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# Just the Tonic

Summer Issue

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

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

Win

John Lewis  
and Waitrose  
vouchers!

Meet our new  
Money Adviser

Falls

The impact on  
older people

Are you a  
*solo*  
traveller?

Recovering  
*memories*

Summer  
*sunshine*  
clinic



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## Editor's Letter

Welcome to your Summer Edition of Just the Tonic! You'll find this issue full of ways to make sure you have a great summer, including advice for those who enjoy travelling alone to warmer climes, a lovely summer recipe for the entire family to enjoy and advice on how to stay safe and cool on those days when the glorious sunshine can be just a little too much.



We've also got some great advice from Mandy Kelly of Actons Solicitors about avoiding scams and tips from our new Money Adviser, Rawshana Noor on how to keep your finances in check!

*Emma & Emily*

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## Men in Sheds

We have recently had some very exciting news! The newly appointed Mayor of Gedling, Councillor Jenny Hollingsworth, has chosen Men in Sheds as one of the charities she wishes to fundraise for in the next year. It is great news for the staff and supporters of all our sheds and we can't wait to start fundraising! To find out more about Men in Sheds, please call **0115 844 0011**.



## Best Foot Forward

In May, we saw Christine Adams celebrate ten years walking with the Best Foot Forward team as a walk leader! Christine is a well-loved walk co-ordinator and her decade spent as a guide is extremely appreciated. We and those who walk with her certainly hope she will continue to lead many more walks within the City. If you would like to know more about Best Foot Forward, please call us on **0115 844 0011**.

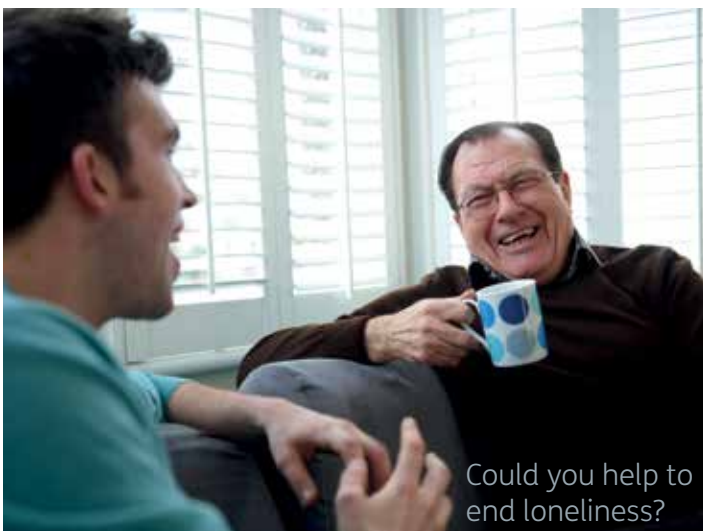


## CTEL Conference

On April 1<sup>st</sup> we gathered at The Nottingham Playhouse to hear about some of the fantastic work being done to alleviate loneliness at our Campaign to End Loneliness Conference. We were also lucky enough to have guest speaker Esther Rantzen, who shared her insights on the day. If you would like to find out more about the campaign or would like to make a pledge to help tackle loneliness in your community, please call us on **0115 844 0011**.

## May Fest 2014

We had a fantastic day at The University of Nottingham's May Fest. This year marked the sixth year the University has organised an exciting programme of free activities for all ages. From rowing golf to 'how to make your own film' workshops, the day was packed from start to finish. We spent the day talking to the public about the work of Age UK Notts and getting involved in some of the fun too! If you missed May Fest but would like to know more about our services, please call us on **0115 844 0011**.



Could you help to end loneliness?



# your letters

We love to hear your news, views and poems, so make sure you keep sending them in to us at the address shown below!

**Win!**  
Next issue's  
Star Letter will win a  
£5 voucher for John  
Lewis and Waitrose!

## { Star letter ★ }

Congratulations to Kevin Smith from Derby who has won a day at Eden Hall!

### Dementia Awareness

Thank you for the interesting and useful articles in "Just the Tonic", which I pick up in Derby Central Library. The item on Dementia Awareness was of particular interest to me, having both parents suffering with the condition.

As well as personal support, the need to deal with practical issues, such as their finances, can also take up much time, but this was made easier for us because they had already granted me 'power of attorney' when they were still mentally capable. It is also good to know that they had made their wills while they understood what they were doing.

None of us like to think about becoming infirm or incapable, so it is so easy to put off making practical arrangements like this. But I would encourage your readers to plan ahead and put such things in place while they are able to do so, so that their loved ones benefit in the way they would wish and are able to look after their affairs with the minimum of difficulty should the need arise. My wife and I have already done so, even though we hope it will be a long time before they are needed!

*Why not write to us...* ✍️



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12 Shakespeare Street, Nottingham, NG1 4FQ



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### Walk this way

I just wanted to say thank you for mentioning the Best Foot Forward walks. I'm a keen walker but had never heard of them before. I decided to give the walk along the Victoria Embankment a go and it was brilliant, so thank you very much!

*Keith, West Bridgford*



## Poetry Corner

### At the going down of the sun...

The first poppy was purchased for this year's appeal  
The Legion's Royal standard fluttered on high  
To encourage generations to give, as they gave  
In service, through fear, to do or to die

As the sunlight broke through so the media buzzed  
Interviews, photocalls, laughter and tears  
World War Two, the Gulf, Iraq and the rest  
Had taken their youth and devoured the years

One was pale but brave, injured and scarred  
Secretly hoping to gain his release  
His companion was old, weary and wise  
Reward for securing our freedom and peace

A young serviceman and a veteran so small  
Afghanistan's tales mixed with Poland's proud fight  
No moonlight, just darkness, bleak and foreboding  
Each memory was punctured - a comrade, their plight

At dismissal the soldier returned to his unit  
The ninety year old to a chair by the fire  
Two lives entwined in a moment to treasure  
Can we witness in gratitude and aim to aspire?

*Written by Sharron Bilbey*

# Summer Sunshine Clinic

*We want to make sure you are aware of some of the risks associated with our beloved Sun so you can be well prepared this summer*

**N**ow that the days are warmer, there is often nothing better than enjoying a day out in the Sun. Seeing the Sun shining generally puts everyone in a happier mood and also means there's a wealth of things to do that we often can't when it's raining, such as enjoying days out, going for a walk, or just spending quality time tending to our gardens.

Whilst hot sunny days can be a little more of a rarity here in the UK compared to sunnier climes, there has been a noticeable change in our weather recently, as was evident during last year's scorching summer. Although much of us were delighted with the long warm days, it is worth remembering the dangers that are associated with a little too much Sun, so you can be better prepared to protect yourself and your loved ones. In this issue, our summer clinic looks at how you can stay healthy and cool in a heatwave and get to know the signs for the most common types of skin cancer in older age so you can be better protected.

## *How to beat the heat*

Perhaps Andy Williams had it wrong when he sang that Christmas is 'the most wonderful time of the year'. Summer, the season of warm days, cream teas and trips to the beach, is hard to beat. But how do you protect yourself in the heat and do you know how to recognise heat-related illnesses such as heatstroke and heat exhaustion? Don't worry - our summer survival guide will help you to beat the heat.

