can affect communication, behaviour and appetite and what to do when the situation becomes difficult.

One very positive aspect of the sessions is the chance to meet other carers in the same situation which enables people to share experiences, feel less isolated and learn a lot from each other. Many friendships are made at these groups. There are usually about 10 people but may be more. The April sessions will be run at

Castle Cavendish Works
Dorking Road
Nottingham
NG7 5PN

Opposite the castle retail park on Radford Boulevard. (a map will be sent to you when you register).

We can also offer respite care for the person with dementia and also try, where possible, to help with transport. The programme is available to carers in Nottingham City and the County. Carers are asked to contribute £2.50 per session. Tea, coffee and biscuits are provided and lots of written information to take home. Every effort is made to ensure that the groups are very friendly, relaxed and welcoming.

"The carers are asked to let us know what they think of the programme and there have been some very positive comments".

"Saturday mornings won't be the same without the group,"

"I have never learnt so much in such a short time"

"I wish I had known this five years ago"

"This has helped me look after my father much better"

"I feel so much more confident about making decision now - this has been really helpful."

"It is great to hear other carers and know that you are not on your own"

If you can't make these sessions in April we are hoping to continue the sessions recurrently throughout 2015. Introducing an evening weekday option and weekend Saturday morning.

INFORMATION PROGRAMME FOR CARERS OF PEOPLE WITH DEMENTIA

**Wednesday morning 10.00 - 12.00
April to June 2015**

SESSION

No	DATES	TOPIC
1	29th April	Introduction to dementia
2	6th May	Understanding the experience of dementia
3	13th May	Being a carer and looking after yourself
4	20th May	Understanding the changes in communication and behaviour
5	27th May	Nutrition. Understanding the assessment process. Moving on - accepting help, sharing the care, respite and long term care. A look at local services
6	3rd June	Welfare benefits - (Guest speaker). The legal implications of caring for someone with dementia.
7	10th June	Health issues - Infection control. Continence care. Guest speakers from the specialist nursing teams)

All the sessions will be run at Castle Cavendish Works, Dorking Road, Nottingham, NG7 5PN

Please TEL: 0115 9786133 to reserve a place for the full programme. A charge of £2.50 per session will be made to cover the cost of refreshments. We are hoping that carers will try to attend all the sessions in order to maximise the benefit of the information. However, we quite understand if this is not possible.

We are a local charity supported by our partners in Nottingham

Providing a variety of activities and services for the older people of Nottingham



0115 978 6133
www.radfordcaregroup.org.uk

COME & JOIN US

**Radford
Care Group**
SHARE THE CARE

In the Community

Kindred Spirits get festive at St Mary's Church

Kindred Spirits members were at St Mary's Church in Nottingham on 8th December to decorate a Christmas tree for the Church's second annual Christmas Tree Festival. Members who attended were Carol Bradshaw, Gill Deacon and Jennifer Letts, who thoroughly enjoyed decorating the tree. The Church also put on

a seasonal spread for everyone to enjoy so the atmosphere was truly festive!



Kindred Spirits choir at John Lewis Nottingham

Kindred Spirits members were also invited along to the Christmas department at John Lewis in Nottingham on 16th December to bring some festive cheer to shoppers by singing some Christmas songs. Their singing generated lots of applause as shoppers clearly enjoyed listening to the wonderful choir whilst taking a break during gift shopping.

Derby City Libraries are supporting people living with dementia

Derby City Libraries have been running popular sessions over the last few months to support people living with dementia and their carers and are continuing in 2015.

The sessions are based around reminiscence with a focus on Derby, including looking at old photos, books and memorabilia and encouraging people to come and share their stories. If people prefer, they can just sit and have a chat over a coffee or look around the library in their own time. During 2015 these free drop-in sessions continue at three libraries between 11am and 1pm each month except August at the following

Derby libraries and all are welcome:

- Mackworth Library: Every 3rd Thursday of the month
- The Phillip Whitehead Memorial Library, Chaddesden Park: Every 3rd Friday of the month
- Mickleover Library: Every 4th Wednesday of the month

For further information call Margaret Jay on 01332 641 718 or visit www.derby.gov.uk/libraries.



Kindred Spirits is an Age UK Notts service which aims to reduce loneliness and social isolation through friendship and activities.

For more information about Kindred Spirits, please call 0115 841 4473 or email membership@ageuknotts.org.uk.



Falls prevention

Annually, falls affect 35% of those over 65s and 45% of those over 80s. Age UK "Strictly No Falling" brings together Derby and Derbyshire health and social care organisations that aim to reduce falls in older people by providing a range of activities, services and information to help people improve their mobility, strength and balance and reduce their risk of falling.

We are looking for motivated people with some spare time to deliver chair-based exercise sessions for older adults. No experience is needed and we offer a recognised qualification. There is also funding available for classes set up in areas of high need and support given to set-up your own community classes. We are also looking for volunteers to support the sessions.

This service is provided by Age UK Derby & Derbyshire, funded by Derbyshire County Council and in partnership with Derbyshire Community Health

services NHS Foundation Trust. To find local falls prevention activities, visit www.activederbyshire.co.uk/fallsprevention. For more information about this service and getting involved, please contact 01773 768 240.



