

Just the Tonic

Summer 2012
Issue: 5

Inside...

Rosemary Conley's Secrets of Staying Young
The Making of Stilton Cheese
Guide to Dating in Later Life
Our top 3 Summer Reads

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Welcome

Welcome to the Summer edition of Age UK Notts & Derbyshire Magazine, if we can call it Summer!? I recently saw a photo of a sign that some of the London Underground Staff had written at a tube station. It said

'Thought for Today: In the Bible it rained for 40 days, they called it a disaster. In England we call it 'Summer'. But even if the weather is a bit changeable, at least we have plenty of entertaining articles for you in 'Just the Tonic' this Summer!

We've lined up some not-to-be-missed articles, including an exclusive interview with the fitness guru and 'Dancing on Ice' star Rosemary Conley, where we pick her brains on how she can look so young at the age of 65! (Pgs 4-5) On pg 16 we take a look at the making of Blue Stilton Cheese, which, would you believe, is only allowed to be produced in Nottinghamshire, Derbyshire or Leicestershire. Then we have a whole range of articles about the latest news from Age UK Derbyshire & Nottinghamshire, as well as the best summer reads (pg 8) and a Guide to Dating in later life (pg 11).

With the Olympics just around the corner, we have some sporty prizes in store on the puzzles page, including a Nottingham Forest Goodie Bag, complete with signed photos and kit, and a Fourball Golf Voucher. (Pg 30)

Thank you to those of you who wrote in to the Magazine, particularly those who contributed poems this month, they were all very welcome. We look forward to hearing more from you for our next edition in October.

Have a wonderful Summer,
Best wishes,

Sarah Dunlop



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Rosemary Conley

Secrets of Staying Young

Rosemary Conley, the Dancing on Ice Star and fitness guru, who became famous in the 80's through her bestselling book 'The Hip and Thigh Diet', speaks to 'Just the Tonic' about fitness, dieting and the secrets to staying youthful.

How did you start getting interested in fitness and begin your fitness empire?

I first became interested in fitness after I had started a Slimming and Good Grooming Club in Leicestershire in 1971. In the 1970's Jane Fonda introduced aerobics and by the late 70's we started incorporating exercise into our own classes. The realisation that if we wanted to lose weight it was important that we became as active as possible became clear. Staying active at the same time as watching how many calories we eat. If we can exercise alongside our dieting regime we are likely to lose weight much faster and our body will tone up at the same time.



Tell us more about your latest book, 'The Secrets of Staying Young'... and what is your secret to looking so young at 65?!

The Secrets of Staying Young book was written in 2011 to share the experiences that I had learned over the years working with make-up artists and other health and fitness professionals. I enjoyed putting together chapters that covered how to apply make-up, look after your skin, how to exercise for different body shapes, how to lose unwanted weight and how to tone up your figure in later years.

I am not a great fan of cosmetic surgery but I am an avid user of a product called Facial Flex. It is an exercising gadget that you place in your mouth and you use the corners of your mouth to squeeze the bands which are fixed to the centre of the gadget. The movement of squeezing the two ends together against the resistance of the rubber bands exercises around 30 muscles from the cheeks down to the chest. It helps to lift and prevent jowls, tone up a double chin and prevent a crinkly cleavage. It really does work and I make sure that I use mine every day. It only takes a couple of minutes but it is incredibly effective. People can buy it through our website, www.rosemaryconley.com.

You recently impressed the general public with your appearance in the TV show 'Dancing on Ice'. Tell us more about your experience.

Being selected to be part of the 2012 Dancing on Ice series was one of the greatest highlights of my career! I had never been on the ice until I first auditioned for the programme just before my 60th birthday in 2006. I had a break from ice skating then for two and a half years while I completed my two outstanding fitness videos that I was contracted to record for Universal. After they were recorded I went back to having skating lessons and auditioned twice more for the Show without success, but, in 2011 they rang me up and said I had been selected. I was so excited and had the most wonderful experience of my life. I was allocated International Professional Ice Skater, Mark Hanretty who lives in Nottinghamshire, as my professional partner. He is a world-class coach as well as the most beautiful ice skater I have ever seen. I was very privileged to have Mark as my partner and we thoroughly enjoyed learning the routines week after week for the six weeks I was able to stay in the programme. I don't think I have

ever been so fit as I was doing all that practise – we were skating for about 3 to 4 hours a day, 6 days a week! Mark was incredibly strong and I never worried that he would ever drop me doing some of those amazing lifts. They were fun to do and I loved the whole package that came with the programme – the sparkly costumes, the glitz and glamour and the camaraderie between the rest of the celebrities.

Do you have any exercise or dieting tips for our readers?

When we are over 60 we need to be careful to eat a little less than we did when we were younger. My golden rules are to eat three meals a day and not eat any high fat snacks between meals so I never eat biscuits or cakes. If I am really hungry I will have a small piece of fruit but the rest of the time it is strictly food at mealtimes. I drink a small amount of alcohol – usually white wine – and I exercise by walking the dogs for about 30 minutes every day. I also teach 2 classes a week and I have an ice skating lesson for one and a half hours a week at the National Ice Centre in Nottingham. It is really important as we get older that we exercise regularly and we are able to keep our weight down to a healthy level. Carrying excess weight around with us is really bad for our health and makes life much too exhausting. If you are able to keep your weight down and exercise regularly it is amazing how much energy you can have. Also, by eating healthy food which is low in fat you are able to maximise your nutrition without loading it with unnecessary calories. Fat has twice as many calories as carbohydrate or protein so if we cut out fat we cut out a load of calories that make us fat. Now that I am 65 I don't worry about getting old. I don't feel any older than I did when I was 50 so providing I stay fit and healthy, eat healthily and keep doing what I love doing I do not fear getting old. I want to be still doing what I do now when I am 80!

What do you get up to in your free time?

I love ice skating, I love walking the dogs, organising things for the charity that I support – Steps Conductive Education (www.stepscentre.org) which is a school for children with cerebral palsy, Down's Syndrome and other motor disabilities.

Inspired by Rosemary's dedication to fitness? Even if you can make one change for a healthier lifestyle, it's well worth it. Check out Notts County Football Club's Nutrition Guide on page 28 for some ideas.

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.

