



SUMMER 2015

# EngAGE

Where There's A Will,  
There's A Way

Why making a Will is an  
investment for the future

PERFORMANCE AT

Buxton  
Opera House

THINGS TO DO  
with your  
Grandchildren  
this Summer

Summer Sun  
SAFETY TIPS

IN THE GARDEN + WORDSEARCH + WHAT'S ON + CHARITY SHOPS + MUCH MORE



# Candor<sup>TM</sup> 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:





# SHELTERED ACCOMMODATION



Fox Grove Court, Basford



Lincoln Court, Bilborough



Spencer Court, Sherwood Rise



William Olds Court, Wollaton

Mansfield Road Baptist Housing Association Ltd has over forty years experience of providing quality apartments for the elderly.

The accommodation within the four sheltered housing schemes is designed for elderly people to live an independent life whilst at the same time enjoying the security of having a warden living on site.

A varied programme of social activities is offered including a weekly lunch-club.

For more details and an application form see:  
**[www.mrbha.org](http://www.mrbha.org)** or contact Jackie on **0115 9421508**



## CONTENTS LIST SUMMER 2015

### Advocacy – How it Can Help Me .....06

Have you ever felt unable to speak up for yourself in a situation?

### In the Community .....10

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

### Grandparent Carers .....12

The role of grandparents in caring for their grandchildren.

### Things To Do With Your Grandchildren This Summer .....13

20 fun ideas for activities to enjoy with your grandchildren.

### Summer Sun Safety Tips. . . .16

Some sun facts and how to protect yourself against the sun.

### Safeguarding Yourself Against the Heat .....17

A quick guide to some common heat related illnesses.

### Bridging the Intergenerational Gap .....18

A series of creative workshops around Chaddesden addressing the theme of conflict.

### Where There's a Will, There's a Way. ....20

Why making a Will is an investment for the future.

### Charity Shops .....22

Age UK Derby & Derbyshire charity shops supported the Nutrition and Hydration week.

### In the Kitchen. ....26

One of Mary Berry's favourite summer recipes – Malted Chocolate Cake.

### In the Garden .....29

Summer gardening tips.

### Would You Benefit from Day Services? .....30

Sybil Levin Centre provides a range of services and activities for older people.

### What's On .....36

Local events and activities across Nottinghamshire and Derbyshire.

### Performance at Buxton Opera House .....37

Age UK is supported by the High Sheriff of Derbyshire.





## 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 your Summer Edition of EngAGE!

You'll find this issue full of ways to make sure you have a great summer, including one of Mary Berry's favourite summer recipes, how to safeguard yourself against the summer heat and some summer sun safety tips to protect yourself during the hot summer months. Not forgetting some useful summer gardening tips for those with green fingers.

On a more serious note, Christina Yardley of Actons Solicitors offers some great advice about why making a Will is an investment for the future.

We've also got a spectacular performance – 'The Pirates of Penzance' at Buxton Opera House which you could support and watch. In addition, we looked at the active role that many grandparents play in caring for their grandchildren and things to do with your grandchildren this summer.

And for those who love to go out and about this summer, why not take a look at the What's On section to see what activities you could enjoy.

Have a lovely summer!

*Angel*

Angel Child  
Editor

# ADVOCACY

..... *How can it help me?* .....

## Well, have you ever felt unable to speak up for yourself in a situation?

Perhaps you:

- are experiencing difficulties raising an issue you are worried about? Maybe with a housing association or the local authority?
- are in a care home and are concerned about aspects of your care?
- are going to see your doctor or have a consultant's appointment and need someone to help give you a voice?
- need help to make a complaint to someone?
- need help to contact social care services?

Do you need someone to help you find out sources of information and talk through a difficult decision?

Even the strongest of us at some time in our lives would benefit from someone speaking up for us – that someone would be an Age UK Notts advocate.

We work throughout the whole of Nottinghamshire (both City and County) and will visit people who need advocacy assistance whether they are in their own home or perhaps in hospital or a care home.

Our advocacy services are free, confidential and totally independent – they are there for you and will only act on your instruction. They will respect

your wishes even when you feel those around you aren't listening and they won't judge you or tell you what to do.

Getting assistance from an advocate is very easy and you can refer yourself, or you can be referred by your family and friends, as well as by professionals such as social workers or occupational therapists.

We provide a community advocacy service through the Your Voice, Your Choice Advocacy Service which supports people who are 18 years and over (if they meet one or more of the following criteria – mental health, learning disability, dementia, physical or sensory impairment) and the service is accessible to all older people aged 65 or over.

Our advocacy team assist a large number of clients who are needing support around benefits and finance issues, and also those who need helping communicating with other agencies. However our work is very varied; from supporting clients at safeguarding meetings; helping people raise issues with private contractors in respect of the provision of goods and services, housing associations, energy providers; supporting clients at meetings with hospital consultants; support around immigration issues; and signposting to other specialist services, to name but a few.

*"I found the advocate most friendly and very professional. The really good thing is that I was not made to feel stupid or inadequate in asking for help."*

*"This service got me the help I so desperately needed and I cannot praise it enough."*

In Nottingham City, Rushcliffe and Broxtowe we have dedicated Residents' Representatives who work in care homes and they may be able to help if:



- you have questions about any aspect of your care, including financial matters
- you need support with any issues relating to any aspect of your life
- you want someone independent to speak on your behalf.

They provide advocacy support to both residents and their relatives and this can be provided on a one-to-one basis, in groups, and also through attending residents and relatives meetings.

Residents' Representatives often find themselves assisting clients with issues around finances, care fees, power of attorney or deputyship, self-funders applying for benefits, decisions around choosing another care home. They also help give residents a voice, ensuring that they have their wishes respected in terms of choices and preferences around day-to-day matters such as food, personal care and activities.

*"I now feel confident to ring my Resident's Representative on any issues I may have at mum's care home and know that I will get the support."*

*"I could not have applied for deputyship or got through to the people I needed without your help."*

We also have dedicated Patients' Representatives who provide an advocacy service at the Queen's Medical Centre (Health Care of the Older Persons' Wards), Lings Bar and Kings Mill Hospitals. They can help you if you:

- are worried about an aspect of your hospital stay
- need support during a time of crisis
- need general information on possible services or benefits you might be entitled to.

Our Patients' Representatives can help liaise with the hospital staff and social services to ensure that your discharge back home or into a care home run smoothly and your voice is heard throughout the process. They can provide you with information regarding services which can support you in the community once you are back home.

*"The service I received was superb... it met my needs in every way. Without it I couldn't have managed and couldn't have made the right decisions without advice from the Patients' Representative."*

*"When I met my Patients' Representative I was at a very low point. I broke down in her office and this was the first time I admitted I needed help. The advocate phoned the care home... and got the ball rolling... from that day on the Patients' Representative has been a Godsend to me and my family and has helped in things that I alone could never have achieved."*

Here is an example of how one of our advocacy team assisted a client with several issues:

The client had limited mobility and needed a rotunda to transfer. She was referred into the Your Voice, Your Choice service just prior to leaving hospital. The initial referral was around her needing community advocacy to support her to access specialist debt and financial services. The advocate arranged to visit the client after being discharged from hospital and found her in a very distressed state. The client expressed that she felt she wasn't managing well at home with her care package and that she wanted to go into a care home. She informed the advocate she had been sleeping in her chair because she didn't feel safe in the electric profiling bed she had been sent home with. The care package wasn't working and meant she had to wait a long time to get her breakfast and morning medication. This also caused problems regarding personal care as she is reliant on carers for all aspects of her daily living.

With the client's consent the advocate telephoned social services and

the district nursing team to ask for an emergency visit to assess for continence pads and equipment for the bed, as well as assessing her current situation as she was at very high risk of developing pressure sores.

After the advocate had alerted the various services it was arranged that the district nurse would visit the client that day and social services would liaise with the care provider and get the hours changed to a more suitable time to meet her needs.

A couple of days later the client told the advocate that since her involvement, things were a lot better and she felt able to now stay at home with a supportive care package. Our input help avoid an urgent care home or hospital admission.

Subsequently the advocate has supported the client with her original issues of needing to access specialist debt and financial advice which has been achieved by arranging a home visit by the Citizen's Advice Bureau. The advocate also liaised with the client's General Practitioner (GP) to arrange for a referral to wheelchair services as she was otherwise housebound.

This is just one example of how our advocacy service has made a big difference to someone's life.

Please do not hesitate to get in touch with us to find out how our advocacy services can help you – no problem is ever too small, and no question is ever 'silly' – we are here to help!

### Contact Numbers for our Advocacy Services:

Patients' Advocacy Service: Sherwood Forest Hospitals **01623 622 515 ext 4675**

Patients' Representative Service: QMC **0115 924 9924 ext 66013**

Residents' Representative Service: Broxtowe **0115 855 3382**

Residents' Representative Service: City Care Homes **0115 919 44 880 or 877**

Residents' Representative Service: Rushcliffe Care Homes **0115 855 3382**

Your Voice, Your Choice: **0300 020 0093** (local rate number)

Age UK Derby & Derbyshire also have an advocacy service operating in Derby City, Amber Valley and Erewash. Call **01332 343 232** for more information.



