



Just the Tonic

Winter Issue

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

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

Get a helping hand

with cleaning, laundry, carers' sitting...

Affordable Warmth

Free boiler, loft and cavity wall insulation

The year of the MOOC

A new way of learning

Exciting New Classes

Clicksilver, Kathak dancing and art classes running now

World War One 100 Years On

Decorating *for* dementia

Firs Garden Community Centre

Slam the door on

Rogue Traders

WIN
Tickets to
a play!

Would you like a helping hand around the house?

Age UK Nottingham & Nottinghamshire can help

We offer

- ✓ **Cleaning**
- ✓ **Laundry**
- ✓ **Shopping**
- ✓ **Ironing**
- ✓ **Light meal preparation**
- ✓ **Carers' sitting**

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and DBS checked.

For a competitive hourly rate
our dedicated and friendly staff
can provide you with all the
support you need.



To find out more, call us on

0115 952 5331

Welcome



Left to right
Emma McDowell and Emily Knight

Hello and welcome to your winter edition of *Just the Tonic*!

We would first of all like to take the opportunity to wish you all a very Happy New Year and hope you had a great Christmas and plenty of fun welcoming in 2014. The start of a new year means the start of many new ventures for our charity and this issue is jam-packed with new and exciting things that you can get involved in too.

Meet the team behind *Just the Tonic*

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If your new year's resolution is to try something new, look no further than getting involved in our Kathak Dance Classes and Art Tutorials on page 15. For those of you who love to learn, you can read all about a brand new educational craze sweeping the world known as 'MOOCS'.

Furthermore, with the cold winter months continuing into the new year, you can find tips on how to keep your winter affordable with the help of E.ON on page 6 and to help you stay extra warm, we have provided some deliciously filling recipes for you to try on page 21.

We certainly ended 2013 on a high, so here's to 2014 and let's hope it's as fun-filled a year as the last!

Emma & Emily

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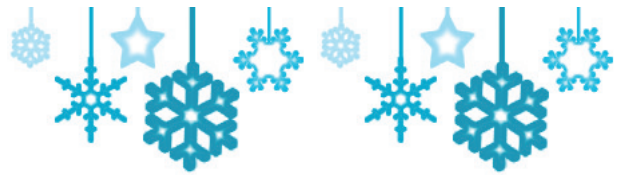
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Enjoy!

In the *Community*

Oct Nov Dec



From lanterns to knitting and singing to celebrating, the past three months have certainly been busy. Take a look at what we got up to in the community...

Derby's **BIG** Knit-athon



Ray Gumbley and Alison Johnson knit with volunteers

The Big Derby Knitathon returned in October following on from its inaugural success last year. An army of knitters descended on Derby's markets and attempted to knit as many patches as they could in just three hours. Sponsored by Strand Wools, Hook & Eye, Habiknit and Derby Markets, the event has so far helped to raise £650 for Age UK Derby & Derbyshire and all of the patches knitted will be used to create blankets for premature babies at the Royal Derby Hospital. Certificates were presented to all those who participated by the trustee and Deputy Chair of Age UK Derby & Derbyshire, Alison Johnson.

Light the way forward Older People's Day 2013

We celebrated Older People's Day on October 1st in a variety of ways, but one event we attended was particularly special. As the sun set over Nottingham city centre, we gathered at St Peter's Gate to light 100 lanterns.

Each lantern was created by Anette Waterfield, an artist who has worked with various groups across the city including Age UK Notts' Sybil Levin Centre. Each lantern was adorned with a wish, hoping for a brighter future for all older people. Some of the most heart warming read, "I wish I could walk again" and "I wish I had improved eyesight so I could see the flowers." One simply read, "I wish for youth."

To see more pictures of the day, please visit our website at www.ageuk.org.uk/notts and head on over to our blog.



Southwell Minster Christmas Celebration

On 4th December, we attended Southwell Minster for a wonderfully festive celebration full of carols, seasonal music and readings supported by Age UK Nottingham & Nottinghamshire and Age Concern. The music was led by The Nottingham Trent University Choir, Soloists and Brass, Bestwood Male Voice Choir and soloist Maryla Mondszein. Those attending helped to raise funds for older people throughout the City and County which will mean the provision of festive meals, warmth and company for those less fortunate.



The Newstead Christmas Fayre

We attended a very festive fayre at the Newstead Centre on 30th November in order to help promote ways to stay safe, well and warm in winter. The fayre was full of a variety of stalls including those promoting safety in the community and home



ABOVE From left to right, Ellie Stone and Emily Knight from Age UK Notts

and free advice and information about living a healthy lifestyle. There were also plenty of craft and food stalls, selling everything from gifts, jams, furnishings, Christmas decorations and jewellery. There was also a great tombola and the chance to get involved in a zumba class!



To get involved in fundraising, please call Age UK Notts **0115 844 0011** Age UK Derbyshire on **01773 768 240**

Letters

Tell us your views and share your poems

Star Letter

Connecting trams

I read your 'Tickets, Please' article with great interest as, from a historic perspective, I have recently completed a monochrome pen and ink picture of my grandmother, (pictured) who in 1915 worked as a conductress on the trams that ran from Nottingham to Ripley, dubbed the 'Ripley Rattlers'.

From my research, I found two very interesting connections. The particular tram depicted, tram No.18, was in fact the first tramcar purchased for the line (see the photographs inset). The other connection is that of 'Tickets, Please!', written by DH Lawrence. My grandmother, Frances Raynor, worked on the trams around 1915 when men were away during the First World War. In the story, DH Lawrence states that the notorious route was manned by girls and driven by manic young men. Lawrence, I also understand, was inclined to use names of people he knew for the characters in his novels and his book does contain a character with the name of Raynor!

Rodney G Fogg



All wrapped up!

After reading your article in the last issue about staying warm, I thought there were some useful tips and wanted to share some of my own. One of my favourite ways to keep warm is a hot water bottle as they can be used no matter what you're doing! It's also important to let as much sunshine into your home as possible during the daytime. Once the sun has set, close all curtains and blinds to keep all that natural heat trapped inside. One useful tip to help you do this is, rather than splash out on expensive insulated curtains, instead line your curtains with a cheap fleece fabric or blanket and they work just as well! I also think a woolly hat is important when it comes to staying warm. It is common knowledge that our bodies lose heat through our feet and heads quickest, and whilst we always wear socks in winter, not all of us wear our hats!

Anna Wight

Poetry Corner

Are you a budding poet? If so, write to us!

Come and join us!

By Carolyn Nix


I felt I was slowly stagnating,
So my life I began contemplating
Daytime tv
Didn't do it for me
I needed something more invigorating

I was lonely and bored,
Depressed and ignored
Then suddenly, luck came my way
In my local rag, I noticed an ad
An invite to join Age UK

Age UK has changed my life beyond measure
Friendships and days full of pleasure
So much to do,
There'll be something for you
Times you will treasure forever!

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



Is the Green Deal right for you?

When it comes to choosing appropriate support to help make your home energy-efficient the numerous choices can be overwhelming. We take this opportunity to discuss one of the latest schemes designed to make heating your home more environmentally friendly, energy-efficient and affordable.

