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with Age UK Derby and Derbyshire

Spring 2013 Issue 8



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"Our family serving your family"

Welcome

Welcome to the Spring edition of Age UK Notts & Derbyshire Magazine. You might see a few changes in this edition as your usual editor is now on maternity leave and has left the magazine in the capable hands (fingers crossed!) of Matthew Ganner (left) and Sean Ford (right).



We're delighted to tell you that in January Sarah gave birth to a beautiful baby girl called Elliana Rose. Hopefully Sarah has time to read this and we would like to send her our congratulations and wish her all the best in this new chapter of her life.

A quick sentence about us! Sean is currently doing his placement year with Age UK Notts and Matthew has recently finished University and has entered into his working life with Age UK Notts as well!

We've got some great articles for this issue that we hope you'll enjoy. We have an interview with one of Britain's best known politicians Ken Clarke who talks about life growing up in Nottinghamshire.

We take a trip down Memory Lane and look back at the the history of Rolls Royce and its sites accross Derbyshire and Nottinghamshire, and with the future of high street music stores put into doubt recently, we look back at one of Nottingham's best loved music stores, Selectadisc.

Thank you to everyone who sent in poems and letters. They were all greatly appreciated and we'll sign off by saying we hope you enjoy this edition as much as we've enjoyed producing it!

Best Wishes,

Matthew & Sean

Contents

Page 4-5 - An interview with Ken Clarke

Page 6 - Your letters

This month it's all about poems!

Page 8 - Selectadisc

We take a look back at one of Nottingham's much loved record shops.



Page 9 - A new Shed!

There's a new Men in Sheds that has opened in Nottingham and we have the latest news on it!

Page 10 - Say goodnight to snoring

Page 14 - All you need to know about ClickSilver



Page 16-17 - Rolls-Royce

We take a look back at the history of Rolls-Royce and the impact it had on Nottinghamshire and Derbyshire.

Page 19 - Campaign to End Loneliness

There's an update on the campaign.

Page 20 - There's a new Age UK Charity shop opening



Page 24-25 - The life of Reg Dean

Page 26 - The Dalesman Choir

Page 27 - Spring gardening tips

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An Interview with

Ken Clarke



Kenneth Clarke, Member of Parliament for Rushcliffe since 1970, is one of Britain's best known politicians. Well known for his love of jazz, Hush Puppies shoes and motor racing, he speaks to 'Just the Tonic' about what it was like growing up in the area and the issues that are facing older people today.

I've heard it said that you describe this stage in your life as the 'mid-term' of your career. How do you feel about getting old? And what is your secret for thriving in later life?

I always claim that I am in the mid-term of my career when I wish to alarm my colleagues, but I do realise that I must be getting to the end of my working life. I am one of those who have never felt attracted by the idea of retirement from work, and I have never done anything about retiring. I am obviously addicted to the problems of government and politics and I continue to enjoy the rare privilege of being able to be engaged reasonably near to the centre of affairs in the House of Commons.

I suspect, however, that it would have a rather damaging effect on my general motivation and well-being if I did retire, simply because it does not fit my particular temperament and metabolism.

Regarding older people, what do you see as the main challenge for the government over the next few years?

The fact that everyone is now living to a greater age is one of the most important and beneficial changes in society in my lifetime. It is an unfortunate footnote to greater longevity and better health that government at every level is faced with the tremendous problem of providing services to deal with the biggest single challenge facing the NHS, the welfare budget, local government and public services in general. We are only just beginning to take drastic steps to face up to the changing nature of demand for these services. We will need to make fairly radical reforms if our childrens generation and the generations beyond them are to have any chance of coping with the huge number of older and dependent people in society in the future.

Recent figures suggest that now 1.8 million pensioners (16%) live below the poverty line. What are your thoughts on this and how do you foresee the government tackling this problem?

It is obviously distressing that a proportion of retired people do live in very reduced circumstances. The poverty level is usually a comparative thing and the basic living standards of older people have tended to get

left behind compared with the general rise in living standards of other people. The main thing we have to tackle is the failure of most working people to make adequate provision for their own retirement, if they are to achieve the standard of living that they expect when they stop working. Various reforms are now being introduced, including a compulsory contribution to stakeholder pensions, which will be put in place for those working people who make no pension contributions at the moment. A combination of schemes and incentives to save of various kinds are probably going to be required, and at the same time we do have to stop a section of the working population acquiring final salary and other pension rights which are hopelessly under-funded and would not be sustainable by older generations unless we reform them. These questions touch on some of the most difficult and sensitive problems facing the government of the day.

Can you tell us a bit about your childhood memories of growing up in Nottingham?

I was actually brought up first in Langley Vale in Derbyshire, on the Nottinghamshire border, and then in Bulwell in Nottinghamshire. I only came to live in West Bridgford about twenty years ago, and my wife and I have lived here happily ever since. I had quite a robust childhood, first in a pit village in the Erewash Valley and then living over my father's shop in Bulwell. My childhood was extremely happy, however, and I was lucky enough to be able to flourish at school by passing all of the relevant examinations, so that I was steadily able to emerge into a wider world. I really cannot find the time to give you a full account of all my childhood experiences, but the book and the film "Saturday Night and Sunday Morning" certainly conjure up the atmosphere of the rumbustious city of Nottingham in which I was a child and teenager.

What do you do in your leisure time?

I have the Englishman's habit of having hobbies and I tend to become rather obsessive with the things I take up. I devote as much time as possible to watching football, cricket, Formula 1 motor racing, bird watching and listening to jazz.