Now that You are Eighty

You are younger than most of us
But older than some,
You will still be the youngest
For some years to come.

Although you are eighty
There's life in you yet
You'll still be the youngest
Of our little set.

But don't get too cocky
You're still in old age,
Just smile and be glad
That you've got to this stage.

Anne Smith

This month we seemed
to have been inundated
with poetry! Why not try
your hand at rhyme &
verse and send in your
efforts?



In Your Darkest Hour

When you lose the one you love
And your life is full of despair.
Your heart feels painful and
heavy; the house seems empty
and bare.

The things you've both cherished
surround you, but they've lost
their loving appeal.

Your friends gather round to
console you, but everything
seems so unreal.

Reach your hands out for the
Lord Jesus. Ask him for strength
to go on.

He'll help you accept the disaster
and remember the past, which
has gone.

For memories can always be
treasured, eventually recalled
without pain.

The love that you had, the
laughter you shared, with Jesus
relive it again.

He'll help you through darkest
December, through cold January
and February snow.

Then Spring is just round the
corner, and time really does heal
you know.

You'll never forget the heartache,
but a new life you'll learn to
accept.

God may take away a treasure,
but he always replaces the
debt.

Freda Ingall

This poem was written for
the husband of a friend of the
author, who died in a road
accident.

My Whole Life Story

Colin Harrison, local
Nottinghamshire over-60-
something, has penned his life
story under the pseudonym,
Robin James Hampton. In his
words, this *'frank and explicit
life story will definitely make you
laugh, undoubtedly make you cry
and will surely make you ask WH
Y?'*

Here's an extract:

*'The toilet is worth further
mention in order to give you
a better picture of how much
things have changed. The cistern
was above your head with a long
rusty chain hanging down to
flush the thing. When you did so,
it made a noise like an airplane
dropping into the sea. The walls
of the toilet were painted with
something called distemper
which used to come off the
wall as a powder. If you leaned
against the wall you came out
looking like the Snow man.'*

If you would like to read more of
Colin's story, it is downloadable
from Amazon Kindle Books.
Search for 'My Whole Life Story'.



English Blessings

May your home be filled with laughter
May your pockets be filled with gold
And may you have all the happiness
Your English heart can hold!

May the roof above us never fall in,
and may your friends gathered below
never fall out!

May you have warm words on a cold evening
A full moon on a dark night
and the road downhill all the way to your door.

Diana Hartshorne.

Raining

Pouring with rain
Drivers rushing about
People walking with heads bowed down
Nobody looking where they are going
Trying to get to who knows where
As fast as they can
All going the same way
Getting in each other's way
Just going nowhere as fast as they can.

Brian Chadwick

The Best Afternoon Tea?

Dear Age UK,
In the Spring Edition of Just the Tonic, The Best Afternoon Tea in Nottingham was featured, but, one venue was missing. The Elwes Arms, Oakdale Rd, Carlton, Nottingham. Becky and the staff work very hard to make this a lovely afternoon tea, all served with pristine white table linen, a very friendly atmosphere, and a lovely traditional English tea-time.

If you do not wish to go far, fuel prices being so high, please, do try this: Tea Time Treat, cost £5.50. Telephone for bookings 0115 9871280.

Yours sincerely,
Mrs Janet Clarkson,
via mail.



Dear Janet,

Thank you so much for writing in response to our 'Afternoon Tea' article. I am glad that you've highlighted another fantastic Afternoon Tea venue for our readers to visit.

Just The Tonic



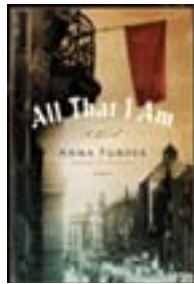
All Bran

Dear Just the Tonic,

I find I need All Bran to function normally but have found it prohibitively expensive at nearly £3 a box, lasting just over a week. I rang up Heage Windmill who sell loose bran, and I went along to collect half of a 25kg sack of loose bran for £10 which lasts about 6 months. Heage Winmill, Chesterfield Road, Heage, Belper, Derbyshire. DE56 2BH. Tel. 01773 853579. Open Sat, Sun & Bank Holidays, 11am-4pm.

David Bartrop, Long Eaton.

BOOKS



All That I Am

Anna Funder

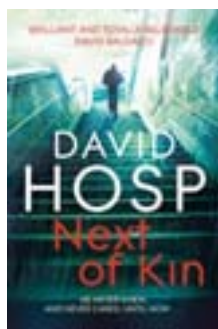
When a parcel gets pushed through Ruth Wiseman's front door, she finds herself drawn back to her life in 1930s Germany as she and her friends run from the Nazis. Described as 'Spell-binding' by the Sunday Telegraph, this novel is a masterful and inspirational account of life in war torn Berlin. (Viking, £8.99)



Yesterday's Sun

Amanda Brooke

Newly-weds Holly & Tom move to a picturesque English village to start their married life. But when Holly discovers a moondial in the gardens, she is faced with a serious dilemma. The dial allows her to look into their future, showing Tom cradling a baby, mourning the death of Holly in childbirth. Should Holly choose not to get pregnant to save her own life, or give her husband what he longs for, a precious daughter? (Harper, £7.99)



Next of Kin

David Hosp

A John Grisham style thriller that will have you on the edge of your seat! A Boston Attorney puts his reputation on the line as he agrees to defend the son of a notorious mobster, as he fights to discover who murdered the mother he never knew. The case reveals a web of deceit, murder and intrigue. (Pan, £7.99)

THEATRE



Starlight Express

Royal Concert Hall
Nottingham
21st August to
1st September 2012
Andrew Lloyd Webber's
well-loved and long

running musical, Starlight Express, is a must-see! With all the cast on roller skates, they dazzle their way through this futuristic love story in style. Definitely worth taking the grandchildren to this family show.

ART

Kubin

Visit the Nottingham Contemporary to view the works of Illustrator Alfred Kubin, who worked in a surrealist style in the early 1900s. He lived and worked in Austria, and echoes of his traumatic and tortured life are still evident throughout his work. His exquisite, haunting drawings will be displayed at the Contemporary from 21st July to 30th October.



Sea Fever

Inspired by Joseph Wright's painting 'A Grotto in the Gulf of Salerno, Moonlight' 1780, children from five Derby Schools

have created sea-themed art and poetry which will be displayed at Derby Museum this Summer. Their exhibition is awash with ships, shoals, sea creatures and salty sea dogs! The exhibition runs from 2 June to 4 November.