The Green Deal, launched in January 2013, is a government initiative designed to help you introduce green energy-saving technology into your home. The scheme offers access to various home improvements including insulation, double glazing and solar panels. It is unique because the work is funded through the savings you make on your energy bills. This concept is known as the 'Golden Rule'. In other words, the amount you pay back will not exceed the savings on your energy bill, giving people the chance to make their homes more energy efficient and bills more affordable.

However, recent research conducted by Age UK shows that very few people are choosing to take up the scheme. The

latest figures showed that out of 71,000 houses assessed, less than 1,000 actually decided to go through with the changes. Age UK also found that nearly 70% of older people would not consider the Green Deal, with the most common reason being that they were concerned about the potential cost and the fear of getting into debt. Therefore, before you decide whether the Green Deal is the best deal for you it is worth considering the following.

First, the Golden Rule is not a guarantee that you will save money. You will only start to save once you have made all of your repayments. Furthermore, the savings are attached to the house so if you decide to move, the savings will be passed on to the new home owner.

Watch out for upfront charges that some providers may try to charge. Although the Green Deal is effectively a loan, you will need to go through a home assessment in order to access the deal, which sometimes carries a charge. However, there is no standard fee for the initial assessment so they can range from nothing to almost £300. Be sure to shop around and compare quotes to get the best deal. Also, be aware of cold callers and door step crime. If you are approached by someone who is trying to sell Green Deal home improvements make sure that you verify who they are by checking their ID or go through their offer with a relative or trusted friend.

Is the Green Deal right for you?

Although the Green Deal could help, it might not be the right option for you. If you are receiving pension credit or you are an older person living on a lower income, you might be able to access a variety of these home improvements for free through the Energy Company Obligation (ECO) scheme. Since January

2013, ECO has been responsible for 98% of the energy-saving measures installed in homes throughout Britain. Also, some Green Deal offers may not be appropriate for your house. For example, you may simply need a new boiler rather than complicated improvements such as solar panels and insulated doors.

However, if you do decide that you are interested in the Green Deal, be sure to get some independent advice first. The Energy Saving Trust is just one of the impartial advice services that can help you to discuss all the options available to you. Please contact them on **0300 123 1234**.

Are there other options available for me to choose from?

To discuss what other options may be available to you, please call Age UK Notts Housing Matters Team on **0115 8599 260**

Alternatively, you could also have home improvements done privately by trusted traders and businesses.

Please turn to page 18 for more details or call Age UK Business Directory on

0800 011 4643

Affordable Warmth

This year E.ON and Age UK Notts are working together as part of a national scheme to help people keep their homes warm during the winter months.



The Affordable Warmth scheme is part of a larger government led scheme which aims to make keeping warm more affordable for those with lower incomes. The scheme offers free energy saving home improvements to E.ON and non-E.ON customers provided they meet the eligibility requirements.

To qualify:

You must be a homeowner or live in private rented accommodation and claim a State Pension Credit or Child Tax Credit (with a household income of less than £305 a week) or a combination of other income related benefits.

Once E.ON receive your application they will assess whether you are eligible. If you are eligible, they will contact you to check a few details and ask you a few questions. E.ON aim to contact applicants within two working days from the day they receive your application, but it can take up to a week.

What is it?

You could benefit from a number of free home improvements including a new A-rated gas boiler if your boiler is broken or over eight years old and faulty. According to the Energy Saving Trust, boilers account for fifty five percent of your annual energy bill so it is essential that it is in good working order. Also, by replacing your existing boiler, you could significantly reduce your carbon dioxide emissions, thereby not only keeping your home warm but also doing your bit for the environment.

For qualifying customers, the scheme also offers free loft and/or cavity wall insulation. If you do not have loft insulation you could be losing a quarter of your home's heat through the roof. Loft insulation is a long term solution as it is effective for about forty years. Cavity wall insulation could also save you pounds on your energy bills. If you live in a house built after 1920, it is likely that your external walls consist of two layers with a gap between them. Cavity insulation fills this gap and reduces the amount of heat lost through your walls.



Once this is completed E.ON will arrange for a surveyor to visit your home for free and assess which energy saving improvements are needed. The surveyor will let you know what you can claim for free and if there are any additional costs. Usually you will not have to pay anything but in some cases there may be additional costs on pipe or safety work. However, it is entirely your choice whether you go ahead with the work.

Call our Housing Matters team on 0115 844 0011

They will help you complete the application form over the phone and also send the form to E.ON on your behalf.

Alternatively, application forms are available from our Head Office or Insurance Offices:

Head office: Bradbury House, 12 Shakespeare Street, Nottingham

Insurance Offices: 48 Upper Parliament Street, Nottingham
Northern Office at 26-28 Regent Street, Mansfield

Get a helping hand

We all need extra help at home from time to time. Age UK Notts can provide you with some help on cleaning, shopping, carers' sitting and other everyday tasks.



Robert is the sole carer for his spouse, Mary. They have been married for over seventy years, thirty years of which Robert has been caring for her full time.

Robert's caring responsibilities mean that he doesn't have the capacity to do everyday jobs such as cleaning and shopping. His limited time to complete routine tasks started to have a negative impact on their quality of life.

Following a recommendation from a friend, Robert decided to get in touch with the Age UK Notts cleaning and shopping services. Robert and Mary are now visited a couple of times a week by Home Help who assist them to clean their house and do their shopping. Robert is now able to spend more time caring for and being with Mary and less time worrying about everyday tasks.

Like Robert and Mary, you can also benefit from similar support. Our friendly team of professional staff can provide you with all the support you need. For an hourly charge we can help you with everyday tasks including cleaning, shopping, laundry, ironing, light meal preparation and carers' sitting.

Our staff are fully trained in each area of support so you can benefit from as many services as you like. For example, you may decide you simply need an hours worth

of cleaning. Alternatively, you may want an hour of cleaning, an hour of shopping and an hour of ironing. Our flexible service can be tailored to your individual circumstances.

100% of the clients we asked said they would recommend our service

Our Home Help can also provide you with peace of mind. We understand that inviting a

stranger into your home can be intimidating. With this in mind all of our staff are fully trained, fully insured and Disclosure and Barring Service (DBS) checked (formerly Criminal Records Bureau, CRB). We will also endeavour to match you with the same member of staff each time you use the service so you see the same friendly face each time, where possible. You receive a full hour of support when you buy one, we do not include travel time and we also do not charge a call out fee.

Get a little help give a lot back

Robert and Mary not only personally benefitted but their custom has also had a wider positive impact. They have helped us to continue our vital work supporting vulnerable older people throughout Nottingham and Nottinghamshire and you could too. By using our service, you get a little help but give a lot back, as any surplus we make helps us to continue our work.

