



AUTUMN 2013

Just the Tonic

Age UK Nottingham & Nottinghamshire in collaboration with Age UK Derby & Derbyshire

FEATURES • SEASONAL IDEAS • HEALTH & WELLBEING • NEWS, VIEWS & EVENTS • REGULARS

Age UK Notts 12 cards of christmas

How to be
energy SMART

Memories of
Heanor and
Market Square

Release your inner

Santa

Donate something special
or your unwanted furniture

Grow your 
this MOVEMBER

Get *nostalgic* with
Nottingham's tram

Story of a
Kindred Spirit

Autumn's
gardening tips &
hearty recipes



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Welcome...

Hello!

Welcome to your Autumn edition of *Just the Tonic*.

You may notice a few changes in this issue, as your previous editors, Matt Ganner and Sean Ford have now completed their internships. So for the next two issues, the magazine will be in our hands.



Left to right

Emma McDowell and Emily Knight

It feels like just yesterday that we ushered in the year 2013. However, as the colder weather approaches we thought it would be a perfect time to include a hearty autumn recipe which you can find on page 21, along with some autumn gardening tips on page 20. Furthermore, you can find advice on how to keep warm in your home on page 10.

We also look back at the history of the tram in Nottingham, how Nottingham's Market Square has changed over the years and give you a sneak-peek at our Christmas card collection. You can also find our usual letters page and puzzle and competition section.

We hope you find this issue as interesting and fun to read as we found writing it!

Emma & Emily

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In the Community

Summer 2013

What has Age UK Notts been up to this summer? From tea parties to bake offs, conferences to festivals, the past three months have been jam-packed. Here's a snapshot of what we have been doing in the community.

ARTS & Crafts Festival



LEFT TO RIGHT Peter Forest, Martin Cherny, Donna Rooney, Barbara Glover, Pauline Davies, Albert Bosely, Mary Eales, Kath Hoyland, Ruth Havers, Janet Clark, Iona Skyers, Gil Davies and Sandra Warzynska.

On 12th August we held our annual competition and exhibition of handicraft work by people over 55 in Nottingham and Nottinghamshire. The event was kindly organised by our Chair of the Board of Trustee Directors, Sandra Warzynska, and once again it was a great success! Radford Care Group won an impressive ten awards including the award for the most unusual piece. This huge piece of craftwork was created by all the members of the care group using different fabrics and material.

Nottingham Law Society Conference

We attended the annual Elderly Persons Committee Conference organised by Nottinghamshire Law Society. The day was filled with interesting and informative presentations and talks, including a presentation on the importance of making a will.

We understand that it can be hard to think about what may happen when you pass away. However, it is important that we all have a will in place. Age UK Notts have teamed up with solicitors in Nottingham and Nottinghamshire, so if you are over 60, without a will already in place and have a simple estate, you could have a simple will drawn up for you free of charge.

Call us today on **0115 844 0011**.

FUN Raising

Ready, set, bake!

Ten teenagers from the National Citizen Service organised a charity bake off and cake sale at the Castle Marina PC World.

They baked for an impressive five hours in order to raise enough money to hold a free tea party for older people in Nottingham and Nottinghamshire. The tea party, held at Sneinton Market attracted 150 older people across the City and County. Both the fundraising events raised £200. We spoke to one of the volunteers, Abigail Nichols, who said:

“ We wanted to support Age UK Notts because we felt as younger people, we should give back to the generation who have provided for us ”



To get involved in fundraising, please contact us on **0115 844 0011**

The Big Knit

On 16th September we were thrilled to collect 256 miniature woolly hats from the Duchess Gardens Knit and Natter group. Their creations will adorn the tops of Innocent smoothie bottles across the country with each be-hatted smoothie sold raising 25p for Age UK.



LEFT TO RIGHT Emma McDowell, Ellie Stone, Pauline Barrett and Carol Eley.

The designs were some of the most creative we have seen, featuring elephants, ladybirds and even Kermit the frog! The Big Knit takes place every year and the funds raised go towards keeping older people warm and healthy during the difficult winter months.

Rush4Health

A group of Age UK Notts' staff attended the annual Rush4Health event on the 1st of September at Rushcliffe Country Park. Thankfully the rain held off and the day was a great success! We talked to a lot of people from the local community including the Mayor about how to stay active and healthy. We also brought along some of our Men in Sheds members' handmade woodwork which sold like hot cakes!

Our Men in Sheds project is based on the successful movement which started in Australia. It aims to bring older men together through practical work, thereby encouraging them to be more socially active. Call our Blidworth shed on **01623 797 750** or Whitemoor shed on **0115 929 5897** for more information.



Letters

Tell us your views and share your poems

*Star
Letter*

A

Clean home is a happy home

After reading some of your helpful hints and tips about cleaning at home, I thought I would share one of my own pieces of cleaning advice.

I am a big animal lover and I have three dogs and whilst I love them, I do not love the hair they leave everywhere! After endless attempts of vacuuming which only seemed to blow the hair elsewhere, I discovered cello-tape as my saviour! I simply wrap the tape around a cloth that I can then pat over my furniture, rugs and even clothing and before I know it, the hairs are gone!

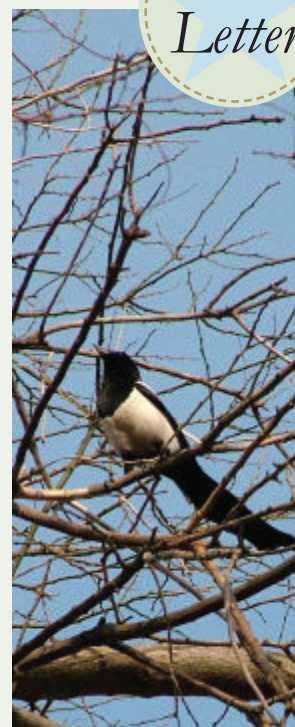
Judith, Alfreton

S

Superstitions

After reading your article about superstitions, I thought I would share my own. I am very superstitious about magpies and I was always told that if I saw a lone magpie, I should salute it to ward off any bad luck and say "Good morning Mr Magpie, how is your lady wife today?" My father would also sing the song that predicts the meanings of seeing magpies: 'One for sorrow, two for joy, three for a girl, four for a boy, five for silver, six for gold, seven for a secret never to be told'.

Brenda, Long Eaton



*Poetry
Corner*

M

Making a will

I thought the article by Actons Solicitors on will-writing in the last issue was very good and informative. I just hope more people recognise the importance of a will, not just for themselves but for their loved ones too.

John, Beeston

*Are you
a budding
poet?*

Seasons

By Carolyn Nix

We are still together, you and I
As warm summer days pass swiftly by.
Autumn leaves of gold and brown,
Caress us gently, without a sound.

Soft breezes blow, hastening their fall
Creating memories we will recall.
Though winter beckons, I don't care,
Another season for us to share.

A Poem

By Mr Sterling

I think a poem should make you laugh,
a poem should make you smile
Help you forget all your problems
if only for a little while

A poem should make you chuckle,
a poem should make you grin
Make you want to get all your troubles
and stick them in a bin

So I say put pen to paper,
write a poem that makes us giggle
One that makes us laugh out loud
and makes our tonsils wiggle

Words have a different meaning
when they end in rhyme
So come on you budding poets,
you know you have the time.

Why not write to us... 

Here at Just the Tonic, we love hearing from you so why not send us your views, stories and poems?

✉ Just the Tonic, Age UK Notts, Bradbury House,
12 Shakespeare Street, Nottingham, NG1 4FQ.

