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with Age UK Derby & Derbyshire

Summer 2013 Issue 9



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"Our family serving your family"

Welcome

Welcome to the Summer edition of Age UK Notts & Derbyshire Magazine. This is our second and last edition of writing the magazine and we've had great fun writing it, we also hope you've enjoyed reading it!



As well as this being our last edition of the magazine it's also the end of our internship at Age UK Notts. We just wanted to take this opportunity to thank everybody who has helped us feel welcome at the organisation and to everybody who's helped set us up for the world of working.

We want to wish everyone at Age UK Notts all the best for the future and to continue to make the charity the wonderful organisation it is today. We'd also like to thank you for reading the magazine and sending in your letters, poems and feedback on the Spring issue.

We've got a great lineup of articles for this issue starting with the history of Wimbledon on pages 4 and 5. We recently found out that the Oldest Wooden Toy shop in England is located down the road from us in Long Eaton and were very eager to write about it! That story can be found on page 8.

Don't miss out on our article about cleaning cheats around the house on page 14. If you've got any ideas, why not send them in and we may even put them in the next issue!

We've also got a couple of pairs of tickets to give away in the competitions this issue. These can be found on page 30.

Thank you again to everyone for the positive comments and we look forward to hearing your feedback on this issue.

Have a great Summer!

Matthew & Sean

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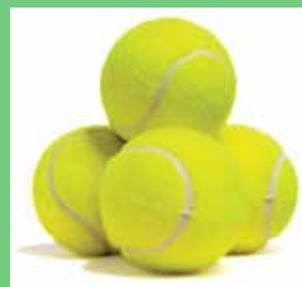
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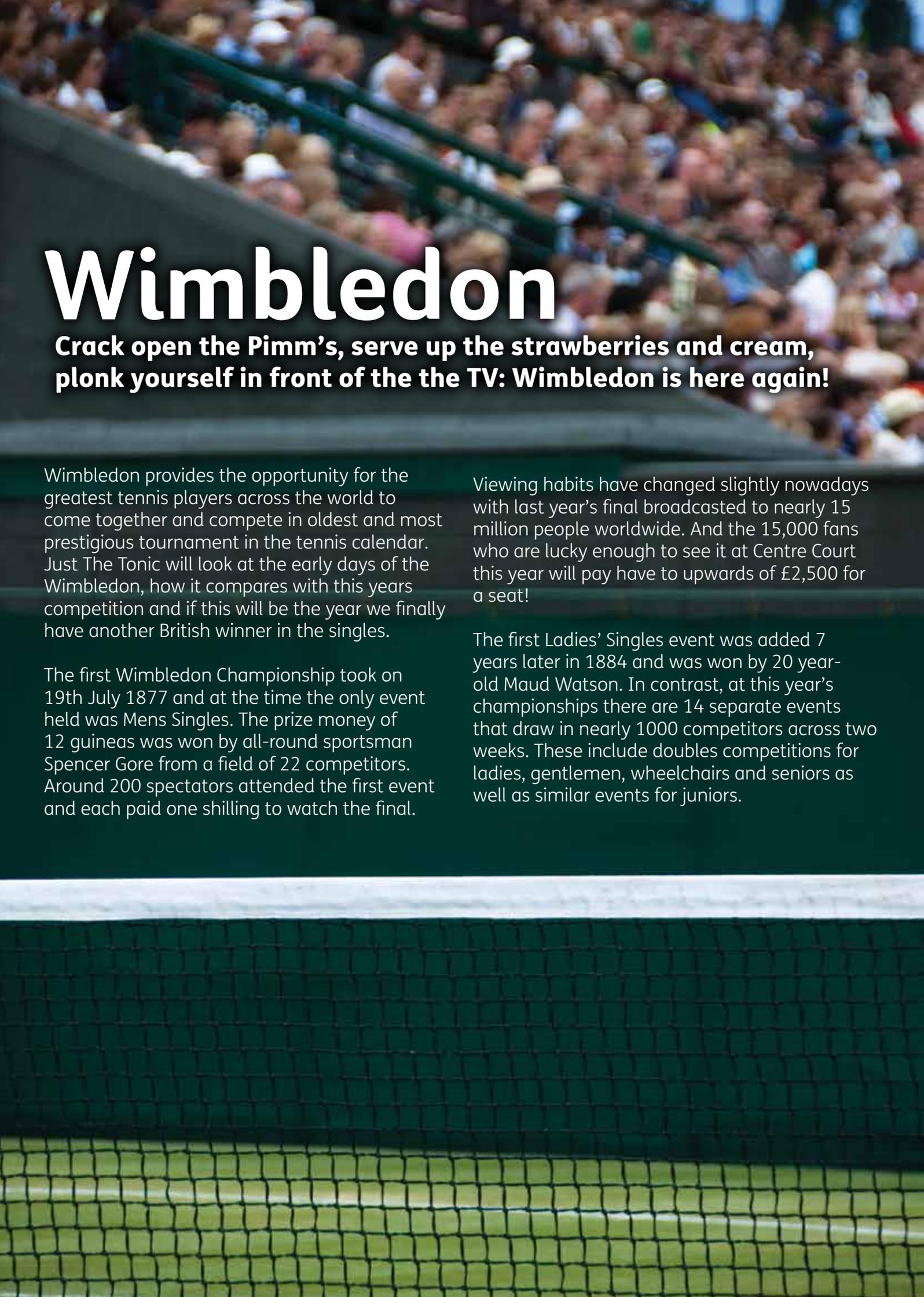


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Wimbledon

Crack open the Pimm's, serve up the strawberries and cream, plonk yourself in front of the the TV: Wimbledon is here again!

Wimbledon provides the opportunity for the greatest tennis players across the world to come together and compete in oldest and most prestigious tournament in the tennis calendar. Just The Tonic will look at the early days of the Wimbledon, how it compares with this years competition and if this will be the year we finally have another British winner in the singles.

The first Wimbledon Championship took on 19th July 1877 and at the time the only event held was Mens Singles. The prize money of 12 guineas was won by all-round sportsman Spencer Gore from a field of 22 competitors. Around 200 spectators attended the first event and each paid one shilling to watch the final.

Viewing habits have changed slightly nowadays with last year's final broadcasted to nearly 15 million people worldwide. And the 15,000 fans who are lucky enough to see it at Centre Court this year will pay have to upwards of £2,500 for a seat!

The first Ladies' Singles event was added 7 years later in 1884 and was won by 20 year-old Maud Watson. In contrast, at this year's championships there are 14 separate events that draw in nearly 1000 competitors across two weeks. These include doubles competitions for ladies, gentlemen, wheelchairs and seniors as well as similar events for juniors.

