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Autumn Issue

Just the Tonic

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

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

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nutrition advice

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The next welcome mornings at
Bradbury House will take place:

Tuesday 9th September

Tuesday 7th October

Tuesday 18th November

All from 10.30am – 12noon

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Editor's Letter



Hello and welcome to your autumn issue of Just the Tonic! You will have probably noticed I am a lone editor now - my colleague Emily has sadly left the charity following the end of her internship and is now embarking on pastures new! It was great to work with Emily and we want to wish her the best of luck for the future. We hope you enjoy our latest offering of informative and entertaining articles, from advice when owning a pet or wanting to grow your own vegetables to expert health tips, grandparent's rights and information about our services! Plus, we have great prizes on offer too!

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Falls Awareness Week

On 5th June, Age UK Notts spent the day in the Market Square to mark Falls Awareness Day 2014, explaining how our charity can help to prevent falls by making people feel safer around their homes. Over 4 million people aged 65 and over are admitted to hospital each year because of falls and fractures, so to find out how we can help you with home adaptations please call us on **0115 844 0011**.

Arnold Carnival

We spent two days at the Arnold Carnival on the 14th and 15th June, alongside the Men in Sheds team. Arnot Hill Park was overflowing with people taking part in lots of fun activities, from face-painting to dog shows! Men in Sheds were selling their beautifully hand-crafted woodwork items and made a hoopla for people to play and win prizes, with all proceeds coming back to Age UK Notts!



Bakewell Centre turns 15!

The Age UK Derby & Derbyshire Bakewell Centre has now been open 15 years this year! Celebrations took place from 20th May and the centre was decorated with bunting and balloons. There was also a Birthday Raffle which raised £60 for the charity along with a lovely buffet lunch and the festivities continued with a sing-a-long afternoon with Tom Pilkington, Phil Croft and Lester Simpson.

Stonebridge City Farm

On Wednesday 30th July, we spent the day at The Stonebridge City Farm as part of their Celebration Week. We spoke to local people about the services and help that we offer, whilst being entertained by the Doctor Dolittle pantomime! The day was a great day out for everyone, with plenty to see and do including the chance to see some of the farms four-legged residents!



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 Bill Shaw from Southwell who has won a £5 John Lewis voucher!

Being Safe in the Sun

Thank you for your 'Summer Clinic' feature in the last issue of *Just the Tonic*. I myself suffered with heatstroke many years ago and it certainly wasn't a pleasant experience. I was extremely dehydrated, sick and experienced very odd bouts of confusion and head pains. I ended up being admitted to hospital where nursing staff worked hard to lower my body temperature as quickly as they could. Fortunately, I eventually recovered but it served as a stark warning of just how damaging the sun and high temperatures can be - something I had normally brushed off as an unnecessary worry. It's good to see that more people are now being warned of the dangers and of how to take care of themselves.



Why not write to us... ✍

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

✉ justthetonic@ageuknotts.org.uk

Travelling Alone

I just wanted to write in following your article on travelling alone. I am a keen lone traveller and find that it can be very enjoyable to experience new places, both in the UK and abroad, at my own pace and to my own preference. After all, it's much easier to please yours truly then worry about what other people want to see and do!

Shirley, Belper

Poetry Corner

Do you see what I see?

I look in the mirror
And what do I see?
A disheveled old lady
Looking back at me.

Who is this old woman,
And why is she here?
I close my eyes
And hope she'll disappear.

But still she remains
Bold as brass.
Looking at me
Through my looking glass.

What a nerve,
Has she no shame?
Staring at me
As if I'm to blame.

Yet the more she stares
The more I see,
This woman is no stranger,
This old lady, is me.

Written by R. Doherty

Food *glorious* food

The Midlands houses many beautiful counties and buzzing cities. Sandwiched between The North and The South, the area boasts the Peaks of Derbyshire, the forests of Nottinghamshire and the coasts of Lincolnshire. The Midlands is also home to delicious foods and many traditional British dishes; in fact us Midlanders are spoilt for choice when it comes to scrumptious local fare and produce. With that in mind, we traced the roots of some of our favourite regional delicacies.



Stilton Cheese

With its distinctive crust, blue veins and truckle shape, Stilton is one of England's most famous cheeses. Stories of its origin vary but it is believed that Cooper Thornhill, a man from the village of Stilton in Cambridgeshire, discovered it whilst visiting a farm near Melton Mowbray.

Upon falling in love with it, he obtained sole marketing rights so that he could sell it in Cambridgeshire. Now, with its roots firmly fixed in the Midlands, Stilton cheese is a true Midlands treasure and can only be called 'Stilton' if it is produced in Nottinghamshire, Derbyshire or Leicestershire.

How to enjoy Stilton cheese

Stilton is perfect for a classic cheeseboard and it goes beautifully with any wine, crackers and grapes.



The Melton Mowbray Pork Pie

This pork pie became popular with fox hunters during the late 18th century. During this time, Melton Mowbray was the capital of foxhunting in England with three famous local hunts; Quorn, Cottesmore and Belvoir. It was during these that the foxhunters saw their servants and grooms eating the delicious pie and thus, the pork pie was born! Unlike many pies it is made with a hot pastry and is free standing in the oven, hence its unique shape.

How to enjoy a pork pie

Pork pies are delicious hot, cold, on their own or with cheese, pickle and grapes.

The Bakewell Pudding

The Bakewell pudding is believed to be the original Bakewell dessert. Distinct from the Bakewell tart, the origins of this delicious pudding are disputed but it is generally believed to have first been made by mistake. Mrs Greaves, a landlady, supposedly left instructions for her cook to make a jam tart. But rather than stirring the eggs and almond paste mixture into the pastry, her cook spread it on top of the jam instead. Et voila! The Bakewell pudding was born.

How to enjoy Bakewell pudding

Bakewell pudding is the main event so you can just enjoy it by itself. Or, if you want to be ultra-indulgent, enjoy it with a scoop of ice cream or some hot custard.



Tracing your family tree



With genealogy books, magazines and TV programmes popping up left, right and centre, there has never been a better time to trace your family history. Have a read of our top tips to help you piece together the clues of your past.

How to start

Want to find out more about that eccentric aunt you've heard so much about? If, like thousands of others, you are thinking about unravelling your family's past, the best place to begin is yourself. So before you start scouring archives and trawling through family photos, write down everything you already know. Start with names of relatives and their relation to you, then move onto dates of births, deaths, spouses, children, occupations and where they lived.

