

Free

Just the Tonic

Winter 2011
Issue: 3

Inside...

Winter Style
Top Tips for Keeping Warm
Belly Dancing
A Volunteer's Story

WIN!
Theme Park
Tickets

Hope Valley, Derbyshire

A.W. LYMN

The Family Funeral Service

www.lymn.co.uk

Head Office: 0115 950 5875

Robin Hood House, Robin Hood Street, Nottingham NG3 1GF



24 hour personal service
Rolls-Royce and Bentley fleets
Pre-paid funeral plans

Chapel of rest and car parking facilities at all our locations

Coffin and casket selection room

Finance terms available

In house florist - City Flowers - 0115 952 6666

In house memorial masons - Ernest Smith - 0115 911 4411

Quality at affordable prices, please call to arrange a free,
no obligation, quotation or home visit.



Above are just some examples of the additional services
that we offer, and we always endeavour to fulfil
any funeral requests no matter how unusual.



QUALITY ASSURED



Area Offices:

ARNOLD 0115 967 6777
32 High Street, NG5 7DZ

ASPLEY 0115 919 0011
389 Nuthall Road, NG8 5DB

BEESTON 0115 922 0433
106 Station Road, NG9 2AY

BINGHAM 01949 837 211
17 Long Acre, NG13 8AF

BULWELL 0115 979 4944
130 Main Street, NG6 8ET

CARLTON 0115 961 6180
9 Church Street, NG4 1BJ

CLIFTON 0115 945 6232
24 Varney Road, NG11 8EX

COTMANHAY 0115 930 1639
113 Cotmanhay Road, DE7 8NG

DERBY 01332 348 800
9 Becket Street, DE1 1HT

HUCKNALL 0115 968 0737
53 Portland Road, NG15 7SL

ILKESTON 0115 944 4121
1 Park Road, DE7 5DA

LONG EATON 0115 946 3093
33 Lime Grove, NG10 4LD

MANSFIELD 01623 622 116
16 Chesterfield Road South, NG19 7AD

M. WOODHOUSE 01623 623 765
2 Welbeck Road, NG19 9JZ

OLLERTON 01623 860 045
5 Sherwood Drive, NG22 9PP

OSMASTON PARK 01332 733 321
337 Osmaston Park Road, DE24 8DA

RADCLIFFE 0115 933 2257
59 Main Road, NG12 2BJ

RUDDINGTON 0115 921 1075
45 Easthorpe Street, NG11 6LB

SHIREBROOK 01623 742 813
32-34 Patchwork Row, NG20 8AL

SPONDON 01332 544 666
31 Chapel Side, DE21 7JQ

STAPLEFORD 0115 949 9211
25 Church Street, NG9 8GA

WEST BRIDGFORD 0115 969 6006
128 Melton Road, NG2 6EP

WOLLATON 0115 928 4366
107 Arleston Drive, NG8 2GB

"Our family serving your family"

Welcome

Welcome to the Winter edition of Age UK Notts & Derbyshire Magazine. As I sit in my freezing cold house, wrapped up in many layers, I'm excited to introduce the third issue of Just the Tonic!



During these chilly Winter months we have plenty to entertain you including top tips for keeping warm, a delicious soup recipe, and all the latest news from Derbyshire & Nottinghamshire Age UK services.

Don't miss the Fashion tips on pages 4 & 5, where we find the latest bargains from Age UK's West Bridgford Shop in Nottingham. Take a look at the inspiring story of Mervena St. Louis on page 16, as she shares her love of volunteering and caring for others. You can also find advice about spotting bowel cancer on page 13, and try out your decoupage skills on page 17.

As usual we have some fantastic prizes on offer on our puzzles page, including dinner at the South American Las Iguanas restaurant, and how about taking the grandchildren to Wheelgate Theme Park with the two free tickets we have on offer?!

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 April.

Here's to a good start to 2012,

Best Wishes,

Sarah Dunlop



Contents

Pages 4-5 Winter Style

The latest fashions at bargain prices from West Bridgford's Age UK Shop.

Page 6 Letters

Page 7 Membership

Find good friends & join Age UK Notts Membership.

Page 8 Top Tips for Keeping Warm



Page 9 Go Vintage

Derby Age UK go vintage!

Page 11 Drop into Day Care

Exploring more about the Sybil Levin Centre.

Pages 12-13 Latest news from Derbyshire Age UK



Page 13 Health Advice
Bowel Cancer

Page 14 Belly Dancing Babes

Page 16 A Volunteer's Story

Page 17 Discover Decoupage

Use old scraps of paper to make a beautiful vase

Page 18 The Bookshelf

Page 20 Police 101

Page 22 Doorstep Crime

Page 23 Recipes



Page 24 Gordon's Story

Page 25 Keeping your head above water

Page 26 Bereavement

Page 30 Puzzles

key mobility

unlock the possibilities



"A mobility company you can Trust"



- ☒ Sales & Service
- ☒ Powered wheelchairs
- ☒ Lightweight Wheelchairs from under 10KG!
- ☒ Bathing aids
- ☒ Mobility Scooters
- ☒ Beds & pressure care
- ☒ Posture care
- ☒ Riser recliner chairs
- ☒ Walking Aids
- ☒ Daily Living Aids
- ☒ free catalogue
- ☒ No pressure no hassle!!

6 Moorbridge Court. Bingham. NG13 8GG

freephone 0800 5427542

www.osteopoise.com

Winter Style

In recent months Mary Queen of Frocks (aka Mary Portas, a 50 something fashion stylist from London) has filled our TV screens with her quest to find clothes to suit older women without making them feel like teenagers or grannies. Mary's claim is that there is a gap in the market for the 50+ range... that if you look around shopping centres clothes are either designed for teens or are frumpy and colourless. Her new range at House of Fraser aims to fill that gap and provide classy clothing for the older age group. Inspired by her mission to bring a new style to the over 50's market, we thought we'd look around closer to home for some winter fashions to suit every body shape.

Whether you're an apple shape with a rounder middle, a tall slim rectangular figure, a top heavy pear or a shapely hour-glass, we have something to suit you!

We visited Age UK Nottingham & Nottinghamshire's shop on Gordon Road in West Bridgford to search for some winter bargains.

This linen jacket twinned with a Zara Red jumper & red scarf is a perfect outfit for you pear shapes out there. Fitted jackets ending at the waist are perfect for balancing out your top and bottom,

and wide-neck sweaters are brilliant at giving an illusion of width at the shoulders.

Jacket - £8, Zara Jumper - £4.50, scarf - £2.00.

If you have a bigger bum & bust and have a tendency towards a rounder middle, then a luscious apple shape you are!

Deep V-necks and longer length tops are good at drawing attention away from your middle and accentuating your curves.



This winter day dress, paired with either trousers or leggings would be perfect with a long belted jacket and knee length boots.

Dress- £7,
Boots - £9.



Long jumpers tend to be suited more towards those who are rectangular shapes – straight up and down with a smaller bust and average sized shoulders and hips. This pale blue jumper is only £4.50 and is seen here with some French Connection beads at £2

a pair. Worn with a dark coloured long sleeved t-shirt underneath this could be a winner for the winter months. Pointed toe pumps are great for making shorter legs look elongated, for those rectangular shapes that are shorter & broader than others. Here are some beautiful sparkly pumps from Ravel at £5.





