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Derby &
Derbyshire
ageUK

Spring/Summer 2022

EngAGE

**Delirium
in Dementia**

Fibro Active award

Local Walk



SHOPS & SERVICES + LOCAL NEWS + FUNDRAISING + INFORMATION + MUCH MORE

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Meet the team...

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From the Editor

Welcome to the Spring/ Summer 2022 edition of our EngAGE magazine.

As we move from all the new life of spring, to the local area full of life, beauty and hopefully sunshine(!), it feels like time to celebrate. In this edition we celebrate achievements that have happened and look forward to exciting times as we celebrate our Queen's inspirational Platinum Jubilee.



Last year, we mentioned that some of the class instructors involved in our Strictly No Falling Service received recognition through the Queen's Award for Voluntary Service. A photo of their award ceremony shows something to celebrate.

We celebrate some of the activities that have taken place in Chaddesden over the last few months. If you are in the mood for exercise, why not go for a walk around Matlock – details in this edition of a circular walk starting at our shop so you can drop off donations, go for the walk and then look for bargains on your return!

There is also some information about difficult issues, including rising gas and electricity bills; recognising the signs of delirium in dementia; and also issues around domestic abuse amongst older people.

You will find some information for if you are thinking of doing something amazing and volunteering. You can find out how you could volunteer for our Befriending Service in the High Peak/ North Derbyshire Dales; or volunteer in one of our 11 charity shops. Or maybe you want to find out how you can get involved in our fundraising opportunities throughout the year.

Finally, check out the recipe from Andrew Smyth who was on Great British Bake Off in 2016; If you have any feedback or suggestions for future content, please do get in touch.

Thanks for your support. Stay safe.

Phil

Phil Brown Editor

Looking to volunteer?

We are seeking volunteers to join our Befriending Service to support lonely or isolated elderly people in the High Peak & North Derbyshire Dales areas.



The Befriending Service provides social support and companionship to older people living in the community who are vulnerable or lonely.

This might be having a cup of tea and a chat or going out to do an activity together. With regular visits or telephone calls befrienders provide one-to-one support and encouragement, to help reduce isolation and loneliness.

Full training and support is provided.

So do you enjoy talking to people?

Do you have some spare time each week or each month?

If so, you could make a real difference to someone's enjoyment of life in their later years.

**For more information, please contact us
01433 620263 or befriending@ageukdd.org.uk**

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Fibro Active

Receives the Queen's Award for Voluntary Service

Fibro Active in Long Eaton, has been honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK. In November 2021 the team were presented with the award.

Fibro Active is a support group for people with Fibromyalgia (FM) and Chronic Fatigue Syndrome (CFS) and their carers. It is part of Strictly No Falling (SNF) in Derbyshire, and uses their own 'Small Steps to Health', Tai Chi programme. It is open to the community and especially to those at risk of trips and falls.

Fibro Active's Chairperson, Julie Barker says 'I am delighted that Fibro Active has been recognised for the bespoke support we give to our members and the additional service we give to the community. I'd like to pay tribute to our volunteer committee members and professionals who



Photo, used with permission from FibroActive: (left to right) Marilyn Musson, Kathryn Harrison, Opkar Bilkhu, Julie Barker Chairperon, Lord Lieutenant of Derbyshire, Mrs Elizabeth Foggerhill CBE, Deputy Lieutenant of Nottinghamshire, Mr Nigel Chapman, Jane Gordon Treasurer, Jackie Walker Treasurer, Shelley Nichols, Aleyen Hancock, Karen Skidmore, Carey Whitehead, Ben Fowler

grasped the concept of the group. They have gifted their time and expertise to enable sufferers to move forward with their lives with Fibro/CFS/ME.

I would also like to acknowledge our members who come through the door on their darkest days and over time are empowered to give back to the group taking on a variety of volunteer opportunities.'

SNF supported Fibro Active at the start of their journey with grant funding and advertising. Julie and Jane were the first 2 to complete the online Otago training AUKDD now offer and have gone on to set up a session in Sandiacre – called Small Steps To Health (SSTH). Jo Briggs, Falls Prevention Service Manager for Age UK DD, started working with Julie about 4 years ago when she first started

the support groups for people with Fibromyalgia and ME. She commented: "It has grown and even though she suffers from fibro herself it never stands in her way. She qualified and continues to train to teach Tai Chi and delivers 4 sessions for SNF in Long Eaton with Jayne. Between them, even during the lockdown, they continued to offer their Tai Chi sessions via Zoom."

More information:

To find out more about Fibro Active group and their award, visit: <https://fibroactive.co.uk/fibro-active-the-queens-award-for-voluntary-service/>

More information on the recipients and the Award can be found at <https://www.gov.uk/queens-award-for-voluntary-service>



Chaddesden Park Roundup



In March the Chaddesden Park centre was awarded a 5 star Food Hygiene rating, this wouldn't have been possible without the hard work of the volunteers. Pictured below from left to right, H, Anne, Pete, Pat, Maureen, Anne and Di Cliff.