Ask your family

Once you have brainstormed all that you know, ask everyone in your family. They may know of people or stories you aren't aware of that would have taken months to research. However, be careful of vague memories and rumours. In every family there are 'legends' but they may not all be true! Also be aware of the use of nicknames. When I started to research my own family tree, I found out that my paternal grandfather was often known as Uncle Jim but his Christian name was Percy! Keeping a record of full names and nicknames will help you as you go further down the family line.

Researching archives

It should be relatively easy to research the first few generations of your family tree because of the accessibility and amount of resources available. In 1837, civil registration was introduced meaning that every birth, marriage and death had to be recorded centrally. Thankfully this now makes your research much easier! However, as you trace your family through the generations you will find that some records are more difficult to find. Before 1837, birth, marriage and death records were kept in local parish registers meaning that geography will become more important as your search progresses. However, these records are slowly becoming digitised and some local parish registers are available on genealogy websites such as www.findmypast.co.uk.

To access records which are yet to be digitised, take a trip down to your local archive office who will house parish records, newspapers, photographs and court records amongst other things. Although archives can feel like a minefield, just ask a member of staff for help and you'll be uncovering your family tree before you know it! It might also be worth considering joining a local history society. You can pick up tips and tricks from fellow genealogists and you may even discover someone who has done research on your family tree.

You may also find that the introduction of the census in 1801 is a great help. Since 1801,

the census has been conducted every ten years, except for 1941, and is full of fascinating clues about your family's past. The early censuses tend to be low on detail, as they acted as more of a headcount. However, the census gets progressively more comprehensive and detailed over time and includes particulars such as occupation, marital status, address and place of birth. Census records from 1841 to 1911 are available online and are free to view, although there is usually a charge to download them fully.

Also consider The War Graves Commission. If any of your family died during the 20th century's two world wars their name and place of burial will be recorded on the Commonwealth War Graves Commission website which can be found at www.cwgc.org.

Enjoy it!

Researching your family tree can be hard and there may be times when you have frustrating false leads. However, it is a fascinating adventure, guaranteed to show you some things you never knew!

The Nottingham Archives

| County House
| Castle Meadow Road
| Nottingham

The Derbyshire Archives

| County Hall
| Matlock
| Derbyshire

How well do you know *your body?*



We are constantly reading about what is considered to be the 'ideal weight' and how to achieve it. Many people will often think they are overweight, or even underweight, without really knowing the facts.

To clear up some of the common misconceptions surrounding weight and healthy living, Matt Lawson, a qualified Sports Nutritionist with a Masters Degree in nutrition and dietetics is on hand to provide expert advice.

Matt has worked with athletes in professional football as well as international sportspeople in preparation for the London 2012 olympics, so who better to explain how we can look after ourselves?

"The best way to calculate a healthy weight is to calculate your Body Mass Index (BMI). The easiest way to do this is to divide your weight in kilograms by your height in metres, then divide that answer by your height again. Your BMI can then be used to calculate what weight category you fall into.

BMI Chart

Below 16 Severely underweight

From 16 - 18.5 Underweight

From 18.5 - 25 Normal

From 25 - 30 Overweight

From 30 - 35 Obese Class 1

From 35 - 40 Obese Class 2

Over 40 Obese Class 3

Get better with age

Oily fish are rich in Omega-3 and have been proven to lower inflammation and stiffness, a huge benefit for those with arthritis. Also, eating of plenty iron-rich foods helps avoid the risk of anaemia which is especially prevalent in women.

Calcium is also very important, allowing bones to regenerate and stay stronger for longer, helping prevent Osteoporosis. Vitamin D is also great as it helps calcium

absorption along and although it is predominantly found in sunlight, you can also get it from fish, eggs and fortified cereals.

Improve your diet

It takes discipline to continually check up on yourself, but it is important to monitor things.

- 1** Frequently check your BMI and waist measurements.
- 2** Try the 1/3 method for all meals - eat 1/3 carbs, 1/3 protein and 1/3 fruit and vegetables.
- 3** Reduce your sugar dependence; try natural, better quality food.
- 4** Eat food in a range of colours, including at least 5 fruit and vegetables (9 is optimal!)
- 5** Hydrate your body as often as you possibly can!

Be more active!

Exercise helps to improve your heart's pumping function, your mobility, your weight control, blood pressure, mental well-being, symptoms of breathlessness and your overall quality of life!"

For more ways to improve your lifestyle, call Age UK Notts on 0115 844 0011.



Breast Cancer Awareness

October 2014

Aside from being a woman, age is the second highest risk factor for developing breast cancer. The older you are, the higher your risk of developing the disease. In fact, just over 80 percent of breast cancers occur in women aged over 50.

In 2011, Breast Cancer Care conducted a report with Age UK on the experiences of older women with breast cancer and the support they needed. The report stated that in the UK, 31 percent of all breast cancers in women were diagnosed in patients aged 70 and over, with many older women admitting they were unaware that their risk increased with age. Similarly, many also admitted having little knowledge of symptoms, so were not confident identifying changes in their breasts, causing many women to delay visiting their GP and jeopardising their chance of an early diagnosis.

The age limitations surrounding breast screenings have also proven somewhat problematic. Currently in the UK, women aged 50 to 70 are invited for routine screening every three years. However, this is set to change in 2016 to women aged 47 to 73 instead. The need for change was addressed following criticism of why invitations ceased at 70, when the risk still increases. Many argued that some women could assume that after 70, they are 'out of the woods' when in stark contrast, 1 in 3 women aged 70 and over receive a diagnosis.

In February of this year, Public Health England launched a national 'Be Clear on Cancer' campaign reminding older women, 'Don't assume you're past it!' Sean Duffy, the National Clinical Director at NHS England said, "The fact is, women 70 and over are more likely to be diagnosed at a late stage, compared to younger women. When we look at other countries such as Sweden, it is clear that we are losing far too many older women to breast cancer."



Breast screening

Many women feel nervous about breast screening examinations (mammograms) in case something is found that they may have missed. A mammogram is an x-ray of the breasts which can detect cancer before any symptoms show, so it is always wise to have one when invited. Whilst the screening cannot prevent breast cancer, it could find it early on meaning that the chances of successful treatment are much higher.

Checking yourself

- 1 Look at and feel your breasts so you know what is normal for you.
- 2 Do this regularly to check for any changes.
- 3 Tell your doctor as soon as possible if you notice anything.