Kindred Spirits Celebrates its 20th Anniversary in 2015



Kindred Spirits began in 1995 and has always existed to help people in later life who are experiencing some form of loneliness or social isolation through bereavement, retirement or simply a move to a new area. Kindred Spirits gives people the opportunities to make friends and socialise at a pace that suits them.

There is a team of volunteers and staff who help people along their journey with encouragement and motivation and there is also a monthly newsletter delivered to their door. This is packed with over 150 things to do each month including: exercise classes, lunches, day trips, coffee mornings, walks, special interest groups, holidays, bowling, darts, theatre, social afternoons and lots more! Whilst some activities are included in the membership fee, some have a small charge to cover costs, such as trips and holidays.

Carol Wilby, who has managed the service for 9 years, says: "I'm looking forward to celebrating our 20th anniversary as it really is a fantastic service. Over the years it has enabled around 3000 people to enjoy lots of different activities. I could

list all the activities we provide but actually they are immaterial in a way, it is the platform Kindred Spirits offers for people to make friends, enjoy life and be part of a community that is important. Bereavement, retirement, a decline in health and other life changing situations can often result in loneliness and subsequently a lack of confidence or motivation to get out and about. Kindred Spirits helps people with those first steps along the journey, whatever the pace, to enjoy a fulfilled social life and realise they are not alone."

Our members constantly provide positive feedback about how the service changes their lives for the better. For example:

- Kindred Spirits has changed my life in too many ways to detail. I am happier than I have ever been.
- Since becoming a member I have made a new life for myself.
- I feel I now have a reason to go out and meet people.
- Kindred Spirits enables me to choose as much or as little as I wish to do over the month. It is helping me to have confidence to book things on my own and not to feel isolated.

- Having been a member for 10 years I have seen with my own eyes the very positive side it has for members in terms of relief of loneliness, sometimes caused by the loss of a spouse.

To celebrate Age UK Notts will be holding a special event for our members on Older People's Day (1st October 2015).

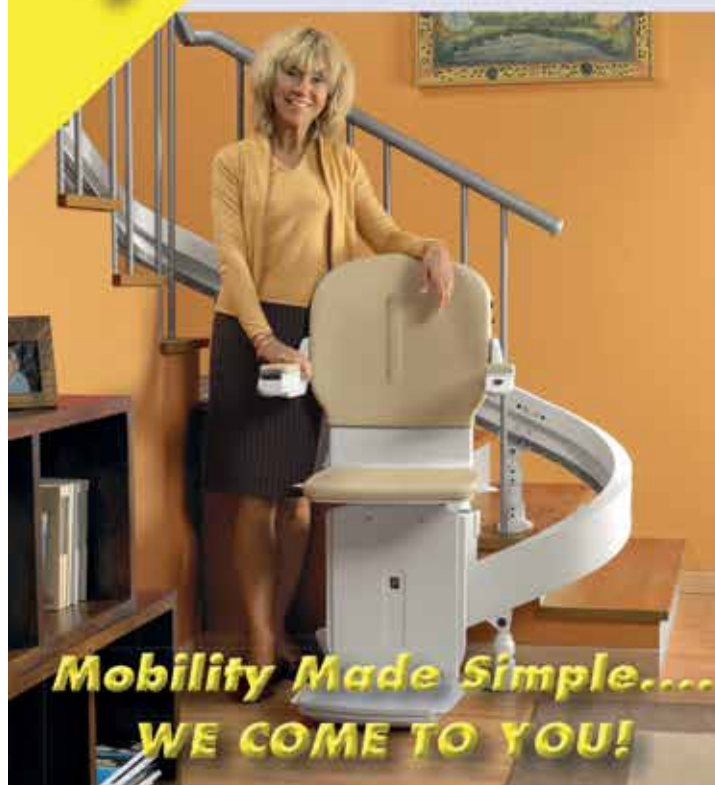
If you are interested in finding out more, Age UK Notts hold regular Welcome Mornings where anyone who is thinking about joining Kindred Spirits can drop-in and meet some current members and some of the team, to see if it is for them before they join. The next welcome mornings at its Shakespeare Street office are: Tuesdays 7th April, 12th May and 9th June 2015 from 10.30am – 12noon.

To find out more about Kindred Spirits just email membership@ageuknotts.org.uk or give Age UK Notts a call on 0115 841 4473.



SALE!
Stairlift sale!
Stairlift sale!
Stairlift Sale!

out  about
MOBILITY LTD



Our Stairlifts combine today's advanced technology and reliability.

We guarantee our Stairlifts will make the most of your home.

Fitted with easy to use controls, safety features and a slim fold away design.

Fitted directly onto your stairs, and not onto your wall, so no decorating!

For your Free No Obligation Quotation

**CALL NOW ON
01777 701512**

- FREE HOME DEMONSTRATIONS -

**Scooter Sale
Power Chair Sale
Bed and Chair Sale**

out 'N'
about
MOBILITY LTD

SCOOTERS...