Back in the early days of Wimbledon men were expected to wear trousers with long sleeved shirts, whilst women wore long dresses with hats.

Did you know

200,000 glasses of Pimms will be served over the championships this year.

Modesty was considered to be refined, and it wasn't until the 1920s when men and women began wearing more loosley fitting skirts and shorts to the tournament. All competitors still had to follow the tournament rule of only wearing white clothes- a tradition still respected by all players to this day.

The tear-drop shaped racquets used in the first years of the competition are very different from the racquets used at this year's tournament. Early racquets were made from wood by hand with strings made of animal guts- very primitive in comparison to the high-technology alloy equipment used today!

Fred Perry was the last British male winner of Wimbledon, after completing his hat-trick of victories in 1936. He played against the German, Gottfried von Cramm for the second consecutive year and won the game in straight sets. His mark on tennis was not just limited to Wimbledon, as he eventually became the first player to win all four Grand Slam singles titles. Alongside his success on the courts he even managed to find time in his schedule to become the Table Tennis World Champion in 1929!

Did you know?

54,000 Slazenger balls were used in last year's tournament.

The last British female champion of Wimbledon occurred 40 years later. Some of you may even remember watching Virginia Wade being presented with the Ladies' Singles trophy by The Queen in her Silver Jubilee year of 1977. Her perseverance was admired by the British public after finally winning the event on her sixteenth year of entering.

Just like Fred Perry, Virginia Wade still remains the only British woman to have won titles at all Grand Slam events. But does Great Britain stand a chance of winning this year?

Britain's greatest chance of winning the Ladies' Singles tournament this year is with 19 year-old Laura Robson. Laura is currently the number 1 ranked female in Britain and won the Wimbledon Junior Girls' Championship in 2008. Worldwide she is ranked number 35 and even scooped a silver medal in mixed doubles last year at the Olympic Games in London.

The favourite Brit to walk away with the silverware this year is Andy Murray. The hype and press surrounding Andy over the last couple of years has been difficult to avoid. Last year he made it to the final, becoming the first man since Bunny Austin in 1938, but narrowly lost out to Roger Federer.

Did you know?

At last year's Wimbledon Championship fan's tucked into over 23 tonnes of fresh strawberries and a whopping 7,000 litres of cream!

Expectations on his shoulders this year are high after winning his first major, the US Open, last Summer. After recently being asked about his chances of winning this year he said "Do I think I can win? The answer is yes". Let's hope his confidence can be transformed into success at this year's games.

Even if we don't have a British winner this year is guaranteed to be a great competition. If you're watching it from home or lucky enough to get yourself a tickets to any of the matches I think we can all agree that we hope the rain stays away this year!

If you manage to have any left over strawberries and cream from Wimbledon this year why not use them in our simple Eton Mess recipe on page 23.



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 jayne.holgate@ageuknotts.org.uk.

Together

Hand in hand on the mountain
So steep and slippery I can't climb it,
Hand in hand on the winding upward
path
Hand in hand when I panic
pointlessly.
Hand in hand when I ache all over,
Hand in hand when I teeter
On the cliff edge above a chasm.

By myself I cannot
Hand in hand I can.

Roger Smith

Foggy Spirits

It was late November,
or was it late December?
I know it was foggy,
yes now I remember.

My memory is foggy too,
it could've been September.

I think I had a drink,
or maybe four or six.
I wanted the bus,
it was late, I was in a fix.

Maybe I had seven,
I wanted the number eleven.

I saw the bus, ran and stumbled,
my knees in a flutter.
I grasped the air
and fell in a gutter.

There was pizza, stubs and rotting
fruit
and booze from my mouth was
oozing out.
I was stinking,
I felt like a hog
and licking my face was
a lovely dog.

Ike Malik

Women

Women were made from just one rib,
But now at last we have Women's Lib.

They are now as equal in every way,
When it comes time to collect their
pay.

Years ago when I was a girl,
I started work in a whirl.

Boys were paid more
For just walking the floor.

When I asked why, it was the law
Nobody could tell me why at all.

While women always deliver the babe,
Men just stand around and gape.

Women do all the household chores
While hidden behind closed doors.

I am glad I was born a female
As I always enjoy going to a sale!

Mrs D Snow

Untitled

Forest Dean was where to go
When TB was bad years ago.

Now it's a home for the sick and old,
Who keep them nice and warm when
cold.

St Paul's Church was a place to bless
Now it provides homes for the
homeless.

Lend's Cinema was a treat for the
young
Now it's a pine centre selling wood
and going strong.

The Grand Music Hall was for the older
one
Now Boots chemist is for everyone.

Paid on a Friday night, some people
were
In the pawn shop on Monday morning
it was such a lure.

I remember the knife and scissor man
on his bike
The ragman, giving a goldfish for rags
or maybe a kite.

A bag of sweets for a farthing was
something to bite
and Foster Street infants was always
my delight.

Walls suckers were sold from a bike
called Jenny

The small ones for a halfpenny, large
for a penny.

Mrs D Snow



Kindred Spirits

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If you would like to get out and about and meet new people why not join Kindred Spirits?

What does Kindred Spirits offer?

As a member, you'll have access to over 100 things to do in a month. While some things are free, some have a small charge to cover costs such as trips and holidays. When there is a charge we will always keep this as low as possible.

Who is Kindred Spirits for?

Kindred Spirits is for everybody living in Nottingham and Nottinghamshire.

Also, many people in later life experience some loneliness or social isolation through bereavement, retirement or simply a move to a new area. Kindred Spirits helps overcome these feelings by providing an opportunity for you to make friends at your own pace in safe and welcoming settings.