When checking, always check from your armpits to your collar bone.

Symptoms to look for

Whilst a lump is considered the most common sign of breast cancer, there are other symptoms to be aware of:

- 1 Changes in the size or shape of your breast.
- 2 Redness/a rash on the skin and/or around the nipple.
- 3 Discharge from one or both of the nipples.
- 4 A lump or thickening that feels noticeably different.
- 5 A swelling either around your collarbone or in your armpit.
- 6 A change in texture of the skin - like the skin of an orange.
- 7 Changes in the nipple such as it inverting or changing shape.
- 8 Constant pain in your breast or in your armpit.

It is worth remembering that all breasts are different and most changes are likely to be normal or benign and so nothing to worry about. However, breast cancer is a serious and life changing disease, so it is always worth heading along to your doctor just to be sure everything is as it should be.

Say *hello* to learning a new language



Travelling can be one of the greatest adventures in life. There is nothing quite like getting lost in the wonders of a new city abroad, trying delicious exotic delicacies or learning about cultures different from our own.

However, when it comes to speaking the local language, us Brits are a little behind our continental neighbours. In fact, it is thought that 95 percent of the UK population are monolingual English speakers whilst in the Netherlands, an impressive 77 percent speak three or more languages! But what are the benefits of learning a new language and are the benefits only reaped if you learn one when you are younger?

So, we've established that we're a little bit rubbish when it comes to learning new languages in this country. Whether it's lack of education or lack of willingness, there are very few of us who know more than our native English. But learning a new language is not just useful for your travels abroad.

Researchers at The University of Edinburgh have recently done research into the cognitive benefits of learning a new language, whatever your age. The results show that those who spoke two or more languages had significantly better thinking skills in their later life compared with what would have been predicted from their IQ skills as children.

Having a second language under your belt can also help to develop multitasking skills, improve memory and help you to be more perceptive and analytical in your thinking. Furthermore, your English can actually improve as you become a more effective communicator and sharper writer.

How do I start?

Whether you're a complete beginner or want to revisit your school French lessons, there are plenty of courses, books and resources available that can help you get to grips with embracing your inner linguist. To get you started, we have listed three different language-learning resources, so take your pick and get started today!

BBC Languages

Head to www.bbc.co.uk/languages for a great range of free resources that can help you get to grips with over forty languages. From French to Russian, this is a great place to start if you are a beginner and would like to learn a few of the basics to start with.

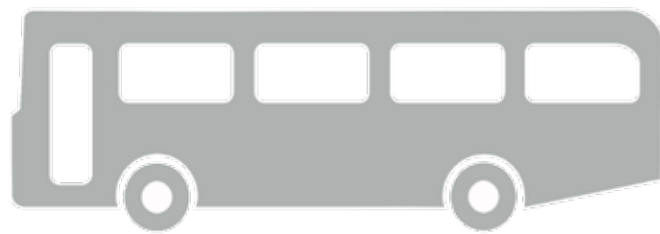
The Open University

The Open University have various online language courses, some of which are free! Learn the vocabulary for food in German or discover how to find your way around a French town. Visit their webpage at www.open.edu and head to the 'Free Learning' section.

The University of Nottingham Language Centre

If you want to learn more than the basics a structured course might be better. The Language Centre offers a wide selection of evening classes for all levels. Prices start at £11 per class and for more information, call 0115 846 6358.

Concessionary bus passes



Are you unsure of what a Concessionary Bus Pass is and its benefits? If so, you're not alone. To help, we've pulled together some of the most commonly asked questions about the bus pass so you're in the know.

What is a Concessionary Bus Pass?

This pass entitles you to free off-peak travel on all buses throughout England as part of the National Concessionary Travel Scheme. For Nottingham City residents, the pass is known as a Senior CityCard and can also be used for entry to leisure centres and libraries. The Nottinghamshire Council also offer concessionary passes in line with the national eligibility criteria and residents in

Derby and Derbyshire can attain a Gold Card bus pass as part of the national scheme.

Who is eligible?

Anyone of State Pension age can apply for a pass. You can visit www.gov.uk to find out when you will reach State Pension age in preparation of your application. The pass can also be awarded to people with certain disabilities.

When can I use my Bus Pass?

You can use your Bus Pass during off-peak hours which are between 9.30am-11.00pm, Monday to Friday and all day on weekends and bank holidays.

Where can I use my Bus Pass?

Anywhere in England!

How do I apply for a Bus Pass?

You can collect an application form from your local library, bus station or council office. Alternatively, by heading to www.nottinghamshire.gov.uk you can also download a form.

How much will my Bus Pass cost?

Nothing! However, if you lose it you will be charged £10 for a replacement unless it has been stolen and you have a crime number from the police.

For more information, please call 0300 500 80 80.

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Daycare offer:

We are currently offering a day care package which includes transport to and from your own home, food & drinks throughout the day, activities, hairdressing and a bath or shower (if requested) all for the special rate of only £30. This offer is valid on any Tuesday.

Your rights as a *grandparent*



Pramila Meghani, an associate of the Actons family law team, member of Resolution and member of the Law Society Advanced Family Panel, has over 25 years experience in all aspects of family disputes and explains what rights you have as a grandparent.

FEATURE Pramila Meghani

There is no doubt that the relationship between a child and their grandparent is unique and one to be treasured. However, what are your rights as a grandparent if you begin to lose contact with your grandchildren through no fault of your own?

Today, grandparents are playing an increasingly important role in family life. With people leading more fast-paced lifestyles, grandparents are often the first port of call when it comes to providing unpaid childcare to allow parents to go to work.

Simultaneously, grandparents are often considered a wise and knowledgeable shoulder to lean on for their loved ones; someone to turn to for advice and emotional support. They can also offer unquantifiable financial assistance in terms of regular gifts, helping with bills or even paying for school trips.

Sadly, grandparents can also bear the burden during the breakdown of their child's marriage or long-term partnership. Whilst such an occurrence is upsetting for everyone, grandparents can feel particularly powerless when witnessing a division in their family and the thought of losing contact with a grandchild can be heart-breaking.

Are you worried about losing contact?

If you find your relationship with your grandchildren is being affected due to a marital breakup, there are steps that you can take:

Speak to your son or daughter

Explain how you are feeling and that you are not intending to take sides. Let them know your main concern is your grandchild or grandchildren and you would like to continue seeing them as

often as you can. If possible, try to arrange a contact schedule to arrange times you can do this.

