

# Just the Tonic

Autumn 2012  
Issue: 6

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Campaign to End Loneliness

Train Your Brain

Travel: Sea Cruises vs. River Cruises

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# Welcome

We all love a good Autumnal evening in front of the TV, but is the TV becoming your main form of company? The run up to Christmas can be a lonely time, as some of us contemplate a Christmas on our own and struggle with loneliness. Age UK is launching a Campaign to End Loneliness, which encourages all of us to make small steps towards helping the 1 in 10 older people who, according to recent reports, are 'always or often lonely'. Read more about what you can do to help on pages 16 & 17.



With winter fast approaching, and Autumn fairs springing up all over the place, we take a look at the history of Nottingham's Goose Fair and how it's changed over the years (pages 4 & 5). Or perhaps you fancy getting away from Nottingham and relaxing on a River or Sea Cruise? We evaluate the good and bad points of each and take a look at the new River Cruise trend going on in Europe. There's even a chance to win a River Cruise in Nottingham, on the River Trent! Take a look at the article on page 24.

This edition is certainly not short of prizes this Autumn. Whether it's a girly day out that you're craving, or a day out at the football, we've got something for you. There are Eden Hall Spa day passes on offer on the puzzles page, and Derby County Football tickets to win. (page 30)

Thank you to those who wrote into the Magazine, and we look forward to hearing from you for our next edition in January.

Best Wishes,

*Sarah Dunlop*

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Goose Fair, Market Square, 1910

# Goose Fair in Days Gone By

**I**n October, Forest Fields will be opening its gates to the infamous Goose Fair, ready to delight and exhilarate Nottingham's residents. With over 500 attractions from the white knuckle rides & ghost trains, to the more traditional features like Waltzers and hook-a-duck, the Goose Fair is one of the largest travelling fairs in Europe and has over 700 years of history. We delve back into

the Goose Fair in days gone by, and chat to a few Nottingham residents who still hold vivid childhood memories of visiting the Fair.

Legend has it that the Goose Fair first got its name from the flocks of geese that were driven from Lincoln to Nottingham each September to be sold at the Fair, which was originally a Farmer's Market, held in the Market Square. The first mention

of the Goose Fair in Nottingham Borough's records was in 1541, but it was thought to have featured even earlier as 'St. Matthew's Feast' in King Edward I's charter of 1284. In those days, Farmer's Markets and Fairs were commonly linked, so the Fair is said to have emerged out of the Goods Market.

The Fair has a colourful past, including the 'Great Cheese Riot', in 1766, where the public

protested at the high prices of cheese in the city, knocking the Mayor over with a large piece of rolling cheese! In 1855 the Fair proudly displayed its first hand-turned round-a-bout, Twigdon's Riding Machine, and in 1892, Professor England's 'Royal Exhibition of Performing Fleas' were the main attraction.

In the 1890's the Fair was known for its many shows, featuring human 'oddities' like dwarves, skeleton men and 'fat women', and fierce animals like bears and lions kept behind bars. Sydney Race, an attender of the Fair in the late 19th Century, kept a series of diaries about his experiences. He describes the 'Fat Bullock', standing around six feet high which he said was *'a monster beast and its skin ... seemed stretched like banjo parchment.'* He seemed unaffected by the insensitive and sometimes horrific way in which the human oddities were presented, writing at his fascination with the Irish Fat Girl, *'an enormous piece of flesh of some twenty summers'*, and the pair of midgets, who would drive a miniature cart led by a Shetland pony around a ring.

As fairground rides became more and more advanced, there was less of a need for freak shows and travelling zoos, and these became few and far between. By the early 1900s the fair largely

consisted of fairground rides, and was expanding year on year.

1927 was the last year that the Goose Fair was held in the Market Square before it relocated to Forest Fields Recreation

Ground due to the re-design of the Square, and it is from Forest Fields that the fair thrived through the centuries, all the way up to the present day.

Clive, aged 66, who has lived in Nottinghamshire all his life, remembers visiting the fair in the early 1950s as a child. He recalls,

*'I were too little to go on some of the big rides, so I used to have a go on a side show where they had these goldfish bowls, and a ping pong ball, and you used to try and chuck it into the empty bowl, to win a goldfish!'*

Side shows and performances were still attracting custom at the 1950's fair, but weren't quite as popular as they had been in Sydney Race's day. Clive describes a few of the shows,

*'One was where you could go in the boxing ring, with this boxer as your opponent, and if you lasted a round, you'd get a fiver, which in them days was a lot of money. There was one where you were supposed to see a mermaid, but it wasn't really a mermaid when you got in, and another show where people were supposed to have two heads!'*



By the 1950's larger rides were starting to increase in popularity, particularly the dodgems and the swing boats. Clive remarks, *'years ago, there used to be the very old rides, like the Carousel where they were run by steam. I used to love going on the old rides. And there used to be two big swing boats, where you could get about 15 people in, and that were run on steam as well. But now they've all gone....'*

Clive, an amateur artist specialising in pastels, has found a lot of his artistic inspiration from the atmosphere of the fair over the years. Here he is with one of his pieces of art work, entitled 'The Dodgems'.



So it is with excitement and apprehension that many await the opening of the 2012 Goose Fair at the beginning of October. The fair has a colourful and vibrant history, and with its ever increasing list of attractions, I am certain that a bright future awaits in the years ahead.



Goose Fair, Market Square, 1927



# 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](mailto:sarah.dunlop@ageuknotts.org.uk).

## Shades of Mama Mia

Shades of Mama Mia, that's really all I can say three boy friends from 20 years ago are going to visit me today. They all got together, phoned me and for old times' sake said could they visit me? I said, "yes, I'll bake a cake".



How I remember Curly with his mop of golden curls, And Freddie with his flashing smile could always get the girls. Last weight lifter Charlie had muscles where muscles shouldn't be. They are coming to my house at three o'clock for a slice of cake and a cup of tea!

I wonder what they will think of me, I don't think I have changed. I may be a Grandma now but nothing has rearranged. I better put my makeup on, I want to look my best. I only hope that the boys think I pass the test. I've baked a cake, the table set, and everything looks fine. All we need now is for the boys to arrive on time. I'd best go to the front door so I'll see them at the garden gate

I'm so excited I can hardly wait.

