

Just the Tonic

Spring 2012
Issue: 4

Inside...

Olympic Origins

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Gardening in April & May

The Best Afternoon Tea
in Nottingham

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Match
Tickets



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Welcome



Welcome to the Spring edition of Age UK Notts & Derbyshire Magazine. At last it's feeling as if Spring is finally here, as the days get longer and the sun shines that little bit more!

Our fourth edition is packed with fascinating articles, from the history of the Olympic Games to a delicious Chocolate Fudge recipe, and not forgetting all the latest news from Derbyshire & Nottinghamshire Age UK services.

Don't miss the amazing story of one lady's '£10 ticket to Australia' in our Real Life story on page 24. Take a look at the health tips on page 11 and perhaps try including more zinc in your diet. You can also find some Gardening Tips for April & May on page 17, and check out the best Afternoon Tea in Nottingham on page 16.

As usual we have some wonderful prizes on offer on our puzzles page, including a pair of CB40 Match Tickets at Notts County Cricket Club, and two theatre tickets for an upcoming performance at Mansfield Palace Theatre.

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 July.

I hope you have a brilliant Spring Season,

Best Wishes,

Sarah Dunlop

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Our inspirational person this
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has just turned 101 years old.

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key mobility

unlock the possibilities



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Olympic Origins

This Summer, the most prestigious sporting event in the entire history of the world will take place in our very own Great Britain for the first time since 1948. I don't know if you managed to get tickets? We were lucky to find ourselves the proud owners of two synchronised swimming tickets, to my delight and my husband's dismay (he would have preferred cycling or rowing). And so, in August, we will head down to the Olympic Village in Stratford, East London, to be involved in one of the oldest and most famous events in the world. But where and how did the Olympics actually begin? I decided to delve a little deeper into the history of the Games.

The exact origins of the Olympics are shrouded in myth and uncertainty. One of the most popular myths of how they began involved Heracles, the divine son of the god Zeus, who is said to have established the Olympic Games after sacking the city of Elis, to gain revenge on the King Augeas. The main purpose of the games was to bring glory and worship to the Greek gods, and was perfect for preparing men for war. It was an attractive way of getting men fit, and it held great honour for the winners, who would be crowned with not only a

wreath of Laurel leaves, but with the ongoing respect and dedication of all the people and neighbouring regions. The sporting events took place in a wooded valley of Olympia in Elis, Greece, where the Ancient Greeks built statues, temples and monuments dedicated to the god Zeus.

The most widely recognised date for the origin of the Games is 776 BC, when the only event consisted of a foot race, where

the naked male competitors would run a distance of 192 metres, thought to have been a measure of Zeus's footsteps.

This would take place in a Stadion, later called a Stadium.

In 724 BC a two-stadia event was added, which not only involved running the length of the Stadion, but back to the start again as well! Shortly after that a long distance race was introduced, and by the time the Ancient Games were fully established, they included other events such as boxing, wrestling, chariot races, the pentathlon, and even a mule race. (This was unsurprisingly less popular than its counterparts!)



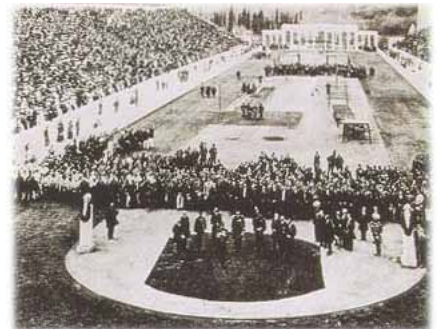
Married women were forbidden to attend the Games, but virgins were allowed to watch as they had not been soiled by sex or childbirth, and were thought to be pure enough to worship the gods. I am sure that many of these young women used the occasion to do a bit of husband spotting amongst the fittest and strongest men in the country!

The Olympics were held every four years, even in these early days, and the Greek calendar was based around this unit of time, described as an 'Olympiad', a period of four years.

The Ancient Olympic Games were played for a grand total of 1200 years before they were abolished by the Christian Roman Emperor Theodosius I in 393 AD, as part of his campaign to eliminate paganism and establish Christianity as a state religion.

It was not until the 1890s, some 1500 years later, that the Olympics were re-instated by a Frenchman called Pierre de Coubertin who set up the International Olympic Committee in 1894. The Olympic Games were then revived, in

Athens, in 1896. This photograph captures the grand opening ceremony at the Panathinaiko Stadium.



There followed a lively history of successes, failures, terrorist attacks and cancellations. One of the most dramatic successes of the Modern Olympics occurred at the 1896 Games, where 10 unofficial representatives of the United States won 9 out of 12 of the track and field events, even after turning up late! In 1936, Jesse Owens, a black American, won four gold medals to the delight of his fellow countrymen, and in 1976, Nadia Comaneci of Romania was the first to score a perfect 10.0 in Olympic Gymnastics.

The Olympics went from glory to tragedy in the Games of 1972 in Munich, when Palestinian terrorists murdered eleven Israeli athletes.

