

Just the Tonic

Autumn 2011

Issue: 2

Free

Inside...

Music & Arts Festival,
Recipe for Ageing Well,
Men in Sheds, Pensions
and Tips for internet buying



Pink Parade

Derby Age UK kicks up
a colourful storm

Real Life

Is 60 the new 40?



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"Our family serving your family"

Welcome



Welcome to the Autumn edition of Age UK Notts & Derbyshire Magazine.

As winter approaches we have included some advice for how to get the most out of your Christmas Shopping, some tips for how to keep the garden looking good throughout October & November, and all the latest news from Derbyshire & Nottinghamshire Age UK.

We are excited to announce that the Magazine now has a name! Anne Wheeldon was the proud winner of our 'Name the Magazine' competition, and I'm delighted to introduce you to 'Just the Tonic' Magazine. Anne wins a complimentary dinner at Tonic Restaurant, rather appropriate considering her choice of name.

Don't miss the story of how local Age UK staff member Trevor Hackworth walked all 97 miles of the West Highland Way in 8 days, on page 12 and take a look at some of the entries from the Age UK Notts Arts & Music Festival in August on page 4. You can also find advice about flu vaccinations on page 13, and wisdom on Ageing Well on page 15 and 16. As usual we have some fantastic prizes on offer on our puzzles page, including £125 Specsavers Vouchers!

Thank you to those of you who wrote in to the Magazine or contributed letters, they were all very welcome. We look forward to hearing more from you all for our next edition in January.

Have a brilliant run up to Christmas,
Sarah Dunlop

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Handicrafts & Entertainment Festival

This Summer the Masonic Hall in Nottingham was awash with talent, as many amateur artists & craftsmen exhibited their works at Age UK Nottingham & Nottinghamshire's Handicraft & Entertainment Festival.

The standard of work produced by people in the older age group was amazing. Entries varied from Art, Stained Glass Work, Tapestry, Knitting and Sewing, to Cakes and Preserves, Marquetry and Wood Carving.

The line drawing of Compo & Nora Batty by Tony Sharpe certainly entertained with its very realistic depiction of these popular characters from the TV Series 'Last of the Summer Wine', a favourite among the guests. Other entries included an array of oil paintings, including lillies, bustling village scenes and a stunning painting of Midland Station which won its artist, Harry Hasland, a prize for 'Best in Show'.

And it wasn't just the more traditional arts that were featured at the festival. Shirley Young won the 'President's Choice' for her decoupage and quilling skills, and Cynthia Hatfield won the 'Most Unusual' prize for her multi-coloured cardigan coat. Other prizes and certificates were won by groups from Lark Hill Retirement Village,



Polish Ladies Choir

Radford Care Group, Carlton Age Concern and 'Men in Sheds' from Blidworth, as well as entries from individuals.

As the guests strolled around the exhibits, the beautiful voices of Nottingham Polish Ladies Choir could be heard echoing around the Hall. Other entertainment was provided by Carol Hurts from Lark Hill, singing songs as a tribute to Patsy Kline, Colin Pursglove from Bestwood Hale Voice Choir, and Pauleen Davies who performed two monologues.

The event organisers proclaimed the event a great success, and are hoping to make the Entertainment & Arts Festival an annual affair.

NEED LEGAL ADVICE?

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Nottingham's Experts in Care for the Elderly

ROTHERA DOWSON

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Your Letters...

Why not write and let us know your views on topics raised in the magazine? We'd love to hear from you, and your letter may appear in the next edition of the magazine. Please write to Just the Tonic Magazine, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham. NG1 4FQ, or email us at sarah.dunlop@ageuknotts.org.uk.

Health Concerns

Most of us suffer from some indifference to the plight of others until their problem is also our problem. Two problems I have discovered since becoming 65 years of age are easily fixed, but can be devastating if allowed to run their cause.

The first is Haemochromatosis. It affects up to 1 in 200 in the UK. 1 in 8 are carriers. (your body stores too much iron). Symptoms may include Arthritis and joint pain, skin colour change (bronzing), and mood swings or tiredness, among others which can be life threatening.

The other is Shingles. It can be very painful and long lasting. About 60% of 85 year olds will have had Shingles, and it affects ¼ of a million people in the UK each year. It can occur when you are over 50 years old brought on by being run down or following stress, shock, an accident or an operation. It usually shows as red patches and possibly itching, tingling, burning under the skin. If it occurs see your doctor immediately. Within 72 hours your doctor can prescribe Famvir Valtrex tablets which can reduce the length and severity of the attack. The hope on the horizon is that a vaccine for shingles has been produced but at the moment it's only available in the US. I have written to my MP to get it brought to the UK. Apparently it is proposed to only give it to 70-79 year olds at first. I expect you will agree that this is not good enough! If any of you know of easy cures for devastating problems please write in, for your children if not just for us.

Yours sincerely,
David Bartrop, Nottingham, via Post.

Why I joined Age UK and how it has changed my life:

1. I have made new friends
 2. I am now going out to coffee mornings and having a good laugh with the people I am with.
 3. Day outings are fantastic and every thing is organised for us. All we have to do is pay our fare and make our way to and from the coach. I have visited many places around the British Isles in the years I have been with Kindred Spirits.
 4. There is the theatre to visit if you so wish ,the cinema, meals out, being out with a lovely crowd. And most of all I am not a lonely person any more.
- Diana Hartshorne.