"I am so pleased with the service provided because your home helpers are so friendly and they work really hard." **Anonymous service user**

- The service is designed specifically with older people in mind but it is available to anyone over 18.
- We operate in various areas throughout Nottingham and Nottinghamshire.
- Our friendly and professional staff can help you from Monday to Friday 8am to 6pm

- Competitively priced at £14.50 an hour (VAT exempt*)

For more information please call our Home Support team on

 **0115 952 5331**

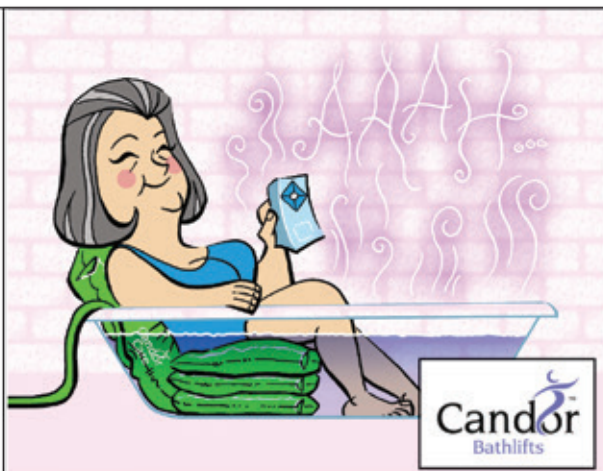
 **01623 488 218**

*To be eligible for VAT exemption you must not be able to complete the task yourself.

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)

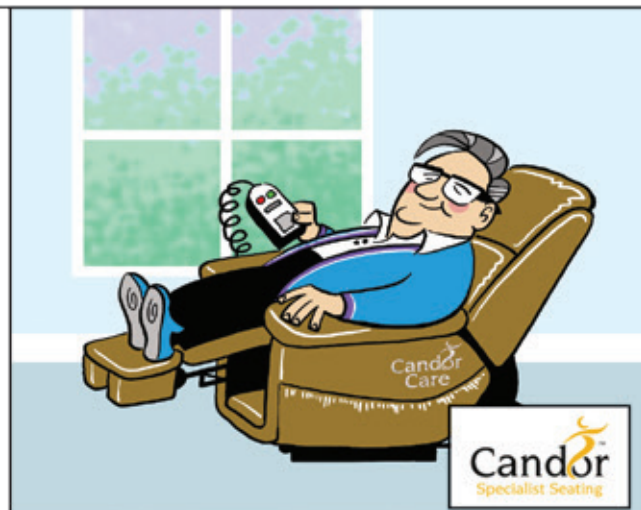


Brenda discovered that using the bath could be a pleasure again, not a chore. A simple bathing cushion gave her back her bathing bliss!

- ✓ 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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Candor
Care



The year of the MOOC



The New York Times dubbed 2012 ‘The Year of the Mooc’. In August 2013, the word ‘mooc’ officially made it into the *Oxford English Dictionary*. But what does it mean? Being as confused as everyone else, we decided to step into the world of the ‘mooc’ and ended up discovering a world of possibility.

The term ‘mooc’ has been around since 2008 when it was coined by Dave Cormier of the University of Prince Edward Island. It stands for ‘massive open online course’ and refers to online courses run by institutions of higher education that are open to anyone and everyone and for free! In short, moocs are all about providing large-scale inclusive education via the Internet. All you need is access to a computer and you have world class education at your fingertips!



Would you like to learn more about architecture? Sign up for a MOOC!

Since 2008, moocs have been one of the hottest topics in higher education and are popping up all over the world. Northern American Universities have been leading the way in terms of the quality and variety of teaching. The University of Pennsylvania offers a fascinating range of courses including ‘Introduction to Art: Concepts and Techniques’, ‘Listening to World Music’ and ‘Modern & Contemporary Poetry’, in which students get the chance

to study an assortment of the finest modern poetry from Emily Dickinson to Walt Whitman.

For those more science-minded individuals, Stanford University offers a course entitled ‘Understanding Einstein: The Special Theory of Relativity’. The course addresses questions such as: What is the meaning of relativity? Is time travel possible, and if so, how? What does it mean to say that time is the “fourth dimension”? As you can see, you can do a mooc on just about anything! From architecture to social psychology, global health to world music, the list really is endless.

In terms of teaching methods, moocs are taught in a variety of ways including online lectures, reading lists and interactive user forums. The forums are designed to be like an online seminar; you can post questions to the course leaders, debate with other students about the lecture and current reading and hopefully delve deeper into the topic at hand. The course leaders are experts in their fields so you will be receiving world-class teaching completely free.

In September 2013, FutureLearn, the first online directory of UK moocs was launched. Unlike the current websites on offer, FutureLearn lists all of the UK’s moocs, including courses run by The University of Exeter, The University of Warwick and The University of Nottingham. FutureLearn says that they “hope to inspire people to continue to

learn throughout their lives”. Other countries are also following the trend, The University of Sao Paulo’s first two courses went live in June 2013; whilst the University of Taiwan, the University of Copenhagen and the University of Tokyo have all recently hopped onto the mooc bandwagon too. There are many benefits of signing up for a mooc. Moocs are inclusive, they are free, accessible to anyone in the world and do not require any pre-requisites. You can study International Criminal Law, Anatomy or Historical Fiction without any prior knowledge. Additionally, you can do all of this from the comfort of your own home. You could be sitting in your front room with a cup of tea whilst talking to people from around the world about Roman architecture. You can be as involved or as uninvolved as you like. You can do all of the reading or just some of it, engage with all of the lectures and seminars or just one of them.

Get involved!

Follow these three steps and start your first mooc today:

★ Sign up to a MOOC website. **Coursera.org** and **Futurelearn.com** have a wide range of excellent courses.

★ Sign in and search for courses. Once you have registered on a MOOC website you can start to look for courses that interest you.

★ Start moocing!

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Your fantastic, natural looking, functional dentures have changed my life!

Many thanks, Grace Needham



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Prepare *for* Care

Experienced solicitor, Christina Yardley from Actons, explains how good advice about care early on can make all the difference to you and your family.

FEATURE *Christina Yardley*

As an ageing population, we are becoming increasingly concerned about the quality of care we will receive in later life, how we will pay for this care and whether we will have anything left to leave our loved ones when we pass away.

Christina Yardley, a solicitor at Nottingham law firm, Actons Solicitors, and a specialist in law for the elderly, explains why you need to take early action should you need to prepare for care.

Will I have to pay for my care?

Not everyone will of course need care, but for those of us that do, unless we qualify for our care to be paid for by NHS Continuing Healthcare, then we will have to pay towards it.

Means Test

When a Local Authority arranges a person's care, they will complete a means test. Currently, people who have assets totalling more than the capital limit of £23,250 meet the full cost of their care. Assets include everything that you own including savings, investments and your own home for the first twelve weeks of permanent care and certain types of Bonds.

However, people with assets below this capital limit cannot escape paying towards their care, as they will make an assessed contribution from any income they receive such as attendance allowance, state and private pensions. By ensuring that you maximise

your income and claim all the benefits that you are entitled to, you may be able to reduce the amount of capital that you lose. Another important factor is making your money work more profitably for you. An independent Financial Advisor may be able to offer valuable assistance in this regard.



Will the family home have to be sold?

Not always. There are circumstances when the family home is not taken into account in the capital means test. An example of this is when a spouse and certain other people continue to live in the home.

Even when the home is taken into account in assessing your capital, this does not necessarily mean it has to be sold. In some instances, families are able to rent the home to generate income and any shortfall can, if the Local Authority agrees, be left to accrue as a legal charge against the home. This is also known as a Deferred Payment Agreement.