Consider mediation

If direct communication is too hard, using a mediation service allows you to communicate with your daughter or son and their ex-partner with the help of an impartial Mediator. The Mediator enables all parties to listen to each other's concerns, anxieties and worries, with the aim of eventually arriving at an agreement.



They can also speak to the grandchild or grandchildren to ascertain their wishes and feelings if this is considered necessary.

Court action

If the above measures fail or are not considered suitable for your situation, the final option would be to consider court action. This should always be the last resort if other methods have failed. Courts are very aware of the important roles that grandparents play, however even when an application to court is made, the Judge can still refer you to mediation.

What are your rights as a grandparent?

It is important to remember that as a grandparent, you do not have an 'automatic' right to contact with your grandchildren. Instead, the main focus is the right of the child and whether they want to maintain an ongoing relationship.

Firstly, you will need to ask for 'leave' (permission from the court) to apply for a Contact Order and the courts will consider the following when deciding whether or not to grant it:

- 1 Your connection with your grandchild or grandchildren.
- 2 The role you play, or have played in their life.
- 3 The nature of your application. Have you made a request for either direct or indirect contact or has it been made in the hope of allowing the child to live with you?
- 4 Whether the application could cause potential harm to the child's well-being. Are there any ongoing disagreements you may have with the parents that cause a risk to the child being caught in the middle of conflict? Could the child feel torn between their parents and yourself? If there are such issues, 'leave' can be refused by the court.

Before considering applying for a Contact Order, it is crucial that you get professional advice. It is not an easy process and you should be prepared to provide substantial evidence that proves you have a meaningful and ongoing relationship with your grandchild or grandchildren and that maintaining contact would be of benefit to them.

What orders can the court make?

Once successful 'leave' is granted, the court will then consider what they deem to be an appropriate Order, which could take one of the following forms:

Contact Order

This would stipulate the time and nature of contact to take place and can be either direct or indirect contact. For example, direct contact is when the parent allows their child to be in contact with a person named in the Order. This can range from a few hours to a full day or even entire weekends.

In-Direct Order

This Order means that a grandparent is not able to spend time face-to-face with their grandchild or grandchildren. Instead, they are permitted to make contact via letters, texts, phone calls or video messaging such as Skype or Facetime. An Order such as this can be particularly useful for grandparents who may live some distance away from their grandchildren meaning direct contact is not practical.

Supervised Support Contact

This is when a third party is present to supervise and support the grandparents and the children if necessary during a contact visit.

However, if one or both parents object to such an Order, written and oral evidence will be heard and the court will then need to decide whether it is in the interest of the child for that particular Order to go ahead.

Grandparents becoming full-time carers

Today, it is also common for many grandparents to become full-time carers for their grandchildren. This can arise if the parents are unable to cope due to mental-health problems, financial issues, drug related problems, depression and bereavement. In such circumstances, grandparents need to consider whether or not to apply for a Residence Order, Special Guardianship Order or Adoption Order depending on their personal situation.



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Can we *help?*



Do you
need someone
independent
to talk to?

Do you
have a difficult
decision to
make?

Do you
want to voice
your opinion?

Do you want
someone to
speak on your
behalf?

At times we all need support and representation, someone who will listen and be our voice.

The new Residents' Representative Service for Rushcliffe can provide free, independent and confidential support to anyone within the borough living in an older person's care home, along with help for relatives and carers too.

Should you wish to seek help from the Residents' Representative Service, you can expect to receive a service that is tailored to your own needs, a listening ear to discuss your concerns and to be given the information you need so that you can make well informed decisions and choices. Representatives will also speak or carry out work on your behalf if you wish them to.

They can also make you aware of services that you may not have otherwise heard of, making sure you have every option of support.

Support is offered on a wide range of issues. Some examples of concerns that representatives can help with are:

- Financial worries including care home fees
- Care home choices
- Information on making a will, Power of Attorney or Deputyship
- Support at meetings with third parties, eg. care staff, GPs, solicitors.

Furthermore, the Rushcliffe Residents' Representative Service also work alongside the NHS Rushcliffe Clinical Commissioning Group so that care home residents can easily air their views and feelings about the NHS services they receive. This includes the new GP enhanced support service available in care homes. All comments made about such services are shared anonymously but allow a useful way for feedback to be heard.

Should you wish to talk to one of our representatives, they will meet you in your care home or in a neutral or

private setting that is convenient to you.

The service is entirely **free** and our representatives take great pride in working in partnership with the people they support. They will ensure your voice is heard, your wishes are respected and your rights are upheld.

For more information or to access the service, please contact Lorraine Rhodes or Diana Evans:



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“The country of my heart”

D.H. Lawrence and his Nottinghamshire roots

The name of David Herbert Lawrence is recognised throughout the world. More commonly known as D.H. Lawrence, his life story is a remarkable one. Born into a working class family he would later emerge as a world-class novelist, as well as a poet, painter and playwright. We trace the history of Lawrence's life from the coal-mining town of Eastwood in Nottinghamshire to the dusty plains of New Mexico.

Lawrence was born in 1885 to Arthur and Lydia Lawrence in Eastwood, Nottinghamshire. His father was a miner who worked for B.W. & Co. in the local Brinsley pit whilst his mother was a former pupil teacher and inspired Lawrence's love of books. During his early years, Lawrence attended Beauvale Board School and proved to be an intelligent and promising student. Upon completing his early studies he earned himself a place at the Nottingham High School, making him the first person in Eastwood's history to be awarded the County Council scholarship.

After graduating from Nottingham High School in 1901 Lawrence worked in a number of professions, including a few months spent as a clerk and a few years spent as a teacher. Like his mother, he worked as a pupil teacher in Eastwood, as well as for some time in Croydon. During his time as a pupil teacher, he developed a strong friendship with Jessie Chambers who shared Lawrence's love of books. Chambers' family lived at Hags Farm, Underwood, which would later become the inspiration for Willey Farm in *Sons and Lovers* and Strelley Mill in *The White Peacock*.

Lawrence was motivated by his surroundings and Hags Farm serves as just one example of when a familiar place became an inspiration for his writing. Another example is Beauvale House in Moorgreen. One of Lawrence's school friends had an aunt who was the housekeeper at Beauvale House and Lawrence would visit when the owners, Lord and Lady Cowper, were away. The beautiful house and surrounding gardens appear in several of his novels, including *Lady Chatterley's Lover*. Similarly Moorgreen



ABOVE The childhood home of D.H. Lawrence. The window above the shop window belongs to the bedroom that D.H. Lawrence was born in.