Then in 1980, more than 60 countries withdrew from the Games in Moscow following Russia's invasion of Afghanistan.

However, with some of these troublesome events now in the past, the Olympic Games still stands as one of the most famous international events in history. In 2012, athletes from 205 different countries are expected to take part in 26 Olympic sports and 20 Paralympic sports right here in London. Whether you're into Athletics, Gymnastics or Wrestling, there'll be something on the BBC's coverage to suit you! Or perhaps I might see you there at the Olympic Village in August?!



Jesse Owens receiving a gold medal after winning the long jump at the 1936 Olympics

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.

Tap Shoes for an 82nd Birthday?!



Talking of thriving in later life, I went along to Lark Hill Retirement Village to meet the lady who asked for tap shoes for her 82nd Birthday!

Lark Hill sits on a gentle hill top in Clifton, Nottingham, and is a hub of activity for its 500 or so residents. Vibrant and welcoming, the retirement village provides a wide variety of pastimes including ballroom dancing, drama, archery, sewing and tap dancing.

June Smith, one of the budding tap enthusiasts, told me how it had all come about.

'My granddaughter rang up and asked me what I wanted for my birthday, and I said,

'I'd like a pair of tap shoes please.' *'Don't be silly!'* she said, and I think she thought I was acting mad. But I said, no I'm serious, I want some tap shoes!'

When her family took her to afternoon tea in Southwell on her birthday, June was disappointed to find that there weren't any tap shoes among her presents. But then at the end of the tea, her daughter said,

Well what about these tap shoes then?!

and so they all went to a local dance shop, and much to the shop assistant's surprise, June's daughter asked her if they could fit her 82year old Mother up with a pair of tap shoes! Since then June hasn't looked back, and tap dances each week with a class of twelve.

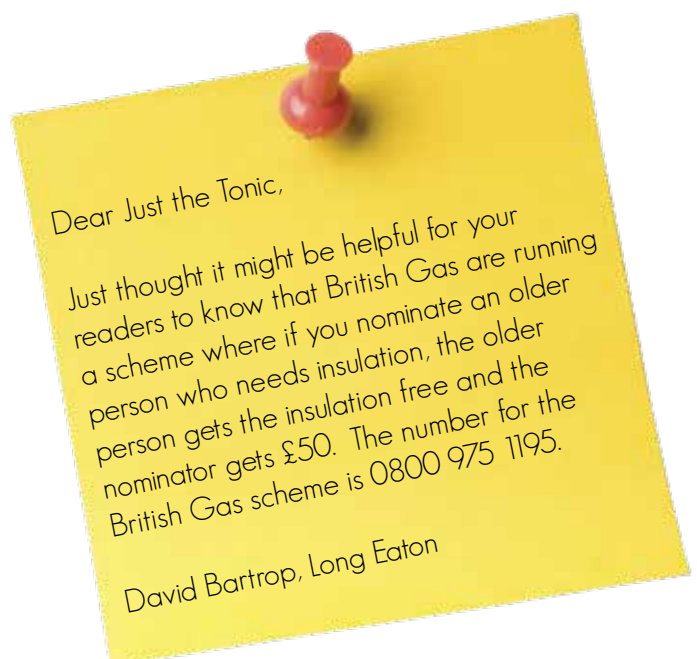
Memory Lane

I have an idea for a series for JUST THE TONIC. Why don't you ask people for their memories, memories that we can all share? Although we need to live in the present, it's quite fun to look back sometimes and share a smile with those who completely understand what we are talking about.

Here's a memory of mine:- I remember rag rugs. Does anyone else remember them? When our clothes were worn out we didn't take them to a recycling place, but recycled them ourselves. They either got torn up into dusters, or they got torn up into long thin strips. These colourful strips would be woven in and out of canvas webbing that made up a rug. Those were part of the scene of my home when I was a child.

I hope you get some more memories.

Yours sincerely,
Pat Webster, via email



Dear Just the Tonic,

Just thought it might be helpful for your readers to know that British Gas are running a scheme where if you nominate an older person who needs insulation, the older person gets the insulation free and the nominator gets £50. The number for the British Gas scheme is 0800 975 1195.

David Bartrop, Long Eaton

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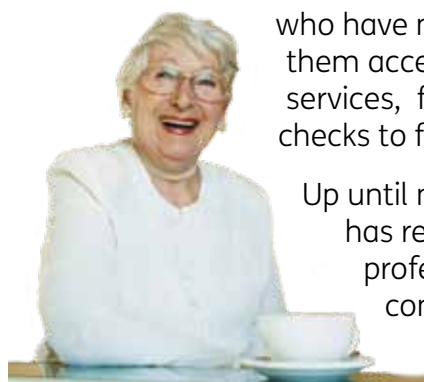
Staying Independent

Concerns about staying independent around the home are very common among those over 60. Even if you are not yet at the stage where you have experienced falls or safety issues in your home, you may be wondering how you will cope if these things do start to affect you.