This beautiful Hobbs Skirt Suit with delightful polka dots on the lining would suit an apple or a rectangular shape. Buttons going down the centre of the jacket are skilful at hiding all kinds of larger middles, and with a slight flare at the hip this outfit is extremely flattering. Suit (jacket and skirt) - £10.00, Blue scarf - £2.

Now for all you lucky hour-glass figures out there, with a big bust, wide hips and a smaller waist, the idea is to accentuate your shape by wearing fitted shirts and tops over fitted skirts so that your waist is on show! This fitted silky shirt will soften the bust line without concealing your curves, and worn



with a long cardigan with a waist tie and a pencil skirt will do wonders for your shape.

Shirt £3.50, ankle boots £4. Ankle boots are great for extending the line of the leg.

Don't forget to accessorize your outfit with a stylish handbag and warm winter hat. Handbag £8, Hat £2.



Just for Men

Stay warm in style with this grey overcoat, paired with a fabulous stripy jumper and a scarf to match. Coat £15, Jumper £3.50, Scarf - £2.50. Don't forget to pick up some quality leather shoes for only £10.00.



Shirts start from just £3.50



at the Age UK Shop, and can be matched with a variety of tasteful ties at £2 each. Spice up your wardrobe this winter and have a browse with Age UK.

The West Bridgford Age UK shop on Gordon Road is a fabulous place to find a bargain!

They rely on donations to keep the shop stocked up with quality clothes. If you have any clothes that are clogging up your wardrobe that you don't need, or don't wear very often, why not donate them to Age UK? To donate just bring any clothes, shoes, jewellery, books, or bric-a-brac down to the Age UK Shop in West Bridgford, 28a Gordon Road, West Bridgford, Nottingham, NG2 5LN.



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.

The Thin Ice of a New Year

Daylight is rare and the sun it is shy.
There's little but grey cloud up in the sky.
The air is cold, of snow there is fear.
It's always the same before the New Year.

But on the bright side, there's Xmas ahead,
With a white bearded fat bloke, all dressed in red.
But it's not about me - it's that other bloke, Santa.
And of food and of drink much stronger than Fanta!

We hope that our presents will make us all chuffed.
And we eat so the turkey isn't all that gets stuffed!
We laugh and we dance and we all get quite jolly
And we try to find places where we can stick holly!

Mum's got a headache, Dad is half cut.
Granny danced 'till she fell on her butt.
With her legs in the air, we all got an eyeful,
And found that her teeth had fell in the trifle.

And finally, when all the eating is done,
We get back to missing long days in the sun.
So soon do we crave what is awfully near....
The start of a joyful, happy New Year.

Sir Nigel Ponsonby Farquar-Smythe
November 2011

Hot Water Bottles

Dear Sir/Madam

I am a fan of hot water bottles and unashamedly so!
As a widow I'm now on my own in a double bed and it is blissful to have cosy comfort each side of me - hwb's don't snore, either!

Then when you're being economical with the heating and have turned it off at 9.00pm, what delight to watch the news hugging a bundle of warmth. Alright it doesn't show affection like your pet lap dog, but it doesn't need feeding either.

Once I took pity on our Big Issue seller in town, who looked absolutely frozen. I popped into a shop, bought a hot water bottle, persuaded a cafe to fill it with hot water, and then had to educate our Polish young man how to enjoy it, as he'd never even heard of one before.

Renewable cheap warmth! What can beat it?! Does anyone share my view?

Noreen Parker, via email



Winter Jokes

1. What do you get from sitting on the ice too long?
2. What's an ig?
3. Why do seals swim in salt water?
4. What vegetable was forbidden on the ships of Arctic explorers?
5. Why was the Saami herder given an umbrella?
6. What did the walrus say when it was late?
7. What do you call ten Arctic hares hopping backwards through the snow together?
8. What did the big furry hat say to the warm woolly scarf?

1. Polaroids!
2. A snow house without a loo!
3. Because pepper water makes them sneeze!
4. Leeks!
5. Because of the rain, dear.
6. "I would have been here sooner, but my iceberg hit a ship."
7. A receding hare line.
8. "You hang around while I go on ahead."

Sent in by Jack, Bestwood, Nottingham.

Membership

share good times, feel healthier, enjoy life.

Do you have a new year resolution? Get fitter? Make new friends? Visit more of our beautiful country? Age UK Notts Membership can help you.

Membership is a community which encourages and supports people to meet new friends to share good times with. There is literally something for everyone with a broad range of activities, some free and some subsidised, and all others arranged at the lowest cost possible. These include exercise classes, bowling, table tennis, coffee mornings, lunches, day trips, holidays, guided walks, dancing, special interest groups, craft groups, swimming, singing, discussion groups, to name but a few. We are always looking for new ideas and invite suggestions from members at any time. Members are informed of activities in a bulletin sent direct to them each month.

As a member you can also enjoy;

- four editions of this magazine, Just the Tonic, sent direct to you each year
- access to a range of deals and discounts at local restaurants, garages, tourist attractions, gyms, garden centres and many more
- opportunity to become involved in campaigning and influencing for issues affecting older people both locally and nationally
- playing an important part in supporting Age UK Notts to continue the work it does with local older people.

"The friendship warmth and laughter I have experienced has enriched my life"

Feeling lonely? If you have just experienced a particularly lonely Christmas, join us now and next year could be different. Many people in later life experience some loneliness or social isolation. This could be through bereavement, retirement, or maybe a move to a new home. Membership can help to overcome these feelings by providing an opportunity for people to make friends at a pace that suits them, in safe and welcoming settings. There is an experienced team of co-ordinators on hand to support people along their journey to making new friends, with encouragement and motivation. There are specific newcomer events, and members who volunteer a friendly face to welcome new people at other activities.

"When my husband died I had no-one to go out with and no-one to talk to. Nothing to look forward to – just loneliness. Now I have a lot of friends and go out and do so many different things and I feel a lot better health-wise."

Membership costs from just £25 a year with the option to pay quarterly or annually, by cheque or direct debit.

To become a member, or for more information, please contact us on:
01623 488211 – Northern office
0115 841 4473 – Southern office
membership@ageuknotts.org.uk



Top tips for Keeping warm

As the Christmas decorations go down and the emotional warmth of the season starts to fade, make sure you keep your spirits up with our top ten tips for keeping warm and staying warm over winter.

1. Keep your home warm

Try to heat your main living room to around 18-21C (64-70F). Remember to heat your bedroom up before going to bed, perhaps set the timer on your heating to come on before you get up and switch off as you go to bed.

2. Close un-used rooms

Don't heat rooms in the house that you don't use much in winter. Turn the radiators off and close the door.

3. Block Draughts & Insulate

Make sure that your loft, hot water cylinder and pipes are insulated. Fit draught-proofing to seal any gaps at the edges of your windows, especially if you live in an old house. Or why not simply put a blanket down in front of doors to stop things getting draughty!



Wanted by Restorer

Pre 40's Furniture, Tools, Wood etc
Painted. Broken or woodwormed

Please tel Paul on

01332 864117 or 07512231634



4. Keep warm at night

Electric blankets or hot water bottles are great warmers during the night, and should keep you toasty without needing the heating on as well. Don't forget thermals or bed socks too!