Reservoir, just North of Eastwood, was the inspiration for Nethermere in *The White Peacock* and Willey Water in *Women in Love*. The 200-year-old reservoir is surrounded by mature woodland and is a beautiful place to visit. Although Lawrence did not live his whole life in Nottinghamshire, his roots were clearly a source of creative inspiration.

Despite the fact that Lawrence proved to be a gifted teacher, he did not pursue this career for very long. By 1908 he was working on poems, short stories and novels whilst he lived and worked as a teacher in Croydon. It was during this time that he came to the attention of Ford Madox Ford who was the editor of *The English Review*. Ford commissioned the story of *Odour of Chrysanthemums* which led to London publisher Heinemann to ask Lawrence for more work, marking the start of his career as a prolific writer.

Amongst his most famous novels are *Sons and Lovers*, *Women in Love*, *The Rainbow* and *Lady Chatterley's Lover*. Throughout his writing he wrote frankly about issues such as sexuality and the dehumanising impact of modernity and industrialisation. Lawrence's frank opinions and style of writing proved to be controversial in more than one circle. When *The Rainbow* was first published in 1915 it prompted an obscenity trial. Some objected to the way Lawrence wrote about sexual desire and its role within relationships. As a result, all of the copies were seized and burnt and the book was not available for purchase until 1926.

Lady Chatterley's Lover also proved to be divisive, so much so that it sparked a posthumous indecency trial in 1960. The controversy surrounded Lawrence's treatment of female sexuality and the explicit language used throughout the book. However, the trial resulted in a 'not guilty' verdict and paved the way for greater freedom in publishing.

Lawrence dreamed of moving to Italy but with the onset of World War One this proved impossible. Instead, Lawrence and his German wife Frieda lived in Buckinghamshire where he edited *The Rainbow*.

Following the backlash after its publication, Lawrence and Frieda decided to leave Buckinghamshire and move to Cornwall to take refuge. However, their life in Cornwall proved trying as some of their neighbours took immense distaste to a controversial writer and his German wife living so near to the coast during the war.

After the war Lawrence embarked on a 'self-imposed exile' and travelled the world with Frieda. They visited countless places including Sardinia, Ceylon, Mexico, Australia and the United States. For a time he and Frieda settled in Taos, New Mexico. He only visited England twice between 1918 and his death in 1930 and continued to be disillusioned by the moral climate of his home country. Just days before his death he wrote "The Young and Their Moral Guardians". It reads:

'O the stale *old dogs*
who pretend to guard
the morals of the masses, how
smelly they make *the backyard*
wetting after everyone that passes'

Lawrence's life story is a fascinating one. His momentous works changed the face of English literature and paved the way for greater publishing freedom. But despite his literary success, he did not forget his roots. He wrote, "Whatever I forget, I shall not forget the Hags, a tiny red brick farm on the edge of the wood, where I got my first incentive to write." His early Nottinghamshire years shaped his writing and formed much of his inspiration. Whilst he did not spend his entire life in the county, he always referred to it as "the country of my heart".

If you would like to find out more about Lawrence's life why not visit the D.H. Lawrence Heritage Centre? The museum explores Lawrence's life and his links to the region. Plus, from the 5th–25th September, the annual D.H. Lawrence Festival returns - a perfect opportunity to explore our county's literary heritage!

D.H. Lawrence Heritage Centre

Mansfield Road, Eastwood, Nottingham, NG16 3DZ

✉ culture@broxtowe.gov.uk

☎ 01773 717 353

“Until one has *loved* an *animal*, a part of one's *soul* remains *unawakened*”

– Anatole France

One of the most enriching experiences in life is owning a pet. The unconditional love from a furry, feathery, or even fishy friend helps prolong both joy and companionship. I can easily testify that after a long day it is heart-warming to come home and be greeted by a wagging tail and abundance of excitement on four legs. Of course, pets of any kind are equally lovable and form significant roles in our lives, particularly during older age.

Owning a new pet

It's important to consider the efforts involved with owning a pet. Costs soon amount, as does the time taken to look after an animal. Whilst such things are considered part-and-parcel of pet ownership, they can become challenging with age. It can become hard to take an energetic dog for a walk each day, tidy up cat hairs or attempt to catch a rebellious budgie. It is also heart-breaking to think that a young, healthy pet could be left abandoned or even put to sleep if their owner cannot look after them anymore.



Family and friends

If you can, speak to those close to you about whether they would be willing to help look after your pet if you were suddenly not able to.

Your pet's life-span

Consider the risk of a young pet outliving you, which could be very distressing for the animal and result in an uncertain future for it unless plans are put in place.

Older pets

Older pets are a great opportunity to go to a reputable rescue centre and help an animal in need. You will be matched with an appropriate companion and if it does not work out, you can rest assured they will be rehomed.

Want a dog? Consider the breed

Some breeds, such as German Shepherds, are considered 'working dogs' and so need a lot of authority and exercise. They are also very strong. Smaller dogs can be easier to handle but can also be extremely energetic. Terriers, for example, are inquisitive and sometimes very noisy! You should also consider the amount of grooming needed, or common medical problems that are associated with a breed.

What about a cat?

Cats are independent, do not need to be exercised and can share a comforting cuddle when needed.

Smaller animals

Birds and rodents make great pets as they do not need to be taken

for walks, cannot make a large mess and should they need to be cared for by a friend or relative if you are poorly or on holiday, their living quarters can be easily transferred between places.

Plenty of fish!

Fish provide a calm and restful environment and do not require any form of high-maintenance care (depending of course on how tropical they are!)



What about support?

Vet fees are a worry, particularly for owners with low incomes. Fortunately, there are organisations on hand to help. The UK's leading veterinary charity, the People's Dispensary for Sick Animals (PDSA), specialises in providing treatment for poorly pets at their own hospitals, can reimburse fees charged by private practices and offers low cost neutering and micro-chipping services.

If you can no longer look after your pet, charities such as the



RSPCA, Cats Protection and the Dogs Trust offer adoption and rehoming services but another lesser known charity; The Cinnamon Trust, specialises in helping elderly people to care for their pets if they become ill or debilitated. The Trust has volunteers across the UK providing free help with aspects of pet care that are proving problematic for some pet owners, for both short and long-term arrangements. If a pet should outlive its owner, the Trust will look after it and ensure it is successfully rehomed. They also offer a directory of care homes who are accepting of animals, so you can plan ahead for both you and your pet to ensure you are both well looked after.