Real Lemon Curd

(like mother used to make!)

4oz Butter

8oz Sugar

3 Lemons (juice approx 6oz) grated rind

3 eggs

Place butter, sugar, lemon juice and grated rind in a bowl.

Cook in the microwave on high for 2 mins then stir. Return it to the microwave for a further 1 min or until all the butter is melted.

Beat the eggs well and pour them into the mixture and stir.

Return to the microwave for another minute and stir. Repeat until the mixture is thick.

Pour into jar when the lemon curd is slightly cooled.

Sent in by Angela, Long Eaton.



The Age UK Guaranteed Funeral Plan

Will your savings be enough to cover funeral costs in years to come?



Most people rely on savings, investments or life assurance to cover funeral costs, but these may not have the benefits of a Funeral Plan. Some savings and investments simply can't keep pace with rising funeral costs.

The Age UK Guaranteed Funeral Plan allows you to pre-pay your funeral expenses at today's prices, ensuring that your loved ones won't have to meet the key costs when the time comes. The cost of the services included in the plan is guaranteed to be covered.

Save up to £185!
*Beat the 30 November
price rise*

Why it's important to act sooner rather than later

Like most things these days, the cost of funerals is rising – and rising fast. In fact, while the average cost of a funeral in 2010 was £2,857* it's projected to rise to £4,050† by 2015. Those increases are not only outstripping inflation, but also the return many people are receiving on their savings and investments. So if you thought that you had set aside sufficient funds to pay for your funeral, you may wish to think again.

Freeze funeral costs at today's prices

The good news is that unlike any other way of funding your funeral – a savings account, investment or life assurance plan, for instance – the Age UK Guaranteed Funeral Plan allows you to freeze funeral costs at today's prices.

So you can take out a plan today, safe in the knowledge that you're protected against any further price rises. Your cremation funeral costs are guaranteed to be met in full, no matter how long you live.

Arrange your funeral the way you want it to be

As well as ticking all the right boxes when it comes to paying for your funeral, the Age UK Guaranteed Funeral Plan is flexible enough to allow you to make your own personal arrangements. Besides offering a choice of three plans to suit a range of needs and budgets, you can add your own special refinements in your own time.

Your acceptance is guaranteed

If you're aged 50 or over, acceptance to the plan is guaranteed, whatever your state of health. There will be none of the questions or medicals associated with many life assurance plans.

Spreading the cost to suit your budget

The Age UK Guaranteed Funeral Plan comes at an affordable price – with the option to spread payments over 12 or 60 months or even up to ten years! It offers a most affordable way to take care of funeral costs in full.

3 ways to request your FREE no obligation pack

1. Pop into

Age UK Local Trading Ltd
(Nottingham & Nottinghamshire)
48 Upper Parliament Street
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9.30am-3.30pm

2. Call FREE on:

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3. Visit our website:

www.ageuk.org.uk/funeralplan



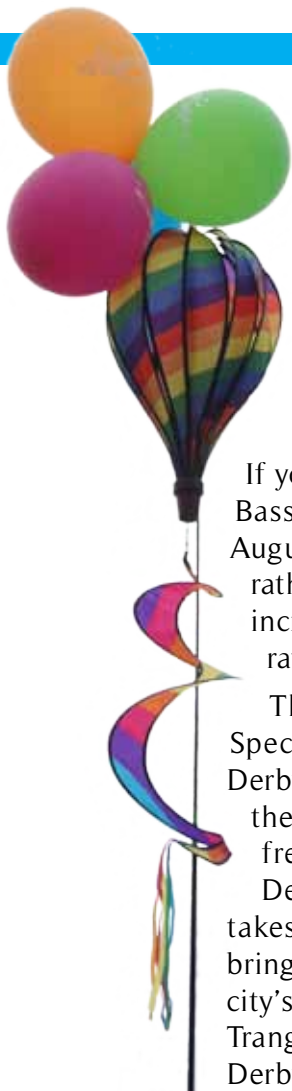
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**Source: AXA Mintel Funeral Costs Survey 2010. †Dignity.

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The Pink Parade

If you happened to have been strolling around Bass Recreation Ground in Derby on the 20th August this year, you may have come across a rather stunning drag queen, dressed up in incredible feathered outfits and looking rather impressive!

This is Darren, who works in Specsavers in the Westfield Centre, Derby. And no he wasn't just taking the dog for a walk or getting some fresh air, he was actually part of Derby City Pride Festival that takes place every year in Derbyshire, bringing together many of the city's Lesbian, Gay, Bisexual and Transgender organisations including Derbyshire Friend.

Age UK Derby & Derbyshire have been involved in Derby City Pride since it began four years ago in the guise of Derby Pink. They got involved with Pride in recognition of the Lesbian, Gay, Bisexual and Transgender community and the contribution they play in making Derby City a City for everyone. Age UK Derby wanted to recognise the issues that older people face especially around social isolation, loneliness and the fears they face going into care in later life.