ELECTRIC WHEEL- CHAIRS..



Special discount for AGE UK CUSTOMERS.
Special Offer: Quote ENGAGE MAGAZINE for a Full Service on
mobility scooters or electric wheelchair for only £50 instead of £69.95

BEDS..



CHAIRS..



BATHING AIDS/ SHOWERS...



For your Free No Obligation Quotation

**CALL NOW ON
01777 701512**

- FREE HOME DEMONSTRATIONS -

Men in Sheds

sets to open for older men in Daybrook, Nottingham

A project that brings older men together to share skills and socialise is set to be launched in Daybrook, Nottingham.

Several Men in Sheds projects have already been set up in Nottinghamshire, including one in Blidworth, one in Nottingham and one in Worksop; and a new shed with necessary equipment has now been set up in The Stores Building, Jubilee House Compound, Nottingham Road, Daybrook. The Daybrook shed is funded by Gedling Borough Council and supported by the Mayor, Jenny Hollingsworth. It will officially open in early Spring 2015.

Project Manager, Nicky Wheddon said: "This project is an ideal opportunity for men to be more socially active. There's a lot of skill amongst our elderly gentlemen and it is not being used. This project will provide them with the facilities and to put these skills to good use."

Men in Sheds is an exciting project that supports men aged 60 years and over who want to get together to



share and learn new wood-working skills, based on the very successful Australian Men's Shed movement.

Age UK Notts provides the 'shed' – a workshop, tools and equipment and a co-ordinator for support. But the day-to-day running of the shed is left to the shed members who choose the activities they want to participate in. Shed members come from a wide variety of backgrounds ranging from highly skilled to beginners. All work together and there is a role for everyone.

The benefits of joining this project include:

- Opportunities to socialise and make new friends

- Experience the camaraderie of working with other men
- Put practical skills to good use and share them with others
- Try something new and learn new skills
- Support your local charity to reach out to more vulnerable older people

Members can put their skills to good use, share their knowledge, learn new skills and put the world to rights over a cup of tea for merely £1.50 per session.

The products produced by the shed members are sold to further the work of this project and support vulnerable older people in Nottingham and Nottinghamshire.

For more information, please contact our co-ordinators:

• Blidworth shed
Christopher Riley
t 0787 283 9556
e christopher.riley@ageuknotts.org.uk

• Daybrook shed
Adie Harkin
t 0787 283 9570
e adrian.harkin@ageuknotts.org.uk

• Nottingham shed
Adie Harkin
t 0787 283 9570
e adrian.harkin@ageuknotts.org.uk

• Worksop shed
Patrick Lacey
t 0787 283 9629
e patrick.lacey@ageuknotts.org.uk





QUALITY WINDOWS, DOORS
ROOFLINE, GARAGE DOORS
& CONSERVATORIES

The right choice for quality,
service & design

**NEW
GARAGE
DOORS**



TRENT VALLEY
WINDOW AND DOOR CO.

Come & visit our stunning new showroom. We've got an extensive range of windows & doors on display in a wide variety of styles & colours. We've also got a working sample of our new AlluGuard roller garage door on display

Call now for a FREE QUOTE
0115 942 5050
www.trentvalleywindows.co.uk

All windows, doors & conservatories are covered by a

**10 year
insurance
backed
guarantee**

**NEW
SHOWROOM
NOW OPEN**



WINDOWS • DOORS • CONSERVATORIES • SOFFITS & FASCIAS









We are a family business and have been established since 1980.

We have an indoor showroom and have a variety of buildings on display.

We hand make our buildings so we can make your building to requirements.

We make sheds, summerhouses, workshops, security buildings and potting sheds.
Contact for a quote.



Show Site: Unit 4, Church View Industrial Park, Church Street,
Old Basford, Nottingham, NG6 0GA

Tel : 0115 970 1755

Fax : 0115 979 1400

Web: www.sherwoodsheds.co.uk



**B & S ROOFING
NOTTINGHAM**

From the local roofing
company you can trust

Complete Roofing Specialists

- ✓ Roof repairs
- ✓ Roofing maintenance
- ✓ New roofs
- ✓ Re-roofing
- ✓ Fascias and soffits
- ✓ Guttering repairs & replacement
- ✓ Chimney work
- ✓ Lead work and lead flashing
- ✓ Flat roof replacements
- ✓ Roof Velux windows
- ✓ Tiling and slating
- ✓ Ridge tiles repaired & re-bedded



Call 0115 971 7715 or visit www.bsroofingnottingham.co.uk today!

Quick Quiz

1930's

1. What well known comic in 1937 introduced Desperate Dan?
2. Who was known as the Cheeky Chappie?
3. Who was the beautiful film star from Sweden who began to talk in the movie "Anna Christie"?

1940's

4. Which capital city was occupied by the Germans on 14 June 1940?
5. Which Hollywood star was well known for her exotic costumes and tooty fruity head wear?
6. Which radio series was set on an imaginary RAF station?

1950's

7. What new fashion footwear made women look taller?
8. What was the name of the first national branded sliced loaf?
9. Who was Christopher Craig's partner in crime?

