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Just the Tonic

Spring Issue

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

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

Retirement *and beyond*

A special event held by the Nottinghamshire Law Society

Dementia Awareness Week

fit for the *future*

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Hello!

This issue is packed full of everything you need to ensure your Spring gets off to a great start!

Often the lighter evenings and warmer weather are just the pick-up you need to get out and about again. To help, we have a brand new service called *fit for the future* alongside plenty of group walks you can attend. We've also got some great tricks and tips for looking after your aching feet afterwards too.

On the other hand, if your Spring consists of making plans for the future, we have information on an upcoming event in Nottingham all about retirement and beyond.

However, for now, sit back and enjoy!

Emma & Emily



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In the *Community*

Take a look at what we got up to in
January, February and March...



The Duck Race

On New Year's Day we were ready to take part in the 23rd annual Duck Race in Toton, Nottinghamshire. However, as the heavens opened, our Duck Race was postponed to 12th January. But it was worth the wait! Every year we release 1,500 rubber ducks into the River Erewash where they make their way down the six-hundred yards course to the finish line. Thanks to sponsorship from Long Eaton Plant Hire and the fantastic support of Erewash Fundraising Committee and the community, we raised around £1,800 which will go towards helping our Visiting Service to support lonely and isolated older people in Nottingham and Nottinghamshire. To find out more about our Visiting Service, please call **0115 841 4491**.

Song writing

After an award of £940 from an NHS development fund towards a music project to benefit people's health, Derby's Chaddesden Centre music group have recently recorded their own song. Amazingly, it took just seven weeks for the group, from ages 55 to 82, to learn instruments and write the lyrics. The project was developed by local music organisation, Gateway Soundz, which also run the centre's successful rock choir. Teresa Williams, who runs the centre said "The end result is a lovely track that includes everyone who took part. It is a fantastic achievement by people who had never played or written anything before." You can log on to www.ageuk.org.uk/derbyandderbyshiresong to listen to the music group's finished song.



Bobble Day 2014!

On Friday 7th February, thousands of people across the whole of the UK got involved with Bobble Day to raise awareness and funds to help older people stay warm and well in winter. At Age UK Notts, we held a bake sale for our staff and service users, featuring our very own Bobble Hat cupcakes! We were also joined by Labour MP for Gedling, Vernon Coaker, who came along to show his support for the cause. He also found time to join in with one of our chair-based exercise classes!



MP Vernon Coaker tries out some chair exercises with Kindred Spirits members

Fire walk

We had a fantastic evening on the 28th February as one of our supporters organised a 'Fire Walk' at the Test Match Pub in West Bridgford. The evening saw many people walk over hot embers to fundraise for Age UK. Regina O'Reilly, who will also be running the London Marathon for Age UK in April, organised the event after being inspired by her elderly neighbour who lived alone. If you want to find out how you can get involved in exciting fundraising like this, call **0115 844 0011**.



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

Letters

Tell us your views and share your poems

Star Letter

Beef Stroganoff Slow Cooked

I just wanted to write in and share my own twist on the beef stroganoff recipe you featured in the last issue of *Just the Tonic*. Beef stroganoff is one of my all-time favourite dishes and is something that I also love to cook in the slow cooker. I was told about it by a friend who is a great fan of creating meals using her own slow cooker, so I gave it a try and haven't looked back since! The recipe is not too different, although I like to use nice bits of stewing steak, milk and a good can of mushroom soup to really add more texture and it helps to thicken up the sauce. I tend to leave it cooking at a low temperature for a good 6 to 8 hours, so it is best to prepare the meal in the morning so it is piping hot and ready to serve by dinner. I also find that using a slow cooker can be much more cost effective in terms of my household energy use. A slow cooker only uses a similar amount of energy to a lightbulb and it is a great way to change cheaper cuts of meat into tasty dishes like casseroles and stews!

Shirley, Bingham



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

WIN!

Write to us for a
chance to win a Spa
Day at Eden Hall!

Next issue's **Star Letter** will win a voucher entitling the user to a fantastic day of pampering and relaxation at Eden Hall, so send your letters in to the address below!

Poetry Corner

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

In the Silence

I waken in the silence
Aware of calm and stillness,
I feel a sense of wonder
That you are sharing in my illness.

Because it's night, I cannot see
Yet I know I'm not alone,
I feel your very presence, Lord
As I walk through paths unknown.

You talk to me, I listen,
The silence has no end,
You tell me not to be afraid
I find this hard to comprehend.

Put your trust in me, you say,
I promise I will guide
Whatever pain you suffer
I'll be there by your side.

Slowly the days and weeks go by
I'm carried through my pain,
You give me strength to face each day
You bear my stress and strain.

You promised not to leave me,
These words gave me hope
I thank you for the power of love
And strength which helped me cope.

Written by Ann Smith, Derby



With National Walking Month just around the corner, we take a look at why it is important you make time for a casual stroll and where you can find some of the nicest guided walks in the city...

This May, the charity Living Streets will come together with Walk England in order to encourage people to take up more walking, whether it be just along their local street, in nearby parks, on walking trails or simply getting off the bus a few stops earlier than usual.

The campaign was created in order to highlight just how often 'going for a walk' is taken for granted as a health benefit. Walking is one of the most simple forms of physical activity and can yield some of the best results. However, many people underestimate the positive effects it can have on their health and in today's society, people are often living such fast-paced lives they often believe they just don't have the time.

Walk this way *to a happier and healthier lifestyle*

How can walking benefit you?

Tones and strengthens muscles

Taking up regular walking can help shape your muscles and is good for improving your overall posture in the long term.

Strengthens bones

Because walking is classed as a 'weight-bearing' activity, it therefore helps to improve the density of your bones. This in turn can significantly help your joints and fight off some forms of arthritis.

It's an energy boost!

Going for a brisk walk immediately helps with your circulation, thus making you feel more awake and alert. Often, a midday-walk can be a great way to refresh yourself for the rest of the day.

Weight management

Walking is one of the easiest ways to burn calories if you are looking to keep your weight in check. A steady thirty-minute walk could see you burn up to seventy five calories!

Reduces stress

Being active carries with it a feel-good factor, making us feel energised and it releases good endorphins into our blood stream which can combat feelings of sadness or anxiety.

A great night's sleep

Because walking raises energy levels, it enables our body to feel more rested when it matters.

Reduces blood pressure

Taking regular walks has been proven to reduce the risk of heart disease and strokes as it encourages your heart to work harder and helps to raise the level of 'good' cholesterol which keeps our blood pressure in check.

Reduces the chance of dementia

Some studies suggest that physical activity can help with the production of new cells in the brain, which can help to delay the effects of some dementia-related illnesses.

If you would like to get involved with a walking group within the Nottingham City area, you could become part of a programme of guided health walks called Best Foot Forward. The walks take place in a variety of locations such as Bestwood, Nuthall, Clifton and many more and each of them vary in difficulty, so you can attend the walks that suit your own fitness levels. People of all ages are welcome to take part so it is a great chance to socialise whilst improving your health and wellbeing.

***i* For more information on Best Foot Forward, please call Sarah Allen on 0115 993 3397**



Take the first step to good foot health

We only get one pair of feet, so it is important to know how to take good care of them!

One of the simplest ways to take care of your feet is by choosing suitable shoes. First, consider the quality and material of the shoe, making sure the shoe has a solid non-slip sole for walking around the house. Ideally the shoes should have an anatomic sole.

An anatomic sole will cushion your feet and over time mould to the shape of your foot. Watch out for the 'Anatomic & Co' trademark for official anatomic shoes.

Choosing the right shoe will not only support your feet but will also prevent knee, hip and back pain.

If you are suffering from foot pain or other foot trouble, you are not alone. Research conducted by Age UK found that nearly one in three older people can't cut their toenails. If you find that you are struggling to reach your feet in order to take care of them, there is help at hand. Your GP can advise you about where to get help in your area and refer you to the appropriate services. You might be able to get help with cutting and filing toenails and checking for cracks and breaks in the skin.

If you suffer from arthritis or diabetes you should have regular foot check-ups as you are at greater risk of a foot problem turning into a serious health threat. Unfortunately, unlike regular eye checks, you may need to pay for a foot check-up if you go through a private podiatrist or chiropodist. Once again, speak to your GP about appropriate local services for you.

