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with Age UK Derby and Derbyshire

Winter 2013 Issue 7





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# Welcome

Happy New Year! We're back for the seventh issue of Just the Tonic Magazine, which is full of entertaining and interesting articles to keep your spirits up during the Winter months.

Don't miss our feature article on pages 4 & 5 on the history of the Bramley Apple, and then why not try out a new apple cake recipe on page 23? Join us for some reminiscing as we look back to the days when there used to be a cinema on every street (page 16), and when chocolate limes & cherry lips used to be the most popular sweets in the sweet shops! (page 21)

Or perhaps you fancy turning a new leaf this year and taking up a new form of exercise? Read our article on page 8 about the new 'Senior Playground' craze sweeping the nation.

As usual we have some wonderful prizes on offer on the puzzles page (page 30) including a £50 John Lewis voucher so put your mind to the test and try that crossword!

January 2013 will not be a dull month for me... my husband and I are expecting our first baby around the 17th January, and in my absence I am pleased to leave you in the capable hands of Matthew Ganner & Sean Ford, who will be editing the Magazine while I'm on maternity leave.

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

Best Wishes,

*Sarah Dunlop*



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# Apple Pie Anyone?

Tucking into my friend's tangy home-cooked apple pie one Sunday afternoon, I was surprised to discover that the world-famous Bramley Apple within that pie actually originates from none other than our own Nottinghamshire! I decided to go along to Southwell's annual Bramley Apple Festival to find out more.

On chatting to the organisers of the Bramley Apple Festival, it appears that the Bramley Apple has become a world-wide phenomenon of late, particularly in Japan. Japanese visitors often flock over to the UK to visit the first ever Bramley Apple tree, which still stands in a local Southwellian's garden, even at the grand old age of 200 years! But what is so special about the Bramley Apple? Christine, from the Southwell Women's Institute swears by Bramleys in her baking. She remarks,

*'It's a perfect apple for apple pies, it cooks very well, it stays firm, and it just makes a lovely apple pie.'*

Apple Farmer John Starkey explained,

*'It has this amazing flavour, it cooks down into a sauce, because of the acid level it's*





***very smooth, when it's cooked, and you can use it in many ways.'***

Southwell's love affair with the Bramley Apple began over 200 years ago in 1809 when a young girl, Mary Ann Brailsford, planted some apple pips in a flower pot. Her mother later planted the young tree in their garden on Church Street, Southwell, and the first ever Bramley Apple Tree was born.

About 40 years later, local butcher Matthew Bramley bought the cottage in Church Street, and inherited the apple tree along with the house. One day, as Mr Bramley's gardener strolled down the street with a large basket of apples, a local Nurseryman's son, Henry Merryweather, noticed the quality and size of the apples and was very

impressed. He later called at Mr Bramley's house and asked to take grafts from the original tree to grow his own orchard of the stock. Matthew Bramley agreed, as long as the apples were given his name. They subsequently became known as 'Bramley's Seedling', and were later thrust into the commercial world, being awarded a first class certificate when shown at the National Apple Congress of the Royal Horticultural Society in 1883.

***By the end of the Second World War, the Bramley had become a favourite with the commercial grower, and had earned itself the nick-name the 'King of Covent Garden' due to its popularity with the British public.***

Today, the original tree still stands in the garden of the Church Street Cottage, now owned by Miss Nancy Harrison, and although faring badly through the recent wet weather, it is healthy and in good condition. Nottingham University have cloned the tree and planted another one on the other side of the garden, as well as in other orchards. John Starkey, the maker of the delicious Bramley Apple Compote, explains how he has been working for 25 years to develop a way of growing Bramleys as close as possible to the original tree:

***'Some 20 years ago the University took tips of leaves from the original tree, and created trees from those tips. They gave me two to try out in a commercial situation. When I'd learnt how to control them and crop them, I discovered that the fruit was much more palatable than our original commercial Bramleys.'***

He says that his main aim is for people to appreciate the Bramley, and how it should taste. His wonderful apple compote contains no sugar, and yet tastes deliciously sweet and authentic.

In 2002, the original Bramley tree was given special recognition as one of fifty great British trees by the Tree Council, in celebration of the Golden Jubilee of Her Majesty Queen Elizabeth II, and a plaque now stands proudly at the base of the tree in Miss Harrison's garden.

Having found out more about Nottinghamshire's authentic Bramley Apple I'm now keen to get cooking! Why not turn to our Recipes page on page 23 where we have a wonderful apple cake recipe from Nottinghamshire's Women's Institute.



# 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 [sean.ford@ageuknotts.org.uk](mailto:sean.ford@ageuknotts.org.uk).

## Campaign to End Loneliness

Dear Just the Tonic,  
Twelve years ago I suggested to my neighbour that we could join our friends together to form a 'Friends Group'. Gradually we gathered 16 people and decided that was a manageable number. It is very easy to do, I can recommend it and offer the following guidelines:

1. Start with one or two, possibly 60-70 years of age
2. Make sure that new people are friends of friends and therefore likely to blend in
3. No subscriptions, donations later for gifts to the sick
4. The instigator will at first be regarded as the leader
5. Big question is where to meet? Could start in own homes
6. As time goes on, one member could volunteer to arrange local meals out, social outings or events
7. Inevitably small groups within the whole will do things together following similar interests

I am now 88 years old and benefit tremendously from the group!

Yours sincerely,  
**P.S Wells**

## Forest Fan Prizewinner

Dear Just the Tonic,  
I was delighted to receive your letter and of course the Nottingham Forest Goodie Bag – thank you so much.