✉ justthetonic@ageuknotts.org.uk



With phase two of Nottingham's tram extension now in full swing we look back at the fascinating development of the tram in Nottingham and discover its rich history.

PHOTOGRAPHS Courtesy of Picture the Past*

From the street cars of San Francisco to the tram cars of Melbourne, many great journeys are made by tram each day, and Nottingham is no different! The current extension of Nottingham's tram network will serve over 23 million passengers a year by the end of 2014. There will be 10 miles of new track and 28 new tram stops. However, this is not the first time the rumbling of the tram has been heard in Nottingham's streets.

The 17th of September 1878 marked the official opening of the tramway. At 3pm, Sir James Oldknow, the Mayor of Nottingham, and a few other select clienteles travelled on the first tram from St Peter's church to Trent Bridge.

The tramway was officially opened to the general public the following day and proved to be very popular. In just under four days, over 12,000 passengers hopped on and off the new trams. Compared to today's modern tram system, it was a simple horse-drawn tramcar.

In most cases two horses would have been used to pull the tram, unless it was a particularly steep hill. In such cases a third horse, called the Cock Horse, was also used to help bring the tram to its destination.

Many people joked that the horses were treated better than the staff as they only had to work four hours a day and had a gourmet diet including beans, maize and peas as their main food, with some barley, bran, turnips and carrots as well. Upon visiting the

horses' stables in September 1878 the Nottingham Journal reported:

"The rooms are lofty and well ventilated, and certainly the core of horses which we saw yesterday were well worth the home which they now realise. A finer set of cattle it is scarcely possible to conceive, and cannot fail to win the admiration of the people."

To begin with the Nottingham and District Tramways Company invested in just eight single deck trams pulled by two horses providing two routes spanning just over six miles. Both routes connected the City Centre to the City's two key railway stations, Midland Station on Station Street and the Great Northern Station on London Road. However, within a year the tram network expanded to include the Carrington route, from Long Row to Mansfield Road, and the Company invested in a further five single deck trams. By the end of 1879 the trams were carrying up to 60,000 passengers a week.

Following the success of the horse drawn trams, steam trams were introduced in the 1880s on certain routes in Nottingham. The steam trams could achieve much higher speeds than the horse-drawn trams and were trialled on the city's hills. However, the experiment did not last long partly because the steam tram engine regularly broke down. The engine was designed by William Wilkinson and was called the exhaust steam reheating system. This type of engine was popular at the end of the 19th century because it made the steam invisible which was a legal

requirement for steam trams at the time. Additionally, the Board of Trade restricted the speed of the steam tram. So whilst it could exceed 20 miles per hour, the Board instructed that the tram could not exceed 6 miles per hour.

Electric trams, however, became a permanent fixture in Nottingham in the 20th century. By 1902, there were 105 electric trams running throughout Nottingham. By then the tram was an integral part of Nottingham life. In the 1930s, late night services were established on key routes and were used by people going to evening dances in the city. Trams also played a part in national celebrations. One of the most unusual and beautiful trams to run through the city was seen in 1911 as part of George V's coronation celebrations. To celebrate the occasion, the tram was adorned with lights and flower garlands.

In order to reduce the risk of accidents on the new electric trams, safety measures were put in place. Tideswell Lifeguards were gradually introduced to each tram. They were designed to catch anything or anyone before they went under a tram.

Additionally, sand was used on the tracks in order to prevent the tram from slipping on the rails in adverse weather conditions.

One of the most infamous electric tram routes ran from the City Centre to Ripley in Derbyshire. The trams that ran along this route were named the Ripley Rattlers, allegedly because the route had the reputation of being the most dangerous in the country.

*All pictures are available at www.picturethepast.org.uk by Picture the Past, which is a not-for-profit project containing over 100,000 historical images covering the whole of Nottinghamshire and Derbyshire.

Due to the hilly terrain and the trams' frightening speed, the trams sometimes ran off the tracks and caught on fire. This route was so famous that even D.H. Lawrence wrote about it in a short story called *Tickets, Please!* as part of his *England, My England* collection. Reading his story gives you a great impression of what it must have been like to have been a passenger on one of these trams:

"The blue and creamy coloured tramcar seems to pause and purr with curious satisfaction. But in a few minutes... it starts once more on the adventure. Again there are the reckless swoops downhill, bouncing the loops... the breathless slithering round the precipitous drop under the church".



Despite the initial popularity of the trams, 1936 saw the final tram run its route in Nottingham. The tram had become a less fashionable option compared to the new diesel powered buses. These were first introduced before the Second World War but were not widespread until after the war. Many creative solutions were conceived to make use of the old trams. Not only were some of them sold to other tram companies, including Aberdeen Corporation Tramways, but they were also shipped to far-off parts of the world including Argentina. Some of the old tram cars were even used as garden sheds!

So whilst the new trams are a far cry from the humble origins of horse power, the tram is by no means new to Nottingham. Since 2004, trams once again became a fixture of the city, with 15 trams travelling from Hucknall and Phoenix Park into

CLOCKWISE FROM TOP RIGHT **Top right:** A decorated Nottingham Corporation tram for the Coronation celebrations of George V and Queen Mary, 22 June 1911 (Courtesy of A. P. Knighton and *Picture the Past*). **Bottom right:** A horse-drawn tram on Carrington Street in Nottingham, circa 1900 (Courtesy of Nottingham Historical Film Unit and *Picture the Past*). **Bottom left:** A Nottingham Corporation open topped electric tram on King Street in Nottingham, circa 1901 (Courtesy of W. H. Vann and *Picture the Past*).

PREVIOUS PAGE St Andrew's Church, Mansfield Road, Nottingham; circa 1898 (Courtesy of J. Buist and *Picture the Past*).

the city centre. When completed in 2014, as in 1878, the tram will offer a cheap and sustainable way to travel within and explore the city.

Get your tickets at the ready!

Tennessee Williams' play *A Streetcar Named Desire* was based on a real tram route, named The Desire Line, in New Orleans that ran from the 1920s to the 1940s. The iconic Streetcar No. 952 ran along this route painted olive green. Whilst there is no Streetcar named Desire in Nottingham the trams have been named after figures associated with Nottinghamshire. For example, No. 211 is called 'Robin Hood', along with others named after Lord Byron and Torvill and Dean.

Trams through the years

1870s	1878 The first single-decker horse drawn tram makes its journey from St Peter's Church to Trent Bridge	1880 The first steam tram ran up Derby Road	1901 The first electric tram ran between Sherwood and the Market Place	1914 Reduced fares were introduced for soldiers on leave and those wounded in action	1936 The last electric tram ran between Daybrook Square and Cater Gate Depot	2012 Phase two of the tram extension begins
	1879 Stevenson & Co. invested in double-decker trams from New York	1889 The route of steam trams were limited to flat terrain	1912 Driver's screens were fitted to electric trams	1915 Women started working as conductresses	2004 Trams returned to Nottingham	2014 Phase two of the tram extension is expected to complete
	Era of horse-drawn tram	Era of steam tram	Era of electric tram			

Disability Day

The 3rd December marks the International Day of Persons with Disabilities, which raises awareness about disability worldwide and promotes the help and support that is available. The impact of disability is significant in every

generation but it is especially common in older age. It is believed that thirty percent of people aged 50 to 64, and seventy percent of people 85 and over are living with impairment.

However, disability is not a detriment to your everyday life. In this issue of

Just the Tonic, we want to make sure you know you can still live life to the full if you or

a loved one are living with any form of impairment.

Did you know?

4,302 disabled athletes took part in the 2012 London Paralympic Games!