Since it was launched two years ago, the Signposting Service at Age UK Notts has helped 2,000 older people to remain independent and safe in their own homes for longer. The Signposting

Team have supported those who have needed it by helping them access a wide range of services, from home safety checks to financial advice.

Up until now, the service has relied on trained professionals in the community to visit the over 60s in their own homes and



complete a simple checklist with them to signpost them on to other organisations. This is changing from April 2012 with the introduction of a trial self-referral process. If you are over 60 and live within Nottingham City boundaries and if you need help with anything mentioned above, or if you want to find out more about other services available to you then why not give us a call? Contact Judith Keegan or Wendy Dranfield on 0115 8414464 or 8414480.

If you live in Derby or Derbyshire and would like a similar service take a look at the article on page 14.

- Free home safety and security checks, including fitting free smoke alarms
- Community nursing and rehabilitation teams to help you if you are at risk of falling, or if you've already taken a fall.
- Minor adaptations around the home to help prevent falls
- Impartial advice on any financial matters including welfare benefits
- Loft and cavity wall insulation
- Help with odd jobs around the home (charged for service)

3 out of 4 over 50s could save money with Age UK Home Insurance*



For a no-obligation face-to-face quote, visit:

Age UK Local Trading Ltd
48 Upper Parliament Street
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(Open Mon to Fri 9.30am to 3.30pm)

call **0800 032 9410***

or visit

www.ageuk.org.uk/homeinsurance



Home Insurance is provided by Ageas Insurance Limited.

*Source: Premium Research – based on independent online research November 2011, 75% of over-50s could save money with Age UK Home Insurance. *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.

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Member

share good times, feel healthy

Put a spring in your step with over 40 things to do each month!

Age UK Notts 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 and 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 are dreading a lonely summer and would like to make friends to enjoy the sunshine with, please get in touch. 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.

Come and find out more at a Membership Welcome Event on 24th April, 24th May or 26th June from 10.45am-12.30pm at Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ. Do give us a call for more information on 0115 841 4473.

"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 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

HAPPY BIRTHDAY !

Business
directory

The local Age UK Business Directory is celebrating 4 years of service delivery for local older people in Nottinghamshire.

The directory helps you find traders and businesses you can trust knowing that local Age UK staff have checked them out.

If you are looking for a trader or business in Nottinghamshire or Derbyshire you can find them at www.aubd.co.uk or call us on **0800 011 4643** and we will do the searching for you.

Some of our longest serving member companies are celebrating their membership of the directory with us by supporting this advertorial

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Kee yourself in shape with our healthy eating tips for all-round well being for the over 50s.



Oily Fish

Add some fish to your weekly menu to improve your brain power and to reduce the risk of Alzheimer's. And we don't

just mean heading down to the local Chippy! Oily fish like tuna, sardines, salmon & mackerel are rich in Omega 3 and vitamin E and will keep the grey matter ticking over.

Load up with

Watercress

Watercress is a good source of iron, and easy to sprinkle over salads, main meals or soups for an extra boost of energy. Some claim it wards off lung cancer and can help with thyroid problems due to its high level of iodine.



Zinc

Foods rich in zinc include peanuts, sesame & pumpkin seeds, lean beef and good quality dark chocolate. Zinc improves stomach acid production, which helps you to absorb other nutrients. It's also good for your taste and smell, which will improve your appetite, if yours has been waning.



Prunes

Strengthen your bones by eating a few prunes each day! US researchers have found that prunes seem to slow down the rate at which bones break down.



The Decade of Better Health

helping Nottingham to get fit and healthy

Health and wellbeing in Nottingham is generally below average. Unhealthy lifestyle choices such as smoking, obesity, alcohol and low physical activity levels mean that many people in Nottingham City are suffering from ill health and are dying early from diseases such as cancer and cardiovascular disease.

In a move to improve health in Nottingham, NHS Nottingham City has developed an exciting and unique health improvement programme called 'The Decade of Better Health'. This was launched in 2010 and sets out to improve the health of the population over the next ten years by addressing the following big health challenges:

1. **Achieving a healthy weight - Nottingham needs to lose 500,000 pounds (lbs) by 2020**
2. **Reducing smoking - Nottingham needs to smoke 5 million fewer cigarettes a week**
3. **Reducing alcohol consumption - Nottingham needs to have 1,000 fewer alcohol related hospital admissions**
4. **Increasing physical activity - 28,000 of us need to be more active**
5. **Feeling better/better mental health**

The programme does this by asking people to take small steps to improve their health by making a pledge on one or more of the following five areas:

1. **Becoming more active**
2. **Achieving a healthy weight**
3. **Reducing alcohol consumption**
4. **Reducing smoking intake**
5. **Achieving a positive state of mental well being**

The 'Decade of Better Health' has achieved over 15000 pledges so far, and with 2013 bringing us the Olympics, this figure is set to rocket as they continue to work with communities and partners to plan a catalogue of fun and exciting activities designed to motivate and support people of all ages to lead happier, healthier lives.