Am I able to give my home away to my children or family now?

There are laws in place known as the deprivation of assets legislation which provide that gifts made with the intention of avoiding paying for care can be set aside.

This means that you could incur the legal expense and risk of gifting your home to your children and be no better off. It is important to remember that a gift is just that.

If, unfortunately, you later had a fight with your family, they became bankrupt or even divorced, you could risk being left homeless. It is for this reason that families wishing to make gifts to loved ones for good reasons should consider setting up a Trust instead of making an outright gift.

“Ensure your family has the right tools – make a Will and a lasting Power of Attorney.”

Make a will

Making a Will is an important step for all adults that own assets of any kind. It is especially important when preparing for care.

For couples, making arrangements to hold their home as tenants in common can be a simple and cost effective way to protect part of the value in their home in the event that the survivor were to need care.

Make a Lasting Power of Attorney

One of the things I regularly see is families trying to achieve the best care for a loved one without the right tools. A Lasting Power of Attorney is a crucial document that allows you to appoint people that you trust to act for you in the event that you are not able to make decisions for yourself.

There are two types of Lasting Power of Attorney; property and affairs or health and welfare. Many people make both, as having Lasting Powers of Attorney really can make a significant difference in organising and paying for care.

Nursing or Residential Care

There is a distinction to be made between residential and nursing care. Residential care is when just care is provided, whereas the more expensive nursing care is where the person's needs are more medical in nature. For those receiving nursing care, most will qualify for an NHS funded top-up to cover the increased cost of that care. For those that are severely ill, they may even qualify for NHS Continuing Healthcare, where the cost of care is met by the NHS.

What does the future hold?

Following recommendations made by the Dilnot Report, the coalition government pledged to make changes to care fees by introducing a £72,000 cap from 2016 onwards. The proposal



is currently going through Parliament and may be subject to change, or may not become law at all.

It is important to realise that if these changes do become law as proposed, in addition to the £72,000 care costs, each person will still have to pay:

- His/her accommodation costs of approximately £12,000 per year;
- Any additional care costs over and above the basic rate. The Local Authority will allow for a care home (currently starting from £399 for Nottinghamshire for 2013/2014).

With the average stay in a care home being two years, critics argue that many of us will not actually reach the cap, estimating that only one in eight of us will actually benefit. For this

reason, it is paramount to prepare for care and take legal advice as early on as possible.

How can a solicitor help you?

It is important that you plan ahead and are aware of all the options available to you. A solicitor specialising in this area of law will be able to provide you with valuable and easy-to-understand advice that could take many of your worries and concerns away, allowing you to focus on the things that matter to you. Solicitors can also:

- Assist you with a strategy to legally minimise the fees that you will pay;
- Make sure your Will does what it should;
- Organise a Lasting Power of Attorney if you do not already have one in place so your family are able to help where necessary.

In collaboration with Age UK Nottingham & Nottinghamshire, Actons Solicitors are offering a discount to *Just the Tonic* readers. Simply quote reference 'AGE UK' when contacting us.

The 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.

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Home is where the heart is

As of October 2013, the Housing Options Advice Service offered by Age UK Notts has been supporting people who need help with housing and care options. We take a moment to look at how this brand new service can help you.

We spend much of our time in our home, from cooking in the kitchen to catching forty winks on the sofa. However, over time our needs and circumstances change and our home that once seemed perfect can become more demanding and unsuitable. Yet, where we live can have a big impact on our quality of life.

According to recent research published by The Independent, over eighty percent of people want to change something about their home.

From eco-friendly improvements to safety adaptations, most of us would like to alter our home in some way to make it more suited to our needs. Additionally, in a separate survey, fifty eight percent of people aged 60 and over were thinking about moving house, predominantly to downsize.

With this in mind, our new Housing Options Advice Service offers expert advice on housing and care options to assist you as your needs change in later life. Whether you own or rent your home, if you are 55 or over so long as you live in Nottingham and Nottinghamshire, you could benefit from this service for free. You can also access this service as a family member or carer of a person who fits the criteria.

Our service is designed to help you understand your options. We can provide support to you if you wish to make changes to your living arrangements but lack the confidence or knowledge to do this alone. Our advisors can provide you with information and unbiased advice based on your needs to help you understand your options but the final decision is always yours.



Whatever the situation, we are here to help

- We can advise you on how aids, adaptations, repairs or home support can enable you to stay in your home.
- We can help if you are thinking about downsizing to somewhere more suited to your needs, moving to sheltered, supported, residential or nursing care homes.
- We provide information on other agencies and services that can help and refer you to them.
- We provide information on social and health care.
- We can refer you to someone who can provide advice on financial matters and welfare benefits entitlements.

**Appointments
every Tuesday
9.30am – 12pm
at Bradbury House
in Nottingham
City Centre**



Our service is available either over the phone or via one-to-one sessions.

To book an appointment on a Tuesday time-slot at Bradbury House, or in the comfort of your own home outside of the times shown, please contact our advisor Jackie McGuinness:



0115 993 3399

Helping you with home improvement

With the increased cost of living constantly in the limelight, we take a look at the type of help available when it comes to upgrading and maintaining the home you love...

At Age UK Notts we want to help people to live independently in their homes for as long as possible. However, our homes are not cheap to run and even the smallest improvements can sometimes hit our purses hard. Furthermore, when it comes to bigger investments like a new roof or rewiring, costs can be so high that people choose not to make important home improvements.

With this in mind, Age UK Notts and Nottingham City Council are working together to offer affordable loans to people

who need repairs done to their house and would benefit from financial assistance. The loans are administered by financial service advisor Street UK and could help you pay for:

- New heating systems
- Electrical rewires
- Damp remedial works
- Replacement roofs
- Replacement windows and doors
- New kitchens and bathrooms

However, we understand that the world of loans can be unnerving. To give you peace of mind the finance can be structured so there

is no repayment or interest during the lifetime of the loan which is repayable on the sale of the property. In addition, if you decide to take out a loan you will receive ongoing support by a designated caseworker.

We hope that these loans will help to relieve the hardship and suffering for hundreds of older people throughout the city.

For a confidential chat about the loan, please contact our Housing Matters team on

0115 859 9260



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World War One: 100 Years On

This year, we mark the 100th year anniversary of the outbreak of the First World War. We look back at Nottinghamshire's role in the conflict.

PHOTOGRAPHS Courtesy of Picture the Past*



On the 1st of August 1914, the Nottingham Evening Post reported "Europe is marching into a state of war". Just three days later, the old Market Square was a hub of celebration as many of the county's residents gathered to rejoice Britain's entry into the war. These celebrations were mirrored the following week along Canning Circus. Hundreds gathered to see off the Robin Hood Rifles (1/7th Sherwood Foresters) as they marched off to the front. However, just four years later, the mood was somewhat different.