Darren, their regular drag queen, raised £150 for the charity this year after offering photo shoots of himself with Pride visitors. He helped to promote Age UK Derby & Derbyshire's Reach Out Plus group for 50+ older Gay and Bisexual men, which was promoted at their stand at Derby Pride this year. This group aims to provide support and friendship, and meets one afternoon every week for social activities. If you'd like more information on joining this group please contact Ray at Age UK Derby & Derbyshire on 01332 343232 or Travis at Derbyshire Friend on 01332 207704.



Canapes & Champagne

Where in Derbyshire can you find bacon butties, charity auctions, parties, fashion shows and a ladies night complete with a semi-clad butler?! The answer is at one of the many fundraising events run by one of Age UK Derby & Derbyshire's Day Centres at Hulland Ward (near Ashbourne). The day centre's particularly creative and enthusiastic manager Andrea Eley has revolutionised fundraising for the centre, which operates from Hulland Ward Village Hall. She now runs a regular car boot sale and sells very popular bacon sandwiches and hot tea for the shoppers and stall holders, runs charity auctions, Christmas parties and fashion shows, and has recently started a new venture... a ladies night!

Arriving to canapés and champagne, the 80 or so ladies that attended the evening were in for a night of raffles, entertainment and even a naked butler! (although I'm assured this was all very respectable). Organised by volunteer Karin Holland, the

Ladies Night was a huge success and raised £2030 to go towards Hulland Age UK Day Centre and Treetops Hospice at Risley. This photo features some of the revellers at the Ladies Night.



Befriending needs you!

Many older people struggle with loneliness and anxiety, and many don't have the means or motivation to get out and about. Befriending is an Age UK Derby & Derbyshire scheme to support these older people, and give them a bit of hope in their day to day life. This is the story of Patricia. Patricia had lived a rather exciting lifestyle in her youth, being on the stage and brushing shoulders with the stars.

As she looked back, she wondered what had happened, and how she had ended up so old, in a remote village, with only her cat for company. At 80, Patricia kept herself to herself, and struggled with anxious spells, where she would take to her bed for days. She was too fearful to leave the house to get to luncheon clubs or meet others, and her two sons lived far away and were quite consumed with their busy schedules. It was only when Patricia started being visited by a Befriender, that she began to open up. They reminisced about the old days, laughed a lot and chatted together. Soon Patricia's confidence picked up and she felt strong enough to go on short walks around the village. Patricia now says she feels so much better for having someone to talk to, who is non-judgemental & concerned about her life on a day to day basis. (names & some details have been changed in this true story)

There are many people like Patricia who are struggling with loneliness and anxiety, and often others are largely unaware. Age UK Derby & Derbyshire Befriending Service aims to change that by providing Befrienders to visit many older people in the Derbyshire Dales & High Peak areas. This is where you come in! Volunteers are needed to be Befrienders and bring some joy and encouragement into someone's life. If you have a bit of spare time, every two weeks, and feel you would like to help the service as a volunteer, please contact their office on 01433 620263, or email befriending@ageukderbyandderbyshire.org.uk

Winner of 'Name the Magazine' Competition



Anne Wheeldon was the winner of our Age UK Notts & Derbyshire competition to think of a new name for the Magazine. Her name choice, Just the Tonic, was very popular with the judges. Anne says, I was keen to emphasise the positive side of getting older. Whilst it is true that there are problems and concerns in later life,

there are also lots of new opportunities and fresh horizons, both physical and mental, to explore and discover. I saw the new magazine as a means of offering the answers, to point to the positive, so that even during the difficult times readers will pick the magazine up with anticipation, knowing it has something good to offer, so much so that when the magazine is put down the reader will conclude, That's just the tonic. Annes prize is a complimentary dinner for two at Tonic Restaurant, Nottingham.

Congratulations go to the winners of our Summer editions Competitions. Mrs Price from Radcliffe-on-Trent answered our competition entry correctly and won herself a £30 beauty voucher for Code Beauty. The correct answer was Anzio. Mr Bell from Arnold was the successful Crossword Competition winner.

Here are the crossword answers from issue one:



Calling all Gardeners!

What to do as Winter approaches

1. Make sure that your bird-feeder is squirrel proof, so that your lovely spring bulbs don't get eaten by our furry friends.
2. Dig out any remaining root vegetables such as carrots or potatoes before they get demolished by the frost.
3. Ensure that any climbing roses or vines are securely fastened to their supports to protect them from winter winds. Try using nylon stockings rather than string or wire, as this will stretch as the plant grows.



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TOP TIPS

For Buying Online...

Internet shopping is becoming increasingly popular. The 'virtual high street' is growing every year, and more people are choosing to spend their money via cards rather than cash.

Last November credit card spending escalated as people tried to order their online gifts in time to beat the Christmas rush, and online Christmas shopping is expected to start even earlier in 2011. But how do you know which sites to trust? Parting with your cash online can seem like a confusing and complicated can of worms! Here are some top tips for buying on the internet that will enable you to stay safe and join the world of online shopping.