The summer of 2003 was one of the hottest summers on record, with temperatures as high as 38°C in some parts of the country. The heatwave was Europe-wide and resulted in the death of more than 20,000 people. Older people, pregnant women, babies, children and people with long-term illnesses were most affected and are the most at risk during a heatwave. But how do you recognise whether or not someone is suffering from some type of heat related condition?

## Heat Exhaustion

### **What is it?**

Fatigue experienced when the body loses a lot of fluid and essential salts.

### **Who does it affect?**

Anyone who is exposed to excessive heat, but older people, young children, babies and those with long-term illnesses such as diabetes are more susceptible to it.

### **How can I recognise it?**

There are a number of symptoms such as fatigue, heavy sweating, nausea or vomiting, dizziness, confusion and urinating less often or having darker urine than usual.

### **How should I treat it?**

If treated quickly, heat exhaustion is not as serious as heatstroke. You should move somewhere cool and rehydrate your body with water. If symptoms persist for more than half an hour, you should always seek medical advice.



## Heatstroke

### What is it?

A medical condition that occurs after excessive heat exposure whereby the body can no longer cool itself.

### Who does it affect?

Anyone who has been overexposed to excessive heat can be affected, but older people, young children, babies and those with long-term illnesses such as diabetes are more susceptible to it.

### How can I recognise it?

There are a number of symptoms such as a high temperature, confusion, headaches, nausea or vomiting, hot and/or red skin and extreme thirst.

### How should I treat it?

If not treated quickly, heatstroke can become very serious, so you should always call 999 as quickly as you can.



## What about skin cancer?

Skin cancer is one of the most common types of cancer across the globe. However, not everyone is fully aware of the different types of skin cancer or what they should be looking out for. It is important to know that not all skin cancers are the same and there are differences you should be aware of.

### Non-melanoma

According to the NHS, around 100,000 people are diagnosed with non-melanoma skin cancer every year in the UK alone. The term refers to a cluster of cancers that slowly grow in the upper layers of the skin (epidermis) and can usually be identified by the appearance of a patch or lump on the top layer. Cancerous lumps are often very red and quite solid to the touch, whereas patches are generally flat, dry or scaly. The two most common types to be aware of are basal cell carcinoma and squamous cell carcinoma.

### Causes of non-melanoma

Whilst the direct cause is still unknown, the most common factor in its development is overexposure to UV light either directly from the Sun or artificial sources such as sunbeds. Alongside this, the amount of freckles or moles on your body, your family history and your skin type can also contribute to its development.



### Melanoma

Unlike non-melanoma skin cancer, melanoma is much rarer and a lot more serious. Whilst the cancer is similar in that it develops in the skin, it can in fact spread further to other organs. Melanoma is most commonly identified by the appearance of a new mole on the surface of the skin, or noticeable changes in the shape or appearance of a mole that was already there. Whilst it can take place anywhere on the body, the most common areas are the face, arms, legs and back. Unfortunately, although still not as common as non-melanoma, recent statistics released by Cancer Research UK in April of this year have revealed that melanoma is now five times more common than it was in the 1970s, assumed to be down to an increase in people holidaying abroad and using tanning beds.

### Causes of melanoma

Melanoma occurs when some of the cells within the skin begin to develop abnormally. Whilst researchers are still unable to identify exactly why this happens, it is believed that overexposure to UV light could be heavily responsible. Furthermore, factors such as skin type, fair hair, the amount of freckles or moles you have and your family history can affect the likelihood of the cancer developing.

## What to do if you notice an abnormality

If you notice any changes in your skin that do not go away after a few weeks, the British Association of Dermatologists recommend that you tell your doctor straight away. In many cases, it may be nothing, but getting a diagnosis will increase your chance of the correct treatment sooner. If your GP is particularly worried about your skin, they can also refer you to a Consultant Dermatologist who is the best person to see regarding treatment. They can also advise you on how to take better care when out in the sun, such as wearing adequate clothing and using the correct sun protection so you can enjoy the summer safely.

# Debunking *driving myths*

*We take a look at some of the rumours puzzling many of us when it comes to driving in older age*

**Y**ou can probably vividly remember your first car. There's nothing quite like getting the keys and turning them in the ignition for the first time. But what happens when you get older? Is it true that you must retake your test when you reach 70? Do car insurance providers have an upper age limit? We take a look at some of the myths surrounding older people and driving.

## *No retaking your test*

Contrary to popular belief you do not have to retake your test once you turn 70. In fact age will never determine whether you need to retake your test. You will however be required to renew your driving licence and continue to renew it every three years, as opposed to every ten years between the ages of 17 and 69.

## *Renewing your licence*

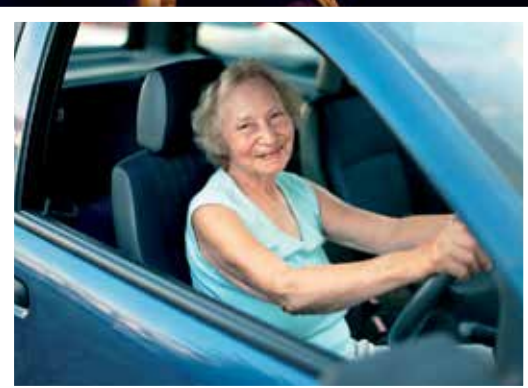
You should automatically receive a letter from the DVLA ninety days before your 70<sup>th</sup> birthday instructing you to renew your driving licence. You can renew your driving licence one of two ways. When the DVLA write to you they will send a D46P

'Application for renewal of a driving licence' form which you can fill out and post back, or if you prefer you can use the DVLA website to renew your driving licence. Either way, there is no fee for renewal.

As you get older you may find it harder to get cover. Age UK Insurance is designed specifically with the over 50s in mind and does not have an upper age limit. Please contact Age UK Local Trading:  
**0115 841 4447 (Nottingham)**  
**01623 488 203 (Mansfield)**  
**01332 343 232 (Derby)**

## *Improving your driving*

Assuming you passed your test when you were 17, it may be over fifty years since your driving was last assessed. If you would like some independent advice on how to improve your driving and keep safe on the roads why not take an Experienced Driver Assessment? The assessments, coordinated



by the Royal Society for the Prevention of Accidents, are not tests but one of their assessors will be able to advise you on how to remain safe on the roads.

## *If you want to stop driving*

Naturally some people decide that they do not want to drive forever and will stop at some point in their life. This is completely your choice and there is no legal obligation to stop driving because of your age.

However, if you suffer from any medical conditions and find that they are worsening then you should inform the DVLA. This includes heart conditions, epilepsy, diabetes and certain eye conditions. The DVLA and your GP will be able to determine whether you are still fit to drive.

For more information about driving and being safe on the roads, why not read Age UK's guide 'In the driving seat'?

To get your free copy either visit [www.ageuk.org.uk](http://www.ageuk.org.uk) or you can call 0800 169 65 65.