I entered the competition thinking that if I was successful, my family would enjoy the memorabilia. I have supported Forest since boyhood and been a regular attender until around 10 years ago. I had two brothers and an elder sister – when she brought her first boyfriend home he was greeted by all three of us at the front door – 'Who do you support?'

Had he said Notts County I'm sure we would not have allowed him in! Lots of friendly rivalry in those days, but all very good natured.

I have special memories of Arthur Dexter, Collingdridge and Capel, and of course the great Brian Clough, I had lived in Essex for many years but returned home, to begin again attending and was a season ticket holder until the year 2000.

The younger members of the family will enjoy the memorabilia



– I have great (twin) nephews aged 15 in particular who will be delighted to share – they still support the Forest but no longer live in Nottingham.

Thank you again – I thought you would like to know they will be put to good use.

Yours sincerely,  
**T G Andrews.**

## I Am Still Young

I may be old and a little weak  
I may be tired and slow to speak.  
I may be awkward and stumble a little.

I may be bowed and my bones may be brittle.

But once I was young and vigorous like you.

I had a life with lots to do.

My body was strong and my fingers were nimble.

My brain was active and I did not tremble.

Please remember, when caring for me.

That inside this frame where you cannot see.

I am still young and I am still Me.

Copies of my book, "Inside My Head" can be purchased from, Peter Schaffle Opticians on Nottingham Road. Ilkeston. Or The Ilkeston Hospital Tea Bar. Twenty five pence from each book will go to the League of Friends. They cost £5.00

Yours  
**Patricia Spencer**





## An Old Man's Birthday

Surrounded by young and old,  
it's his birthday, he was told.

Another birthday, what can he  
do?  
Was he ninety one or two?

Lots of talking, sound of  
laughter,  
wishing the noise was a little  
softer.

Long time since he lost his  
speech,  
the words were now out of  
reach.



He was smiling, his family was  
kind  
but playing were memories on  
his mind.

A glass of wine, he was spilling  
and blinking,  
once he was young, he was  
thinking.  
Years gone by, how time flies?  
He was smiling with misty eyes.

It's his grandchild who was  
kissing  
but it's his wife, he was missing.

## Cobble-Stones

Let's walk again on the cobble-  
stones,  
the moon is shining and we are  
alone.  
Let's play again with pebbles  
and sand and walk on the beach  
hand in hand,  
and tell each other how love has  
grown.  
Let's walk again...

Let's go again on that little hill-  
top and go to that little coffee  
shop,  
we'll sit in the corner; have tea  
and scones.  
Let's walk again...

Let's take a boat to that little  
lake, where I was rowing and  
you got wet,  
but you were laughing and  
weren't upset, just whispering  
sweet things in a quiet tone.  
Let's walk again...

Let's walk again on the cobble-  
stones, the moon is shining and  
we are alone.

**Ike Malik,**  
**West Bridgford, Nottingham**

## Treading Softly

Dear Just the Tonic,  
My husband recently had a hip  
replacement and needed a  
walking stick for several weeks  
after his operation. Pride is a  
terrible thing but there is a time  
when we have to resort to an  
extra bit of support!

A walking stick is just the thing  
When you've had a hip  
replacement,  
It helps to keep you steady  
It may stop you getting bent.

My husband finds it useful  
When walking up a stair,  
There's still a problem carrying  
things  
With just one hand to spare.

This stick has other uses too  
And comes in very handy,  
He often waves it in the air  
When frustration makes him  
angry.  
The stick my husband uses  
Happens to belong to me,  
But I'm too proud to use it  
So I lent it him for free!

**Anne Smith**

# Senior Playgrounds

Taking your grandchildren to the play park might take on a new meaning with the latest trend sweeping the country.... Not just playgrounds for kids, but playgrounds for the over 60's! Senior Playgrounds have been springing up everywhere ever since the first in the UK was built in Manchester in 2008. Designed to improve core strength, flexibility and balance, the range of

opened its chain of Nursing Care Prevention Parks in 2004, featuring colourful jungle gyms, balance beams and stretch apparatus. The USA have also offered various gym like provision for the over 60's, opening senior playgrounds at nursing homes or in retirement communities. However, the trend is now turning to outside facilities, as they're much better value for money than indoor gyms for older people, so I'm sure that the States will soon follow the lead of Japan and expand their outdoor playgrounds for Seniors.

Senior Playgrounds are yet to make it big in Nottinghamshire or Derbyshire, but if you are intrigued, why not take a trip to London and visit



outside exercise equipment includes stationary bicycles, cross-trainers, and sit up benches.

*Well, perhaps it makes sense? After all, which would you prefer? Being cooped up in a stuffy gym with complicated equipment, loud music and body builders, or relaxing with your friends outside in the fresh air, having a giggle, yet also toning up your muscles and oiling your joints?!*

The concept of senior playgrounds has actually been around for years, just not in the UK. China, Japan and Finland have always encouraged generational exercise, and have established play parks for the over 60's that have been hosting active seniors for quite a few years now. Japan is said to have some of the longest-lived people in the world, so it's no surprise that the city of Tokyo

the new Senior Playground in Hyde Park. Open from 10am-4pm, this new free outdoor playground is specially designed for older people to enjoy and is situated within the Hyde Park Bowls and Tennis Centre enclosure. The park is a 15 minute walk from Knightsbridge tube station on the Piccadilly line. If you do take a trip to Hyde Park to explore this new craze, do let us know at 'Just the Tonic' how you got on. We'd love to hear about your experiences!





# Money Matters

Age UK Notts has a free, unbiased and confidential service that can help with your money matters.

The Age UK Notts Money Advice Service covers a wide range of topics. It does not recommend or sell any products; however it will point you in the right direction and explain your options to you.