1960's

10. What famous street made its debut on to our TV screens in December 1960?
11. Which infamous novel was cleared for general sale by a Jury at the Old Bailey?
12. What was the name of Dr Finlay and Dr Cameron's housekeeper in the series "Dr Finlay's Case Book"?

1. The Dandy. 2. Max Miller. 3. Greta Garbo. 4. Paris. 5. Carmen Miranda. 6. Much Binding in the Marsh. 7. The Stiletto. 8. Wonderhoof. 9. Derek Bentley. 10. Coronation Street. 11. Lady Chatterley's Lover. 12. Janet.

Doorstep Crime – Don't be a Victim!



Bogus Callers or Distraction Burglary

Bogus callers target vulnerable people in their home, arrive uninvited and pretending to be from legitimate companies. Their main aim is to distract the occupier, get into the home and steal from them without them realising it.

If you think you have been a victim inform the police. They can help with advice and support, additional security and your information can help them protect others.

Rogue Traders

Many doorstep criminals pretend to be from a legitimate business, usually property maintenance and repair. These traders knock at the door uninvited and may tell the householder that urgent work is required on the property or drive. The work is often unnecessary and completed to a very poor standard. A low price is normally quoted initially and often escalates to an extortionate figure once the work has commenced. They put pressure on the victim to pay immediately.

If you have a problem with rogue traders take action immediately. Don't pay the bill and contact Trading Standards who can use legislation to intervene via the Citizens Advice consumer helpline 03454 040 506. Your experience can help them build up a case against traders or identify a pattern and protect other people. If you are threatened or intimidated ring the Police on 101 or in an emergency ring 999.

What can you do to stop this happening?

The most important thing to remember is to say NO to doorstep callers.

- Don't buy from or let uninvited callers into your home.
- Don't feel rushed or pressurised into having work done on your home.
- Check the caller's identity. Don't ring the number on their identity card – look in the phone book.
- Call a neighbour or local Neighbourhood Watch if you have a caller at the door you are uncertain about.
- Remember that reputable workers don't have to go knocking on doors looking for work.

Practical steps

- Have a door chain or bar fitted.
- Fit security lighting.
- Plan maintenance and use businesses you can trust.
- Only deal with callers by appointment.
- Don't keep large amounts of cash in the house.

A Handyperson Service can help fit additional security to your home, call [01629 533 190](tel:01629 533 190) for Derbyshire County Council and [0115 952 3509](tel:0115 952 3509) for Age UK Notts. If you are looking for local reliable business, call the Age UK Business Directory freephone on [0800 011 4643](tel:0800 011 4643) for Derbyshire and Nottinghamshire.



DIGITEC
AERIALS.CO.UK
0800-0567-856
DIGITAL AERIAL / SATELLITE / T.V WALL MOUNTING
07921 314 687
www.digitecaerials.co.uk

Call us free on 08000 567 856
or Engineer Direct 07921 314 687

ADC ELECTRICAL AND PROPERTY SERVICES

We offer a full electrical service and are qualified in all trades including
Painting & Decorating / Plumbing / Joinery / Roofing & Gutter /
Plastering / All Day to Day Maintenance /

We install **Bathrooms & Wet room**
installations including tiling, plastering & vinyl flooring.

Tel: 0115 979 2101 - Open 7 Days
email: info@adcalltrade.co.uk
www.adcalltrade.co.uk

Unit 6, Woodview Business Centre, Lockwood Close, Nottingham NG5 9JN



Grays LOCKSMITHS LTD Keeping Nottingham secure since 1987



Visit our security centre for a full range of security products and FREE friendly advice!

MASTER LOCKSMITHS
KEY CUTTING
SAFES
ALARM SYSTEMS
ACCESS CONTROL

Mon - Fri 08.30am - 5.00pm & Sat 8.30am - 2.00pm
245 Ilkeston Road · Lenton · Nottingham · NG7 3FX
e: enquiries@nottinghamlocksmith.org.uk

Call outs and general enquiries call 0115 942 2315
www.nottinghamlocksmith.org.uk




Have you ever popped something into the oven to cook, only to be distracted by the phone ringing, your favourite TV programme or someone at the door?

With busy family lives, and distractions such as the phone, TV and computers, it's easy to lose focus, and that's when potentially fatal fires can start. More than 50 per cent of house fires start in the kitchen – so make sure you keep looking while you're cooking. And, if you need to leave the kitchen,

Turn it OFF!



NOTTINGHAMSHIRE
Fire & Rescue Service
Creating Safer Communities

For more information on how to stay safe visit www.notts-fire.gov.uk, or call 0800 0223 235.

General Election and Dissolution of Parliament



When are general elections held?

Since 2011 and the passing of the Fixed Term Parliament Act, a general election must be held every five years. The date of the next general election is set to be 7th May 2015 as general elections must be held on the first Thursday of May.

However, two other events could possibly trigger an election other than at five year intervals.

- A motion of no confidence is passed in Her Majesty's Government by a simple majority and 14 days elapses without the House passing a confidence motion in any new Government formed.
- A motion for a general election is agreed by two thirds of the total number of seats in the Commons including vacant seats (currently 434 out of 650).