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.

Our Precious Gift

Myla came just two weeks early
Her birth was fairly swift
She's a joy for all the family
And such a precious gift

She was so very tiny
Weighing in at five pounds five
But this hasn't been a problem
She has lots of time to thrive

She's a little beauty
A dimple on each cheek
We think she looks a lot like Lee
But to us, she is unique

We heard the news at Andrew's house
We'd been out for a meal
And when we checked our mobiles
The news just made us reel!

Andrew opened champers
We all had a full glass
We found it hard to credit
That we had a girl at last

She mostly cries when hungry
And if Vicky had her way
Myla would sleep at night-time
Instead of in the day

We pray that we shall see her grow
And watch each different stage
That she will go through, year by year
Until she comes of age

So thank you Lee and Vicky
For this exciting new event
We know that you are happy
As we are, with our present

Anne Smith

Love for an old friend and life long companion

Looking at you
Through
These old eyes of mine
I see you in a mist
That softens the lines
Of time

Listening to you
Through
These old ears of mine
Filters your voice
As though it was young
Again

Talking to you
Through
This old voice of mine
I still want to say
All those loving words
Of yesterday

Walking with you
Through
This old world of mine
Brings a spring
To my step and a song
To my heart

Sitting with you
Through
Some old thoughts of mine
Takes my mind back
To those days we'd sit
In love

Lying with you
Through
Many old dreams of mine
Makes me long for
The caresses and touches
Of long ago

And yet-

In these eyes
I behold you still
As i did
So many years ago

Through these ears
I hear you still
Whispering gentle words
And memories of love

With my voice
I can cry out
And qualify the love
I still hold for you

On these legs
I carry the weight
Of love I have not yet
Given to you

In this mind
Still rage the thoughts
Of things I would do
If life let me

And with this body
I still worship you
And love you endlessly
Until we start another day.

Will Hampson





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Selectadisc

This year saw the potential closure of HMV and the rise of downloading music online, the future of high street record shops seems uncertain. They were not just a great way to be introduced to a wide selection of music by the knowledgeable staff but a meeting place for like minded individuals who cared about what they listened to.

One of the recent casualties to the download market was Selectadisc in Nottingham. It played a large part in the community and was made a great place to shop by the welcoming staff and diversity of the music offered.

Selectadisc first started as a stall on Mansfield market in 1966 and relocated three years later to Arkwright Street, The Meadows, Nottingham. One of the many famous faces who were drawn to the wide selection of music was a young Pete Waterman, who would later go on to write and produce number one songs for people such as Cliff Richard, The Three Degrees and Elton John!

After 14 years in The Meadows, the shop was due an upgrade. Previous manager, Jim Cooke, described the shop as only having “enough room for about three racks of records!” The shop moved to its final location on Market Street in March 1980, where it stayed for 29 years until it unfortunately had to close in 2009.

According to Jim, one of the biggest reasons for the closure of record shops is the number of people downloading music online. *“I had two kids, two weeks ago, come into the store”,* says Jim. *“They were doing a business studies course at the local university. One of them said, ‘Why is your shop geared towards classic rock like Led Zeppelin and Jethro Tull?’ I said, ‘When did you last buy a CD?’ And he said, ‘Six years ago.’ So I said ‘Well, there’s your answer.’”*

Although the future may look a little dark for high street record shops, there are still a few hidden gems around the Nottingham area offering a great alternative to going online such as the diverse Fopp on Queen Street, The Music Exchange which supports the homelessness charity Framework or the loveably-untidy Rob’s Records on Hurts Yard.

Even if downloads become the only way people consume music, places like Selectadisc and HMV provide people with the experience to discover, unearth and share music in a way that the digital market can never compete with.



Men in Sheds Opens Its Doors in Nottingham

'Men in Sheds' is specifically designed and set up for men aged 60 and over and it's based on the very successful Australian Men's Sheds movement. It aims to bring men together to put their practical skills to good use, learn new skills and be more socially active. We opened our first Shed around two and a half years ago in Blidworth and it has been incredibly popular. We now get around 60 members attending each year and you only need to spend 5 minutes with them to see how great they think the project is.

We are delighted to announce that our second Shed is now up and running in Nottingham. Its official launch took place on 26th March and we're sure it's going to be just as popular as the Blidworth Shed. The Shed is located in Whitemoor Court on Nuthall Road, so feel free to contact the coordinator (Mick Connelly), to arrange to pop along and see what it's all about. At the very least you'll get a cup of tea out of it!

Engaged primarily in wood-working, Shed members produce beautiful, hand-crafted pieces that can be found for sale at craft fairs and events throughout the year, which helps raise funds for the Sheds project. Our spring range of bird tables and garden planters are available now, please contact us for details. The Nottingham Shed received a start-up grant from Wilkinsons and has benefited from the generosity of individual donors helping to fill the shed with tools and equipment.

The following story comes from a recent volunteer, Roy. Roy is fit, healthy and socially engaged through his most enduring sporting passion, golf. Although recently retired at the age of 70, he enjoys being active and was intrigued to hear about Age UK Notts' Men in

Sheds project and their need for volunteers. Since retirement Roy has a bit more time on his hands and has decided that he could make a useful contribution to the Shed without having to make a long-term commitment. Since then he has been an active member of the Shed and has only positive things to say about the experience. Although he expected to be involved for a relatively short time, it quickly became a really enjoyable part of Roy's week. When asked about whether he would recommend volunteering to others he said:

'The welcome on entering the workshop, the instant feeling of belonging, the inclusivity, the satisfaction of helping others, the chance to work with my hands in a friendly and positive atmosphere has been fantastic'.