The areas the service covers include:

- Benefits & Tax Credits
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- Borrowing & Mortgages
- Pensions & Equity Release
- Tax
- Insurance

A customer may access this service for a range of reasons; it may be to find out whether they are missing out on benefit entitlements. Or it could be to understand their tax position now in retirement and what their options are if they wish to continue working. It may even be related to how to make a complaint regarding a mis-selling of Payment

Protection Insurance and information on how to make a claim for free through the Ombudsman. Most money matters are covered, and if the service cannot answer all of your money queries, it will certainly know who to point you in the direction of, and can make referrals on your behalf.

The Money Advice Service also has a very handy website with useful tools and planners. Even a savings comparison table to help you to compare accounts from the comfort of your own sofa!

There really is a lot to be gained from a session so book in today!

Call 0115 8440011 to book in with our trained Money Advisor based at Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham.





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## Re-cycle

In October, Age UK Derby & Derbyshire employee Phil Brown embarked on a cycle ride with a difference! He decided to cycle a total of 80 miles visiting a total of nine different Age UK shops and offices, taking a different item of clothing or bric-a-brac to each shop as a donation. The main reason for the ride was to raise awareness of recycling stock at Age UK Derby & Derbyshire's charity shops. A special 80 day promotion was launched in each shop encouraging stock donations by offering the chance to win luxury chocolates every time a donation was made in store. Prizes were given out in each shop just before Christmas.



Phil said, *'I was cycling to work one day in nice weather and I just thought it would be good to do something for the charity and it progressed from there. Apart from cycling to work, I hadn't really done any other training but it went well – just a sore knee and aching legs the next day. There were some big hills but that's what cycling in Derbyshire is all about!'*

In addition to increasing awareness of stock donations, Phil was also sponsored for the event. Through everyone's amazing generosity he has now raised an incredible £1200 including Gift Aid. Thank you very much to everyone who has been very generous in sponsoring Phil.

# Getting Creative...

...to raise a little money for Age UK!

## Fashion Show

On Thursday 8th November a fashion show was held at the Age UK Derby & Derbyshire charity shop in Duffield, raising a fantastic £447.40. Eight models were on the catwalk: three from the local secondary school and the rest were shop volunteers. The models spanned the ages with the youngest being 17 and the oldest 91.

Shop manager, Marion Braggs said she was thrilled with how successful the event was and was really grateful for all the hard work that was put in by her volunteers.

The oldest model was welcomed with a thunderous round of applause. She jumped at the chance to model saying that she had always wanted to model but had never had been given the opportunity!

## Big Derby Knitathon 2012

In August, five teams of four people knitted squares over a four hour period in the market in Derby, which will now be sewn into small blankets and sold on eBay.

Incredibly, just over £1000 was raised through the individuals being sponsored and donations on the day. Following the success of the event and requests to repeat it there will be a 2013 event in early August next year.

A very special big thank you goes out to the Mayor of Derby who opened the Knitathon, our Trustee John Holdridge for giving out the awards, and all the volunteers and knitters who took part.





# Stay wrapped up this winter

We have Winter Wrapped Up with these handy tips to stay warm over the winter months...

**W**rap up - It may surprise you but wearing lots of thin layers will trap more warm air, and is better for you than wearing one thick layer. So it may be more useful to wear a couple of shirts instead of one fleece.

**I**ce - If it's a particularly icy day or if it's been snowing, make sure you've got a mixture of salt and sand to use on your icy paths and driveways.

**N**icotine patches - Smoking slows down circulation in the body which can make you feel colder. Stopping smoking will not only make you feel warmer but also brings many other health benefits!

**T**inned foods - Stock up on tinned foods especially vegetables if you think you'll be at home for a while. Tinned vegetables still contain all the same levels of nutrients as fresh vegetables.

**E**ntitlements - Make sure you're aware of which benefits you're entitled to over the winter months. To arrange a free money guidance session with Age UK Notts you can call us on 0115 841 4483 or take a look at page 9.

**R**oom Temperature - Ensure your room is at a warm, adequate temperature of at least 21 degrees. If it is any higher you may want to turn your heating down to save money. If it's any lower you may want to consider turning the

heating on or simply putting on an extra jumper.

**W**alk around - Walking around your house should bring your body temperature up and you may even need to cool yourself down after a while!

**R**ing someone - if you aren't able to get out of the house it is a good idea to have a contact number for someone who is willing to pop by and drop anything off you need.

**A**sk your pharmacist - many pharmacists now provide a free delivery service for patients on repeat prescriptions. Check with your pharmacist for availability.

**P**rescription - if you think the weather will keep you inside it's recommended that you stock up on at least two weeks of your prescription.

**P**rotect exposed skin - Over 60% of all heat loss is through heads, hands and feet. Make sure you wear your hats, gloves and slippers on those especially cold days.

**E**at well - Eat plenty of warm food, fruit and vegetables to make sure you get all the goodness you need.

**D**rafts - A simple way of blocking drafts would be to place a blanket in front of the door.

**U**se only necessary rooms - Close the doors to all rooms you aren't using and turn the radiators off in order to save money and stay warmer.

**P**roperly close all windows - not closing windows properly is an easy way of heat loss. Closing windows will help keep the room at a constant suitable temperature and will also save you money in heating.



# Inspirational People

Featured in the magazine this month is Joyce Ashley, an Age Concern worker in Derbyshire who is set to receive a British Empire medal for over forty years of service to her community.