- 1.** Use shops and retailers that you are familiar with. Most high street stores have websites in addition to their shops.
- 2.** Make sure you can find their contact details on their website so that you can get hold of them easily should something go wrong with your order.
- 3.** Check the seller. If you are using Amazon, it is easy to mistake items sold by other sellers on their 'marketplace' for items on sale by the company itself. When checking out individual sellers, look at customers' reviews and the seller's star rating. Make sure you are buying from someone genuine.
- 4.** Check that the website is secure. When on the page where it is requesting your payment information, the website address in the web browser should start with https://. If there is no

's', then do not trust the site.

- 5.** Don't be caught out by the postage and packing costs! Take these extra expenses into account when deciding whether to buy online.
- 6.** If you are buying separate items from the same seller, check whether the postage and packing costs apply to each item individually or whether you can group your items into one delivery.
- 7.** It's often a good idea to register your credit or debit card with 'Verified by Visa'. Speak to your bank if you're not sure how to set this up. It means that a screen will pop up as you try buying something, so you can enter an extra password that confirms your identity and keeps your card safe online.
- 8.** Paypal. This is a helpful way of spending money online without any of the merchants actually finding out your credit card details and address. Paypal is a third party payment option which is great for those who are concerned about internet fraud. You pay paypal, they pay the retailers, and you receive your goods without the retailer knowing your details.

Above all, give it a go! There are many benefits from shopping online. It can be a lot cheaper, more convenient, and you can get your shopping delivered in plenty of time for Christmas.

Top Tip: How To Get Rid of Limescale

Swill a little warm white wine vinegar around your tumblers and other glass vases and those white rings of lime scale, which are almost impossible to scour away, will disappear. They may need to be soaked for a little time. You can use the same vinegar for one glass then the next.

Try it in your kettles and watch the white crystals detach from the metal. You probably need to do this every week.

At under £1 a bottle at most supermarkets this is a much cheaper method of getting rid of lime-scale than proprietary methods.



Ever since his youth, Trevor Hackworth had harboured the ambition to complete one of West Scotland's most challenging distance walks: the West Highland Way. His wife Margaret took up the challenge with him, and together they ploughed through the rocky Scottish landscape to complete the 97 mile walk and raise money for Age UK & Macmillan Cancer Research.

Completing the West Highland Way walk became a bit of a personal challenge for Trevor, and after 6 months of planning and preparation, he and Margaret were ready to go. 'We're both fit and go to the gym regularly, but we'd never attempted anything on this scale before,' explained Trevor.

The West Highland Way runs from Milngavie (a suburb just north of Glasgow) to Fort William, the home of Ben Nevis. The famous route is made up of rocky, undulating paths that used to be the very roads that the Scottish military used when attacking England.

It runs through a range of scenery, from desolate moorland & woodland, to elegant mountains & hidden lakes.

Trevor & Margaret arranged for a company to take the bulk of their luggage to each B&B for them, so they only had to carry the necessities whilst on the move.

“We'd never attempted anything on this scale before”

Despite this, things were not as easy as expected. After walking 15 miles per day, Margaret had had enough! At the end of the second day she burst into tears at the B+B and said 'That's enough. No more!' But going back was not an option, and with Trevor's encouragement they pushed on.

As the couple made their way over the stony terrain, trying not to trip over stones or twist their ankles, they came across one of the most difficult parts of their journey: The Devil's Staircase! This consisted of a long and treacherous climb up a zig-zagged path, snaking up the mountainside.

Testing their endurance & energy levels to their limit, this section of the route was certainly one of their biggest challenges

Exploring the West Highland Way

and with poor mobile phone reception and a lack of townships in the area, not the safest of places to get caught out. But, after many rest breaks and mars bars, the couple made it all the 97 miles and finished up in a rainy Fort William.

After finishing this inspirational challenge, Margaret said she'd never do it again, whereas Trevor is now looking towards his next long distance walking achievement! His advice for anyone considering a long distance walk is to make sure you're fairly fit beforehand and ensure you have all the right gear. Once you start maybe you'll get the walking bug like Trevor and not be able to stop.

So far Trevor has raised over £400 for Age UK Nottingham & Nottinghamshire, and it's not too late to sponsor him! If you'd like to contribute, please email Trevor at trevor.hackworth@ageuknotts.org.uk

Seasonal Flu...

are you prepared?

Protect yourself by getting the free flu

vaccination. The flu virus is highly infectious and can be easily passed around. Flu vaccination is 70-80% effective in protecting against the flu viruses that are expected to be most common during the coming winter. It is really important that you protect yourself, especially if you have other health related problems. Flu viruses change every year so even if you have had a flu jab before, you will need to have another one this year.



The flu vaccination programme is run by your General Practitioner (GP) surgery every autumn/ winter starting in October.

Free flu vaccination is offered if :-

- You are aged 65 years or older
- You are aged under 65 years with have other health problems including heart disease, respiratory including asthma, neurological problems such as a stroke, have diabetes or have lowered immunity due to disease or treatment such as steroid medication or cancer treatment
- Are living in long-stay residential care home or other long-stay care facility
- You receive Carer's Allowance or you are the main carer or the carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill.