That must be their taxi, yes I just heard it hoot  
What has happened to Curly, he is now as bald as a coot!  
And what a toothless gummy smile from dear old Fred,  
From where I am standing he doesn't look as if he's got a single tooth in his head!  
Charlie waddled out the taxi all his muscles have turned to fat.  
They are a disappointing lot, I don't think much of that.  
They walked up the path and all together they said "It's your daughter we have come to see  
She invited us round at 3 o'clock for a slice of cake and a cup of tea."

What's that? I don't believe it! They think that I'm my Ma. Well I'm not going to stand for this they have really gone too far. "Must have been a mix up with the dates, Lads," I said, Well what more could I say? "But my daughter is out of town on business and won't be in today."

Age UK Member, via post

In response to the influx of poetry we received in the last edition, Gilliam Sims has written in to let us know about the Poetry Workshops that she runs with her husband Thomas in the East Midlands. Here's what she has to say,

Dear Sarah,

Poetree Creations have developed as a group since 2008. We are a voluntary group who are not-for-profit, and hold regular poetry workshops on the last Saturday of each month at the Hillview Community Centre, Ransom Road, Nottingham. Anyone can catch a number 42 bus at the main Post Office on Queen Street in the City centre. If you leave the bus at Ransom Road it is only five minutes walk up the road. The Community Centre is on the right hand side. We have free refreshments and lots of fun! We produce all of our own poetry videos and now have over 200 on youtube/gilliansims.

The group are now producing their own anthology ready for publication. Our website at: [www.poetreecreations.org](http://www.poetreecreations.org) has nearly 5,000 subscribers and is very popular. To send poetry to be published for free on this website please send your poetry via email to: [poetreerecreation@yahoo.com](mailto:poetreerecreation@yahoo.com)

We welcome any poets to our group and always like to promote poets from the East Midlands.

Kind regards,  
Gillian Sims



# Age UK Notts Membership

Would you like to share good times,  
feel healthier and enjoy life?



## Do you feel lonely?

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 you to make friends at a pace that suits you, in safe and welcoming settings.

## What does Age UK Notts Membership offer?

As a member you will have access to over 80 things to do in a month, including coffee mornings and lunches, dancing, walks, special interest groups, trips and holidays, arts and crafts, bowling and darts, theatre and lots more! While some things are free, some have a small charge to cover costs such as trips, when there is a charge we will always keep this as low as possible.

## What is the cost of Age UK Notts Membership?

The membership cost is from £25 per year, which works out at about 50p per week.

*“The friendship, warmth and laughter I have experienced has enriched my life.”*

## Other benefits of Age UK Notts Membership includes...

- Save money on the cost of activities when compared to non-members
- Access to a broad range of deals and discounts including exclusive offers at local restaurants, garden centres and money off supermarkets
- Participate in Age UK campaigns such as signing petitions and attending meetings
- Involve yourself in our fundraising events such as holding a stall at a bazaar, knitting for charity or simply baking a cake
- A monthly Membership Bulletin sent directly to you which is packed with things to do
- Four editions of Just the Tonic, Age UK Notts' own magazine packed with informative articles and exciting competitions

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## Ways to become a member

### 1. Come along to one of our Welcome Mornings

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10.45am – 12.15pm  
Tuesday 25 September  
Tuesday 30 October  
Tuesday 27 November

### 2. Call Membership on

**0115 841 4473**

### 3. Email us at

[membership@ageuknotts.org.uk](mailto:membership@ageuknotts.org.uk)



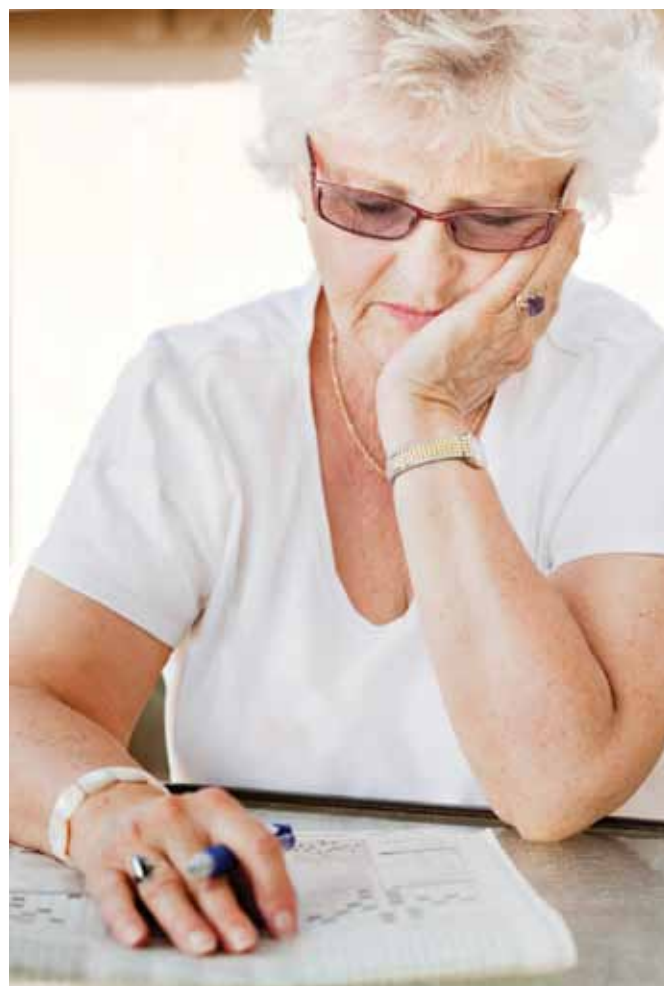
# Train Your Brain!

## Old Dogs Can Learn New Tricks

They say that you can't teach an old dog new tricks, but this certainly isn't the case with our brains. Scientists have discovered that the brain has an incredible ability to change and adapt, even as we venture further into later life. By the time we reach adulthood, the brain has developed a web of millions of neural pathways, that help us process information quickly and solve familiar tasks. If we never stretch our brains, we aren't providing the stimulation they need to keep developing and growing.

## Work it out!

Our memories need a regular work out to stay active, just like our muscles need physical exercise. There are many brain exercises on the market that will help our brains to develop new neural pathways, keep our brains healthy and perhaps even grow new brain cells! Good brain exercise could involve anything from anagrams and brain teaser puzzles, to trying something new like a foreign language or picking up a musical instrument to learn. As long as it's new, challenging and fun, give it a go!