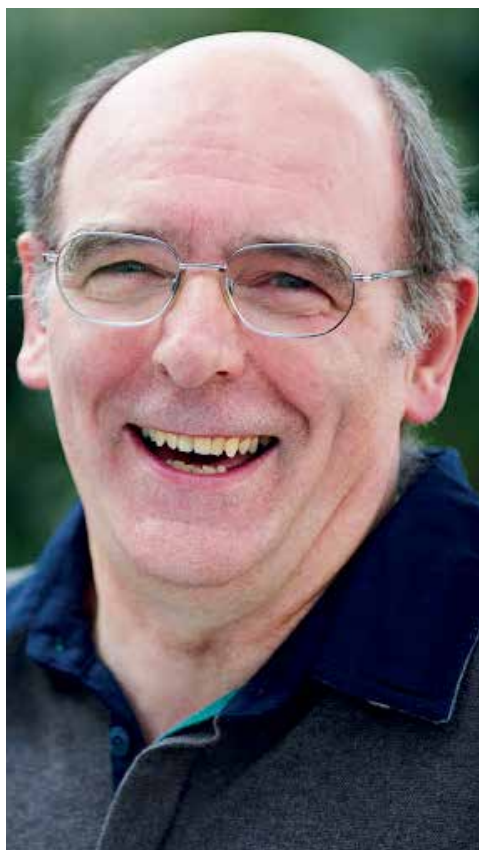
# Keeping an eye on your eyes

**O**n a bright summer day there is nothing more pleasurable than sitting outside and watching the world go by. The ability to see is priceless so it is important that we take good care of our eyes. The NHS advises that we should get an eye test at least once every two years although some people may need more regular tests. For example, people over 40 of Afro-Caribbean or Asian origin or people with a family history of eye problems should get their eyes tested more than once every two years. For more help, your optician can advise you on how often you should schedule a check-up.

**Eighty percent  
of eye problems  
are avoidable  
or curable**

If you are 60 or over you will qualify for a free NHS eye test every two years. In addition, most opticians offer discounts on prescriptions for lenses and frames for people 60 and over. Depending on your circumstances you may also be eligible for mobile services. If you are housebound or living in a care or residential home due to a physical or mental illness or disability, you could benefit from a free eye test in the comfort of your home.

An eye test is not just a way of checking if you need glasses or if your current prescription is correct. Regular eye tests are an important way of detecting other health problems such as glaucoma, diabetes, high blood pressure and macular degeneration. In addition, with over one hundred ways of testing your eyes, an eye test can check your peripheral vision and detect cataracts or age-related changes. Having regular eye tests is a good way of detecting problems early and increasing the chances of treating and curing them.



**Your eye contains  
107 million cells  
which are sensitive  
to light**

A comprehensive eye test should take no more than thirty minutes. After the appointment you will be given a prescription outlining the measurements and types of lenses you will need. There are many different types including bifocal and varifocal and your optician will be able to advise and guide you in choosing what is most suitable for you. Avoid being tempted to buy cheap glasses from the supermarket or on the high street however, as it is very unlikely that both of your eyes will be the same.

So why not book your next eye test today and continue to enjoy watching the world go by?





# Brazil

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## World Cup

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### 2014

Since England's victory in 1966 there have been eleven subsequent tournaments and six different countries have lifted the FIFA World Cup trophy. Now, as Brazil prepares itself as host, we take a look at what 2014 might have in store and reminisce about some of the most memorable World Cup moments.

#### Brazil 2014

So, which teams should England look out for? The hosts and five time winners, Brazil, certainly pose a threat. In the final of the 2013 Confederation Cup they beat the defending champions Spain 3-0, so could be on their way to a sixth world cup win, with Neymar da Silva Santos Júnior tipped as one to watch. At just 22 years-old, he has racked up an impressive number of goals for his league team Barcelona.

Spain are also strong contenders. As the defending World Cup champions, they currently have an eighty-one percent winning ratio. However, they have struggled in recent friendlies and many feel the golden generation may be past their peak. But despite this, Spain are certainly in with a chance.

Of course, despite concerns about high prices, this World Cup is sure to bring fantastic memories and world-class football. It will also bring us a series of firsts. It will be

### Key Facts



#### Brazil 2014

Start: 12<sup>th</sup> June

Finish: 13<sup>th</sup> July

Mascot: An armadillo called Tatu-bola

No. of teams: 32

No. of matches: 64

Last winners: Spain

the first time Bosnia-Herzegovina have competed in a World Cup and it will be the first time goal-line technology will be used in the finals. Other sports have used the technology for years in the hope that it will prevent controversial decisions from ruining the enjoyment of the game. There have been many such decisions previously made by referees in World Cup finals, including Geoff Hurst's famous goal against Germany in the 1966 final.

But what about the most memorable moments?

#### Maradona's run of glory, 1986

More glorious than his 'Hand of God', this goal came just moments after one of the most controversial goals in World Cup history. Maradona picked up the ball within his own half and headed straight for the goal.

#### Pelé, 1958

Pelé was just 17 years-old in the 1958 World Cup in Sweden and certainly made his mark. In the second half of the quarter final against France, Pelé not only scored his first goal for his country but went on to achieve a hatrick. He went on to score two more goals against the hosts Sweden in the final, earning a 5-2 victory.

#### 'They think it's all over...' 1966

It is hard to think about the World Cup without Kenneth Wolstenholme's legendary 'They think it's all over... it is now' line. His words marked England's famous victory of 1966.

#### Negrete's scissor-kick, 1986

Negrete hit an impressive and well-executed volley from outside of the penalty area to help Mexico achieve victory over Bulgaria.

#### Zidane's headers, 1998

Hosts France owed much of their success to Zinedine Zidane after he headed in two goals in the World Cup final.

#### England's first matches

14<sup>th</sup> June – 11pm BST

England vs. Italy

19<sup>th</sup> June – 8pm BST

England vs. Uruguay

24<sup>th</sup> June – 5pm BST

England vs. Costa Rica



# More tea

# vicar?



**A**s a nation we certainly like our tea. In fact we drink over 60 billion cups a year. But how do you make the ultimate cuppa? We tackle this much debated question and share some secrets to help you to perfect your brew making skills.

When it comes to making tea we all have our own traditions. Are you a milk-before-water person? Do you take sugar? How long do you let the tea brew for? Decisions, decisions, decisions... However, recent research might help us to shed some light on these questions.

A team from The University of Northumbria spent 180 hours brewing, stirring and drinking to find that the perfect cup of tea should be brewed for six minutes. Not only does this create a

deliciously drinkable temperature but it is the perfect time to let the flavours infuse. The same team found that a perfect cup of tea should be made with boiling water first, followed by milk to sweeten the taste. With ninety-eight percent of us drinking tea with milk, we are certainly a nation with a very sweet tooth.

Of course there is also the question of what you should drink it out of. Like many say fish and chips taste better out of newspaper, tea seems to taste just that more delicious out of a china cup. In fact, tea connoisseurs Fortnum and Mason believe that the delicacy of bone china adds to the taste of the tea itself.

So, why not dig out some fine china and let it brew?

*Why not try a new tea?*

**Afternoon Blend** Perfect if you're a fan of Earl Grey. Created by Mr Whittard himself in 1940, this aromatic tea hits the spot with a combination of black and jasmine tea and citrus Bergamot.

**Assam** Named after the region of it's production, this is a black tea with a comforting malty flavour.

**Blueberry Roiboos** Great for fans of fruity tea. Naturally caffeine free, this is delicious whether it is served hot or cold!



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# Staying safe from SCAMS



Mandy Kelly, Director and Head of the Wills, Trusts and Estate Planning department at Actons and member of Solicitors for the Elderly, explains how you can help to protect yourself from scams. **FEATURE** Mandy Kelly

## *Looking out for scams*

**D**uring the 21<sup>st</sup> century there has been a definite increase in financial scams. Whilst they do target people of all ages, the elderly are often considered to be significantly at risk due to the preconceived notion by many scammers that they will have more assets and savings. There is also the risk that the older a person is means there is less time available to recoup any losses, making the situation all the more upsetting.