*Joyce has been a worker and volunteer at Age Concern Glossop and district now for over 40 years. She started to be involved in her local community back in 1970 when she arrived on a newly built estate in Glossop without street lighting or a pavement but which already had a pub!*

She and six couples got together to make their community a better place to live and raise a family. They formed the first residents association raising money with raffles and school dances and together they helped the local community challenge the Council to account for charging high rates when there were so few local services.

By the 1990's the residents association had secured a doctor's surgery, dentist, chemist, supermarket, Post Office, an hourly bus service and even a chip shop!

All through this time Joyce was also volunteering with Age Concern Glossop. First on their Funds and Social Committee and then into

the main organisation as a stalwart volunteer administrator and office manager. As if that wasn't enough Joyce became an active supporter of the Cubs when her son joined in 1974 and she has continued to support the 1st Dinting Scout Committee ever since. Many local people will also know her as a member of the highly successful committee who helped establish and run Bradbury House in the heart of Glossop.

Joyce is certainly living proof that if you want something doing ask a busy woman! Young and not so young people in Glossop and her local community have a great deal to thank Joyce and those like her for their contribution to community life.

The ripple out effect of Joyce's work means her fundraising, service delivery, community development and just speaking out for local residents will have touched the lives of hundreds of people.

With typical reserve Joyce says she accepts the medal for all the teams she has worked with during the last 42 years but those teams may never have happened or been so successful without her input. It is work like hers that helps our ambition to 'make later life better' become a reality.



***"I joined all who know Joyce in being delighted that such an unassuming local hero has been recognised – she will be a worthy holder of the British Empire Medal."*** Katy Pugh, Chief Executive, AUKDD.

Joyce (front centre) with the other local BEM recipients at the award ceremony in October



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# Ageless Grace

If you're finding life a little more strenuous these days, and find it hard to exercise, or if you have limited mobility, why not try the increasingly popular chair based exercise classes that are sweeping the country?

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A lady from the Nottingham class remarked,

*"Whatever your mobility, you can join in Ageless Grace. A really fun class - no pressure. Just did what I could - laughed the whole way through - great music and a fun teacher!"*

Another member described it as *"The best 30/40 minutes of my week!"*

Not only do the chair-based exercise classes focus on the longevity of the body, but they also encompass the health of the mind, emotions and spirit as well. Ageless Grace® promotes the 'Three R's', but not as we know it! Not 'reading, 'righting and 'rithmetic', but the ability to 'respond, recover and react, efficiently and safely'.

If you'd like to try out one of these new and exciting classes why not pop along to Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham. NG1 4FQ, on a Friday at 10.30am. Cost is £3.50, or £2.50 for Age UK Membership members.

For more information on classes in your area or if you would like to book a free demonstrations class for your own group, please call Ali Allen on 07917 204839 or email [ali.allen66@gmail.com](mailto:ali.allen66@gmail.com).



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# Do You Remember When...

There was a cinema down every side street?



The old Odeon Cinema, Angel Row, just before demolition  
Photo courtesy <http://www.scottishcinemas.org.uk>

***Those were the days... when on a Friday or Saturday night, pleasure-seekers would find themselves at one of Nottingham's twenty five or so Cinemas to enjoy the latest Hollywood Blockbuster. Whether it was the Elite, the Odeon, or the Picture House on Long Row, town cinemas were the most popular form of entertainment for the clientele of the 1940's and 50's.***

Nowadays, many of these old town-based cinemas have disappeared, with the onset of the Television in the 70's, and the development of modern multiplexes in the 80's and 90's, boasting acoustically designed theatres and surround sound. The smaller more old fashioned town-based cinemas have been left feeling rather outdated, and many have been shut down and demolished, including the Odeon Cinema on Angel Row in Nottingham, which is currently being turned into 450 student apartments.

In its heyday, the Odeon Cinema in Nottingham was the height of cinema glamour, with its history ranging from 1930's film productions to pop concerts such as the Beatles and the Rolling Stones in the swinging 60's. It proudly boasts to have been the first twin screened cinema in the UK upon it's renovation in 1965.





The Savoy Cinema, Derby Road

Photo courtesy <http://www.scottishcinemas.org.uk>

Today the somewhat deceptive main facade of the Odeon on Angel Row gives no indication that a massive auditorium lays behind it. You'd be forgiven for walking past it without realising what an icon it once was, especially now it's set for demolition.

What memories lie behind this now derelict building, which once was packed out with cinema goers and glamorous guests at wedding parties?

The Odeon was first opened in 1933 as the 'Ritz', designed and built for County Cinemas. Like many cinemas at the time it was built with a large stage so it could show theatre productions as well as films. The opening film on 4th December 1933 was "The Private Lives of Henry VIII" starring Charles Laughton.

In 1944 after a change of ownership, the Cinema was rebranded as the Odeon. In the 1950's it was selected to show 'Roadshow productions', which were big Hollywood films shown for about a year before being rolled out around the country. They even included a live orchestra and different scene sets!

In the 1960's many pop groups

played at the Odeon, including the Beatles on Dec 12 1961, before they even had a record contract. Then in 1964 the cinema was converted into the UK's first twin screen cinema, reopening in July 1965. Screen 1 was designed for Roadshow

presentations, and seated an audience of 925. Screen 2 held an audience of 1,450 and opened with a run of 'Mary Poppins'.