5. Wrap up

This is really quite an obvious one, but many people don't realise that the best way to keep warm is by wearing lots of thin layers of clothing, rather than one big thick jumper. Make sure you've got some warm slippers for wearing around the house, and if when you venture outside, a hat is an essential item as 50% of our body heat is lost through the head. If you get cold legs try wearing one or two pairs of tights underneath your clothes to trap in the warm air.

6. Eat Well

Make sure you're eating plenty of healthy hot food and hot drinks throughout the winter season

7. Keep Active

Moving around will do wonders to keep the blood flowing and keep you warm. Even just a bit of housework will keep you in shape and keep you feeling less chilly.

8. Stop Smoking

Smoking slows down your circulation which has the effect of making you colder. Giving up has huge health benefits!

9. Recognise the signs of Hypothermia

Older people are among those most at risk from Hypothermia, which is caused by getting too cold. If a person can stop shivering on their own, the hypothermia is mild. If they really can't stop shivering, then it's more serious and needs medical assistance.



10. Light a candle

As well as looking pretty, candles can produce a fair amount of heat. Make sure you stay in the same room as the lighted candle though!

DERBY COUNTY FOOTBALL CLUB

**WE ARE
DERBY**



Going Vintage

Members of the Pride Park Coffee morning at Derby County Football Stadium got more than they bargained for one morning when they were whisked off on a trip on a Vintage Bus! As well as touring the city in style they were treated to a bit of bus history by Nick Harpur of Harpur Coaches Derby. The Coffee morning takes place on the last Friday of each month and is put on by Specsavers of Crown Walk in Derby in aid of Age UK Derby & Derbyshire. If you fancy joining this group which meets from 10.30am until 12.30pm, give the Morledge Office a call on 01332 343232.

Great value car insurance with no nasty surprises

Recommended by Which?

Magazine, you'll get great value car insurance you can rely on all the way with no hidden costs or nasty surprises.

And there's no upper age limit, whether you're 50, 70 or even 90, you'll never be refused cover because of your age. You can even pay by interest free monthly instalments

(0% APR Representative).

There are no administration charges if you need to make a change to your policy. And if you choose comprehensive cover and have an accident where you need to make a claim, you are guaranteed* a courtesy car whilst yours is being repaired.

Age UK Enterprises has joined forces with Ageas Insurance Limited to offer cover with an award-winning service. Winner of 'The Customer Care Award' at The Post Magazine Claims Awards 2011 and 'General Insurer of the Year' at the British Insurance Awards 2011, if a claim needs to be made it will be dealt with quickly and efficiently.



To find out more, visit your local Age UK office at:

Age UK Local Trading Ltd
48 Upper Parliament Street
Nottingham NG1 2AG

They're open Monday to Friday
from 9.30am to 3.30pm.

You can also call

0800 032 9411[†] for cover

or go online at:

www.ageuk.org.uk/carinsurance

**Car Insurance is provided by
Ageas Insurance Limited.**

* In the event of an accident. Subject to policy terms and conditions. Comprehensive cover only. † If you call the 0800 number above, you will be contacting your local office, if outside their opening hours you will be directed to Ageas' customer service centre. Age UK Enterprises Limited is a commercial services arm of Age UK (registered charity number 1128267) and donates its net profits to Age UK. Age UK is a registered trademark. The use of the name and logo 'Age UK' is done so under licence agreement between Age UK and Age UK Enterprises Limited. Promoter: Age UK Enterprises Limited, Tavis House, 1- 6 Tavistock Square, London WC1H 9NA. M2086V2JUL11. KE048771_11

Drop in to Day Care



Peals of organ music stream out of the comfortable sitting room, as the regulars at the Sybil Levin's Drop-in sit around long tables ready to enjoy a home-cooked roast dinner. A rather chatty group, they sit around after their game of Bingo and talk about what the Drop-in means to them. 'We enjoy it, don't we,' explains Margaret, who has been coming here regularly since her husband passed away.

'We just sit and have a natter, and a laugh, and a nice game of bingo!'

Another member of the group, Eric, has been popping into Sybil's for nine years since his wife died and he came to live with his daughter in Nottingham. 'It's the company as much as anything,' he explains, and it's clear to see that this group of 70 plus's have built up a remarkable camaraderie between them.

And it's not only company and good food that the Sybil Levin Centre offers. It provides a holistic service for a wide range of older people; from those who are still fairly mobile but want to get out of the house a bit more and meet others, to those who might be suffering from mental health issues or early onset dementia or memory loss. A day at Sybil's offers this latter group a chance to get out of the house, take part in activities and games to stimulate their memory or mobility, and offers their carers a

bit of respite. They are picked up in the morning by minibus, and then taken back in the evening. Personal care is also offered, but everything is done to encourage independence and the dignity of the individual is always upheld.

Pete is quite new to the service, and has been coming for the last four weeks to use the wonderful bathroom facilities at Sybil's. He says

'I enjoy the company... and I enjoy having a bath – that's the main thing 'cos I can't do it myself.'

With modern hydraulic chair bath facilities, the guests can either choose to operate the bath themselves or have some help from one of the centre's friendly staff or volunteers.

As well as the drop in, which takes place on Tuesdays and Wednesdays, and the Day care service which operates 5 days a week, the centre offers fabulous classes for the over 55's. From arts & crafts to table tennis, yoga classes to weekends away, there is something to suit everyone. Sybil Levin's provides so many opportunities in a friendly and home-from-home setting.

If you or someone that you know could benefit from the services that the Sybil Levin Centre offers, why not give Michelle Sanderson, the Manager, a call on 0115 9440011 to find out more.



Mushy Pea Fundraising

Students from Age UK Training in October raised £166 fundraising in Derby Eagle Market for Age UK Derby and Derbyshire by spending the morning sat in a bath of mushy peas and rotting veg! The students who are all training on the IGNITE programme and would all like to work in a care setting at some point in the future came up with the idea themselves in a bid to not only raise funds but raise awareness to shoppers of Age UK's services in Derby through a fun activity.




MDS
*Home & Garden
Maintenance Service*

20 years experience / Fully Insured /
FREE quotes / 10% OAP discount
Age UK Approved / Age Concern

 ageuk
Business
directory

 YELLOW
PAGES

 **THE
RIGHT
CHOICE**

- Garden Maintenance -
- Garden Make overs -
- Decking / Fencing / Patios -
- Gates made to order -
- Wall & Floor Tiling -
- Guttering / Pointing -
- Painting & Decorating -
- Joinery etc -

Tel: 0115 8492041

Mob: 07970 483 221 Web: www.mdshome-garden.co.uk



I've been loved before, so love me again!

Age UK shops across the country currently process 20 million customer transactions a year, and employ 1,500 staff and 7,000 volunteers! With the catchy tagline, 'I've been loved before, so love me again,' these shops offer a wide variety of previously loved clothes, books, kitchenware and toys, to support Age UK's work with people in later life.

And it's not only at a national level that Age UK shops are thriving. In Derbyshire many Age UK shops are working hard to support the work of local Age UK services. On Tuesday 8th November Age UK Derby & Derbyshire's trustee Mike Hodgson re-opened the newly refurbished Clay Cross Age UK shop in Derbyshire. It is the seventh out of nine shops in Derbyshire to be refurbished and rebranded, reflecting the bright colours and positivity of Age UK's vibrant logo. The next shop to be made over is in Wirksworth, Derbyshire.

The photograph below shows the newly designed shop in all its glory, with shop manager Mavis Hopley (fourth from left), shop volunteers, head office staff and Mike Hodgson.