Finally, one of the best ways of keeping your feet healthy is by keeping active. Try to do 150 minutes of activity a week, whether this is walking to the shops or around the house. If you have limited mobility you can still keep your feet moving. Try rotating your feet around your ankles whilst seated, or stretching and relaxing your toes. By keeping active you will improve your circulation and ease the pain around your feet.

Did you know?

If you are aged 50+ you can book a free foot assessment at Age UK Derby & Derbyshire's Tootsies Footcare clinic in partnership with NHS Derbyshire County. Treatments are £12 for a 30 minute session, plus a one-off charge of £5 for your equipment. All staff are trained by the Derbyshire Community Health Services Podiatry Department. Please call **01773 768240**.

Why not follow these simple exercise routines to keep your feet active and healthy?

1 Exercise: Ankle circling exercise

Difficulty: Easy

Equipment needed: Chair

Instructions: Sit comfortably in a chair and place your feet flat on the ground. Lift your right foot off the ground, hold it in the air and circle it clockwise. Repeat ten times, or however many times you feel able to. Repeat on your left foot.

2 Exercise: Toe strengthening exercise

Difficulty: Easy to moderate

Equipment needed: Chair, ten marbles (or similar small rounded object) and a cup.

Instructions: Sit comfortably in a chair and place your feet flat on the ground. Use your toes on your right foot to pick up a marble and place it in the cup. Continue until you have placed all of the marbles into the cup. Remove the marbles from the cup and place them on the floor. Repeat with your left foot.

3 Exercise: Double heel raise exercise

Difficulty: Moderate

Equipment needed: None

Instructions: Stand facing a wall and place your hands on it to balance yourself. Place your feet flat on the ground in line with your shoulders. Slowly rise up on your toes on both feet. Hold the position for a few seconds and, when ready, slowly lower yourself and return to a balanced position. Repeat ten times.



Let's keep fit for the future

Age UK Notts is currently running a new fit for the future project, so we thought we would take a look at what is in store and how the project can help you improve your physical and mental wellbeing!

Exercise and staying healthy can often feel more like a chore than something to get excited about. However, this does not have to be the case! Over the next twelve months Age UK Notts will be organising a selection of fun and exciting activities for older people throughout Nottingham and Nottinghamshire as part of our new *fit for the future* project.

According to recent statistics from the Nottingham County Health & Wellbeing Strategy, only one in four adults in Nottingham and Nottinghamshire are considered healthy eaters. In addition, one in


five identify themselves as having a limiting long-term illness. With this in mind the new *fit for the future* project is designed to help you think about your personal health, identify your needs and signpost you to relevant services and activities. Over the next year we have a packed diary of affordable activities for older people taking place throughout the City and County. All of our activities are group based and are a great way for you to meet new people. There's always something for everybody! You could try your hand at seated yoga and Kathak Indian dancing or sign up for a nutrition course where


you can learn how to cook tasty and healthy meals on a budget. Whatever your interests or skill level, there is something for you!


Keeping active is not just good for your waistline; it also has many other benefits. Regular exercise can reduce your risk of developing diabetes and heart disease by as much as fifty percent. Also, keeping active and social is proven to boost self-esteem, combat depression and increase energy. *Fit for the future* is a great opportunity to not only improve your physical and mental wellbeing, but also to try something new and meet new people. So why not give it a go today and keep fit for the future!

Kathak Indian Dance Classes

Dancing with hand gestures, body shapes and feelings.


 Mondays 1.30–2.30pm (until 5th May, excl. 21st April)

 International Community Centre, Mansfield Road, Nottingham


 £1.50 per class (Kindred Spirits members), £2.50 per class (Non Kindred Spirits members)*

Zumba Gold

Dance and aerobic class at a gentle, low impact level.

 Thursdays 1.20 – 2.30pm (until 22nd May)

 Ashfield Play Forum, Movern Avenue, Sutton-in-Ashfield, Nottinghamshire


 £1 (Kindred Spirits members), £2.50 (non Kindred Spirits members)*

Ageless Grace Chair-based Exercises

Movement to music all whilst sitting in a chair.


 Fridays 10.30am for 30–40 minutes

 Bradbury House, Shakespeare Street, Nottingham


 £2.50 per class (Kindred Spirits members), £3.50 (Non Kindred Spirits members)*

Seated Yoga Class

A form of Yoga ideal for those with mobility problems.

 Tuesdays 11am–12 noon (until 20th May)

 John Godber Centre, Ogle Street, Hucknall, Nottinghamshire

 £1 (Kindred Spirits members), £2.50 (non Kindred Spirits members)*

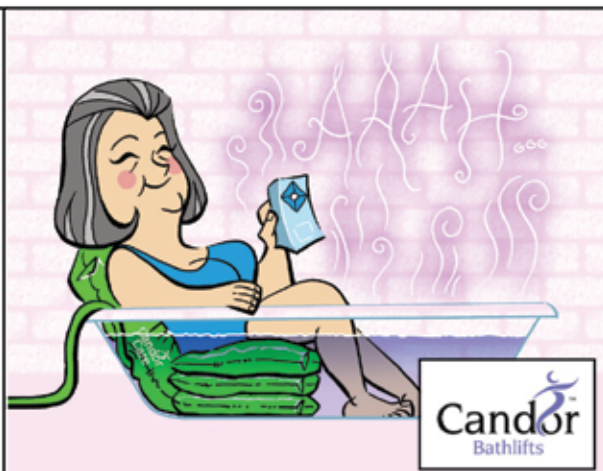
To find out more about *fit for the future* or to book your place, please call our Membership team on **0115 841 4473** or **01623 488 211**.

*Anyone who would like to take part in an activity must complete a health form beforehand. The form will be posted to you once you have booked onto any of the *fit for the future* events. All prices quoted are based on per lesson and are payable to the instructor on the day of class. Classes are subject to minimum numbers; pre-booking is essential.

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!**

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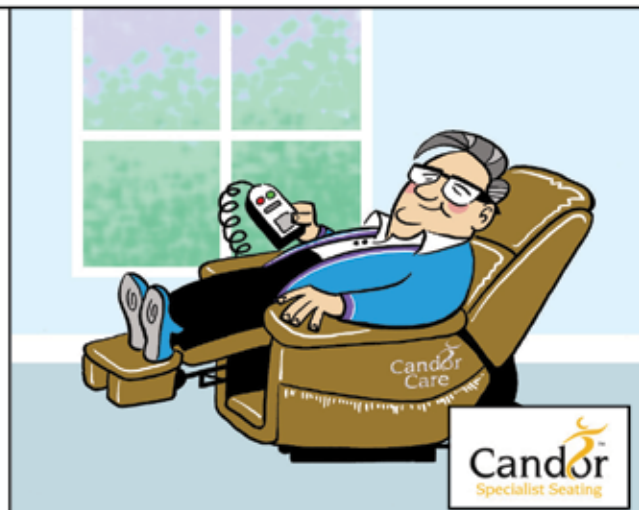


Brenda discovered that using the bath could be a pleasure again, not a chore. A simple bathing cushion gave her back her bathing bliss!

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- ✓ 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!)

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Planning for retirement and beyond...

*On Monday 2nd June, The Elderly Persons Committee of Nottinghamshire Law Society will be holding a **free** event called 'Planning for retirement and beyond' at the Nottingham Contemporary.*

The Committee is delighted to announce that they will be holding a free event on 2nd June from 10.30am to 4pm, with the provision of a free lunch and coffee and tea breaks. The event, taking place at the Nottingham Contemporary at Weekday Cross in Nottingham city centre, will be sponsored by the Nottinghamshire Law Society, with additional contributions from Age UK Nottingham & Nottinghamshire and Brewin Dolphin.

There will be a series of informative talks at the event by members of The Elderly Persons Committee on topics such as planning for care, home fees and Lasting Powers of Attorney, the work of the Office of the Public Guardian as well as the support that Metropolitan Sixty Plus, Zest Consultancy and Age UK Nottingham & Nottinghamshire provide. Whilst speakers from Brewin Dolphin will be advising on planning for retirement with investments and pensions, other speakers will also be recommending ways to stay fit and healthy.

In addition to the talks, other organisations and those primarily involved in the event will have information stalls where you can discuss matters in greater detail or find out more about topics that have been raised by the speakers. This is the third event

held in recent years by The Elderly Persons Committee which is designed to provide a source of free information and support to the elderly, their families and carers. The aim is to promote the importance of obtaining good quality advice in the management of personal affairs in later life.