## Here are a few brain teasers for you to try...

A farmer challenges an engineer, a physicist, and a mathematician to fence off the largest amount of area using the least amount of fence. The engineer made his fence in a circle and said it was the most efficient. The physicist made a long line and said that the length was infinite. Then he said that fencing half of the Earth was the best. The mathematician laughed at the others and, with his design, beat the others. What did he do?

Answer: The mathematician made a small fence around himself and declared himself to be on the outside.

Inside each set of the following words, there are a pair of smaller words. By putting '&' between them, lo & behold, you'll make a familiar phrase. For example, "Thighbone/Swallowtail" conceals "High & Low."

1. Skyrocketing/Trolleyman
2. Delaware/Bordering
3. Surprised/Trashiness
4. Throughout/Stumblebum

Answers 1. Rock & Roll 2. Low & Order 3. Rise & Shine 4. Rough & Tumble

## Memory Made Easy

Try using these tips to improve your memory:

- Associate a visual image with the word that you're trying to remember. Eg. for the name Rosa Parks, imagine a woman sitting on a park bench surrounded by Roses.
- Make up an acrostic sentence to help you remember a phrase. For example, 'Every Good Boy Deserves Football', stands for the lines of the Treble Clef Stave – E G B D F.
- Method of Loci: Imagine all the items you need to remember along a route you know well or in a specific location. For example, your shopping list: Some bananas in the hallway, eggs up the stairs, and bacon on the bed!





## Is Internet Best?

We are not convinced that the internet is an appropriate method for selling medical devices such as wheelchairs and mobility aids. It's an opinion and one based on very sound principles and we are not alone in that opinion. Before anyone mentions vast profits, rip off Britain or anything about everything for the disabled costing more than it should, or having an extra nought on the price, I can put your concerns to rest. My company does not price its goods according to your postcode, age, gender, political persuasion or how many limbs you have. We are more than happy to discuss prices in general terms up front and to look at how to maximise benefits and features, minimizing the cost wherever possible.

### Tips for choosing the best deal

- The cheapest price or lowest cost is desirable but may not always be the best product for the job. Ask about the level of after-sales service the company provides. Does the company have its own workshop, engineers and the resources to support you if anything went wrong with your wheelchair or bathing aid?

- Bespoke products don't have to be unaffordable. A large number of our products are built to order; they have a starting price for a standard build and options to build on that to make the product more suitable for your needs. In a lot of cases these costs can be minimal.
- The internet isn't always best. There is widespread concern from health professionals and about the methods and practices used by internet sellers, but our products and services reflect the level of professionalism and expertise that we can provide at a fair and reasonable cost without going online.
- Obsessing on price can sometimes be a distraction. We often hear the words "I got a bargain" only to be followed with a "BUT..... It doesn't do XYZ". Sometimes it is useful to try before you buy and this is why we offer this facility.

We are delighted to be part of the Buy with Confidence scheme operated by Nottinghamshire Trading Standards. For further information and the full buyers guide please visit our website [www.osteopoise.com](http://www.osteopoise.com)

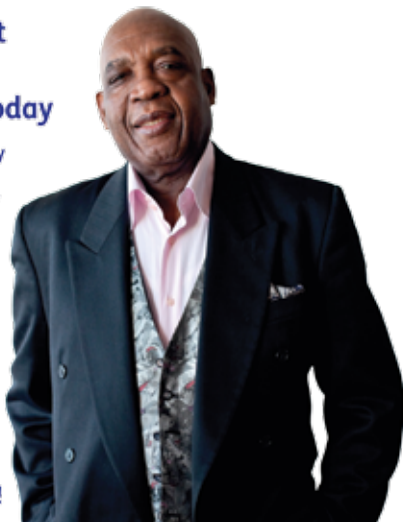


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# What's on?

## Dalesmen Sing to Celebrate 25 Years

The Dalesmen, with choirs from Chesterfield, Eastwood, Mansfield and Melbourne will host a Grand Anniversary Concert at Derby Assembly Rooms on Saturday 3rd November at 7.30pm. The



massed choir of 200 male voices will be supported by The Syd Lawrence Orchestra and Eleanor Kornas

winner of the Dalesmen Student Award 2012.

The Swing and Sing evening will celebrate 25 years of this thriving and entertaining male voice choir that has raised thousands of pounds for charities and good causes. It will also recognise the outstanding achievement of its honorary president Reg Dean on the eve of his 110th birthday! Reg is certainly proof positive that singing is good for you.

The Dalesmen have chosen to support Age UK Derby & Derbyshire with the event and together we

## Rock Of All Ages!

If you were to take a stroll in Chaddesden Park on a Friday you might be surprised to hear rock songs drifting on the air! Between 11.30am and 1pm the Rock of all Ages choir will be in full swing with their practice at the Age UK Chaddesden Park Centre.

Initially funded by Comic Relief, and started in June 2012, the choir has grown to 40+ strong and is still expanding. It's open to everyone over 50 no matter what their ability. Members who thought they couldn't sing have been proved wrong by their experienced choirmasters Dan and Joe, members of the local successful group James Warner Prophecies.

As the members arrive, they are arranged in colour coded 'harmony' groups, and given a song sheet with the part they sing highlighted in their group colour. There's even a CD of the music for them



hope to make a wonderful evening. If you would like to join us for what will be a truly momentous, spine-tingling and foot tapping concert, tickets cost only £16.25 from the box office (call 01332 255800) or if you book online at [www.derbylive.co.uk](http://www.derbylive.co.uk) tickets are even less at £15 and you can see and choose your seating area.



Reg Dean on his 110th Birthday

## International Men's Day!

Age UK Derby & Derbyshire will be celebrating International Men's Day with a number of events at the 50 plus Wellbeing Centre in the Eagle Market, Derby during the week of the 19th November.

### Health & Wellbeing Events

Over the next twelve months Age UK Derby & Derbyshire will be holding regular Health and Wellbeing events in the square of the Eagle Market, Derby and at the Age UK Derby & Derbyshire 50+ Wellbeing Centre on the last Tuesday of each month. Come along to have a chance to browse around stalls where different groups and organisations will be promoting their services about that month's health and wellbeing theme.

For more details about either of the above contact 01332 343232/347893

to practice to at home. When the choir comes together on a Friday they can almost blow the roof off the building. Joe and Dan's energy and sense of humour certainly emanates around the group to leave everyone feeling happy and uplifted by the end of each session.