Roy thinks it's a great way of making new friends and learning new skills, especially for men who sometimes find it difficult to meet people outside of the workplace. Roy (who describes himself as a 'lifelong tinkerer with anything mechanical or wooden') thinks the Shed is an ideal place to meet like-minded people.

So with two Sheds open and another Shed in development in Worksop now is the perfect time to get involved. If you would like to join as a member, or help out as a volunteer then please don't hesitate in finding out more. No previous experience or specific skills are needed, you can call Mick on 07872 839 570 and he'll be able to answer any questions you might have.



Say Goodnight to Snoring!

Statistics show that there are around 15 million snorers in the UK alone and, I'm sorry to say it men, but the ratio of male to female snorers is 2:1! It's safe to say that the majority of us have probably all experienced snoring at some point in our lives, whether it's through family members, partners or even waking yourself up from snoring! But what exactly causes us to snore? Snoring is the sound created as a result of vibrations passing through the upper airway.

These vibrations are usually caused by blockages that can occur anywhere in the mouth and nose. Unfortunately snoring is not something that can just be stopped because we want it to and it can't be completely cured, however it can be successfully controlled, sometimes very easily.

A common treatment for snoring is to try and sleep on your side and avoid sleeping on your back. It's also best to avoid drinking alcohol within three hours of going to bed. Another solution is to try and raise your head a few inches higher than usual. There is a selection of sleeping aids to buy, these can range from specialist pillows to raise your head, nose strips and chin straps that can help prevent the mouth from opening during sleep.

Here are a few fun facts about snoring:

- The volume of snoring can range from anywhere between 50dB and 100dB, this can be as loud as a chainsaw or pneumatic drill!
- It is believed that snoring could be hereditary, with 70% of snorers having family members that also snore.
- Winston Churchill, Napoleon and Queen Victoria were all snorers!

With National Stop Snoring week coming up on the 22nd-26th April, now might be the perfect time to tackle your snoring.



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Age UK Business Directory

If you're in need of a trustworthy trader try your local Age UK Business Directory.



A lady called the Age UK Business Directory to say that she had been told by an insurance assessor that the repair to her roof would be a major job. She was desperate to find a reliable roofing specialist. The directory staff found Sandra a tradesman who went round the same day and explained that the job was not as complicated as she had feared, fixing the roof at a much lower cost and saving the lady hundreds of pounds. She called to say;

"I was delighted with the service Age UK Notts provided and I think the directory is a great idea. I will definitely be recommending the website to all of my friends, neighbours and family."

The directory has been running successfully in Nottinghamshire for the last 5 years and in Derby for 3 years. The directory – which can be found at www.aubd.co.uk – offers free access to local reputable companies and organisations offering a wide range of products and services from building work to will writing.

Don't worry if you're not online, the directory has its own freephone number, **0800 01146 43**. If you call this number Age UK staff will happily search the directory to find you a local trader.

Connecting you

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?

These anti-aging exercises are easy to learn and can be done by anyone of any age or ability. The Ageless Grace® programme is made up of 21 simple tools for lifelong comfort and ease, each focusing on a different anti-aging technique. These include joint mobility, spinal flexibility, right-left brain co-ordination, cognitive function, systemic stimulation, balance, confidence and playfulness.

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.

To find out more about other activities provided by Kindred Spirits through Age UK Notts membership please call 0115 841 4473 or 01623 488 211.

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





THE POWER OF PERSONAL CHOICE

A Guide to Lasting Powers of Attorney



You may realise the importance of making a Will to deal with your estate after you die, but do you realise the importance of making a Lasting Power of Attorney to look after things whilst you are alive?
Christina Yardley, Solicitor

of Nottingham law firm Actons Solicitors explains all.

What is a Lasting Power of Attorney?

A Lasting Power of Attorney (LPA) is an important legal document that allows you to appoint people that you trust to look after your affairs in the event that you are not able to. This could be temporary assistance such as paying your bills during a period in hospital or time abroad, or more permanently as a result of an accident or an illness such as dementia. It will continue to be valid even if you lose mental capacity.

A person making an LPA is called a Donor, and they can appoint anybody they wish to act as their Attorney as long as they are over the age of 18 and are not bankrupt. This could include children, siblings, other family members, trusted friends or a professional such as your solicitor. It is possible to appoint more than one Attorney and they can act 'jointly' so all together or 'jointly and severally' so they may act individually.

Most importantly you can only create an LPA whilst you still have mental capacity and so I always advise clients not to delay.

Whilst ever you have mental capacity you can cancel your LPA if you wish to.

Types of Lasting Powers of Attorney

There are two types of LPA which consist of two separate documents; one for your Property and Affairs and one for your Health and Welfare.

The LPA for Property and Affairs deals with all financial and property matters such as accessing bank accounts, paying bills or mortgages, claiming benefits and pension allowances, buying or selling property, organising property repairs and maintenance, purchasing gifts for family or friends and donating to charities. This type of LPA can be used whilst you still retain mental capacity.

The LPA for Health and Welfare deals with your personal welfare such as where you will live dependant on your needs, your day to day care, social activities and the consent or refusal of life sustaining treatment. This type of LPA will only come into force once you have lost mental capacity.

LPAs replace the previous Enduring Powers of Attorney since a change in the law in 2007. Existing Enduring Powers of Attorney remain valid but require registering once the Donor has lost capacity.