There is
ability in
disability

Go on holiday

Travelling with a disability may seem daunting but it does not have to be. Age UK works in partnership with Silver Travel Advisor who offer suggestions on activities and holidays for those with impairment or who need additional support. For example, they can suggest hotels with built in care facilities or who to contact if you travel with a wheelchair. Please visit the website www.silvertraveladvisor.com for information.

Stay independent

Age UK Notts have teamed up with Handicare to provide you with reclining chairs, stair-lifts and bathroom furnishings to help you stay in the home you love. Our Home Safety Service also helps to provide grab rails for that extra bit of support where you need it most. For more information, please call Age UK Notts on **0115 844 0011**.

If you're not ready to leave your home, the good news is you don't have to.

If you require support on a full time basis but wish to remain living independently in your own home, Advantage Healthcare offers a personal one-to-one live-in care service that is tailored to the needs and personality of each individual.

Our Nurses and Carers are able to devote their time and attention to ensure you receive a bespoke care package that meets all of your needs exactly.

Whatever your requirement, if you feel you would benefit from additional support in your home, contact our dedicated Care at Home Team now for a chat about how we can help.

0800 694 4555

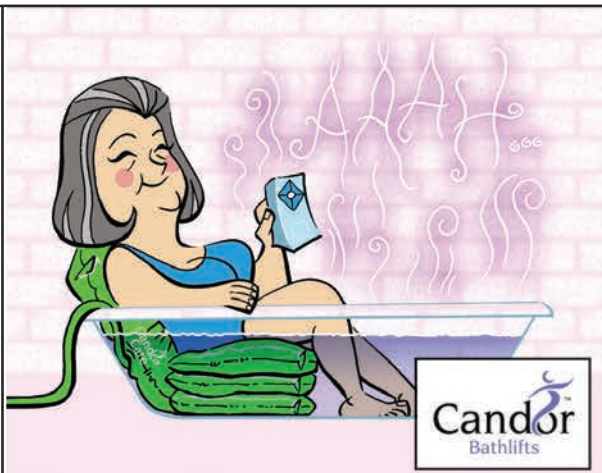
www.advantagecareathome.com



Meet Bob and Brenda. They're busy enjoying a relaxing retirement in the comfort of their own home, thanks to a little help from Candor Care

Bob hadn't considered buying a Stairlift, but having a hip operation made him think again, especially finding out that prices start from **just £895!**

- ✓ Includes a 2 year guarantee and service plan
- ✓ Swift installation by an experienced Candor professional
- ✓ On-going support and aftercare for added peace of mind
- ✓ Rental service also available (as an alternative option)

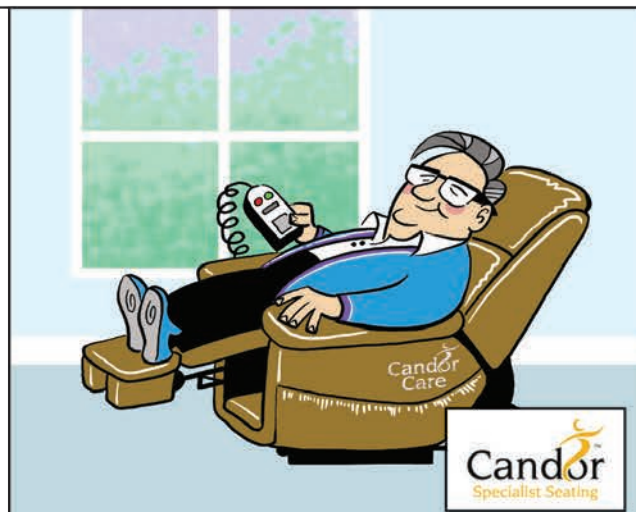


Brenda discovered that using the bath could be a pleasure again, not a chore. A simple bathing cushion gave her back her bathing bliss!

- ✓ Bathlift prices start from just £495
- ✓ Easy to use, requiring little effort
- ✓ Includes a 2 year guarantee on all new bathlifts
- ✓ FREE demonstration in the comfort of your own home

Now that Brenda is happy relaxing in the tub, Bob can enjoy peace and quiet in his new Rise and Recliner chair (along with a restful 7 year guarantee!)

- ✓ Rise and Recliner chair prices start from just £995
- ✓ Specialist seating with pressure care for added comfort
- ✓ Completely tailor-made for each individual
- ✓ Quality assured. British made by a leading manufacturer



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Visit: www.candorcare.co.uk

Or email: info@candorcare.co.uk

Please note that if you are chronically sick or disabled then all of our products are exempt from VAT





the season to be...

wrapped up

Wrapping up in scarves, hats and woollen socks is one thing but how should you wrap up your house for the colder months? We have five practical tips to help you keep your home cosy as the temperature drops.

Turn up the heat. Try to keep your rooms at 21°C or 70°F, particularly your bedroom and living room. However, if you are struggling to pay your heating bills contact your energy supplier to see if they can adjust your payment plan. Also consider shopping around to get some competitive quotes.

Dress your windows. Draw your curtains once it starts to get dark and think about investing in some heavy lined curtains to exclude cold draughts.

Put down a rug. Keep your floors and toes warm by putting down a rug in those rooms without carpets.

Draught-proof your house. Check around your house to see where the drafts are coming from. An easy solution is to place draft excluders under your door. Draught-proof strips can also be attached to your door and window frames.

Keep everything in tip top condition. Ensure your boiler and heating system is working efficiently with a regular service. Many energy suppliers offer free heating system services for people over sixty.

We L  **VE...**

Keep harsh wintry drafts away with these draught excluders



*Union Jack
draught excluder*
£12.99, Dunelm Mill



*Whistler Check
draught excluder*
£12, Marks & Spencer



*Dora Designs Butch
draught excluder*
£29, John Lewis

*How we can help to
wrap up your home...*

Age UK Nottingham & Nottinghamshire is working with Nottingham City Council to offer free heating checks and improvements to your home. This is part of our Winter Warmth Project, funded by Nottingham City Council and the Department of Health. With energy prices continually rising it is important to do all you can to prepare your home for winter. As part of the Winter Warmth Project we offer the following checks and improvements:

- **Home energy assessment** to determine if your home could benefit from simple measures like draught proofing, radiator reflectors or energy saving light bulbs.
- **Gas safety check** to ensure your appliances are safe to use and working efficiently.
- **Installing of thermostatic radiator valves** to allow you to set the temperature in every room, which will help you stay warm and comfortable.
- **Refurbishing or replacing faulty radiators** to improve your heating system by installing more efficient radiators or giving them an internal clean.

This offer is open to residents over 70 living in Arboretum, Berridge, Wollaton East & Lenton Abbey, Dales, Clifton South and Radford. However, residents living in other areas of Nottingham City may be eligible if they have qualifying health reasons. Tenants may also be eligible for a free energy check.

For more information
Call our Housing Matters Team on
0115 859 9260

Be energy SMART

Have you heard about the new smart meters?

A smart meter records your energy consumption just like a normal gas or electricity meter. However, unlike normal meters they communicate automatically with your energy provider to inform them how much energy you are using. This means you no longer have to submit a meter reading or organise to have a meter reader visit your property.

A smart meter also gives you more control as you can keep an eye on how much energy you are consuming with the separate smart energy display.

This display can be positioned in any part of your home, not only to show how much energy you have used but also what is using the most energy in your home.

Energy providers are beginning to install the new smart meter technology to give you greater control over your energy usage. It is part of a wider government initiative which aims to have smart meters installed in all homes by the end of 2020.

If you would like to find out more about smart meters, please come along to one of the free coffee and cake mornings – Put the Kettle On, as detailed below.