The choir were recently interviewed by Radio Derby, where they sang Bryan Adams' 'Summer of 69' live on air. Their next live appearance is at the Westfield Centre, Derby on Saturday 6th October 2012. Do pop along and have a listen! If you're interested in joining the choir, especially if you're a man, give Teresa Williams a call on Derby 674562.



# Things to do with the Grandkids

As Half-term approaches, why not explore some new activities to do with the Grandkids when they come to visit?

## Make a shoebox guitar

### Step 1

Find an old shoebox, and take off the lid. Draw a circle on the lid and then cut out carefully (young children will need help from Grandma or Grandpa) Place the lid back on the box.



### Step 2

Stretch out a rubber band across the box and over the hole, lengthways. Repeat this until there are a number of rubber band 'strings' over the hole.

### Step 3

Put a pencil, chopstick, or piece of wood underneath the strings on one side.

### Step 4

You might want to add a neck to your guitar by taping a kitchen roll tube onto one end.

### Step 5

Decorate the box with paint, glitter, stickers or felt tip pens

## Make a mobile

### Step 1

Find an old coat hanger, some ribbons/string, and some photos or pictures.

### Step 2

Tie the ribbons onto the coat hanger, in a line

### Step 3

Punch a hole in each picture that you want to hang up. If you want to make some of your own, cut out some circular pieces of card and encourage your grandchild to create their own picture on it.

### Step 4

Tie each picture to the end of each ribbon and display your mobile in your Grandchild's room



## Make a Sock Puppet

### Step 1

Find an old, clean, sock

### Step 2

Glue or sew two buttons or googly eyes onto the sock just at the end near the toe.

### Step 3

Find some wool and cut a length for the hair. Sew or stick the middle section in the middle of the sock above the eyes.

### Step 4

Leave to dry and then play with your new Sock Puppet!



## Paint a Pot

Why not take your grandkids out for a few hours to paint a pot? It's a fun, arty activity with something to take home afterwards. Razzle Dazzle Pots in Mapperley, Nottingham are offering a 15% discount for all Age UK Members.



## Razzle Dazzle Pots

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# Stepping Back in Time



A care home in Arnold has stepped back in time to create a vibrant and welcoming environment for residents and their families. A social area in the home has been transformed into a street scene from the past offering a public house, sweet shop, cinema and nail bar.

Leivers Court Care Home, run by Notts County Council, now features an old-fashioned parlour for visitors, a café based on an old Lyon's Tea Shop, and a cinema offering ice creams during the half-time interval. A stroll down a corridor designed like Arnold's Main Street during days gone by, complete with real letterboxes, door handles and shop fronts, might lead to a visit to the old fashioned sweet shop, where sweets are served out of glass jars and marked up on an authentic cash register. This could be followed with a cuppa in the Old Lyon's Tea Shop, which was partly designed by a resident who used to work in an original Lyon's Tea Shop in London.



The bygone town setting is the perfect fit for Leivers' residents, many of whom suffer from dementia and who love reminiscing about the past, and now have an environment they identify with and feel comfortable in.

Families are now keener to visit their relatives as it now feels like taking a trip into town rather than visiting a care home with a sterile atmosphere and plastic chairs and tables.

If you're looking for a care home for yourself or a friend or relative, why not flip over to page 15 where you can find out about a new website helping you to find the best Care Home for you in Nottinghamshire.







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### Derbyshire

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**Charlotte James**, Oakhurst, Shobnall Road, Burton On Trent, DE14 2BB  
T: 01283 569417 E: [charlotte.james@fshc.co.uk](mailto:charlotte.james@fshc.co.uk)



## Are you looking for a Care Home for yourself or a loved one?

If you are looking for a care home in Nottinghamshire, you've come to the right place. Forget trawling through the yellow pages or sifting through Google. Why not try visiting the new interactive website designed by Nottinghamshire County Council: [www.nottinghamshire.gov.uk/findacarehome?](http://www.nottinghamshire.gov.uk/findacarehome?)

*Just type in your postcode, and then the website will give you a comprehensive list of all the residential and nursing care homes in your area.*

You'll be able to see at a glance how many beds are currently available, contact details and the County Council's unique quality rating. Then you can click on the link and check out the care home's own website.

If you're feeling a bit in the dark about how to choose the right home for you, take a look at the web page's advice about what to look for when choosing a home, which may give you ideas

you'd not thought about before. There is also advice about how to stay independent in your own home for longer, such as through home care or monitors and sensors.



Did you know that anyone with savings and assets over £23,250 has to fund their own care? The website will point you in the right direction to access specialist care fees advice if you need it and help you stay in the care home of your choice for as long as you need care.

If you don't have internet access give Notts County Council a call for more information on 08449 80 80 80. They'll be happy to help find the right care home for you!