Labour of Love

at The Beetroot Tree Gallery,
Draycott:
28 July to 9
Sept 2012.

Accompanying the embroidered portrait panels by Aran Illingworth is a selling exhibition celebrating the art forms created by women in poverty in Northern India - raising the profile of what are often under-valued activities via colourful, embroidered, dyed and embellished textiles and clothing. The Beetroot Tree Gallery, Draycott, Derbyshire DE72 3PP. Open Daily 10am-5pm, entry free.



Art & Craft Festival & Musical Entertainment 2012

Back for another year, this popular festival organised by Age UK & Age Concerns in Nottingham and Nottinghamshire showcases the talents of local over 55's with a variety of categories including needlework, painting, woodwork and card making. Anyone is welcome to view the exhibition, although you must be over 55 to enter! Why not make a day of it, and enjoy the musical entertainment held in the afternoon as well as the morning's gallery exhibits?

16th August, at the Belgrave Rooms, Goldsmith St, Nottingham, 11.00am - 3.30pm. To receive an entry form, please write to: Festival Organisers, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham. NG1 4FQ. Or phone Linda Taylor on 0115 8414468.



You have two reasons to celebrate on 1st October 2012...

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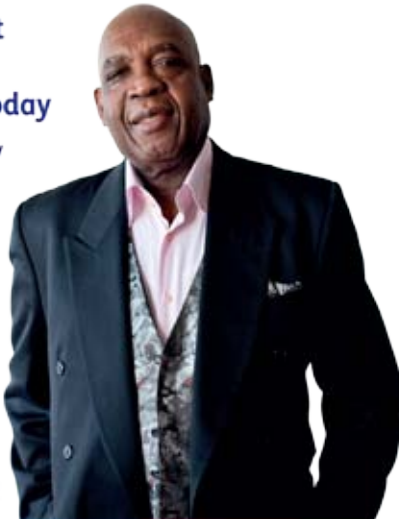
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Dating Guide

Looking for love, companionship, or just someone to take you out to the theatre occasionally? It's not unusual to find yourself feeling rather lonely in later life, especially if you've suffered a bereavement or you've decided to separate or get divorced from your partner. It can be very daunting to take that first step back into the dating game, particularly if you haven't been in that situation for many years!

Here's our guide to getting back into the dating game...

Make sure you're ready

Don't jump into dating too quickly. Give yourself time to work through what's happened...If you've suffered bereavement, make sure that you have come to terms with the loss and worked through your grief. Once you have had the time to process everything you'll be back on your feet and in a much better place for a new relationship.

Get out and about!

Once you're ready to start something new, make sure you get out and about! Go out with friends, sign up for activities or interest groups. Don't overlook those potential suitors in your current friendship groups, often there'll be someone right under your nose that you'd not considered before, who might already be a good friend.

Why not try online?

Online dating has changed dramatically over the last 5 years. It's now a popular, mainstream way of meeting people. Just remember to meet in a public cafe or bar where there are lots of people around, and let your friends know where you're going.

Keep going

Don't worry if it takes a while to find the right partner. Enjoy the search! Dating in later life can be a freeing experience, as you don't have to worry about the same things as you did when you were younger. Just look for someone who you can have fun with!



An Age UK Notts Member's Story



an hour could seem like a day. And at weekends, particularly on a Sunday, it was horrendous.'

So the Membership Sunday Luncheon group was a like a lifeline...

'I owe so much to Age UK Notts in so many ways, because once a month, I had company, and I made new friends'.

As Brenda became more involved, she started going to a few coffee mornings, coach trips, attended organised walks, and even took dancing

lessons! About two years after Brenda had started going to Membership events, the lady who led the Walks, who was in her 80s, decided to put down her boots. At a big meeting, they asked if anyone would be willing to take over. Nobody put their hands up, but after a pause, Brenda volunteered to take them on, saying,

'look I'm passionate about walking, I'm passionate about my city, I'm passionate about my country, and I love people. I'll give it a try.'

Brenda has now been leading Membership walks for 5 years, and believes it has given her a new confidence, observational skills and an increased love for the outdoors.

As an Ambassador for Age UK Notts, Brenda often stands at the front of various meetings and addresses those in their later life. Often people look at this confident lady at the front, and assume that she's always been confident and self-assured.

Brenda says,

'So I say to people, I know what it's like. Don't think it's easy for me because it's not. I've got fibromyalgia, I have chronic fatigue, and it has not always been easy. But Age UK Notts are there for you, they've got this wonderful social group, Membership, and they've got people there to help and make you feel welcome. Did you know that when you make that first tentative step and you're gonna feel nervous and everything, but then suddenly your whole world opens up. You make new friends, you find new interests. Your confidence builds up. Life's not so scary anymore.'

'When I got the Age UK magazine I knew instantly that it said, in great big letters, 'HOPE'. There was no question in my mind. This was my route into making a new life for myself. And I had no doubt that it was going to change my life, but I didn't know that it was going to change my life in ways that I would never have ever believed.'

Brenda Conway, aged 70, became involved with Age UK Notts Membership 8 years ago, when her husband passed away from cancer. She was at the City Hospital, visiting him, when she noticed an old notice about Age UK Notts on a noticeboard in the corridor. Brenda explained,

'I knew that I needed friends in order to cope; I knew that if I didn't get friends I would drop into deep depression.'

Brenda spent the winter after her husband's death clearing out the attic, keeping herself busy, but when she did stop, she experienced intense loneliness.

She said, *'I didn't know that*

Age UK Notts Membership exists to help people make friends and enjoy a fulfilled social life. With over 80 things to do a month there is something for everyone, including; dancing, walks, special interest groups, trips and holidays, coffee mornings and lunches, arts and crafts, bowling, darts and lots more. Members also have access to a broad range of deals and discounts including exclusive offers at local restaurants and places of interests, and money off supermarkets to name a few. From just 50p per week, anybody aged 18 or over living in Nottingham or Nottinghamshire is welcome to become a member by calling 0115 841 4472. Or come along and find out more at one of our informal Welcome Events at Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ from 11am to 12.15 on 31 July, 28 August and 25 September.