Like the rest of the country, Nottinghamshire's initial enthusiasm led to hundreds of men enlisting for the front line in 1914; 500 Nottinghamshire men enlisted on the 10th September 1914 alone. However, by the time 1915 was ushered in the numbers were dwindling. To solve this nationwide problem, national conscription was introduced in January 1916. Originally national conscription included single men aged 18 to 41 unless they were widowed with children or a minister of

religion. However, later amendments increased the age to 51 and included married men. As a result, almost 25,000 men were called up from Nottingham city alone. By the end of the war, 11,000 men from Nottinghamshire had lost their lives and countless more had been injured. In fact in 1921, the city's general hospital was still treating 18,400 disabled servicemen.

"The courage and spirit shown by all concerned, both men and women, command our admiration."

Although Nottinghamshire was away from the front line, the conflict still managed to leave its imprint on the county. Nottingham's hosiery industry was completely transformed as a result of the war. The industry had to process thousands of orders for socks, underwear and gloves from the War Office. Production was also transformed in the Raleigh factory. Employees manufactured Lewis gun machines on machinery that was usually used to make sheet steel parts. Additionally, machinery traditionally used for making

gears was used to make fuses. Chilwell played a crucial part in the war as it was home to the National Shell Filling Factory. Over the course of the war the factory workers filled 19 million shells in an attempt to counter German firepower. Chilwell was chosen as a suitable site for the factory by Viscount Chetwynd. He chose the site because it was relatively flat but in a slight dip in order to protect

the surrounding areas in the case of an explosion. In 1918, the factory suffered a catastrophic explosion in which 134 people were tragically killed and a further 250 were injured. The explosion was so vicious that it could be heard as far away as the Vale of Belvoir, 30 miles away. In response to the explosion the Minister of Munitions at the time, Winston Churchill, sent a telegram saying: "The courage and spirit shown by all concerned, both men and women, command our admiration."

Many of the employees who worked in this factory were women, who were also known as the 'Canary Girls'. This nickname was used nationally to describe female TNT shell makers because repeated exposure to TNT

*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.

can turn the skin a yellowish orange colour. In general, women played a vital role in the war as demand for work meant that women had to fill the roles which were traditionally assigned to men. By the end of the war, over 35,000 women were employed on war contracts in Nottingham alone. Women assumed a variety of roles including munitions factory workers, tram conductors and Post Office workers. By 1910 at Boots, 900 workers who were mainly women were producing 90,000 gas respirators per week.

Many other parts of the county have fascinating connections to the war. For instance Clipstone Camp on the outskirts of Mansfield, now Sherwood Pines, was a military camp between 1914 and 1919. At the time, it was one of the largest training camps in England. Between 1914 and 1919 it was estimated that

between 20,000 and 30,000 troops passed through the camp, including the University and Public School Regiment who arrived in May 1915. The camp was well equipped with a 97-foot long concert hall, bakery and grocery store. However, training for war was the primary purpose of the camp. Rifle, pistol and machine gun ranges along with a network of trenches were dug in the camp for soldiers to train for the front line.

Another part of Nottinghamshire that has an interesting connection to the war is The University of Nottingham's Sutton Bonington campus. At the time it was known as the Midland Agricultural and Dairy College. In 1915 the buildings were taken over by the military and used to house German Prisoners Of War (POWs). One of the most famous POWs was Karl von Muller, the captain of

the Emden, a cruiser that caused chaos with Allied shipping. All of the other inmates were also of the officer class, many of whom had tried to escape from other camps.

Despite many miles and the English Channel separating Nottinghamshire from the front line the county made a vital contribution to the war effort. There was hardly a village or family throughout the county that was not affected by the war.

To commemorate this contribution and mark the centenary of the outbreak of World War One there will be hundreds of things going on during 2014. 'Trent to Trenches' is a series of events being organised throughout the city and county. There will be a large scale exhibition at Nottingham Castle, activities in local libraries and community centres as well as research stations so you can carry out your own research.

Turn to page 30 for details on one of these fantastic events as they are an opportunity to reflect on Nottinghamshire's role in this momentous conflict.



TOP King George V at the National Shell Filling Factory, Chetwynd Road, Chilwell, 1916 (Courtesy of Nottingham City Council and *Picture the Past*).



LEFT Clipstone Camp, 11 July 1915 (Courtesy of Nottinghamshire County Council and *Picture the Past*).

RIGHT Victory Regatta, Victoria Embankment, West Bridgford, Nottingham, 1919 (Courtesy of Nottinghamshire County Council and *Picture the Past*).

Nottinghamshire Great War Roll of Honour

To mark the sacrifice of Nottinghamshire's men and women made during the war, The Nottinghamshire Great War Roll of Honour has been compiled. This online resource contains a list of all of the Nottinghamshire men and women who died during the war. Eight groups of volunteers scoured the records of parish halls, churchyards and memorials to compile the Roll.

Anyone can access the Roll free of charge online at nottinghamshire.gov.uk/rollofhonour

Slam the door on rogue traders

Knowing where to start when looking for a reliable and trustworthy local business or trader can be a bit of a daunting task, but Age UK Business Directory (AUBD) can offer a helping hand.

The difficulties and concerns about finding reputable traders and businesses are often heightened by the stories of rogue traders in today's media. Many of us have heard about 'cowboy builders' and unreliable companies and some of us may have had the misfortune of falling victim to rogue traders.

Consequently, choosing a trader can become a daunting task as it is hard to know who can be trusted. At the same time, the prolific problem of rogue traders has a negative impact on those traders who are trustworthy. In particular, this has become a growing concern for the more vulnerable and older people in our communities, as they are often the target of these unscrupulous people.

To address these concerns, Age UK Nottingham & Nottinghamshire and Age UK Derby & Derbyshire introduced a project which aims to connect people with local traders and businesses that have undergone a rigorous checking process.

This project, known as the AUBD, was set up as a way to protect people from rogues

and to enable people to rest safe in the knowledge that any trader they use has been checked by their local Age UK.

To become a member of the AUBD, local traders and businesses go through the following process:

- A face-to-face meeting with the Age UK staff and the trader or business;
- Age UK staff will then check for any professional and trade qualifications, memberships as well as appropriate and adequate insurance the traders or business may hold;
- An effort will also be made to investigate the history and reliability of the trader or business with their previous customers and suppliers;
- If everything is in order, the trader or business is enrolled into AUBD, wherein they will sign a customer charter which sets out the code of conduct they must abide by as a member;
- The trader or business must also make a declaration authorising Trading Standards to contact Age UK should the need ever arise.

Frequently asked questions...

Q Do AUBD traders charge a fixed fee?

A Traders are not asked to offer fixed fees as quotes vary according to customer's needs but they must offer competitive prices. AUBD staff will provide you with details of several traders and encourage you to get multiple quotes.

Q How do I find local traders that are closest to where I live?

A We search our database using your postcode and the type of trader you need. We will generate a list of those that are closest to you, so you can choose the nearest and most convenient trader.

Q What if I have a problem with an AUBD trader?

A We encourage you to contact the trader in the first instance to give them a chance to solve the problem. However, should this fail, Age UK will mediate and help you find a fair resolution.

Q How much does it cost for me to access AUBD?

A Absolutely nothing! This service is completely free of charge, simply visit us at www.aubd.co.uk or call us on freephone **0800 011 4643**.