Age UK member Maureen Ball used to work at the Odeon Cinema as a cashier between 1975-1977. She recalls her time fondly,

***'When I look back on my job at the Odeon, I used to feel that I was in a gold fish bowl watching other people's lives. Happy families, happy holidays, etc.'***

Maureen tells a story of one of the more memorable events of her time there:

*'Some weeks after the terrible Birmingham bombing, we were cashing up when the phone rang and a voice with an Irish accent said 'you've got 15 minutes before the bomb goes off!',.... My*

*colleagues decided to grab the money to take upstairs to tell the boss about the call. But not me, I made the decision to start getting the audience out of the cinema 1, out of the building. Money can be replaced, but not people! By the time we had everyone outside, we had the all clear that it was a hoax. By this time I was in The Bell next door having a brandy! The next day my boss came to see me at home and thanked me for my quick thinking, and bravery!'*

Throughout the late 80's and 90's the Odeon changed very little, but the world of cinema was moving on. Modern out of town multiplex cinemas were springing up all over the place, leaving the town based cinemas looking rather outdated. The Odeon Nottingham's last showing was on the 26th January 2001 with Tom Hanks' 'Castaway'.

And with the demolition underway, moving on is certainly on the cards for the Odeon Cinema, but it will certainly hold a soft spot in many people's memories, especially Maureen's.



The old Elite Cinema, Upper Parliament Street

Photo courtesy <http://www.scottishcinemas.org.uk>

# Fit as a Fiddle

What an energetic four years it's been! As Age UK Derby & Derbyshire's 'Fit as a Fiddle' project comes to an end, we look back at all that it's achieved since September 2008 for more than 2,700 of Derbyshire's older residents.

Fit as a Fiddle was started through the Big Lottery Fund's Wellbeing Programme, a £165 million pound grant scheme which aimed to encourage healthy lifestyles and wellbeing. It certainly did this through Fit as a Fiddle in Derbyshire, which offered a vibrant and enjoyable mix of activities identified by older people to improve their wellbeing. The taster sessions and new groups set up by the project enabled older people to increase their physical activity levels, eat healthier foods, and use exercise to relieve pain, depression and stress.

From swimming, to bowls, from walking groups to 'cooking & shopping for one' classes, many older people across Derbyshire have benefited from all that Fit as a Fiddle had to offer.

***"I prefer coming to Age UK Fit as a Fiddle because it's FUN! Less intimidating (than the gym) and people my own age", remarked one lady.***

Another participant added, *"My blood pressure has reduced, and has been normal now for 6 months!"*

As well as giving older people the chance to attend exercise classes, Fit as a Fiddle provided people with support towards achieving personal targets and putting in place longer-term improvements to their wellbeing, whether that involved an opportunity to volunteer in the local community or by joining a local walking group.

Through the professionally run classes in community settings, many individuals have said that they went on to do other physical activities after their fit as a fiddle course, with walking and swimming being popular choices.

The project has also attempted to address barriers to participation such as sleep problems and foot care issues. One of the 'sleep box' users commented,

*"(After joining Fit as a Fiddle) I seem to be sleeping all through the night most nights ... I now watch more evening programmes of TV and am not so tired when I go out in the evenings ... I have joined the walking group and been on all the walks so far. I will be joining the choir when it starts in a few weeks."*

More elderly and less physically able individuals also benefitted from Activity Boxes, designed to stimulate conversation and gentle participation. The boxes typically contained Scrabble, Beetle Drive, Large Dominos, Skittles, Quoits, Jigsaws, Memory Games and Quizzes on CD's.

Over the last three years Fit as a Fiddle has made such a difference to the lives of so many people, and has proven that small lifestyle changes can have a huge impact.

In focussing on having fun and socialising through activity, participants have found themselves healthier, happier and enjoying later life all the more!





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[www.homeinstead.co.uk](http://www.homeinstead.co.uk)

# Get on that Scooter!

A practical Mobility Scooter Safety Awareness Course is now available for free at the Disabilities Living Centre. The course has been developed in conjunction with Nottinghamshire Road Safety Partnership to prevent accidents involving mobility scooter users.

The aim of the course is to raise awareness of road safety issues, to provide manoeuvrability skills on a mobility scooter and raise awareness of the legal responsibilities of mobility scooter users.

This completely free course is held indoors at the Disabilities Living Centre in Bilborough and lasts approximately 1 ½ hours. You will be shown a short DVD which covers basic theory, explaining the law, information about planning your journey and an awareness of road safety issues.

This is followed by the main practical session (under supervision) and involves experience of riding a scooter starting and stopping, practising reversing, slalom, parking and ramp exercises.

By the end of the course, you'll feel so much more confident and skilled in using a mobility scooter and have a better understanding of how the law affects mobility scooter users as well as a raised awareness of road safety issues.

The course is completely free and advance booking is required. To book a place please contact the Disabilities Living Centre on Tel 0115 9855780 (between 9am and 3pm).

Or E-mail [info@dlcnotts.co.uk](mailto:info@dlcnotts.co.uk)

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# Sweets of the 1950's

We indulge in a little reminiscing as we take a trip back to the delightful world of the sweets of the 50's, including coconut mushrooms, liquorice torpedoes and candy sticks!

Anyone recall the wonders of Chocolate Limes, Cherry Lips or Rhubarb & Custard boiled sweets?



Ivy Lea from Nottinghamshire remembers spending as much pocket money

as she was allowed on sweets at the end of the week, and stocking up on Curly Wurlys, Sherbert Dabs and Cherry Lips. She remembers painting her lips red with the Cherry lips, so

much so, that one time her Dad had to ask her to go and wash her 'lipstick' off!



Liquorice Wood was another popular 40s & 50's sweet, looking like a stick of wood that you would chew and chew .....

and chew! It was said that in the War, children were encouraged to chew on it to keep their teeth clean.

If you have any favourite sweets from your childhood, why not write in and tell us here at Just the Tonic? I'm starting to get hungry...



## A Trip Down Memory Lane

More and more people are taking trips down memory lane these days, delighting in reminiscing about their childhood homes, foods or hobbies. And it's not just an indulgence to re-live the old days, it's actually proven to help people experiencing the early stages of dementia or memory loss.