Sadly, those who do fall victim to scams often fail to report them, either due to the sheer embarrassment of being taken in by the scammer's scheme or simply because there is a lack of real understanding about how serious the scam may be.

There are many common financial scams that are circulating. Many, particularly Internet based ones, can be very difficult to prosecute as the perpetrators can often be abroad and have the ability to move on very quickly.

Currently however, there is one type of scam which is proving to be especially common amongst the older generation.

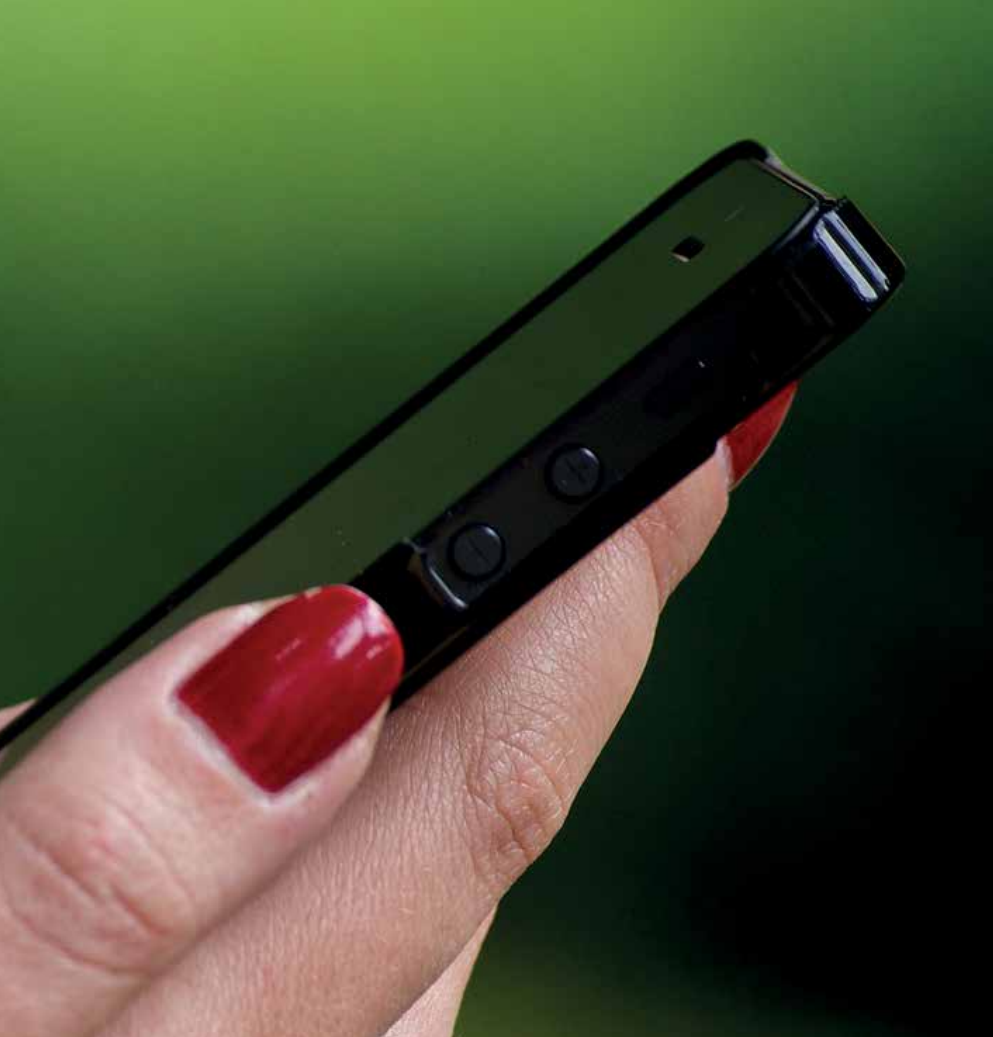
The scam is carried out over the telephone, with the perpetrator claiming to be calling from the bank or local police force. When well executed, this particular fraud is extremely hard to detect, as the criminals instruct the victim to disclose credit and debit card information, enabling them to withdraw money from that person's bank account.

At present, around forty percent of the victims targeted have been over the age of 50, with the scam costing victims across the country close to £7million a year.

## *What can you do?*

Although scams are changing all the time, there are measures that you can take to ensure that you stay prepared. We've helped to create a list of simple things that you can do to make sure you or your loved ones are protected.





## Protect your address

If you receive post from someone you do not know, you should find out how they got your address. To prevent any unwanted mail being sent to your home, when you register to vote, you can always 'opt out' of the 'Edited Register.' This means that any third party post cannot be sent to you as they will not know your address. When you move, make sure that you 'redirect' your post so everything can be correctly sent to your new address. This service is available with the Royal Mail.

## Protect your details

Be wary of unsolicited phone calls, emails and letters that may pretend to be from your bank, building society, HMRC or other financial institutions. Many will often ask you to confirm your details but banks and other financial institutions will never ask in this way. If you do receive an email claiming to be from your bank, do not click on any

links supplied. Instead, contact your bank immediately to make them aware of the threat. You should also always fully dispose of documents you don't need which contain your personal information by shredding them rather than throwing them away into a bin.

If you believe someone is fraudulently using your details, always report it to your bank who will prevent any further misconduct and work with you to try to recover any losses.

## Telephone and computer

If you are receiving unsolicited text messages offering, for example, compensation, simply delete them. Never reply with any information about yourself. Some messages will ask you to text 'STOP' if you do not want to be contacted, however this is often a trick and if you do text it lets them know your phone is active and they will contact you even more.

If you have a smartphone, depending on the model, it is

also wise to install anti-virus software on it to make sure it is safe when browsing the internet or email. Anti-virus is also very important for your computer.

When you are online, you should limit the amount of personal information you disclose. It is useful to verify secure websites if you are using them to make financial transactions so be sure to look out for a 'padlock' icon in the bottom corner of your browser and/or by the URL address.

## Remember these tips...

- 1 If a deal seems 'too good to be true', it probably is.
- 2 Always get independent advice before committing to anything.
- 3 If you are unsure of their credibility, do not disclose any of your details.
- 4 Never use payment methods you are not comfortable with.
- 5 Always log on to a website by the direct URL address rather than clicking on external links.
- 6 Be sure to find reliable and independent evidence to back up any testimonials provided.
- 7 Never feel embarrassed to report a scam.

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

# Arts and Crafts Festival and Musical Entertainment 2014

**D**o you have a passion for painting or are you a budding baker? Perhaps you know your Titian from your Turner and enjoy admiring arts and crafts? Then why not get involved with the annual Age UK Notts Arts and Crafts Festival? Come and join us on Thursday 21<sup>st</sup> August as we celebrate the talents of Nottinghamshire's over 55s.

For years the Age UK Notts Arts and Crafts Festival has been an opportunity to celebrate the creativity and vision of older people in Nottingham and Nottinghamshire. Once again we are on the hunt for people 55 and over with a creative streak. Whatever your talents and interests we would love to hear from you as we invite entries for the following eight categories...