# Emergency help, at the press of the button

*Do you know someone who has suffered from falls in and around the home or has an illness that leaves them feeling insecure?*

*First 4 Support's Call Monitoring service can help keep elderly and vulnerable people independent in their own homes.*

For more information call us on  
Tel - **01623 608990**  
or Email  
[First4Support@ashfieldhomes.co.uk](mailto:First4Support@ashfieldhomes.co.uk)



**First 4 Support**  
*"Delivering Excellent Housing Services"*

**FREE**  
INSTALLATION

**24hr** 365 day  
Emergency Help

FROM  
LESS  
THAN **£3** per week  
excluding VAT

**CALL NOW FOR  
MORE INFORMATION  
01623 608990**



# First 4 Support is dedicated to providing services that enable people to remain independent and confident in their own homes.

Our Call Monitoring service uses state of the art (and yet simple to use) equipment to make sure that you are covered in the event of an emergency. By pressing the red button on the Lifeline unit or pendant you are instantly connected to our 24 hour Support Centre, where our trained operators can quickly get you the help you need.

For the weekly monitoring fee of £2.84 per week (plus VAT where applicable), you will receive:

- An easy-to-use Lifeline that connects you to our First 4 Support Call Centre at the touch of a button
- A pendant that can be worn around the neck or wrist, that includes a small red button that can be pressed to activate the Lifeline from up to 50 meters away
- Instant connection to one of our efficient, friendly Support Centre Officers who can quickly get you any help you may need 24 hours a day, every day of the year
- Free installation and rental of the Lifeline kit - we do not ask you to purchase the equipment like many other providers do
- A free repair or replacement service if your Lifeline is not functioning as it should
- A 6-monthly visit to check that the equipment in your home is working as it should and to check that the information we have on your file is correct and up-to-date
- Welfare check calls from one of our Support Centre Officers following any requests you have made for the Emergency Services, or any falls or illnesses you may have had

**All calls to our Support Centre use a Freephone number, so it won't cost you anything to make an emergency call.**

**If you think our services may benefit you or someone you know, please telephone our Support Centre today on **Tel - 01623 608990** (open 24 hours a day)**

# In the Community

## Age UK Notts Kindred Spirits Concert at the Nottingham Contemporary

Kindred Spirits members showcased their singing talent on Monday 9th February at the Nottingham Contemporary. A culmination of a year's worth of Sing & Smile sessions paid off as the concert was very warmly received by the audience.



Age UK Notts Chief Executive, Mick Tinkler, opened proceedings which saw members sing for well over an hour altogether. At one point, the performers were joined by the very young choir from Berridge Junior School, Hyson Green, who melted some hearts!

Singing instructor Jane Ashworth worked her magic during the Sing & Smile sessions and at the concert she was awarded with flowers and chocolates from the performers and Age UK Notts to show everyone's appreciation of her hard work and dedication.

The Sing & Smile sessions have been the most popular activity to be offered as part of the Kindred Spirits activity programme and were funded by the Big Lotto and Broxtowe Borough Council. Plans are afoot to offer more sessions in the near future as we have had so many requests to continue them.

For more information about Kindred Spirits, which is celebrating its 20th anniversary in 2015, please call the team on 0115 841 4473 or email [membership@ageuknotts.org.uk](mailto:membership@ageuknotts.org.uk).

Alternatively you can visit the 'Make Friends and Enjoy Activities' section of the Age UK Notts website at [www.ageuknotts.org.uk](http://www.ageuknotts.org.uk).



## Dalesmen Male Voice Choir Fundraising Concert

Dalesmen Male Voice Choir held a fundraising concert, raising money for Age UK Derby and Derbyshire, Treetops Hospice and Rainbows Hospice. The enchanting sound of the Choir was joined by guests, the Brewood Singers, who presented a wonderful evening of song at Derby Cathedral on Saturday 21st March 2015.

It was an inspiring evening with music to suit all tastes, ranging from Mozart to Lloyd-Weber, from traditional to modern, from reflective to upbeat.

The choirs presented their own pieces and then joined together for a mass choir at the end. The evening also featured two soloists – Anne McGregor on the piano and soprano, Alicia Hill. Everyone had a good evening.

Age UK Derby & Derbyshire would like to thank the Dalesmen for their continued support.

## Charity Football Match

At the end of every football season, Revolution FC hold a charity match against the winners of their league – the Sunday Afternoon Derby City League. Age UK Derby & Derbyshire was chosen as the recipient of this year's match due to close relationships between one of the players and his grandmother.

On Sunday 29th March, the match took place with Darley Corn Exchange

who won the match 3-2. Revolution FC manager, Louis Brough, commented after the match that "Their manager, Malcolm Chesters, and I have been managing the teams there for several years now and always have great games together and in the right spirit."

Each player did their own fundraising before the game, and at a meal after the event, it was confirmed that £340 had been raised. Age UK Derby & Derbyshire is very grateful for the kind donation from this fun and unique event.





# 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



Our latest home is **CANAL VUE**  
Ilkeston, Derby DE7 8JF



**MELBOURNE HOUSE**  
Aspley, NG8 5RU



**ALEXANDRA HOUSE**  
Eastwood, NG16 3GP



**BELLE VUE LODGE**  
Mapperley, NG3 5FS



**PARK HOUSE**  
Bulwell, NG6 8SB

*"Exemplary and proficient nature of staff ensconced in a culture of love and compassion, friendliness with an indefatigable indomitable attitude. It's awesome."*

**Maxine T, relative at Canal Vue**

*Eastgate Care, an established local company, celebrating 25 years providing Care – 2015*



For all care homes -

**Tel: 0115 979 1234**

**The White Swan**, Head Office & Training Centre, Notts NG6 0GD  
Email: [enquiries@eastgatecare.co.uk](mailto:enquiries@eastgatecare.co.uk) • [www.eastgatecare.co.uk](http://www.eastgatecare.co.uk)







**The role of a grandparent has changed dramatically and it is important to recognise the crucial and active role that many grandparents play in caring for their grandchildren.**

An increasing number of grandparents provide childcare for their grandchildren on a regular basis, as times are tough financially and childcare costs can be very expensive. Either both parents have to work or the grandchild has a single parent who needs employment.

According to a 2011 research by Age UK, grandparents are estimated to save parents £33 billion a year through providing childcare. Whilst grandparents are often more than happy to help out and want to do the best they can, many recognise that they don't have the energy they had when bringing up their own children. The demands placed on doting grandparents can be very intense and can cause family friction if the grandparents role is taken for granted.

Life is very different for families today compared to when the older generation were bringing up their own children. There are completely different resources available, technology has changed and families are more spread out. Even tried and tested methods of reward, encouragement or discipline may not work and so grandparents need to think of other ways to engage with their grandchildren. There are lots of ways

of keeping children occupied without having to spend lots of money, so share ideas and experiences with your friends and family who are in similar positions.

There are many groups who cater for parents and toddlers, and it is worth looking at what is available in your area. Some grandparents feel welcome at these and others don't, so it is worth looking at a few. They are many different types of groups including music, dance, drama, storytelling, crafts, and nature activities so best to look at something that you think you can put up with as well as something that will engage the grandchildren!

Children often love cooking and getting involved in food preparation, so even if you don't have many kitchen skills yourself, simple biscuits, fairy cakes or even decorating a pizza can keep children entertained.

It is true that children will often play more with the box or wrapping paper than the gift, so get lots of empty boxes of different shapes, some glue, paint and other craft items and see what your grandchildren can create.

Attractions and indoor play areas are fun but they can be costly. There are many that offer membership at a reasonable price if there was somewhere local that you wanted to go regularly. Some attractions will give you unlimited access for a year when you buy a ticket so these are worth looking out for (e.g. Crich Tramway Museum,

Magna Science Centre in Sheffield, or Leicester's National Space Centre).

For some grandparents they feel isolated and lonely as 32% of grandparents aged 65+ only see their grandchildren once a month or less. This can be either because of distance or family breakdowns. The organisations listed below will also be able to help with legal matters or advice on long-distance relationships and making it work.

There are places to turn for advice from experts, support from other grandparents or share your own stories to let off steam:

### **The Grandparents' Association**

The Grandparents' Association is twenty five years old this year and they support all grandparents and their families. They not only celebrate the joys of grandparenting, but they offer a helpline with expert advice, whatever the problem. You can call them on **0845 434 9585** or visit the website [www.grandparents-association.org.uk](http://www.grandparents-association.org.uk).

### **Gransnet**

This is an online resource and forum where people get to share their experiences and learn from others. Packed with ideas, activities and topical discussions, there will be something for everyone. See [www.gransnet.com/grandparenting](http://www.gransnet.com/grandparenting).