Meet one of our traders

Greenward Brothers is a member of Age UK Business Directory (AUBD), offering garden maintenance, fencing and handyman services. Business owner Don Greenwood lets us know why he joined...



Before I started my business, I served at the Nottinghamshire Police force for thirty years. During which, I served as a village policeman in Cropwell Bishop for sixteen years and thereafter I spent the remaining years in office roles within an investigation team.

I was forced into early retirement at the age of fifty two and I felt I was too young to be put on the proverbial 'shelf'. I have always valued the trust people placed in me as a police officer and enjoyed meeting new people and serving the public. It was this that made me want to continue to work in the public sector and my love of gardening and DIY led to me turning my hobbies into a successful business.

My business, Greenward Brothers, consists of my son Jonethen, my employee and friend, Nathan Connelly and myself. Jonethen is a qualified

builder and bricklayer whilst Nathan is a qualified joiner. I, on the other hand, can lend my hand to everything.

As such, we can generally help with most projects, from gardening, and decking to fencing, shed and greenhouse erecting as well as many other things.

I am proud to be a member of the AUBD. I feel that everything Age UK stands for are what police officers strive for – honesty, integrity and trust. I genuinely care about people not being taken advantage of, I guess that's the police officer in me!

Since being a member of AUBD, my business has also increased. The customers I meet are like minded, looking for a job well done and for an honest fair price. A cup of tea is always on offer and very much appreciated and of course the chance for a chat!

BE AWARE

AUBD traders and businesses display their membership badges in their advertisements and often on their vehicles.

This is their way of showing they have been checked by us and are proudly listed on the Age UK Business Directory!

For example:



**Business Directory
Member**



**Business Directory
Member**

Recommend a trader to us

Have you used a trader or business that you would like to recommend to us to join AUBD? If so, please contact us using the details below.

Access our Directory

Both the Nottinghamshire and Derbyshire directories can be accessed by calling our freephone number

0800 011 4643

or by visiting our website

www.aubd.co.uk

and selecting your local region.

Hear what our service users have to say...

"I was delighted with the service Age UK provided and I think the directory is a great idea. I will definitely be recommending the website to all my friends, neighbours and family." *Betty*

"It was so nice to be given the number of a trader I knew could be trusted, but still be able to arrange the job with the trader myself. I will definitely use the Business Directory again for all those jobs I can no longer do myself." *Graham*

In the Garden

Winter gardening tips...

Gardens tend to look a bit sorry for themselves during the colder months but this need not be the case. We have come up with some great ideas for winter containers to brighten up even the greyest of January days.

Winter containers are a fantastic way of introducing a burst of colour to your garden, but before you decide on which plants to include, you should consider...



SIZE Plants that can survive the winter weather do not grow as much as those that thrive in the summer so use good-sized plants to begin with.

LIGHT Position your containers in an area of your garden that receives the most sunlight.

POTS make sure you choose frost-proof pots. Try frost-proof terracotta pots or plastic pots. However, you could also recycle any old containers – whether this is an old basket or a wheelbarrow!

The following are a few suggestions for winter containers but you can be as creative as you like!

- Plant blue primula and yellow ornamental peppers in a garden tub – the colours look beautiful together.
- Transform an old basket by lining it with plastic, making sure you cut some drainage holes into the material. Plant some variegated ivy with some white or purple heather to create a woodland look.
- For larger spaces, plant a Green Mountain Boxwood in a large container. To make it even more interesting you could plant pansies, sedge, sedum or heuchera around the edge.

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e.clifford@ihr.mrc.ac.uk

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From the Kitchen

Easy and packed with flavours, these delicious recipes will certainly be a delight to your tastebuds this winter



Editor's Tip

Try serving the stroganoff with brown rice instead of white, as it has more fibre. It's tastier too!



Serves 2



45 minutes



Easy to cook

Beef Stroganoff

You will need...

- 1 cup of rice
- 1 onion, thinly sliced
- 3 cloves of garlic
- 300g/10oz rump steak or frying steak
- 1 tsp of olive oil
- 125g (4oz) frozen peas
- 125 (4oz) chestnut mushrooms, sliced
- 4 tbsps sour cream
- Chopped fresh parsley

- 1 Thinly slice the onion and peel and crush the garlic.
- 2 Trim off any fat from the meat and cut it into thin strips (about 1cm across) and season with pepper.
- 3 Heat a large frying pan, add a splash of olive oil and fry the onions with the garlic for about 2-3 minutes over a medium heat.
- 4 Add the beef and simmer for 3-4 minutes until brown.
- 5 Add the mushrooms and keep stirring until they are brown and soft.
- 6 Add the peas and keep the pan on a medium heat.
- 7 Whilst the mixture is simmering, cook your rice. Add the rice to boiling water and cook for about 12 minutes. (If you are using brown rice, add another minute to the cooking time).
- 8 Once the rice is cooked drain it and pour boiling water over it to remove the starch.
- 9 Add 3 or 4 tbsps of sour cream with some finely chopped parsley to the stroganoff mixture.
- 10 Plate up the rice and stroganoff and enjoy!



Mini Sponges

Nottingham Trent's own alumnus Frances Quinn was crowned this year's winner of The Great British Bake Off. Take a look at our Bake Off inspired mini sponge cakes!



Makes 12



30 minutes



Easy to cook

You will need...

- 175g (6oz) unsalted butter
- 175g (6oz) caster sugar
- 3 large eggs, beaten
- 1 tsp vanilla extract
- 175g (6oz) self-raising flour
- Pinch of salt
- 150g (5oz) unsalted butter (at room temperature)
- 300g (10.5oz) icing sugar (plus extra for dusting)
- 1 tsp vanilla extract
- Lots of jam! Or 6 to 8 tsps

- 1 Pre-heat the oven to Gas Mark 4 / 180°C / fan 350°F.
- 2 Cream the butter and sugar together until pale and fluffy. Gradually add beaten eggs and vanilla extract.
- 3 Sift in the flour and salt and beat until the mixture looks smooth.
- 4 Divide the mixture into the tins and level off.
- 5 Bake on the middle shelf for 15 minutes until golden and risen.
- 6 Lift the sponges out and place them on a cooling rack.
- 7 For the icing, cream the butter and sifted icing sugar until the mixture is pale and of a spreadable consistency.
- 8 Cut each sponge into half and spread the bottom layer with the buttercream and the top layer with jam.
- 9 Sandwich the layers together and dust with icing sugar.



the perfect pitch

The Dalesmen Male Voice Choir started in 1987 as a small group of singing enthusiasts in the Derbyshire Dales. Today, the choir is an impressive group of choristers who continue to impress everyone who sees them.

Get involved

If you would like to know more about the Dalesmen Male Choir or ask about joining, please get in touch:



www.dalesmen.org



01332 552125



stuart.crosskill@btinternet.co.uk

If you have a smartphone, please scan your phone over this QR code.



Now, in its 26th year, the Dalesmen Voice Choir continues to perform around thirty concerts a year, helping to raise funds for various charities. Age UK remains one of the Dalesmen's favourite organisations thanks to the incredible support Age UK Derby & Derbyshire provided for the choir's late President, Reverend Red Dean, who sadly passed away this January having held the title of Britain's oldest surviving man at age 110.