What safeguards are there for me?

Lasting Powers of Attorney have been designed to provide greater protection for Donor's than their predecessor Enduring Powers of Attorney. In particular:

- ✓ They have to be registered with the Court before they can be used.
- ✓ A Certificate Provider such as a solicitor or doctor must confirm that the Donor understands what they are doing and is not being forced to make the document.
- ✓ The Law provides that the LPA must only be used in the donor's best interests.
- ✓ A person of your choosing is notified about the LPA when it is registered.

Do I need one?

If you lost capacity without an LPA in place, your family or friends would be forced to make an application to the Court of Protection to appoint a Deputy to look after your affairs. Not only would you have no influence in who acted as your Deputy, but the process is very time consuming. There are also yearly fees and insurance to pay for as well as substantial court fees and legal costs.

Lasting Powers of Attorney are a vital part of ensuring you have your affairs in order. You may never need the services of your Attorney, but it provides peace of mind that you have done all you can to plan ahead for the future.

How a solicitor can help you

It is very important that you fully understand LPAs and that your Attorneys are aware of what they can and cannot do on your behalf. A solicitor will provide you and your Attorneys with easily understood and expert advice.

They will also:

- ✓ Ensure that your LPA is completed correctly and that it is registered at the Office of the Public Guardian;
- ✓ Act as your Certificate Provider if you wish them too;
- ✓ Advise you on any applicable Court Fee discounts available to you.



Actons Solicitors are offering a discount to Just the Tonic readers who wish to make a Lasting Power of Attorney. Simply quote reference 'AGE UK' when contacting us.

Actons office is based in Nottingham city centre and is easily accessible with car parking facilities. Alternatively, a member of our specialist team will visit you at home or any other place convenient to you to take your instructions if you are unable to come into our office.

Contact us today to make an appointment or arrange a home visit on 0115 9 100 200



**20 Regent Street
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Telephone: 01159 100 200

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www.actons.co.uk

ClickSilver

The ClickSilver project was a collaboration between Age UK Notts, Capital One, Nottingham Trent University and Business in the Community to offer computer training courses to people over the age of 55.

This intergenerational project was designed to help older people improve their online knowledge, so they could take advantage of the myriad of online deals available to the rest of society, but also understand how to protect themselves from unscrupulous people who attempt to gain personal information or online banking details.

Nottingham Trent University students were one-to-one mentors for the 6 weekly sessions which started with the very basics of computing progressing to that all important financial module.

Sessions were 2 ½ hours long and each week covered a different topic:

Session 1

Basic computing – how to turn on a PC; how to use a mouse; what is the desktop/task bar/menu bar etc.

Session 2

Basic email – setting up an email account; sending and receiving emails; attachments; ‘filing’ systems.

Session 3

Basic Internet – how to surf the net; useful sites; secure sites.

Session 4

Digital photography – uploading photographs – from camera, from card, from phones. Sending photos as email attachments.

Session 5

Social networking – Facebook/Twitter/Skype.

Session 6

Financial safety – online security; confidence in using online banking and other secure sites; using credit/debit cards online; internet shopping

- Without a doubt, one of the best aspects about this course was the one-to-one tuition – everyone found this to be the most effective way of facilitating learning as it meant people could progress at their own rate.
- Starting & finishing points were taken from all of the older people to measure their progress and without exception, by the end of the course everyone felt far more confident using computers and the Internet.
- The relationships that developed between the mentors (university students) and the mentees (older people) were excellent, seriously challenging the stereotypes each held about the other.
- Commitment to the project was 100% from everyone concerned. the only sessions missed were through illness. Many of the students stayed behind for a week after term finished in order to fulfil their commitment to their mentee and the programme.
- Through Business in the Community, the project attracted the attention of ITV’s “This Morning” programme. Gloria Hunniford and a film crew came to the final session to film a piece for broadcast during volunteer week in early January 2013.

If you would like to take part in future ClickSilver projects, then please contact the Training Administrator on 0115 8414479



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Rolls-Royce

Rolls-Royce has played a large part towards shaping the local history of Derbyshire and Nottinghamshire. For over 100 years it has employed thousands of people across both counties and is still producing engines that are being used today.

Rolls-Royce was originally based in Manchester, however the early success of their motorcars meant that Rolls-Royce needed to expand to new site. After a long search, the site at Nightingale Road in Derby became its new home. It was opened on 9th July 1908 by Sir John Montague and has had a presence in Derby ever since.

At first Rolls-Royce site in Derby largely produced motor cars but during the First World War the demand for aero engines inevitably increased. As a result British Government looked for British

based manufactures to produce aero engines including Rollys-Royce, the result was Rolls-Royce first aero engine the Eagle in 1915. After the First World War the aero engines became an increasingly large part of Rolls-Royce business.

In the early years both the motor cars and aero engines were made in Derby meaning that the same factories that made the design classic Rolls-Royce Silver Ghost were also producing the same Eagle and later Falcon and Buzzard aero engines.

At the start of the Second World War the heavy demand for Rolls-Royce Merlin engines transformed the company into a leading supplier of aero engines. This meant places like Derby gained a reputation worldwide for its engineering expertise which drew many more companies and jobs to the local area.

Shortly after the Second World War it was decided to separate aero engines and motor cars business, this resulted in 1950 moving



Rolls-Royce Ltd, Motor Works, Derby.

the car production to Crewe whilst keeping the production of aero engines in Derby.