If you would like to donate any items or have a browse yourself, why not head down to the new Age UK Clay Cross Shop, at 16 Market Street, Clay Cross, Derbyshire. S45 9JE, or give them a call on 01246 861168.

Bowel Cancer Screening

Bowel cancer, sometimes called colon or colorectal cancer, is the third most common type of cancer in England. The NHS is currently running the Bowel Cancer Screening Programme. Every two years, people aged 60 to 69 years will receive an invitation for screening and will be sent a screening test kit in the post. The date you receive your kit will be based upon your date of birth.

The screening test kit detects if there are small amounts of blood in your poo, which cannot normally be seen. This test does not diagnose bowel cancer but can help to detect any changes in your bowel that could develop into cancer. This is very important in the fight against bowel cancer because if detected early enough it can be cured.

What do you need to do?

1. Make sure you're registered with a GP.
2. When you receive the kit in the post complete by following the step-by-step instructions.
3. Post the test back to the laboratory in the envelope provided.

What will happen next?

The results take about two weeks to come back and will be either:

- Normal: No blood was found in the sample. Screening will be offered again in two years, if you are within the age range.
- Unclear: A request to repeat the test will be sent. Most people then get a 'normal' result.
- Abnormal: An appointment with a specialist nurse will be offered, to discuss an examination of the bowel known as a colonoscopy.

Bowel cancer screening is for people without symptoms. If you notice blood in your poo, unexplained changes in bowel habits, such as prolonged diarrhoea or constipation, or unexplained weight loss please contact your GP.

People aged 70 or over can request a kit by calling freephone 0800 707 6060.

Further information is available at NHS Direct Online <http://www.nhsdirect.nhs.uk/> and the NHS Bowel Cancer Screening Programme <http://www.cancerscreening.nhs.uk/bowel/faqs.html>





Belly Dancing Babes

Two words: Belly Dancing. What does it conjure up for you? Are images of bronzed, sari-clad women in Bollywood or India springing to mind? Well you really don't have to go as far as the Middle East to find Belly Dancing opportunities, as a group from Chaddesden found out at the Chaddesden Centre in Derbyshire last month.

Belly Dancing originates from Middle Eastern Countries and is brilliant for improving your physical and mental health. The six month course offered by Age UK Chaddesden is run by Gaynor Fairweather, who is a registered exercise professional and has taught Belly Dance for fourteen years. With the use of props such as veils and saris, you can whisk yourself away to Bollywood with this fun and seductive dancing! Belly Dancing is low impact exercise, so it isn't as demanding as more aerobic exercises, but it certainly increases your stamina, co-ordination and general balance skills. Your confidence and self esteem will also be built up through this entertaining form of keeping fit!

The Age UK Chaddesden Centre also offers a variety of other exercise and dance sessions for all abilities. For those with reasonable fitness there is a weekly aerobic and toning session and a monthly salsa dance session. Those

that enjoy a giggle might like to come along to the Burlesque dancing class which is low impact exercise but has the feel good factor and is very good for toning the body. Tai Chi for health and relaxation has also been a very popular addition to our activities.

The cost of the above sessions varies between £1-50p and £3 weekly. For information on any of the above or general information about the Chaddesden Day Centre please contact Teresa or Linda on 01332 674562 or email us on chaddesden@ageukderbyandderbyshire.org.uk

A A Barkers

Nottingham's No.1
House, Property & Bereavement
Clearance Specialists

Clearing Houses For Over 25 Years

Complete Clearance
Part Clearance
Single Items Taken
Antiques Bought For Cash
Brown Furniture Taken
No Job Too Big Or Too Small
Same Day Service
Solicitors & Estate Agent Work
House Completely Cleared
No Call Out Charges
Free Quotations
7 Days A Week
We Donate To Charities
Licensed Waste Carrier



0115 9582177

www.nottinghamhouseclearance.com

AA Bakers 4 Oakdale Road, Bakersfield Nottingham NG3 7EE



Home.

There's no place like it.

Home Instead
SENIOR CARE
To us, it's personal™



Services include:

- Companionship
 - Light housekeeping
 - Local transportation and errands
 - Meal preparation
 - Respite Support
 - Convalescence support
 - Shopping
 - Personal care
 - Specialist dementia and Alzheimer's care
- and much more...

Being able to live at home can be one of the most important comforts in an older person's life and because family and friends can't always be there, Home Instead Senior Care are here to help.

Our Caregivers take great pride in helping our clients to lead a more comfortable and confident life and offer a variety of services tailored to their individual needs.

From just a couple of hours a day, to full time care, our service is available 24 hours a day, seven days a week.

Funding through Personalised Budgets,
Direct Payments or Private Care

Call us on 0115 922 6116 or
email: sarah.gell@homeinstead.co.uk



“ I'm very pleased with Home Instead.

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."

Registered with
the Care
Quality Commission



National Care Provider
of the Year Award



www.homeinstead.co.uk

A Volunteer's Story

'It's just something I wanted to do', smiled Mervena St. Louis as she sat in her living room, her eyes lighting up as she told stories of the many people she has cared for, 'I just enjoy what I do, you know, and it just brings that joy inside me'.

Mervena is one of hundreds of volunteers that spend their time helping others through Age UK services across Nottinghamshire and Derbyshire. She and her husband Andrew have not only won recognition through fostering under privileged children, but have also recently been presented with the Outstanding Carer's Award 2011.

After her husband Andrew suffered a major stroke in 1999 whilst they were visiting family in Dominica, Mervena stepped down from working as a Church Minister and set about caring for Andrew full time. Around this time Age UK visited her Church to see if anyone might be willing to volunteer to help older people in the community, and something within Mervena was stirred. She said 'This was something that was on my heart... I really wanted to do it. People kept on saying to me, 'You can't do it, don't bother! Don't even think about putting your name down', because I was looking after Andrew full time, but I still took the paper home and signed up.'



At first Mervena volunteered at the Nottingham & Gedling Carer's Group. She supported carers in their homes by staying with the cared-for person whilst the carer popped out for a few hours on their own, to give them time to pick up the shopping or run a few errands. One lady was so transformed by Mervena's regular visits that the plan to move her to a Home was delayed, and then was never needed. Her son was so appreciative as he was her carer, and would have done anything for his mum.

Mervena has touched many lives and many have been affected by her volunteering. She told me the story of a gentleman from Arnold that she used to visit:

'I used to visit a Finnish Gentleman, and I still see him about once a month; he begged me and I promised him I would keep on going to visit him'.

He kept on saying 'Mervena you are an angel' because his children live a long way away, they keep in touch by phone but it's not easy, you know, so he just gets so alone.'

Then, as well as visiting a number of people each week in their homes, Mervena heard about the Hospital Discharge scheme in Nottingham's City Hospital. She explained how it worked, 'People come out of hospital to maybe a cold house, completely empty, and they can't even go out to get a bit of milk, it's so desperate for them. So, the hospital would ring me and say so-and-so is coming out that Monday. Would I be able to go and see them. So I did.' Over the last few years Mervena has seen hundreds of people through the City Hospital and most of them wanted to keep in touch! She has managed to stay in contact with a fair few who still need support.