Age UK Derby & Derbyshire have set up five 'Memory Lane' groups, thanks to generous support from the Santander Foundation, which will run each weekday afternoon in Futures Homescape community centres in the Amber Valley area.

They will offer an interesting range of activities designed to stimulate deep memories, aimed at those with early stages of memory loss and dementia, using exciting new resources

to help the reminiscence work. They have purchased two RemPods which create a portable reminiscence room including furniture and objects from different eras which may awaken more memories and stimulate conversation.

**The 1950's living room RemPod comes complete with a vintage television and classic programmes to help recall memories of family and first homes.**

The cinema screen RemPod will allow 'Memory Lane' to

offer film afternoons that really evoke the fun of trips to the cinema. Each session will have a small charge to include a full range of structured activities, refreshments and support in a sociable group.

If you feel you or someone you know would enjoy a Memory Lane group please call Age UK Derby & Derbyshire on 01773 768240 for details of venues and start dates.

And of course if you have objects that would help reminiscence activities or could offer some time as a volunteer we would love to hear from you!



## Do you need help at home?

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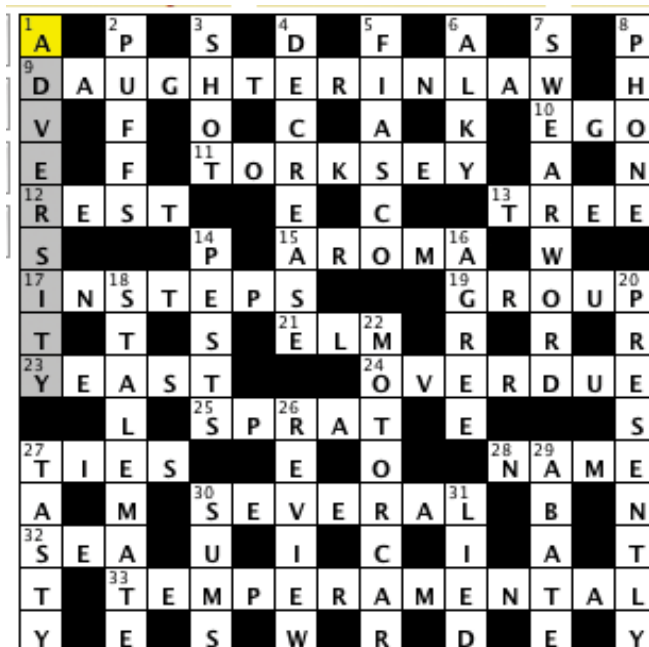
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Registered Charity number 1067881

## Competition Answers

Congratulations to Mr Haydn from Belper who won the Crossword competition, to which the solution appears below, and to Mrs Harrison who answered the Competition Question correctly to win two day passes to Eden Hall Spa. The correct answer was 1927.



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# *Lemon, Apple and Ginger Cake*



## *Ingredients*

### **Cake:**

- 8oz stoned dates, chopped
- 8oz butter
- 10oz light muscovado sugar
- 2 eggs, beaten
- 2oz crystallised ginger, chopped
- Grated zest of 1 lemon
- 1 Bramley apple (about 9oz)
- 8oz self-raising flour

### **Topping:**

- Juice of 1 lemon
- 5oz icing sugar, sieved
- A little crystallised ginger, chopped

Recipe by Jane Jefferson, Gringley-on-the-Hill WI, taken from Nottingham Federation WI's Favourite Apple Recipes cookbook. 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 [sean.ford@ageuknotts.org.uk](mailto:sean.ford@ageuknotts.org.uk)

## *Method*

1. Grease and line an 8 inch round deep cake tin.
2. Place the dates in a bowl and cover with half a cup of boiling water.
3. Melt the butter, then stir in the sugar, and allow to cool slightly.
4. Add the eggs, chopped ginger and lemon zest, and beat well. Then add the softened dates.
5. Chop the apple into small cubes.
6. Stir in the flour, then the apple.
7. Pour the mixture in the prepared cake tin and bake for 1 1/4 hours at 160C/325F/gas mark 3.
8. Leave to cool in the tin.
9. When the cake is cold make the lemon icing. Add sufficient lemon juice to the icing sugar to make a slightly runny icing, and pour over the top of the cake.
10. Sprinkle chopped ginger on top of the cake.

# Lost Souls

**The under-reported story of the British Child Migrants sent miles away from home to face abuse and tough manual labour.**

Between 1920 and 1967 over 150,000 young British children were shipped off to Commonwealth countries in a seemingly philanthropic attempt to give them a fresh start overseas. Charities such as Dr. Barnados, the Catholic Church and the Fairbridge Society might have believed that they were giving these child immigrants a sunny future, but many children had horrific experiences often involving tough manual labour, emotional and physical abuse and homesickness.



Reg Sheath, from Mansfield Woodhouse, grew up in a Dr. Barnado's Home in the 1920's with his two brothers, Harold & Arthur, after their parents had abandoned them. He recalls carrying his youngest brother on his back for three miles while the police walked beside them, on the day when the police took him and his brothers to the home.