The Elderly Persons Committee of the Nottingham Law Society consists of local specialist solicitors and representatives from Age UK Nottingham & Nottinghamshire, the Office of the Public Guardian, Metropolitan Sixty Plus and Zest Consultancy. The committee members meet regularly to discuss how they can work together to provide the best advice and assistance to the older members of the community, their families and carers.

The solicitors within the Committee are all specialist advisors on legal issues that affect the elderly and their families, ranging from preparing Wills and Lasting Powers of Attorney to planning for care. The Office of the Public Guardian is responsible for administering powers of attorney, supervising deputies who manage the affairs of others and investigating and acting on allegations of abuse by attorneys and deputies. Metropolitan Sixty Plus is a support service that can help you remain independent in your own home. Whilst Zest Consultancy provides support and learning to individuals and professionals, Age UK Nottingham & Nottinghamshire offers a wide range of support and assistance to those in later life.

To find out more or to book a place, please contact **Pauline Armstrong** from the Nottinghamshire Law Society on **0115 950 5324**.

Alternatively, you can contact **Joanna Wilson**, Chair of The Elderly Persons Committee, by email at **joanna.wilson@nelsonslaw.co.uk** or by phone on **0115 989 5264**.



Waste not, want not

We've all had the classic dilemma: is that food edible? You might think the expiry date is probably over cautious or that it would be a shame to waste food but with



Did you know?

In England alone we throw away 7.2 million tonnes of food and drink each year!

cases of the listeria bug trebling amongst over 60s in the past decade, we should treat expiry dates seriously. The listeria bug thrives in chilled pre-packed foods such as soft cheese, cold meat and pâté and particularly affects pregnant women, people with weak immune systems and older people. You can protect yourself against listeria by refrigerating your food, making sure your fridge is below 5°C. If your fridge does not have an inbuilt thermometer, you can pick one up from most high street stores for as little as a few pounds.

With food waste costing the average household £470 a year, we look at why it isn't worth the risk to eat food that is past its expiry date.

Also, be strict with expiry dates. Although it is difficult to see food go to waste, the expiry dates are calculated based on how quickly bacteria can multiply to a dangerous level. Therefore, the pounds that you save are not worth the risk of contracting a potentially harmful bug or illness.

Finally, don't rely on your senses for food safety. Food may smell and look fine but it could be harbouring a harmful bug or bacteria. If it has past its expiry date it is best to throw it out, even if a little food will go to waste.

Try these tips and tricks

- Try to avoid the temptation of multi-pack buys, unless you can freeze them, as you may find you can't eat all the food before it passes its expiry date
- Don't be afraid to dig to the back of the supermarket shelf to get the best dated items
- Get creative with your leftovers! However, make sure that you use leftovers within a couple of days.



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help *when you have been* hurt

Gary Chadwick, an experienced personal injury solicitor, discusses what to do if you have been hurt in an accident.

FEATURE *Gary Chadwick*



According to the Royal Society for the Prevention of Accidents, older people, particularly those who are frail, are some of the most vulnerable when it comes to becoming involved in accidents. Furthermore, those over sixty five years old are considered the most at risk as they often suffer from the worst injuries, whilst the majority of accidents in older age groups involve women rather than men.

The most common type of accidents involving older people are falls as these are much more likely to happen with age and are also likely to result in more serious injuries. This tends to be the case because older people are not always as well able to save themselves from a fall as people who are much younger due to weakened stability and slower reflexes.

Coping with an accident

When you are injured in an accident, you must make sure that you see your GP, attend a walk-in centre or go to your nearest Accident and Emergency Department as soon as you can. By doing so, you will ensure that you get the right treatment straight away which will in turn help to speed up your recovery.

If necessary, your GP or the hospital you attend may refer you for further treatment, such as physiotherapy to help you with your mobility or counselling if the accident you experienced was particularly traumatic and

has caused you a lot of distress and upset. Alongside this, organisations such as Age UK can also provide help and advice by putting you in touch with professionals who could offer you support whilst you recover, or who could supply equipment and adaptations to make mobility easier for you at home if you are struggling. If you have been seriously hurt, you should also consider taking advice about whether or not you have a valid claim for compensation for the injuries you have sustained.

Am I able to claim compensation for my accident or injury?

If you have been injured in an accident in the last three years

and it was not your fault, you are entitled to make a claim for compensation. However, some people may feel uncomfortable about making a claim as they feel it may be 'wrong' to do so or they simply do not want to deal with the stress it could possibly cause.

Therefore, it is important to remember that if the accident was not your fault and you can prove that you were injured because of the failings of someone else; you deserve to be compensated. The other party will almost always have insurance to cover the cost of any claim made. If your claim is successful, it is the insurance companies who will pay out any compensation and not the other party, who are otherwise known as the Defendant.



Types of claims

Some of the most common types of accidents are those involving a slip, trip or fall in public places such as on the pavement, road or on private property such as in shops or supermarkets. Personal injury claims are also frequently made following injuries sustained at work or in road traffic accidents.

However, there is now a growing increase in claims being made for injuries sustained from things such as dog bites or the negligent provision of services provided by professionals, such as hairdressers or beauty therapists.

What can I claim for?

When making a personal injury claim, it is important to be aware that it will have two different elements.

The first element is the compensation for the pain and suffering caused by your injuries and for the effect those injuries may have had on your lifestyle and day-to-day activities.

Often an accident, particularly a fall, will have hidden consequences. These can be effects experienced afterwards, such as fear, a loss of confidence and it can also bring about restrictions on activities that were enjoyed before the accident happened, such as outings, hobbies and socialising. Sometimes this limitation on lifestyle can eventually lead to social isolation and in extreme circumstances, depression.

If there have been certain consequences and after-effects because of an injury, the compensation awarded would reflect this. For example, for many older people, relatively modest injuries can have a disproportionate effect on their day-to-day living and they can take much longer to recover compared to younger people.

The second element of a personal injury claim is a claim for out-of-pocket expenses caused by the accident. These can be things such as the cost of travelling, property damage, medical expenses and any income such as loss of earnings arising from the accident you were in.

How much does it cost to make a claim?

Usually a claim will be dealt with on a 'no-win no-fee' basis. This means that if the claim is unfortunately lost, you, as the Claimant, would have nothing to pay.

On the other hand if the claim is won, your basic legal costs would be paid for by the other party. However, your solicitor would be entitled to seek a 'success fee' from you, although this cannot be more than twenty five percent of the compensation awarded to you. This means you would always keep at least seventy five percent for yourself.

Alternatively, your solicitor can investigate whether or not you already have legal expenses cover. If you do, this can then be used to fund your claim so the fee is not extracted from your compensation amount.



How do I choose the right solicitor?

- 1 Make sure the person who would eventually be dealing with your claim is fully qualified with experience of dealing with personal injury claims and is not an unqualified junior member of staff.
- 2 Make sure you are able to contact the person dealing with your claim easily and directly. You do not want to be dealing with a call centre, which are sometimes even based offshore.
- 3 Make sure the person you deal with is someone you are comfortable with and that they are friendly, approachable and professional at all times.

The simple way to compensation

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Age UK Notts charity shop update

giftaid it



Did you know that our charity shops in West Bridgford and Mansfield can now claim Gift Aid on your donated goods and accept small electrical items?

Claiming Gift Aid

What is the Gift Aid Scheme?

Gift Aid is a wonderful opportunity to increase the value of your donated items which allows Age UK Notts to help more vulnerable older people – without costing you a penny! In other words, Age UK Notts can claim tax back on the income from the sale of your unwanted items that you have donated to our charity shops. So for every £1 of the sale proceeds, we can claim back at least 25p from HM Revenue & Customs (HMRC) if you pay an amount of Income Tax and/or Capital Gains Tax in each tax year (Council Tax and VAT do not qualify for this purpose) at least equal to the tax we will claim from HMRC.

How can you make your donated goods worth even more?

It's easy; simply make a Gift Aid declaration when you donate your unwanted items at our charity shops or when our staff collect those items from your home. For example:

- 1 Emma brings a bag of clothes to our charity shop run by Age UK Notts and agrees that we can sell all the unwanted items on her behalf.
- 2 She completes a Gift Aid declaration naming our charity, Age UK Notts, represented by our shop.
- 3 Our shop assistant explains the process and tells Emma that she can choose to donate the sale proceeds of the donated clothes to our charity.
- 4 Our charity shop will write to Emma once the goods are sold and confirm with her if she is happy to donate the sale proceeds to Age UK Notts.
- 5 If Emma is happy to donate all the sale proceeds to Age UK Notts, no action on her part is required.
- 6 Age UK Notts then proceeds to claim tax back on the income from the sale proceeds from HMRC.