In October, E.ON and Age UK Nottingham & Nottinghamshire are holding two coffee and cake mornings in association with the National Energy Action charity.

These events will be a great chance to find out more about the new smart meter technology. In addition, experts will be on hand to advise you on how to be more energy efficient and avoid fuel poverty this winter.

There will be a number of interesting and informative stalls on the day, including E.ON, Age UK Nottingham & Nottinghamshire, National Energy Action, Carers Federation, Royal Voluntary Service, Nottinghamshire Fire and Rescue Service, Severn Trent Water, and many more.

There will also be a prize draw to win A-rated white goods.

Both of these events are free of charge and will run from 10am to 1pm. Specific venue information and dates can be found on the right.

So bring a friend and get clued up on how to be energy efficient. And of course enjoy a cup of coffee with a slice of cake!

Dates for your diary

Wednesday
16th October 2013
10am - 1pm

The Council House
Old Market Square
Smithy Row
Nottingham
NG1 2DT

Friday
18th October 2013
10am - 1pm

Joe Godber Centre
Ogle Street
Hucknall
NG15 7FQ



Help When Things Go Wrong

Separation & Divorce



An experienced solicitor, Mike Spencer, from Actons shares some useful tips on relationship breakdowns

FEATURE *Mike Spencer*

It is a sad fact that, according to the Office for National Statistics, the only age group showing an increase in the breakdown of relationships is those over sixty.

Mike Spencer, a solicitor at the Nottingham law firm, Actons, has been offering advice on relationship breakdowns for over thirty years. In this article, he shares his knowledge on the options available should you experience a breakdown in your relationship.

Time to take advice

You may be feeling that you have been unhappy for a long time in your marriage but are unsure or confused as to what your options are. I find people are often in limbo and not able to move on because they feel they have no choice. In my experience, the main concerns when it comes to separation and divorce are: worries about financial rights and duties; whether the couple can afford to part; and how the process works.

If this is the situation you find yourself in, there are three options you can consider which will help you move forward with your life – reconciliation, separation or divorce.

Early legal help is essential as you may well be making the biggest financial decisions of your life. A solicitor can advise you on your rights to income and capital and

on which is the best way forward for you.



Reconciliation

It may be that you feel there is still something there but that you don't possess the necessary know-how to fix things. In some cases counselling can help work through things and as a Trustee of Relate Nottingham I can heartily recommend that organisation.

Separation

Separation is when you stay married but live apart. You might do this to try and resolve your differences or as a trial. There can be tax and pension advantages to never divorcing and your solicitor can advise you on whether this is the best path to take. The disadvantages are that you may be putting off sorting out financial matters and that no agreement or order would be one hundred percent binding.

Divorce

Divorce is the process of legally ending a marriage. There are five grounds for divorce: adultery; unreasonable behaviour; desertion; and two-year and five-year separations, with the former requiring consent. You also need to show irretrievable breakdown of your marriage. Your solicitor can advise on the grounds and whether divorce is the right option. An average divorce takes about six months and costs around £1,000.

Finances

It is important that you sort out your finances whether you have decided to divorce or separate from your spouse, so that you know where you stand. You will need to give a full and frank disclosure of all your assets and liabilities. It is vital that you do this in an honest and accurate manner. Should you try to hide things, your case will suffer.

Upon completing the disclosure and receiving advice on your rights to property, maintenance and other claims, you can then try to reach an agreement. This can be done via direct discussion, solicitor's correspondence, mediation or round table talks. If all else fails the Court will decide for you nine to ten months later after the expense of several thousand pounds in legal fees.

I would also recommend the collaborative law approach,

sometimes dubbed 'Divorce with Dignity'. This is not the cheapest solution as it involves dealing with things by a series of four-way meetings. The solicitors will agree to cease acting if either party applies to the Court.

The aim is closure and finality from an agreement which is usually called a 'Clean Break'. It is also very important to review Wills and pension nominations.

Dependants

Although your children may have probably flown the nest, your elderly or frail parents may have taken their place. There may also be all sorts of undocumented family arrangements regarding financial help or past contributions which need untangling. Thus, you may need independent advice to protect a financially interested relative and there may also be issues over consent and capacity.

Prenuptial agreements

These are increasingly popular and effective, particularly when people come together later in life. The couple agree in advance what will happen should things not work out. Provided the agreement is not unfair, it will be enforced. If you had the foresight to do one whilst things were good, you will need to dust it off and consider it with your solicitor.

Urgent matters

Any urgent matters such as interim support or advice regarding continuing occupation of your home must be attended to. If violence has been involved in the breakdown of your marriage, then an injunction may be needed to protect you.



Urgent matters

Any urgent matters such as interim support or advice regarding continuing occupation of your home must be attended to. If violence has been involved in the breakdown of your marriage, then an injunction may be needed to protect you.

Five things to look for in a solicitor

- ✓ Experience and expertise: If your case involves a business, a trust or a large pension, specialist knowledge is essential.
- ✓ Resolution of Family Law: It is the industry standard that your solicitor should be a member of this organisation.
- ✓ Accessibility: You want to be able to make contact quickly, directly and easily.
- ✓ Imagination: You want them to offer constructive, realistic and fair solutions.
- ✓ Approachability: You want a solicitor who is friendly and approachable but professional.

In collaboration with Age UK Nottingham & Nottinghamshire, Mike Spencer of Actons is offering a free half an hour first consultation (normally £120 plus VAT) to Just the Tonic readers who need advice on any family dispute over the next six months.

Actons is based in the city centre of Nottingham and is easily accessible with car parking facilities. Alternatively, Mike will visit you at home or any other place convenient to you.

To make an appointment or arrange for a home visit, call Actons on 0115 9100 200.

actons
solicitors

20 Regent Street
Nottingham
NG1 5BQ

t 01159 100 200

e mike.spencer@actons.co.uk

f 01159 100 249

www.actons.co.uk

Did you notice a sudden sprouting of moustaches last November? Do you know your pencil moustache from your handlebar?

Well fear not, because November is officially the month of the moustache, also known as Movember.

Movember was established in Melbourne in 1999 as a means of raising funds for the Royal Society for the Prevention of Cruelty to Animals, RSPCA, through the growing of moustaches and wearing of t-shirts with the slogan 'Whiskers for Whiskers'. It is now a worldwide movement which aims to raise

awareness on men's health issues, particularly prostate cancer.

NHS figures show that prostate cancer is the most common cancer to affect men in the UK, with men over fifty being the most at risk.



Impressive moustaches grown last year by members of Age UK Notts Men in Sheds project



The chance of developing prostate cancer is also affected by ethnicity. For example, African and black Caribbean men are more likely to develop prostate cancer as opposed to white men.

There is no one definitive test for prostate cancer and the symptoms are usually undetectable until the cancer has grown. However, the following are a few symptoms you can keep an eye out for: increased need to go to the toilet, feeling like you cannot fully empty your bladder and pain when passing urine. However, these symptoms can be caused by other conditions and are not always a sign of cancer. If you are in any doubt please visit your GP.

So whilst Movember is a great excuse to grow a novelty moustache its message is a serious one. We hope that this November will once again put the spotlight on and increase awareness of men's health issues.

Visit www.nhs.uk/conditions/cancer-of-the-prostate on what the NHS has to say about prostate cancer.

Release your inner



As one of Age UK's fundraising committees in Derbyshire we fill nearly one hundred Christmas stockings with surprises and little luxuries for distribution to older people who may be marginalised or facing a lonely festive season without the treats and outings most of us enjoy.



Why not sponsor something special we can put in our parcel or donate some funds to help us fill our stockings with items of cheer.