Rolls-Royce has been using site at Hucknall in Nottinghamshire since 1927 although the history of the site goes back to First World War. It started as a Royal Flying Corps aircraft training base which later became the RAF site known as RAF Hucknall. The site has seen many notable flights since opening including the world's first vertical-takeoff jet aircraft called the Thrust Measuring Rig which was soon nicknamed 'the Flying Bedstead' because of the way it looked.

Next time you are in Hucknall you may even stumble across a few pubs named after the tests including 'The Harrier' and 'The Flying Bedstead'! The flight-test was closed at Hucknall in 1971, however engine testing continued. Today it is still home to the manufacturing of gas turbines components for use by many different sectors including defence, commercial airlines, marine and energy.

Whether it be aiding Britain's war efforts, providing the engines for commercial airplanes, or advancing in technology, the work of Rolls-Royce in Derby and Hucknall has made a difference to the lives of many people. Roll-Royce have always found value using workers from the local area and are still there today.

Nowadays Rolls-Royce employs 12,000 people in Derby and for some 50 years has also remained the centre of Rolls-Royce's nuclear activities. The site, based in Raynesway, makes propulsion products for the Royal Navy's fleet of nuclear powered submarines.

A large collection of the work by Roll-Royce in Derby and Hucknall is on display at the Heritage Centre in Derby. The majority of exhibits are related to aero engines but there are also hundreds of items which show the many areas of industry that Roll-Royce has worked in over the years.

You'll be able to find many of the classic cars, marine and industrial turbine engines, a display of rockets and even a crane that was reportedly hit by a bomb in the Second World War!

The Heritage Centre on Osmaston Road, Derby is for visits booked by prior appointment. To arrange a visit please call 01332 248181 or email heritage.trust@rolls-royce.com



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* Payable quarterly or annually

To find out more

Just come along to a Welcome Morning. Meet existing members, staff and chat to others just like you who are thinking of joining.

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30 April, 28 May, 25 June

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29 April, 27 May, 24 June

You don't have to wait for a Welcome Morning to join us. Call us at any time on

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"I would class Kindred Spirits as the mother of and the shining example to all other elder groups... for people who would otherwise be sat at home talking to the budgie!" Colin Harrison
"As a married couple, at retirement, we soon fell into the trap of daytime television and we were very much in a rut... Joining Kindred Spirits proved to be the best decision we could have made." Denise and David Hall

Campaign to End Loneliness

You may remember that we launched our Campaign to End Loneliness back in October 2012. Since then the response has been fantastic, with over 250 lives touched by the campaign. Part of the campaign asks for people to become involved in their community through volunteering, such is the case as told in Roys story on page 9.



Much progress has also been made at Council level since October and here are just a few highlights:

- The new Nottingham and Nottingham East Clinical Commissioning Group and Gedling Borough Council have joined forces to provide a signposting service to help residents visiting the Daybrook Medical Centre to access a whole range of community services to help alleviate loneliness.
- Nottingham County Council held an awareness day for their staff resulting in 42 Pledges being made.
- Rushcliffe Borough Council are looking at ways in which the needs of vulnerable people can be included in staff training due to be rolled out in 2013.

For the full range of our partners and for more information please check out our website at www.ageuknotts.org.uk. you can also see what your local council or Clinical Commissioning Group are doing to tackle this important issue.



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The latest Age UK shop to hit the high street

On the 13th December 2012, the Chesterfield shop was officially re-opened after being closed for many weeks for their re-fit. The shop was opened in front of staff and volunteers by 81 year old Violet Pitchford, who has volunteered in the shop for the last 20 years.

This is a remarkable ongoing achievement and it is appropriate that Violet should be the person to cut the ribbon and open the shop. After the opening, Violet was presented with a 20 years of service certificate by Chief Executive, Katy Pugh.

Age UK Local Trading Ltd has opened a new Insurance Office within the shop. This service offers a range of products and services

specifically designed for the over 50's. These include Home, Car and Travel Insurance, Motor Breakdown, Gas & Electricity and Pre-paid Funeral Plans. The office is open Monday to Friday, 9.30am to 3.30pm and Madeleine (Maddie) Jack is the new Insurance Arranger who can be contacted on 01246 209377. This was the final of our 9 shops to be completely refurbished and as with all the other shops, the transformation is incredible, making it a lovely, bright place to work, volunteer and shop.



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Help reduce the risk of falling this spring

Spring is now here and the big freeze seems like a distant memory (or maybe not in some parts of the region!) During icy weather many people can be hesitant to leave the house in case of slipping, but falls can take place anywhere, not just outside! There is plenty of advice and practical suggestions available about how to prevent a fall and what to do if you do fall. This article features some of these as well as talking about some of the fall prevention services that Age UK Derby & Derbyshire offer.

In order to reduce the risk of falling the following advice can be followed:

- You can improve your fitness, strength and balance without even realising it through walking, gardening, dancing and even the odd aerobic class.

- Look after your feet by wearing well-fitting shoes with a low heel and good grip. If you have arthritis you may find that trainers or well-cushioned shoes are more comfortable and offer enough support.

Even when taking precautions it isn't guaranteed that you won't have a fall, so we want to give you the following few simple steps that can keep you safe and well in the unlikely event that it happens to you:

- Try to stay calm and don't panic
- Get help if you can
- Check you're not hurt
- If you are unhurt, try to get yourself up
- Keep yourself warm

“Strictly No Falling” brings together Derby and Derbyshire health and social care organisations with the aim to prevent the number of falls in our community. Adult care, NHS, leisure services, the voluntary sector and housing associations are providing a range of activities and information that can help people improve their mobility, strength and balance, and reduce their risk of falling.