Accepting Small Electrical Goods

Age UK Notts has set up the Portable Appliance Testing (PAT) process to ensure that all donated electrical goods are checked for safety to prevent harm to those who use them. So please do not throw away your unwanted electrical items, as you can now donate small electrical goods such as toasters, kettles and bread makers to our charity shops and take us a step closer to creating a world in which older people flourish.

What else can you donate?

Why not have a Spring clean and help generate vital funds to transform the lives of local older people?

West Bridgford shop

Clothing and shoes; bags and accessories; jewellery; books, toys and games; home wares 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 that are donated must carry a fire label).

West Bridgford Shop

28a Gordon Road
West Bridgford
Monday to Saturday: 9am – 4pm
Sunday: 10am – 2pm
☎ 0115 982 6008

We may be able to offer free collection on a case-by-case basis. Please contact our West Bridgford shop or Mansfield shop to make arrangements.

Mansfield Shop

26-28 Regent Street
Mansfield
Monday to Saturday: 9am – 4pm
☎ 01623 488 209

How can your donations help?

Just one large bag of clothes will raise £20 for our charity – which could pay for two visits by our Visiting Service to a housebound and lonely older person who has not seen a face for months.

Denture wearers Trust

Kevin Manners Denture Clinics



£50*
VOUCHER

*Bring this advert along to your first appointment and receive £50 off

Dear Kevin,

Losing most of my teeth was probably the most devastating occurrence of my life. Along with my teeth went my self esteem.

For the last 25 years I have persevered with ill fitting, loose, uncomfortable dentures that meant I couldn't chew properly.

Now that's all changed - thanks to your expertise!
Your fantastic, natural looking, functional dentures have changed my life!

Many thanks, Grace Needham



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- Denture Facelifts
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www.DenturesUK.com

67 Castle Boulevard, Nottingham, NG7 1FD

Dementia Awareness Week 18th – 24th May



With Dementia Awareness Week not far away and an increase in the amount of people being diagnosed with dementia-related illnesses, we want to let you know how we can help...

In 2012, Prime Minister David Cameron launched a campaign encouraging a 'challenge on dementia' following the Department of Health's annual report. His recognition of the importance of dementia-related illnesses has since propelled the illness, deservedly, into a public health priority.

What is dementia?

Dementia is a term that is used to refer to a group of particular symptoms which cause some cells in certain areas of our brain to stop working as well as they should. Once this happens, it can result in memory loss, the decline of mental ability, difficulty carrying out daily tasks, changes in personality and problems when communicating with others. Symptoms of dementia can vary, as some symptoms present in one form of dementia may not be present in others. Each type of dementia is neurodegenerative, which means that the disease will worsen over time but the rate of decline will vary depending on the individual and the type of dementia that they have, such as Alzheimer's, vascular dementia, dementia with lewy bodies and frontotemporal dementia.

After a diagnosis

After being diagnosed, many people quickly become frightened about the future. However, there is a lot of help available. Unfortunately, there is no known

cure for dementia just yet but with the help of new advances in treatment and greater knowledge of the disease, people are now living well with dementia for many more years.

How can we help?

To help maintain quality of life following a diagnosis, Age UK Notts has a network of day care services across the City and County. It has been proven that people with dementia can benefit from various forms of therapeutic and stimulating activity. For example, activities involving music can help to stimulate cognitive development and it often re-engages the way dementia patients think and act. It is activities such as this we believe to be very important and at each centre there is a huge variety on offer, from craft workshops and music sessions to day trips and dancing, and your loved one could also enjoy a hot nutritious meal. By encouraging people to take part in stimulating activities, we hope to significantly improve their daily living skills and help them feel more positive.

Sadly, it is common knowledge that those with dementia are at a greater risk of feeling isolated due to the effects it can have. To combat this, we offer a transport service to help those who may be disabled, physically frail or simply unable to get out and about so they have just as much of an opportunity to come

along to one of our day centres. Before attending, your loved one will be individually assessed so that we can recommend and tailor activities and care to their specific needs. Our centres pride themselves in offering a person-centred service, enhancing both choice and independence.

All our staff are checked by the Disclosure and Barring Service (DBS), formerly known as the Criminal Records Bureau (CBS), and are fully trained to deliver care to those living with dementia and physical disabilities, as well as those who may have more complex needs. Should your loved one need specialised personal care, we can also help with tasks such as bathing and hairdressing.

We also realise that caring for someone twenty-four hours a day, seven days a week can be stressful and demanding at times. To help, our Carer's Support Team can assist you by looking after your loved one and give you a well-deserved break. For additional help, we also conduct courses on how to deal with dementia and other issues relating to later life.

For more information about our day care, specialist care, drop-ins, respite support and training, please call Age UK Notts on 0115 844 0011.

You can also turn to page 27 to find out how Age UK Derby & Derbyshire could help.



Get a helping hand around the house

We offer:

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All staff are fully vetted and DBS checked

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To claim your free hour

call us on

0115 952 5331

and quote **HSS/JTT/Spring14**

This voucher is: (a) non-refundable and cannot be exchanged for cash (b) only redeemable on services offered by Age UK Nottingham & Nottinghamshire (c) limited to the first 30 customers (d) valid until 30th September 2014 (e) to be presented to the Home Help when he/she arrives for the job assigned.
Age UK Nottingham & Nottinghamshire reserves the right to: (a) amend these terms and conditions from time to time without notice (b) withdraw the voucher at any time for any reason and will make arrangements for the vouchers to continue to be accepted for a reasonable period of time after withdrawal.

Registered charity number 1067881

The Bevin Boys

A lost generation

On 3rd September 1939 at 11.15am Neville Chamberlain announced to the nation that Britain was heading to war with Germany. Over the next six years, more than 1.5 million men were conscripted into the British army and many paid the ultimate sacrifice for their country.

In this issue, we look at the sacrifice of the men who worked away from the frontline but nevertheless made a vital and often overlooked contribution to the war effort – the Bevin Boys. The Bevin Boys were young

British men who were conscripted to work in coal mines throughout the country, including local mines such as Ollerton Colliery.

Between 1943 and 1948, 48,000 men worked tirelessly in often difficult conditions to keep the coal industry afloat. Named after Ernest Bevin, Minister for Labour and National Service at the time, the programme was designed to address the labour shortage in the mining industry as by mid-1943 the industry had lost 36,000 men to the frontline. However, until recently the

work of the Bevin Boys has been largely unrecognised. It was not until Queen Elizabeth II made a speech in 1995 that the Bevin Boys were recognised as contributors to the war effort.

As a tribute to the Bevin Boys we are privileged to share with you the account of local man, Alan Dell, who worked as a Bevin Boy between 1944 and 1948. His testimony not only gives us a valuable insight into the life of a Bevin Boy but also the contributions made by this largely unrecognised group of men. Here is his story...



It is now 65 years ago that I joined a group of young men in their late teens at Paddington Station enroute to a new life within the coalfields of South Wales. Between 1943 and 1948, along with 48,000 others, I had been chosen by ballot to become one of the lost generation known as Bevin Boys, for it has only been in the last ten years or so that their very existence has been acknowledged and partially appreciated.

Although the end of World War Two was then only a few months away, the shortage of manpower in the pits had been a growing concern. At seventeen and thirty nine weeks, registration took place, which was coupled with a medical. If you passed the registration and fitness tests everything was ready for a call up once attaining eighteen years of age.

The four weeks instruction was divided between lectures, physical training, surface work and visits underground. Many of the lectures concentrated on how coal was formed but little on how it was extracted – surely the whole point of the exercise! The so called surface work consisted of shovelling one pile of slack coal to an adjacent one. At least we had the opportunity of getting to know one end of a shovel from the other. By the fourth week, we encountered our first dreaded descent “down the ‘ole” (as in the song the lads sang put it) and the full extent of what was to come was revealed.

I never became reconciled to that first plunge downward and I have never recited the Lord's Prayer to myself so many times in the three or so years I worked below. The cage was usually packed with many dozens of men and fell like a proverbial stone into the void.

At the end of the training period, the choice of a pit within the area was offered and I opted for one with a pithead bath. This was Markham in the Sirhowy Valley. Miners were generally very sympathetic towards the Bevin Boys. They were reconciled, albeit reluctantly, to their lot in life.