If you would like to contribute, donate or sponsor items for our Santa Initiative, please contact our committee as detailed on the right.

Santa Initiative Committee

Shirley Shaw MBE
Betsy Boileau
Jane Coke-Steel
Mary Clark-Maxwell
Alexandra Hayward
Kat Jacquin
Celia Moore
Helen Nelson
Di Spurrier
Jennifer Swabey

Blake House Farm
Church Lane
Ashbourne
Derbyshire
DE6 1NA
t 01335 300 892
e AgeUKDerbyshire
@talktalk.net

Can you spare some time to help end loneliness?

Just like thousands of older people in Nottingham and Nottinghamshire who feel trapped in their own home, Ted has not seen a friendly face for more than a month and does not know when he will next have a visitor.



This is happening within your local community! In fact, there are over 13,000 older people like Ted in the City and County, who only leave their house once a week or less.

Age UK Notts is looking for Local Volunteer Organisers for our Visiting Service. In this role you will be supporting a small team of volunteer visitors who pay regular visits to isolated older people.

If you are a good organiser and are able to commit a few hours of your time a week, use your own initiative and apply common sense to day-to-day tasks, then you are the ideal candidate!

One client who was just like Ted said,

“*The volunteer is very reliable and that's something you don't get very often nowadays, her visits make me feel like a person not a number*”

So, make a difference today and help us to provide a much-needed visiting service for lonely older people in your local area. With your help, we could arrange for a volunteer to visit Ted on a one-to-one basis every week and bring companionship into his life. But most importantly, he could have someone to talk to regularly.

Did you know?

Loneliness has a similar impact on mortality as lifelong smoking and alcoholism, and it is more detrimental than obesity and inactivity.

Lonely and isolated people are:

- at higher risks of high blood pressure
- more prone to depression and dementia
- at double the risk of Alzheimer's disease



For further information call Age UK Notts on 0115 844 0011



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DIP CDT RCS (ENG)



cards of christmas

*'Tis the
season
to be jolly...*

...and here at Age UK Notts we certainly want to make this Christmas exactly that. This year, we have enlisted the help of children from the Arno Vale Junior School in Nottingham who have been sending us drawings of what Christmas means to them.

In this issue of *Just the Tonic*, we can finally reveal the top twelve designs! The lucky winners will now see their drawings transformed into our Age UK Notts 2013 Christmas card collection which will be available to purchase from October 2013.

These Christmas cards are available in a pack of twelve designs for £2.99. Every penny you pay will go towards our vital work continuing to support vulnerable older people across Nottingham and Nottinghamshire.

So, take a look at our final twelve designs and spread some festive cheer amongst your family and friends by sending them these cards designed by local children in aid of local older people this Christmas!

These cards are sponsored by Age UK Local Trading Ltd. One hundred percent of the selling price is donated to Age UK Notts in aid of vulnerable older people in your local community.

We would like to say a huge thank you to the school, the teachers and all the children who took part in this intergenerational charitable effort to help make a difference to the lives of vulnerable older people in Nottingham and Nottinghamshire.

Our Christmas cards are available to purchase at:

Age UK Notts
Bradbury House
12 Shakespeare Street
Nottingham
NG1 4FQ

Age UK Local Trading Ltd
48 Upper Parliament Street
Nottingham
NG1 2AG

Age UK Notts Mansfield Shop
26-28 Regent Street
Mansfield
Nottinghamshire
NG18 1SS

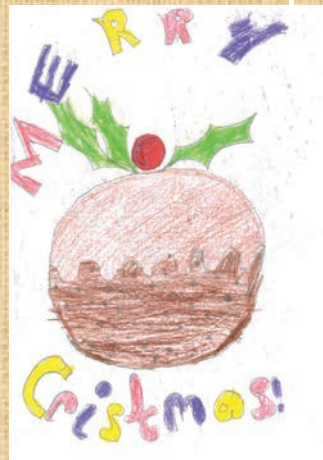
Age UK Notts West Bridgford Shop
28a Gordon Road
West Bridgford
Nottingham
NG2 5LN



On the first day of Christmas,
Jessica Clarke, age 8, drew...



On the second day of
Christmas, Daisy Burman,
age 8, drew...



On the third day of Christmas,
Mckai Pearson, age 8, drew...



On the fourth day of
Christmas, Hugo Lepelletier,
age 8, drew...



On the fifth day of Christmas,
Alice Dyer, age 8, drew...



On the sixth day
of Christmas,
Amelia Kopacz,
age 8, drew...



On the
seventh day of
Christmas,
Ella Kay,
age 8, drew...



On the eighth day of Christmas,
Zara Younis, age 9, drew...



On the ninth day of Christmas,
Ngaio Barnard, age 8, drew...



On the tenth day of Christmas,
Eriv-Mai Offord, age 8, drew...



On the eleventh day of
Christmas, Jenna Ghattaora,
age 8, drew...



On the twelfth day of Christmas,
Ria Sanghera, age 8, drew...



PHOTOGRAPHS Courtesy of Andy Nicholson

Surrounded by traditional market towns, Nottingham is certainly no stranger to the bustling atmosphere of the market. Crafts, world-wide food, clothing, local produce, gifts and beverages are just some of the well-loved stalls that pitch up frequently throughout the market towns in the county.

Alongside this, one of the most prominent areas of Nottingham is the Old Market Square, situated at the heart of the city. Contrary to its name however, the markets of Nottingham did not begin here. In fact, the history of the markets is almost as diverse as that of the city itself.

During the medieval period, Nottingham consisted of two settlements – a Saxon town in the area we now know as the Lace Market and a Norman settlement by the castle. Within the Saxon area, markets were held daily, which was commonly known as ‘Weekday Cross’. Often, the Normans would descend into the Saxon market area, creating a lot of tension.

At the time, William Peveril, a well-respected Norman knight, held Nottingham Castle and wanted to end the rivalry. He sought out a great open space between the two towns and declared it the ‘Great Market Place’ – a symbolic area of unity rather than division that we now know as Old Market Square. From that point on, markets were held here on Wednesday, Friday and Saturday, with stalls varying from meat merchants and tailors to cobblers and spice salesmen. Due to its vast open space, the ‘Great Market Place’ also became a haven for riots and huge gatherings.

In 1902, the square was transformed into a beautifully picturesque setting with illuminations elegantly covering the front of the original Exchange building to celebrate the crowning of King Edward VII. It was also the first location for the famous Nottingham Goose Fair up until 1927 before it moved to its current home on Forest Recreation Ground.

As well as being historically symbolic to Nottingham, the Old Market Square is just as important today. The square boasts a continuously vibrant atmosphere, with its glorious fountains and tremendous architectural surroundings and is considered a perfect location to meet friends, attend events, visit exhibitions and take part in the hustle and bustle of the market.

As the days get a little colder and the evenings soon draw in, the Old Market Square solidifies its role as the beating heart in the centre of this vibrant city with the much-loved Christmas Market as part of Nottingham’s Winter Wonderland event.

Marked by the annual Christmas light switch-on from 21st November, Nottingham will sparkle with fair-ground rides, lights and the grand Christmas tree, overlooking the popular German Christmas Craft Market offering hearty food such as hog roasts, traditional beverages and hand-made gifts.



TOP The coronation illuminations on The Exchange Building in 1902.

BOTTOM The Market Place in 1927.



The Story of a Kindred Spirit

63 year old retired social worker, Colin Harrison, talks about life before Kindred Spirits, his love of hosting coffee mornings and putting the world to rights

FEATURE *Colin Harrison*

To find out more about
Kindred Spirits*

visit us at

www.ageuknotts.org.uk

or call us on

0115 841 4473

Q You have been involved with Kindred Spirits for a while now, what was it that made you join?