You can get further information about the flu vaccination by :-

- Asking your GP or the Practice Nurse
- Visit NHS Choices www.nhs.uk/
- See the Department of Health leaflet on who should have the flu vaccination and why http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_129876.pdf

Fit as a Fiddle at Work

If you're in your 40's, 50's or early 60's, you're likely to be still working full time, trying to pay off the mortgage and build up a pension pot so you can have a comfortable retirement. Finding time to address your health, fitness and general wellbeing can seem impossible with all the other responsibilities that you are juggling. It might be that you have additional demands on your time such as the role of a Carer. With this in mind, Age UK Derby and Derbyshire have introduced 'Fit as a Fiddle in the Workplace'.

The idea is that you will be able to join some kind of exercise class at work, rather than desperately trying to fit it in in your busy home life. Whether it's yoga, aerobics, zumba or salsa; getting active at work can leave you refreshed and motivated, even if it's only once a week! The benefits to the individual, the staff team and the employer are

obvious, especially if your place of work is aiming for an 'Investors in People' or the new 'Health & Wellbeing Good Practice Award'.

The first organisation to take part in the scheme was Derbyshire Dales CVS where staff benefitted from a free yoga class in their own meeting room for seven weeks. After that it was up to the participants to carry on and fund it for themselves.

A commitment of only one hour per week could completely transform your staff team. During the next four months, Age UK Derby and Derbyshire hope to introduce their fit as a fiddle in the workplace into six local companies.

If you are in the Derbyshire Dales and High Peaks area and are interested in boosting your fitness at work please contact Sue Sheldon on 01629 813657 or email sue.sheldon@ageukderbyandderbyshire.org.uk



Recipe for Ageing Well

Did you know that your genes are only thought to make a 25% contribution to the length of your life? Factors such as lifestyle and nutrition are far more important and make up the remaining 75%.

Here are Age UK's Top Tips for ageing well:

- Take regular exercise
- Engage socially with others
- Have a positive attitude about ageing
- Eat a healthy diet
- Protect your eyes
- Don't smoke
- Get regular health checkups
- Avoid excessive sun exposure
- Get sufficient, good-quality sleep
- Pay attention to your pension, and get expert financial advice

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They are really excellent with my 94 year old mother. They are always punctual and they are the first company to keep sending the same person. I would definitely recommend them.”

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of the Year Award



www.homeinstead.co.uk

Is 60 the new 40?

Writer & Broadcaster Elspeth Jackman shares her thoughts on enjoying later life from a 69 year old widow's perspective.

Are you glad you're living in this century? Well, you could say no, as all these complicated technological inventions like the ipad and the iphone, the ipod and even the internet, demand a different process of thinking from what we've been trained to do in the last 50 years. Or you could say yes, as the old 60 is the new 40. We don't have to look the part of the senior citizen any more. Good haircuts; cheaper clothes; we can be as elegant as anyone. I look at some children's books and there's the old-fashioned granny in a rocking chair with her white hair in a bun! What has that to do with the modern gran who runs a business, looks after grandchildren when required, enjoys today's fashion, and orders her shopping on line?

Let's face it, real old age comes much later nowadays. Whatever the government does with the pensionable age, we know that if we are 60 now, we are much more likely to live, and live well, till our 90's than we ever were before. This due in part to better health care and diet.

I think later life can be an age of freedom! Some retire and immediately set off round the world exploring. That's not for me. However, even if you are still earning and loving your job, you usually have more time to devote to those interests you are passionate about whether its water colour painting or watching motor racing on TV, competing in music quizzes or raising money for charity. Throw off the old stereotypes. We can do anything!

Yes, you may be looking after children, but these are probably your grandchildren, ones that you can enjoy and maybe indulge and give back when you've had enough. You no longer have the responsibility of seeing your own children through school and college, of agonising with their hurts of relationships and jobs.

Yes, you may have gone through the biggest and sorest hurt in your life, with the bereavement of your husband or wife, but surely with that partner's unspoken blessing, you can move into a new layer of life, in any way your creativity

takes you. Your loved one would not want you to live under a grey umbrella.

It's also an age of being yourself. You don't need to turn over the page into a chapter named "Old age". You are you, and will be until your body finally wears out and you die. So you had a rascally sense of humour in your 30's. It's still there. You don't need to hide it. I looked up my old school reports and discovered that in every report it says 'Elsbeth talks too much'. Hmmm... some

may say that still applies but I do turn the gift round to the positive in my broadcasting. Of course, time hopefully might have made you wiser or more mellow, but don't let a peep in the mirror kid you that you are different inside yourself. Now there isn't the space here to talk about the frustrations we all feel, and the tips to lessen them, like putting your keys or your glasses in exactly the same place so you can find them again, or how to combat the problem of names you know

so well just slipping from your mind, but I just want to urge you to do three things -

- 1) Be Positive and Love Life. "Count your blessings" is an old saying and a good one!
- 2) Get out of your house every day or as often as you can.
- 3) Keep regular contact with people...they may not be ideal friends, but trying to get along with anyone is better than splendid isolation.



A close-up portrait of a woman with shoulder-length brown hair and bangs, smiling slightly. She is wearing a blue and white vertically striped shirt. The background is a solid light beige color.

FREE NO OBLIGATION GUIDE

Claire Rudkin
Solicitor and head of wills & probate

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**When someone close to you dies,
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- **Funeral arrangements?**

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I understand it can be scary when someone close to you dies. There are a million and one things to do and it can be difficult knowing where to start.