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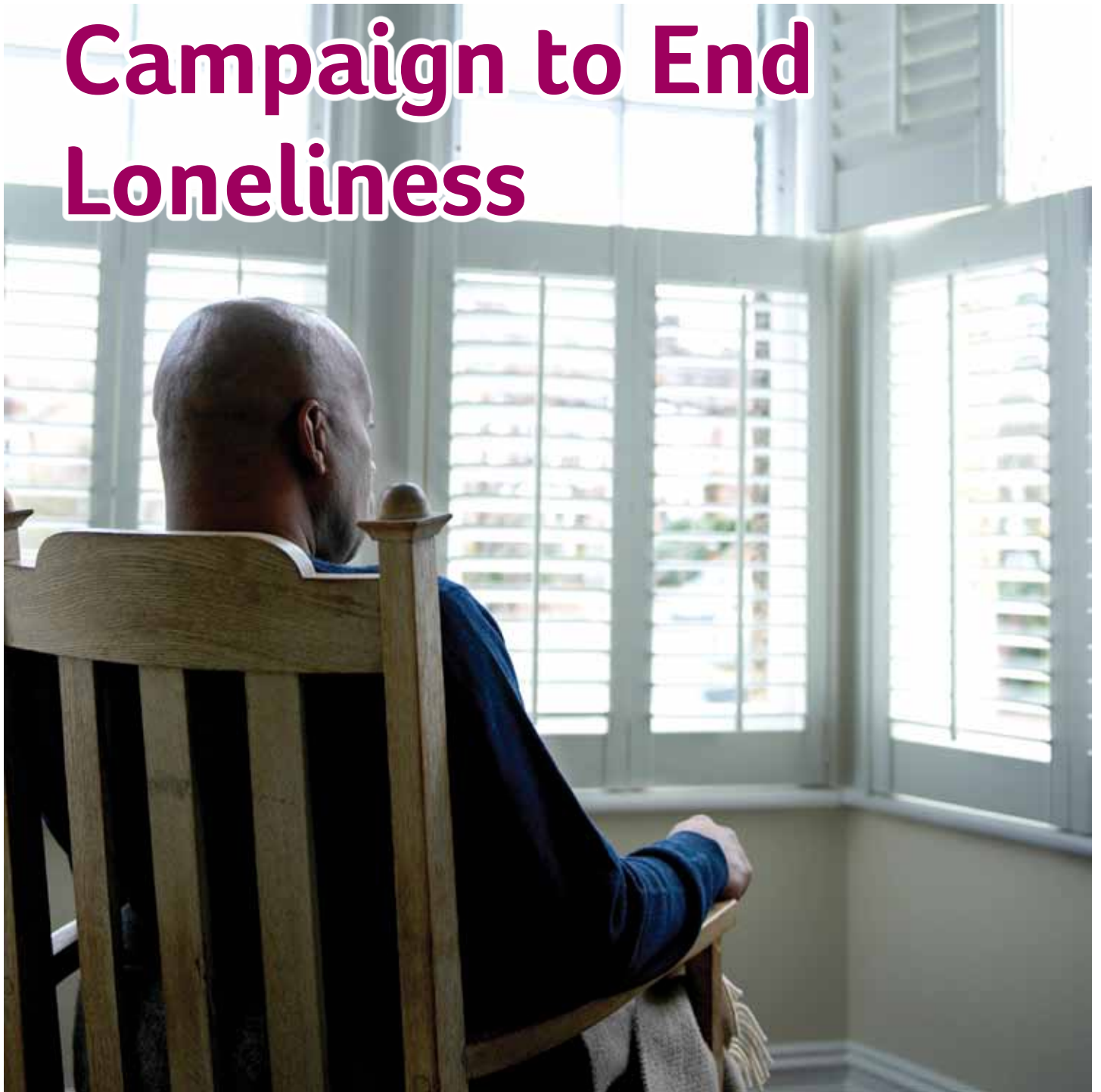
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# Campaign to End Loneliness



*Loneliness is one of the major problems facing the older end of our society today. It's shocking to hear that, according to recent reports, 1 in 10 older people are often or always lonely. Apparently almost half of older people in the UK claim that the television is their main form of company.*

Although leaving the house and having a healthy social life can be easy for some people, it can be very difficult for others. Many older people can suffer loneliness through bereavement, moving to a new area, development of mobility

problems or even gradually becoming out of touch with their relatives.

This is why Age UK Notts have decided to start their Campaign to End Loneliness. The aims of the campaign are to make older people less vulnerable to changes that may cause loneliness and therefore reduce the overall numbers of people experiencing the problem.

Wouldn't it be amazing if everyone across Nottingham and Nottinghamshire, our communities, people and organisations, worked together to take more effective steps to tackle the factors that cause loneliness?



It's distressing to find out that the real impact of loneliness on an older person's health is just as damaging as lifelong smoking and alcoholism, and it's actually more detrimental than obesity and inactivity. Researchers have found that sufferers of loneliness are 50% more likely to develop Alzheimer's than an older person who is socially active.

Age UK Notts believe that we as individuals can change the community we live in. Even through small acts of kindness we can make a difference and alleviate loneliness in older people's lives. As part of their 'Campaign to End Loneliness' Age UK Notts are asking people to make pledges that will help decrease loneliness. The nature of the pledge can vary from something like 'I pledge to ring my Mum at least once a week', to something as ambitious as 'I pledge to arrange a coffee morning in my local community.' A way of making a difference would be to help an older person that lives near to you. It could include popping over for a chat, inviting someone into your home or asking someone if they would like their bins putting out when you are doing yours.

***These activities could potentially make a really positive impact on someone's life.***

Working as part of a group can also be effective in reaching a number of isolated older people at once. Arranging a frequent book club or craft group can be a great way of encouraging people to leave their house and engage with people who they wouldn't have otherwise spoken to. One way of arranging a meeting would be to use a current social group, like work friends or a church congregation, and then expanding it to include lonely people. The other way would be to start up a new social group. Although this may initially prove more difficult, it can be easier for lonely people to join a group where people aren't friends already.

Either way, once someone registers their interest Age UK Notts can provide them with the promotional materials that will raise the awareness of their event and the national campaign. If you think you could make a pledge to improve the quality of an older person's life, please get in touch.

Volunteering could also help with the campaign. Age UK Notts are asking for individuals to give up a small part of their free time to join their Visiting Service. The scheme involves visiting people who may be lonely, frail or housebound and simply spending time with them. This seemingly insignificant task can provide something for the individual lonely person to look forward to and could be the highlight of their week. Or if you don't have time to volunteer yourself, another way of getting involved would be to make a donation. A £10 donation would pay for a volunteer visitor to make regular visits to an older person.

The pledges aren't just for individuals trying to help battle loneliness in other people's lives. They're to challenge older people to help socialise as well.

***Why not spread the word about our Membership service which gives people who may not be as socially active a chance to get out of the house and make new friends?***

It is important to acknowledge that some people may not want to accept that they're lonely. Admitting to loneliness could be seen as a failure by some, but the reality is that once someone acknowledges that they'd like to change the social side of their life, it can open them up to many possibilities, and could completely change their life.

**The Campaign to End Loneliness will be launched on October 1st, which will coincide with National Older People's Day. You may see Age UK Notts promoting the campaign at the Mansfield day centre or possibly see a couple of them around Market Square. Do come and say hello and stop for a chat!**

**If you would like to know more or want to take part why not visit our website at [www.ageuknotts.org.uk](http://www.ageuknotts.org.uk) or email us at [endloneliness@ageuknotts.org.uk](mailto:endloneliness@ageuknotts.org.uk).**



# Marion's Story

It's quite astonishing that more than two thirds of people who die actually die without having made a will. What is more astonishing is that if there aren't any immediate relatives, the estate goes straight to the government, who received £18 million last year through these kind of estates. It can take considerable time, overwhelming heartbreak, mounting costs and unforeseen family feuds to settle the estate of a loved one who dies without making a will as has been the story of Marion Braggs, Duffield shop manager for Age UK Derby & Derbyshire.