2021 marked the third Christmas Day lunch at Age UK Derby and Derbyshire Chaddesden Park. We had to take the decision to change from a seated lunch to delivery in the interest of safety,



but over 30 dinners went out to those on their own and isolating.

Di Cliff, who runs the Chaddesden Park Centre, said "I can't thank the Chaddesden Park "Crimbo Crew" enough for the preparation, cooking and delivery of a first-class dinner" a huge thank you to all involved. As always, a huge thank you to the Derbyshire Food 4 Thought Alliance, and thank you for the lovely food surplus from our friends at Costco.

The Chaddesden Centre is looking forward to a big celebration for the Queen's Jubilee.





How to donate

Online (one off or monthly) • www.ageuk.org.uk/derbyandderbyshire/donate

Text • text **AUKDD** to **70085** to donate £5 Texts will cost the donation amount plus one standard network rate message

With cash • in any of our shops or at fundraising events

Preloved items • can be donated in any of our shops

Gift Aid • the Government will give us 25% extra for tax payer donations

Cheques • payable to Age UK Derby & Derbyshire

Ebay • you can donate a percentage to us when you sell on ebay

Paypal • fundraising@ageukderbyandderbyshire.org.uk

Amazon Smile • www.smile.amazon.co.uk

Nectar Points • www.crowdfunder.co.uk/p/ageukdd



Registered Charity Number 1068550



LET'S GET YOU ONLINE!

AT NORMANTON LIBRARY

Whether it's ordering groceries for home delivery, booking a GP appointment, or talking to family and friends, these days it seems we all need to be online. If you're wondering where to start, Derby Libraries is here to help you!

Our free, friendly, expert support will help get you online. We will get you familiar with using a keyboard and mouse and help you set up your email account. Discover the Internet, with us on hand to guide you. Learn at your own pace in a relaxed and welcoming environment. There is even a follow-on package for you to explore; get savvy with online banking, online shopping or keeping safe online!

Best of all, once you're online you can choose and renew your library books from home. Or how about an eBook, eMagazine or eNewspaper? There are thousands of titles you can read without ever leaving the kitchen table! Oh, and did we mention? All this is absolutely free of charge!



INTERNET TASTER SESSIONS - Every Thursday 2pm - 3.30pm

Phone Normanton Library on 01332 642640 to book your first session.

Normanton Library, St Augustine's Community Centre, Almond St, Derby DE23 6LX

The Queen's Platinum Jubilee



©Jacob King/PA Wire/PA Images.

On the 6th February, Her Majesty The Queen, became the first British Monarch to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom, the Realms and the Commonwealth.

Events will be taking place throughout the year, culminating in a four-day UK bank holiday weekend from Thursday 2nd to Sunday 5th June. The four-day celebrations will include public events and community activities, as well as national moments of reflection on The Queen's 70 years of service. See p6 for information about what is happening in Chaddesden.

The Queen's Platinum Jubilee Central Weekend 2022

What's on?

Thursday 2nd June

- The Queen's Birthday Parade - Trooping of the Colour.
- Platinum Jubilee Beacons – for the first-time beacons will be lit in each of the capital cities within the commonwealth.

Friday 3rd June

- A service of Thanksgiving for The Queen's reign to be held at St Paul's Cathedral.

Saturday 4th June

- The Derby at Epsom Downs.
- Platinum Party at the Palace.

Sunday 5th June

- The Big Jubilee Lunch – celebrations taking place all around the country for communities to come together in a spirit of fun and friendship.

- The Platinum Jubilee Pageant – London based pageant to tell the story of The Queen's 70 year reign.



Connecting you with traders you can trust

**Visit the Age UK Business Directory for Derby & Derbyshire
today**

You will find traders and businesses
including:

Builders

Plumbers

Roofers

Electricians

Solicitors

and many more

For your peace of mind all
businesses are checked and
agree to abide by a customer
charter.

Call us free on

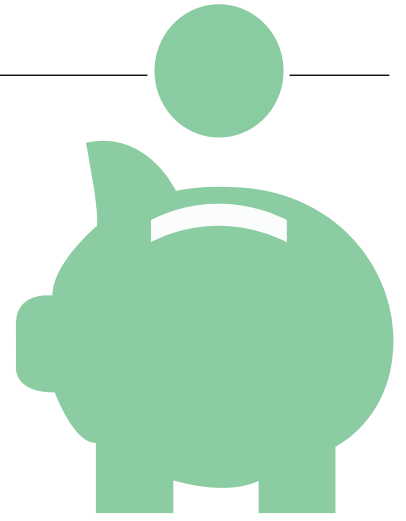
0800 011 4643

or visit us online

www.aubdderbys.co.uk



Update from the Fundraising Team



Fashion Show

Our Fashion Show has always been a popular event and the most recent one held this March at the Holiday Inn Derby River lights which was a huge success. It is fair to say those attending enjoyed an evening of retail therapy with their friends over a glass of wine and hot nibbles. Our thanks once again to **Medoc** for sponsoring this event and SOS Charity Shows for bringing the lovely clothes. Also thank you to the Hotel for being so accommodating and donating a prize for our raffle and for providing delicious finger food. Many thanks also to the lovely ladies on the catwalk for supporting us and giving up their time and being models for the evening.