I joined Kindred Spirits three years ago after taking early retirement. Work had provided structure but suddenly that was gone and I was at quite a loss. It's the same if you lose a partner – the routine you know disappears. But I believed I needed to keep my body and mind active. There's nothing worse than sitting at home talking to the budgie – it might be okay for a few days but it has its limits!

Q How did you hear about Kindred Spirits?

I used to do a lot of walking with a group and heard through word of mouth.

Q What have you been involved in since joining?

Everything! I attend coffee mornings and I'm actually a host which generally means just looking out for anyone who is new and making them feel welcome.

I also like to think I'm quite involved in the discussion groups too. We really put the world to rights! I also thoroughly enjoy the chair-based exercise classes; they are very light-hearted and fun although it's surprising what you can do.

Q Do you have a favourite memory since becoming a Kindred Spirit?

One fond memory is when Wilkinsons donated a lot of money towards a lovely evening for us, with a 3-course meal and entertainment. That was very special. They even gave us goody bags of Wilkinsons products.



I also attended the Nottingham Light Night. Unfortunately there is a stigma that the night belongs to the youth, but we had a fantastic time visiting the castle and St. Nicholas Church at night. None of us would have ever done it on our own but Kindred Spirits gave us the chance to break down that barrier.

I have also discovered I am useless at darts! I thought I was average but when people began standing at the back of the room, I soon realised I must be a bit of a liability!

Q What do you think the benefits are of joining Kindred Spirits?

I think that anyone who joins through bereavement would find Kindred Spirits very supportive. People in this organisation are very friendly and welcoming and they have often been through similar experiences themselves. Dealing with losing a loved one and the thought of venturing back out is such a hard thing to overcome. But with

Kindred Spirits, it's nice to see people join and eventually be able to laugh again.

For people like me who are retired, it's ideal to keep busy. I live at Burton Joyce which is quite far from the city, but it gives me the excuse to get out on a different bus route to somewhere I never would have gone, whether it's for a day trip or a coffee morning. You make great friends too and we all keep in touch.

“It's nice to see people learn to laugh again.”

Q What would you say to people thinking of joining?

Do it! You can do as much or as little as you like, it's non-committal and you can get involved at your own pace. It is from £25 a year which is about 50p a week; that's less than 10p a day for the chance to get involved in something exciting and make new friends!

I would say give it a try.

Q Could you sum up Kindred Spirits in three words?

Supportive, sociable and entertaining! I don't think Kindred Spirits takes enough credit for what it actually gives to its members.

*Alternatively, attend a Welcome Morning: 10.45am – 12.15pm, Tuesday 29th October and Tuesday 26th November at Age UK Nottingham & Nottinghamshire, Bradbury House, 12 Shakespeare Street, Nottingham, NG1 2FQ.

In the *Garden*

Autumn gardening tips...

Autumn is a great opportunity for your garden to breathe a sigh of relief after summer's activity. However, it can be a busy time for a gardener. We offer some practical tips on how to prepare your garden for the cooler months.



Protect your garden from

Jack Frost. Frost can be a gardener's worst nightmare but there are many creative solutions. You can use everyday household materials including newspaper and tea towels to cover your plants. Make sure you choose a material that is breathable and avoid plastic.

Clean your garden equipment. Use this time to clean your pots and garden tools. A combination of warm water and household detergent should be sufficient to get rid of encrusted dirt.

Remove any dead plants. If you have any plants that have failed to take off this year, remove them and make way for new plants for the next season.

“During the cold months food and water for wildlife is scarce.”

Look after the wildlife. Stock up on bird friendly food including fat balls as they are high in energy. If you have a pond or a bird bath try placing a floating ball in them so that if the water freezes over, there will be a hole for the birds to drink from.

Add mulch to your soil. This will keep the root temperatures stable.

Keep watering during dry periods. When the ground is not frozen give your garden a good watering. This will be particularly beneficial for any new plants.

Plant and prepare your garden for next year. Consider planting spring-flowering bulbs such as daffodils and hyacinths by the end of September and tulips in November.

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For more details and if we can be of help please call

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Email: info@fairyjobmothers.co.uk
Business Cleaning? Please contact us

From the Kitchen

Why not



go local?

Pick up a pack of Lincolnshire sausages from ALDI, Sainsbury or Waitrose for £1.59, £2.00 or £2.99.



Mulled apple juice

This recipe will make a perfect accompaniment to toad in the hole.



Serves 4



Ready in 10 minutes



Easy to cook

- 1 litre apple juice (not from concentrate is best)
- Strips of orange peel
- 1 cinnamon stick
- 3 cloves
- 1 piece of fresh ginger (optional)
- A pinch of allspice (optional)
- Honey, to taste

1 Place the apple juice and all spice in a large pan.

2 Add the orange peel, cinnamon stick, cloves and fresh ginger in a muslin spice bag and place it in the pan with the apple juice. If you do not have one of these you can put all of the ingredients in the same pan. Heat for 5-10 minutes

3 Add honey to taste.

4 Serve and enjoy.



Toad in the hole

Nothing quite hits the spot like this hearty and versatile dish – ideal for a dinner party and kids love it.



Serves 4



Ready in 40 minutes



Easy to cook

For the toad

- 8 pork sausages or
- 12 pork chipolatas
- 2 tbsp olive oil

For the batter

- 225g (8 oz) plain flour
- 4 eggs
- 250ml (8 fl oz) milk
- Salt and pepper, to taste

For the gravy

- 2 tbsp olive oil
- 1 onion, thinly sliced
- 2 tsp plain flour
- 2 tsp English mustard
- 2 tsp Worcestershire sauce
- 600ml (21 fl oz) chicken or vegetable stock

1 Pre-heat the oven to Gas Mark 7 or conventional 220°C or fan 200°C.

2 Place the sausages in a roasting tin. Drizzle over the olive oil, season and cook for 15 minutes.

3 Meanwhile, prepare the batter. Sift the flour into a large mixing bowl with salt and pepper to taste.

4 Make a well in the middle and crack in the eggs. Whisk lightly and once they are combined, gradually pour in the milk. Whisk until you have a smooth and thick batter. The mixture should have the same consistency as double cream.

5 When the sausages start to brown, remove the sausages from the oven and pour the batter over the sausages.

6 Return to the oven for a further 25-30 minutes until it is crisp, golden and well risen.

7 Meanwhile, make the gravy. Heat the olive oil in a small pan, add the onion and fry gently for 5 minutes until lightly coloured and softened. Stir in the flour and cook for 1 minute. Add the mustard, Worcestershire sauce and stock. Bring to the boil, stirring constantly. Simmer for 15 minutes, then taste and add salt and pepper if necessary.

8 Serve with mashed carrots, potato, cabbage or broccoli and lashings of caramelised onion gravy along with a glass of mulled apple juice.

Editor's Tip

For a twist, add 2 tsp of wholegrain mustard and a good pinch of thyme to the batter or wrap a bacon rasher around each sausage for the ultimate indulgence.

Age UK Notts needs stock!

Our charity shops in Mansfield and West Bridgford are dependent on your generous donations. By donating your unwanted items to our shops, you will help to generate vital funds to transform the lives of older people. Every 10 minutes, a vulnerable older person is left helpless without our work. As a local independent charity we are reliant upon being able to raise over £3 million every year and over £300 every hour of every day to continue our vital work.

Who can you help?

Consider people like Barbara...