Children from broken homes or single-parent families were often taken into care to avoid the social stigma, and sometimes even told that their parents were dead. It was after Reg had left

Barnado's, at the age of 15, that he discovered that his younger brother Arthur had been taken to Australia as a child migrant, in the 1930's:

***'What it was, these children went to Australia, back in the 30's, on a boat for 6 weeks, and they're down in the hull, and they're throwing food into them, as if they were animals. So when they got to Australia, some went farming and others went to a place called Fairbridge Farm School.... But they didn't do a lot of schooling. The Fathers – I think they were Catholic - ended up abusing them.'***

Miles away from home, believing that their families were dead or no longer wanted them, these migrant children would often arrive on isolated farms facing slave labour and extreme hardships. Denise Trowsdale, sent out in 1947 at the age of eight from a Catholic home in England to an orphanage in Western Australia recalls,

*'The first two years were dreadful. There was this nun, she was a cruel woman. She had this razor strop – that's a wide leather strap for sharpening razors – and she didn't hesitate to use it, it was an everyday affair. ... I didn't know why I was being beaten. She turned me into a scared, timid, nervy child.'*\*

Other children were sent to work on farms in Canada. William Price remembers,

***'I would get up at four am and go to bed at six or seven in the evening. You would work all***





**day; you would harness horses, clean out the stables, plough, cultivate and harrow. The farmer wouldn't feed me. I would steal stuff out of the barns, rhubarb and such, and I would go into a meal and he would cut a piece of bread in two rather than give me the whole piece.'** \*

Life wasn't all rosy for those children left behind in England, either. Reg talks of when he left the Barnado's Home at the age of 15, to go and work for a poultry farmer. He describes how, when he had travelled to the farmer's house, he discovered that there wasn't any poultry in sight, and that he was expected to work all day on a patch of land. The farmer, who he described as a 'vicious man', built a 'windowless cabin' out of some old bits of wood for him to live in, rather like a kennel.

Reg recalls, **'I noticed that it didn't have any windows, so when he said 'look out of the cabin', and I stuck my nose out of the door, he walloped me, didn't he.'**

Reg eventually ran away from the farm and withdrew all his money from the bank (he'd been paid 2 shillings a week for his farm work). He fled to his home town of Southampton and found his other brother, who was living with his Father's sister. She wasn't happy to see Reg, and he eventually left to join the Territorial Army in the mid 1930's.



It was only in 1954 that Reg was reunited with his brother Arthur. After tracking each other down (as many other migrants were doing at the time), they had an emotional reunion, and filled in the gaps that they had missed in each other's lives.

Despite the emotional and physical trauma of being a child migrant, Arthur had married and stayed around in Western Australia, becoming a cattle farmer. The photo to the bottom left shows the two brothers on Reg's visit to Australia in 2005.

Not all British child migrants emerged as successfully from their experiences of exploitation and immigration. Many tell sad stories describing a deep sense of loss about their childhoods.

In February 2010 Gordon Brown, then Prime Minister, made a public apology for Britain's part in encouraging these child migration schemes, and Australia's Prime Minister Kevin Rudd made a similar announcement, aimed at aiding the healing process for the many child migrants across the globe. Let's hope that these public atonements will make some small difference to the children and their families who were affected by child migration.

*\*taken from 'Lost Children of the Empire' by Philip Bean & Joy Melville.*



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Bowel cancer is the third most common cancer in the UK, and bowel screening has the potential to save thousands of lives. We need ambassadors like you to talk to friends, family and colleagues and encourage them to take part... and it couldn't be easier... just ask the simple questions!

- **Are you between the ages of 60 and 69?**
- **Have you done your bowel cancer screening test?**

The kit is sent to both men and women, and is a simple test which you can do in the privacy of your own home. It will be sent to your postal address with a letter and step-by-step instructions of how to carry out the test. A special stamp addressed envelope is also provided to return you completed test to the screening hub. After your first screening test, you will be sent another invitation and screening kit every two years until you reach 69. Your results will be sent to you within a few days.

If you are over 70 and are worried about bowel cancer you can call the number below to request a free kit to be sent to you.

Always remember - any abnormal bowel symptoms lasting for more than three weeks, don't wait for your test kit, speak to your GP.

Think of your health – do your bit, use the kit.

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# All Change!

Yet another Age UK Derby & Derbyshire shop, this time in Swadlincote, Derbyshire, has been treated to a bit of a makeover!

The brighter and bolder refurbishment allows shoppers to browse for bargains in a cleaner, brighter and more modern space. The shop now looks similar to the seven other stores that have also recently had the much anticipated changes.

The Swadlincote shop was opened on 4th September by Cllr Mick Bale, Chairman of the South Derbyshire District Council after it was closed for six weeks for the refurbishment. Finance and Operations Manager Martin Eaton and shop manager Jackie Cantrill (who worked on the project with a team of volunteers) are both thrilled with the new look and would like to thank everyone for their hard work in getting the shop ready.

This was the eighth shop in Derbyshire to receive the new look and Katy Pugh, Chief Executive of the charity, said: "We hope to make all our shops a great place to work volunteer, shop and donate in". The money raised from the shops will go towards

funding the work that the charity provides such as the Information and Advice Service. The service allows people aged 50 and over to receive free advice for themselves and their carers.

The final shop to be rebranded and refurbished will be the shop in Chesterfield. It is due to re-open in December 2012 and will also be able to offer Age UK insurance and products for all their shoppers.

Why not pop by and visit the Swadlincote shop at 56 High Street, Swadlincote and the Chesterfield Shop at 21 Stephenson Place, Chesterfield.



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# Winter Gardening Tips

It can sometimes be a struggle keeping your garden well-kept over the winter months, but with these great tips you should be able to keep your garden looking like a winter wonderland for a few extra weeks.