# 20 things to do with your grandchildren this summer

**Today's grandparents are more actively involved than ever as childcare providers, weekend hosts, live-in family members and visiting playmates. Find some fun ideas for activities to enjoy with your grandchildren next time you're together. There's something for every grandparent and grandchild on our list of summer activities.**

- 1** Find volunteering opportunities. Either helping people out of the heat or something outdoors. It's a great season for turning the kids onto helping others less fortunate.
- 2** Go on a nature walk. Pointing out bugs, trees, birds and butterflies. Bring along your binoculars.
- 3** Make a shoebox guitar. Take a shoebox and cut a hole on one end of the box. In the hole, insert a kitchen towel roll (minus the kitchen towels, of course) and tape it in place. This makes it look like the neck of a guitar. Take 4 or 5 rubber bands of various widths and lengths and stretch them lengthwise over the lid.
- 4** Write a letter to the Queen or an elected official. Children, these days, have a lot on their mind, no matter how old they are. Encourage your grandchildren to express their concerns about life, the environment, gas prices or even just to say "great job" (if that's how they feel) – by writing to the Queen, your local MP, or Councillor.
- 5** Play a board game. Take your pick! On a rainy day or at the end of a long day, sit down and play a game of Monopoly or Snakes and Ladders.
- 6** Bowling alley with bottles. Need: One round, heavy ball such as a basketball or a football and 10 empty plastic bottles. Fill each bottle about  $\frac{1}{4}$  full with sand or water, making them just heavy enough to stand up but just light enough to be knocked down by the ball. Find an area for your alley, such as a driveway or a flat, grassy area or even a long, furniture-free hallway in the house. Set up the bottles in the traditional bowling pin grid.
- 7** Ride a bike. Ride to someplace new or show your grandchildren around your neighbourhood.
- 8** Organise photos into albums. Not only is this a perfect way to save memories, but there's no wrong way to do it. You can create one for each family member or put albums in chronological order or even theme them by events (Birthday, Halloween, Christmas). Record dates, names and places by each photo.
- 9** Take a hike. More and more grandparents are joining their grandchildren in getting outdoors and staying fit. A hike is a good way to do just that, as well as to spend time together.
- 10** Go on a picnic. Even if you travel no further than your back garden. Set out a blanket and bring portable music and a Frisbee.
- 11** Teach your grandchildren a hobby you love. For example crocheting, knitting, guitar, woodworking, cooking etc.
- 12** Go to a farmer's market. Making a game out of finding one item for each letter of the alphabet (apples, broccoli, carrots, etc.).
- 13** Collect seashells at the beach. Later, paint them using watercolours and give them out as favours at the next family dinner.
- 14** Cut up pillowcases for costumes. Your natural reaction is probably not to ruin the perfectly good pillowcases. But they happen to make great costumes, such as a superhero, ghost, domino, playing card, Greek goddess or warrior, and more. Glue on felt pieces for the pattern instead of using markers.
- 15** Play pretend store. Set up a room to resemble a supermarket and have your grandchildren 'shop' for items. It's an easy and great way to teach them a variety of lessons – from shapes and colour and sizes, to various food groups and healthy food choices, to addition and subtraction and the value of money.
- 16** Go to the park and take a walk and relax.
- 17** Go camping at your local woods, a scenic campsite or even your backyard.
- 18** Play spin the globe. Close your eyes, spin a globe and stick your finger on a spot. When it stops, talk about the destination and what it would be like to live there.
- 19** Play tongue twisters. How much would a woodchuck chuck if a woodchuck could chuck wood? We have no idea. We're still trying to figure out why Peter Piper picked a peck of pickled peppers.
- 20** Draw a life-size self-portrait. Using a large roll of paper spread out on the floor, have your grandchild lie down on it and then you trace around him/her using a black marker. Then switch, and have fun him/her trace you. Grab a mirror and fill in the features of your face with crayons and markers. Colour in the clothing, and then hang the picture on the wall or the front door.



# We are proud to introduce Nottingham Care Village



0115 9209328

Located in the 'Dumbles', near Gedling Country Park, Nottingham Care Village is situated in an idyllic setting surrounded by four acres of countryside.

The home is currently undergoing a complete refurbishment under the guidance of an award winning Dementia Care interior designer. All of our 58 rooms will be furnished for residential and dementia care with 7 assisted living apartments available. The home will have a variety of communal areas including a conservatory, central courtyard, and a hair salon with therapy facilities. Our in-house catering will offer a varied menu and there will be a choice of additional smaller dining areas to accommodate personal preferences.

Our qualified staff will provide continuous care whilst being supported with ongoing training. We recognise that good staff are key to any organisation and we want them to feel valued and part of a team at Nottingham Care Village. We will continuously focus on improving and developing the qualities of care, hospitality and choice we offer. Our aim is to provide a person centred care approach thus ensuring that our residents feel safe in their surroundings and their individual needs are met.



Our activities programme will be tailored to meet the individual and varied interests of our residents.

We will welcome input from our residents relatives on special interests and hobbies they like and will, where possible, ensure that we can include these. We will provide fully supervised visits to local attractions and other places of interest.



All residents will receive personalised care and we will aim to provide as much choice as possible in their daily living within the home. Family is very important to us at Nottingham Care Village and we will actively encourage family and friends to spend as much time as they wish with their loved one. As with any home, it is the little touches that make the difference. We will encourage our residents to bring some of their own treasured possessions with them such as ornaments and pictures.

Our objective is to support residents in maintaining their independence.

At Nottingham Care Village we aim to provide a home from home environment for our residents.

All enquiries are welcome. Short term stays and respite care are available.

## WE ARE NOW RECRUITING STAFF!

Please feel free to make an appointment or simply call in and our staff will be happy to help you.  
Nottingham Care Village, 168 Spring Lane, Lambley, Nottingham, NG4 4PE  
Telephone: 0115 9209328 Email: [info@nottinghamcarevillage.co.uk](mailto:info@nottinghamcarevillage.co.uk)



# 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](http://www.homeinstead.co.uk/nottingham)**

# Summer Sun Safety Tips

Summer is here! We want to be outside, sunbathing, swimming or just barbequing in the back garden. Whilst summer means fun in the sun, make sure you avoid the consequences of overexposure to the sun like sunburn, premature aging of the skin, wrinkling and skin cancer.



## Sun Facts

- \* The hours between 10am and 4pm are the most hazardous for ultraviolet (UV) exposure.
- \* Any visible tan on your skin that differs from your natural skin colour is sun damage; the deeper the colour, the worse the damage.
- \* All skin colours are susceptible to skin cancer, not just fair skin.
- \* Most skin cancer is caused by sun damage that occurred before the age of 20.
- \* You can get melanoma (the most common form of skin cancer) on your scalp.
- \* The sun can cause numerous eye problems such as cataracts and pterygia (growths on the surface of the eye).
- \* 90% of fine lines, wrinkles and brown spots on skin are caused by sun damage and could have been prevented.

## How to protect yourself:

### Sunscreen

- \* Use sunscreen with sun protective factor (SPF) 15 or higher, and both ultraviolet A (UVA) and ultraviolet B (UVB) protection.
- \* Sunscreen wears off. Remember to

reapply every two hours, especially if you are swimming or sweating.

- \* Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

### Clothing

- \* Wear clothing to protect exposed skin.
- \* Loose-fitting long-sleeved shirts and long trousers made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one. Darker colours may offer more protection than lighter colours.
- \* Ultraviolet Protection Factor (UPF) is a rating generally used for clothing and other fabrics that protect you from the sun. It indicates what fraction of the sun's UV rays can penetrate the fabric. A shirt with a UPF of 50, for example, allows just 1/50th of the sun's UV radiation to reach the skin.
- \* Keep in mind that a typical T-shirt has an UPF rating lower than 15, so use other types of protection as well.

### Hats

- \* For the most protection, wear a hat with a wide brim (3-inch or greater) all the way around that shades your

face, ears and the back of your neck. It also covers the scalp where it is difficult to apply sunscreen.

- \* A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sun light through. A darker hat may offer more UV protection.
- \* If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

### Sunglasses

- \* Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
- \* Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- \* When you're shopping for sunglasses, choose a pair that has one of the following:
  - The CE Mark and British Standard (BS EN ISO 12312-1:2013)
  - A UV 400 label
  - A statement that the sunglasses offer 100% UV protection
- \* Think about the side of your eyes, and consider sunglasses with wide or wraparound arms.





# Safeguarding Yourself Against the Heat

**Very high temperatures can present a risk to health, and older people can be particularly susceptible to heat-related illness. Here is a quick guide to some common heat related illnesses. Seek medical advice if you are concerned about any of these symptoms.**

## The sun and skin health

You should not be exposing your skin to the sun for long periods, as this can lead to sunburn and make you more susceptible to skin cancer. Apply sunscreen frequently (of at least SPF 15 with four or five stars), wear a hat and choose sunglasses that offer 100 percent UV protection.

## Dehydration and overheating

Extreme heat and dry conditions can cause dehydration and overheating in the body. Watch out for certain signs – particularly for muscle cramps

in your arms, legs or stomach, mild confusion, weakness or sleep problems. If you have any of these, rest in a cool place and drink plenty of fluids.

## Heat exhaustion

Heat exhaustion symptoms include headaches, dizziness, nausea or vomiting, pale skin, heavy sweating and raised temperatures.