## Category 1

### Knitting, crochet, embroidery and quilting

The perfect category for those who love to create blankets, accessories, intricate designs and more!



## Category 2

### Decorative cards, decoupage and quilling

Ideal for those who like to create hand-made paper art.



## Category 3

### Woodwork, metalwork and glasswork

Are you a dab hand at carpentry, or skilled in glassblowing? If so, this is the category for you.

## Category 4

### Handmade toys and other items

Perfect for all kinds of toys and other handmade creations!



## Category 5

### Art

For drawings, paintings and other original artworks.



## Category 6

### Photography

For striking and stunning images.



## Category 7

### Baking, jams and wine

Do you have a signature recipe?



## Category 8

### Miscellaneous

For the most weird and wonderful creations!

There will be lunch on offer and an afternoon full of musical entertainment from one very talented solo artist.

## Want to get involved?

If you would like to enter the competition, purchase tickets or have any questions please contact our Festival Organiser on **0115 841 4468**.

Entry to the Festival costs £3.00 per person. Tickets should be booked in advance.

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Many thanks, Grace Needham



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# Boots of Nottingham

Established in 1849 in a humble Nottingham store, Boots is now a global household name. We look at its extraordinary story and how one man shaped the City of Nottingham...

If you have ever walked down Goosegate in Hockley you may have stumbled across a beautiful glass-fronted building.

Framed within eggshell columns and olive green window frames, it is actually a Grade II listed Victorian building and the site of the Boots' first apothecary and herbalist shop.

If you venture inside you will see it is now occupied by The Larder restaurant, but clues of its past remain; the old Boots sign still hangs proudly on the wall and many of the tables are dressed with old Boots medicine bottles.

**ABOVE** The Goose Gate store in 1986. Photo courtesy of The Alliance Boots Archive & Museum Collection.

**BOTTOM** Female staff in the canteen at Boots Island Street Factory Collection in 1920. Photo courtesy of The Alliance Boots Archive & Museum Collection



## *The roots of a global household name*

Boots was established in 1849 by local man John Boot, initially as a herbalist shop under the name 'The British and American Botanic Establishment.' He envisaged the business would serve two purposes - supporting his family and helping the community. Inspired by local schemes designed to improve living conditions for the working poor, he hoped that his business would provide affordable herbal remedies for those who could not afford the cost of a physician.

However, John Boot passed away aged forty-five and sadly never witnessed his enterprise come to full fruition. His son Jesse, along with Jesse's mother, Mary took responsibility of the shop in 1877 and traded under the name M&J Boot. Despite the business changing name and hands, the philanthropic spirit remained. Jesse was determined to cut the prices of his products and asked customers to pay in cash rather than running the risk of developing a long credit bill. His slogan was "Health for a Shilling" which was made possible by the fact that he bought in bulk and could therefore sell at lower prices.

### *'Close comrades'*

Jesse Boot was not only driven by making a successful business but was genuinely concerned about the welfare of his workers, along with his wife Florence. Jesse said in 1919: "We are primarily comrades – and close comrades, moreover – in business... Fellowship in recreation... and whatever fosters this happy union is valuable."

Jesse was very much inspired by the likes of Cadbury's at Bourneville and William Lever at Port Sunlight; both of these companies invested in building decent homes for their workers.

Although Jesse did not embark on a similar building venture, he and his wife did a lot to ensure the happiness of the Boots' workers. Together, they established sports and social facilities including the Boots Athletic Club which offered cycling, cricket and quoits. Jesse also funded A Day Continuation School, later to be called Boots College, as a place to educate his younger employees. He also had a passion for music, so much so that Boots had their own brass band called The Plaisance Band. Established in 1906, the band was coached by professional conductor, Mr Alex Owen. They even won the first

prize in the Junior Cup section in the National Band Contest at Crystal Palace in 1909! Florence chose their Lincoln green uniforms with light green collars, cuffs and a silver braid whilst Jesse personally invested in their instruments. Unfortunately, these were destroyed in the Printing Department bombing on Station Street in 1941.

However, Jesse's love of music also extended to recitals in his riverside summer house. Now demolished, at its height the house would be used for dances, evening fireworks and fine dinner parties. It was even available for select staff to use in their leisure time and its one and a half acres of grounds were a beautiful sight bursting with an array of shrubs and flowers and used for games of tennis and bowls.

### *A lasting legacy*

Jesse was not only interested in the welfare of his staff but also the welfare of the City and County in general which has been shaped, in some places quite literally, by his vision. The Dorothy Boot Homes in Wilford still stand today and were funded by Jesse in 1908 for Crimean and Indian Mutiny Veterans and their wives. Each house had a bath, hot water and a garden, all rent free. The eleven houses were built with community in mind as there was a communal library, a large clubroom and a monthly social party.

Many other areas of the City have the Boots' stamp on too. He established parks throughout the City including ones in West Bridgford, Beeston and Arnold, as well as ninety acres of sports and playing fields. But perhaps the most impressive and long lasting donation was the site and funding for the North Midland University, now known as The University of Nottingham. Jesse



**TOP** The original No.7 range which was first launched in 1935. Photo courtesy of The Alliance Boots Archive & Museum Collection.

**BELOW** Today's current No.7 advertising campaign. Photo courtesy of Boots UK.



personally contributed to the £350,000 cost of the buildings and gave the park to the city. He also invested in a new route between Nottingham and Beeston, now known as University Boulevard, as well as extending the water pond and turning it into a boating lake with a Tea Pavilion.

*So next time you visit The Larder, why not take a moment to think about how different our City and County might have looked without the work of the Boot family?*

# Be a solo traveller



As Michael Palin said, 'Once the travel bug bites there is no known antidote'. Indeed travelling and exploring can be incredibly addictive. From the souks of Marrakech to the cascades of the Niagara Falls, there is a whole world out there. However, travelling on your own can feel like a very daunting prospect. Many lone travellers are understandably anxious about the prospect, particularly with regards to safety and loneliness.

However, travelling on your own can be a real adventure. As a lone traveller, you are not necessarily in any more danger compared to if you were travelling in a group. In fact, as an individual you will probably draw less attention to yourself. Try to familiarise yourself with the area you are in and ask your hotel reception about which areas are safe and which to avoid. If you need to ask for directions, ask someone in a shop or a restaurant rather than a stranger on the street. Finally, try to plan your day out in advance so that you don't have to carry around a guidebook that could draw attention to yourself.

Another worry for lone travellers is the prospect of loneliness. Sometimes it is not until we try travelling alone that we know how comfortable we are with our own company. Perhaps take a short trip closer to home first and see how you cope. If you do enjoy your own company then why not

venture further afield? Consider travelling to another English speaking country so that you can interact easily with the locals. However, the world is your oyster, so be as adventurous as you like!



Liverpool's John Lennon statue and Penny Lane



Irish coastline and the rocks of Giant's Causeway



Stockholm's old town and the Royal Palace Guards



If you do not want to travel alone there are many great companies that cater for group holidays. Silver Travel Advisor is one of Age UK's partners and specialises in older travellers. They have a great selection of group trips, including the Northern Lights, Russia, the Mediterranean and India. For more information visit [www.silvertraveladvisor.com](http://www.silvertraveladvisor.com) or call them on 01753 740169.

## UK Travel: Liverpool

Why not make the quick journey on the train and visit the UK's largest cathedral, pay homage to The Beatles or visit the abundance of shops along the Albert Docks?