When asked what she would say to someone who was considering becoming a volunteer, Mervena exclaimed 'I would say to them give it a go, go for it! I would say it gives you joy and peace of mind!' If you would be able to spare a few hours a week to help care for the older community in your area, why not consider volunteering for Age UK? We always need more volunteers to brighten the lives of others living in our communities. Please get in touch and speak to Nigel Cruickshank on 0115 919 4872 or email at nigel.cruickshank@ageuknotts.org.uk.

Discover Decoupage

Why not give a new lease of life to any old vases, boxes, or crockery lying around your house? Try decoupageing them! It's such an easy, relaxing activity that can transform ordinary objects into beautiful decorated artifacts through a simple and effective process.

To make the Decoupage Vase you will need:

- An old glass bottle,
- Sandpaper,
- PVA Glue, diluted slightly with water.
- Glue Glaze (mix 3 parts PVA glue with 1 part water, and 2 tbsp varnish to give it a shine)
- Thin paper to decorate – eg. Wrapping paper, tissue paper, magazines, top layer of paper napkins, scrapbooking paper or even old photographs.
- Acrylic paint
- Paintbrush

Method

Clean the glass bottle inside and out with hot soapy water to remove the grease. Dry thoroughly. Use the sandpaper to sand down the glass bottle, then give it a rinse so no sand remains. Cut out pieces of thin paper, whether that's specific pictures or shapes from wrapping paper or just plain pieces of tissue paper. Then you are ready to decoupage! If you prefer, you can apply a coat of white acrylic

paint to the bottle before sticking your paper on, to give it a lighter background. not, just decoupage straight onto the glass. Apply some glue to the bottle with an old paintbrush and then carefully stick down the paper on top of it. Then add more glue to the top of the paper going over it a few times so it is completely covered in glue. Repeat this process until the whole bottle is covered in paper, creating a beautiful pattern. Cover the whole bottle in the glue glaze, which, when dried, will create a lovely shiny effect. Wait for your vase to dry and then display it proudly on your mantelpiece!



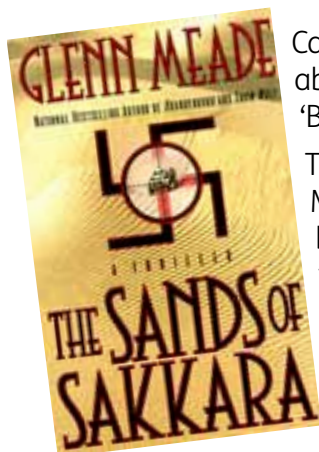
If

LOWES COACHES
A friendly, family run business

- UK Tours from £129
- Day Excursions from £7
- Also available for Private Hire, Local & Long Distance
- 29 to 79 seats
- Comfortable, Reliable Vehicles
- Experienced, Courteous Drivers

Telephone: 0115 955 0104
www.lowescoaches.co.uk

The Bookshelf



Catherine Wilby shares her views about the latest book on the 'Bookshelf'.

The Sands of Sakkara by Glenn Meade is a work of fiction blended with a measure of truth, and it was this aspect of the book which made it such an appealing work to me.

In November 1942 Adolf Hitler did indeed sanction his most audacious mission ever, to kill

President Franklin D Roosevelt and Prime Minister Winston Churchill as they visited Cairo for a secret conference to plan the allied invasion of Europe. At the Nuremburg trials in February 1946, Walter Schellenberg, SS general told his Allied interrogators "we had this incredible plan. It would throw the Allies into complete chaos You cannot possibly realise how close Germany came to winning the war."

These undisputed historical facts are the basis of the story, woven around fictional characters, Johann Halder and Harry Weaver, two men who are more like brothers than mere friends, but who end up on opposing sides in World War II, and are also fated to love the same woman, Rachel Stem. That the fast moving action is set in Germany and Egypt with a background of the pyramids and the Sphinx and the ancient tombs of the Pharaohs, added to the interest this story had for me, as I have always had a fascination for ancient Egypt.

Glen Meade's style of writing is undemanding and is a good recreational read with all the elements of a best seller, a first class plot, creditable characters and dialogue and exotic settings. I would definitely recommend this to anyone with an interest in World War II or Egypt.

Thanks to Catherine who sent in this book review. If you have recently read a good book and want to tell us about it please do write in!



Here are the crossword answers from Issue 2. Congratulations to Harry Hasland from Nottingham who won £125 Specsavers Vouchers! Take a look at the puzzles in this issue on page 30 to win more prizes.

Here is the solution to the Sudoku puzzle at the end of this issue.

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



Holbrook Hall Residential Care Home

An elegant and spacious family run care home set in beautiful surroundings. We have an excellent reputation and have been awarded the highest quality rating by the Care Quality Commission.

Please feel free to come and see for yourselves.

Alternatively call us for a brochure or visit our website at

www.carehomesderby.co.uk
TELEPHONE 01332 880698



**Let us deal with your legal affairs so you can
concentrate on the fun things in life...**

Our friendly and experienced team specialise in legal issues that affect you.

We care about the details that mean a lot to you and will work hard to achieve the result that you want.

Based in Nottingham City Centre, our legal advisors are happy to see you at our offices, at your home or another convenient place.

'helpful and efficient service'

'professional and kind'

Services Include:

- Wills
- Lasting Powers of Attorney
- Care Home Fee Advice
- Probate
- Moving Home
- Personal Injury Claims

Contact us for a FREE interview

T 0115 9 100 200

20 Regent Street, Nottingham, NG1 5BQ

www.actons.co.uk E enquiries@actons.co.uk



Police 101

Derbyshire Police have launched a new telephone number for you to ring to report crimes or concerns that don't need an emergency response. Now instead of thumbing through your yellow pages to find your local Police Station, the only number you need is 101! It replaces the former 0345 123 3333 non-emergency number for Derbyshire Constabulary.

Say you come home to find your car has been stolen, your property has been damaged, or you want to report anti-social behaviour or crime in the area, you can just dial 101. By calling 101, you'll be able to speak to your local police service, for 15p per call from mobiles or landlines, no matter what time of day you call or how long you are on the phone.

This is all part of a national drive to make it easier for people to contact the police to report crime and disorder, with all forces using the number by the end of 2011. While 999 is a well recognised number to report emergencies, the 2010 British Crime Survey found that only 54% of the public knew how to contact their local police if they want to talk to them about local policing

issues, crime or anti-social behaviour. It is hoped that 101 will reduce the number of inappropriate 999 calls, allowing the force to respond to emergencies more effectively.

The 0345 123 3333 number will remain as a way for people to contact Derbyshire Constabulary from overseas and deaf, hard of hearing or speech impaired callers can access the service via text phone on 18001 101.

Assistant Chief Constable Dee Collins said:

"People should only call 999 in a real emergency, that is when a crime is happening, when someone suspected of a crime is nearby or where someone is injured, being threatened or in danger."

"For all other matters, such as reporting anti-social behaviour, making a general enquiry or contacting your local officers, 101 is the number you should dial."

Between April 1 and September 30, Derbyshire police answered 462,423 calls. Of these, 70,520 were emergency calls and 391,903 were non-emergency calls.