*Following ten years of illness, Marion's husband died suddenly three years ago after he had appeared to start getting better. Unfortunately he had not made a will and as well as dealing with the grief of losing a loved one, Marion had to cope with legal complications and on-going pressures and unkindness from her extended family.*

Had Marion been in this situation a few years ago, then she would have inherited the whole of her late husband's estate but due to a recent law change, if you die without a will, certain groups are said to have an 'entitlement' to your assets e.g. spouse, children and a few other 'whole blood' relatives. This is what caused the many complications between Marion's extended family members, some of which have ceased contact with Marion apart from via their solicitors. Marion got on well with the family while her husband was alive and never dreamed that things would get so nasty after his death. Had Marion's husband had a will, it would have been a far easier process, taking about three months to obtain probate and to release assets to the people named in the will.

The courts have now said that Marion's home of eighteen years needs to be sold to completely finalise the estate. The house has been valued outrageously high by her extended family's surveyor who has ignored the seven valuations

Marion has had from local estate agents. They have also insisted that all assets are frozen until the entire estate is finalised, which seems very far away especially with increasing costs for Marion. And all this because the family members were trying to get as much money as they could from the estate.

If you die without making a will, your estate will be dealt with according to these laws, regardless of whether or not that was your intention. It's hard enough dealing with the death of a loved one, but it becomes heart-breaking if you have the extra time, costs and agony involved when there has been no will.

The recommended advice is for wills to be made with solicitors. November is Will Aid month, where some solicitors will waive fees if you make a charity donation instead when writing your will. For more information visit [www.willaid.org.uk](http://www.willaid.org.uk).

## Common excuses for not making a will:

- I don't have a large estate
- Everything I own will automatically go to my spouse/children
- My family will not fight and disagree about their inheritance
- I am too young
- I have been meaning to do it but never get round to it
- Wills are too expensive

Tomorrow could be too late to make a will and your family could find themselves in the same situation as Marion, who urges everyone from the heart to make a will today.

For general information and advice about any issue, including sorting out your affairs please contact Age UK Derby & Derbyshire on 01773 768240 or Age UK Notts on 0115 844 0011.



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# Leaves, Leaves, Leaves!

*As the Winter season approaches we take a look at how to keep your garden spick and span, with a focus on those lovely Autumn leaves (which will be looking less lovely by November).*

## When to Rake & When not to Rake

- Rake any leaves up off the lawn – if you leave them there too long they will kill the grass underneath!
- Don't rake up any leaves that have fallen onto beds. Let the earthworms pull them down into the earth or just let them rot into the soil. This isn't laziness, just part of the garden's cycle.
- If any leaves have fallen and are smothering smaller plants or herbs and perennials, gently remove these and make sure that the plants have space to breathe.
- Rake away leaves from pathways and patios.

If you have space, why not create your own separate leaf heap instead of just putting them on your compost? You could build one using chicken wire and posts, or bag up your leaves and leave them outside. (Make sure that you prick holes in the bags to aid the moulding process!) Keep them damp all year round and give them a toss occasionally with a rake.

Leaf mould takes about a year to develop, but when it's ready it's a luxury soil improver and will give the soil extra moisture and structure. If you keep going with it and have patience you'll soon be reaping the rewards!



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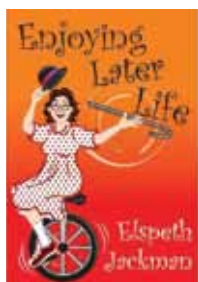
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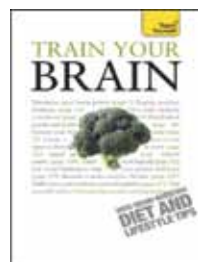
# Inspiring Reads



## Enjoying Later Life

Elspeth Jackman

Radio presenter and artist Elspeth Jackman, ten years a widow, writes with great practicality and honest humour about making the most of life after 60! Elspeth draws on her personal Christian faith to explore the rhythms of life, potential stress points, the need to face past hurts and enjoy what comes your way as an older person. (Onwards & Upwards, £7.99, available on [www.amazon.co.uk](http://www.amazon.co.uk).)



## Train Your Brain

Simon Wootton

You don't have to put up with increasing forgetfulness or a lack of concentration. Train your brain to be brighter and fitter than it's ever been! Simon Wootton's book features hundreds of puzzles and quizzes to keep your mind active, and includes great advice on how to maximise your mental agility through diet, exercise and the right lifestyle choices. (Teach Yourself, £6.99)



## The Horse Boy

Rupert Isaacson

A true story of one man's journey to heal his son, who is diagnosed with autism at the age of three. Despite being struck silent by this awful diagnosis, Rowan develops an unusual relationship with his Father's horse, and together they embark on an unforgettable trip to the wilds of Mongolia. (Little Brown, US, £5.81)



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## Christmas Raffle 2012

We are delighted to announce that Age UK's Christmas Raffle 2012 Tickets are now on sale!



Get your tickets to win one of these fantastic prizes:

- 1st prize: £8,000 cash or a Ford Fiesta 3-door 1.25i
- 2nd prize: 32" HD Ready Digital LCD television
- 3rd prize (x4): £100 worth of M&S gift vouchers
- 4th prize (x10): Digital radio

All the money raised will go towards the work of Age UK.

Tickets are available from your local Age UK Notts shop, Day Care centre or at Age UK Notts' Bradbury House reception. If you live in Derby you can also get tickets from Age UK Derby's Office at the Morledge. The closing date for raffle entries is 7th December and the draw takes place on 21st December.

Congratulations to Mr Andrews, from Mansfield, who won the Crossword Competition in Issue 5. He wins a Nottingham Forest Goodie Bag! Congratulations also go to Mrs Boden, from West Bridgford, who won the competition to win a Golf Fourball Voucher. The answer to the question was 16 gallons.



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# Citrus Cheesecake



## Ingredients

- 200g digestive biscuits
- 100g butter
- 200g full fat Philadelphia cheese
- 405g Carnation condensed milk
- 2 lemons and 1 lime
- Blueberries to decorate

Recipe submitted by Mrs Sue Ronaldson, Derby. 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](mailto:sarah.dunlop@ageuknotts.org.uk)

## Method

A simple and delicious cheesecake recipe, which only takes 20 minutes to make.