Upon completing our training period this meant rising just before five and snatching a quick cup of tea and a bite to eat before catching the bus for the three or so miles to the pit. The morning shift started at 7am and men were expected to be at their places of work by this time. Half an hour was allocated between 6am and 6.30am as the men were lowered to the bottom of the shaft with another half an hour allowed for actually walking to the work place. There was always a crush of bodies as late comers tried to get on the last few cages descending, for there was a very strict rule that no one could get below after this deadline.

Everything relating to production, and consequently payment, had to be verified by both sides. In other words, a union official was present during every stage of the proceedings to check that there was no possible discrepancy or argument as the trams of filled coal went over the weigh-bridge at the pit head. The same applied to all additional work undertaken below.

Another offence, subject to a similar fate, was that of smoking underground which was completely banned for obvious reasons. Consequently a few men chewed tobacco but unlike the saloons in all good Westerns, there were no spittoons to get rid of the unwanted surplus. Anyone found with matches about their person was also dealt with very severely.

I return to the question of work itself. I have read quite recently that Bevin Boys were never at the coal-face but were employed below in other ways including haulage but this was not my experience, for on my very first day I joined a man whose name was Glyn as his assistant. I should explain that there were two ways of earning a living in this particular pit which was still working with picks and shovels with pit ponies collecting the trams of coal.

Ponies were still being used in the 1940s and were looked after by hauliers who were in many ways very different from the average miner and consequently highly thought of by all concerned – the men not the ponies! They would not go into any place of work with their animal that was not completely free of obstruction. Once down below, did the ponies ever again see the light of day? The pits closed annually for a two-week maintenance and I understand that at one time the ponies stabled below were brought to the surface for their holiday. It seems that the taste of freedom was too much for some of them and they were very hard to control once they were back at work. Consequently some remained housed in their underground stables all their working lives.

There was an official who was the so called Bevin Boy welfare officer. My welfare officer was to tell me that as a junior Bank Clerk I was in a 'dead man shoes' job. However, I was only too happy to look forward to my return to a 'dead man shoes' job in the not too distant future.



Alan Dell 1926 - 2012



**Nottinghamshire
County Council**



Delicious meals *Served to your door*



County Enterprise Foods provides an award winning service, delivering delicious, great value hot and frozen meals to homes across Nottinghamshire. We offer a fantastic range of over 70 mouth-watering meals. Our dinners not only taste great, they are nutritionally balanced and made with fresh ingredients and seasonal vegetables.

FREE
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Our **hot food service** is perfect for saving you time and trouble, with our friendly and helpful drivers delivering a hot, healthy dinner direct to you, ready for you to enjoy.

Alternatively, you may prefer our **frozen food service** if you like to eat in the evening or don't want daily deliveries. Simply reheat in a microwave, steamer or conventional oven to enjoy a tasty and nutritious meal.

Our helpful and friendly delivery team go the extra mile for our customers, for example plating your meal or bringing in the post. They provide **free safe and well checks** when they visit and will call the office if you need help.

For more information please contact our friendly team on **01623 490015**, visit **www.countyenterprisefoods.co.uk** or email **county.enterprisefoods@nottscc.gov.uk**

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We also offer **home from hospital hampers**. When you return from a stay in hospital, the last thing you need to worry about is shopping. Simply choose from our list of competitively priced, useful food items (e.g. tea, milk, butter) and we will deliver them to your home, along with your meal. Delivery is free.



Be a safe surfer

How to protect yourself online

We offer you some top tips on how you can be sure that you stay safe online.

The Internet is a great resource to use, however it also has many dangers and you should be aware of these so that you can protect both yourself and your computer.

Set up your Internet browser's security settings

Your Internet browser is the programme you choose to use the Internet, for example Internet Explorer, Google Chrome, Firefox or Safari. You can edit your Internet browser's security settings to protect yourself against potentially harmful information, by simply following these two quick steps:

1. Click on 'Advanced Settings' in your browser. It may also be called 'Settings' or something similar.
2. Customise your settings as you wish, including blocking pop-ups and enabling phishing and malware protection.

Invest in an antivirus security package

Antivirus security software can protect against viruses designed to harm computers. Therefore, it is worth investing in a comprehensive antivirus security package which usually cost no more than £20 to £30 and are available from high street stores. You may even be eligible for free antivirus security software. For example, some BT Broadband customers can access free McAfee antivirus software, so to find out, contact your internet provider.

Report illegal or offensive material

There can be potentially harmful information out there so if you do come across material that could be considered illegal, such as abusive images, you should always report this to the Internet Watch Foundation by visiting www.iwf.org.uk or alternatively, you can also report such content to the Police.

Be selective about which emails you open

Although all email providers try to filter spam emails directly to your Spam folder, some can still be undetected. If you receive an email from an unknown contact it is best not to open it and mark it as 'Spam' (some email providers call Spam 'Junk'). Once done, any future emails from this contact will automatically be sent to your Spam folder. Also, be aware of email scams that try to steal personal details. Known as 'phishing emails' these are designed to steal your identity by acquiring personal information, like banking details. To recognise a phishing email, there are some things you can look out

for. First, cyber criminals may try to pose as a company such as a bank and the email may contain a link to an external website. Check the spelling, as sometimes there may be an error. For example,

they may pose as someone from 'Microsoft' but spell the website www.microsot.com. Although it looks very similar, the misspelling suggests this is a phishing email.

In addition, if you are instructed to do something in an email, such as click on a link, it is best to contact the company in question directly to confirm if it is genuine. By doing so you rule out the risk of having your personal details stolen.

Use Facebook safely

Facebook has great potential. You can use it to keep in touch with family and friends, share photos and create events, all for free! However, it is important to know how you can customise your profile to ensure you are using it safely. Facebook has an option called 'Privacy Settings' which can be found in the top right hand corner of your profile page. By clicking this, you can choose who can see your information, who can contact you and how easily your information can be found on a search engine. You can also put as little or as much information on your Facebook page as you like; don't share information you would rather keep private.

Why not sign up for one of our *ClickSilver* training courses? In collaboration with Capital One, Nottingham Trent University, The University of Nottingham and Business in the Community, these courses offer computer training for people over the age of 55 for £10. During the six-week courses, our trained volunteers can help with basic computing skills. The course can even be tailored to your needs depending how technology savvy you are.

If you would like to join *ClickSilver*, please contact our Training Administrator, Nicky Newberry, on 0115 841 4479.



Lights, camera, *Action!*

The counties of Nottinghamshire and Derbyshire are some of the most stunningly unique in the country, so it is no wonder they commonly feature on the silver screen...

It is scarcely known just how many parts of Nottinghamshire and Derbyshire feature on the silver screen, so we thought we would take a look at just some of the locations used as backdrops and settings in popular cinema.

The Dark Knight Rises

The third and final film from director Christopher Nolan's Dark Knight Trilogy used Wollaton Hall as 'Wayne Manor' and it served as a magnificent backdrop for many scenes featuring Christian Bale, Gary Oldman and Anne Hathaway. Originally, Mentmore House in Buckinghamshire was used as 'Wayne Manor' in *Batman Begins*, but at the time of making the third movie, it was undergoing construction work. As a result, the production team had to find an alternative. With its flamboyant architecture and stunning exterior which has changed very little since it was completed in 1588, it is no wonder *The Dark Knight Rises* production team felt Wollaton Hall would be perfect as the new home for Batman. If you do happen to

visit Wollaton Hall, you will still find the kitchen that was featured in the early scenes of *The Dark Knight Rises*, as it was especially built by the production team and remains on display today.

Saturday Night and Sunday Morning

Saturday Night and Sunday Morning is a 1960s British film adapted from the 1958 novel by Alan Sillitoe, directed by Karel Reisz and is considered to be one of the first 'social-realist' films made, focusing on working-class life and dealing with the subject of abortion, which was not legal at the time. The film is considered quite a classic and so it is endearing that much of it was filmed right here in Nottingham. Filming took place in various locations such as amongst the streets surrounding the Raleigh Cycle Factory, Ilkeston Road, Derby Road and the Savoy Cinema. Nottingham Castle and Nottingham's Goose Fair also played host to some of the most important scenes in the movie.

Jane Eyre

The story of *Jane Eyre* is set in a variety of locations but much of it is filmed against Derbyshire's beautifully picturesque Peak District. The film does in fact open with a stunning view of some of the Peak District, as Jane stands solemnly in the rain, looking down from the cliff top at Stanage Edge at the vast moorland beneath her. As well as the vast landscape, Derbyshire's famous Haddon Hall is also used as the fictitious 'Thornfield Hall' and after the catastrophic fire scenes in the film; Derby's Wingfield Manor is then cleverly used to depict the ruins.