For more information about 101, visit www.derbyshire.police.uk



**Large Choice Of Quality Garden Sheds,
Playhouses & Buildings At GREAT Prices!**

We Are A Family Business And Have Been Trading 35 Years

Highest Quality Timber Buildings

Any buildings made to measure
Free delivery & erection
Professional service guaranteed

Garden Sheds
Security Sheds Tool Sheds Summer houses
Children's Playhouses Dog Kennels
Workshops Potting Sheds

Call For A Free Brochure

Indoor Showroom Open
Monday - Friday 8am - 4pm Saturday 10am - 2pm

SHERWOOD SHED Co

0115 9701 755
www.sherwoodsheds.co.uk

Unit 4 Church View Industrial Park • Church Street • Old Basford • Nottingham • NG6 0GA

Recognition of Excellence for Correct Hearing

Local hearing care specialists Correct Hearing have recently been made a Centre of Excellence by Danish hearing aid experts, GN ReSound.

Correct Hearing is a family run hearing centre based in Carlton. To be recognised as a centre of Excellence they had to demonstrate a commitment to expertise, training and professional development whilst offering exceptional customer care and technical expertise.



Tailor Made

Making sure that a client receives the greatest possible benefit from their hearing instruments is a highly skilled job. Unlike glasses where the skill lies in diagnosis and the resulting prescription can simply be "popped on", hearing aids require a huge amount of time and expertise after the diagnosis. Each hearing instrument must be delicately tailored to each individual and they often require adjusting as the client becomes accustomed to their new world of sound. This fine-tuning can take several appointments over a number of months but is important as it ensures the wearer is getting the most from the hearing aids they have invested in.

Company Ethos

Mrs Sarah Vokes owner of Correct Hearing says "We are delighted that the care and service we offer our clients has been recognised by GN ReSound. Our ethos has always been to put the client first and we are prepared to spend as much time as is necessary to make sure that our customers get the best out of their hearing aids."

Buying Online

"Unfortunately you hear a lot of stories about people being seduced by the offer of cheap hearing aids online without realising that so much of the performance of a hearing aid is governed by the way it is programmed and fine-tuned. They buy online but

end up being dissatisfied with their hearing aids because they don't help them in the way that they should" continues Sarah.

Service and Support

"Any client who comes to us receives personalised and ongoing fine-tuning based on their hearing loss, preferences, lifestyle, and their physiology. Plus we offer a service and support package for their aids. We guarantee that this level of care makes a real, audible difference to our clients". Correct Hearing opened in 2009 and will shortly be entering their third year of business. In these challenging times this is an achievement in itself and is testament to their dedication, care and commitment towards finding hearing solutions that are personalised to each individual. Client Mr Davies says "They could not do any more than they did – absolutely brilliant".

**For a FREE HEARING INFORMATION PACK from Correct Hearing
call 0800 368 4747 quoting Age UK.**

For a personalised hearing aid service in Nottingham think Correct Hearing...

Do you suspect that your hearing is not as good as it used to be? Why not book today for your free hearing check? Appointments are available at our hearing centre or in the comfort of your own home.

We are a reliable, friendly family run hearing centre that you can trust offering aids that are:

- Affordable
- Easy to use
- Discreet
- Comfortable



Call us today on 0800 368 4747

For dedicated advice and support with your hearing needs.

£100 off
a new hearing
system for Age
UK magazine
subscribers!

Doorstep Crime

Read our advice about how to keep your home safe from bogus callers and criminals who prey on older people in their homes.

Doorstep crime is increasingly common at this time of year, as rogue traders or bogus callers take advantage of older or more vulnerable adults by pressurizing their way into their homes pretending to be from legitimate businesses or trades.

Bogus callers may try to distract the occupier, sometimes working in pairs or with a team of people, and then break into the home. Rogue traders may knock on the door and insist that a large amount of work needs to be done on the house. They initially quote low prices, but these escalate enormously once the work is being done. These traders can be very forceful, and can persuade you to part with lots of cash.



Derbyshire County Council has produced a DVD to help Derbyshire residents to stay safe in their own homes. To view a copy, call 01629 538292 or visit http://www.saferderbyshire.gov.uk/staying_safe/dvd/default.asp

So what can you do to protect your home?

Follow the door step code:

- Think – are you expecting a visit?
- Always check a caller's identity if you are unsure
- Don't let them pressure you into having work done
- Call 999 if they won't leave
- Fit a door chain or door bar
- Keep all doors and windows secure
- Not sure – don't open the door

**Independence
when you want
it, help when
you need it.**



**The Age UK Personal Alarm service
gives you independence and your
family peace of mind.**

To arrange a no-obligation* demonstration visit:

Age UK Local Trading Ltd
(Nottingham & Nottinghamshire)
48 Upper Parliament Street NOTTINGHAM
Tel. 0115 841 4447 Mon-Fri 9.30am-3.30pm
15 The Morledge DERBY
Tel. 01332 343232 Mon-Fri 10am-3pm
26/28 Regent Street MANSFIELD
Tel. 01623 488203 Mon-Fri 10am-3pm



call **0800 011 3641**
or visit **www.ageuk.org.uk/alarm**



Save money if you buy online
and set up with easy connect.

Age UK Personal Alarms is a product name of Aid-Call Limited (registered company number 3488490) and a wholly owned subsidiary of Age UK (registered charity number 11287267) which donates its net profits to Age UK. Age UK is a registered trademark; the use of the name and logo by Aid-Call Limited is done under licence agreement between Age UK and Aid-Call Limited.
*Demonstration does not apply if you buy online and Easy-Connect. ID111286-06/13

A2650V1 JUN13

Thick Sweet Potato and Parsnip Soup



Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 clove of garlic, crushed
- 500g sweet potato, diced
- 350g parsnips, diced
- 700ml hot water
- 1 1/2 vegetable stock cubes
- salt and pepper
- knob of butter
- sprig of parsley



Method

1. Heat the oil in a large saucepan over a medium heat.
2. Fry the onion and garlic for about 5 minutes, or until soft.
3. Add the parsnips and sweet potato. Fry until lightly browned to release the flavours.
4. Boil the water in the kettle and mix with stock cube in a separate jug. Add to pan and stir well.
5. Simmer for 20 minutes until parsnips and sweet potato are soft and easy to break with a wooden spoon.
6. Take off the heat and blend with a hand mixer or food processor.
7. Season to taste and add the butter.
8. Serve with a sprig of parsley and a fresh crusty cob.

Recipe submitted by Samuel, The Meadows. **Now over to you... we would love to sample some of your tried and tested recipes. Please send them in to:** Just the Tonic Magazine, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham. NG1 4FQ or email to sarah.dunlop@ageuknotts.org.uk

Gordon's Story

"Back in the day, during my working career, I was a professional decorator...but these days the wife and I just can't do as much as we used to. There are so many jobs that need doing around the house and in the garden, and after a while I had to admit that we needed a bit of a hand. Trouble is, when choosing a company or contractor, how were we to know that they were reliable and honest? Well, we ended up chatting to our neighbours, who had been in touch with Age UK Nottingham to find a gardener, and they were so pleased with his work that they recommended him to us. Neil from Kimberley Home & Gardens came round, quoted us a price and then did a fantastic job of looking after our garden for us. We were so chuffed with his friendly and professional service that we decided to ask him to decorate a room for us.

"He did a superb job which I really couldn't have done any better myself! He is the most reliable and trustworthy chap you'd want to meet."

Whenever he comes round he always enjoys a glass of blackcurrant juice so now we keep a stock of it in, just in case!

Neil of Kimberley Home & Gardens is just one of over 300 companies that have been successfully checked out by local Age UK staff and are now listed on our online Business Directory. Your local directory can be found at www.aubd.co.uk and following the links to either Nottinghamshire or Derbyshire. If you don't have a computer you can call us on our free phone number 0800 011 4643 and our staff will be pleased to help with any enquiry.