Care homes

When you are so used to the company of a loving pet it can be heart-breaking embarking on a new home without their presence.

In 2009, The Care Homes (Domestic Pets) Bill was brought before the House of Commons, requiring all sheltered housing complexes and care homes to accept domestic pets unless there was suitable evidence to show they could not be allowed. The Bill made no further progress, but did help raise awareness of a need to change the law. Where a residential home states that there are no pets allowed, it is sometimes worth challenging the rule by providing assurance of how you will make sure your pet is cared for and managed. For homes that are happy to allow pets, make sure that you are aware of all the practical amenities available such as open spaces, access to food provisions and veterinary contacts.

Healing power of pets

Pets for the Elderly says, 'If you take medication to lower your blood pressure, blood fats and cholesterol, you should also get yourself a pet.' It's very evident



that pets provide benefits to their owners in terms of medical health, but also socially and psychologically. Pets provide unconditional love, loyalty and laughter, helping to eradicate feelings of depression, anxiety and especially loneliness. In June, a study of 500 pensioners revealed that those who owned dogs were 12 percent more active than those without. Further research also showed that older people with care workers needed less visits once they owned a pet and people with dementia showed improvement, as pets offered interaction and something to focus on and care for. Therefore, it would seem that because animals are not judgemental or assuming in the way that many humans can be, it is no wonder that so many older people favour them as their devoted companions.

In the garden

Home cooked fare takes some beating. There is nothing quite as comforting as the smell of home cooking, whether it be home baked cakes or freshly made preserves. The icing on the cake would be if you were to grow your own produce. Autumn might seem like a strange time of the year to start planting but actually it's a gardener's dream when it comes to vegetables! The soil is still warm enough in August and September to plant late seedlings.

Why not try planting these beauties to get your garden blooming even as the temperatures drop? Here are our top tips on how to get your green fingers glowing this autumn.



Beans & Peas

Broad beans and peas are hardy crops and can survive most harsh conditions. This makes them perfect for planting in the autumn as they should be able to survive the British winter. Plus, if you plant them at the beginning of autumn, they will flower and fruit earlier, meaning you don't have to wait long to tuck in!

Top Tip

Sow seeds
5-7cm deep and
15-23cm apart.



Garlic

Like broad beans and peas, garlic is a crop that can be planted throughout the winter, even as late as February. As long as the ground is relatively soft and not waterlogged, you'll be tucking into fresh garlic before you know it!

Top Tip

Do not plant in manured soil as it may cause the bulbs to rot.

Potatoes

If you plant potatoes in a pot before September you'll have them in time for your Christmas roast! Plant your seeds before the first frosts, after which they should be brought inside, keeping the soil earthed up and well watered.



Top Tip

Deter slugs with an eggshell barrier or with sawdust.

In the Kitchen

Homemade tomato sauce

A good tomato sauce is the foundation of Italian cuisine and can bring any pizza or pasta dish to life. Not only is it incredibly versatile, but a hearty tomato sauce is one of the simplest things to make, can be kept for a while and can help save you money in comparison to ready-made versions. Try our recipe below and add some real flavour to your food.



Ingredients for two

- 1 large onion
- 1 tin of tomatoes
- 1 tbsp olive oil
- 2 cloves garlic
- 3 basil leaves
- Pinch of salt
- Pinch of ground black pepper

Top Tip
Anchovies will add richness and chilli will add a nice kick!

Method

- 1 Heat the oil in a large pan and then gently fry the onions until they have softened.
- 2 Add the garlic and cook for a further minute, stirring consistently so as not to burn it to the pan.
- 3 Add the tomatoes and basil leaves and bring to the boil. Allow the sauce to simmer for 10 minutes to ensure it is warmed through.
- 4 Add water to help with consistency if the sauce becomes too thick before seasoning to taste. It is then ready to serve as you please!

Broad Bean and Little Gem Salad

Ingredients

- 60g broad beans
- 1 little gem lettuce
- Handful of parmesan cheese
- Handful of croutons
- Mustard dressing

Top Tip
Follow our gardening tips and grow your own beans!

Method

- 1 Cook the broad beans in boiling water for 3-4 minutes, or until tender.
- 2 Cut off the ends of the lettuce and slice the remaining lettuce into wedges and arrange on a plate.
- 3 Add the cooked broad beans to the plate of lettuce.
- 4 Use your hands to mix the lettuce and the beans well.
- 5 Sprinkle the salad with the croutons and cheese.
- 6 Serve with a mustard dressing and sit back and enjoy!





Applications, or 'apps' help turn our smartphones and tablets into intuitive devices. Shockingly, software firm Apigee found that 85% of smartphone users said they would rather stop drinking water before they ever considered deleting their apps! So, with that in mind, here are 10 **free** apps for your iPhone or iPad that you may just find you can't live without. For Android users, there will be the same or similar apps also available from the Android App store.

All images belong to their respective owners.

1. *Star Chart*



This app recognises activity in the night sky. Hold your phone to the sky and the app will identify the names of the stars, planets and constellations in that direction.

2. *Bus Scout*



Find your nearest bus stop and details of the next bus service! You can plan a route or look at times for other stops. You can also track your position when taking a new route.

3. *Lyric Genius - 60s Edition*



This lyric trivia quiz tests your music knowledge of the swinging sixties. See how fast you can guess well-known songs from the lyrics shown on your screen to get the high score!

4. *Wooden Labyrinth 3D Free*



Play this traditional labyrinth puzzle negotiating holes, walls and obstacles to direct the metal ball to the end. This game is incredibly addictive and has unlockable in-game features.

5. *Garage Band*



Garage Band turns your iPad, iPhone or iPod touch into a recording studio made up of touch-instruments such as a piano, organ, guitar and drums so you can make music anywhere.

6. *The Crossword Solver*



Enter the letters that you already know alongside the blank ones that you don't, and this handy app will suggest a variety of words that could be the answer.

7. *BBC Weather*



This simple and clear app lets you keep on track with the weather in your chosen location, with up-to-date forecasts, temperatures, wind speeds and chances of rain.

8. *Voucherclooud*



On-the-go discount codes for a variety of outlets! Simply download a code and show the vendor, but be sure to read all the terms and conditions for each individual offer.

9. *MedtHelper*



This app enables you to set reminders about when to take different medication, keep records of your vital health statistics and store important medical contacts.