This Is England

This Is England is a 2006 British drama film written and directed by Shane Meadows. It is one of the most well-known British cult films and centres on the 'skinhead' generation in the 1980s. The housing estate setting that is frequently featured in the film was actually filmed within the Melville Gardens area of St. Anns and is very recognisable on screen to



ABOVE Wollaton Hall aka 'Wayne Manor'.
Photo: Laura Peberday



LEFT Hardwick Hall. Photo: NTI Giraffe Photography



RIGHT 'Malfoy Manor' as seen in the Harry Potter film. Photo: Heyday Films & Warner Brothers

Nottingham locals. Alongside that, the local shop featured in the film is in fact real, situated on Ewe Lamb Lane in Stapleford, and the local school in the film is actually The Wilsthorpe Business and Enterprise College on Derby Road. There are also frequent shots of the under path and tower blocks on Church Square in New Lenton, Nottingham.

Pride and Prejudice

This 2005 film used the glorious landscapes of the Peak District and the stunning Chatsworth House is featured throughout the film as 'Pemberley', the Darcy family home. It is believed that Jane Austen based her ideology of the Pemberley estate on Chatsworth House as she wrote the book and so it seemed fitting that her inspiration should be used in the motion picture. If you are lucky enough to visit Chatsworth House, there are many aspects of the building you will instantly recognise from the film. Alongside this, the bust of Mr Darcy, played

by Matthew Macfayden, which was purposely made for the motion picture, can still be found at Chatsworth, on display in the Orangery shop by the Sculpture Gallery.

Harry Potter and the Deathly Hallows: Part 1

This world-famous blockbuster features Hardwick Hall, near Chesterfield in Derbyshire, which doubles up as the dark and sinister Malfoy Manor in The Deathly Hallows. It is believed that the production team's attention was caught by Hardwick's six-tower skyline and vast feature windows. Exterior and aerial shots were taken by filmmakers from a helicopter alongside photographs and measurements of the interior so the building could be replicated as realistically as possible at the film studio. Doing so then enabled the production team to digitally reproduce the building so they could exaggerate some features, such as adding tall pointed roofs to fit with the wizardry world of Harry Potter.



ABOVE Chatsworth House
Photo: Chatsworth House Trust

BELOW Ewe Lamb Lane shop as shown in 'This is England'.
Photo: Warp Films & Film 4 Productions



ABOVE Wingfield Manor in 'Jayne Eyre'.
Photo: Focus Features

BELOW Wingfield Manor
Photo: English Heritage



BELOW Derby Road in 'Saturday Night and Sunday Morning'. Photo: Woodfall Film Productions





In the Garden

Spring gardening tips

Spring is a hopeful time of year. As the days grow longer and the sun rears its head after a long winter, our gardens start to breathe new life. We look at how you can get the most out of your garden this spring season.

Winter can be a tough time for gardens. With harsh winds, deep frosts and short days our gardens tend to be a bit worn and weathered by springtime. So once winter is behind us, we can tend to the winter damage. Consider starting with your lawn. On days when the ground is dry enough, start to mow your lawn again and look out for weeds. Salted boiling water is a good alternative to weed killer, plus it is pet and environmentally friendly.

Remove any unwanted growth in your garden. You may find that your garden is covered in ivy, fungus or rotten wood and that it is inhibiting new growth. Spring is the perfect time to remove the old to make way for the new. Use this

time to get rid of dead plants, weeds and any other unwanted growth. You will find you have lots of new space to plant new things!

In addition to your perennials you could use these months to plant things like primulas, pansies and miniature daffodils. Importantly, consider planting plants that can withstand frost, as there are sometimes last frosts during these months. Once planted, make sure they are kept moist and away from drying winds. Consider planting pots near your front door to add a splash of colour as the cold weather remains. Once again make sure you choose plants that can withstand frost and use frost-proof containers.

Gardener's Spring to-do list

- 1. Prune** If you have any roses in your garden make sure they are pruned by the end of April
- 2. Plan** Think about what you would like to plant for this year and make a list of what you need to buy before your next trip to your local garden centre
- 3. Rotate** If you are a keen vegetable grower make sure you move your crops around each year. This helps to control pests and various diseases

Gardens to visit in Nottinghamshire

Naturescape

Maple Farm,
Coach Gap Lane,
Nottingham

Free

01949 860 592

Felley Priory

Felley Priory,
Underwood,
Notts

£3.50 for
senior citizens

01773 810 230

Lea Gardens

Long Lane,
Lea (near
Matlock)

£4.50
(£3.00 in July)

01629 534 380

Crossword & Competition Answers

Congratulations to Christina Meats who correctly answered last issue's competition question and has won a pair of tickets to see a play at the Nottingham Playhouse!

The correct answer was 'Canary Girls'

Congratulations to David O'Brien

who correctly completed last issue's crossword puzzle and has also won a pair of tickets to see a play at the Nottingham Playhouse!

The correct answers to the crossword are shown on the right:

Could you be a winner?

To be in with a chance to win some great prizes, complete our crossword or enter our competition on page 30!



From the *Kitchen*

Good Friday Fish Pie

Fish is traditionally eaten on Good Friday so this Easter is the perfect time to cook a delicious and healthy fish pie. The beauty of this recipe is that you can make your own. Just choose your favourite fish and enjoy!

Serves 2

150-200g mixed fish (cod, salmon and smoked haddock work well)
Splash of milk
15g butter
15g flour
2 spring onions, finely sliced
200ml milk
1 tsp Dijon or English mustard
Handful of chopped fresh chives
Handful of frozen peas
Handful of grated cheddar
For the topping
500g Maris Piper potatoes,
Knob of butter

Editor's Tip

Double the quantities to make enough pie to freeze for another time



Tremendous Fish Pie by Martin Thomas licensed under CC by 2.0

Spring greens with lemon dressing



Handful of broccoli
Handful of green beans

For the dressing:
2 garlic cloves, crushed
Zest and juice of 1 lemon
2 tbsp olive oil

- 1 Preheat the oven to Gas Mark 4/200°C/400°F.
- 2 Peel and slice the potatoes and place them in a pan of water and bring it to the boil. Once the water is boiling reduce the heat to simmer the potatoes until they are tender.
- 3 Drain the potatoes and add a splash of milk and some of the butter. Season to taste.
- 4 Meanwhile, add the butter, flour and spring onions to a pan and heat gently until the butter is melted.
- 5 Cook for 1-2 minutes and then gradually whisk in the milk. Bring to the boil and keep stirring to avoid any lumps.
- 6 Once the sauce has thickened take it off the heat and stir in the cheese (optional), fish, mustard, chives and peas.
- 7 Spoon into an ovenproof dish, cover with the mashed potato and sprinkle with the grated cheese.
- 8 Cook for 20-25 minutes or until golden on the top and bubbling at the edges. Then serve up and enjoy!

- 1 Cook your broccoli and green beans. You can either boil or steam them.
- 2 Whilst the vegetables are cooking make your dressing. Combine your crushed garlic, lemon zest, lemon juice and olive oil in a jug.
- 3 When the vegetables are cooked, but still nice and crunchy, drain them and place them in a bowl.
- 4 Drizzle over your dressing and enjoy!



ABOVE From left to right, volunteers Haydn John, Fran Burton, Maureen Ford, Ann Crooks, Ann Hepkey and Joe Brown



For four years, a dedicated team of volunteers have been working together at the Age UK Chaddesden Park Centre in Derby, providing around six thousand freshly cooked meals for those who attend the centre's lunch clubs. Although the volunteers are usually hard at work in the kitchen, they are frequently involved in organising and holding other events and activities at the centre too.

The team, made up of Joe Brown, Haydn John, Ann Crooks, Ann Hepkey and Fran Burton are led by veteran volunteer Maureen Ford, who has been cooking up a storm at Chaddesden for sixteen years since retiring as a dinner lady in 1995!

On a normal day, in preparation for the centre's lunch, Maureen runs a tight ship from nine o'clock in the morning to ensure that food is served on time to the lunch club members. During the break in the chair-based exercise class, one of the volunteers, Joe, is straight out of the kitchen to take orders for tea and coffee from the attendees. There are always plenty of high spirits in the kitchen and the infectious laughs of the volunteers often echo around the centre.