If you have any of these symptoms you must, if at all possible:

- \* find a cool place and loosen tight clothes
- \* drink plenty of water (do not try to give fluids to anyone who is unconscious)

## Heatstroke

Heatstroke can develop if heat exhaustion is left untreated, but it also develops suddenly and without warning. The symptoms include hot and red skin, headaches, nausea, intense thirst, a high temperature, confusion, aggression and loss of consciousness. Heatstroke is life-threatening so call 999 immediately if it is suspected.

## Moisturiser

- \* Use a daily moisturiser for your face that contains an SPF of at least 15. The skin on your face is more sensitive to sun damage than the rest of your body.

## Shade

- \* Seek shade, especially around midday.
- \* You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside – even when you're in the shade.

## Antioxidants

- \* Antioxidants provide some protection against the sun's UV rays. Fill up on fruits and vegetables, and drink plenty of green tea this summer for maximum protection for your skin.

## Reflective surfaces

- \* Reflective surfaces, such as water, snow, and sand increase your risk of sun damage because these surfaces reflect up to 85% of the sun's UV rays. If you can't avoid them, make sure every exposed body part has sunscreen, and remember to wear a hat or a cap to protect your skin.



# BRIDGING THE Intergenerational Gap

**“We are not governed by our age. As long as we have enthusiasm we can achieve anything and have a whale of a time doing it!” said Irene, choir member.**

In order to bridge the gap between generations, funded by the Big Lottery Fund a series of creative workshops around Chaddesden, Derby brought together young and old addressing the theme of conflict. The project was the idea of Teresa Williams who runs the Age UK Derby & Derbyshire centre in Chaddesden Park. Teresa had the vision of uniting the age groups in the local community in a spirit of co-operation, respect and mutual understanding using drama, creative writing and music.

At one of the workshops, the participants were taught how to act out a fight scene by Paul Broesmith and Ben Adwick from Lost Boys Productions, Derby. This was particularly enjoyed by all who created a very realistic-looking brawl focusing on how easy situations can escalate into violence. Everyone really got into the role and surprisingly enjoyed the freedom of



being able to pull hair, punch, slap and even strangle each other without anyone getting hurt! The intense, realistic anger that was portrayed in the fight scene was easily superseded



by laughter as the drama came to an end, having brought people together in a way that they would not ordinarily have done so.

“Whilst there were initial concerns about whether everyone would get involved” says Paul Broesmith, “it was actually easier working with the older people who were keen, reliable and excited to be doing something they would never have done before. It was incredible seeing how everyone’s confidence and self esteem grew.”

Other workshops featured Joe Brown and Dan Williams from Gateway Soundz who run the Rock of All Ages choir at the Chaddesden Centre. They have helped mixed-age groups write songs and play in their own band to accompany the songs. Both Joe and Dan have enviable enthusiasm and ability to relate to all ages, putting everyone at ease. Joe said that “People have to take risks, go for it and take a chance in trying something new.” which is clearly what has happened in Chaddesden this year.

Many of the workshop participants commented on how much they have learned by being taken out of their comfort zone and working with each other where often the only time the

generations might normally mix is within families. The performance elements offered a welcome form of escapism from all the personal pressures people face.

The Chaddesden Centre has hosted some of the workshops along with Lees Brook Community Sports College and Chesapeake Community Centre. Over 300 people have been involved in the project in various ways and will be performing what they have learnt at a concert with the Rock of All Ages choir on the 27th of June at Lees Brook School (see ‘What’s On’). Conflict affects us all but with goodwill, friendship, understanding and tolerance it can be overcome.



For more information, please visit:  
[www.ageuk.org.uk/derbyandderbyshire/chaddesden](http://www.ageuk.org.uk/derbyandderbyshire/chaddesden)



## What would you say about **YOUR** recent care?

Healthwatch are the independent voice for people accessing Health and Social Care. We want to hear what you think about local services, whether it be praise, criticism or ideas for improvement. These services could include: GPs, hospitals, dentists, or any other NHS service, as well as social care funded services, such as: care homes, home care, respite care or children's centres.

We help you get the best from local services by listening to your comments and experiences. We then speak with the people that pay for and provide services to let them know where things are either going well or where improvements can be made.

### What we will do with your comment.....



**Contact your local Healthwatch today to have your say about YOUR local Health and Care services**

If you live in  
Derbyshire

☎ 01773 880786

✉ [enquiries@healthwatchderbyshire.co.uk](mailto:enquiries@healthwatchderbyshire.co.uk)

🌐 [www.healthwatchderbyshire.co.uk](http://www.healthwatchderbyshire.co.uk)

If you live in  
Nottingham City

☎ 0115 859 9511

✉ [info@healthwatchnottingham.co.uk](mailto:info@healthwatchnottingham.co.uk)

🌐 [www.healthwatchnottingham.co.uk](http://www.healthwatchnottingham.co.uk)

If you live in  
Nottinghamshire

☎ 0115 963 5179

✉ [info@healthwatchnottinghamshire.co.uk](mailto:info@healthwatchnottinghamshire.co.uk)

🌐 [www.healthwatchnottinghamshire.co.uk](http://www.healthwatchnottinghamshire.co.uk)



# WHERE THERE'S A WILL, THERE'S A WAY



*Why making a Will is an investment for the future*

**actons**  
solicitors

**Worryingly, it is estimated that as many as 70% of people die in the UK without making a Will. Christina Yardley, Solicitor of Nottingham law firm Actons Solicitors explains why you need to be part of the 30% that do!**

## What is a Will?

A Will is an important document that specifies what will happen when you die. Making a Will offers lots of opportunities not only to make gifts to your loved ones in the most effective way but to minimise the tax you will pay on your death and to prevent unnecessary family disputes.

Unfortunately, you cannot simply just write down your wishes or tell people what you want because special legal formalities have to be complied with for your Will to be binding. If this is not done correctly your Will is not worth the paper it is written on. In law everyday words can have a very different meaning and so it is all too easy to create a Will that is not what you want. Because a Will is arguably the most crucial document that you will ever make it is important not to do it yourself

but to seek qualified legal advice to ensure that you get it right and that your family and loved ones are protected.

## What can I include in my Will?

- Your choice of Executors. These are the people who will organise everything;
- Your choice of Beneficiaries. These are the people who will inherit your money, personal items and home;
- Your choice of Legal Guardians to look after any children you may have;
- Gifts to children and the age they will inherit;
- Special arrangements for vulnerable or disabled beneficiaries where their benefits are protected;
- Special provisions to fairly look after your current partner and children from previous relationships;
- Provision for your pets, if you have them;
- Your detailed funeral instructions

including service and organ donation;

- Gifts to charities;
- Gift of your business;
- Gift of foreign property.

Making a Will is an investment for the future as it ensures that the people you care about are looked after and that your wishes are respected.

## The importance of reviewing your Will

The law changes and so may your own personal circumstances such as your marriage or divorce, a new family member you want to provide for or even an increase or decrease in your





personal wealth. It could be that a beneficiary has died or you have lost touch with them. Sometimes a change in circumstances may mean that you need a new Will or an addition to your existing one, known as a Codicil.

If in doubt always take qualified legal advice and do not leave it to chance. Many solicitors will conduct a Will review for you free of charge.

Often a will review is a valuable opportunity to improve existing Wills. A good example of this is where a husband and wife have simply left everything to each other when they die; completely unaware they can create a trust will that will substantially reduce the amount of care fees payable when one of them dies.

## Do I need one?

If you die without making a Will then the Intestacy Rules, not you, decide what will happen to

your assets and who will be appointed to organise everything. Sometimes the law and your wishes will be the same, many times it will not be and the results could be disastrous for those that you love and care about.

The intestacy rules can mean your spouse may not inherit your entire estate. Equally so, your children may receive nothing. Co-habitees and step-children will not automatically benefit. In some cases the government could even inherit your money.

Not having a Will can also cause a lot of expense and worry at a time when family and friends are grieving and they least need it.

## How a solicitor can help you

It is very important that you fully understand your Will and all the options available to you. A solicitor will provide you with easily understood and valuable advice. It does not have to be expensive.

They will also:

- Make sure that your Will achieves your aims;
- Ensure that the legal formalities are complied with and your Will is valid;

- Act as your Executor if you wish them to;
- Provide advice on family disputes;
- Many solicitors will also store your Will free of charge and send you a copy.

**Actons Solicitors are offering a discount to 'EngAGE' readers who wish to make a Will. Simply quote reference 'AGE UK' when contacting us.**

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

Contact us today to make an appointment or arrange a home visit on **0115 9100 200**.

**actons**  
solicitors

20 Regent Street  
Nottingham  
NG1 5BQ

Telephone: 0115 9100 200

Email: [christina.yardley@actons.co.uk](mailto:christina.yardley@actons.co.uk)

Fax: 0115 9100 249

[www.actons.co.uk](http://www.actons.co.uk)

# Charity Shops

The Age UK Derby & Derbyshire charity shops supported the Nutrition and Hydration week activities in March, by creating food-themed window displays.



The displays featured food and items associated with eating as well as large posters giving some simple guidance to spot malnourishment in older people, including dentures not fitting properly or clothes becoming looser. The bold eye-catching displays enabled the large customer base to be made aware of this serious issue. The shop in Mickleover even made the local news after Jennie Butler, Manager, made and decorated lots of individual items of food out of salt dough.