For more information about activities in your area that can help build strength and balance visit: www.activederbyshire.co.uk/fallsprevention



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Competition Answers

Congratulations to Ms Jackson from Clifton who won the Crossword competition, to which the solution appears below, and to Ms Kennedy who answered the Competition Question correctly to win two Cineworld ticket. There was a bit of confusion regarding the correct answer, all entries that answered 1964 or 1965 were considered for the prize.



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Rhubarb and orange custard tart



Ingredients

1 x 375g dessert pastry
flour, for dusting
400g rhubarb
80g granulated sugar
30g unsalted butter, at room temperature
3 tablespoons caster sugar
3 tablespoons ground almonds
zest of 1 small orange
2 large eggs
75ml double cream
icing sugar, to dust

Recipe submitted by Matthew Ganner from his personal recipe collection. 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

Method

1. Dust your surface with flour and then roll out the pastry. Line the pastry in a 24cm loose-based tart tin. Cover this with clingfilm and chill in a fridge for around 20mins, then preheat the oven to 160°C
2. Prepare the rhubarb by washing and trimming it, finally cutting it into 3cm pieces. Add these to an ovenproof dish, sprinkle with granulated sugar and cover with aluminium foil. Bake the rhubarb until tender, around 15-20minutes. Then leave to cool, once cooled strain the rhubarb keeping the juice for later.
3. Turn the oven up to 200°C. Line the pastry case with baking paper and add beans or uncooked rice to keep the casing shape. bake blind for around 20 minutes, then remove the beans/rice and baking paper and return to the oven for another 5 minutes. Turn the oven back down to 180°C.
4. Cream the butter with the caster sugar. Add the orange zest to the mix followed by the almonds. Add the eggs individually. Finally add the double cream and 100ml of the rhubarb juice saved from earlier stir all of this together.
5. Spoon the rhubarb into the pastry base, then pour the cream mixture on top. Bake this for around 35-40 minutes, until lightly browned. Leave to cool and dust with icing sugar.

The Life of Reg Dean

Reg Dean 4/11/1902 – 5/1/2013

Thomas Reginald 'Reg' Dean was born in Tunstall, Staffordshire, on 4 November 1902 and celebrated his 110th birthday last year, making him a supercentenarian, and the seventh British man to celebrate his 110th birthday. Reg died on the 5th January 2013, his funeral in Wirksworth was attended by hundreds of people.

When he was a young man working in India, Reg was given a muddy-looking potion by a doctor which he was asked to drink, he was told it would help him live until he was 100.

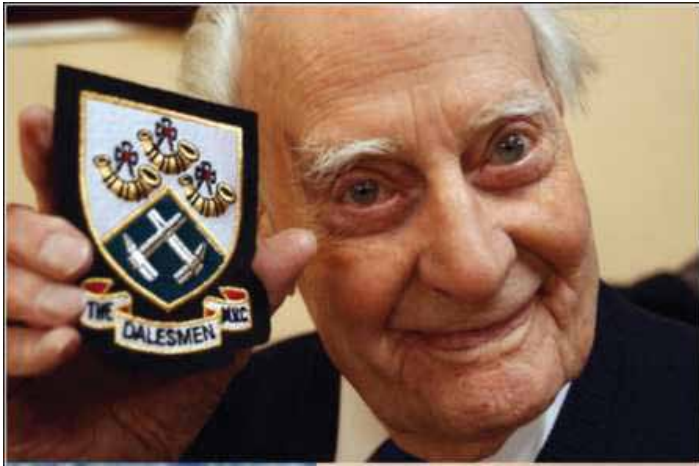
Reg didn't believe the strange tonic was the reason for his longevity, instead he had a more traditional viewpoint and is quoted as saying "There are five secrets to living long: the love of friends, doing things for joy and not prize, always looking for the best in people and not the worst, having a religion you can trust and becoming a vegetarian all helps."

Reg Dean lived in Derbyshire from 1947. During his extensive life he lived through two World Wars and 24 British Prime Ministers. He was stationed in Burma as an army chaplain during World War II.

During 1927 Reg Dean was ordained in the Anglican Church, he then became a minister in the then Congregational Church after WWII. He continued to work as a minister in Wirksworth and Matlock until his retirement at the age of 80.



In 1958 Reg became an English and Drama teacher, working at the Herbert Strutt Grammar school in Belper for ten years.



In 1987, he helped found the Dalesmen Male Voice Choir, of which he was life president. Mr Dean was serenaded by the choir as he celebrated his 110th birthday at his home in Wirksworth after being unable to attend the celebratory concert in Derby the night before due to poor health. The concert with the Syd Lawrence Orchestra was organised to celebrate the 25th anniversary of the choir as well as Reg's 110th birthday. A very generous gift of £1000 was given to Age UK Derby & Derbyshire after the concert.

Reg was a keen supporter of Fair Trade and he helped create Trade Links shop in Wirksworth. He was also a supporter of Age UK Derby & Derbyshire, opening our newly refurbished shop in Wirksworth in December 2011.

During an interview with the Daily Mail Reg recalled on some of the events he remembered throughout his life. He said "I remember before the days of Tarmac, the roads were all dust heaps." and "I can remember hearing about the sinking of the Titanic when I was at my uncle's farm."