If you are a Nottingham city resident and would like to make a health pledge or find out more about the programme and its volunteering opportunities visit www.decadeofbetterhealth.com or contact Jennifer.burton@nottinghamcity.nhs.uk 0115 8765421



Bobble Day

On Bobble Day in February, thousands of people across Derbyshire & Nottinghamshire got their woollies out to support Age UK's Spread the Warmth Campaign.

Many people dug out their silliest or most comfy woolly and donated £2 to wear it for the day. Others joined in by making their own woolly 'bobble' and wearing it as a pin badge to support the campaign.

In Derby, Councillor Philip Ingall and Cath Roff, Strategic Director for Adults, Health and Housing, started the pledges to help Derby citizens Stay Warm & Healthy by signing the Derby City Council pledge. There will soon be twenty pledges signed by many prominent people in Derby, including Derby County Footballers, DFRS and Derbyshire Constabulary. All who sign also share a tip for keeping warm!

The Stay Warm and Healthy in Derby (AGEUKDD, NHS Derby city & Derby City Council) project has helped Derby residents keep warm and healthy over the cold period. It targeted vulnerable older people by advising them on how to stay warm, safe and healthy in their homes and with practical interventions such as boiler repairs, radiator thermostats, cold alarms.

Congratulations to D. Wright who won the Competition in Issue 3, and to Mr R. Laverick who won the Crossword competition. Answers below:



Meet John

A New Age UK Derby & Derbyshire Trustee



Let me introduce myself to you. I am John Hordridge. I am 60 in June and I retired from Derby City Council in 2011. I had worked trying to understand and meet the needs of older people and I wanted to offer something from my knowledge, experience and enthusiasm during my retirement.

Partly because of my work experience and partly because I am an older person myself now, Age UK Derby & Derbyshire was my ideal choice. I didn't know how Age UK worked, so I was very grateful to the Board and to Katy Pugh and her staff for helping me and making me feel welcome.

I got every opportunity over three months to get to know Age UK and find out how I could contribute. I was impressed by the people that I met and their dedication to meeting the needs of older people. After a thorough selection process, I became a board member just before Christmas.

So here I am, at the beginning of what I believe will be a rewarding and valuable time in my life. I just want to share with you some of my hopes, as I contemplate the next few years. I hope that:

- we can play our part in helping older people to realise the full potential of Personal Budgets
- we can continue to improve opportunities for our customers to help us plan how we develop over the next ten years
- we continue to help older people in Derbyshire to get what they need to live the life they want, and contribute to the lives of others and of their community as they wish

I plan to meet as many staff and volunteers as possible during the next year.

John

Est. 41 years

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"I live on my own and I am getting a bit unsteady now, so I was interested when the Police told me about the First Contact Scheme. Through the Scheme I was referred to my local Falls Team and I now attend a weekly chair based exercise class, which is fun and I meet new people! My family say they are a lot less worried about me now they know I can ask for help if I need to." – Mrs C, aged 90

'Age UKDD got me in touch with the Live at Home scheme, which I enjoy attending and have made a new group of friends'. Mrs P aged 74



Help is at Hand

With Age UK Derby City and Derbyshire County First Contact Schemes

There are many reasons why people sometimes need a helping hand. Two First Contact Schemes are now running across Derbyshire County and in Derby City, to help you to stay safe and independent in your own home, by pointing you in the right direction towards different

services that can help. Age UK Derby & Derbyshire employ the two scheme managers and play a pivotal role in the First Contact Partnership, which brings together key partners from the statutory and voluntary sectors.

First Contact helps people access a wide range of services that they might not have even realised were on offer! Usually you would be put in touch with a First Contact Scheme through an agency like the Police, Council Staff, Age UKDD, Fire Fighters, Community Support Groups,

Social Workers etc. They would then help you to fill in a Checklist to work out what you need help with.

By filling in a First Contact Checklist, you could have help with anything from home security to healthy eating.... the list is endless. People involved in the scheme have received help with:

- Home fire safety checks
- Home security checks and crime reduction advice
- Housing advice, repairs and adaptations
- Information on community transport schemes
- Advice on healthy living
- Debt management
- Keeping Warm & Healthy
- Energy efficiency advice
- Welfare benefits advice
- Learning Partners
- Falls assessments and advice on falls prevention

- Access to community alarms
- Medical support
- Adult learning courses

Once a checklist is filled out, it is sent to a central office, where the relevant agencies are then contacted and in turn they get in touch with the person direct to offer help and support. Over the last twelve months First Contact has helped around 1250 people access the support they need across the county and city.

If you would like more information about the Derbyshire scheme please contact: Call Derbyshire Tel: 08456 058 058
If you require more information about the Derby scheme, which is not self referral, please contact 01332 642672 to find out more.
If you live in Nottingham or Nottinghamshire and would like a similar service, see the Signposting Article on page 8.