10. *0800 Wizard*



Avoid paying for freephone calls on your mobile by using this app to redirect calls to a geographical number when you dial a freephone number (0800, 0808, 0500).

The expense of *wasted medicine*

Attendees at Age UK Derby & Derbyshire's Memory Lane groups recently discussed how to reduce medicine waste and were given the opportunity to discuss any specific issues they had about the medicines they were taking. Seven of the attendees had concerns and were able to address these directly with Debbie Bostock, a Specialist Medicines Management Technician and representative of the Medicines Management Team in the Southern Derbyshire Clinical Commissioning Group (CCG).

The Medicine Management Team were able to work with GP surgeries directly to review these medicines and ensure that action was taken to address everyone's concerns, giving the attendees peace of mind knowing they wouldn't suffer adverse side effects by going short or running out. It also educated people about over ordering medicines when they already have plenty of supplies at home, all of which will contribute to reducing the amount of medicine wasted.



Shockingly, England's NHS spends £300million a year on medicines that are never used. In the East Midlands alone, £30million worth of medicines are wasted each year. That money could pay for approximately 900 community nurses, 6,000 hip replacements, 42,000 cataract operations or 5,400 knee replacements.

Medicines are wasted for various reasons. Patients may simply stop taking them, or may experience side effects which require a new prescription. A patient's condition could worsen and require new medication, causing their previous to be wasted. Other reasons include patients worrying about running out of medication and over-ordering; forgetting how much they already have or not wishing to tell the doctor they have stopped taking it.

Now, The NHS Southern Derbyshire CCG are attempting to combat the issue. The CCG is one of four in Derbyshire and responsible for fifty-seven GP practices and the healthcare of 525,000 people. They have now started a campaign urging carers, GPs, pharmacists and patients with repeat medicines to order only what they need. Patients are asked to tell their GP if they are being prescribed medicine they no longer use or if they are experiencing side effects so are no longer taking it.

Dr Sheila Newport, Chair of NHS Southern Derbyshire CCG, said, "Wasted medicines mean lost opportunities to improve a



patient's health or wellbeing. Doctors prescribe medicine in the belief it will relieve symptoms or increase quality or length of life. If that's not happening, patients need to tell their doctor or pharmacist so a review can be carried out and more effective treatment prescribed. Around fifty percent of medicine waste is preventable so the good news is that patients, GPs and pharmacists can make a huge difference by working together to manage medicines more effectively."

Case Study

Irene suffers from asthma and diabetes. She kept re-ordering inhalers in fear they would be taken off her prescriptions list but did not have enough medication to control her diabetes, leaving her very poorly when she ran out. After raising her concerns, she is now going to use her inhaler supply before re-ordering and a note has been put on file to keep these on repeat. Her diabetes medication has also been reviewed so she has enough to last the month.



Are you *seated* safely?

Recently, staff at Age UK Derby & Derbyshire received a letter raising concerns about the state of public seating for elderly, frail and disabled people across the UK. The charity has since started addressing the issue and ways to make sure you are seated safely.

During older age, getting in and out of chairs easily and safely can become somewhat of a challenge. This can be down to a number of factors such as physical frailty or poor mobility, but can be exacerbated even further by the unsuitability of the chair itself. In a letter posted to Age UK Derby & Derbyshire, one individual wrote:

“ Many people with muscle weaknesses find it impossible to rise from a seat unless it has arms and yet, in many places where one needs to sit and wait, there are no chairs with arms to be found. The situation can apply at doctors surgeries, chemists, opticians, dentists, shoe-shops, taxi offices, cafés and restaurants. Some seats on pavements and in parks or gardens lack arms, as do those provided to wait for access to toilets for the disabled in places such as motorway services. At very little cost, in all cases, one or two chairs could be provided with the request that they be reserved for disabled customers. ”

It is indeed true that the correct chair can help to support posture, improve stability and help maintain dignity for those using it. Although chairs are provided in many public places, many of them are actually unsuitable because they lack arms and so do not provide the necessary support for people with mobility or physical conditions. Speaking of the problem, Katy Pugh, Chief Executive of Age UK Derby & Derbyshire said, “At little cost, the lives of many older, disabled or less mobile people could be improved, simply by providing a few well-placed chairs with arms.”

Of course, it is not just the type of chair presenting an issue, but also the location. Many older people find it very difficult to walk around their local area without somewhere suitable to rest. In April, an article in the Daily Mail highlighted this, telling of how many older people were being deterred from visiting much of Britain for fear of having nowhere to rest should they need to. The article stated that, "Some complained there had been little consideration of the needs for benches and seats to enable them to take short breaks as they walk around. They described the seats that were available as 'uninviting' and were arranged in a way that tends to be isolating." The article also described how the state of public seating was making many older people feel as though they were second-class citizens and that it was impacting on their ability to enjoy life and socialise independently.



If you do experience a problem with seating in a public place or venue, it may be worth explaining to the relevant owner, manager or council to make them aware of the problem and raise an issue that may well have never been considered. In time, continued awareness could increase the chance of more improved seating in public spaces.

Do you think there is a problem with public seating? Have you experienced a problem yourself? If so, please write in to us.

Safely sitting in a chair

The safest and most supportive chairs are those with arms. Whilst they offer extra reassurance if you have physical or mobility problems, there are also things you can do to make sure you are as stable as possible.

- To safely get into a chair, stand with your back to it so you can feel the seat at the back of your knees.
- Gently lower yourself into the chair at your own pace.
- Ideally, when seated your hip should be rested at ninety degrees or slightly higher to ensure you are maintaining the best posture.

Safely getting out of a chair

Getting out of a chair can be a struggle. You should never rely on a walking aid to help you, as there is a high risk it could cause you to topple over as your balance changes. Instead, try the following steps:

- It is important to be in the right position, so before getting out, shuffle your bottom forward so you are sat at the edge of your seat.
- Gently bring your feet back so that your knees are bent. Make sure your feet are flat on the floor.
- Carefully lean forward whilst pushing up on the chair arms (if available) to gradually move to a standing position. If the chair does not have arms, you will need to push up off the seat itself.
- Allow yourself sufficient time to regain your balance before you start to walk. If you rush off after sitting, your blood pressure can alter significantly and make you feel dizzy or unstable.

Being helped up

If someone is available to help you in and out of your chair, there are ways that they can be of extra assistance:

- They should not try to lift you. This can cause injury to both of you.
- They should remain at your side as you carefully get up, offering assistance with your balance when needed, or by passing you a walking aid when you are comfortable on your feet.