Before 2011, the Prime Minister could call a general election at any time

We are sure you are aware that 2015 is a general election year, rather than focus on the possible nature of the campaigns we thought this issue we would have a look at the processes a general election triggers.

within the five year period and not all Parliaments lasted the full five years. Usually a sensible Prime Minister would call an election at a time when he or she was most confident of winning the election (getting more MPs (Members of Parliament) than any other party).

Dissolution of Parliament

Since 2014, Parliament is dissolved 25 working days before the general election. When Parliament is dissolved every seat in the House of Commons becomes vacant. This year, Parliament will dissolve on 30th March. On this day, a proclamation will be made announcing when Parliament will meet after the general election and setting the date of the Queen's Speech at State Opening.

What does dissolution mean for MPs?

MPs immediately revert to being members of the general public and lose all the privileges associated with being a Member of Parliament. They are allowed access to Parliament for just a few days in which to remove papers and equipment from their offices. All facilities and services for MPs at Westminster are closed at 5pm on the day of dissolution. Until a new Parliament is elected, MPs do not exist. Those who wish to re-apply must stand again for election as candidates in their constituencies.

Who runs the country while there is no Parliament?

The Government does not resign when Parliament is dissolved; essential business must carry on and government ministers remain in charge of their

departments until after the result of the election is known. Only then will the Queen ask the leader of the majority party to form a new administration. During the period between dissolution and polling day, however, the Government suspends any advertising campaigns and refrains from major policy decisions or announcements. This was known as 'purdah' but is now usually called the pre-election period.

What does dissolution mean for the House of Lords?

Members of the House of Lords are appointed - not elected - and during dissolution they remain Members of the House of Lords. All business in the House comes to an end, and while Members of the Lords can access the premises of Parliament, only limited facilities and services are available to them.

The general election

MPs for each constituency are elected from a choice of candidates by winning a simple majority in that constituency. The candidate with the most votes then becomes the MP for that constituency. Candidates may be from a political party registered with the Electoral Commission or they may stand as an 'Independent' rather than represent a registered party. After all the campaigning has ended and the polls have closed and votes counted each of the 650 constituencies in the UK would have elected their MP. The political party whose candidates win the majority of constituencies and therefore seats in the House of Commons usually forms the Government.

From diagnosis onwards, we're here for you

Support & Information

Confidential one to one support and information from a nurse specialist, for adults with any life-limiting illness, from diagnosis onwards.

Hospice at Home

Treetops Hospice nurses travel across Derbyshire and Nottinghamshire, providing end of life care for patients in their own homes.

Day Care Services

Physical, emotional and social care for people with life-limiting illnesses, including a Clinic in Palliative Medicine, Art and Complementary Therapies.

Bereavement Service

Counselling and support for adults, children, teenagers and families who have been bereaved from any cause.

All services are provided
free of charge



**For more information, contact Treetops Hospice on
0115 949 1264 or info@treetopshospice.org.uk**

WHAT'S ON

in Nottinghamshire and Derbyshire

7 March [Take Part in Big Art!](#) Be inspired by Matisse's paper cut outs at this family workshop. Free entry. 12.30pm – 3.30pm at West Bridgford Library. Call 0115 981 6506.

7 March [Calke Alive 18th Century](#) Meet the characters who lived and worked at Calke. Free entry (normal admission apply). 12.30pm – 4pm at Calke Abbey. Call 01332 863 822.

10 March [Jazz Steps Live](#) Join Nottingham Youth Jazz Orchestra for an evening of live music. Entry: £10 / £8. 7.30pm at Worksop Library. Call 01909 535 353.

10 – 22 March [Model Railway Exhibition](#) Featuring Grange over Sands, Mettesford and the fictitious Wingfield Junction layouts. Free entry. 11am – 4pm at Gothic Warehouse, Cromford. Call 01629 823 256.

26 March [Pride & Prejudice](#) Enjoy an afternoon screening of the film adaptation of Jane Austin's classic novel. Entry: £3. 2.30pm at Mansfield Library. Call 01623 651 337.

29 March [Rescue!](#) Join Mines Rescue and Mansfield Fire Museum for a themed afternoon with rescue equipment and vintage fire engines. Free entry. 12pm – 4pm at Bestwood Country Park. Call 0115 976 2422.

30 March [Spring Fayre](#) Various stalls and activities to raise funds for Age UK Derby & Derbyshire Bakewell Centre. Entry: £1. 10am – 1pm at Bakewell Centre, Granby Road. Call 01629 813 221.

31 March [Cancer Awareness](#) Attend an informative health and wellbeing event. Free entry. 10am – 12pm at Derby Eagle Centre. Call 01332 343 232.

31 March – 17 April (date to be confirmed) [Intergenerational Event](#) Enjoy creative activities in the school holidays with grandchildren. Entry: £2. 10am – 12pm at Chaddesden Park Centre. Call 01332 674 562 to confirm date and book.