"I want to be independent but I realise now I am 89 that I may need a bit of help to do that, so I filled in a checklist when the Fire Service visited me to fit a smoke alarm. I am glad I did, I now have some aids to help me manage at home"

Mrs Y, aged 89





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The Walk

The Walk, although often vibrant with chatter and soulful music, with a distinct 1950s vibe, is a quiet retreat from the hustling streets of Nottingham City Centre. You can locate it on a little courtyard on Bridlesmith Walk (easy to get to from Fletcher Gate through a little alley way).

We were greeted and served by polite staff and chose The Walk Signature Afternoon Tea. This consisted of a small plate of sandwiches (chicken and fresh green leaves, cheese and tomato), 2 small scones with clotted cream and strawberry jam (in pots so you can decide on your own quantities!) 2 small chocolate sponge cakes and 2 raspberry cranekin. The cake selection does vary as they serve fresh cakes every day.

The quality of the bread and sandwich filling was excellent and the cakes were divine. The scones were firm and had a similar consistency to tea-cakes - which was perfect for applying liberal amounts of clotted cream as they did not crumble or break!

The food came with a glass of water and a pot of tea, with your choice of English tea, Earl Grey, camomile, peppermint and green tea, all served in nice white Walk crockery.

Afternoon tea served all day, every day :
£6.90 for Cream tea of 2 scones, clotted cream,
strawberry jam and choice of tea ; £9.50 for Light Tea;
£15.90 The Walks Signature Afternoon tea (as review)



Papplewick

Hidden amongst the picturesque cottages of old Papplewick it's easy to miss this lovely tea room. Located within Papplewick Lodge, it has high ceilings, grand fire place and beautiful décor. Small touches such as the china bells for service on each table make visiting here feel like a special treat. The tea room provides a selection of light lunches and for those wanting to indulge, delicious cream teas. This is definitely worth a visit!



The Best Afternoon Tea in Nottingham

We searched high and low for the best Afternoon Tea in Nottingham and its surrounds. Here's what we found...



Woodborough Hall

Woodborough Hall is a step above most café/restaurant eateries. It is a grade II listed Hall, set within the quiet village of Woodborough. We were served our Afternoon tea in the Orangery conservatory which was light, airy and comfortable.

The desirable location was then enriched by smartly attired, polite waiting staff offering table service. We were served a triple decker of plates, the lower being taken up by a range of sandwiches on a skewer (beef and horseradish, smoked salmon and cream cheese, cucumber and egg mayo) and the upper two plates displaying a fine selection of cakes (banana bread, lemon drizzle cake, 4 half scones, brandy snaps, chocolate cake and tiny fruit tarts). We waited around 15 minutes for the food to be served but we found it to be fresh, with moist bread, fresh fillings, delicious cakes and cold whipped cream on the not too crumbly scones – perfect!



They have a fine selection of tea here from black teas, green teas, infusions and white teas which are very refreshing. You are even given a timer to brew your tea to perfection!

The crockery and different tea-pots really makes the occasion feel authentic and special. Given the location, service, quality of the food and tea selection I really think this is great value for money and I would certainly recommend it.

There is a disabled toilet on the ground floor for anyone who struggles with steps and as long as the chef is given notice in advance, they can cater for any dietary requirement (coeliac, vegetarian etc).

**Afternoon tea served 3.00-6.00pm daily;
£10.95 per head for the standard tea, £13.95
for the loose leaf tea and add another £16.95
to make it a champagne afternoon tea.**

Gardening Tips

For April & May



Berries

If you fancy home-grown raspberries, strawberries or gooseberries for breakfast on your cereal, why not start growing them now? April is a great time to plant fruit trees and berry plants. They do best when planted in full sun. Soon you'll be reaping the benefits.

Prune, prune, prune!

April & May are the ideal months to be pruning your evergreens. If you have a Juniper, Conifer or Cypress that needs a trim, now is the time to do it! Remove all the dead or diseased wood, keeping the bare wood part of the plant intact.



Houseplants

Spring-clean your houseplants, rotating them so that each side receives the same amount of light, which will ensure a better shape and overall growth. Remove any dead flowers, leaves or branches, and any yellowing leaves. Use a water sprayer to clean any dust off the leaves, allowing the plant space to breathe.

Beware of Late Frosts!

Remember that the months of April and May are not too late for the odd frost to be forecast. Protect tender shoots and the more vulnerable plants with blankets, frost pots or even new freeze proof sprays that have recently come onto the market.

A portrait of Claire Rudkin, 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 yellow color.

FREE NO OBLIGATION GUIDE

Claire Rudkin
Solicitor and head of wills & probate

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This is why I have written you a FREE guide, without legal jargon, to explain the next steps to you clearly. Your FREE guide explains registering the death, funeral arrangements, the security of possessions and what to do if you are left with limited access to finances.

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.

A New Lease of Life

Britain's oldest man opens Age UK Derby & Derbyshire new look charity shop.

Opened in December 2011, the new look Age UK Shop in Wirksworth, Derbyshire, has been making a stir. Both staff and customers have been raving about its new attractive decor and bold and bright design.