After her beloved husband Stan died, Barbara would often go weeks without seeing or speaking to other people. She was unable to manage her household finances and struggled to do basic tasks like cooking, cleaning and reading letters. Partially sighted and suffering from diabetes, Barbara had no family to help her. With her independence slipping away, she became desperately low. Your generous donation could help distressed older people like Barbara to start enjoying life again,

manage her finances, meet friends and support her with the help of a care worker.

Donate today and help us to continue supporting vulnerable older people like Barbara.

What you can donate?

West Bridgford shop Clothing and shoes; bags and accessories; jewellery; books, toys and games; homewares such as china, kitchenware, ornaments, pictures and collectibles; soft furnishings such as small rugs, linen and curtains; knitted items and blankets; and small furniture.

Mansfield shop Furniture such as suites, beds, bedroom and lounge furniture, and dining sets (suites and beds must carry a fire label).

Can you donate your unwanted items and make a difference to people in later life?

Where you can donate?

You can donate your unwanted items directly to two of our high street shops during opening hours: Monday to Saturday, 9am – 4pm.

West Bridgford shop

28a Gordon Road, West Bridgford, Nottingham, NG2 5LN.

☎ 0115 982 6008

Mansfield shop

26-28 Regent Street, Mansfield, Nottinghamshire, NG18 1SS.

☎ 01623 488 209



If you are unable to bring in your unwanted items we offer free collection.

For smaller furniture please contact our West Bridgford shop to make arrangements whilst for larger furniture please call our Mansfield shop for help.

How can your donations help?

£3 could pay for a regular visit to a housebound older person's home by our visiting service.

£5 could pay for a counselling session for an older person in distress.

£10 could pay to transport an older person to our day centre where they can enjoy a nutritious meal and spend the day with friendly faces.

£25 could pay for a lonely or bereaved older person to have a fulfilled life with healthy activities for a year.

£50 could pay to make an older person's home safe and secure by fitting locks or grab rails.

Competition & Crossword

ANSWERS

Congratulations to **Anne Criddle** from Carlton who correctly answered our competition question and has won two Nottingham Playhouse tickets!

Question: How many litres of cream were consumed at last year's Wimbledon Championships?

Answer: 7,000 litres

Also congratulations to **Kevin Smith** from Derby who correctly completed our crossword and has won himself a family ticket to Crich Tramway Village!
(Answers to last issue's crossword on the right.)



The Cinnamon Trust

For many older people who live alone, having a pet provides them with a constant companion, offering support, reassurance and helping to prevent loneliness. However, contemplating what may happen to their furry friend should they no longer be able to look after them properly is a very scary prospect for any loving pet owner.

The Cinnamon Trust is the only specialist national charity which seeks to relieve the anxiety of older and terminally ill people with pets they can no longer look after as well as they would like to. The primary objective of the Trust is to respect and preserve the treasured relationships between owners and their pets, by providing practical help when any aspect of day-to-day care, such as walking the dog, starts to become problematic. An example of this is the Trust's national fostering service which is designed for pets whose owners have unfortunately had to go into hospital. Alongside this, there are also provisions for long-term care for pets whose owners have moved into residential accommodation or who have sadly passed away.

*What does
The Cinnamon Trust do?*

*“Peace of mind and practical help
for people – love, care and safety for pets.”*

*Julia Nicholson, a volunteer with The Cinnamon Trust, shares her experience with
Just the Tonic about life with her new friend, Jake the Lurcher...*

When I was preparing to meet Jake, a seven year old Lurcher, I was very nervous about our first 'date'. Would we get on? What would we do? Was I really ready for that first 'poo-bag' experience? My heart was pounding when the doorbell rang, and I was quickly met with a whirlwind of leaping grey fur.

Over the coming weeks, we got to know each other better and the romance soon blossomed as I became familiar with his exuberant greeting followed by a mad dash to the park. A more relaxed approach to 'walkies' would eventually ensue with endless sniffing and leg-cocking. Halfway, Jake would often have a slump in energy levels and I often expected I'd have to carry my hairy partner home.

*“Walking with
Jake has brought
me such joy”*

However, I soon discovered that a five minute break of pats, strokes and hugs meant energy levels were soon restored.

I'm so proud to be out with Jake as so many people stop to admire my handsome companion and his gentle nature. Walking with Jake has brought me such joy and certainly keeps my husband on his toes now he has realised he has a serious love rival! But the truth is, we both love Jake to pieces and I'm so glad that his owner lets me have charge of her faithful hound. I would like to thank the Cinnamon Trust for bringing us all together and I hope that we will continue to be friends for many years to come and share some more fun adventures.



Jake the Lurcher

For more information about
The Cinnamon Trust, please visit
www.cinnamon.org.uk
or call 01736 757900

A look back at Old Heanor

Dorothy Woollands began volunteering in the Heanor shop for Age UK Derby & Derbyshire aged 73, before retiring in 2010. Having grown up in Heanor, Dorothy has many memories of the town to share...

I remember Heanor being a busy place with every shop imaginable; a deli, a tailor, furniture shop and cinema. The market was famous across the region because of its size and range of stalls. There was hardly ever any space in the market place then, between the stalls and jostling crowds. During the 1920s, the new tramline was very popular with people and so it really helped Heanor to thrive.

At that time, the building that Age UK Derby & Derbyshire currently reside in was also being built. The building has had many uses; an outdoor shop, an army shop and a dressmakers. I had always wanted to be a dress maker and was thrilled when I gained an apprenticeship to work there. The large windows upstairs, in what is now the Information and Advice office, were essential for giving us natural light. My apprenticeship was hard work, with many hours spent sweeping the floor and picking pins out of the dust. After four years of hard work, I became a qualified seamstress before eventually getting a new job in Nottingham.



LEFT Dorothy Woollands. RIGHT 1978 Heanor, courtesy of Heanor & District Local History Society

Dorothy holds many precious memories. To allow more people to share their own, Age UK Derby & Derbyshire have created a new webpage dedicated to old images and videos submitted by you.

If you have any fond images of times gone by, please contact Phil Brown on 01773 768240. Alternatively, you can email your photos and films to philip.brown@ageukderbyandderbyshire.org.uk. Submitted images will be scanned for the webpage and returned to the original owner. Please visit www.ageuk.org.uk/derbyandderbyshire/memories to view those already sent in by others.



AUKDD memories



Intergenerational Family Learning

Times are changing and different generations can certainly learn a lot from one another.

The Chaddesden Park Centre in Derby, run by Age UK Derby & Derbyshire, has formed an excellent partnership with the Derby Adult Learning Service to celebrate the importance of intergenerational learning. The centre runs sessions with the Family Learning Team, where grandparents can become involved in learning with their grandchildren during the school holidays. So far, activities have ranged from making kites to wind chimes and mobiles and have all proved very popular.

Scan your smartphone here for more information



AUKDD Chaddesden

“The partnership we have established... has been brilliant. It has given grandparents the opportunity to spend quality time with their grandchildren, learn new skills together and have fun making items they can use at home. Sometimes, grandparents don't see a lot of their grandchildren so the time they can have together can be really precious. Feedback from the users and children has been really positive and everyone seems to look forward to the next session.”

Rachel Clark, Family Learning Curriculum Manager

Contact Details

🌐 www.ageuk.org.uk/derbyandderbyshire/chaddesden
✉ chaddesden@ageukderbyandderbyshire.org.uk
☎ 01332 674562

There will be an intergenerational event at the Chaddesden Park Centre during the October half term. The sessions are free but donations are appreciated

Volunteering

is a brilliant way to offer your help and support to older people and it also has a very positive impact on you as a person.