3 April [The Snail and the Whale](#) Follow the snail's amazing journey and be prepared for great storytelling. Entry: £7.50. 1pm – 2pm at Lakeside Arts Centre. Call 0115 846 7777.

7 April [Kindred Spirits Welcome Morning](#) Find out more about making friends and enjoying healthy activities. Free entry. 10.30am – 12pm at Bradbury House. Call 0115 841 4473.

16 April [Bretano String Quartet](#) Enjoy a programme that includes James MacMillan's Third String Quartet. Entry: £16 / £14. 7.30pm at Lakeside Arts Centre. Call 0115 846 7777.

19 April [Derby 10k, 3k Fun Run](#) Bring your family to join in the fun and see you or others run. Free entry. From 9am (10k), 10.30am (3k) at iPro Stadium.

21 April – 9 May [Beautiful Thing](#) Enjoy a glorious urban love story between two young men. Entry: £10.50 – £28.50. 7.45pm at Nottingham Playhouse. Call 0115 941 9419.

25 – 26 April [Bakewell Food Festival](#) Taste excellent local produce and enjoy the splendid offerings of food fayre. Free entry. 11am – 4pm throughout the town centre.

28 April [Healthy Mind & Body](#) Attend an informative health and wellbeing event. Free entry. 10am – 12pm at Derby Eagle Centre. Call 01332 343 232.

1 May [Jimmy Carr Funny Business](#) Enjoy Jimmy's brand new stand up. Entry: £25. 8pm at Royal Concert Hall. Call 0115 989 5555.

2 – 25 May [Belper Arts Festival](#) including literature, art, theatre, film, photography, dance and music. Free entry. Events at various times and venues around the town. Call Amber Valley Tourism on 01773 841 485.

9 May [1Outreach](#) Annual mass community outreach which presents the gospel through music, dance, spoken word and more. Free entry. 12pm – 5pm at Old Market Square.

15 – 17 May [Dodson & Horrell Chatsworth International Horse Trials](#) Equestrian sport, displays, a shopping village and entertainment. From 8am at Chatsworth. Entry: To be confirmed. Call 01246 565 300.

25 May (date to be confirmed) [Intergenerational Event](#) Enjoy creative activities in the school holidays with grandchildren. Entry: £2. 10am – 12pm at Chaddesden Park Centre. Call 01332 674 562 to confirm date and book.

23 – 25 May [Wirksworth Well Dressings and Carnival](#) A unique Peak District tradition, where wells are decorated with natural materials. Free entry. Activities throughout the weekend in Wirksworth.

27 May [Sophie Snell and Mel Bhavsar](#) Discover storytelling with the beauty and drama of elemental landscapes. Entry: £7. 8pm at Lord Roberts pub. Call 01332 840 007.

30 May [Nottingham Triathlon](#) Bring your family to see you or others swim, bike and run. Free entry. From 7.30am at National Watersports Centre. Call 0115 982 1212.

Remembering Yesterday

PROJECT UPDATE

Eight months ago, Age UK Derby & Derbyshire received some funding from the Big Lottery Fund 'Awards for All' to tell life stories of some members from the Bakewell Day Centre. In that time, six life stories have been completed.

A lot of time was spent visiting the member's houses and chatting to them about their lives using their own photographs as prompts. Their memories, stories and photos were digitally recorded and sent off for printing. The end result is a hardcover book of their life story for them to keep and treasure.

The members have enjoyed the process of putting their life stories together. Their eyes light up when reminiscing about the past. It is fascinating listening to the stories behind the photographs and



their ability to recollect vivid details is amazing. For example, the memory of their mother being chased by a baby giraffe called Shorty in South Africa. Or the exact words a son said to his mother when she was going into hospital to have her baby, "if you're going away take that bump from under your pinny." Or a childhood memory of being dragged through the mud by their dog; illustrated by a photograph of them with one hand bandaged, dressed in their Sunday best. Another childhood memory of waking up after a tonsil operation to the cheep, cheep of sparrows nesting outside their hospital window. Then there was the anecdote from a member who had bought half a hole from a farmer to put in a septic tank.

The project has been a very rewarding and fulfilling experience. Their memories have been funny, entertaining, poignant and uplifting as well as providing invaluable historical accounts of times gone by. The life stories have given the day centre staff and volunteers an insight into members' lives and it has been a privilege getting to know them deeper as individuals.

Mary Ward, Day Centre Manager at Bakewell said, "A wonderful project capturing memories and lives recorded, for the members to share with family and friends."



At the beginning some of the members were reluctant to tell their life story as they thought it will be of no interest to anyone else and they have nothing of importance to say. Telling their life story has helped them to understand the path their life has taken and the lives they have touched.

To find out more about this project, please call 07415 064 900 or email belindathepoet@outlook.com.




Brookfields
Private Nursing Home

Brookfields is a friendly family owned Private Nursing Home established in 1968 by the Turner family. We provide professional Nursing for both ladies and gentlemen requiring permanent, or short stay Nursing care, Residential care, Recuperation, Respite or End of Life Care.

Please contact us or visit our website for further details.