- 1.** Line a cheesecake tin (approx 24cm wide) with greaseproof paper.
- 2.** Break up digestive biscuits in a large bowl. Melt butter in saucepan and add to biscuits.
- 3.** Once mixed, use biscuit as base for your cheesecake by smoothing it along base of tin. Place the biscuit base in fridge.
- 4.** Mix Philadelphia cheese with condensed milk. After this, slowly add juice of the lemons and limes to Philadelphia cheese and condensed milk whilst continuing to mix. Smooth this onto the biscuit base to complete your cheesecake.
- 5.** Add blueberries to decorate.

# SEA CRUISES VS. RIVER CRUISES



and London shows in the evenings. With the highest finish, the cabins offer luxurious spaces to dine in private, or the open top restaurants serve food at all times of the day. Jan reflects, *'ah it is the finest food 24 hours a day, lobster, fresh fruit, everything you desire.'*

Many sea cruisers love the feeling of being on the open seas, with no land in sight, adventure-bound, willing to pay high prices for a luxurious experience on board. However, over the last few years the tide has been turning and many have chosen to go on River Cruises instead of taking to the open seas. The most popular River Cruise destinations include Europe, where you can sail along the Rhine, the Danube or the Seine, or you could venture further afield to China, America or Egypt.

Some holiday makers have switched from Sea to River Cruises to avoid the crowds, hassle and long queues to get off the boat on day trips. This is certainly one difference between the two – with a Sea Liner you're looking at roughly 2,500 passengers, whereas the River Cruises are more intimate with about 160 on board.

**As River Cruises become increasingly popular, we take a look at the differences between River Cruises and Sea Cruises to give you an idea of what to expect if you decide to take to the waters this year for your holidays.**

Cruise veteran Jan Clarke from Mansfield who cruises with her granddaughter Annalise, describes the atmosphere aboard some of the larger Sea faring vessels.

*'The cruise ships are so beautiful. They have waterfalls on board and everything, even palm trees. I love the opulence and elegance of it; the afternoon teas in the ballroom, where they wear white gloves to serve you tea in china cups, and they play harp music. I love that!'*

And it is true that luxury is the name of the game on most of these larger sea liners, some with as many as 19 decks, offering a whole host of activities and entertainments. You can visit large shopping malls, gyms, swimming pools and spas, libraries, internet cafes, craft workshops





Others are keen to explore deeper into the heartland of the countries they travel to, not just alighting at ports on coastlines, or wherever the Ocean Liners can get to. River Cruisers are rather more nippy, and can access many places of interest and hidden towns that the big ships cannot.

However, with the average price of a River Cruise at about £700 (including flights, food and day trips) compared to the thousands of pounds required for a Sea Cruise, expectations about on board entertainment and luxury need to be lowered along with the price. Meal times on board a River Cruiser are rather more regimented, as Jan describes ,

*'it was dinner at 7, ten past, gone! And afternoon tea, well, you used to get everything you desired on the sea cruises ... and it was a piece of cake, and a cup of tea if you got there in time. Ten past four, you'd missed it.'*

But if you're willing to forgo the white-gloved opulence of the Sea Cruises and you fancy something a little more casual, River Cruises could be your thing. Unlike Sea Cruises, you have an opportunity to get off the boat and visit somewhere new every day, and you always have beautiful scenery to gaze at as the boat travels with land either side.

And Jan's recommendations? She says that cruises don't have to be unaffordable. If you're new to the Cruising world, why not try a River Cruise first to get you into it? And she swears by Teletext: *'Scan Teletext. Get the feel of where you want to go, then ring them up, and I feel it's best to book a cabin in the middle of the ship, about four up. Because the stabilisers are there, and you're not rocking as much.'*

You can also peruse online for the best deal, whether it's that luxurious Caribbean Cruise that you've always wanted, or a European River Cruise to get you out and about. When it comes to the Sea Cruises, Jan rates Royal Caribbean Cruises, or the more extravagant Cunard's Cruise Ships. There are many deals to be had with River Cruises, and single supplements are very reasonable. Why not try Viking River Cruises or Uniworld River Cruises and explore your options. Before you know it you could be cruising along the Rhine, soaking up the atmosphere and wandering around medieval castles and magnificent cathedrals in the sunshine!



Jan and her granddaughter enjoying a Cruise

## WIN a Cruise!

Answer the following question to win an afternoon's cruise on the River Trent with River Trent Cruises. Includes Sunday Lunch and a bottle of house wine, for four people. Conditions Apply. Send your answer, name & address to the Age UK Notts address on the letters page.

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- A. River Trent
- B. River Severn
- C. River Avon

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# Jubilee Joviality

Age UK Derby & Derbyshire believe a lifetime of service, experience and skills are something to value and celebrate.

To help older people celebrate the diamond jubilee of Queen Elizabeth II they offered 60 special party packs, each pack with enough posters, bunting, flags, banners, streamers and balloons to celebrate in style and make a Jubilee Party to remember.

The packs were free to community groups, social or activity groups, even community businesses like a village pub or a city cafe - any group of people who could offer an opportunity for older people (and younger people too) to get together.

The packs were very popular and the selection panel had some hard decisions to make to achieve a great range of groups and party ideas from every district of Derbyshire and Derby city. Each party organiser was asked to submit a photo that captured their event and we received some fantastic pictures such as the patriotic choir at Brailsford & Ednaston Social Group (right). Together they will form an electronic album which will be sent off to Her Majesty as a token of our Jubilee Celebrations. Look out for a copy of the album when it appears on our website!



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# 'Stop, Chain, Check'

**As winter approaches, the police are reminding residents to be on their guard against doorstep crime. Here's a reminder of the 'Stop, Chain, Check' process:**

- **Stop:** Before you answer the door, stop and think about whether you are expecting anyone. If you can, look through a window to see who is calling before you go to the door and check that any other doors and ground floor windows are shut and locked.
- **Chain:** Have a door chain or bar fitted and put it on before you open the door, and keep it there while talking to the caller.
- **Check:** Always ask for identification from callers or pedlars certificates from doorstep sellers. Take their details and check their documents carefully, do not let them in and close the door while you take time to see if they are legitimate. Call their organisation using a number from the phone directory. Genuine callers will always be prepared to wait.



## Volunteer Ambassadors needed

Would you like to be a Volunteer Ambassador for Age UK Nottingham & Nottinghamshire?