The initiative was to support Derbyshire County Council's campaign to tackle malnourishment in older people. It's not something that's often talked about but is a very serious problem. Malnourishment and dehydration cause serious health problems, including infections, depression and falls. It's also a common cause of admission to hospitals and care homes and costs the taxpayer billions of pounds a year. Derbyshire County Council have produced a booklet: "How to eat well: a guide for older people who are underweight" which can be downloaded from their website:

[www.derbyshire.gov.uk/social\\_health/adult\\_care\\_and\\_wellbeing/health\\_and\\_wellbeing/malnutrition/default.asp](http://www.derbyshire.gov.uk/social_health/adult_care_and_wellbeing/health_and_wellbeing/malnutrition/default.asp).

Newly appointed Retail Manager for Age UK Derby & Derbyshire shops, Ray Gumbley said that "it was good that we were able to support this campaign as some of our customers would not be aware of the issues". Ray continues to be the Derby Services and Advocacy

Manager but has also taken on the responsibility for all the shops.

## Swadlincote Closure

At the end of March, the doors to the shop in Swadlincote closed for the last time. Many of the volunteers had been in the shop for a considerable number of years and were a dedicated and loyal team. The shop was enthusiastically managed by Jackie Cantrill who had worked there since 1996. The shop was always immaculate and presented to a very high standard and was well liked in Swadlincote. Although popular among the regular customers, the shop had suffered from intense competition with 10 other charity shops in town. Age UK Derby & Derbyshire would like to thank Jackie and the volunteers for all the hard work and dedication.

Age UK Derby & Derbyshire now have 8 charity shops in Chesterfield, Clay Cross, Duffield, Eckington, Heanor, Littleover, Mickleover and Wirksworth. Volunteers play a crucial role in the shops, and more are always welcome. It is a great way to meet new people and offer something back to your community. If you want to find out more about volunteering, please call 01773 768240 or visit [www.ageuk.org.uk/derbyandderbyshire/shops](http://www.ageuk.org.uk/derbyandderbyshire/shops).







**NOTTINGHAMSHIRE**  
**Fire & Rescue Service**  
*Creating Safer Communities*



**Derbyshire**  
**Fire & Rescue Service**  
*Making Derbyshire Safer*



# **PUSH** the **BUTTON** not your **LUCK**

Test **YOUR** smoke alarm  
**once a week**

If you struggle ask a relative,  
neighbour or friend to test it for you.

**WORKING** smoke alarms **SAVE LIVES**

[www.notts-fire.gov.uk](http://www.notts-fire.gov.uk)  
[www.derbyshire-fire.gov.uk](http://www.derbyshire-fire.gov.uk)



# ***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](mailto:info@treetopshospice.org.uk)**



# A.W. LYMN

## The Family Funeral Service

Personally owned and managed by the Lymn Rose Family



- Meet Jackie from our Nottingham office
- 24 Hour personal service
- Flagship fleet of Rolls-Royce and Bentley vehicles
- Pre-Paid funeral plans
- In-house memorial masons and florist
- Highly qualified and experienced staff

We have 25 offices in Nottingham, Derby, Mansfield and surrounding areas, we are available 24 hours a day, 7 days a week

*"Our family serving your family since 1907"*



AW Lymn Nottingham  
Robin Hood House  
Robin Hood Street NG3 1GF  
Tel: 0115 950 5875



f /awlymn | [www.lymn.co.uk](http://www.lymn.co.uk) | t /awlymn

## 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](http://www.coxbench-hall.co.uk) e.mail: [office@coxbench-hall.co.uk](mailto:office@coxbench-hall.co.uk)

# I found Life Again

 **ashmere**  
[www.ashmere.co.uk](http://www.ashmere.co.uk)



@ Ashmere Care Homes



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

T: 01623 441130

E: [Notts@ashmere.co.uk](mailto:Notts@ashmere.co.uk)

Great British Bake Off judge, Mary Berry, will be demonstrating at the Chatsworth Country Fair at the start of September (see What's On) and she has kindly supplied one of her favourite summer recipes for this edition. (Recipe taken from Mary Berry Absolute Favourites, Ebury Press 2015.)

**This cake is the perfect family treat, and a real crowd-pleaser. The malt extract gives a lovely creaminess to the sponge, while the malted chocolate flavour is echoed in the cake's topping.**

**SERVES 8–10**

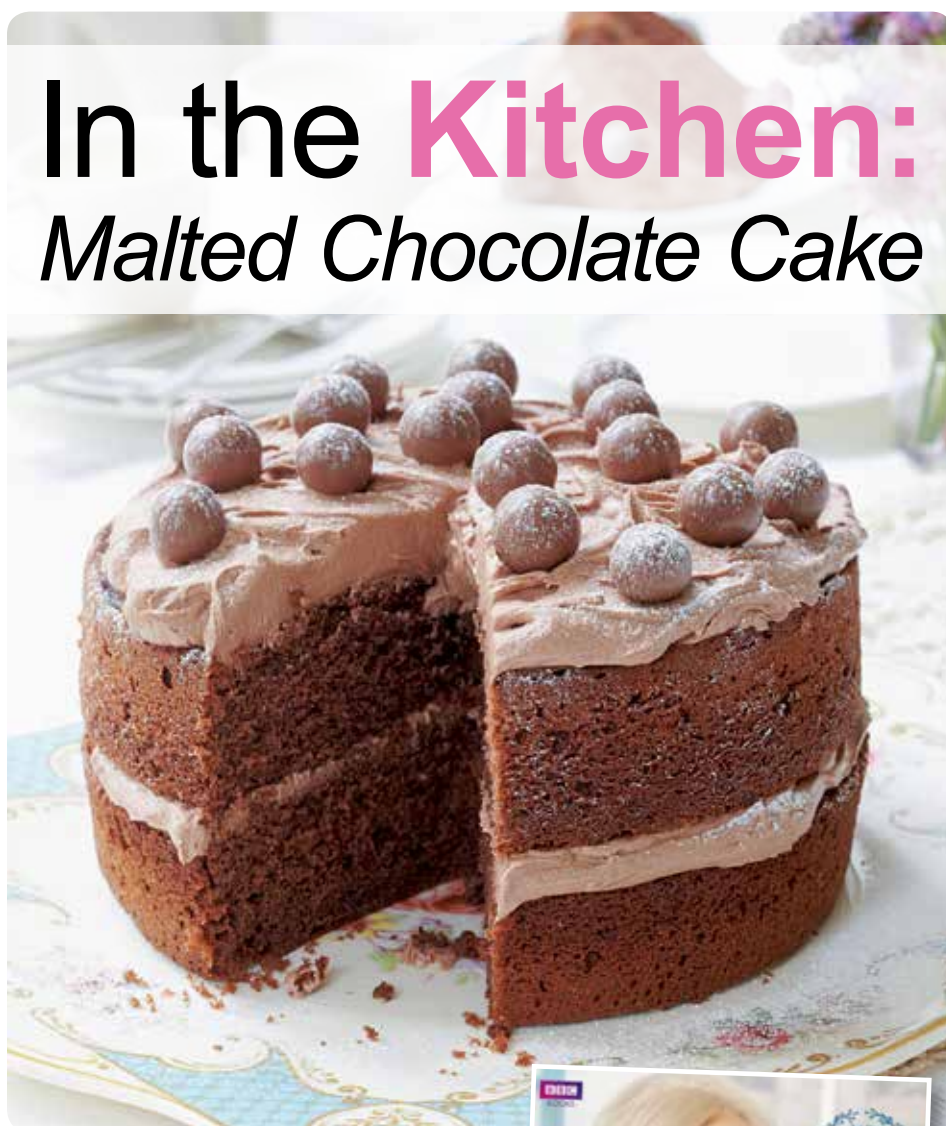
### For the cake:

- 30g (1oz) malted chocolate drink powder
- 30g (1oz) cocoa powder
- 225g (8oz) butter, softened, plus extra for greasing
- 225g (8oz) caster sugar
- 225g (8oz) self-raising flour
- 1 tsp baking powder
- 4 eggs

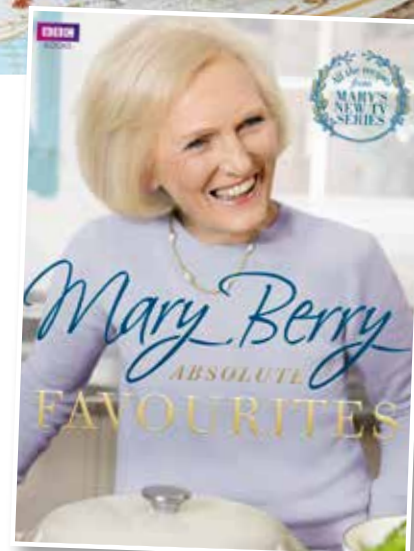
### For the icing:

- 3 tbsp malted chocolate drink powder
- 1½ tbsp hot milk
- 125g (4½oz) butter, softened
- 250g (9oz) icing sugar, plus extra for dusting
- 50g (2oz) dark chocolate (at least 50% cocoa solids), melted
- 1 tbsp boiling water
- About 20 Maltesers, to decorate

1. You will need two 20cm (8in) round sandwich tins. Preheat the oven to 180°C/160°C fan/Gas4 and grease the tins with butter and line the bases with baking paper.
2. Measure the malted chocolate drink powder and cocoa powder into a large bowl, pour over 2 tablespoons of water and mix to a paste. Add the remaining cake ingredients and beat until smooth.
3. Divide evenly between the prepared tins and bake in the oven for 20–25 minutes. Set aside in the tins to cool for 5 minutes, then turn out on to a wire rack to cool completely.