The directory lists a wide range of trades and businesses from those focused on the home and garden such as plumbers, electricians, builders, decorators, domestic cleaners, gardeners etc. to care providers, mobility and healthcare products and solicitors.



If you know of a company that you would be happy to recommend to friends and family they are just the sort of company we want on the local Age UK directory. Contact us on 0845 2241068 to recommend a company. If you run your own business and would like to find out more about the scheme please email us on info@aubd.co.uk or call 0115 993 3395.

NEED LEGAL ADVICE?

Talk to

Nottingham's Experts in Care for the Elderly

ROTHERA DOWSON

SOLICITORS AND NOTARIES

- ▲ Compensation claims
- ▲ Wills, probate & trusts
- ▲ Independent financial advice
- ▲ Inheritance tax planning
- ▲ Powers of attorney
- ▲ Administration of estates
- ▲ Sales and gifts of houses
- ▲ Will disputes

0800 068 3792

enquiries@rotheradowson.co.uk

www.rotheradowson.co.uk

If one of your loved ones dies, do you know what to do about their:

- Finances
- Property
- Funeral arrangements?

If you don't, I can send you a FREE guide that explains this.

Claire Rudkin

Partner and Head of Wills & Probate

I understand it can be scary when a loved one dies. There's a million and one things to do and it's difficult knowing where to start.

That's why I have written a FREE guide that explains, in simple English, how you:

- register their death;
- arrange their funeral;
- keep their possessions safe.

And in addition, the guide also explains what to do if you are left with limited finances.

To receive your no obligation FREE guide, which will help you understand this process, call me on 01332 340 211. I'm happy to answer any questions you might have.

Flint
Bishop
SOLICITORS

Keeping your head above water

Have you ever wished you could just talk through your feelings or problems with someone you know you can trust? It's actually very common to struggle with emotional difficulties, whether that's in relation to past or present events, self-esteem issues or low confidence.

Counselling can help deal with these difficult feelings by giving space for you to talk things through with someone who is trained to listen and respond empathically and non-judgementally. This then gives you the opportunity to develop your own insights, awareness and conclusions about the issues that are important to you.

The Counselling Service at Age UK Notts is available to people aged 50 and over who live in Nottinghamshire. Unlike most counselling services, it offers counselling in people's own homes as well as providing a counselling room at Age UK's offices on Shakespeare Street. The counselling it offers is person-centred counselling. There are no exercises or analysis involved, and counsellors aren't there to advise you or tell you what to do. It's just about talking things through with someone you can rely on. Over 350 people have had counselling from the service so far and over 90 per cent say they've benefitted from the experience. One person said, "I can start to live and smile again, giving me strength and confidence to carry on." Another said, "I do not know what I would have done without you. You kept my head above water."

For more information please phone Robert Norton on 0115 919 4876.



The service offers counselling at much lower prices than someone would typically pay a counsellor in private practice. The initial assessment visit is free. All its counsellors are volunteers who are trained to certificate level and are further studying to at least diploma or degree level. Some have already obtained these higher qualifications.

The service has corporate membership of the British Association for Counselling & Psychotherapy, counselling's main governing body, and our counsellors abide by its ethical guidelines. All its staff and volunteers have an enhanced criminal records check before they start seeing members of the public.

When your loved one's not there anymore...

A personal view by Elspeth Jackman

It's all so final. You can never truly prepare for it. One moment there's life, the next moment the life has gone. You can't push the repeat button. Ten years ago this happened to me, and it stuck in my mind that you can't take anything with you. Not even my David's beloved and worn-out slippers. Nothing!

It wasn't such a shock to me as he'd been ill for some time but I remember the first night without him I scoured the albums for photos of him and laid them on the other side of the double bed.

My home was filled with flowers which I'd insisted on bringing home from the crematorium. Why leave them there? And I treasured most the cards that were not just white black and purple! I was working through my grief, but I still appreciated the colour and vibrancy of life around me.

Friends and family were very caring for about 6 weeks, but after that they appeared to forget that you went home to nobody, that long lonely hours were yours unless you initiated activities. Mentally it was odd. It was as though I'd had lots of antennae which reached out to my loved one and met his love. Now, they kind of waggled in the wind. It took some adjusting. What I disliked was the sort of simpering sympathy of well wishers, if they dared to approach me at all. Some were too embarrassed to meet my eye. For myself I didn't want sympathy, I wanted to talk about my husband, to revel in his character, to joke about his foibles. I felt I even had to educate people in how to approach me, the bereaved. I, the victim, had to be the one in charge.

Yes had my hours of tears, especially when sorting out his clothes and possessions, but I did have the joy in knowing that he, as a Christian believer was, and is, in a place more wonderful than we can ever imagine.



*Shaping the future
of care homes...*

Acer Court

Residential & Dementia Care Home | Nottingham



Acer Court Care Home in Nuthall, Nottingham opened in September 2011 and offers residential and dementia care for the elderly. The home has been developed by award winning care provider Avery Healthcare, the company behind Nottingham's hugely popular Hall Park Care Home in Bulwell. Acer Court brings to Nottingham a care home of outstanding quality, with daily activities, hotel standard interiors and restaurant dining, as well as the best in clinical care. Acer Court offers:

- Generously proportioned bedrooms with en-suite walk-in showers, toilet & flat screen TV
- Premier rooms available for those wanting extra independence
- Restaurant standard food prepared daily
- Vibrant lounges, comfortable quiet rooms & communal dining areas
- Hotel standard of support services including a daily programme of therapeutic activities
- Therapy room and hair salon
- Enclosed garden with raised beds.

For further details or to arrange a visit please call today 0845 164 5207



Manager Paul Hutton-Cornish | www.acercourtcarehome.co.uk | email: enquiries.acercourt@averyhealthcare.co.uk



MORTON

Stretton Road, Morton, Alfreton



www.morton



Nursing Home, Residential Home, Respite Care and Day Care

Morton Grange, established in 1986, offers person-centred "Care With Choice"

- With three homes on one site, we provide a real choice of living environment - as well as:
- First class facilities, specialist nursing equipment and dedicated staff
- Daily activities, weekly social evenings, regular trips & monthly functions
- Licensed Bar, Hairdressers, Garden room, Mini Bus, landscaped grounds
- Supernumerary nurse presence 12 hours per day, 7 days a week
- Experienced matron manager supported by dedicated management team
- Full time activities co-ordinator and maintenance person on-site
- "Friends of Morton Grange" committee help to plan entertainment and trips
- Day care visitors benefit from all the same facilities and care as residents



Winner of www.best-care-home.co.uk "Best Midlands Care Home" 2010
Emma Herring won "Great East Midlands - Care Home Worker Award" 2010
Winner of two national awards 2009 (Caring Business, best-care-home.co.uk)
Five other staff have previously won care practitioner of the year awards



Awarded 3 stars by the Care Quality Commission - August 2008
Achieved 100% in Derbyshire PCT audit - March 2011
Recipients of Derbyshire County Council "Premium Quality" rating
Investors in People since 1996.



Celebrating 25 successful years. Our aim is: "to provide quality care through quality training in a clean, safe and happy environment."