Brookfields PNH Ltd
488 Burton Road, Littleover, Derby, DE23 6AL
t: 01332 343840 / 348395
e: enquiries@wearebrookfields.com | w: www.wearebrookfields.com

Coxbench Hall



Top quality care in unique Georgian surroundings for people in their later years

Coxbench Is About Caring!

Sustain and enjoy independence throughout your retirement years in elegant surroundings with the support of top quality family style care. This high quality retirement home is a beautiful Georgian building set in 4.5 acres of parkland, featuring a stream, pond and sensory gardens, just north of Derby City.

- Highly trained staff ● Superb home cooking ● Lift to all floors
- Most rooms have en-suite toilets ● Ample lounge space with large conservatory ● Call Care System to all rooms ● Loop System
- Own mini-bus ● Extensive activities and entertainment

Coxbench Hall Residential Home

Alfreton Road, Coxbench, Derby DE21 5BB
Tel: 01332 880200
www.coxbench-hall.co.uk e-mail: office@coxbench-hall.co.uk

Testing a new drug to treat tinnitus

Professor Deborah Hall, Director, Nottingham Hearing Biomedical Research Unit

Tinnitus describes any sound a person can hear from inside their body rather than from an outside source. It affects up to 10% of adults in the UK and it can be very distressing. Unfortunately, there is no cure, and it costs the NHS £27m a year to help people manage their symptoms through hearing aids and/or counselling. Our research at the Nottingham Hearing Biomedical Research Unit, addresses this problem. Our core work assessing the effectiveness of current NHS treatments is funded by the National Institute for Health Research (NIHR). We also partner with industry to evaluate novel treatments that are not yet available to the NHS. Having worked closely with the British Tinnitus Association over 10 years, as a member of the Professional Advisors' Committee and Board of Trustees, I am aware that many people who experience tinnitus would like a drug treatment to be made available.



The multi-site trial is called QUIET-1 and it will recruit up to 150 people across 10-12 participating NHS sites in England with Prof Jaydip Ray as the Coordinating Investigator at the Royal Hallamshire Hospital, Sheffield. It started from about October 2014. QUIET-1 is a randomised controlled trial. This means that if a participant is accepted into the trial, he/she will be chosen at random to take either the medication or a placebo (dummy drug). Participants would be required to attend the clinic on five occasions to have some study assessments made, over a period of about 10 weeks. The key assessments will further determine the safety profile of AUT00063 and explore if the severity of tinnitus is improved. Within that time, participants will take the medication or placebo daily for 4 weeks. Volunteers for this study need to have been diagnosed with subjective tinnitus for more than 6 months but less than 18 months and are at least 18 years of age. Reimbursement for time and travel is offered.

More details will be appear on the Autifony company website. For specific queries about volunteering contact the Nottingham Hearing Biomedical Research Unit (BRU): +44 (0)115 823 2600 to speak with one of the study team (10am-3pm).

For more information about the company, please see their website: www.autifony.com

In June 2014 Autifony Therapeutics, with the University of Nottingham as the academic partner, were successful in securing a grant of over £2 million from the Technology Strategy Board to evaluate a potential new therapy to treat tinnitus. This collaboration will help to assess whether Autifony's lead compound (AUT00063) can successfully treat the symptoms of tinnitus. Autifony Therapeutics Limited (trial Sponsor) is a UK-based company formed in 2011 as a spin-out from GlaxoSmithKline. The company directors worked within GlaxoSmithKline's Neuroscience Centre of Excellence for Drug Discovery and so have a lot of experience in the drug pipeline.

Recent scientific evidence indicates that tinnitus is associated with abnormal changes in the hearing regions of the brain. AUT00063 targets a specific part of the nerve cells which play a key role at many levels of the hearing brain. The trial is the first of its kind in the UK to test the effectiveness of a tablet taken orally (swallowed) to treat central (i.e. brain-related) tinnitus.

NHS
National Institute for Health Research

<http://www.autifony.com/autifony-tinnitus-phase-lla-trial.asp>

We now also offer
Garage Conversions
& Contemporary Orangeries



Orangeries • Home Extensions • Garden Rooms • Porches



Windows



Doors



Porches



Roofline

TRADE
WINDOWS
DERBY

For help advice contact us on:
01332 755551




Navigation Retail Park, 810 London Road,
(opp. Wickes) Alvaston, Derby, DE24 8WA.


FENSA
Registered Company

www.tradewindows.com

In the heart of Castle Donington
near Donington Park and East Midlands airport
An Aladdin's cave of lovely things for yarn addicts,
and all budgets. Also KnitPro knitting and crochet
accessories, haberdashery, patterns and books.
Details of yarns stocked, workshops
and classes and other news on the website.
Helpful advice always available. Free parking nearby.