'It's so much brighter, it looks fantastic,' enthused one customer,

'I love the colours, they are bright and cheerful and clean.' 'Best shop in Wirksworth!' another remarked, 'there has always been a lovely atmosphere in here created by the staff, but now that it is so clean and bright it's a joy to shop here and I'll certainly be telling friends to visit.'

Shoppers will now be able to browse for bargains in a clean, bright and modern space offering great choice and great prices. Shop Managers Claire Housley and Hazel Rodgers, and Martin Eaton, the Finance and Operations Manager, were all delighted with the result.

Not only has this shop received a stylish rebrand to reflect the bright colours of Age UK, with hard wood flooring, display space and new changing room, but its opening attracted attention with

the appearance of Britain's oldest man. 109 year old Reg Dean is himself a Wirksworth resident, and wholeheartedly supports the work of Age UK. Along with the Mayor, Cllr Andy Pollock, Mr Dean cut the ribbon to formally re-open the new Wirksworth Charity Shop. (pictured below)

This was the seventh Age UK Derbyshire Shop to be refurbished and rebranded. Katy Pugh said 'We hope to make all our shops a great place to work, volunteer, shop and donate in.'

Why not pay a visit to the new shop in the beautiful village of Wirksworth? (The Town Hall, 18 Market Place, Wirksworth, Derbyshire, DE4 4ET.) Or if you have any clothes or bric-a-brac that you don't need any more, why not consider donating? Contact the Shop Managers on 01629 826502 for more details. For opening hours or more information, have a look at their website at <http://www.ageuk.org.uk/derbyandderbyshire/Charity-shops/AUKDD-shops/Wirksworth1/>



A 2nd Birthday to Celebrate

The Age UK Derby Pride Park monthly coffee morning sponsored by Specsavers in the Westfield Derby celebrated its second birthday last month. The members of this popular coffee morning celebrated with a birthday cake made by @Love_Cakes of Derby and were entertained by fantastic female vocalist Kirsty Anne.

Ray Gumbley, Age UK Derby Services and Advocacy Manager, said 'it all seems like a long

time ago when we started off with just a few members. The numbers now just seem to keep growing!'

Over the last two years the coffee morning has provided a valuable resource for older people living in Derby, and offered a chance to make new friends, go on outings and take part in different activities.

The group look forward to the coming years when there are many more exciting events

planned. They know that it will continue to be a huge success with the locals and Age UK members.



Need a Hand?

If you're over 60 you may find housework chores and jobs a lot more challenging than you used to. It might be that you're finding you're not quite as steady on your feet, or perhaps you've just come out of hospital after a fall or illness. Age UK Notts Home Support Service can help!

If you need help at home, whether it's laundry, cleaning, gardening, DIY, dog walking or shopping, Age UK Notts dedicated team can pop round and give you a hand.

For a competitive hourly charge the team can provide that extra bit of help which could make all the difference. Why not give them a call on 0115 952 3509 or 01623 488219?



Here's what some satisfied customers had to say,

'I am very pleased with the standard of cleaning I get from Age UK. Nothing is too much trouble for the lady who comes to me!'

Mrs P Woodward
Bilborough

'Age UK have made an enormous difference, the lady is easy to talk to, a great support and instinctively does what you need doing, I don't know what I'd do without Age UK.'

Mrs Rice
Chilwell



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Chocolate Fudge

Ingredients

- 550g Caster sugar
- 550g Double cream
- 75g Liquid glucose (now available from most supermarkets)
- 150g Milk chocolate, melted
- 80g Dark chocolate, chopped into chunks
- Caramel curls for decoration (optional)

Top Tips

- A sugar thermometer helps you to get the temperature spot on and a great texture.
- When you add the dark chocolate, small chunks will melt into the mixture and it will be a little marbled, larger chunks will stay as pieces in the mixture.
- Try to get the mixture into the lined tin as quickly as possible before it starts to set.
- This is best stored at room temperature in an airtight container and will last for a couple of weeks.



Method

1. Put the caster sugar, double cream and liquid glucose in a large pan.
2. Slowly heat the ingredients together, stirring continually, until the sugar melts. Once melted bring to the boil and heat until it reaches 118C. (This takes a while and it bubbles up and expands a lot).
3. Take off the heat and add in the melted milk chocolate, mix really well but be careful as it is very hot.
4. Allow the mixture to cool a little then add in the dark chocolate chunks.
5. Once mixed, pour into a 22cm square non-stick tin.
6. Leave the fudge overnight to set at room temperature then carefully turn out and cut into squares.
7. The recipe makes around 60 pieces of fudge.

Recipe submitted by Judith Bagguley, Bestwood Village.
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

£10 Ticket to Australia

Soon after the Second World War, many Britons were sold the Australian Dream, and promised a new glamorous life in the sun, for the bargain price of £10! With a population of only 7 million Australia was concerned about its dwindling economy and vulnerability to attack from other nations. In 1947 Australia's first Minister of Immigration, Arthur Calwell, initiated the biggest migration scheme of the 20th Century.