4. To make the icing, measure the malted chocolate drink powder into a bowl, add the hot milk and mix until smooth. Add the butter, icing sugar and melted chocolate and mix again until smooth, then add boiling water to give a gloss to the icing.
5. Place one cake on a plate and spread over half the icing. Sandwich with the other cake and spread (or pipe) the remaining icing on top, using the tip of a rounded palette knife to create a swirled effect from the centre to the edge of the cake. Arrange the Maltesers over the top and dust with icing sugar before serving.



### PREPARE AHEAD

The filling will remain soft and ready to use in a bowl covered with cling film for 2–3 days. The finished cake can be kept in an airtight container for up to a day.

### FREEZE

Freeze the cake and icing separately, then defrost at room temperature and assemble when ready to serve.



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](http://www.tradewindows.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”*




Business Directory  
Registered Member







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



**RJS**  
**INSTALLATIONS**  
Nottingham

PVC doors and windows  
Aluminium doors and windows  
Wood windows • Bi folding doors  
Soffit, fascia gutter • Kitchens • Joinery  
Building maintenance • Fencing • Decking

All soffit fascia jobs,  
come with a 50 year guarantee



**Freefoam**  
Building Products



**Registered  
Installer**

**Ryan: 07968583485 • 0115 8499079**  
**rjsinstallations@outlook.com**  
**rjsinstallations.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



**20  
YEAR  
GUARANTEE**



**Call 0115 971 7715 or visit [www.bsroofingnottingham.co.uk](http://www.bsroofingnottingham.co.uk) today!**



# *In the Garden:* Summer Gardening Tips

Summer is a time of beauty and abundance in the garden. But it's also a busy time, we have some tips on what to do in your garden to help you prioritise your workload.



## **Cutting strong growing hedges**

Hedges should be cut several times a year to ensure that they grow densely and evenly. After late July, you can start cutting your hedges again.

## **Sow fresh seeds on vacated patches**

In August the gardening year is almost over. However, some vegetables such as radishes, lettuce, rocket, winter onions and spinach can still be sown on vacated patches.

## **Staking and support**

Put stakes and supports for tall and herbaceous plant like peonies and delphiniums. This will prevent them from falling over or looking messy as they grow taller and heavy with blooms with the progressing season. Likewise, as climbers display new growth,

position them on a support system to maintain control over where they grow and prevent an untidy appearance.

## **Shape your boxwoods**

You should now cut back your boxwoods and other evergreens to preserve the details of boxwood or bushes which were cut in shape.

## **Remove dead flowers**

Remove wilted flowers from roses and perennials for aesthetic reasons and also to support formation of new flowering shoots. Some summer shrubs like larkspur, produce flowers a second time in autumn when they are cut back after the main flowering.

## **Divide shrubs**

Should the flowering of your spring and summer shrubs get weaker or should the blossoms get bald inside,

you can divide them up to give them a rejuvenating cure in August. The single parts should be as big as a fist. If they are planted at suitable locations, the shrubs will return in full blossom.

## **Watering**

Keep up with your watering especially as the very hot weather sets in. An inch of water a week is a good rule of thumb, so don't just sprinkle but water deeply to keep those roots digging deeper. Make sure you don't water before dark to avoid fungi problems, always water early morning or late afternoon.

## **Mowing**

Mow your lawn regularly, once or twice a week is a good average. The best time to mow in hot weather is in the evening. This prevents dehydration as the moisture in the ground evaporates faster through freshly cut grass.



## Would you benefit from **Day Services?**

### **The Age UK Notts' Sybil Levin Centre's purpose is to provide day care and support to older people.**

It provides a range of services and activities for older people, including specialist care for individuals with higher level needs e.g. for people experiencing dementia or people who are disabled.

Sybil Levin offers person-centred care that seeks to enhance the choices and independence of older people.

Sybil Levin is unique in offering supported services such as hairdressing and bathing. In addition, the centre is equipped to support those who are physically frail, have dementia or a disability.

Sybil Levin provides a range of stimulating activities, day trips,

nourishing hot meals and door-to-door transport to improve the wellbeing of older people. We also celebrate special occasions, holidays and festivals.

In addition you or your loved ones will be in safe hand as all our staff and volunteers are DBS (Disclosure Barring Service, formerly CRB) checked. With regular attendance and familiarity of the setting, Sybil Levin offers significant emotional, mental and social benefits to you or your loved ones.

### **What do we offer?**

- Specialist support for older people with higher levels of care needs
- Companionship, support and personal care such as bathing or hairdressing
- A variety of stimulating activities including arts and crafts, music and movement, and reminiscing
- Nourishing hot meals and refreshments
- Door-to-door transport via our specially adapted minibus
- Drop-in sessions

### **Who is this service for?**

Anyone aged 55+

### **How is this service delivered?**

Via experienced staff and volunteers who are DBS checked.

### **How much does this service cost?**

Prices vary according to your individual needs. You may use your Personal Budget as determined by the Council or self-fund.

### **Where is this service delivered?**

The Sybil Levin Centre  
577a Nuthall Road, Cinderhill  
Nottingham NG8 6AD

Age UK Derby & Derbyshire offers day care in Bakewell, Hlland Ward and Hope Valley. Call **01629 813 221** for more information.



## A true story about Mr and Mrs Williams\*

Mr Williams had an accident a while back whilst he was repairing the roof at home. The ladder slipped and he fell on his head. His family thought he was not going to pull through but he did. Unfortunately, the accident left him with a degree of brain damage.

His wife, Mrs Williams, was struggling to look after him as Mr Williams could neither talk or walk. He was also demotivated and very low in mood. Mrs Williams heard about the Sybil Levin Centre and arranged for a visit with Mr Williams. She fell in love with the centre and Mr Williams started attending the centre. But it was hard to tell if he would settle as he did not talk to us, though he was watching the other service users.

When it came to home time, Mr Williams refused to get onto his wheelchair. We took this as a good sign as he did not seem to be in a hurry to leave the centre and we were determined to help the family. We persevered and eventually he started to say the odd word and joined in a few activities and he even tried to walk.

As time progresses, Mr Williams no longer uses his wheelchair but a walking aid to get on and off the bus, he joins in all the activities and speaks to everyone in the centre. In fact, he is a real joker!

Now, Mr Williams attends the centre twice a week and Mrs Williams is so grateful of the break she is able to get in looking after him full time.

Mr Williams' family are so thankful to the centre and cannot believe the change in him. The Williams' family often donate goods to the centre to show their appreciation.

For more information or to access this service, please contact Michelle Sanderson on 0115 978 0011.

*\*The names of the service users have been changed to protect their identity.*

# GRANDPARENTS WORDSEARCH

All the names listed below are names people call their grandparents in English, or some other languages used in the region.

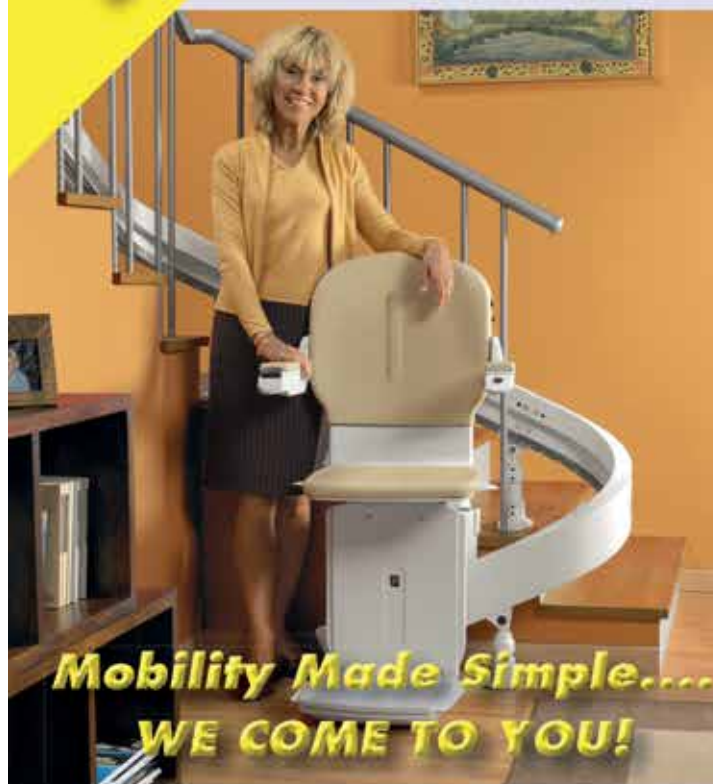
|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Z | I | G | R | A | N | H | J | G | O | P | A |
| D | G | R | G | N | G | I | N | W | E | R | G |
| G | R | A | N | D | M | O | T | H | E | R | B |
| R | C | N | O | A | D | G | M | H | T | G | O |
| A | N | N | G | A | P | R | T | A | I | D | X |
| M | B | Y | N | D | O | A | M | G | O | M | A |
| P | A | P | A | I | F | N | E | N | U | R | P |
| S | B | E | I | D | A | D | N | A | R | G | D |
| T | K | N | N | H | S | M | A | N | G | O | N |
| G | A | A | T | A | P | A | N | N | R | E | A |
| I | R | N | G | G | O | Y | P | I | K | L | R |
| G | R | A | N | D | P | A | R | E | N | T | G |