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To get your FREE guide with no obligation, call 01332 340 211 and ask for me, Claire Rudkin. I am happy to answer any questions you might have regarding any part of the process.

Counting Sheep?

At least one third of the UK's population suffer from problems related to their sleep. Insomnia is the most common, usually affecting people over the age of 60. Sleeplessness may cause irritability & exhaustion during the day, making even the simplest task seem difficult.

Recent studies have found that females tend to suffer more with insomnia than men, and it is often experienced by those with a history of depression. Complaints about our sleep quality increase in frequency with age, and amongst the older population, 57% complain about chronic sleep problems.

The demand for insomnia treatments remains high, with over 10 million prescriptions for sleeping tablets dispensed in the UK each year. But drugs are not necessarily the answer; some healthcare providers, doctors, scientists and patients agree that sleeping tablets often cause more problems than

they solve. With support from the NHS, and the people of Leicestershire, researchers at the Sleep Research Centre at Loughborough University have been developing effective non-drug insomnia treatments specifically for use in routine NHS settings.

In a new development, the Sleep Research Centre is currently recruiting for a new one-year trial looking at the impact of lifestyle choices on problems of falling asleep, staying asleep, or waking up too early in the morning. They are looking for volunteers in East Midlands area. The study will include men and women between 40 and 64 who have problems with their sleep, and who are not currently engaged in regular physical activity programmes. During the study they will electronically monitor sleep, activity and health at regular intervals throughout the year, and for some participants it may involve engaging in a physical activity programme. Everyone who takes part will receive a detailed personal sleep and health profile and expert advice on how to improve their sleep quality. Sleep and health will be monitored through electronic wrist (or waist) worn devices, and testing will be done at a location of participants' choice, for example in their own home (therefore travel to university is not necessary).

If you would like to know more, please call the research office on 01509 223 021, email sleepstudy@lboro.ac.uk, or text 07977 790 622.

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Men in Sheds

How do you bring together men over sixty so they can make friends, have fun and feel useful again after retirement? The answer is a project called 'Men in Sheds'. This innovative idea began in Australia, and has rapidly caught on in the UK following its huge success down under. And it's now at Blidworth, in the heart of Nottinghamshire.

The idea is simple: you open a fully equipped workshop run by an experienced supervisor, and then invite men over sixty to come and have a go at making stuff. And the good news is it doesn't matter whether you're very experienced or a complete novice, you can still join in. The men in sheds produce a wide range of high quality items, from bird tables to plant holders, which are available to purchase, and as well as the hard work, what really counts is the sense of belonging and camaraderie that being part of 'Men in Sheds' provides.

If you like the look of any of the quality items made in the Shed, pictured on the right hand side of this page, please contact Mick Connelly on the details at the end of the article.

A volunteer remarked, 'The shed is a place where I feel useful again and have a laugh with friends.'

'Men in Sheds' is run by Age UK Nottingham & Nottinghamshire, a local and independent charity that offers a wide range of services to older people in the city and county of Nottingham.

If you'd like to join the project, or just find out more, contact Mick Connelly on 07872 839570 or email at mick.connelly@ageuknotts.org.uk.

Whether you just want to come and visit us, or are looking to join, you can be sure of a warm welcome at 'The Shed'.





Chicken Korma

Ingredients

- 2 Chicken Breasts finely chopped
- 1 tin coconut milk
- 4oz thick natural yogurt
- 3 egg yolks
- 3 tablespoons of mango chutney
- A quarter of an onion, finely chopped
- 2 teaspoons of curry powder
- 4 cloves of crushed garlic
- 2 inches of root ginger
- 5 table spoons of vegetable oil
- 1 teaspoon of turmeric
- 1 teaspoon of garam massalla

Optional

- 2 drops of almond extract
- 1 tablespoon toasted almond slices

Method

1. **PREPARATION:** Make a paste of the curry powder and turmeric with a little water.
2. Mix the coconut milk, yogurt, mango chutney and egg yolks.
3. Fry the onion until translucent in the vegetable oil.
4. Then add the garlic and ginger and stir fry on medium heat until it just starts to brown.
5. Add the curry paste and stir in and fry for 30 seconds.
6. Add the chicken pieces and seal well on all sides, cover them in the sauce all over as best you can, also make sure the chicken is then partially cooked to be safe.
7. Add the coconut milk mixture and simmer for 20 mins or until chicken is cooked.
8. Stir in the garam massalla (and almond extract) then cook for a further minute.
9. Serve with rice and toasted almonds (optional).

Recipe submitted by Jack Bradley

Now over to you... we would love to sample some of your tried and tested recipes. Please send them in to:

Jus t the Tonic Magazine, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham. NG1 4FQ or email to sarah.dunlop@ageuknotts.org.uk

Romance Amongst the Tea Cups

When Georgette met Patric, at a Kindred Spirits Meeting, it was to start in a new chapter in both their lives. Having both been widowed a few years previously, they came to Kindred Spirits individually, looking for friendships & a chance to meet new people. Little did they know what they were to find!