Visitors welcome any time. Please contact us for a brochure and newsletter



For nursing, residential, respite or day care:

Phone : 01246 866 888

Fax : 01246 861 757

Email : info@mortongrange.co.uk



GRANGE

Derbyshire DE55 6HD



Domiciliary Care and Edexcel Accredited Training Centre

Morton Grange Careline, has served our local community since 1993

- Providing best quality care and support in the comfort of your own home
 - Supporting a wide range of clients by scheduling regular and convenient visits
 - Enabling clients to continue living independently for longer
 - Promoting personal choice and protecting client dignity
 - Providing piece of mind for friends and relatives by meeting clients' needs
 - Dedicated team of over 80 carers and our own Edexcel Accredited training centre
 - Staff undergo a thorough induction which leads on to NVQ qualifications
 - Our domiciliary care manager is also an NVQ internal verifier
 - Operating in Amber Valley, Bolsover and North East Derbyshire.
-
- All three areas are close to our main office at Morton Grange
 - Each area is managed by a dedicated, full time qualified co-ordinator
 - Office hours are Monday to Friday 9am-5pm
 - A senior member of staff remains on-call at all other times
-
- Our dedicated staff are familiar with the specific needs of each client they visit
 - We assist with personal care (e.g. bathing, dressing, medication) as well as household maintenance (e.g. cleaning, shopping, laundry, cooking)
 - Regular assessment of client needs to ensure they are receiving the help required

Many clients are full funded by or receive direct payments from Social Services. Enquiries without obligation and we can arrange to visit you at home.

For more information or if you have any questions please contact us as below



For domiciliary care & training enquiries:

Phone : 01246 861 500

Fax : 05600 492 653

Email : careline@mortongrange.co.uk

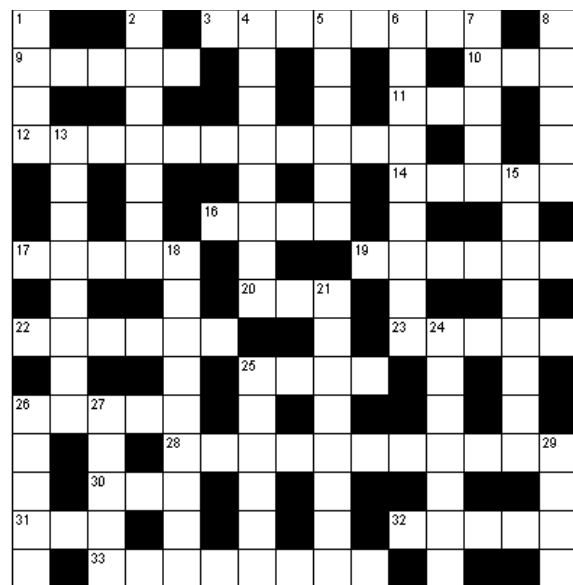


INVESTOR IN PEOPLE



Puzzles

Try your hand at these puzzles and win prizes



Crossword

Across

3. Pertaining to a magnet (8)
9. Rephrase (5)
10. Very skilled person (3)
11. Cover (3)
12. Curious (11)
14. Gadget (5)
16. In this place (4)
17. Eats to a plan (5)
19. Something rare (6)
20. Apex (3)
22. Vigour (6)
23. Tally (5)
25. Appear (4)
26. Change (5)
28. Thoughtful (11)
30. North American nation (3)
31. Atmosphere (3)
32. More unfavourable (5)
33. Ghosts (8)

Down

1. Cab (4)
2. Legal inquiry (7)
4. Unfortunate happening (8)
5. Beginner (6)
6. Telegraph messages (9)
7. Seaport in SW Spain (5)
8. Greeting (5)
13. Belonging to a nation (8)
15. Driver (8)
18. Chief source of sugar (54)
21. First public performance (8)
24. Inhabitant of Cyprus (7)
25. Lighted by the sun (6)
26. In front (5)
27. Excursions (5)
29. Paradise (4)

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 two complimentary day passes to Wheelgate Theme Park in Mansfield. Or email your answers to sarah.dunlop@ageuknotts.org.uk. Closing date 20th February 2012. The Crossword solution will be printed in the next edition of the magazine.

Competition

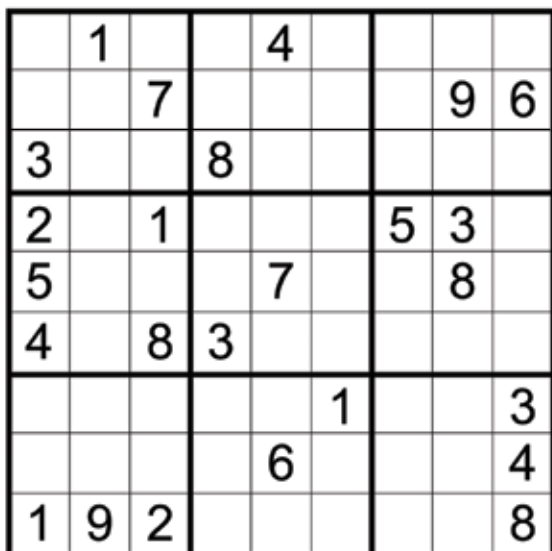
Answer this question to have a chance to win a delicious meal at Las Iguanas, Nottingham!

Q: In 'A Volunteer's Story', where did Mervena St. Louis begin volunteering for Age UK?

Send your answers, along with your name, address and phone number to Just the Tonic Magazine, Age UK Notts Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ by 20th February 2012. Conditions apply

Terms and Conditions: Las Iguanas meal to the value of £50 in vouchers, expiry date 31-05-12. Wheelgate Park passes expire 31-03-12.

Sudoku



Test your brain power with this number puzzle...

Solution to the Sudoku on page 18.

Art

Of Kitchens

New kitchen or make over...

Quality, Professional & Reliable

www.transformyourkitchen.co.uk

Call Mark at Art of Kitchens for a FREE quote on 0115 920 4473 or 07790 326161

mb landscaping services

Specialists in
Landscape Gardening

*See a display of our work at
Floralands Garden Village
Lambley Nottinghamshire*



Patios * Paths * Driveways * Turfing * Design & Planing * Fencing * Walls * Decking
Fully Insured, Professional, Reliable, Honest, Free Advice, Free Planning, Free Quotes

0115 8221870 07832 228489

www.mblandscaping.co.uk

Email: mblandscaping@btinternet.com



Delicious meals, friendly delivery

**FREE
Nationwide
Delivery**



**Meals
from only
£1.95**

Try our
taster pack
for only **£19.95**

Main Courses:

Chicken Breast
Chicken & Vegetable Pie
Roast Beef & Yorkshire Pudding
Sausage Hotpot
Shepherds Pie
Fish Mornay Mini Meal

Desserts:

Apple Pie & Custard
Lemon Sponge, Lemon Sauce
& Custard
Strawberry Flavoured Ice Cream

We deliver so much more than meals

- Fantastic range of dishes, easily cooked in the oven or microwave
- Convenient service from our friendly delivery drivers
- Quality and variety of delicious frozen meals
- Helping you maintain a balanced diet and independent lifestyle

For your **FREE** brochure, call us on

0800 773 773

To shop online visit

www.wiltshirefarmfoods.com



Please tick

Please send me a **FREE** brochure



Please send me a Taster Pack (£19.95)



Post to:

Wiltshire Farm Foods, FREEPOST Admail 3619,
Trowbridge, Wiltshire BA14 8ZY. (No stamp required)

NAME

ADDRESS

POSTCODE

TEL