Chair-based exercise

Below is a chair-based exercise that has proven to be very helpful in improving stability for people who struggle to get out of a chair.

- Sit up tall at the front of your chair. Keep your legs hip-width apart and your knees directly over your ankles, shoulders down and stomach pulled in.
- Pull your feet back, keeping them flat on the floor at all times. Your knees should then be over your toes.
- Lean forward slightly from your hips, keeping your stomach tight.
- Tighten your thighs as if you are about to stand and raise your body about an inch from the seat.
- Slowly lower yourself back down into the starting position.
- Continue this same motion, building up by an inch each time for 8 repetitions until it is possible to stand tall in one swift, controlled movement without using your hands.
- You can also reverse the exercise – doing the same but slowly lowering yourself an inch as if about to sit.

Win!

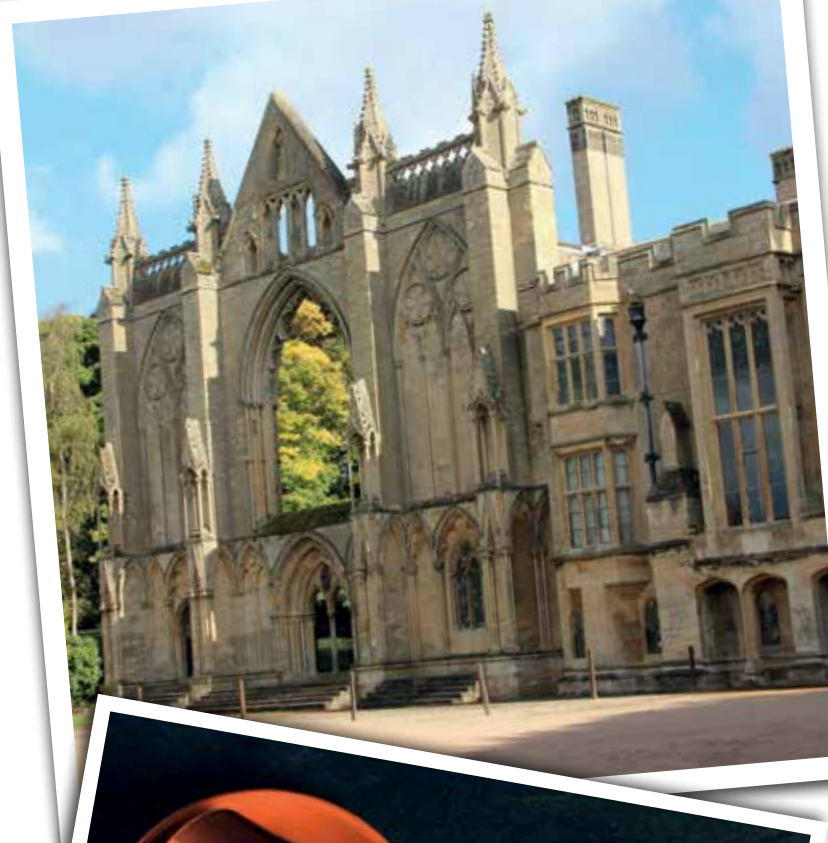
Enter now for your chance to win a meal for two at Belle and Jerome or a season ticket to Newstead Abbey worth £35!

Would you like a year pass to the beautiful park and gardens of Newstead Abbey? If so, complete our sudoku puzzle below! Or if you'd like to sample the menu at Belle and Jerome, answer our competition question!

Please send all entries in to:

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

✉ justthetonic@ageuknotts.org.uk



Sudoku

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

www.sudoku-puzzles.net

Competition

Q In what year was D.H. Lawrence born?

Please send your answers in to us no later than Friday 24th October.



Are you a winner?

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



Star Letter

Bill Shaw has been chosen as this issue's star letter and has won a £5 voucher for Waitrose/John Lewis! You can head back to page 5 to read Bill's informative letter.

Competition Winner

Lyn Webster correctly answered our competition question and has won a £10 Waitrose/John Lewis voucher!

The correct answer was **1849**.

Competition Winner

Joyce Hayward correctly completed our sudoku puzzle and has also won a £10 Waitrose/John Lewis voucher!

The answers are shown below.

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

You could be a winner too!

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

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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

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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

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Isle of Wight
Shanklin Channel View Hotel



2nd - 6th July
Wed/Sun

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Isle of Man
Rutland Hotel



23rd - 30th August
Sat/Sat

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What's On

August



17 Nottingham Caribbean Festival

Taking place at the Forest Recreation Ground, enjoy music from Sir John Holt alongside craft stalls and world foods. You can also join in the Carnival Parade from the Castle Gate to the Carnival site! Adults £2 entry, children go free!

18 Heanor Floral Arts Society Flower Arranging

With professional arranger June Borrowdale alongside stalls, and raffle with refreshments available. £5 entry for visitors, beginning 7pm at the Welfare Centre, Heanor.



Newstead Abbey Fete and Fair

Come and explore one of Nottingham's gems and enjoy the great atmosphere! Taking place at Newstead Abbey from 11am with free entry for everyone. Call 01623 455 900 to find out more information.

24

September

Wirksworth Festival

Join in the fun with this rural arts festival running until the 21st September. Also features a well renowned art trail around the town on 6th & 7th September. Call 01629 824003 for more information.

5



13 Heritage Open Weekend At Nottingham Castle, Newstead Abbey and Wollaton Hall

A rare opportunity to explore the history of some of our local landmarks for free! Begins at 10am on both 13th and 14th Sept.



25 Open Garden Day at Thornbridge Hall

Explore 10 acres of beautiful greenery in this lovely 19th century garden. Free entry and open 10am until 3pm. Call 01629 641 006.



October



The Goose Fair

With more than five hundred attractions, delicious food and a great atmosphere. Free entry, open midday to 11pm until 5th October (closes 9pm Sunday). Held at Forest Recreation Ground.

1

25 Bramley Apple Festival

Celebrate the country's favourite cooking apple in Southwell, Nottinghamshire. Free entry, 9am until 5pm. Please call 01636 819 038 to find out more.



27 Age UK Bakewell Centre Autumn Fayre

With tombola, raffle, Christmas stall and cakes. All money raised goes directly into the amenity fund to provide each of the centre's groups with activities and entertainment at Christmas. Open 10am until 1pm at the Bakewell Centre, Orme Court, Granby Road. Call 01629 813221.



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