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WILKINSON'S LUNCH

Back in February many local older people were treated to a slap up three course meal at a glamorous lunch event, hosted by Wilkinsons.

Last year, popular high street store Wilko's, based in Worksop, chose Age UK to be their charity of the year 2011/12, and spent the year campaigning to raise awareness for the charity. This special lunch event was completely free of charge, a generous treat for many older people connected to Age UK Notts.

The guests were transported to the John Fretwell Centre, Mansfield, via coach, and on arrival escorted to

a rather sumptuous marquee-like hall, swathed in white & black material, covered with tiny lights to look like stars.

As well as the 130 attendees from Age UK Notts, others had travelled all the way from Rotherham and Doncaster to be at the event.

After being shown to their seats by the ever-helpful Wilkinson's staff and volunteers, the guests

then enjoyed a delicious three course meal, which included a soup starter, classic roast turkey main, and an apple and toffee crumble for dessert. After lunch entertainment included a performance from a talented local singer, Michael Buble-style!

And if that wasn't enough, each guest was treated to a luxury goodie-bag as they left, containing chocolates and bath salts. Age UK Notts would like to thank Wilkinsons for all their hard work and efforts to put on such a wonderful event.



The Latest news from Age UK Derby...

Gay Friends

If you're gay or bisexual and an older man looking for social activities in the afternoon then why not contact our Reach Out Plus group in Derby and make new friends. The group meet once a fortnight on a Wednesday afternoon in a central location close to the Derby bus station between 1-3pm.



Technological Times

Are you struggling to get on with your computer or laptop? If you feel your question might be stupid or too simple to ask then the Age UK Derby and Derbyshire 50+ Wellbeing Centre in the Eagle Market might just have the answer. Every Monday from 10.30am-3pm we have a trained IT student who is waiting to help you with your questions free of charge.

For more information about any of the above, contact Age UK Derby's 50+ Wellbeing Centre on 01332 347893 or 343232.

Benefits checks

Summer is here! For those over pension age, it's time to check if you can claim any extra benefits. Age UK has produced a guide called 'More Money In Your Pocket'. This contains full details of all benefits available to people over state pension age. Our Information & Advice Service enabled people to claim £1,562,115.17 of extra benefits between Apr 2011 & Mar 2012. Contact our Information and Advice Officers for a copy, on 01773 768240.

We are also able to offer a free postal, confidential benefit check at our Heanor Office. Please ring and we can post you out a pack. If you live in Nottingham or Nottinghamshire, ring 0115 844 0011 for a pack.



Police Surgery

A new Police Surgery for older people is being held at the Age UK Derby and Derbyshire 50+ Wellbeing Centre. Monday mornings once a fortnight an officer from Derbyshire Constabulary is on hand at the centre to provide advice, information and to chat with older people regarding any issues or problems that they might like to talk about.



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The Heart of Blue Stilton

A look at the production of the ever-popular Nottinghamshire blue veined cheese.

Just as Champagne is synonymous with the Champany region of France, so Blue Stilton Cheese is inextricably tied to the three counties of Nottinghamshire, Derbyshire and Leicestershire.

Colston Bassett, a sleepy Nottinghamshire village nestled in the Vale of Belvoir, has been producing Blue Stilton for hundreds of years. Originally, cheese was produced by farmers' wives in their kitchens or bath tubs, and it is said that Stilton was born quite by accident, when some mould from a horse's harness got itself into some maturing cheese! A seasonal occupation, cheese making was most common in the months between April and September when the cows produced excess milk.

The Dairy in Colston Bassett has been going strong since 1913, and prides itself on its quality production of the world famous Blue Stilton cheese. *'We operate on the ethos that quality matters more than quantity'*, says site manager Billy Kevan, who is only the fourth dairy manager in charge of Blue Stilton making since the Dairy began.

16 gallons of milk is needed to make one block of cheese

Business in Colston Bassett is thriving, with around 400 tons of traditional hand-made cheese being sold across the UK, and about a fifth of this exported across the world as far as Australia! Has the double dip recession hit the industry? Billy remarks,

'It's swings and round-a-bouts for the higher end of the cheese market, if food lovers can't afford to eat out they often buy quality food (like Stilton) to eat at home with friends'

Even if the wholesalers or restaurants are hard hit by lack of customers, these same customers will still get hold of the cheese at select M&S or Waitrose stores, so Colston Bassett seem to have covered both sides of the market.

Only using milk from local farms, Colston Bassett's Blue Stilton is a truly locally sourced and hand made product, and as such, attracts high end customers. You might come across a delicious piece of Colston Bassett stilton in your local M&S, or even in your favourite restaurant. Or you could make the drive into this delightful village to pay a visit to their cheese shop where you can get the quality cheese straight from the makers.

It takes around 16 gallons of milk to make one whole Stilton Cheese! Mould spores, lactic acid-forming bacteria and an enzyme are added to whole unstandardised milk. The cheese goes through a technical and lengthy process including hand ladling the curds so as not to damage the delicate texture and oxygen being introduced at a specific stage of development to cause the blue mould to grow on demand. This

369 tons of blue stilton is produced per year

is where its unique veins and creamy texture come from. The whole process takes a lengthy 12 weeks and the only waste product is whey which is still fed to pigs as in days gone by.

So why is Blue Stilton production flourishing here in Nottinghamshire, and not in the tiny village called 'Stilton' in Cambridgeshire, its name-sake? Evidence suggests that cheese was produced in the village of Stilton and probably adopted the name of the village,

'Every dairy farming community had cheese making, including the village of Stilton. It doesn't necessarily mean it was a Blue cheese called Stilton. In fact the historical recipe unearthed would suggest the cheese made in the village of Stilton was a parmesan type cheese not an unpressed Blue Stilton type cheese,' commented Billy Kevan.

In 1996 the Blue Stilton producing Dairies in Nottinghamshire, Derbyshire and Leicestershire

applied for and received Protected Geographical Status. This means that any Blue veined cheese produced outside of these areas can't claim the name Blue Stilton, despite the recent claims from the village of Stilton that it was actually the first place to produce it. The debate rages on! Meanwhile, the 23 full time members of staff at Colston Bassett Dairy will continue to work hard to produce this famous local cheese to the benefit of all of the area's residents.