The volunteers are very devoted to the welfare of the members at the centre and unsurprisingly, the friendly and welcoming atmosphere has since proven so popular it now has a waiting list.

Cooking *with care*

The work of the kitchen volunteers at the Chaddesden Park Centre never goes unnoticed, so it is no surprise that volunteer Maureen Ford featured on national television!

Special occasions have also proven to be great fun too. At Christmas, the kitchen staff came in extra early to prepare a great batch of bacon sandwiches before having their annual debate as to whether it would be Joe or Haydn squeezing themselves into the Santa suit at lunch time. Children from the local school also attended the centre and were delighted to be met by Santa, before they burst into a chorus of Christmas carols especially for the lunch club members.

Alongside cooking and providing entertainment, the volunteers are also keen to try their hands at fundraising when they can. In 2013, Joe and Haydn arranged a quiz night at their local pub which was so popular that it raised enough money for the volunteers to take the lunch club members out for a meal at the Fish Restaurant in Ripley. The meal out was a roaring success

and certainly a well-deserved treat for both the members and volunteers.

It is clear that there is no task too big or small, with the volunteers at Chaddesden often walking that extra mile for their members and for one team member, that effort did not go unnoticed. Last year, Maureen's granddaughters felt that it was time she was recognised for all her work.

Secretly, they contacted ITV's *Surprise Surprise* programme and, after a few white lies, they managed to get Maureen to the show. Whilst she innocently sat as a member of the audience, the spotlight suddenly picked her out and presenter, Holly Willoughby, summoned her to the stage. After all of Maureen's work was celebrated on national television, her efforts were eventually awarded with a limousine ride followed by a trip to Barcelona!

One year on Memory Lane

In 2013, a brand new service was launched by Age UK Derby & Derbyshire to help people with memory loss and dementia. Now, a year on, we take a look at the success of the service...

PHOTOGRAPHS *Courtesy of Richard Ernest at RemPods*

Although the launch was met with unbearably icy weather conditions resulting in a slow start, after much perseverance Memory Lane has proven itself to be very well established throughout the Amber Valley area. Today, there are now five groups running in Alfreton, Ripley, Belper, Langley Mill and Marpool, offering an interesting range of activities designed to stimulate the memories of those that attend, particularly people with early stages of memory loss and dementia. This can help to combat the threat of social isolation which can sometimes be an effect of such illnesses. So far, each group has seen members grow greatly in confidence as their memories have been re-triggered, something which has made a huge difference to those living with dementia and the loved ones who care for them.

One of the most significant aspects of the Memory Lane groups that makes them so

What is a RemPod?

First showcased on the BBC's *Dragon's Den* programme, RemPods or Pop-Up Reminiscence Pods, are designed to stimulate and engage people with dementia using reminiscence rooms which work by turning any care space into a therapeutic and calming environment.

different is the involvement of the RemPod scheme. The pods simply pop up or down when needed and are filled with furniture and objects from different eras. Currently, the RemPod being used by the Memory Lane service, is designed to replicate 1950s living and contains typical décor from that time including a vintage television and classic programmes. The pod has proven to be socially inclusive for everyone whether they are living with dementia or not, evoking many memories for those who

have come into contact with it.

Christmas also saw an increase in the involvement and growth of the Memory Lane service, as the groups from Belper and Ripley congregated



with a separate group from Darley Dale for a big Christmas party at the Whitworth Centre on 15th December. This was the first time that the groups had met together

and it was a great opportunity for attendees to form new friendships with others affected by dementia-related illnesses. The event was organised by Di Cliff, Memory Lane worker for Age UK Derby & Derbyshire, who said, "This event would not have happened without several people's involvement, so thank you to everyone who helped."

During the gathering, the Memory Lane groups enjoyed a performance by the Brass Band Carol service and entertainment by a local theatre group who sang theatrical pieces and a host of Christmas songs. The Mayor of Darley Dale was also present and spent time with the group members throughout the event.

If you, or anyone you know, would like more information please call **01773 768 240**.

We are also looking for volunteers who could help out at the centre.



The 1950's RemPod includes retro decor, appliances and furniture to depict as realistic an environment as possible

Worshipping with Wi-Fi



A year since introducing tablets to their services, St Johns Church in Derby has gone from strength to strength...

It is well known that many churches already use computers to project songs, Bible readings and sermon notes to enable people to follow the service easily without the use of books or song sheets.

Yet on 17th April 2013, St John's Church in Mickleover made history by becoming the first church in the country to issue individual hand-held computer tablets for all of the congregation to use.

The idea initially came about after the majority of the congregation commented on the difficulties they were having when trying to read small print in books or to see the projector screen. This was often due to their eyesight having deteriorated and without being able to read the sermons and songs of the service, many felt as though they were missing out.

Speaking after the tablets were introduced, Paul Gribbin, a member of the church who helped to organise the inaugural digital service said, "We are absolutely thrilled with the tablets. Everyone who has had a go has really enjoyed it."

There is certainly nothing new about the type of technology used by the church but the story garnered so much public interest simply because of the way St Johns embraced technology in order to make their services more accessible to those living with visual impairments.

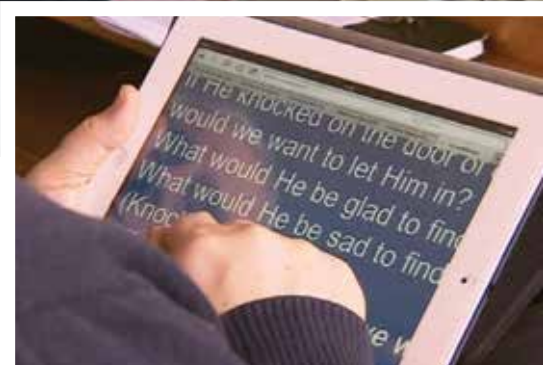


The benefits of using this technology mean that individuals can now easily adjust the size of the text on their tablet screens to suit them by simply using the touch-screen technology. The tablets are in turn linked to the church's projection system. In other words, anything shown on the projector will be shown on the tablet screen.

Therefore, users no longer have to struggle and strain to see the main screen, as they can view the same text at a size that comfortably suits them.

Wi-Fi is enabled throughout the church by The Cloud, a broadband company who specialise in the delivery of public Wi-Fi services to businesses, hot spots and communal areas. They donated twenty tablets to the church in exchange for some publicity, as they hoped the move would engage a good, positive response from the local community and other churches.

However, the response they had was more than they could have ever anticipated, as the story was not only covered locally but in almost every national newspaper. St Johns was also featured on the BBC World Service radio network and many other national stations.



Now, almost a year on, the tablet technology is being continually used in the majority of weekly services and people have settled into using them really well.

Reverend Alun Rowlands, Curate of St Johns Church said, "We are delighted with the progress so far in making services accessible. Using this technology has meant that we have been able to help people with visual impairments. Now, we have started to introduce sign language interpreters for people with hearing impairments and are looking forward to seeing how we can develop things even further."

The church also continues to run a drop-in computer club and internet café on Monday mornings from 10am to 12pm, where church members are on hand to help people to use computers.

These sessions have proven to be particularly popular with older people, however the service is available to anyone who simply wishes to increase or improve their computer knowledge.



A helping hand with Heating Oil

Do you use kerosene, also known as heating oil, to heat your home? If so, you could benefit from a scheme by Rural Action Derbyshire designed to help you save money

Currently, 1.5 million people in the UK rely on heating oil tanks to keep their homes warm and approximately one third of houses in Derbyshire are not connected to the mains gas supply. Instead, these homes are using kerosene or heating oil supplied by an industry which is not regulated in the same way as gas and electricity providers.

In other words, whilst the Big Six Energy Suppliers can be asked by regulators to freeze their prices, those households which use oil to heat their homes risk paying over the odds due to an unregulated

industry that receives very little attention, from both politicians and the public.

Normally, oil prices vary from time to time, fluctuating in line with the demand. For example, during a harsh winter, prices will increase as the demand rises. However, there are times where prices may increase more than originally expected. According to the MET Office, 2013 saw one of the coldest Springs in UK history which put a lot of pressure on oil distributors and usage costs.

Many of those who use oil were not financially prepared for such a prolonged and unusual bout of cold weather which resulted in quite a significant dent in their finances. With this in mind, it is advisable to think ahead about the financial repercussions in anticipation of adverse weather conditions.

To combat fluctuating heating oil prices, Rural Action Derbyshire

What are the benefits of the scheme?