BABKA  
DAADI  
GONG  
GRAMPS  
GRAN  
GRANDAD  
GRANDFATHER  
GRANDMA  
GRANDMOTHER  
GRANDPA  
GRANDPARENT

GRANNY  
NAIN  
NAN  
NANA  
NANNI  
NGIN  
OMA  
OPA  
PAPA  
POPS  
TAID

**SALE!**  
**Stairlift sale!**  
**Stairlift sale!**  
**Stairlift sale!**

out 'N'  
about  
MOBILITY LTD



**Mobility Made Simple....  
WE COME TO YOU!**



**Regain the freedom  
of your home**

**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 -**

**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](mailto:sales@trentpb.com)  
Website: [www.trentpb.com](http://www.trentpb.com)




**THE NOTTINGHAM MECHANICS**  
3 North Sherwood St, Nottingham NG1 4EZ

**A centre for everyone:**  
café/bar, music, dance, talks, film shows, Keep Fit, Bridge, Whist, and other special interest groups.

Outstanding Holidays and Day Trips by coach.

For details about membership, please contact:  
[Robert@nottingham-mechanics.org.uk](mailto:Robert@nottingham-mechanics.org.uk)  
Phone: 0115 9417353

**CORRECT HEARING LTD**  
QUALITY YOU CAN HEAR

**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

**Jigsaw Support Scheme**

Jigsaw is your local, caring and quality support organisation to help you live your life, just the way you want to. Jigsaw is different. We're a charity, so our focus is You, not profit. We work with adults and their families to help you, to really *live* life.

Services include:

- Befriending – one to one and groups
- Community support
- Support with daily living
- Domestic help
- Help to attend appointments
- Tenancy support
- ...And so much more

Contact us at: Jigsaw Support Scheme, Intake Business Centre, Kirkland Avenue, Mansfield NG18 5QP Tel: 01623 662200  
[admin@jigsawsupportscheme.org.uk](mailto:admin@jigsawsupportscheme.org.uk)  
[www.jigsawsupportscheme.org.uk](http://www.jigsawsupportscheme.org.uk)  
Registered charity 1151697

**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

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

**Aircor Service**

[www.needanmot.com](http://www.needanmot.com)

**ADC ELECTRICAL & 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](mailto:info@adcalltrade.co.uk)  
[www.adcalltrade.co.uk](http://www.adcalltrade.co.uk)

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

**DOMESTIC INSTALLER** **ageUK** Business Directory Member **APPROVED CONTRACTOR**



**PRISTINE CLEAN NOTTINGHAM**

## Professional Exterior Cleaning

- \* Windows, Frames & Doors
- \* Conservatories
- \* Gutters, Fascias & Soffits
- \* Driveways, Patios & Decking
- \* Carports & Lean To's

\*\*\* Special Offer \*\*\*  
10% Discount  
to those who  
are retired

For a **FREE** no obligation quote please contact us on:

t: 0115 837 2544 m: 07787 160114  
e: [info@pristinecleannottingham.co.uk](mailto:info@pristinecleannottingham.co.uk)  
[www.pristinecleannottingham.co.uk](http://www.pristinecleannottingham.co.uk)



Adopt with confidence . . . . .



open daily  
11am - 3pm  
no appointment necessary

**Derby Adoption Centre**  
Long Lane  
Derbyshire  
DE6 5BJ  
Tel: 01332 824950  
[www.derby.cats.org.uk](http://www.derby.cats.org.uk)

 Cats Protection Derby Adoption Centre

# Think Print

Lance Print is an established printers based in Peterborough. At Lance we combine **skill, experience & knowledge** to provide a complete professional service.

We aim to fill our clients with confidence in the knowledge that any work undertaken by us, will be completed to the highest possible standard.



**Call Today:**  
**(01733) 390564**

**[www.lanceprint.co.uk](http://www.lanceprint.co.uk)**



 **MUSEUM OF CARPET**

Book before 31 Oct 2015 and get  
2 free entries for every 20 places

**Beautiful carpets. Art beneath your feet!**

**Working looms and carpet making demonstrations!**

Hands on activities and interactive fun!  
An amazing day out for all the family!

**Tel: 01526 69028**  
[www.museumofcarpet.org](http://www.museumofcarpet.org)

## Sills MacLaren Britton Solicitors

E: [cstack@sillslegal.co.uk](mailto:cstack@sillslegal.co.uk)  
T: 0115 941 1469



**WE CAN OFFER SPECIALIST ADVICE ON**

- Wills and Probate
- Trusts and Estate Planning
- Lasting Powers of Attorney
- Mental Health
- Court of Protection
- Impact of Care Home Fees
- NHS Funding Appeals
- Property and Housing Issues

**We offer free legal advice clinics in your area**

**We also offer the following services:**

- Divorce and Separation
- Compensation Claims for Injury
- Medical Negligence
- Conveyancing
- Road Traffic Offences
- Business Services

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

# WHAT'S ON

## in Nottinghamshire and Derbyshire

4 – 5 Jun **Newark International Antique & Collectors Fair** An 84 acre site with 2,500 stands to attract dealers and buyers. Free entry. Thu 9am – 6pm, Fri 8am – 4pm at Newark Showground. Call 01636 702 236.

4 – 7 Jun **Patchings Festival of Art, Craft & Photography** Held over 60 acres of picturesque countryside to showcase some of the best artists. Entry: £8.50 / £7.50 (advance tickets). 10am – 5pm at Patchings Art Centre. Call 0115 965 3479.

12 – 14 Jun **Celebrating Cromford** A family-friendly village festival in a beautiful World Heritage site, various sites throughout Cromford. Free entry to most events. Call 01629 826 277.

20 Jun **Furthest From the Sea** Annual music, comedy and arts festival to showcase and celebrate the diverse Derbyshire Arts scene. Taking place throughout Derby's Cathedral Quarter. Call 07982 158 358.

26 – 28 Jun **Earth and Fire International Ceramic Fair** Over a hundred potters from across the UK and Europe come to sell direct. Entry: £5 parking charge. 10am – 5pm at Rufford Abbey. Call 0800 015 0516.

27 Jun **Intergenerational Variety Show** The finale from the Intergenerational Chaddesden Creative Arts workshops. Ticket donation £5. 7.30pm – 9pm at Leesbrook School Derby. Call 01332 674 562.

27 – 28 Jun **Festival of Leisure** Fun packed weekend for all the family with music, sports and activities. Free entry. 1pm – 5pm at Maurice Lee Memorial Park, Swadlincote. Call 01283 595782.

27 – 28 Jun **Armed Forces Weekend** A fun filled celebration and remembrance with music and entertainment to honour our Armed Forces. Entry: £5 parking charge. 10am – 5pm, at Wollaton Hall & Deer Park. Call 0115 876 3100.

3 – 12 Jul **Derby Comedy Festival** Brand new comedy festival in a brand new venue, Derby Arena. Various times and prices. Call 01332 255 800.

4 Jul – 6 Sep **Wright Revealed: Uncovering Two Lost Paintings** Focuses on two rare paintings by the influential artist Joseph Wright of the 18th Century. Free entry. Derby Museum and Art Galler. Call 01332 641 901.

12 Jul **Belper Food, Real Ale and Craft Festival** This popular annual event returns with stalls of tasty food and drinks. Free entry. 10am – 4pm at King Street Belper. Call 0114 360 3447.

18 Jul **Splendour Festival** Nottingham's largest outdoor music event with internationally renowned artists sharing the stage with local talents. Entry: £48.40 / £37.40 (adult). 11.30am – 11.30pm at Wollaton Hall & Deer Park. Call 0844 477 5678.

18 – 19 Jul **Cavalier Horsemanship** Witness expert horsemen in flamboyant 17th century costume put horses through their paces to baroque music. Bolsover Castle, various times and prices. Call 01246 822 844.

18 – 19 Jul **Steaming Days** Enjoy a fascinating day out at Britain's finest Victorian water works. Entry £6 / £4 (adult). 11am – 5pm at Papplewick Pumping Station. Call 0115 963 2938.

19 Jul **English Wine – A Revelation at School of Artisan Food** Sample a selection of award-winning wine and learn how to select good wine. Entry: £35. 12.15pm – 3pm at Worksop. Call 01909 532 171.

31 Jul – 2 Aug **Nottingham Riverside Festival** Enjoy the festival along the banks of River Trent and soak up the fun atmosphere. Free entry. Fri 6.30pm – 10.30pm, Sat 12 noon – 11.30pm, Sun 12 noon – 6.30pm at Victoria Embankment. Call 08444 775 678.