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- Four editions of Just the Tonic, our in-house magazine delivered to your door
- Opportunities to campaign and have your say on issues affecting older people locally and nationally
- Invitations to attend events or contribute towards our fundraising campaigns
- Free gifts such as a telephone and a torch

* Payable quarterly or annually

To find out more

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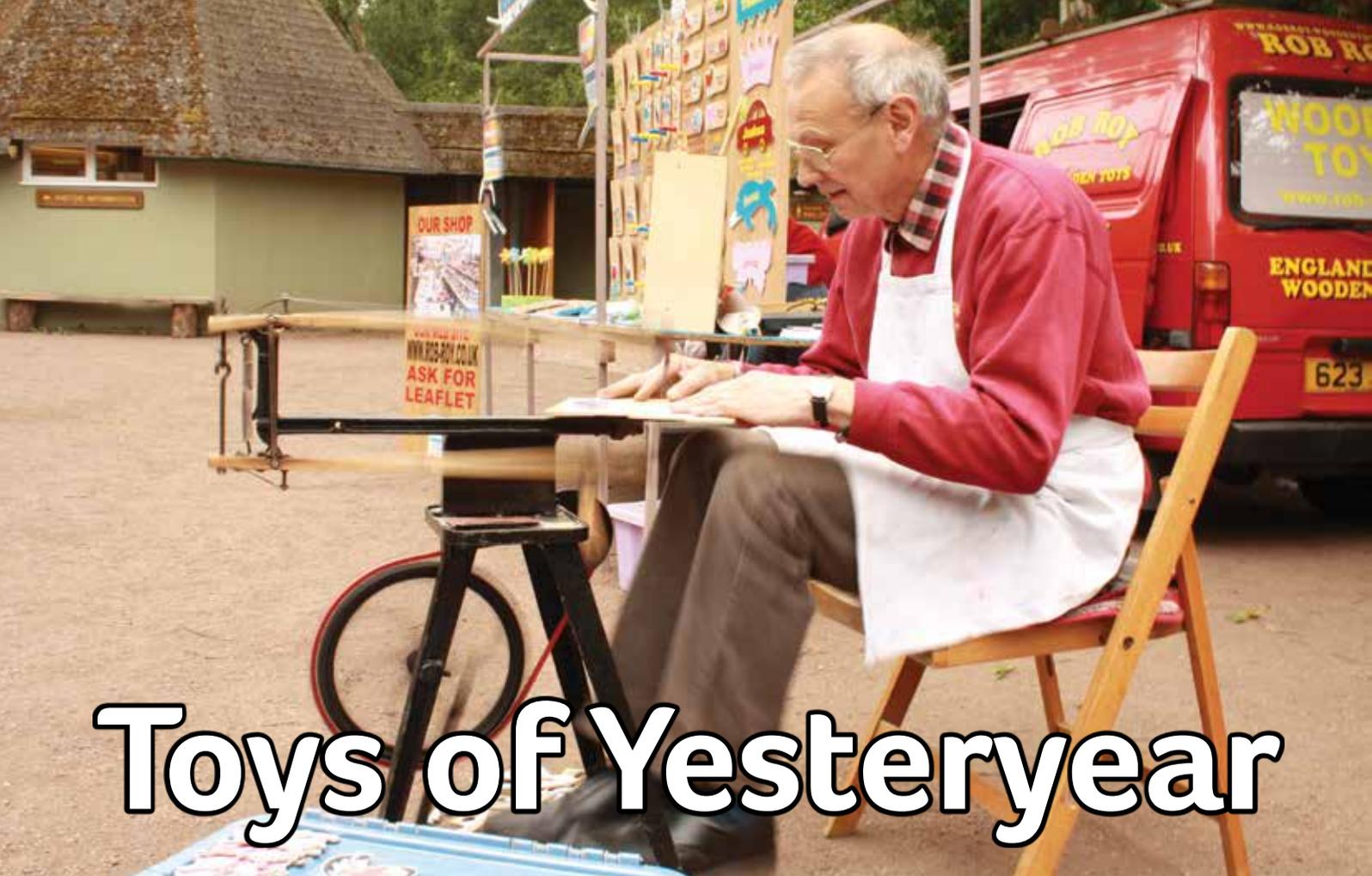
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"I would class Kindred Spirits as the mother of and the shining example to all other elder groups... for people who would otherwise be sat at home talking to the budgie!" **Colin Harrison**

"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**



Toys of Yesteryear

You may not know but, Long Eaton is home to England's oldest and largest wooden toy shop. Whilst many toy shops have closed over the years, Rob-Roy's Toys still specialises in making the high quality, handmade toys of yesteryear.

The business was set up by current owner Robin Smith's father over 60 years ago. Originally the handmade toys were sold at wholesale to various toy shops around Notts and Derbyshire. When Robin and his wife Linda took over the business they wanted to change the way they sold the toys. Instead of selling through other shops they wanted to set up their own shop and sell directly to the public.

Now the company, Rob-Roy Toys, has over 1000 different toys in its shop and takes orders from around the world.

The shop is a real family business, with Robin and his wife both working in the shop. Their son Jason can be found selling toys at various markets in the East Midlands and even the family dog Carrie is part of the business—spending many happy hours at the shop greeting customers from all over the world!

The reason Robin believes his toys are still so popular is because how unique they are. All handmade products are made in his workshop. Robin enjoys experimenting with toys and creating something entirely new. He says, “Usually the toys that have been the most popular over the years are the most unusual”.

Even though his customers enjoy buying different products, the best-sellers for girls are still large wooden cots for dolls and the best-sellers for boys are still personalised wooden garages. Recently Robin has noticed a difference in the way people are buying his toys. “6 or 7 years ago people would travel all the way from London to the shop but it all changed overnight with the internet.” Now the majority of his business is made through his online store. Although he is as busy as ever he feels it is a shame that the personal touch has gone.

For Robin, nothing can replace talking to someone over the counter in his shop. If you would like to say hello, Rob-Roy's Toys can be found at 81 College Street, Long Eaton, NG10 4NN or you might even bump into Robin or his son at various road shows around the East Midlands this summer.



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Superstitions

We've all heard that breaking mirrors can cause seven years bad luck and we should avoid the number 13 at all costs, but where do these superstitions actually come from? Is there any truth behind them? This article will aim to look at some of the most common superstitions and unearth the origins of them.

So let's start off with one of the most well-known superstitions; breaking a mirror will cause seven years bad luck. There are many different theories explaining why breaking a mirror is considered bad luck, but the main theory dates back to the Ancient Greeks before mirrors were even invented! The Ancient Greeks believed that your reflection is an extension of your soul and if you distort your reflection, your soul would also be distorted. The seven years of bad luck came a lot later, during the Roman times, who believed the body goes through a regeneration process every seven years.

Next we'll look at walking under a ladder. The main theory of origin to this superstition is that when a ladder leans up against a wall it forms a triangle, this triangle is supposed to be the symbol for the Holy Trinity. So if you walk under a ladder it is seen as blasphemy and in turn you would be inviting the devil into your soul.



A lot of people have a favourite number, yet we all seem to know that the number 13 is unlucky. This superstition seems to be believed because of the significance of the number throughout history. A few of them include:

- Jesus had 12 dinner guests at the last supper.
- In Norse mythology it was said that 12 of the gods were at a gathering when the evil god Loki (13th guest) turned up and attacked them all.
- Witches covens traditionally had 13 members.

- There were usually 13 steps leading up to the gallows.
- On Friday 13th October the arrest and execution of the Knights Templar took place.
- In a failed mission to the moon the rocket that they were using was Apollo 13. This was the only unsuccessful mission to the moon.