Reg Dean was married three times and had a son and two grandchildren. He had stated in a news interview a couple of years ago: "My first wife was 10 years younger than me. My second wife was 20 years younger and my third wife was 30 years younger. Not many people can say that, but it's true".

Towards the later end of Reg's life he started reaching many age related milestones most notably becoming the oldest living man in the United Kingdom. Below are a collection of the milestones that he reached:

- 22 March 2011: Aged 108 years and 138 days, Reg became the oldest living man currently living in the United Kingdom.
- 5 May 2011: Aged 108 years and 182 days, Reg became the oldest living man born in the United Kingdom.
- 4 November 2011: Reg celebrated his 109th birthday and became one of only 17 British men in history to reach this age.
- 5 April 2012: Aged 109 years and 153 days, Reg became the tenth oldest British man ever.
- 4 November 2012: Reg became the seventh British man to celebrate his 110th birthday.

Our thoughts and prayers are with his family and friends at this sad time of loss.

A poster for 'Free Money Advice' from the Money Advice Service. The text 'Free Money Advice' is in large green letters. Below it, the slogan 'Because it doesn't grow on trees' is in smaller black text, followed by the phone number '0115 844 0011'. The poster features a large green and white rainbow graphic at the bottom. Logos for 'the Money Advice Service' and 'ageUK' are in the top right and bottom right corners respectively.

Free Money Advice

Because it doesn't grow on trees

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the Money Advice Service

ageUK
Improving later life

Dalesmen make grand gesture to Age UK

The Dalesmen Male Voice Choir, whose base is at the Strutt Centre in Belper, donated £1,000 to Derby and Derbyshire branch of Age UK from proceeds raised at their 25th Anniversary concert, held at the Assembly Rooms on November 3rd along with the internationally acclaimed Chris Dean's - Syd Lawrence Orchestra.

John England, Chairman of the Dalesmen Choir presented the cheque to Katy Pugh, Chief Executive of Age UK Derby & Derbyshire, at the Choir's Christmas Concert at St Peter's Church, Belper on Saturday night 15th December. The Dalesmen were joined by local band Derwent Brass and the children's choir from the Pottery School, Belper. The Dalesmen Christmas Concert is traditionally jointly organised with the Belper Branch of Rotary UK.

The packed St Peter's Church was treated to an incredible mixture of Christmas music and song provided by the young choir, and some not so young Dalesmen choristers who delight audiences throughout the UK raising money for good causes. This concert was no exception and money was being raised for two charities, namely the community run Strutt Centre, and 'Belper Street Angels' which is a team of Christian volunteers who are aiming to make Belper a safer place – tackling the town's drug and drink problems head-on.

The Dalesmen's Musical Director, Richard Hayward, who was also Master of Ceremonies for the Christmas concert said, "it had been a real pleasure working with Age UK who did such a sterling job in helping promote the choir's anniversary concert in November", which saw a packed Assembly Rooms of over 900 people enjoy a real feast of music and song.



Age UK Derby & Derbyshire is a local, independent charity which every day of the year makes a difference to the lives of older people who are at the heart of everything they do. Older people and their carers help design their services, setting the charity's priorities with some people giving their time as volunteers and raising money as they did in assisting with the Dalesmen's Anniversary Concert.

Dalesmen Chairman, John England, said, "2012 has been a very poignant year for the choir having celebrated not only their 25th anniversary but also the 110th birthday of our President, Reverend Reg Dean, who is currently Britain's oldest living male. The Dalesmen sang 'Happy Birthday' outside of the bedroom window of their President at his Wirksworth care home on his 110th birthday, pictures of which were beamed all over the world by the BBC.

John went on to say "It has been a great honour for me to have been fortunate to have been Chairman during such an important time for the choir". He was clearly very proud to recount that following the worldwide publicity surrounding the choir's anniversary concert, and the President's birthday, the choir had been invited to sing in a future concert at Southwell Minster in Nottinghamshire, also at an international choir festival hosted by the Fotja's Chamber Choir from Roundice nad Labem in the Czech Republic.

Ovarian Cancer awareness

Through the national Be Clear on Cancer campaign, we have supported the North Trent Cancer Network to get this important message into our local communities in Bolsover in January and February 2013. We have organised events to let older women and their families know what symptoms to look out for, including (but not limited to) unexplained bloating for 3 weeks, and to encourage them to visit their GP if they notice any symptoms. There is a much higher chance of a positive outcome if ovarian cancer is diagnosed early so it's really important that we let as many people as possible know these symptoms so that they can spread the word to their family and friends.

About Ovarian Cancer

There are over 5,800 new cases of ovarian cancer in England each year. It causes more than 3,350 deaths in England annually, but this needn't be the case. Knowing what to look out for saves lives. Most cases of ovarian cancer occur after the menopause. Around 8 out of 10 new cases are in women over 50 years of age. If you have two or more close relatives (mother, sister or daughter) who developed ovarian cancer or breast cancer, you may be at higher risk of developing the condition.

How to spot Ovarian cancer

You need to see a doctor if you have any of the following symptoms, most days, for 3 weeks or more:

- Unexplained bloating
- Feeling full quickly or loss of appetite
- Pelvic or stomach pain
- Needing to pee urgently or more frequently than normal

Why it is so important to see the doctor?

If you notice any of these symptoms, tell your doctor. You're not wasting anyone's time by getting it checked out and, if it's not serious, your mind will be put at rest. Chances are it's nothing to worry about, but it could be a sign of something that needs treatment. Detecting cancer early makes it more treatable, so seeing your doctor quickly may save your life. If you know anyone who has any of these symptoms, insist they see their doctor.