3 – 9 Aug **Robin Hood Festival** A week of free entertainment and a daily programme packed with education and entertainment. Entry: £5 parking. 9am – 5.30pm at Sherwood Forest Country Park. Call 08444 775 678.

11 – 15 Aug **Lace in the City of Lace** 40th anniversary exhibition of handmade bobbin lace and Nottingham machine made lace. Entry: Free. 10.30am – 4pm at St Andrews with Castle Gate Church. Contact: nottsbobbinlace@gmail.com.

12 – 18 Aug **Barlow Well Dressings** An ancient Derbyshire custom decorating springs or wells with natural materials. Barlow differs from other villages by using whole flower heads as opposed to individual petals. Various sites in Barlow. Call 01246 550 152.

16 Aug **Pilsbury Castle Cycle Tour** Enjoy a 15-mile ride through scenic Derbyshire Dales led by a fully qualified leader. £6 per person + bike hire. 10am – 4pm at Cycle Hire Centre near Buxton.

19 Aug **Super Hero Picnic** Dress as your favourite super hero and join the crowd for a super fun day. Entry: £5 parking. 11am – 2pm at Wollaton Hall & Deer Park. Call 0115 876 3100.

29 – 31 Aug **Buxton Family Festival** Enjoy a huge variety of fun activities for all the family: fairs, music, outdoor recreation, and markets. Buxton Pavilion Gardens. Call 0129 825 106.

22 – 23 Aug **Nottingham Carnival** Musical festival with live music, stalls, food, cultural artefacts and community-led carnival parade. Free entry. 12 noon – 9pm at Forest Recreation Ground. Call 08444 775 678.

4 – 6 Sep **Chatsworth Country Fair** One of England's most spectacular annual outdoor events. Prices and times TBC. Chatsworth Estate. Call 01246 565 300.



# Performance at Buxton Opera House

*Age UK is supported by the High Sheriff of Derbyshire*

The new High Sheriff of Derbyshire, who was sworn into office on 9th April, is Oliver Stephenson. Amongst other duties he will carry out, he hopes to use his year of office to raise some money for charity. He has selected Age UK as one of his causes to support. He is also supporting the Foundation Derbyshire.

Oliver has arranged for a spectacular performance – 'The Pirates of Penzance' played by the Derby Gilbert & Sullivan Company for Saturday 31st October 2015. Proceeds from the ticket sales will go to Age UK and to the Foundation.

Oliver said, "This will be a tremendous evening of good music, performed by

brilliant players in the most beautiful Opera House. Most importantly, it is going to be a great night for Derbyshire, for those seeing the performance, for those staging the performance, and for the good causes we are supporting.

Most importantly, it will be huge fun. I am hoping that the evening will be a sell-out!

I am so grateful to everyone at the Opera House, and to the Derby G&S Company, for making this evening possible. Without their help none of this could have happened."

If you are interested in coming to the concert, tickets will go on sale at the end of April and can either be bought online (<http://www.buxtonoperahouse.org.uk>) or over the telephone directly from Buxton Opera House. Prices range from £18 to £65.

The position of High Sheriff is the oldest secular office in the United Kingdom after the Crown itself. The exact date



of origin is unknown but it has certainly existed for over 1,000 years.

Every county in England and Wales has a High Sheriff (but not in Scotland and Northern Ireland). The office, which is appointed by the Queen, is held for a year.

Originally the Sheriff had extensive powers, responsible for judging cases, enforcing law, and raising taxes. Sheriffs were often not popular and being given the office in old times was often considered a frightening obligation.

Nowadays the powers have gone but the links with the Judges and Courts, and with the Police are still very important. And the High Sheriff is always on hand if there is a Royal visit to the County. But much of the High Sheriff's time, in the modern world, is spent with the voluntary sector, with education, with civic bodies, and with companies.

Oliver said, "It is about what makes the social, educational, charitable and economic heart of the county keep beating. It is the greatest honour and privilege to represent one's county this way. And, I hope that on the 31st October we will have a wonderful and successful evening. I am so pleased to raise funds for Age UK. They are a fantastic cause supporting some of the loneliest and most vulnerable people in our society."

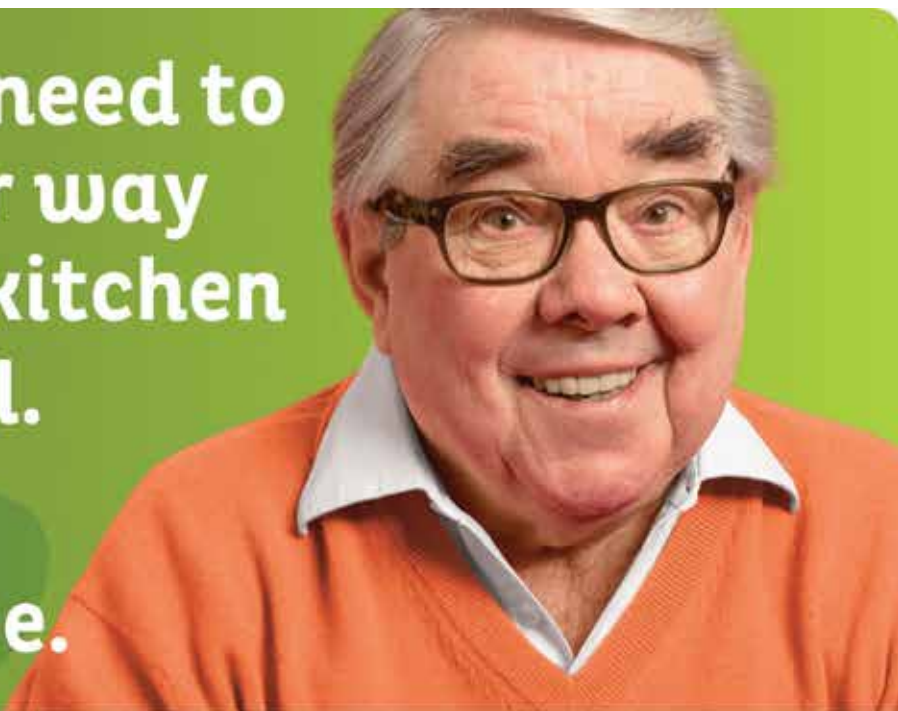


## GRANDPARENTS WORDSEARCH

## answers

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | T | N | E | R | A | P | D | N | A | R | A | N | D | G |
| R | L | K | I | P | O | G | G | N | G | I | R | A | N | I |
| A | E | N | N | N | A | P | A | T | A | G | A | A | T | G |
| N | O | N | G | A | N | S | H | N | N | K | N | N | N | T |
| D | G | A | R | G | N | A | D | A | D | I | E | B | E | S |
| P | R | P | N | E | N | E | F | I | A | P | A | P | A | P |
| A | M | O | M | G | A | M | O | A | D | N | G | N | N | M |
| X | D | I | A | I | D | P | R | A | P | A | G | N | N | A |
| O | G | H | T | G | M | T | O | G | A | D | O | N | N | R |
| B | R | B | E | R | T | H | E | R | M | D | N | N | A | G |
| G | R | E | R | W | I | N | G | I | N | G | R | G | G | D |
| A | P | O | P | A | G | J | H | N | A | R | A | G | I | Z |

**You don't need to  
know your way  
around a kitchen  
to eat well.  
Just the  
microwave.**



Chicken & Vegetable Casserole **£2.95**

No complicated recipes, no time consuming preparation, no pots and pans to wash up!

We offer a choice of over 300 tasty dishes, including special diet options. Our meals are created using carefully selected ingredients, frozen and then delivered with free delivery by your local team. They can be stored in the freezer and cooked in minutes. What's more there's no commitment. Order what you want, when you want.

Take a look at our **FREE** brochure and order over the phone or online. Mealtimes taken care of. Simple.

**To order your FREE brochure call**  
**01476 565 353**  
**wiltshirefarmfoods.com**

Great Value Pack  
only **£19.95**

**5 main courses with  
vegetables:**

- Roast Lamb in Mint Gravy
- Roast Chicken Breast with Stuffing
- Pork & Leek Sausages with Somerset Cider Gravy
- Shepherds Pie
- Chicken & Vegetable Pie

**2 desserts:**

- Summer Fruit Crumble & Custard
- Jam Sponge & Custard

**Order code VP2**

**24 years** of great service

Main meals  
from **£2.95**

**FREE**  
Delivery



**Wiltshire Farm Foods**

taking care of mealtimes



## 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](http://www.osteopoise.com)

**Freephone: 0800 542 7542**  
**customerservice@osteopoise.com**

6 Moorbridge Court, Moorbridge Road East, Bingham NG13



**"Quality products, experienced advice"**

# Do you have problem dentures?

## We have all the solutions.

Let us show you what we can do.

Call us now to make an appointment with a member of our fantastic team.

### 0115 8284118



The standard you've been looking for

[info@campbell-clinic.co.uk](mailto:info@campbell-clinic.co.uk) | [www.eatasmilelive.co.uk](http://www.eatasmilelive.co.uk)  
173 Loughborough Road, West Bridgford, Nottingham NG2 7JS