1. It's important to move any plants that you think will struggle in the cold temperatures. Put them in a greenhouse or indoors.
2. Add a layer of mulch around outside plants; this will help to keep the roots at a more stable temperature.
3. Watering plants before an expected freeze can help them retain moisture that the roots are unable to get when the ground is frozen.
4. Try to shake off the snow that has gathered on any hedges or trees in your garden, as the added weight can cause damage.
5. If your lawn is frosted over it's best to avoid walking on it as the grass can be damaged.
6. Winter can be a great time to take advantage of bare shrubs and trees and start to prune them. Try to pick the days that aren't too cold!
7. Finally, if you have a pond in your garden it's a good idea to place a plastic ball in it; this helps to prevent it freezing over and also creates an air hole to allow the fish to get oxygen.



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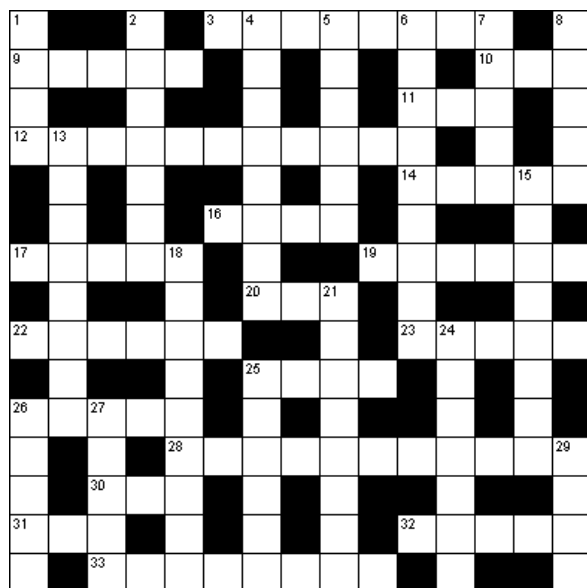
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# Puzzles

Try your hand at these puzzles and win prizes



## Crossword

### Across

3. Warship (3,2,3)
9. Refund (5)
10. Large flightless bird (3)
11. Command to a horse (3)
12. Automate by computers (11)
14. Effeminate boy (5)
16. Shelter for honeybees (4)
17. Heaps (5)
19. Ripe (6)
20. Organ of sight (3)
22. Bank executive (6)
23. Incident (5)
25. Constituent (4)
26. Thick sweet liquid (5)
28. Brave (11)
30. Filled pastry crust (3)
31. American law enforcement agency (3)
32. Reptile (5)
33. Runaway (8)

### Down

1. Crocodile (4)
2. Larva of frogs (7)
4. Desire for food (8)
5. Place where business is conducted (6)
6. Person who works for a wage (4,5)
7. Staggers (5)
8. Covered with dust (5)
13. Commonplace (8)
15. Throttle (8)
18. Without sleep (9)
21. Headset (8)
24. Vagabond (7)
25. Suitable (6)
26. Smell (5)
27. Swift (5)
29. Feat (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 a £50 John Lewis Voucher. Or email your answers to [sean.ford@ageuknotts.org.uk](mailto:sean.ford@ageuknotts.org.uk). Closing date is 18th February 2013. The Crossword solution will be printed in the next edition of the magazine.

Terms and Conditions: The winner will be sent the John Lewis Voucher by post. The gift voucher can be used in all John Lewis department stores, Waitrose supermarkets, Waitrose Food and Home stores and Waitrose Direct Wines. Gift vouchers cannot be exchanged directly for cash. For full Terms and Conditions of the voucher please visit [www.johnlewis.com](http://www.johnlewis.com).

## Competition

Answer this question to have a chance to win a Pair of Cinema Tickets for Cineworld at the Corner House, Nottingham.

**Q: In what year was Nottingham's Odeon Cinema converted into the UK's first twin screen cinema?**

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 18th February 2013.



Terms and conditions: Once a winner has been randomly selected, the winner's contact details will be passed onto Cineworld. Cineworld will contact the selected winner and arrange delivery of the prize.

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# Kindred Spirits

## winter activities

### Swimming Lessons

Why not learn to swim or build up your confidence in the water if you've not swam for a while? We are holding a 10-week block of swimming lessons, free to all Kindred Spirits members and only £15 for non members. **(BOOKING ESSENTIAL)**

### Swimming Sessions

If you don't feel you need lessons and fancy a few lengths, we have exclusive pool hire with a lifeguard on duty for a 12-week block of swimming sessions, which is free for all Kindred Spirits members and only £1.50 per session for non members. **(BOOKING ESSENTIAL)**

These lessons and sessions are held at:

#### Beechdale Leisure Centre

Bilborough, Nottingham

Wednesdays 11am - 12pm (swimming lessons starting 16th Jan)

Thursdays 11am - 12pm (swimming sessions starting 17th Jan)

#### Djanogly Leisure Centre

Nottingham (near Forest tram stop)

Tuesdays 11am - 12pm (swimming lessons starting 15th Jan)

Mondays 11am - 12pm (swimming sessions starting 14th Jan)

#### Lammas Leisure Centre

Sutton-in-Ashfield

Thursdays 12.30pm - 1.30pm (swimming lessons starting 7th Feb)

### Line Dancing

#### Starting 9th January 2013

Got the Strictly bug? Come along and strut your stuff with line dancing. These classes will run for 12 weeks and are free to all Kindred Spirits members and only £2 per class for non members. **(BOOKING ESSENTIAL)**

These classes are held at:

#### City Mission

Lower Parliament Street, Nottingham

Wednesdays 10.30am - 11.30am



*Make the most out of these winter months and shed some pounds after all those festive meals and mince pies you had over Christmas!*

### Bookings & enquiries

For bookings or to find out more about Kindred Spirits and how to become a member:

call us on

**0115 841 4473**

or email us at

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

We also hold Welcome Mornings for those who would like to meet existing members and chat to others who are thinking of joining Kindred Spirits at:

Age UK Nottingham & Nottinghamshire  
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