It all started when Georgette, who had only been part of Kindred Spirits for a few months, saw Patric one day, during a meeting, sitting all on his own. She thought, 'that man looks quite miserable, and why is he sitting all alone?!' After the meeting they reached the exit simultaneously, and as Patric rushed passed Georgette he asked 'what's your name?'.... 'I'm Georgette, & I'm French' she replied. 'Bonsoir Madame' responded

Patric as he rather rudely ran off out of the door! Georgette firstly palmed him off as rather discourteous, but then altered her opinion as he later explained he was rushing off to pay the parking ticket on his car.



Their paths crossed in other ways during the coming

weeks. Patric attended evening classes to brush up on his French, and Georgette lent him French books to aid his studies. One day, at a Kindred Spirits coffee morning, Georgette plucked up the courage, cheekily popped her number down on a piece of paper and gave it to Patric. He smiled broadly as she walked away!

Then one night, not so long after they'd exchanged numbers, Patric turned up at Georgette's front door, with some French

coffee in his hands. Georgette exclaimed, 'he just turned up, knocking at my door! He didn't even phone first!' Although she didn't actually drink coffee, it was a welcome gift all the same. They spent more and more time together, and soon became recognised as a couple among their friends.

The next thing they knew, the word marriage was on everyone's lips! Georgette bumped into a friend in Tesco, who asked her what she'd been up to. Georgette said 'Oh, nothing much', but then her friend said 'Well, why are you in the paper then, if you've not been up to much?'. She showed Georgette the local paper, in which was an announcement stating that Georgette and Patric had got engaged! Georgette couldn't believe it! No-one was supposed to know. Patric and herself had not told anyone of their plans. It turned out that one of their friends, who shall remain nameless, had somehow found out about the engagement, and had written to the paper!

Soon after the announcement, Patric & Georgette got married, at St. Lawrence's Church, Mansfield on 14th September 2002, and now live happily together in Sutton-in-Ashfield.



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Information Road Show

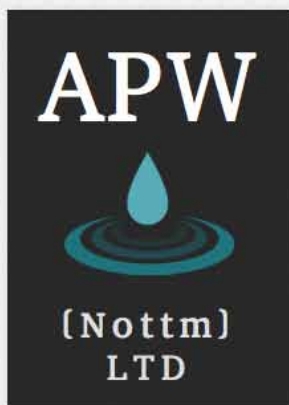
Living longer is all very well, but why not live a happier and healthier lifestyle into your later years? Age UK Derby & Derbyshire's Information Road Show provides an outreach to older people's communities, doing just that: advising the over 60s how to live life to the full by providing useful information about a number of hot topics such as money matters, home & care, lifestyle and health & wellbeing.

The Road Show partners with different companies and organisations to put on events where their information and advice team have a stand displaying a wealth of helpful material.

And it's not just individuals that are receiving help from the Road Show. In 2010, a traditional confectionary company called Swizzels Matlow Ltd, the makers of love hearts and refreshers, asked for the advice of the team. More than

thirty of the company's employees were reaching retirement age, and Swizzels wanted to provide some kind of retirement plan for them to aid the transition between working full time and the departure from work entirely. Together with Housing Options and Fit as a Fiddle colleagues, a course was written that would help employees come to terms with retirement. It considered how more life for less money was achievable. It looked at practical issues such as tax, pension & housing options, benefits & independent living. A "getting things sorted" theme provided advice on funeral planning, powers of attorney & wills. One course member was able to challenge her State Pension entitlements which resulted in her receiving a considerable amount in back payments.

The Road Show can be booked by any community or support group which operates to support people from the age of 50+. Bookings can be made by ringing Katharine Wilson on 01773 768240 or emailing Katharine.wilson@ageukderbyandderbyshire.org.uk



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Not Enough Time



Pensions have been a hot topic in recent months. The Pensions Bill aims to equalise men's and women's state pension age at 65 in November 2018, and then raise it to 66 by April 2020. This was an unpleasant surprise to many women, who had accepted the plans to move women's retirement age to 64, but now have to wait two years longer until they are 66! The date is 6 years earlier than expected, and it leaves women with little time to plan. 2.6 million women and 2.3 million men were affected and will have to wait longer for their state pensions. Mary was one of them... She said,

"I feel cheated. I thought I'd have lots of time to plan for my retirement but now I've been short changed!"

Age UK have been campaigning by encouraging people to send in postcards to their local MP to fight the current pension plans. On 12th September a group of campaigners delivered a giant postcard to Mr Cameron at Number 10, pressing

him to keep women's retirement age below 65 until 2020.

The new Pensions Bill that is soon to have its final reading in parliament will mean that 330,000 women born between December 1953 and October 1954 will have to wait up to 2 years longer for their state pension. On average, these women will lose £10,000 as a result.

Iain Duncan Smith, the Work and Pensions Minister, promised that the Government would consider changes to the Pensions Bill, if anything just to reduce the reverberations of the speed up. But Age UK are yet to see any details on this. Michelle Mitchell, the Charity Director at Age UK said

"This is the Government's last chance to do the right thing by thousands of hard-working women up and down the country who are being penalised by the Pensions Bill."

Let's hope that the government listens to Age UK's pleas.

Christmas is Coming!

Make your own Felted Wreath:

You will need: A wool jumper, needle, embroidery thread, red ribbon, fabric glue.