Due to so many significant events associated with the number 13 there is actually a recognised phobia of the number, this is known as triskaidekaphobia!



Another common superstition is that when we knock over the salt shaker we should immediately throw a pinch of salt over our left shoulder. This is believed to date back to the Last Supper. In Leonardo da Vinci's painting it shows that salt has been knocked over by Judas so it's associated with lies and treachery. The idea of throwing it over your left shoulder is to blind the devil who is waiting there.

So there are a few superstitions uncovered. Do you have any superstitions that you adhere to? Please let us know what they are and why you believe in them. You can write to us at the usual address or e-mail:

jayne.holgate@ageuknotts.org.uk



Hot weather tips for dogs

Canine heatstroke can be fatal so it is important to treat possible symptoms quickly and as an emergency. More importantly, do everything you can to prevent it. Under the Animal Welfare Act you have a legal duty to care for your animal and if you put your animal at risk, you could face prosecution.

Here are some warm weather tips from the RSPCA:

- Ensure that your dog is always able to move into a cooler, ventilated or shady environment if feeling hot.
- Make sure your dog always has a good supply of drinking water, in a weighted bowl that can't be knocked over.
- Walk your dog early in the morning or later in the evening when it is cooler.
- Don't leave your dog alone in a car, glass conservatory or a caravan. It can get unbear-

ably hot behind glass on a sunny day, even when it's not that warm. In fact, when it's 22°C/72°F outside, the temperature inside a car can soar to 47°C/117°F within 60 minutes. Leaving a window open or a sunshield on your windscreen won't keep your dog cool enough. Dogs can die quickly in hot cars. If you see a dog in a car on a warm day please call the Police on 999, or the RSPCA cruelty line 0300 1234 999.

If your dog shows any symptoms of heatstroke (such as heavy panting, profuse salivation, lethargy or a rapid pulse), move them to a shaded, cool area and ring your vet for advice. Immediately douse your dog with cool (not cold) water, to avoid shock until his/her breathing starts to settle – never cool your dog so much that he/she begins to shiver. Let your dog drink small amounts of cool water. As soon as they have cooled down, take your dog to the vet.



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WHERE THERE'S A WILL THERE'S A WAY

Why making a Will is an investment for the future



Worryingly, it is estimated that as many as 70% of people in the UK die without making a Will. Christina Yardley, Solicitor of Nottingham law firm Actons Solicitors explains why you need to be part of the 30% that do!

What is a Will?

A Will is an important document that specifies what will happen when you die. Making a Will offers lots of opportunities not only to make gifts to your loved ones in the most effective way but to minimise the tax you will pay on your death and to prevent unnecessary family disputes.

Unfortunately, you can not simply just write down your wishes or tell people what you want because special legal formalities have to be complied with for your Will to be binding. If this is not done correctly your Will is not worth the paper it is written on. In law everyday words can have a very different meaning and so it is all too easy to create a Will that is not what you want.

Because a Will is arguably the most crucial document that you will ever make it is important not to do it yourself but to seek qualified legal advice to ensure that you get it right and that your family and loved ones are protected.

What can I include in my Will?

- ✓ Your choice of Executors. These are the people who will organise everything;
- ✓ Your choice of Beneficiaries. These are the people who will inherit your money, personal items and home;
- ✓ Your choice of Legal Guardians to look after any children you may have;
- ✓ Gifts to children and the age they will inherit;
- ✓ Special arrangements for vulnerable or disabled beneficiaries where their benefits are protected;
- ✓ Special provisions to fairly look after your current partner and children from previous relationships;
- ✓ Provision for your pets, if you have them;
- ✓ Your detailed funeral instructions including service and organ donation;

- ✓ Gifts to charities;
- ✓ Gift of your business;
- ✓ Gift of foreign property.

Making a Will is an investment for the future as it ensures that the people you care about are looked after and that your wishes are respected.

The importance of reviewing your Will

The law changes and so may your own personal circumstances such as your marriage or divorce, a new family member you want to provide for or even an increase or decrease in your personal wealth. It could be that a beneficiary has died or you have lost touch with them. Sometimes a change in circumstances may mean that you need a new Will or an addition to your existing one, known as a Codicil.

If in doubt always take qualified legal advice and do not leave it to chance. Many solicitors will conduct a Will review for you free of charge.

Often a will review is a valuable opportunity to improve existing Wills. A good example of this is where a husband and wife have simply left everything to each other when they die, completely unaware they can create a trust will that will substantially reduce the amount of care fees payable when one of them dies.

Do I need one?

If you die without making a Will then the Intestacy Rules, not you, decide what will happen to your assets and who will be appointed to organise everything.

Sometimes the law and your wishes will be the same, many times it will not be and the results could be disastrous for those that you love and care about.

The Intestacy Rules can mean your spouse may not inherit your entire estate. Equally so, your children may receive nothing. Co-habitees and step-children will not automatically benefit. In some cases the government could even inherit your money.

Not having a Will can also cause a lot of expense and worry at a time when family and friends are grieving and they least need it

How a solicitor can help you

It is very important that you fully understand your Will and all the options available to you. A solicitor will provide you with easily understood and valuable advice. It does not have to be expensive.

They will also:

- ✓ Make sure that your Will achieves your aims;
- ✓ Ensure that the legal formalities are complied with and your Will is valid;
- ✓ Act as your Executor if you wish them to;
- ✓ Provide advice on family disputes;
- ✓ Many solicitors will also store your Will free of charge and send you a copy.



Actons Solicitors are offering a discount to “Just the Tonic” readers who wish to make a Will. 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.

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Cleaning Cheats

Are your cupboards full of bottles promising to cut through grease, destroy grime and lime and kill 99.9% of bacteria?

Just the Tonic has asked the staff of Age UK Notts for some simple cleaning tips that they use around the house. Some of them are new but most have been passed down through generations. You might even end up saving yourself a penny or two!

1 Removing stickers

If you're having trouble removing any sort of stuck-on sticker or tape from a surface, simply heat it with a hairdryer for 1-2 minutes. The hot air will loosen the labels and avoid any potential fingernail-chipping!

2 Smelly microwaves

Cleaning stubborn stains in your microwave can be made easier by heating a bowl of equal parts water and vinegar for 5 minutes. The steam will remove the smell, dissolve the stains and make them easier to wipe off.

3 Dirty mirrors

Smudges and streaks on windows and mirrors can be cleaned by flicking a small amount of water on the glass and wipe with an old newspaper.