The choir is currently undertaking a recruitment drive to help increase its current membership of sixty five choristers. Each concert that the choir takes part in requires a minimum of forty five singers and due to the choir having such a full concert programme, the availability of members dictates that the choir must have sixty five members at any one time to ensure that there are enough choristers for every performance. Like all organisations, there is a continuous cycle of newcomers and leavers so the Dalesmen have decided that the time to recruit is while their membership is at a good level.

All voice ranges are welcome to join the four choir sections which are Bass, Baritone, Tenor 2 and Tenor 1; and especially the rarer voices in mature males which are top tenors. Singing in a choir is an incredible experience with adrenaline highs from performing in concerts which can be wonderfully addictive. Any men, from teenagers to those over eighty with the enthusiasm to sing will love the experience of being a member of the Dalesmen. It is said to be one of the friendliest male choirs in the area and the camaraderie, support and care for fellow members extends well beyond singing together.

Fundraising in *heels*



With a desire to do more for the community and requests from customers for a charity donation tin, Andre Collins, manager of the Waterhouse Delights Deli in Wirksworth, approached Age UK Derby & Derbyshire with a very unusual fundraising idea...



On Saturday 2nd December, staff at the Waterhouse Delights Deli set out to see who would be able to wear six inch heels at work for the longest in order to help raise funds for Age UK Derby & Derbyshire.

After a gruelling five and a half hours of wobbling around, the deli's shop assistant, Sophie, gave in and the shop manager, Andre, was finally crowned the winner. There was even a hamper of treats up for grabs, donated by the deli, to the customer who had correctly guessed how long Andre and

Sophie would last in their killer heels. Thanks to their hard work and sore feet, the Waterhouse Delights Deli managed to raise nearly £500 for Age UK Derby & Derbyshire.

"The local support we got was brilliant!"

Speaking about the fundraising, Andre said, "It was hard work initially to work in six inch heels, but I soon got used to it. My assistant, Sophie, did fall over in true, dramatic-model style

which was very funny! But, the comments and general atmosphere in the shop on the day were great and the local support we got was brilliant."

Now, the staff are looking forward to their next event, if their aching calf muscles can cope with the ordeal again!

To find out more, please scan the QR code with your smartphone.



ABOVE Age UK volunteers, Pam Farnsworth (second from right) and Kath Frost (far right) are presented with the fundraising cheque from staff at the Waterhouse Delights Deli.

LEFT Staff from Waterhouse Delights Deli present the winning customer with their hamper.

RIGHT Andre and Sam strike a pose in their six-inch heels and fancy dress.

Decorating *for* Dementia

In collaboration with Dulux, Futures Homescape have redecorated a room at their community centre, Firs Gardens in Alfreton, in order to help create a comfortable and relaxing environment for their residents with dementia.

The community room at Firs Garden Community Centre was reopened on 19th August, following a major project to create a space designed specifically to stimulate and engage people with dementia.

A whole variety of coloured paints have been used in the room, helping to make it bright and uplifting. Each different shade of paint that now adorns the walls was kindly donated by Dulux, who were also on hand to offer their colour expertise when the team began decorating.

The room has also been filled with an abundance of lighting, as this has been proven to significantly improve the performance of the brain of people with dementia-related illnesses, as it helps improve their ability to process visual signals. Alongside this, the signs around the room have also



ABOVE FROM LEFT TO RIGHT Katy Pugh, Barry Beastal, Nigel Mills, Paul Parkinson and the Dulux dogs officially open the community room at Firs Gardens. *Community Centre*

been carefully designed in order to help everyone use the area to its full potential.

Those attending the official opening of the room saw long-term Firs Gardens resident Barry Beastal, local MP Nigel Mills, Executive Director of Futures Homescape Paul Parkinson and Chief Executive of Age UK Derby & Derbyshire Katy Pugh, cut the ribbon along with help from the iconic Dulux dogs. Age UK Derby & Derbyshire frequently use the room as part of their Memory Lane service which

first began in the Amber Valley area in January 2013. The aim of the group is to help service users with memory impairment or a dementia-related diagnosis and to provide support for carers.

Whilst Memory Lane offers help and support, it also encourage members to have fun along the way with inclusive activities and support strategies to help cope with various memory impairments. The group also take part in activities which revolve around reminiscing.

Finally, having this purpose-built room is a great resource for the local community, the Memory Lane service and those residents who have been diagnosed with varying forms of dementia.

To find out more about Age UK Derby & Derbyshire's Memory Lane group, please call

01773 768 240

If you have a smartphone, please scan this QR code for more details.



Breaking the Bank

After a 42% increase in the number of calls to Age UK's specialist advice line for help with financial difficulties, the problems older people are facing in order to survive on very low incomes are more significant than ever.

The majority of calls made to Age UK specifically dealt with how people could maximise their income through Pension Credit and attended allowance targeted at low income pensioners and pensioners aged 65 and above suffering from long-term illness and disability. It is thought that up to 1.6 million older people in Britain eligible for Pension Credit are not claiming it. Due to such an increase in older people seeking help, in total Age UK helped put a massive £145 million back into their pockets through unclaimed rightful benefits.

While the introduction of additional support such as Pension Credit has contributed to a fall in poverty among pensioners over the last decade, worryingly the number of poor pensioners has not reduced in the same way. Today, there are 900,000 pensioners living in severe poverty in the UK.

A recent study by the Organisation for Economic Co-Operation and Development revealed that currently there are 12.6 million people in the UK who have now reached state pension age (between 61 and 68) who are entitled to a maximum pay out of only £110.15 a week, an amount which is significantly lower than many of our European counterparts. The National Pension Convention argues that a decent 'living wage pension' should be £178 per week, a far cry from the amount currently deemed acceptable.

Pensions are not the only area of concern, as many older people are now facing a constant struggle heating their homes in these colder winter months due to a significant increase in gas and electricity bills. Last winter, it was reported that excess winter deaths rose significantly by twenty nine percent. More than 80 percent of the 31,000 people who sadly died were over the age of 75 as they contracted illnesses such as influenza and struggled to keep up with the ever-increasing costs of heating their homes.

Did you know?
**There are currently
900,000 pensioners
living in severe poverty**

The fear of older people facing financial difficulties follows a further report by Age UK earlier this year, showing one in three older people admitted that they are struggling financially and well over half of those surveyed worried about even the most basic living costs such as buying food and keeping warm.

Caroline Abrahams, Age UK's Charity Director, said, "The increase in calls to our advice line throws a spotlight on the high numbers of older people who are worried about mounting living costs and are struggling to stay afloat. Sadly, we know that many don't have the funds to meet all their needs and are simply going without, putting their physical and mental health at risk. We want any older person who is worried about money to contact us to find out if they could be entitled to some extra help."