1. Find an old wool jumper that has seen better days. Wash it in the washing machine on 60 degrees, then a cold water rinse, and then dry on high heat. This will shrink the jumper so that the weave can be cut without fraying.
2. Cut the jumper into 1 ½ inch-wide strips, then cut the strips into squares. You will need about 60 squares.
3. Thread the needle with the embroidery thread and string on the squares. Pull the thread and squares tightly together to make a circle, and tie the thread. Make a small bow from the ribbon, glue it to the bottom of the wreath, and loop another piece of ribbon around the top for hanging.



The Bookshelf

Carol Wilby shares her thoughts on the international award winning 'The Crying Tree', by Naseem Rakha, an intriguing novel tracing the pattern of forgiveness, redemption and love.

Glimpse of the plot

Irene and Nate Stanley are living a quiet and contented life with their two children, Bliss and Shep, when Nate suddenly announces he's been offered a job as a deputy sheriff in Oregon. Irene doesn't want to uproot her family and has deep misgivings about the move. Nevertheless, the family leaves, and they're just settling into their new life when the unthinkable happens. Fifteen-year-old Shep is shot and killed during an apparent robbery in their home. The murderer, a young mechanic, is caught and sentenced to death.

Shep's murder sends the Stanley family into a tailspin, with each member attempting to cope with the tragedy in their own way. Irene's approach is to live waiting for Daniel Robbin's execution and the justice she feels she and her family deserve. Those weeks turn into months and then years. Ultimately, faced with a growing sense that Robbin's death won't stop her pain, Irene takes the extraordinary step of secretly reaching out to her son's killer.

When Irene receives the notice that Robbin has stopped his appeals and will be executed within a month, the announcement shakes the very core of the Stanley family. Irene, it turns out, isn't the only one with a shocking secret. As the execution date nears, the Stanleys must face difficult truths and find a way to come to terms with the past.

Intriguing

I found this book to be a slow burner at first but intrigue made me read on; and I'm glad I did. It provoked thoughts around capital punishment and people finding friendship in the most unusual of relationships, but more personally about a mother's bond with her child and how horrific that must be to lose. Although I feel the need to read a light

hearted book with a happy ending next, I would certainly recommend The Crying Tree to anyone. With its well defined characters and easy to read writing style it is certainly a good choice to curl up with when winter draws closer.

'The Crying Tree' is available from most good book shops. Why not stock up on your novels this month as the nights start drawing in, and purchase a copy? If you have a favourite novel you would like to see featured in the magazine let us know and you might see it in 'The Bookshelf' in the Winter edition.



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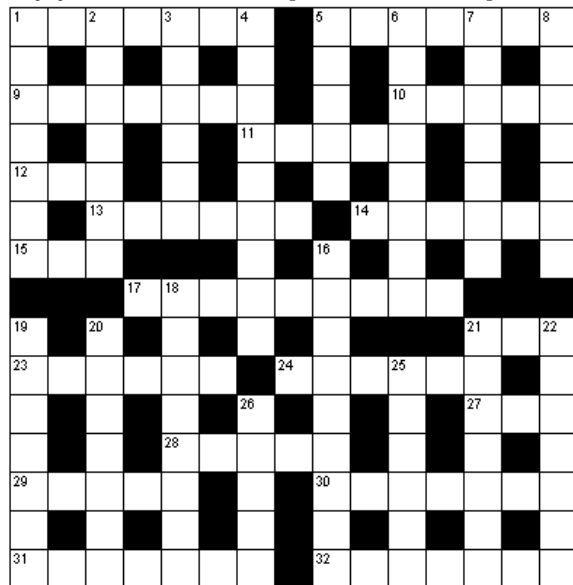


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Puzzles

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Crossword

Across

1. Nevertheless (7)
5. Diabolical (7)
9. Mistrust (7)
10. Person that loses (5)
11. Path (5)
12. Advanced in years (3)
13. Subsides (6)
14. Takes fright (6)
15. Lock opener (3)
17. Alien (9)
21. Sink or bend downward (3)
23. Concurs (6)
24. Toepiece (6)
27. Besides (3)
28. Seaport in NW Israel (5)
29. Tomb (5)
30. Loudly (7)
31. Refuge (7)
32. Flap attached to a cap (7)

Down

1. Cushion for kneeling (7)
2. Day for washing clothes (7)
3. Capital of Austria (6)
4. Dog trained to retrieve game (9)
5. Rub vigorously (5)
6. Put up with (8)
7. Opening of the nose (7)
8. Pertaining to Cornwall (7)
16. Lack of knowledge (9)
18. Heat to excess (8)
19. Car shelters (7)
20. Warship (7)
21. Sporting dog (7)
22. Command to a horse (7)
25. Roe of sturgeon (6)
26. More pleasant (5)

Send your completed crossword, along with your name & address to Just the Tonic Magazine, Age UK Notts Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ to win £125 Specsavers vouchers! Or email your answers to sarah.dunlop@ageuknotts.org.uk. Closing date 12th December 2011.

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Q: Who won 'Best in Show' at the Age UK Nottingham & Nottinghamshire Handicrafts & Entertainment Festival?

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