4 Grout problems

Grout is often be overlooked when cleaning. Making a runny paste of baking soda and water, and gently scrubbing with an old toothbrush should do the trick. If something stronger is needed, use a mixture of three parts baking soda to one part bleach.

5 Limescale troubles

To remove the unwanted limescale from your kettle, add ½ cup of vinegar to the water and let it sit overnight. If this still doesn't do the job, boil full-strength white distilled vinegar in the kettle for a few minutes, let cool and rinse with water.

6 Dirty chopping board

Rubbing diluted lemon juice will not only clean stains from cutting boards, but it helps kill germs as well. Rub the juice onto the stain and let sit until the stain fades. It can also be left overnight, then rinsed well and dried for particularly stubborn marks.



If you have any tips that you would like to share in the next issue, why not let us know? Please write to Just the Tonic Magazine, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ or email us at jayne.holgate@ageuknotts.org.uk.



Make your pledge today

As regular readers may know, we launched our Campaign to End Loneliness back in October last year. The feedback from members of the public has been incredible with nearly 400 lives touched by the campaign through pledges. Here are a selection of pledges that have been sent into us.

I pledge to speak to older people in my area and hopefully lighten their day up

- Miss Saxon from Arnold

I pledge to write more letters and more telephone calls to the people who have not got access to a computer.

- Mrs Masters from Arnold

I pledge to talk to my Vicar about arranging a coffee morning at my church

- Mr Finnigan, Long Eaton

I pledge to donate one night a week to my local visiting service

- Mrs Phillips from Woodthorpe

If you would like to make your own pledge visit our website at www.ageuknotts.org.uk



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Can you help your community to help older people?

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An appeal from the Chief Executive of Age UK Notts...

We are proactive... we transform lives... but you make it happen!

Age UK Notts has relied on philanthropy since our inception in 1942. Today, the generosity of individuals and organisations - *friends and supporters* - allows us to advance our mission: *to enhance the quality of life and promote the well being of all older people in Nottingham and Nottinghamshire.*

I am proud of our charity's long-standing history and deep roots in delivering high quality and effective services to older people from all communities and backgrounds. Over the last two decades, I have personally witnessed how our services have transformed the lives of older people for the better across the City and County.

As a local independent charity we are reliant upon being able to raise over £3 million every year; that's over £300 every hour of every day to carry on our life changing work! Your support enables us to *create a world in which older people flourish - free from poverty, discrimination and disadvantage.* We have the experience, the expertise and the will to do so. But to bring this to fruition, we need your help. Consider people like Mary...



Mary is over 60; she is severely visually impaired, only being able to perceive the difference between light and dark. She also needs a walking stick to aid her mobility. When Age UK Notts was alerted to her plight she was found living alone

in a flat accessible only through the stairs; with no hot water, poor lighting and damp. The gas fire, central heating and smoke alarm were all faulty. Also, she could barely afford her bills. She felt trapped, isolated and was low in confidence. Through the actions of Age UK Notts, Mary has been re-housed into a bungalow, and was awarded a substantial grant towards refurbishment. Now, we are seeing signs of confidence restored and hope renewed for Mary - she is happier and has her fight back.

By donating just £3 a month, you can transform the lives of older people in our local community and help us be there for every vulnerable older person in need.

Each year in Notts, we engage with over 50,000 older people, like Mary. Every day, we provide vital services that directly impact over 140 older people. Every 10 minutes, a vulnerable older person will be left helpless without our crucial work. Yet, this is just the tip of the iceberg. The need for our charity to continue to support older people cannot be over emphasised, as our population is ageing. The ebb and flow of grants and government funding further worsens the situation. So your support is more crucial than ever.

There is still so much more we need to do, which is why we need your help today.

£3 could pay for a regular visit to a housebound older person's home by our visiting service.

£5 could pay for a counselling session for an older person in distress.

£10 could pay to transport an older person to our day centre where they can enjoy a nutritious meal and spend the day with friendly faces.

£25 could pay for a lonely, bereaved or socially isolated older person to have a fulfilled life with healthy activities for a year.

£50 could pay to make an older person's home safe and secure by fitting locks or grab rails.

Most importantly, your donation will make sure older people like Mary get the help they need.

It is extremely easy to become a *friend* of Age UK Notts. Please complete the Direct Debit form on the next page and send it back to us now before another vulnerable older person is left helpless. Alternatively, visit www.ageuknotts.org.uk/support-us to start giving.

Thank you for your time and for considering our appeal.

Mick Tinkler
Chief Executive

Your donation form

Please return to: **FREEPOST License No. RSXB-LZBY-TCSS, Friends & Supporters, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham NG1 4FQ** (You can help us save money by using a stamp, please omit the Freepost line in the address).

Your contact details (please use BLOCK CAPITALS)

Title	First name	Surname	Date of birth (dd/mm/yyyy)
Address		Postcode	Telephone

Your regular donation

I would like to become a *friend* of Age UK Notts by giving a monthly donation:

£3 £5 £10 Other £ _____

Please fill in **Direct Debit Form** below.

Your single donation

I would like to give a single donation:

£10 £25 £50 Other £ _____

Please make cheque payable to '**Age UK Nottingham & Nottinghamshire**' or fill in **Card Payment Form** below.

You can make your gift worth even more, without costing you a penny! Simply tick the Gift Aid box.

I declare that I want Age UK Notts to treat all donations that I make now, in the future and any made in the past as Gift Aid donations until I notify the charity otherwise.

We will be able to claim tax back if you pay an amount of Income Tax and/or Capital Gains Tax in each tax year (Council Tax and VAT do not count) at least equal to the tax that we will claim from HM Revenue & Customs on your Gift Aid donation(s), e.g. 25p of tax on every £1 you donate on or after 6 April 2008 (28p on every £1 you donated up to 5 April 2008).

giftaid it

Save us money

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-------	--------

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Account number

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To: The Manager	Bank/Building society
Address	
Postcode	

Service user number

Reference (for office use only)

Instruction to your bank or building society

Please pay Age UK Notts Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Age UK Notts and if so, details will be passed electronically to my bank/building society. I confirm that these are my account details and that I have the authority to make payments from this account.

Signature(s)
Date

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Issue number

(Maestro only)

(Maestro only)



Happy St George's Day!

The sun was out for over 1000 people who attended the annual St George's Day celebration in Old Market Square this year.

Led by Robin Hood and two of his knights on horseback, the procession of patriots made their way from the Forest towards the city centre recruiting passers-by to join in the celebrations.

The crowds were met with cheers from people of all ages as they made their way down Queen Street into Old Market Square. The parade then gathered in front of the largest St George's Day flag in England on the steps of the Town Hall. They sang Jerusalem, God Save the Queen and pretty much any song with the word 'England' in!