Stanton in Peak Open Gardens

S Stanton in Peak, a small hillside village in the heart of the Peak District, held its fourth annual Open Gardens event on the 19th and 20th May this year, with Age UK Derby and Derbyshire's Befriending Service as the charity selected as its key beneficiary. Although the unseasonal temperatures deterred some visitors on the Saturday, over 500 visitors popped in throughout the weekend, and judging from the comments received, a good time was had by all!

Twenty-five gardens were open to the public, many selling local produce, hand-made pottery and jewellery, homemade cakes, breads and jams. There was a second hand book stall, and unsold books were collected by Age UK Derby & Derbyshire for sale in their shops at the end of the weekend. A collection of classic cars was on display, and a children's art competition entitled 'My Fantasy Garden' at the village school, along with a photography display were added

attractions.

Hot tea and homemade cakes were a popular attraction in the village hall, and one garden even offered hot Pimms as a reward for a steep up-hill climb! For the less active, there was a community transport bus providing free transport throughout the weekend up and down the hillside.

Age UK Derby & Derbyshire had a stall on the village green, giving out information about the befriending service, and many thanks go to the volunteers and staff who gave up their weekend to talk to members of the public about their services.

The village selected the Befriending Service as the beneficiary of the fund raising because befriending can make all the difference between just managing to get by, and enjoying life, for older people living in the community who are isolated, vulnerable or lonely. A regular befriending visit gives an opportunity to chat, express worries, share a joke, or reminisce with someone who is happy to listen and talk. Age UK Derby & Derbyshire offers this service in the High Peak, Derbyshire Dales and Glossop.

Stanton village was very pleased to provide much needed funds to the befriending service through its Open Gardens weekend, in such wonderful surroundings, and who knows, this might lead to other events across the county in the future.



Are you in denial?

A gentleman was wondering if his wife had a hearing problem. So one night, he stood behind her while she was sitting in her lounge chair.

He spoke softly to her,

“Honey, can you hear me?”

There was no response.

He moved a little closer and said again,

“Honey, can you hear me?”

Still, there was no response.

Finally he moved right behind her and said,

“Honey, can you hear me?”

She replied,

“For the third time, Yes!”

All jokes aside...could this be you?? Strange as it may seem the person with the hearing loss is often the last one to realize that they are having issues. The signs are usually there if we could only admit it to ourselves.... you may notice you are asking people to repeat themselves, do you tell others they don't speak properly - maybe you would be able to hear if they didn't mumble???

According to the RNID statistics there are around 41% of over 50's with some form of hearing loss... yet most of these will not have done anything about it - so you are not alone!! Research has shown that on the positive side that around 2 million

people wear hearing aids yet it also confirms over 4 million could benefit from using a hearing system but choose not to??

Have you ever had a conversation and asked someone to repeat what they've said and been met with the response 'never mind it's not important - it doesn't matter' but it DOES MATTER!!! Who wants to feel isolated??

Your hearing MATTERS to us.....why not make a positive change for the Summer and make an appointment to see us for a Free Hearing Assessment.

Whether you currently wear aids or have never had a check up before it's never too late to come and gather some information from us about the very latest technology.

We look forward to hearing from you soon (No pun intended!!).



Mrs Sarah Vokes - RHAD/MSHAA/BAAT

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fix up your feet

As Summer approaches, it's time to don those comfy sandals and put the socks away! Your feet suddenly make an appearance to the outside world after all those months of being tucked away. If your feet could do with a bit of a spruce up and a massage, why not visit an Age UK Derby & Derbyshire's Footcare Session?

This increasingly popular footcare service began in June 2011, and runs in the Amber Valley and Erewash areas of Derbyshire. They have served many older people in the local area, helping them to care for their feet properly and put their minds at ease about footcare.

One of their oldest clients, at 88 years old, summed up the aim of the service by saying, *'it is essential to look after your feet as they take a lot of hard wear and tear over the years.'*

Another lady had gone to the service because she is blind, and couldn't manage to take care of her own feet. She and her husband said how it had changed their lives because it's taken away their worries and given them peace of mind.

Another client said, *'the service was absolutely fantastic with first class treatment,*

giving a better service than anyone else previously used'.

Whether you go along to the Footcare Sessions

because of ill-health such as arthritis

'My feet feel so light afterwards, like I am walking on air'

or back problems, or if it's just a chance to be pampered and get out of the house, you won't regret investing in the health of your feet. Those attending the sessions have commented on the change in their feet since they've started coming along to the sessions, and describe how disappointed they get if they have to miss one.

With a relaxed, friendly atmosphere, and skilled, helpful staff, the Footcare Service is definitely worth a visit. The sessions are particularly inexpensive for what you receive in return, and once you've had your feet soaked, filed, clipped, moisturised and massaged you'll be feeling fantastic and booking in your next appointment straight away!

The benefits of the service are obviously evident, but Age UK Derby & Derbyshire's Footcare Service is in need of more volunteers. If you are interested in helping out and playing an important role in someone else's life do give us a call. If you'd like to attend a session in the Amber Valley and Erewash areas, please contact Jennifer Acons on 01773 768240.



Competition Answers



Congratulations to Ms Trim, from West Bridgford, who won the Crossword Competition in Issue 4. She wins a set of tickets to go and see the Cricket! Here are the answers so you can check how you did. Congratulations also go to Mrs Mellors, from Sutton-in-Ashfield, who won the competition to win tickets to 'There Will Always Be An England', at Mansfield Palace Theatre. The answer to the question was five years. The answers of the Sudoku are below also:

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

	1	2		3					4		5						
	A	P	P	R	O	X	I	M	A	T	I	O	N				
6	S		L		O				M			N			7	N	
8	P	R	A	T	L	E			10	J	O	Y	R	I	D	E	
	E		T		E			11	K		U			O		W	
12	N	I	E	C	E	S			13	C	O	N	T	I	N	U	E
	D		A		S			A		T		S				S	
15	S	O	U	T	H	E	R	L	Y		18	I	S	L	E	T	
	W		W		N					20	S		U		A		
21	A	N	V	I	L		22	A	C	C	I	D	E	N	T	25	S
	R			C		26	O		H		E			U		U	
27	R	E	H	E	A	R	S	E		29	S	A	L	T	E	D	
	E		I		A		F			T			C			D	
30	S	I	N	K	I	N	G		31	F	A	N	F	A	R	E	
	T		G			G					O		S			N	
	33	T	E	N	D	E	R	H	E	A	R	T	E	D			