You can find your doctor's contact details online at www.nhs.uk/persistentbloating



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www.ageuknotts.org.uk

Registered Charity number 1057881

Spring Gardening Tips

Now the winter months are behind us (maybe not the weather!) and we have entered spring, it's time to get back to grips with your garden and prepare it for the summer months. The following tips should help you get your garden back under control and have everything ready in preparation for new growth.

- Cleaning up your garden after the winter may not be the most glamorous of tasks, but it's very important to get it in shape for when you start to sow seeds. Make sure to remove any weeds that are starting to appear.
- Make sure to pack down roots that might have risen through the winter months. Frost usually causes roots to lift and packing them back down increases the chance of them surviving.
- If your garden paths have been overrun by moss and weeds, salted boiling water and a good stiff broom can be a great way to tackle them, and it won't harm the surrounding soil like some commercial products will.
- If you have any roses, now is a great time to start pruning them.
- Towards the middle of spring is the best time to get the lawn in shape. Start to regularly mow it, and add lawn weed and feed.
- The middle of spring is also the best time to start planting shrubs, trees, perennials and new roses.
- A good tip when planting bulbs is to wrap them in a thin layer of steel wool, this prevents animals from digging up and eating them, and does not harm the bulbs.
- Spring is an important time to prepare flowerbeds and vegetable crops for future sowing. Make sure all the old vegetable crops are completely removed.

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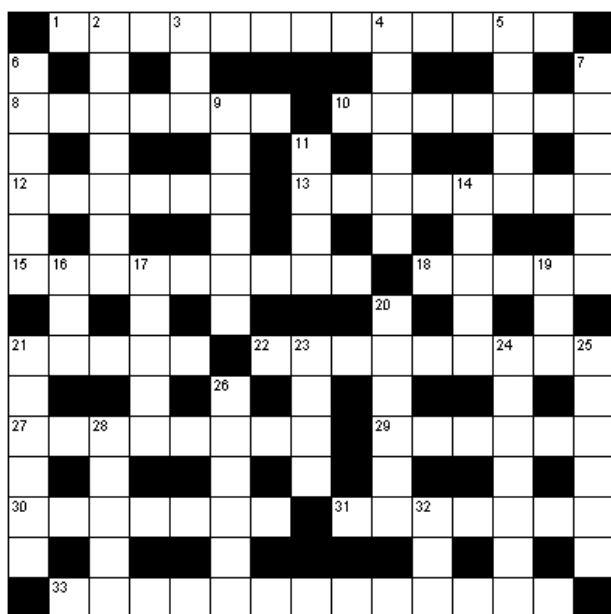
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Puzzles

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Crossword

Across

1. Sew on a sewing machine (7,6)
8. Purposeless (7)
10. Small fish (7)
12. Seat occupied by a sovereign (6)
13. Load to excess (8)
15. Kinsfolk (9)
18. Radio location (5)
21. Spanish Mister (5)
22. Under an assumed name (9)
27. Convince (8)
29. Group of six (6)
30. Membrane in the ear canal (7)
31. Crew of an aircraft (7)
33. Projector operator (13)

Down

2. Commander in chief of a fleet (7)
3. Weeding implement (3)
4. River in S England (6)
5. Capital of Egypt (5)
6. Chatter (6)
7. Not tough (6)
9. Pertaining to scenery (6)
11. Flower (4)
14. Get to know (5)
16. Female sheep (3)
17. Tiny particles (5)
19. Insect (3)
20. Dwarfed tree (6)
21. Evening meal (6)
23. Requirement (4)
24. Doctors (7)
25. Capital of Canada (6)
26. Excrement used as fertilizer (6)
28. Less common (5)
32. Hurried (3)

Send your completed crossword, along with your name & address to Just the Tonic Magazine, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ to win a selection of gift cards totalling £30 or email your answers to sean.ford@ageuknotts.org.uk. Closing date is 17th May 2013. The Crossword solution will be printed in the next edition of the magazine.

Terms and Conditions: The winner will be sent the gift cards by post. The gift cards can be used in the appropriate stores and are subject to the individual stores terms and conditions. Gift cards cannot be exchanged directly for cash. For full Terms and Conditions of the gift card please visit the respective store in question.

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Home is where your heart is

Many people assume that when they begin to struggle with everyday tasks that allow them to remain living at home independently, the only option for them to ensure they receive the support they require is to move into a residential or care home. Many are simply not aware that the option to stay in their own homes and still receive the highest quality of care through a live in carer is available.

Leaving your own home, the place you feel most comfortable and where you are surrounded by your treasured possessions and memories can be one of the biggest decisions you will make in later life. You may feel this move is unavoidable, especially when faced with not being able to complete every day tasks that you once performed with ease. But leaving your home is not the only viable solution to gaining some extra support, and leaving your independence behind can be avoided by having support delivered to you in your own home.

Unlike a residential or care home where many individuals have to be considered, receiving live-in support within your home means the care you receive will be tailored to your specific needs and personality, allowing your daily routines and preferences to be taken into consideration. In turn, your care giver is able to dedicate their time to ensuring you receive a care package that meets your needs exactly, helping you to continue living independently in the comfort of your own home.

Live-in care doesn't have to be solely for medical or clinical support. It could be that you simply require a companion in your home to help you in and out of bed, or with your weekly shopping and daily routines. Support with these small things may be all you need to remain living in your own home.

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