Threads of Life




Threads of Life - 67 Borough Street, Castle Donington, Leic. DE74 2LB
Tel: 01332 811597
www.threadsolife.co.uk
info@threadsolife.co.uk

Need An MOT

Unit 1, Logan Square, End Of Northern Court, Basford, Nottingham, NG6 0BJ

Tel: 0115 975 49 47

Free Retest Within 10 days

Which? Trusted trader

Nottingham & Nottinghamshire **ageUK** Business Directory Registered Member

Aircon Service

www.needanmot.com



Call us free on 08000 567 856
or Engineer Direct 07921 314 687

TRENT VALLEY
PLUMBING & BUILDING LTD

Plumbing Services and Disabled Adaptation for Nottingham

- Full or Part Bathroom Installations
- Wet Rooms and Showers
- En Suites
- Concrete or Metal Ramps
- Door Widening
- Toilet Adaptations or Installations
- Garage Conversions to Bedrooms

Plus many other building,
plumbing & maintenance issues.

Tel: 0115 982 2332
Email: sales@trentpb.com
Website: www.trentpb.com



Safe P.T.O. APHC

LOWES COACHES
A friendly, family run business



- PRIVATE HIRE - DAY TRIPS, CORPORATE TRAVEL, WEDDINGS, SCHOOL EVENTS
- 49 TO 75 SEATS
- EXPERIENCED DRIVERS, COMFORTABLE VEHICLES, COMPETITIVE PRICES

Telephone: 0115 955 0104
www.lowescoaches.co.uk
lowes.coaches1@gmail.com

ACADEME ROOFING
Quality Roofing Services

NOTTINGHAM'S NUMBER 1 ROOFING PROFESSIONALS

CALL OUR OFFICE ON: 0115 950 6444

“Our reputation is built on **QUALITY**, first class customer service, reliability and professionalism”

Nottingham & Nottinghamshire **ageUK** Business Directory Registered Member

Constructionline

VELUX Decra Roof Systems **ico pal**

LOCAL AUTHORITY APPROVED ROOFING CONTRACTORS
All Areas of Nottinghamshire covered
CALL TODAY!

- Slate & Tile Roofs
- Single Ply Membranes
- Flat Roofs
- Guttering, Soffits and Fascias
- Chimneys Re-Pointed
- Industrial Roofs/Domestic
- Specialists in all lead work
- Re-roofs & New Roofs

OVER 30 YEARS EXPERIENCE - FREE ESTIMATES

www.academeroofing.co.uk • office@academeroofing.co.uk
23 • Little Tennis Street • Colwick • Nottingham NG2 4EL

Home.

There's no place like it.

Home Instead
SENIOR CARE
To us, it's personal.



Services include:

- Companionship
- Light housekeeping
- Local transportation and errands
- Meal preparation
- Respite Support
- Convalescence support
- Shopping
- Personal care
- Specialist dementia and Alzheimer's care and much more...

Being able to live at home can be one of the most important comforts in an older person's life and because family and friends can't always be there, Home Instead Senior Care are here to help.

Our Caregivers take great pride in helping our clients to lead a more comfortable and confident life and offer a variety of services tailored to their individual needs.

From an hour a day, to full time care, our service is available 24 hours a day, seven days a week.

Personal Budgets, Direct Payments or Private Funding arrangements



“ The service provided was excellent and enabled me and my sister to know that our father was being properly cared for, particularly important as we both live some distance away. I would have no hesitation in recommending Home Instead.”

Mrs N – Ruddington



National Care Provider
of the Year Award

Call us on: **0115 9226116 • 0115 9677303**
Or visit: **www.homeinstead.co.uk/nottingham**

Welcome to our homes...

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

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

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

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

Contact us now...

Bramcote Hills
36 Sandringham Drive, Bramcote
Nottingham, NG9 3EJ
T: 0115 922 1414
E: bramcotehills@gmail.com

Orchard House
46 Easthorpe Street, Ruddington,
Nottingham NG11 6LA
T: 0115 9217 610
E: orchardhouse@my-care.co.uk

Ashton Court
56 Three Tuns Rd, Eastwood,
Nottingham NG16 3EJ
T: 01773 712017
E: ashtoncourt@my-care.co.uk

Edward House
175 Nottingham Road,
Eastwood, NG16 3GS
T: 01773 531591
E: edwardhouse@my-care.co.uk

Peacemills
132 Perry Road, Sherwood,
Nottingham, NG5 3AH
T: 0115 9602 539
E: peacemills@btconnect.com

Balmore Country House
245-247 Loughborough Road,
Ruddington, Nottingham NG11 6NY
T: 0115 9213 006
E: balmorehouse@my-care.co.uk

Moriah House
Deep Furrow Avenue, Carlton,
Nottingham NG11 6HB
T: 01159 110078
E: moriahhouse@my-care.co.uk

St. Peters
15 Vicarage Lane, Ruddington,
Nottingham NG11 6HB
T: 0115 9844 608
E: stpeters@my-care.co.uk

Normanton Lodge Care Home
75 Mansfield Road, South Normanton,
Derbyshire DE55 2EF
T: 01773 811453
E: info@my-care.co.uk

Manorfields
47 Farley Road,
Derby DE23 6BW
T: 01332 346248
E: manorfields@my-care.co.uk



The Maple York Care Group

Head Office, Normanton Lodge, 75 Mansfield Road,
South Normanton, Derbyshire DE55 2EF

T: 01773 811453 F: 01773 581754 E: info@my-care.co.uk

www.my-care.co.uk