The day couldn't have been more perfect with clear skies and a positive reaction from everyone involved. Tim Pollard, aka Robin Hood, who led

the parade said, "It's all the English coming together to celebrate St George's Day. The weather's great, the city looks beautiful, it's great to be alive."

The day finished with local musicians playing traditional English folk music which prompted even more chanting from the ever-growing numbers of patriots in Old Market Square.

This was the largest celebration Nottingham has seen for St George's Day yet and the popularity of the day doesn't seem to be slowing. Each year has seen an increase in the number of people participating and the amount of people attending this year was higher than anyone had predicted.

One member of public Spencer Rate, was dressed head-to-toe in chain mail and draped in an England flag. "It was great to see so many people of different ages, backgrounds and nationalities come together to celebrate all things English," said Spencer. "As you can see, the response from the public is incredible. The energy is electric!"

Eden Hall Prize Winner

You may remember in Issue 6 we gave away a pair of tickets to the Eden Hall Spa in Newark. The winner Lorraine Harrison has spoken to Just the Tonic about her day and even sent us in a photograph.

“My daughter and I had an amazing day. We arrived about 9.30, and went for a walk round to familiarise ourselves with the place. We decided to go outside in the Jacuzzi while the sun was out; it was so relaxing and warm! We could have stayed in there for ages, but decided to go for a sauna before lunch.

The lunch was another story, it was a 3 course menu, and we could help ourselves from the buffet. The choice and food was amazing. We were so full after lunch we just sat by the pool and chilled out for an hour, before going in the steam rooms.

I would like to thank you so much for giving us the opportunity of such a fabulous day out”

For an opportunity to win tickets for a show at Nottingham Playhouse, please go to page 30 for details.



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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 40 minutes of my week!”*

Not only does Ageless Grace® focus on the longevity of the body, but also encompass the health of the mind, emotions and spirit as well. Ageless Grace® promotes the ‘Three R’s’, the ability to ‘respond, recover and react.

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@googlemail.com.



Raising Their Voices for Age UK Derby & Derbyshire

Age UK Derby & Derbyshire over the recent months have been very privileged to have the support of the wonderful Dalesmen Male Voice Choir who put a concert on for us with the Syd Lawrence Orchestra at the Assembly Rooms in Derby. They also put a concert on for us in Christchurch, Belper accompanied by the Drybrook Ladies Choral choir from the Forest of Dean. We have also had the support of the Crescendo Community Choir who put on a well received concert and we now have three other Male Voice Choirs also offering their services to fundraise money for us.

The money raised from these choirs' wonderful performances is for a very special purpose and will now allows us to extend our Careline service which provides a much needed telephone befriending scheme contacting isolated older people once or twice a week.

Often, the older people we ring will not see or hear from another soul from one day to another. To extend our befriending and Careline services we need more money and regular income generation. The services are great value and don't cost a lot, but enable us to offer a consistent, reliable service we need more choirs though to join in and raise their voices to raise money.

If you are in a choir in Derby or Derbyshire and could do this for us we'd really love to hear from

you. It can be as simple as you putting a concert on for free in your local venue and we will come and bucket collect at the end. Or you could dedicate a regular event in your Choir's calendar and donate funds you raise.

If your choir would be interested in helping us raise the spirits of socially isolated older people by holding a regular concert for us once or twice a year we would really like to hear from you at the contact details below. In return we will:

- Advertise your concert on our website, Twitter and Facebook page
- Put your choir on our website sponsors page that we are developing
- Personally, visit, write and thank your choir for all monies raised
- Each year regularly update you with a small written report on how many older people we are reaching out to across Derby and Derbyshire and the impact this is having on older people themselves.

But more importantly we promise to use the money you raise from your concerts to reach out to as many lonely vulnerable older people living in social isolation as we possibly can. For more information, please contact Ray Gumbley on **01332 343232**

Rock of All Ages Choir

The Rock of all Ages Choir goes from strength to strength and have released a CD of their songs. It was launched on Wednesday 26th June 2013, at a charity event we organised called "Chadd Rocks" in the Jubilee Club in Chaddesden. The popular group James Warner Prophecies were the lead artists accompanied by Jasper and Lucy Milford. Of course the Rock of All Ages choir also performed songs from their new album.



Copies of the CD will be available via Teresa at Age UK Chaddesden Centre at a cost of £3 per CD. Please ring 01332 674562 to order your copy.

One of the founder members of the Choir, Trisha Ryalls, shared what her experience of being part of Rock of Ages Choir has meant to her. .. A year ago Trisha read in the local magazine that the Age UK Derby & Derbyshire was about to start a Rock Choir. Although Trisha had always loved music the groups she had joined always left her feeling a little frustrated as they didn't match her enthusiasm for song.

On the first day of the choir (1st June 2012) Trisha said she left the Age UK building on Chaddesden Park feeling euphoric, and the feel good factor has just carried on.

When Asked Trisha said 'it has changed my life 1000 fold. It has opened up doors of creative opportunity, helped me form new social groups and has become a big oasis in the week'!

As we write this article Trish and other members of the local community have just started to attend a six week long course of song writing and instrument tuition. Facilitated by Choir leaders, Joe Brown and Dan Williams. Yet another noisy, music filled, happy morning at Age UK on Chaddesden.





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For more information call 0115 844 0011

registered charity number 1067581



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Registered charity 1067881



Competition Answers

Congratulations to Mrs M Porter from Carlton who won the Crossword competition, to which the solution appears below, and to Iona Willis who answered the Competition Question correctly to win a selection of gift cards totalling £30.



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- Churchfield Care Home**
Off Churchfield Drive, Rainworth, Mansfield NG21 0BJ
T: 01623 490109 | E: churchfield@fshc.co.uk
- Hallcroft Care Home**
Croft Avenue, Hucknall, Nottingham NG15 7JD
T: 0115 9680900 | E: hallcroft@fshc.co.uk
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- Lawn Park Care Home**
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- Old Vicarage Care Home**
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- The Oaks Care Home**
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- The Sycamore and Poplars Care Home**
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E: sycamore.poplars@fshc.co.uk
- Tudor Grange Care Home**
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T: 0115 9334404 | E: tudor.grange@fshc.co.uk
- Westwolds Care Centre**
4 Park Avenue, Burton Joyce NG14 5AF
T: 0115 9313659 | E: westwolds.care@fshc.co.uk



**Four Seasons
Health Care**



Eton Mess

Ingredients

- 500g Strawberries
- 2 Teaspoons caster sugar
- 500ml Double Cream
- 4 Meringue nests
- 2 Teaspoons pomegranate juice (optional)



Method

- 1.** Wash, de-stalk and finely slice all of the strawberries into a bowl. Add sugar, and optional pomegranate juice to the strawberries and leave to soften.
- 2.** Pour the cream into a separate bowl and whip until thick.
- 3.** Roughly crumble the meringue nests into the whipped cream.
- 4.** Fold 100g of the strawberries into the bowl followed by the remaining mixture, leaving some for decoration.
- 5.** Spoon the mixture into sundae glasses or bowls to serve and top off with the left over strawberries.