We are looking to recruit new Volunteer Ambassadors who will be responsible for giving talks to local community groups who want to find out more about the work of Age UK Notts.

### We will provide:

- Full training to include:
  - General Age UK Notts volunteer induction (including Lone Working element)
  - A clear explanation of what the role entails
  - Information about Age UK Notts
  - An introduction to the standard presentation
  - Basic presentation skills, if required
  - A 'crib sheet' to help you during your talk
- All expenses
- A personal alarm

Most talks are during the daytime but occasionally they can take place in the evenings so for personal safety you will have the option of being 'paired up' if you wish

These roles are vital to our continued success and if you would like to apply or need more information please contact:

### Suzy Stephens

#### Training Administrator

Bradbury House  
12 Shakespeare Street  
Nottingham  
NG1 4FQ

Tel: **0115 8414479**

Email: [suzy.stephens@ageuknotts.org.uk](mailto:suzy.stephens@ageuknotts.org.uk)



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## How could Counselling help me?

It's actually very common to struggle with emotional difficulties. Would you like to talk through your feelings or problems with someone you can trust?

If you are aged 50 or over Age UK Notts Counselling Service can help.

We offer counselling:

- In your own home or a neutral venue
- By trained volunteers
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For more information and to see if counselling is right for you, please phone Robert Norton on:

**0115 919 4876**

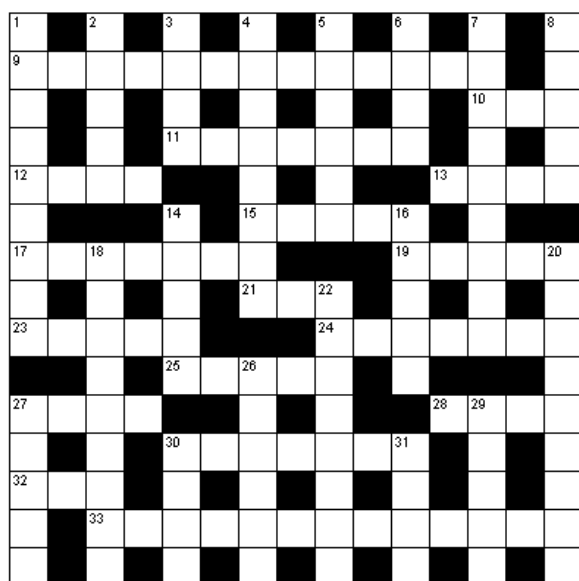


[www.ageuknotts.org.uk](http://www.ageuknotts.org.uk)



# Puzzles

Try your hand at these puzzles and win prizes



## Crossword

Across

9. Wife of one's son (8-2-3)
10. Self-esteem (3)
11. Place in Lincolnshire (7)
12. Repose (4)
13. Woody plant (4)
15. Fragrance (5)
17. Parts of feet (7)
19. Small assemblage (5)
21. Tree (3)
23. Something that causes fermentation (5)
24. Late (7)
25. Small fish (5)
27. Fastens a knot (4)
28. Title (4)
30. More than two (7)
32. Ocean (3)
33. Unpredictable (13)

Down

1. Misfortune (9)
2. Breathes fast and hard (5)
3. Discharge of a firearm (4)
4. Reduce (8)
5. Ignominious failure (6)
6. An alcoholic (4)
7. Profane word (9)
8. Telephone (5)
14. Nuisances (5)
16. Give consent (5)
18. Deadlock (9)
20. Soon (9)
22. Automobile (5,3)
26. Critique (6)
27. Good-tasting (5)
29. Diminish (5)
30. Adds (4)
31. Told an untruth (4)

Send your completed crossword, along with your name & address to Just the Tonic Magazine, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ to win two Derby County Football Club Tickets to a Home League Game. Or email your answers to [sarah.dunlop@ageuknotts.org.uk](mailto:sarah.dunlop@ageuknotts.org.uk). Closing date is 12th November 2012. The Crossword solution will be printed in the next edition of the magazine.

Terms and Conditions: The winner is entitled to two complimentary seat tickets for a Home League Game, excluding platinum or gold fixtures, subject to availability, at Pride Park Stadium, during the 2012/2013 season. Tickets may not be sold or made available for sale on internet auction sites.

## Competition

Answer this question to have a chance to win a Pair of Relaxation Day Tickets to Eden Hall Spa in Nottinghamshire, which includes use of the facilities and a three course lunch. We'll also throw in a Luxury Box of Somersby Handmade Chocolates for you to enjoy on the day!

**Q: What year was the last year that the Goose Fair was held in Nottingham's Market Square?**

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



Terms and conditions: The Eden Hall Spa prize includes unlimited use of the salt-water vitality swimming pool, access to all water therapies and the sauna, saunarium, rose infused steam room & herbal caldarium. Enjoy exquisite cuisine in the Seventh Heaven Restaurant with an inclusive three course lunch complemented by an array of salads and side dishes. For more active relaxation the gymnasium is open to all guests and our professional instructors deliver regular exercise and relaxation classes. Bathrobes and towels are provided for use on the day. The prize must be redeemed Monday to Friday and is valid for 12 months from the date of issue. Prizes are subject to availability. Winning vouchers cannot be used for re-sale.

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## Meals at Home

# Great meals served by a friendly face with a helping hand

Do you, a member of your family or a friend need help cooking or preparing your meals? This could either be on a regular basis or short term after an accident or a hospital operation.

Do you want to ensure there is a daily health check by someone that knows what to do in an emergency?

Or perhaps it's help shopping?

If you answered Yes to any of these questions then contact Meals at Home in Nottingham City on 0115 915 7532/3 or visit [www.mealsathome.org.uk](http://www.mealsathome.org.uk).

We will be happy to answer your questions about the delivery of hot and frozen meals, advise you about subsidised hot meals, make temporary arrangements because you have just come out of hospital, and explain how the personal shopping service works. Nothing is too much trouble, you only have to ask. If you phone before 10am we will deliver today and if you call later then it will be tomorrow or Monday if you call Friday after 10am.

We also provide a daily health check when we deliver your meal. If there is no answer at the door or we find you need help then this can be sorted out immediately. We can contact a family member or a friend, call your doctor or an ambulance or talk to Social Services. We will stay with you until help arrives and we know you are safe and well cared for.

**There are lots of ways you can pay, so please call us on 0115 915 7532/3 or visit [www.mealsathome.org.uk](http://www.mealsathome.org.uk)**



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