**Travel time: 2-3 hour train journey**

## Venture further: Ireland

The Emerald Isle is full of legend, history and beauty. Why not visit the beaches of Clonakilty, or take a trip to Belfast and visit some of the finest castles and gardens in the country. Of course, you can finish your days tucking into delicious Irish fare, not forgetting the Guinness!

**Travel time: 1½ hour flight with transfers needed**

## An adventure: Stockholm

With its clean and safe streets and beautiful architecture you could spend your days admiring the city via its network of ferries or visit the Gamla Stan (old town).

**Travel time: 2-3 hour flight with transfers needed**



# More *money* in your *pocket*

**A**s the old saying goes, 'When you look after the pennies the pounds will look after themselves' and we couldn't agree more. But when it comes to matters of money it can all feel like a bit of a minefield.



Need help saving for a rainy day? Want to get clued up on benefits? Or just need someone to talk to about your financial concerns? Our Money Adviser can help! As part of a larger government initiative, The Money Advice Service is designed to help you get to grips with your finances.

The service covers a range of financial issues including benefits, tax credits, pensions and retirement planning, budgeting and saving, credit and borrowing, mortgages, insurance and more. As long as you are 18 and over we will endeavour to help. The service is totally free so you don't have to spend money to look after your money.

In addition, our confidential service is purely advisory and unbiased so we will never try to recommend or sell something to you. Rather, our adviser will help

you to think through your options in order to enable you to make a smart and well-informed decision.

We take a moment to talk to Rawshana Noor, our Money Adviser, about some of our money queries...

## **1 Can I afford to retire early?**

When considering early retirement, it's easy to be swayed by thoughts of winter sun, days spent in the garden or more time with your family. What is required here, however, is a cool head and a disciplined approach. In short, you need a checklist:

- Work out what income you will have (work pensions, private pensions, benefits etc)
- Calculate your financial commitments and regular expenditure
- Find out when you can collect your state pension.

## **2 How much emergency savings should I have?**

A good rule of thumb is to have three months essential outgoings available in an instant access savings account. So, if you spend £1,000 a month on mortgage or rent, food, heating bills and other things you can't live without, you should aim for £3,000 in emergency savings.

## **3 How do I pick the best savings account?**

The Money Advice Service website has an excellent Savings Comparison Table, where you can compare the best rates on the market. Our savings comparison table covers the whole market and because we are completely unbiased we don't receive any commission if you choose a product. The final decision will always be yours.

## *Get in touch today*

To book your **free** appointment with our Money Adviser please call us on 0115 844 0011.



# In the garden

Summer is upon us! The flowers are in bloom, the birds are singing and if last year is anything to go by, the Sun will have its hat on for many months to come. Your garden is a wonderful haven at this time of year; an ideal place to relax and soak up the Sun's rays during long summer evenings.

But how do you go about making your garden a haven for wildlife as well? We look at how to create a garden as inviting to nature as it is to you.

You could have your own little nature reserve just a few steps from your back door. Big or small, established or emergent, your garden can do its bit for the environment by providing a variety of habitats. As long as wildlife has somewhere to breed, shelter and forage, you're on to a winner!

With this in mind you can create a sanctuary for wildlife including birds, hedgehogs and insects without doing very much at all. For example, a pile of leaves is an ideal place for hedgehogs to shelter in, whilst insects like to hide in borders and shrubs and birds like bird boxes or climbers growing against walls. The secret? Don't be tempted to run a tight ship when it comes to your garden. Untidy borders and piles of leaves are a dream for wildlife, so embrace the mess! If you have a creative streak and want to get your hands dirty you could make your own insect houses from everyday items. Drinking straws cut into short lengths and hollow canes tied into bundles are a perfect nesting site for insects like lacewings and ladybirds.

As well as creating cosy corners for wildlife to nest in, a water feature would also help to diversify and support wildlife. Shallow areas are perfect for bathing and drinking, whilst deeper areas will support aquatic insects to survive the colder temperatures. Plus, you don't need to break the bank to make a water feature. All you need is three leftover flower pots and a drip tray. Stack the three flower pots on top of each other and place the drip tray on top. Et voila! You have yourself a cheap-as-chips birdbath.

*Do you have any tips on how to bring wildlife into your garden?*



# In the Kitchen

## Summer chicken in a pot

Sit back and relax with this hearty summer recipe, perfect for all the family to enjoy around the garden table.

### Ingredients for two

1 tbsp olive oil  
1 small red onion, thinly sliced  
250g boneless, skinless chicken thighs  
150g new potatoes  
200ml vegetable stock  
175g broccoli, cut into small florets  
175g green beans  
75g peas  
A small bunch of spring onions, sliced  
1 tbsp pesto  
Pepper to taste

### Editor's Tip

**You can also try cooking this dish with a low-salt vegetable stock to keep it nice and healthy.**



### Method

- 1 Heat the oil in a large, heavy pan and add the onion, frying gently for five minutes.
- 2 Once the onion is soft, add the chicken and fry until lightly coloured.
- 3 Add the potatoes, vegetable stock and freshly ground black pepper to taste, then bring to the boil.
- 4 Once the mixture is boiling cover it and let it simmer for thirty minutes until the potatoes are tender and the chicken is cooked through.
- 5 Add the broccoli, green beans, peas and spring onions and return to boil for another five minutes.
- 6 Finally, stir in the pesto and your summer chicken in a pot is finally ready to serve!

## Homemade lemonade

Why not try your hand at some homemade lemonade? It's a great compliment to any chicken dish and ideal for everyone on a hot summers day.

### Ingredients

3 chopped lemons and extra slices for serving  
140g caster sugar  
1litre cold water

### Method

- 1 Put the lemons, sugar and half of the water into a food processor to blend.
- 2 Pour the mixture into a sieve over a bowl and press until you have all the juice.
- 3 Dilute the mixture with the remaining water you have left over.
- 4 Finally, serve over ice with lots of slices of lemon and it's ready to enjoy!





# The most terrible poverty is loneliness

*Now considered more detrimental to health than smoking and obesity, the threat of loneliness is finally beginning to make many people sit up and take notice of just how debilitating it can really be.*

**T**he risk of loneliness and social isolation for older people has been focused on significantly over the past year and its impact was recently proven in a study undertaken by University College London.

Led by Professor Andrew Steptoe, Director of the Institute of Epidemiology and Health Care, the study focused on 6,500 adults over the age of 52. It found that isolation from friends and family was linked to a higher death risk of twenty-six percent over a period of seven years. Whether participants actually felt lonely themselves did not impact on the results, with the real danger being that people who were cut off from communication with others were at greater risk because they had no immediate access to help when needed. Explaining this further, Professor Steptoe said, "Social connections can provide emotional support and warmth which is important but they also provide things

like advice, making sure people are taking their medication and provide support in helping them to do things – it would suggest that those practical aspects are quite important for older people's survival."

In the last fifteen years, the number of 55 to 64 year olds living alone has increased by fifty percent.

At a time when the need for support is more recognised than ever, the problem is actually being intensified even further with the introduction of funding cuts in the Budget.

Commenting on the impact of the cuts, Michelle Mitchell, Director General at Age UK said,

"We are extremely worried that local authority budget cuts are exacerbating the problem of isolation for many older people. Across the country day care centres, often the only regular social life that many older people enjoy, are closing, social care support which can enable older people to leave the house is being cut down to the bare minimum and too many older people are left hidden behind closed doors struggling to cope."