Optional Tip

Why not swap some of the strawberries with other British seasonal fruit such as blackberries, raspberries or blueberries.

Recipe submitted by Amy Collier from her 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 jayne.holgate@ageuknotts.org.uk

Yarn-bombing – Knitting for a new generation

You've probably heard of, and even know how to knit and crochet, but have you heard of yarn-bombing?

Yarn-bombing or gruellia knitting as it is sometimes known is the new craze that brings knitting to the younger generation. It involves decorating outside items such as bins, benches, post boxes and even trees.



It is seen as positive graffiti with the results often making the surrounding area look very nice, but it can also be removed very easily.

Yarn-bombing has been around for a little under 10 years and over this time it's become increasingly popular around the world. It appeared in local news recently because Nottingham's very own and much loved Left Lion, outside the council house, was yarn-bombed.

The person responsible for this was 18 year old New College Nottingham student Nikki Charlesworth who covered the lion with yarn (with permission!) for her A-level Textile exam. Nikki was tasked with completing her exam within 15 hours and she has decided to keep the pattern in case the council should ever wish to replicate her design.

Just the Tonic caught up with Nikki to ask her a few questions about yarn-bombing:

How did you get into knitting/crocheting?

I first learnt to knit aged 16, it was around a time when I was feeling really stressed, and knitting was something I found very therapeutic and a great stress reliever! I then learnt to crochet when I joined a crochet club at the Christian Centre in Nottingham. Crochet was something I took to far more easily than knitting, and I carried on teaching myself and following patterns.

Why do you think yarn bombing has such a positive response from the public?

I think it received such a positive response from the public just because it is so different. It uses a stereotyped 'old' 'hobby' and turns it into something artistic, fresh and modern. I think it just brightened people's day, especially when the weather had been so awful. It was really refreshing to see a burst of colour in the square, and it captured people's imagination (well, that's what my friends say!).

It seems that knitting has become popular again amongst younger people. Would you agree with it, and if so, do you know why?

I'm not aware of that! I guess the way that 'Yarn Bombing' has evolved shows that knitting's becoming increasingly popular amongst younger people. I know most of my friends are really interested and say they'd love to learn to knit/crochet. You could say that it came back into fashion when vintage clothing came back into fashion. People love the classic big knit jumpers and lacy tops, and are interested in how it's made and its heritage.



Connecting carers to information, advice, support and services

A Carer is a person of any age, adult or child, who provides unpaid support to a partner, child, relative, or friend, who couldn't manage to live independently, or whose health or wellbeing would deteriorate without this help. This could be due to frailty, disability, serious health condition, mental ill health or substance misuse. Caring is a part of life, and becoming a carer is something that can happen slowly, for example due to increased frailty or, suddenly when the person you love has a stroke or an accident.

In June, Carers' Week encouraged carers to consider the following points both at the outset of their caring role and throughout the experience:

1. Don't be afraid to ask questions and talk about caring
2. Find out more about the condition and treatments / medication
3. Think about your finances
4. Talk to your employer
5. Find out about available support.
6. Find a balance
7. The best laid plans—planning for emergencies
8. Make time for you
9. Talk to other carers
10. Be prepared for change

All GP practices should have a register of their patients who are carers. If you are a carer, why not get in touch with your GP surgery to register, and find out what they can do to support you? Did you know that if you are the main carer for somebody else, then you are entitled to ask for the annual flu vaccination?

If you provide substantial and regular care to someone with an illness, disability or who is frail, you are also entitled to a Carer's Assessment from your local authority. The assessment is a means to help you understand your caring role, how it affects you and what you can realistically do, given your own health and circumstances. It can also be an opportunity to find out what help may be available. Following on from the Carers assessment in Derby, an emergency plan can be formulated. This plan is activated when the carer is not able to continue to provide care because of an emergency, for example, being admitted to hospital, short notice family crisis or emergency, or risk to the carer's employment.

At Age UK Derby & Derbyshire there is a worker in Derby whose role it is to encourage staff at GP practices and the hospitals to identify carers and refer them for support. The GP practices can send their referrals into a secure NHS mailbox. In Derby last year, 241 carers were referred by their GP for support and information.

For more information about support services for carers go to:
www.ageuk.org.uk/derbyandderbyshire/carers

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AUDD Housing Options Service Success Story

The Derbyshire Dales Housing Options Service is a specialist information and advice service operated by Age UK Derby & Derbyshire. Last year, through our help and support, we managed to increase individual's benefits across the District by a total of £214,199.14.

Often, the only way people will accept help regarding their housing situation is through sensitive ongoing relationship-building as shown in the example below.

The Derbyshire Dales Housing Options Service had a referral via the Pest Control Team from a local council, who had concerns about an 81 year old resident, living on her own. She had needed support some years earlier to clear her home of pests (such as pigeons nesting in her bedroom or rats). Since then she had accumulated belongings and they were concerned that the old problems were recurring, which was having an adverse effect on her health. She has lived in her home since birth and had previously refused offers of moving to a more suitable property.

She is very shy and had refused to engage with every other external agency who had tried in the past. So it was agreed to conduct a joint visit to her home with a Housing Options Advisor and the local pest control officer, who had built up respect, rapport and friendship with the lady.

After two visits she agreed to allow Age UK Derby & Derbyshire to check her benefit entitlement, establishing that she was eligible for Attendance Allowance. She now receives £53.00 extra per week, with an additional sum to be agreed as extra Pension Credit. Further, she was supported to apply for a "Surviving Winter" grant, which has been approved for £250.

Finally, as a result of the benefits check, she has now agreed to consider the following services to help her manage her home more effectively:

- A regular gardener
- Laundry Service
- Re-decoration within the home, but particularly the kitchen, which requires re plastering on two walls

Age UK Derby & Derbyshire will work alongside this client and continue to build a rapport until these services are in place and operating well on her behalf.

She has shown her confidence and self esteem has greatly increased, so much so that she has been on her first trip outside her home for a "very long time" and tried hot chocolate with marshmallows for the first time ever in her life!!!!