Currently, there are approximately 250 volunteers forming the backbone of Age UK Derby and Derbyshire. Our volunteers come from all walks of life, with some helping for a few hours a week whilst others for several days.

We also have a Board of Trustees who work as volunteers to help govern our organisation, helping us to grow as a charity using the experience they have gained through their own work and personal endeavours.

There are countless volunteering opportunities with Age UK Derby & Derbyshire, including:

- Information & Advice
- Befriending
- Foot Care
- Activity organising
- Information technology
- Administration
- Day services
- Fundraising

Volunteering has proven to be extremely enjoyable. Over the last ten years we have awarded over 50 certificates to those who have served ten years with us and 7 for those who have served



AUKDD volunteering

Scan here for more information

Age UK Derby & Derbyshire needs YOU

All that is required is a commitment to work with older people, a good sense of humour and dedication.

Why should you volunteer?

- ✓ It's a simple way to get out of the house and give something back
- ✓ It's a way of combating social isolation and meeting new friends
- ✓ It is a chance to build up a skills base whilst looking for paid employment
- ✓ It plays a vital part in bringing about change for older people and improving their lives
- ✓ It is an ideal way to keep busy and stay active

“The time and commitment given reflects the kindness and dedication of many of the people who choose to volunteer for us.”

Ray Gumbley, Derby Services and Advocacy Manager

“Loneliness is a greater problem than poverty so I was keen to help and the Befriending Service struck a chord with me.”

Ingrid, Volunteer

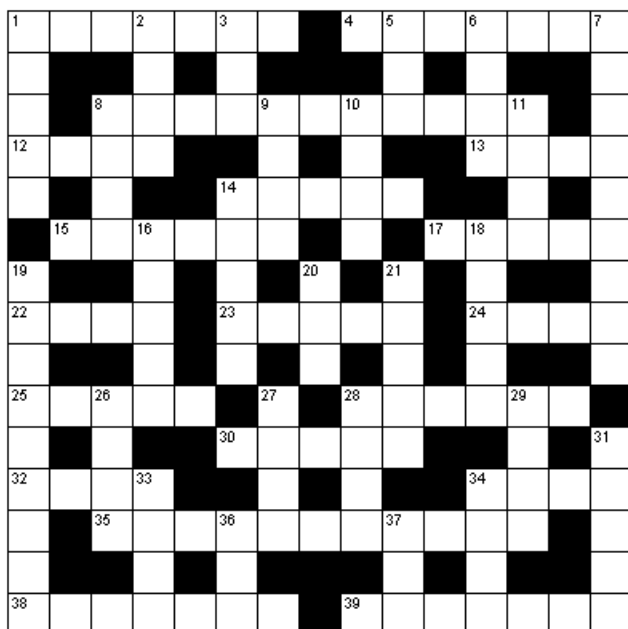
If you would like to volunteer please contact:

www.ageuk.org.uk/derbyandderbyshire/volunteering
administration@ageukderbyandderbyshire.org.uk
0177 376 8240

Crossword Puzzle

Be in with a chance to win

Complete our crossword correctly and you could win a £10 Tesco voucher



Across

1. Suffocate (7)
4. Transgression (7)
8. Amber-coloured sweet (6,5)
12. First man (4)
13. Created (4)
14. Drive back (5)
15. Native of India (6)
17. Stalks (5)
22. Sour (4)
23. Halts (5)
24. Petty criminal (4)
25. Absorbent cloth (5)
28. Barren place (6)
30. Dish of raw vegetables (5)
32. Ride a surfboard (4)
34. Spouse (4)
35. Planetary model (11)
38. Illicit drug (7)
39. British rock group (7)

Down

1. Crouch (5)
2. Streetcar (4)
3. Snake-like fish (3)
5. Influenza (3)
6. Examination (4)
7. Entailing great expense (9)
8. Building for storing hay (4)
9. Level (4)
10. Storage shelter (4)
11. Speed contest (4)
14. Elevate (5)
16. Evade (5)
18. Flavour (5)
19. Bizarre (9)
20. Exclamation of surprise (3)
21. Inquired (5)
26. Twist (4)
27. Concern (4)
28. Individual facts (4)
29. Wander (4)
31. Sturdy twilled trousers (5)
33. Bloodsucking insect (4)
34. Mongrel dog (4)
36. Convent dweller (3)
37. Fish eggs (3)

Competition

Q

What is the name of the school that has participated in designing Age UK Notts 2013 Christmas cards?

Answer correctly and you could be in with a chance to win a lovely espresso set complete with a stove-top style espresso coffee pot and a pair of stylish cups and saucers!

How to enter?

Simply send your completed crossword and/or competition entries along with your name and address to us by post or email. The closing date for all entries is 30th November 2013. The answers will be printed in the next issue of Just the Tonic.



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The replacement doors and worktops come in a range of styles and Mark will visit you at your home so you can see dozens of samples. They are made to measure to ensure a perfect fit in your kitchen.

Mark has nearly 30 years' experience in cabinet making and more than 20 years' experience in producing hand built kitchens- so he's quite an expert in building and installing kitchens.

Mark says "by replacing the doors and worktops, you can get the look of a new kitchen at around a third of the cost- it's the ideal solution in these tough economic times".



To look at all of our positive reviews visit the Age UK Business Directory www.aubd.co.uk

Whether you think you need a complete new kitchen, or just a makeover, contact Art of Kitchens for advice and a free quotation on

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What's on

oct nov dec

OCT 2-6

The Goose Fair

The 700 year old fair returns to Nottingham's Forest Recreation Ground with big wheels, music, lights, games and stalls. Free entry. ☎ 0844 477 5678



OCT 13

Earls and Trees

Enjoy a gentle stroll on the grounds of Elvaston Castle whilst admiring the beautiful autumn leaves and delving into the historic past of the estate. £6 parking and entry. ☎ 01629 533 870

OCT 23

First World War Media

Alan Clayton gives an illustrated talk at St. Leonard's Community Centre in Wollaton about WW1 in the media. £2 per adult/free for members. ☎ 0115 928 5778

NOV 3

Bonfire and Firework Display

Join in the festivities at Derby's Markeaton Park with a funfair and spectacular fireworks. Free entry. ☎ 01332 293 111



NOV 6-10

Slava's Snowshow

The award winning show returns to Nottingham's Royal Concert Hall with comedy and stunning spectacle. Tickets from £26. ☎ 0115 989 555

NOV 18

Mansfield Christmas Lights

Paralympic stars Charlotte Henshaw and Ollie Hynd kick off the festivities at Mansfield's Market Square. Free entry. ☎ 0844 477 5678

NOV 21

Winter Wonderland

Market Square comes alive with the Christmas light switch-on and Christmas Market. Free entry. ☎ 0844 477 5678



DEC 7-8

Christmas Weekend Wonderland

Browse an array of festive stalls within 23 acres of beautifully restored parks at Pavilion Gardens in Buxton. Free entry. ☎ 0129 823 114



DEC 7-22

Santa's Trains

Join Santa and his helpers on a festive journey from Ecclesbourne Valley Railway in Derbyshire, with presents for children and seasonal refreshments for adults. Tickets £10. ☎ 0162 982 3076

DEC 11

Pantomime Gala 2013

Nottingham Playhouse celebrates its 50th birthday with a special gala performance of Jack and the Beanstalk. £50 per ticket. ☎ 0115 941 9419

DEC 31

New Year's Eve Classical Gala

Celebrate the New Year with the elegant sounds of the Royal Concert Hall's Classical Gala. Tickets from £15. ☎ 0115 989 5555

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130 Main Street, NG6 8ET

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1 Park Road, DE7 5DA

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