One service facing the brunt of such cuts was the 50+ Health and Wellbeing Centre situated in Derby's Eagle Market. Operated by Age UK Derby & Derbyshire since 2010, the centre is a haven of information and advice and serves as a popular meeting space for many wishing to attend things such as the Widow and Widower Group, Friendship Group, Tai Chi Qigong, Art Group, Human Rights Discussions, The 50+ Forum Management Committee and the



Men's Gay and Bisexual Reach Out Group. Both Age UK Derby & Derbyshire and Derby Markets also coordinate wellbeing events centred on specific health issues each month. Sadly however, on March 31<sup>st</sup> it was announced the centre would close, causing staff and service users alike much dismay as they could do nothing but bid an emotional farewell.

However, in a dramatic triumph, a consultation by the local authority led to a new arrangement whereby the 50+ Centre would remain open for a further year thanks to an investment worth an impressive £29,856.

Ray Gumbley, Derby Service and Advocacy Manager, was thrilled with the good news. Speaking of the victory, he said, "The reactions from local older people have been incredibly positive, from cheering and jumping for joy to one lady nearly in tears." Ray continued to explain that many of those who attended the centre were often socially isolated, with some even living with depression. Many attended the centre for an opportunity to seek help, support,



A recent gathering at the 50+ Centre  
© 2014 Russell Pollard

information and socialise with new people. Now that there is recognition of the centre's impact, threats such as loneliness will have a greater chance of being eradicated in the local community.

Now, the 50+ Centre can look forward to commencing new activities throughout all of 2014, allowing Age UK Derby & Derbyshire to continue to tackle the impact of social exclusion and its effects.

Remarkably, a surprise turn-around in funding is not just the only good news for the charity. Age UK Derby & Derbyshire is also thrilled to announce a new befriending scheme for residents living in the Bolsover district, seeking to reach out to those who may not have anyone else to turn to. By matching trained volunteer befrienders to isolated people in the community, Age UK Derby & Derbyshire hopes to significantly improve the wellbeing of many locals and at the same time continue to raise awareness about social isolation. Speaking of the new service, Service Coordinator Sam Tock said "We already run successful befriending services in the High Peak and Derbyshire Dales areas, so we were delighted to be awarded funding from Derbyshire County Council to deliver a service across Bolsover." However, unlike the other befriending services, the new scheme is available to anyone over the age of 18.

Volunteer befrienders will visit service users once a week, acting as a vital point of contact for the rest of the charity's services that the users may not be aware of. For many however, simply having a friendly face to talk to can make the world of difference. Christina Kneeling, a befriender who has recently completed her initial training, said "I first discovered the Bolsover Befriending Service by picking up a leaflet at my local Job Centre and decided to apply as a volunteer to help make a difference to some of the more lonely residents. Meeting the trainers and my fellow volunteers was a lovely experience."



For more information or to ask about volunteering, contact:

**The Befriending Service at Age UK Derby & Derbyshire**

01433 620263

befriending@  
ageukderbyandderbyshire.org.uk  
www.ageuk.org.uk/  
derbyandderbyshire/bolsover

**50+ Health & Wellbeing Centre**

01332 343232

www.ageuk.org.uk/  
derbyandderbyshire/50plus



# Falls

## The impact on older people

Last year, the National Institute for Health and Clinical Excellence (NICE) stated that people aged 65 and over were at greater risk of suffering a fall, with thirty percent of people older than 65 and fifty percent of people older than 80 falling at least once a year.

Similarly, in 2011, the College of Optometrists and British Geriatrics Society reported that falls were costing the NHS more than £2.3 billion a year. Now, with many people living longer, health providers are dealing with more falls than ever and it is likely the cost is continually increasing. Falls not only cause injury, but can have an adverse impact on a person's psychological health; causing them to lose confidence, become withdrawn or feel as though they have lost their independence.

Since falls prevention support has become a greater need for older people, Age UK Derby & Derbyshire, working with Derbyshire Community Health Services NHS Trust (DCHS), have been identified as the preferred provider of a community based falls prevention programme commissioned by the Derbyshire

County Council Public Health Team called Strictly No Falling.

The service was created to help people improve their balance, strength and coordination via group exercise sessions and was recently expanded in April 2014, with over 100 sessions running throughout the county and Age UK Derby & Derbyshire will be working hard to set up more sessions in other areas. One exciting development is the implementation of the service into care homes across the county, promoting the benefits of regular exercise and improved balance. There will also be support available to staff from the Strictly No Falling team, who can help set up and deliver training sessions via their accredited training programmes. The programmes are delivered by DCHS who are an approved training provider.

Strictly No Falling has been commended as being so successful thanks to the strong partnership between Age UK Derby & Derbyshire and DCHS. Alongside helping to set up these sessions, DCHS have also set up their own falls prevention clinics



in order to provide rehabilitation to those referred after suffering a fall. Once a person has successfully completed these rehabilitation clinics, they can be referred to the Strictly No Falling community classes, serving as a resource of extra support sessions should people feel they need a little extra reassurance and help to prevent future falls. Those referred from the rehabilitation clinic are also entitled to six-weeks free transport direct from their home to the community classes so they don't need to worry about making their own way.

**Jo Briggs,**  
Falls Prevention Coordinator  
08737 277 252

**Diane Ball,** DCHS NHS Falls  
Prevention Service Advisor  
01246 515657

**Emma Yates,** Falls Prevention  
Care Home Advisor  
07851 731 772

**Tracey Wood,**  
Central Administrator  
01773 768240

**BELOW** A group attends Strictly No Falling  
© 2014 KFD Creative Solutions



# Recovering



# memories



*Age UK Derby & Derbyshire are helping many local older people recall special times and memories with the use of new technologies in two new projects.*

**T**he Big Lottery Awards For All Fund has awarded a grant for a project called 'Remembering Yesterday' at the Bakewell Day Centre, enabling the purchase of digital reminiscence therapy software made up of photos, videos and music that allows users to easily depict their life-memories on a touch screen computer.

Such therapy has been proven to keep the brain active and further research has suggested it can help to combat some forms of depression and is effective for members who have been diagnosed with dementia.

**"Technology  
can make a  
real difference  
to people's lives"**

The project has been organised by volunteer Belinda Bradley who began thinking of new ways to unlock the memories of the centre's members and allow staff and volunteers to learn more about the older people they were helping. Speaking of the project, Belinda said, "With this funding, we aim to improve the lives of socially isolated older people; including those who have dementia; with support by reminiscing about their life histories which they can view via a touch-screen computer. Members will also be given a hard-copy of

their visual story which will act as a record for generations to come; giving an insight into that person's individuality should they no longer be able to remain in their own home."

Alongside this, Age UK Derby & Derbyshire are also encouraging local older people to attend a second project called 'Google Down Memory Lane', to reflect back on special times during 'pop-up' events that will be happening throughout Derbyshire and Derby City between May and October 2014.

The project is able to go ahead due to sponsorship from Google, following Age UK's success in the Google Global Impact Challenge in 2013. The Google Down Memory Lane project is expected to be particularly popular as it will enable local older people throughout Derbyshire the chance to experience digital technology in a fun and informal way. Most significantly, the sessions will see the introduction of a new type of tablet called the 'Breezie'; an intuitive device specifically designed for people who are less familiar with technology.