If you live in Derbyshire Dales and are over 50 years old we can help you consider your present and future housing needs. Our support can help you maximise your income, get the help and equipment you need to remain independent or support you to move to a more suitable home. Our service is: free, confidential and independent and offers individual 1:1 support, whether you are a tenant or a homeowner.



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Memory Lane: Creative Heritage Comes to Life

Members of Age UK Derby & Derbyshire have just taken part in a wonderful creative heritage project called Memory Lane. Delivered by Chesterfield based Junction Arts the project has involved members from Bakewell, Hope, Hulland Ward and Hartington working with artist Jane Wells to draw a building that holds a special place in their hearts.

The drawings were created using a technique called carbon copy drawing, often used by artists for transferring images, that enables participants of all abilities to produce an impressive artwork, each one unique depending on the individuals touch. The images were mounted to take home and everyone was also presented with 4 picture postcards of their drawing to give to family and friends.

In order to share the project with a wider audience another version of each image was printed on a larger scale with a short narrative to explain why it was chosen. These will now be exhibited as an 'Imaginary Streetscape' in the venues where each group meets and also in some local libraries.

A valuable outcome of the project is the intellectual and creative stimulation the participants have achieved by taking part. The process of reminiscence and the artistic outcomes to produce a high quality artwork that will be showcased to a wider audience has resulted in a sense of pride and achievement, enhancing the wellbeing of the participants involved.

Although this project shares the same name as our reminiscence service for people with dementia in Amber Valley, it was a separate project encouraging opportunities for reflection and reminiscence.

All the drawings and stories will shortly be available on the Junction Arts website www.junctionarts.org and for more information about Memory Lane or Junction Arts contact Jane Wells by telephoning **01246 209219** or email jane@junctionarts.org





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Summer Gardening Tips

For this edition of the garden tips Nottinghamshire Wildlife Trust has very kindly provided some tips to benefit your garden and help it become more wildlife friendly.



The continued loss of natural habitat to development and pressure to make farming more productive, makes our gardens increasingly important for wildlife. With a little planning your own personal oasis can be a haven for wildlife too.

- Wildlife needs food, water and shelter and the best way to help is to install a pond. A simple alternative would be a large plastic plant pot saucer, but remember to keep it topped up.
- A traditional compost heap is great for getting rid of your grass clippings and provides shelter for species such as the harmless grass snake.
- If you don't already feed the birds, get started with a seed or nut feeder or a simple bird table. Experts now advise feeding birds all year round, so why not give it a go?
- If your wildflower patch looks tired and you feel the urge to tidy, cut the stems back to about 10cm high but leave the cuttings on the ground for a week or two to allow the seeds to drop. You can then rake off the cuttings and add them to your compost heap.

Tell us about the wildlife that visits your garden:
www.gardenwildlifecensus.co.uk



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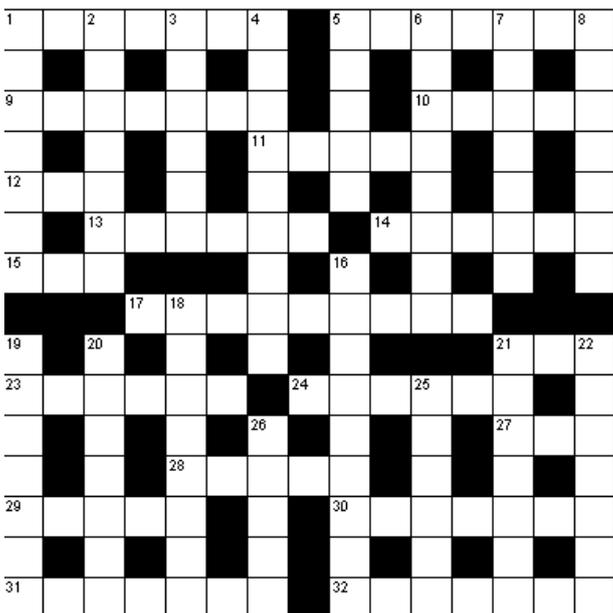


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Puzzles

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Crossword

Across

1. Stored away (7)
5. Hardens metal (7)
9. Virgin Mary (7)
10. Hazardous (5)
11. Skinflint (5)
12. Curved bone (3)
13. Emissary (6)
14. Cloth (6)
15. I have (3)
17. Spoke quietly (9)
21. Israeli submachine gun (3)
23. About (6)
24. Individual (6)
27. High mountain (3)
28. Flight of steps (5)
29. Rhinoceros (5)
30. Family name (7)
31. Makes sorrowful (7)
32. Method of raising money (7)

WIN!

Down

1. Warrior of feudal Japan (7)
2. Loud enough to be heard (7)
3. Sharpening (6)
4. Playwright (9)
5. Browned sliced bread (5)
6. Wedding (8)
7. Oriental (7)
8. Hijack an airliner (7)
16. Practice session (9)
18. Good-looking (8)
19. Inns (7)
20. Anxious (7)
21. Unconscious (7)
22. Irreverence (7)
25. Concealed (6)
26. Worries (5)

Send your completed crossword, along with your name & address to Just the Tonic Magazine, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ to win tickets for 2 adults and 3 children to Crich Tramway Village, or email your answers to jayne.holgate@ageuknotts.org.uk. Closing date is 19th August 2013. The Crossword solution will be printed in the next edition of the magazine.

Competition

Answer this question to have a chance to win 2 tickets to the Nottingham Playhouse.

Q: How many litres of cream were consumed at last year's Wimbledon Championships?

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Terms and Conditions: The tickets for the Nottingham Playhouse excludes Saturday performances and Jack and the Beanstalk. Valid until 31st of Jan 2014.



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If you'd like a new kitchen but are concerned about the cost, Art of Kitchens has the solution...

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Art of Kitchens is a Nottingham-based company, which specialises in installing complete kitchens and carrying out makeovers by swapping old cupboard doors and worktops for new ones.

Mark Antony, who runs Art of Kitchens, prides himself on transforming dated-looking kitchens into ones that look brand new - often completed in one day with less upheaval.

The replacement doors and worktops come in a range of styles and Mark will visit you at your home so you can see dozens of samples. They are made to measure to ensure a perfect fit in your kitchen.

Mark has nearly 30 years' experience in cabinet making and more than 20 years' experience in producing hand built kitchens- so he's quite an expert in building and installing kitchens.

Mark says "by replacing the doors and worktops, you can get the look of a new kitchen at around a third of the cost- it's the ideal solution in these tough economic times".



To look at all of our positive reviews visit the Age UK Business Directory www.aubd.co.uk

Whether you think you need a complete new kitchen, or just a makeover, contact Art of Kitchens for advice and a free quotation on

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