- You could save 5p per litre (this can of course fluctuate in accordance with the oil market).
- Currently a household that uses 2,500 litres of oil each year could look to make an annual saving of approximately £140 when using this scheme.

For more information about the scheme and to find out whether you qualify for help, please visit www.ruralactionderbyshire.org.uk/oil or call Rural Action Derbyshire on **07903 876 811**.

If you are experiencing financial difficulties when paying your energy bills, you can also contact your local Age UK's Information & Advice Services for help.

Age UK Derby & Derbyshire

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Age UK Nottingham & Nottinghamshire

0115 844 0011

(RAD) has been running a successful county-wide oil buying syndicate since 2011. The scheme now has almost four hundred members, currently buying between 50,000 and 80,000 litres of oil per month. With an order this size, it gives RAD the purchasing power to negotiate better prices for their members, as buying in bulk allows them greater discount compared to individuals with their own small orders.

The scheme costs £20 per year to join but for a limited time only, RAD is able to waive the charge for older people over 75 or for people with certain health problems.



Crossword & Competition



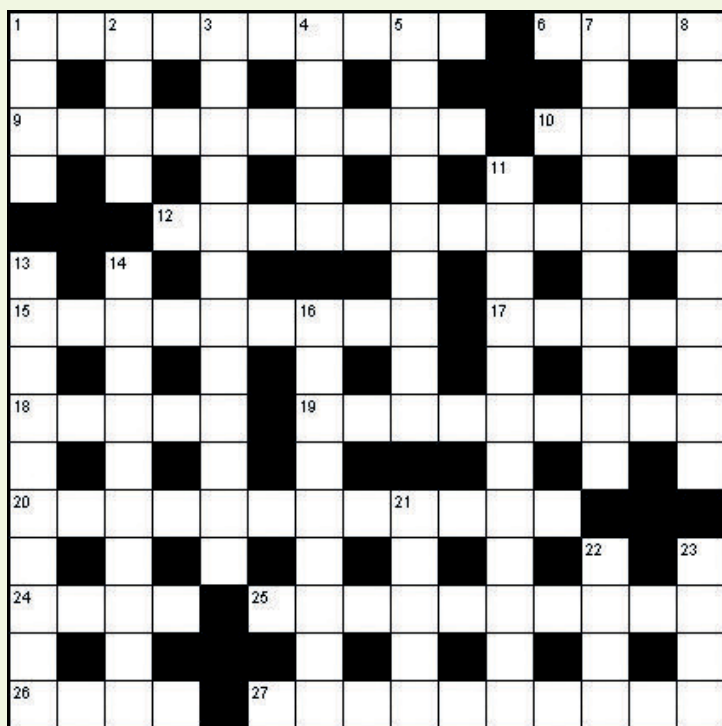
Answer our competition question correctly and you could **win a meal for two at the Farndon Boathouse*** or complete the crossword for a chance to win **a ticket for 2 adults and 3 children to visit Crich Tramway Village!****



Just the Tonic Magazine,
Bradbury House,
12 Shakespeare Street,
Nottingham, NG1 4FQ



justthetonic@ageuknotts.org.uk



ACROSS

- 1 Came across a record concerning journalist (10)
- 6 Language of old city belonging to the French (4)
- 9 They'll get wrongly blamed for heading off escape by animals (10)
- 10 There's potato in Mum's pudding (4)
- 12 Style of cooking providing contrasts (5-3-4)
- 15 Country-loving Irishman in charge of containing disturbance (9)
- 17 Giving note to terrorists makes one angry (5)
- 18 One who latches on to another is a sucker (5)
- 19 Sailor's intent perhaps is to be self-restrained (9)
- 20 A comment sure upset in due proportion (12)
- 24 Man told to get on his knees? (4)
- 25 Boundary rope may produce such a decision (10)
- 26 E.g. dogs returning from walk (4)
- 27 Not quite one's best friend on the ship (6,4)

DOWN

- 1 Pretty girl gets some food (4)
- 2 Animal found in sea location (4)
- 3 Fat little Edward is biased (12)
- 4 The First Lady touring Oklahoma will awaken memories (5)
- 5 The thresholds of delights (9)
- 7 Heartless robbers go off with a pet. The villains! (10)
- 8 Below, below, below (10)
- 11 Managed to get clergyman in dead awkward situation (12)
- 13 They are seeking work after demolition of aspic plant (10)
- 14 Steam railway takes on head of Railtrack to improve efficiency (10)
- 16 To perform in a different key, one's parts must be arranged (9)
- 21 Went on horseback round cowboy show (5)
- 22 Junk mail from the capital (4)
- 23 Nothing but a lake (4)

Crossword puzzle courtesy of Neil Shepherd - www.alberichcrosswords.com

Competition question

be in it to win it!

Q What is the name of the Elizabethan mansion in Nottingham which was used as one of the location settings in the Batman film, 'The Dark Knight Rises'?

Meet one of our winners!



Congratulations to Joan Mayhew who won an espresso set from our Autumn issue of Just the Tonic!

You could be a winner just like Joan, so make sure you send your entries in to us before **Friday 9th May 2014** to be in with a chance to win some of our great prizes!

*Two course meal from Earlybird Menu, drinks not included with voucher. Please book your meal in advance.
**Family ticket to Crich Tramway Village to be used by 2nd November 2014.

If you'd like a new kitchen but are concerned about the cost, Art of Kitchens has the solution...

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Art of Kitchens is a Nottingham-based company, which specialises in installing complete kitchens and carrying out makeovers by swapping old cupboard doors and worktops for new ones.

Mark Antony, who runs Art of Kitchens, prides himself on transforming dated-looking kitchens into ones that look brand new - often completed in one day with less upheaval.

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

mar apr may



MAR 29

The Craftwise Art & Craft Market

Held at Bakewell Town Hall selling quality gifts including jewellery, art work, photography and handmade cards. Also on 26th April and 31st May. Free entry. ☎ 01629 812 092



APR 12

'Abstractions'

This art exhibition brings together the work of celebrated abstract artists including Rachel Whiteread. Until 29th June. Free entry. ☎ 0115 948 9750.

APR 14

Age UK Derby & Derbyshire Bakewell Centre Spring Fayre

With tombola, raffle, bric-a-brac, cakes and an Easter stall! Tea/coffee and biscuits available. Admission £1, free entry for children. Proceeds to Bakewell Centre. 10am – 1pm ☎ 01629 813 221



APR 26

'All In The April Evening'

Derby Cathedral hosts music and songs from the Dalesmen Male Voice Choir, The Penrhyn Male Voice Choir, Vox Angelica and violinist Naomi Wilmshirst. Starts at 7.30pm, tickets £12. All proceeds will be donated to Age UK Derby & Derbyshire. ☎ 01332 343232

MAR 24-25

'HMS Pinafore'

Enjoy a musical evening at the Nottingham Playhouse as the producers of Pirates of Penzance come together for this fun and creative light opera. Ticket prices start at £10.

☎ 0115 941 9419

MAR 29

Calke on Camera

Peruse through the winning entries from the 'Calke on Camera' competition. Normal admission charges to Calke Abbey apply and this event will be running until 13th April. ☎ 01332 863 822

APR 20-21

Nottingham Regional & Speciality Food and Drink Market

Sample local produce from around the county in the Old Market Square. Free entry. ☎ 0844 477 5678

MAY 3

Cake Decorating Competition

Local business Cake Decor's second cake decorating competition and exhibition. There will also be cake decorating demonstrations to watch on the day. Free entry. ☎ 07783 107 788.

MAY 17

No Greater Love: Life and Death in the First World War

Southwell Minster joins with the nation in commemorating the 100th anniversary of the outbreak of World War One with this exhibition that centres on the local experiences of the war. Until 15th June. Free entry. ☎ 01623 812 933



MAY 17-18

Tribute to the V-Force 2014

To mark V-Force weekend, Newark Air Museum will have a number of aircraft open for people to visit alongside a special exhibition. Normal admission charges apply. ☎ 01636 707170

MAY 18

Plant Sale & Swap

Would you like to brighten up your garden this Spring with some different plants? Bring along your surplus plants and you could swap them with others for free! There will also be other plants on sale throughout the day at Milton Village Hall, Derbyshire. £1 entry. ☎ 07527 700 308

MAY 28

Performance & Poetry with Paul Cookson

An exciting poetry session. Mansfield Library. Free entry. ☎ 01623 651337



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