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Waldorf Salad



Ingredients

- 3 Apples, cut into bite sized pieces
- 3 sticks Celery, sliced finely
- 1 cup Red Grapes, cut in half
- 1 cup Walnut pieces
- 1 Lemon, juiced and zest grated
- 1 cup Greek-style Plain Yoghurt
- 2 tablespoons Mayonnaise
- 1 tablespoon Dijon Mustard
- 1/2 teaspoon Black Pepper
- 1 tablespoon Fresh Tarragon, finely chopped
- A handful of washed Cos Lettuce leaves



Method

1. Place lemon juice in a bowl, add the chopped apples and mix
2. Add the celery, grapes & walnut
3. Mix the yoghurt, mustard, mayonnaise, pepper, lemon zest and tarragon. Add to the chopped salad and mix
4. Place in the fridge for a couple of hours then serve on a bed of lettuce

Recipe submitted by Alexandra, Lenton Abbey. 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

History

It all started in New York....

The Wardolf Salad was first created in the 1890s at one of New York's classiest hotels, the 'Wardolf Astoria'. It wasn't actually the chef but the 'dining manager' that created this light fruity salad, which became an instant hit with the guests.

A Marathon Well Run

Why are you running a marathon at your age? I suppose it is a valid question to ask a 60 year old man (or woman), because the marathon is a real challenge both physically and mentally. But that is the answer isn't it?

We want challenges to stretch us and keep us, in this case, literally, on our toes.

My first marathon was in 2007 when I ran in the hottest London Marathon ever to raise money for Age Concern. My training over the winter in the High Peak was enjoyable, even more so when I was out on the snow covered ridges in the early morning sun. The marathon experience itself was fantastic, such a sense of camaraderie, although towards the end I was in 'the zone', or just spaced out after over six hours in the heat!



In 2010 I decided to enter the ballot for a place in the 2011 London Marathon and in October that year I heard I was successful, but this was a few days after my wife Linda had been diagnosed with life threatening breast cancer. She was immediately put onto a gruelling chemotherapy regime that was to be followed by surgery and radiotherapy. The London Marathon was taking place a few days after her surgery so I withdrew, deferring my place to this year.

My wife is now back at work and I ran to say a very heartfelt thank you to those cancer charities that helped us through the past eighteen months. *I was also running for Age UK Derby and Derbyshire to raise money for a cause I strongly believe in.*

My colleagues in the Charity were very supportive during Linda's treatment and this was much appreciated. So this year my motivation had a very personal focus. Training went well, although I can tell I am older! I have lost over a stone, which is good and running has helped me recover from my carer's cancer journey. Running is very therapeutic and beneficial in many ways, especially when it is in the Peak District. I had to cope with a few setbacks, sore knees etc, but overall I was mentally prepared for the big day.

My finish time was 6 hours 20 minutes. It is a long time to be out there having only had a banana for breakfast! It is just a matter of keeping going and staying focussed, whatever the time. Knowing I was being supported was very important to me so a big thank you to all my sponsors. Philip Carnall, AUDD Trustee.

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Clifford's Story

Would you or someone you care for benefit from a comprehensive day care service in your area?

A welcoming space to give carers respite, and make all the difference to those in later life who may be suffering from memory loss, isolation or dementia.



Clifford Topping, an 86 year old retired Methodist Minister, has been coming along to the Aynsley Wright Day Service at the Tom Mann Pavillion in Newark for over two years. Very much a people-person, Clifford, who was diagnosed with Alzheimer's three years ago, thrives on the social mixing that the centre provides. He says,

'without these two days I would be utterly lost. It means so much to me to come here.'

As well as providing Clifford with a chance to get out of the house and socialise, it also gives his wife the opportunity to have some respite from caring for her husband. Clifford says, *'it gives my wife two days in which she can go shopping or go out with the other ladies, perhaps have a day out.'*

On Clifford's two days at the Aynsley Wright centre the programme is full of activities such as crafts, exercise, music, dancing, cooking and trips out, even making streamers and bunting for the Queen's Jubilee Celebrations!

Grinning widely, Clifford talks about the new friends he's made and remarks,

'I so look forward to coming, I would miss it if I wasn't coming, I would really miss it.'

Age UK Nottingham & Nottinghamshire run a total of seven Day Care centres across the county, and one (Sybil Levin) in the city. The centres are full of experienced, friendly staff who are dedicated to the care of those in later life.

With regular activities such as those mentioned above, guests will have opportunities to make new friends, reminisce and enjoy companionship outside of their own home. An escorted minibus service can offer transport to the centres, and nourishing hot meals and refreshments are provided.

If you live in Nottinghamshire and are interested in finding out more, give one of these Day Care Centres a call. It's amazing how much difference Day Care can make, to the lives of the guests and the carers.

GEDLING - Burton Road Community Centre.
Contact: 07872 839 627

MANSFIELD - Patchills Centre. Contact: 07872 839 575

NEWARK - Tom Mann Pavilion. Contact: 07872 839 560 or 07872 839 568

NOTTINGHAM - The Sybil Levin Centre, Nuthall Road. Contact: 0115 978 0011

OLLERTON - Dukeries Complex, Newark. Contact: 07872 839 560

RETFORD - The Well Centre. Contact: 07872 839 630

STAPLEFORD - Cora Reilly Day Centre. Contact: 07872 839 575

WORKSOP - Kingston Close Day Centre. Contact: 07872 839 630

Inspirational People

Featured in the magazine this week is the late Violet Wright, a long standing Age UK volunteer and Age UK Notts Life Vice-President, who passed away in January of this year aged 94. Violet lived a fulfilled and inspirational life, and gave many hours to serve others by volunteering for Age UK and many other good causes. Here we take a quick glimpse into her life and all that she contributed to society.