In return for safe passage to Australia, migrants paid up their £10 and were expected to stay down under for at least two years. If they returned sooner they had to pay the Australian government back £120, the cost of the outward bound journey.

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The Orient Steam Navigation Company liner SS Orontes in Tilbury Docks circa 1957 shortly before sailing to Sydney carrying migrants on the assisted passage scheme.

Many Britons jumped on the scheme, in fact, over 400,000 signed up just in the first year of the project. But reality did not always meet the expectations of these sun seeking Brits. Life in Australia wasn't like the glossy images of luxurious lifestyle that had been publicised back in Britain.

Cynthia Robinson, 87, from Mansfield, Nottingham, lived in Australia from 1950 to 1955. Her husband Bill, who she met over there in 1950, had come to Oz on a ten pound ticket. She describes her first impressions of the wheat belt in Western Australia.

'When I got out of the train there was nothing but sheep and wheat...Wheat and sheep! And red dust. I'll never ever forget the sight of it! And the farmer came to meet me, saying 'Gooday' or something'.

After the couple were married they rented an Australian wooden bungalow, for 12 shillings a week. Cynthia recalls,

'there was no electricity, no running water, no toilet, don't forget there was no air conditioning in those days, but we managed.'

Originally a teacher, Cynthia moved to Australia looking for work and a new adventure. It was on a farm in the Bush that she met Bill. Soon after they met, the local school closed down, as there were only 12 pupils, and the couple had a choice:

'As we were the only pommies there, it was a question of either going into the town & starting a new job, coming home, or getting married. We chose to get married!'

Most Australians travelled to the big cities to get married, and so it was many of the local children's first wedding, and the first time they'd seen a bride in white. Cynthia recollects the day,

'We had a wonderful day, it was 100 degrees in the shade, and about 200 people came and all brought their own food, and we went for a honeymoon to Bunbury.'



The Wedding of Cynthia & William Robinson on December 15th 1951 at Merredin Church, Western Australia.

Cynthia's main memory of Australia was the heat: *'The heat. Jiminy Cricket, the heat! As soon as the sun came up we shut everything up. We were in a bungalow, we had to be careful of the snakes and lizards underneath, but by the evening there was this delicious breeze that came in from the coast, and it was what we lived for!'*

Cynthia & Bill lived in Western Australia for five years before returning to Britain to settle in Mansfield in 1955. Cynthia says

'I came to Australia on my own, and come back with a husband and a child!'

Many other British Migrants returned to Britain after the two years were up. They became disillusioned with the lifestyle, poor conditions, and hostels that they were put up in when they arrived. In all, 250,000 returned home to Britain. However, many of this number soon realised that they'd made the wrong decision, and headed back to Australia after a short time at home. They are described as the Boomerang Poms!

There are a number of famous Ten Pound Poms, as they are called, including the current Prime Minister of Australia, Julia Gillard, who migrated to Australia in 1966 as a young child. Many £10 Ticket migrants went on to find a wonderful lifestyle down under, and others had incredible experiences that they will never forget, including Cynthia Robinson. All in all, the £10 Ticket Scheme played an enormous part in making Australia what it is today.



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Inspirational People

As part of his job for Age UK, 66 year old Reg Courtney would drive around Nottingham to pick up some of the day guests bound for the Sybil Levin Centre in Nottingham. One day in September 2011, Reg was given a heads up by his colleague about a certain gentleman that he was about to meet.

'You'll be surprised,' she whispered, 'he's 101 years old, but only looks about 70!'



As Sam Barker approached the bus, Reg took in his tall, commanding appearance, with a shock of white hair, no glasses and no walking stick. Reg explained, *'his manner made an impression on me there and then. I just thought, 'wow!'* During their journeys to and from the Sybil Levin Centre, the gentlemen struck up a firm friendship, and Sam started to recount his life story and experiences in the Second World War.

Sam was called up to serve his country in late 1939. He joined the 35th Light Ack-Ack and eventually was posted abroad to Borneo. But not in a straight line. As Sam said he went on an unofficial world cruise! After many months they arrived in Sarawak, where he and his comrades were taken prisoner by the Japanese. He spent three and a half years as a prisoner of war, suffering terrible treatment at the hands of his captors. They were only given a small ration of rice every day, and this stalwart man of 6ft went down to a weight of only 8 stone.

Sam said he was living off his wits every day, thinking of his precious family back at home. It was the only thing that could get him through.

Sam's awful memories of this time were difficult to forget. He lost a lot of good friends, and had all his teeth smashed out by a sadistic guard with the butt of his rifle.

Finally, on 11th September 1945 his Prisoner of War Camp was liberated by the Canadians and Australians. In total, 1,392 P.O.W's: 395 male civilians and 237 women and children were freed. It turned out to be not one moment too late. Soon afterwards, they found some papers belonging to the Japanese stating that the whole of this prison camp was due to be eliminated on 15th September 1945, only four days after they were liberated. These war ravaged people were freed just in time. The Japanese commandant colonel Tatsui Suga who was responsible for these atrocities handed over his sword to the Allies and was taken away for trial, but committed hari-kari before they were able to bring him to justice.