To find out more, contact your local Age UK for advice:

Age UK Derby & Derbyshire

01773 768 240

Age UK Nottingham & Nottinghamshire

0115 844 0011



In this issue of *Just the Tonic*, you could be one of our lucky winners and win two tickets to a play at the Nottingham Playhouse! We have two separate pairs to give away, so to be in with a chance to win, complete the crossword or correctly answer the competition question and send your entries into us!



justthetonic@ageuknotts.org.uk



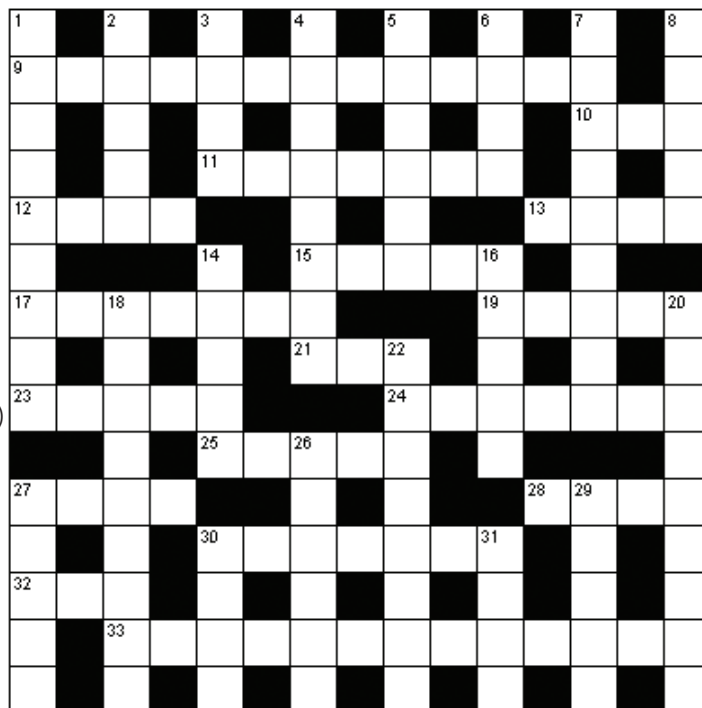
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Bradbury House,
12 Shakespeare Street,
Nottingham, NG1 4FQ

Across

9. Powerful computer (13)
10. In favour of (3)
11. Garment worn by dancers (7)
12. Aromatic herb (4)
13. Donated (4)
15. Fertile area in a desert (5)
17. Person who rows (7)
19. Freedom from war (5)
21. Affirmative reply (3)
23. N Scottish coastal town (5)
24. Large ships (7)
25. Frighten (5)
27. Actively engaged (4)
28. Incandescent lamp (4)
30. Juror (7)
32. Fuss (3)
33. Rebirth of the soul in a new body (13)

Down

1. Psalter (5,4)
2. Kingdom in SW Europe (5)
3. Spoken (4)
4. Lack of variety (8)
5. Talks (6)
6. Collar fastener (4)
7. Institution for orphans (9)
8. Lying flat (5)
14. Wrong (5)
16. Slap (3)
18. Storm with heavy rain (9)
20. Headed east (9)
22. Steam-ships (8)
26. Continent (6)
27. Facial hair (5)
29. Undo (5)
30. Lockup (4)
31. Ark builder (4)



COMPETITION

be in it to win it!



What was the nickname that was given to the women who worked as TNT shell makers during World War One?

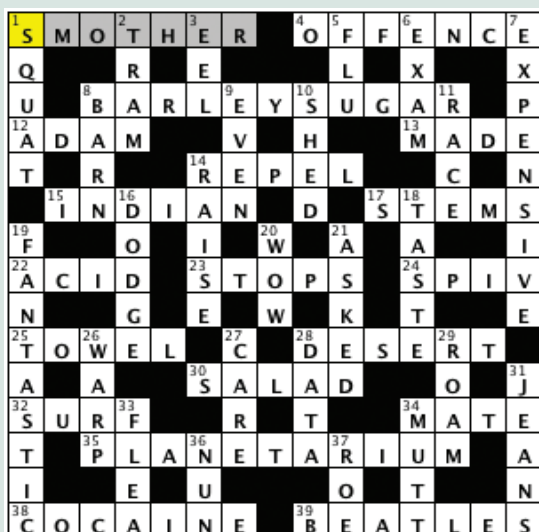
Last issue's winners!

Congratulations to **Joan Mayhew** who correctly answered last issue's competition and has won a lovely espresso set!

The correct answer was Arno Vale Junior School.

Also, well done to **Douglas Bilbie** for completing the crossword and winning a £10 Tesco voucher!

The correct answers are below:



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What's on

jan feb mar

JAN 19 Roliston Forestry Centre Winter Wonderland Walk
Meet at 1.45pm for a 2pm start and enjoy a brisk, wintery 2-mile walk around the centre. Take in the beautiful scenery around you and then warm up with a steaming hot chocolate in the local pub afterwards. £2 entry includes your drink. ☎ 01283 563483.



JAN 24 Sybil Levin Art Classes
Take part in a 6-week course every Friday at the Sybil Levin Centre and learn various skills from a qualified tutor. £30 course fee or free to those who receive means-tested benefits.
☎ 0115 978 0011.

JAN 31 'My Judy Garland Life'
Showing at Nottingham Playhouse, this play tells the story of growing up under the spell of Judy Garland. Tickets start at £7.50. ☎ 0115 941 9419.

FEB 3 Kindred Spirits Kathak Indian Dance Class
Classes at the International Community Centre on Mansfield Road. Led by Vina Ladwa on Mondays 1.30pm – 2.30pm. £1.50 for members, £2.50 for non-members.
☎ 0115 841 4473.



FEB 4 Mansfield Library Local and Family History Advice
A great opportunity to speak to librarians offering advice and information regarding local history, including that of local families. Free entry. ☎ 01623 651 337.

FEB 8 'Everybody's Darling' - The First World War Nurse Exhibition
As part of the 'Trent to Trenches' celebration, this event at Mansfield Museum looks back at the hard work and dedication of women who served as nurses during the war. 10am – 5pm, Monday to Saturday until 29th March. Free entry.
☎ 08444 775 678.

FEB 12 Clicksilver Computer Sessions
Improve your computer skills and take part in a 6-week training course for £10. These one-to-one sessions are run by Age UK Notts at Nottingham Trent University. 1pm – 3.30pm with a break and refreshments provided.
☎ 0115 841 4479.

MAR 12 Clicksilver Computer Sessions
Following on from the sessions in February, this is another 6-week course of one-to-one sessions for £10. Taking place at The University of Nottingham, 1pm – 3.30pm with a break and refreshments are also provided. ☎ 0115 989 5555.

MAR 17 St Patrick's Day Parade
Held by the Nottingham St Patrick's Day Committee, this open air concert will take place in Nottingham's Market Square – full of fun, food and festivities. Each year the parade honours a county of Ireland and this time it is the turn of county Tyrone and the festival promises to be an excellent day out for all of the family. The parade is set to begin around midday in the square, coming to a close at around 4.30pm. 📍 @StPatricksNottm.

MAR 30 Ashbourne Town Hall Vintage & Flea Market
Indoor market selling antiques, vintage clothing, jewellery, art, textiles and more!
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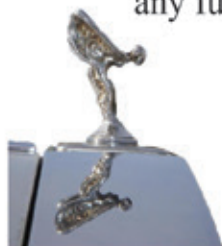
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