Born on Valentine's Day, 1917, during World War I, Violet was the youngest of ten with her brother twenty years her senior. When she was 14 she suffered from rheumatic fever which weakened her heart, which caused the doctors to say that she would never walk again. *Violet proved them all wrong and pulled through, working for the Nottingham Embroidery Company when she was 18 and receiving a glowing reference from her manager.*

In a snowy February in 1940, Violet married Willis Wright at the age of 22. The early years of marriage must have been tough, with Willis going to war in Greece and North Africa for the first six years. Violet was not to be down trodden though, and in the early 1940s she bought a house in Glapton Road, despite her husband not being there to sign the forms! It was unheard of at the time for a woman to get a mortgage in her own name without her husband's signature.

When Violet was 32 she gave birth to a son, Reg, and it was during this time that her

volunteering really began. A regular church-goer, Violet was often helping out at St. Faith's, cooking, making tea and washing up to support whatever event that was happening.

In the 1960s & 70s, Violet worked in two Nottingham hospitals as a State Registered Nurse. On Sundays she would help at the Blood Bank to ensure that there was an adequate supply of blood for transfusion, and until 1968 she was in the National Hospital Service Reserve Civil Defence. A member of the Civil Defence would be called out in the event of an air raid, nuclear attack or other emergency. Violet took part in national competitions all over the country where teams competed to cope with a particular emergency exercise. She was often in the winning team!

Violet was also a committee member of the British Rheumatism and Arthritis Association, and was live on air each week with a Radio phone-in programme called The Disabled Information and Advice Line. In the 1970s and 80s she was a VAD at the British Red Cross, running first aid courses for Guides and Brownies. As if this wasn't enough, Violet also volunteered



for Cruse, an organisation for Violet, on the left, at an Age UK event. widowers, and Age UK, where even a Day-Care centre was jointly named after her! (The Aynsley Wright Centre in Newark).

A keen gardener, with 'proverbial green fingers', according to her son, Violet had an encyclopaedic knowledge of the names of flowers and trees (not to mention birds) and there were often calls of 'Vi, what is this?' coming from the garden. Embroidery was her other love, her house filled with exquisitely embroidered tablecloths, pillow cases, tray cloths, and antimacassars. *Violet could also often be seen visiting stately homes or castles, travelling in the side-car of a motor bike touring all over Great Britain!*

Violet is to be remembered for her incredible service to the community and the many hours that she gave up to help others. She will certainly be missed, not only by her family, but by Age UK Notts and the other Charities that she gave so much of her life to.



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HOW TO STAY HEALTHY THIS SUMMER

With Notts County FC 1st Team Nutritionist, Matt Lawson

Healthy Eating

Age UK has teamed up with Notts County's Nutrition and Dietetics team for 2012, so here is some essential reading for those of you looking to burst into a health kick this July.

Supersize v Superskinny?

There is a lot of bluster talked about weight, people often thinking they are under/overweight without really knowing. The best way is to use the Body Mass Index, so just follow the chart below and see which category you fall into.

CATEGORY	BMI RANGE – KG/M ²
Severely underweight	less than 16.0
Underweight	from 16.0 to 18.5
Normal	from 18.5 to 25
Overweight	from 25 to 30
Obese Class I	from 30 to 35
Obese Class II	from 35 to 40
Obese Class III	over 40



Matt celebrates a Notts victory

Top Tip:

To work out your own BMI use the following:

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$$

Dietary Advice

You can follow some of the same advice I give my athletes, both male and female, in the football world. The key is to keep saying it and check up on them, it takes discipline to check up on yourself.

- Monitor yourself, do your own BMI and check your waist measurement regularly
- Go for the simple 1/3 method for all meals:
 - o 1/3 Carbohydrate (Energy foods)
 - o 1/3 Protein (Repairing foods)
 - o 1/3 Fruit & Vegetables (Protection foods)
- Reduce dependence on sugars, eat more natural better quality food
- Eat a range of colours of food including at least 5 fruit and vegetables per day (research shows that 9 portions is optimal!)
- Hydrate your body - Drink at least 2 litres (8 ½ glasses) of water per day



For the over 60's

Oily fish are rich in Omega-3 polyunsaturated fats and have been shown to dampen inflammation and stiffness. Supplementation with fish oils has shown benefit to people suffering arthritis, you want to be using high quality omega-3 fats EPA and DHA (1000mg) as a guide.

Eating plenty of Iron rich foods avoids the risk of anaemia, particularly prevalent in women. Long term use of NSAID drugs to treat inflammation is ill-advised, as they can lead to internal bleeding and ulceration. Adequate Calcium intake is required to ensure bones go through regeneration and stay strong, which garners extra relevance for the over 60's, who are at greater risk of Osteoporosis. Vitamin D is needed for Calcium absorption, absorbed naturally from sunlight, but can also be found in fish, eggs and fortified cereals.

Being Active = Better Health



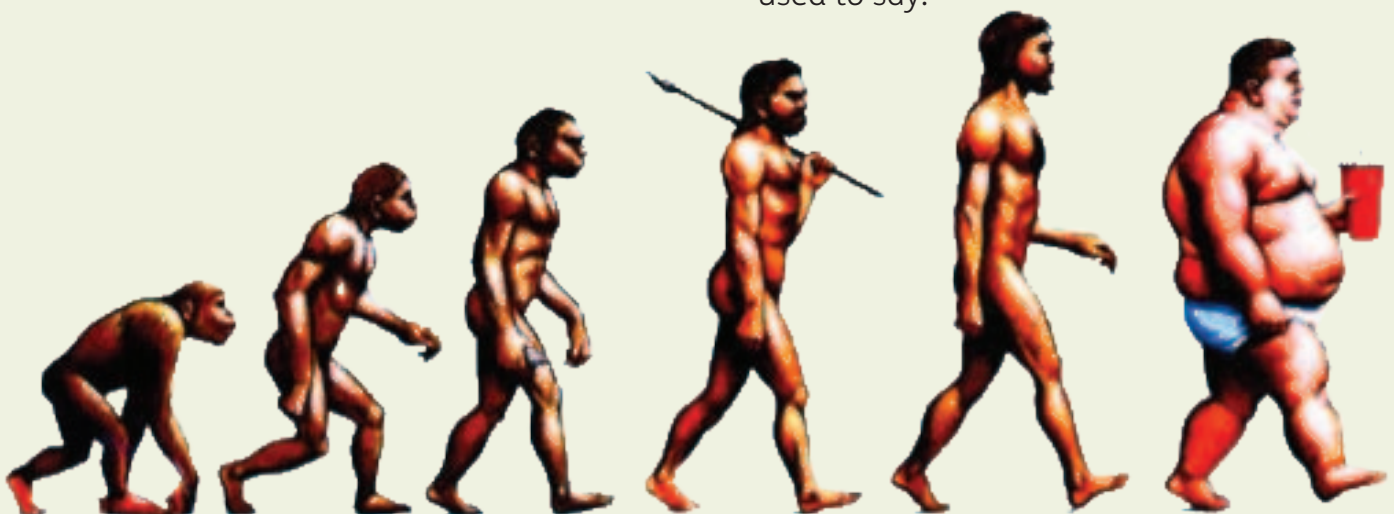
Walking for between 10-30 minutes five times a week will have extra benefits for your heart and circulation.