Sam returned home after five years to find his son Michael now seven years old and rather more grown up than when he had left him at age two. They had a lot of catching up to do! But understandably, Sam would never talk about his time away until many years later.

What he went through would alter his perception of life forever.

So now, at 101 years old, Sam still lives in the same house that he and his wife Nancy moved into when they got married in 1934. He goes to the Sybil Levin centre twice a week where he plays a very active role in all the activities, playing chess and bingo regularly with a close circle of friends.

If you know of any inspirational people that deserve a mention in 'Just the Tonic' magazine, why not write in and let us know about them? If you would like to find out more about the Sybil Levin Centre that Sam attends, give them a call on 0115 9780011.

Many thanks go to Michael, Sam's son, and Reg Courtney who have provided much of the detail for this article.

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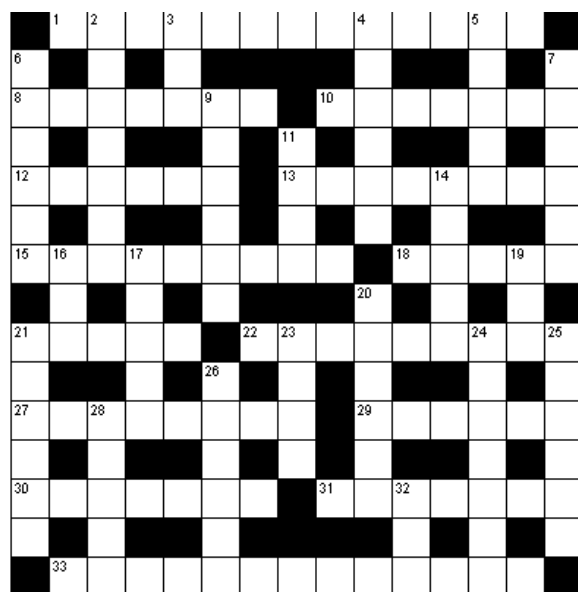


INVESTOR IN PEOPLE



Puzzles

Try your hand at these puzzles and win prizes



Crossword

Across

1. An inexact result (13)
8. Chatter (7)
10. Pleasure ride (7)
12. Family members (6)
13. Resume (8)
15. Toward the south (9)
18. Very small island (5)
21. Smith's block (5)
22. Mishaps (9)
27. Practise (8)
29. Treated with salt (6)
30. Submerging (7)
31. Trumpet flourish (7)
33. Sympathetic (6-7)

Down

2. Highland (7)
3. Decay (3)
4. Quantity (6)
5. Pungent bulb (5)
6. Uses money (6)
7. Freshest (6)
9. Reduce (6)
11. Kilocalorie (4)
14. Point in question (5)
16. Possess (3)
17. Two times (5)
19. Consume (3)
20. Midday nap (6)
21. Take into custody (6)
23. Cook (4)
24. Lunatic (7)
25. Abrupt (6)
26. Citrus fruit (6)
28. Pivot (5)
32. And not (3)

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 a pair of CB40 Match Tickets for Notts County Cricket Club. Or email your answers to sarah.dunlop@ageuknotts.org.uk. Closing date 21st May 2012. The Crossword solution will be printed in the next edition of the magazine.

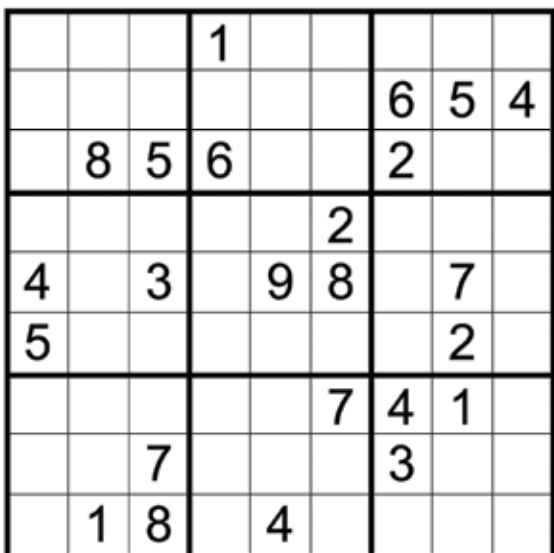
Competition

Answer this question to have a chance to win a two tickets for 'There will Always be an England' at Mansfield Palace Theatre! Q: In '£10 Ticket to Australia', for how many years did Cynthia Robinson live in Australia?

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 21st May 2012. Conditions apply

Terms and Conditions: Theatre Tickets are valid for the performance on 13th June 2012 at 2.30pm only. They cannot be exchanged for cash or transferred to another show. Cricket Tickets only valid for one CB40 match in 2012 at Trent Bridge. Tickets do not allow entry to a CB40 Semi-Finals match.

Sudoku



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