Sessions will be held at many venues and users will be able to explore hobbies, pastimes, popular culture and national and local history. Users can also

share their own history by looking up things they recall on the easy-to-use devices.

People who think they may be able to give one-to-one tuition are also being encouraged to come along and local interest groups can also help by delivering sessions. Staff will be following up sessions with further classes for people to get to grips with computers, tablets and other types of technology.

Speaking of the classes, Sue Sheldon from Age UK Derby & Derbyshire said, "Technology can make a real difference to people's lives, from allowing them to keep in touch with loved ones to pursuing hobbies. However, we all know that sometimes people can question the point of using technology such as computers when they have lived their whole lives without them. The sessions will give people an opportunity to explore all kinds of interests, using technology to do so."

*Get in touch...*

**Remembering Yesterday**

Mary Ward - 01629 813221

**Google Down Memory Lane**

gdmllderbys@gmail.com

# Win!

Enter now and you could be in with a chance to win a £10 John Lewis/Waitrose voucher!

We have two vouchers up for grabs so to win, correctly answer this issues competition question or successfully complete our Sudoku puzzle! Send your entries in to the address below:



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



[justthetonic@ageuknotts.org.uk](mailto:justthetonic@ageuknotts.org.uk)



## Sudoku

9								
		6	1	3	9	4		
				6			3	
			4			6		
					6	5		3
6		4			7	1	8	9
3	1	7			2			4
				7		3	2	5
	2	5					9	

[www.sudoku-puzzles.net](http://www.sudoku-puzzles.net)

## Competition

**Q** In what year was Boots first established?

*Please send your answers into us by no later than Thursday 31<sup>st</sup> July*



# Are you a *winner?*

Check to see if you are one of our lucky winners!



## Star Letter

**Kevin Smith** has been chosen as this issue's star letter and has won a Spa Day Voucher for Eden Hall! You can read Kevin's touching letter back on page 5.

## Competition winner

**Elizabeth Johnson** correctly answered our competition question and has won a meal for two at Farndon Boathouse! The answer was **Wollaton Hall**.

## Crossword winner

**Gary Holman** correctly completed last issue's crossword puzzle and has won a family pass to Crich Tramway Village! The answers are shown below:



*You could be a winner too!*

Write to us for your chance to be our star letter or complete our brand new sudoku puzzle and competition question!

# novatours<sup>ltd</sup>



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### HOLIDAY DESTINATIONS FOR JUNE

23rd - 27th	Mon/Fri	Warners - Gunton Hall	£309
23rd - 27th	Mon/Fri	Lytham St Annes - Langdales Hotel	£279
23rd - 27th	Mon/Fri	Southdowns Holiday Village	£229
29th June - 3rd July	Sun/Thur	Dunoon & Oban - Park Hotel	£229
30th June - 4th July	Mon/Fri	Blackpool - Manhattan Hotel	£209
30th June - 4th July	Mon/Fri	Bideford - Durrant House Hotel	£229
30th June - 4th July	Mon/Fri	Tynemouth & Holy Island - Park Hotel	£249
30th June - 5th July	Mon/Sat	Great Yarmouth - Raynscourt Hotel	£269

### HOLIDAY DESTINATIONS FOR JULY

6th - 10th	Sun/Thur	Blackpool - Ruskin Hotel	£239
13th - 17th	Sun/Thur	St Bees & The Lakes - Seacote hotel	£249
14th - 18th	Mon/Fri	Weymouth - Crown Hotel	£339
19th - 26th	Sat/Sat	Eastbourne - Haddon Hall Hotel	£399
19th - 26th	Sat/Sat	Llandudno - Four Oaks Hotel	£369
20th - 25th	Sun/Fri	Scarborough - Weston Hotel	£329
26th July - 2nd Aug	Sat/Sat	Newquay - Sandy Lodge	£389
27th - 31st	Sun/Thur	Paignton - Marine Hotel	£299
27th July - 2nd Aug	Sun/Sat	Torquay - Nethway Hotel	£319
28th July - 1st Aug	Mon/Fri	Blackpool - Manhattan Hotel	£219
28th July - 1st Aug	Mon/Fri	Hythe - Mercure Hythe Imperial Hotel	£309

### HOLIDAY DESTINATIONS FOR AUGUST

3rd - 7th	Sun/Thur	Isle of Wight - Shanklin Channel View Hotel	£349
4th - 8th	Mon/Fri	Babbacombe - Anchorage Hotel	£219
4th - 8th	Mon/Fri	Ilfracombe - Osborne Hotel	£259



14th - 18th July  
Mon/Fri

£349

Isle of Wight  
Shanklin Channel View Hotel



2nd - 6th July  
Wed/Sun

£379

Isle of Man  
Rutland Hotel



23rd - 30th August  
Sat/Sat

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# What's On

June

July

August

5

## Patchings Art, Craft and Photography Festival

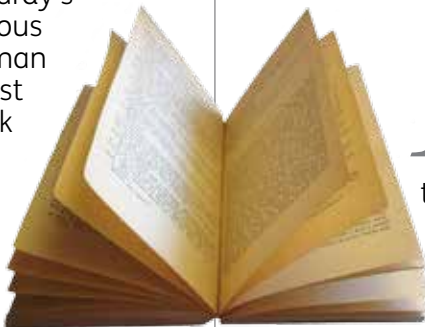
Running until 8<sup>th</sup> June at the Patchings Art Centre in Calverton. From £6.50, open 10am – 5pm. Call 0115 965 3479.

17

## The Poetry of Thomas Hardy

Delve into the wonderful world of Hardy's famous

poetry with local man and Hardy specialist Rob White. The talk will take place at Mansfield Library with free entry, open 2pm – 3pm. Please call 01623 651 337.



13

## Open Gardens in Coal Aston

Explore ten beautiful gardens. £3.50 entry for all, 1pm – 5pm. Please call 01246 414 847.



26

## Trent to Trenches Exhibition

A major exhibition

showing the experiences of Nottinghamshire people during the war. Running until 16<sup>th</sup> November at Nottingham Castle. Normal admission and opening hours apply. Please call 0115 876 1400 to find out more.



## The First Nottinghamshire Local History and Archaeology Day

Get involved in all things historical at the Lakeside Arts Centre at The University of Nottingham. Free entry, open 11am – 4pm. To find out more, please call 0115 846 7777.

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1

## Private Peaceful

Michael Morpurgo's classic tale of Private "Tommo" is brought to the stage at The Lace Market Theatre. £8 with show beginning 7.30pm. There will be an additional 2.30pm matinee on Saturday 5<sup>th</sup> July. Please call 0115 950 7201.



## Riverside Festival

Soak up the sun and enjoy the festivities by the River Trent. Running until 3<sup>rd</sup> August at the Nottingham Embankment. Please call 0844 477 5678.

9

## Craft, Gift and Food Fair

Experience delicious local fare and produce and discover original crafts and gifts. Taking place at The Old

Methodist Church in Matlock Bath and open 11am – 5pm until 10<sup>th</sup> August. Free entry.



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## Bands in the Park 2014

This summer, relax and enjoy a brass and woodwind concert in Nottingham's beautiful Arboretum on Waverley Street. Concert will take place from 2pm.



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