Top Tip: 80:20 rule

- 80% of the time live healthily
- 20% Enjoy and don't worry

You can do it!

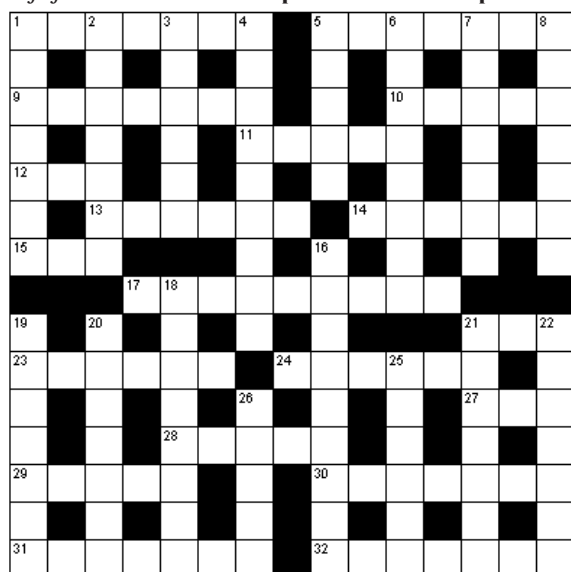
The picture below might be a rather comical dig at the obesity boom, whereby (some!) people in the UK now live on a fast and loose takeaway diet. However, there are serious implications for your life by living this way. Enjoy eating healthily and the feeling of enriching your body with good nutrition, "because you're worth it" as one shampoo ad used to say.



If you have a question for Matt you can write into us or email sarah.dunlop@ageuknotts.org.uk

Puzzles

Try your hand at these puzzles and win prizes



Crossword

Across

1. Snake (7)
5. Books of maps (7)
9. Souvenir (7)
10. Fortune-telling cards (5)
11. Unit of length (5)
12. Lever for rowing (3)
13. Liverpoolian (6)
14. Form of lottery (6)
15. Evening (3)
17. Electronic heart regulator (9)
21. Animal park (3)
23. Heavenly body (6)
24. Rupture (6)
27. Magazine (3)
28. A hand tool (5)
29. Rouse (5)
30. Native of modern Israel (7)
31. Endless (7)
32. Speaking (7)

Down

1. Somebody (7)
2. Regret (7)
3. Warm ocean current (6)
4. Vessel with two masts (3-6)
5. Sharp (5)
6. Able to read and write (8)
7. Untidy (7)
8. Small bag (7)
16. Member of a panel (9)
18. Town in NE Scotland (8)
19. Function (7)
20. Rubbish (7)
21. River in S Africa (7)
22. Continuing (7)
25. Pertaining to a nerve (6)
26. Polite (5)

Send your completed crossword, along with your name & address to Just the Tonic Magazine, Age UK Notts Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ to win a Nottingham Forest Goodie Bag, with signed photos, kit & football boots! Or email your answers to sarah.dunlop@ageuknotts.org.uk. Closing date is 20th August 2012. The Crossword solution will be printed in the next edition of the magazine.

Competition

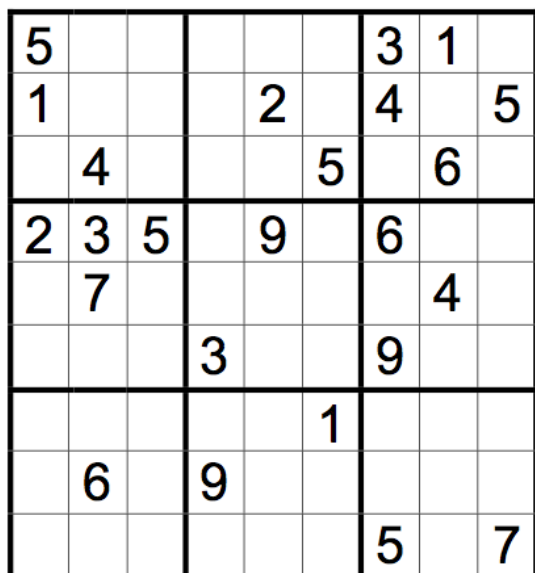
Answer this question to have a chance to win a Fourball Voucher to a weekend Fourball at Ramsdale Park Golf Centre, Calverton.

Q: In 'The Heart of Blue Stilton', how many gallons of milk does it take to make one block of cheese?

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 August 2012. Conditions apply

Terms and Conditions: The voucher entitles the bearer to a Weekend Fourball at Ramsdale Park Golf Centre, Oxtown Road, Calverton, Nottingham. NG14 6NU. No cash alternative or change given. Please present voucher at reception upon arrival. Expires 31st December 2012.

Sudoku



Test your brain power with this number puzzle...

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The Age UK Guaranteed Funeral Plan

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



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

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

Why it's important to act sooner rather than later

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

Freeze funeral costs at today's prices

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

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

Arrange your funeral the way you want it to be

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

Your acceptance is guaranteed

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

Spreading the cost to suit your budget

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

3 ways to request your FREE no obligation pack

1. Pop Into

Age UK Local Trading Ltd
48 Upper Parliament Street
(opposite The Elite)
Nottingham
NG1 2AG
Open: 9.30am to 3.30pm
Monday to Friday

2. Call FREE on:

0800 032 9413

3. Visit our website:

www.ageuk.org.uk/funeralplan


ageUK
The new force combining
Age Concern and Help the Aged

*Source: AIA Global Funeral Costs Survey 2008. (2009).
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