Due to its popularity, and success we have added another Fashion Show to our Schedule this year. So, if you fancy a night out; or have never attended one of these events before, here is your opportunity to shop for discounted high street clothing or maybe just enjoy a night out at the prestigious **New Bath Hotel and Spa in Matlock**. Save the date and join us on the **20th September** and please do get your tickets early to save disappointment.



Market Stalls

The Fundraising team will also have stalls at **Rotary Spring Fair in Buxton (28th May)**, **Long Eaton Carnival (18th June)** and **Shardlow Festival (10th and 11th September)**. If you are available, please do pop down to see us! We are particularly asking for volunteers to help us with the parking at the Long Eaton Carnival, it's a fun day and last year was a great fundraiser!

Comedy Night Tickets

We are very pleased to be working closely with **Derby Conference Centre**. They kindly gave us a number of tickets to sell, for one of their **Comedy Nights on 13th May**. The face price of the tickets were £10 and £5 of all the tickets sold will benefit the charity. We are hoping this might become a regular arrangement in the future.



Knitting Event

For 'Ann and Arthur's Big Knit' 2022' we have decided that knitting can take place all year around as many of our supporters prefer to knit in the colder months. This year we have focused on Blankets, Pet Coats, Toys and Fingerless Gloves. Due to Health and Safety requirements, we do have a specific criterion for toys so please double check this with us before you get knitting. As usual we will celebrate International Day of Older Persons on 1st October by inviting our Knitters for tea and cakes and show-casing some of their items.

Trent College

Our **Family Fun Day** will be back on **Saturday 24th September**, kindly hosted by Trent College. Again, we will have a variety of Entertainment and Activities to appeal to all ages. We will also be serving our delicious Cream Teas.

Summer Raffle

The prizes are ready for our **Summer Raffle** and we are now sending tickets out to all our shops and offices. We listened to all the feedback from the previous raffles and this time we have made every effort to accommodate everyone's wishes so the Summer Raffle will include either cash, vouchers or useful gifts. Our gratitude and thanks to the following companies for donating the wonderful Summer Raffle prizes - RLTP Accountants, Costco Derby, Ray Gumbley Photography and B&M.

Exciting New Event – 4th November 2022

The Conference Centre are also hosting our very exciting new Event this Autumn 'Derby Wedding Attire Party' Guests at this event will be able to enjoy themselves for an evening with friends or family whilst re-wearing their Wedding Dress/ Bridesmaid Outfit/Tuxedo/ Suit evening dresses or Prom Gowns! So do come and join us and have an evening of fun, laughter and dance the night away with family.

Thank you so much to the following companies for generously supporting our Charity in order to make this a memorable event and are supporting us free of charge:

Photography by: Ian Britain Photography; Magician: Thomas Moloney Magician; Music Supplied by : DJ Daz; Room Dressed by: Bee Sweet Occasion; Cake Provided by: Red Velvet Bakery.

Also thank you to **Jessica Megan Cakes and Margaret's Florist's**, who have donated two wonderful prizes for an Auction or Raffle for the evening. This Event will be held on **4th November** and will have a limited number of tickets so please book early to avoid disappointment!

Derby 10k

Our team of runners once again did us proud at the **Derby 10k** which took place on Sunday 10th April. They trained hard and collected an amazing **£1569** In sponsorship from their family, friends and co-workers. We were there to cheer them on and on this occasion, we were able to accommodate hungry spectators by offering drinks and croissants to other race-goers. For their wonderful effort and enthusiasm, the runners received a medal and running vest from the organisers and a thank you certificate from the charity for their support. Well done ladies and gentlemen and we hope to see you next year!



Volunteers

If you would like to attend or perhaps volunteer for any event please get in touch with the Fundraisers - we would love to have you on board!

fundraisingteam@ageukdd.org.uk

01773 766 922

Local Walk

Matlock

If you enjoy walking and shopping then why not combine the two with our Matlock Town shop and short local walk. You could drop a bag of donated items into our shop at the start of your walk and then shop for bargains in our shop on your return!

Starting at our Matlock shop (4 Bank Road, Matlock, DE4 3AQ) head down towards to the main road and follow the road left

round to the traffic lights. Cross over the road and go left towards Hall Leys Park. Enter the park, keeping the bandstand on your right.

Continue along, walking past the duck pond and the children's play area. Immediately after the play area turn right and head towards Knowleston Gardens.

On entering the gardens, you will cross a bridge and then need to turn right.





Follow this path, with the River Derwent on your right, going under the boat house bridge. You will now reach another bridge which you go under and begin to climb quite a steep hill. (There is an option halfway up the hill to visit the Pic Tor War Memorial but this path is steep and uneven so here is a photo taken from the top if you don't feel this part would be suitable).

When you reach the top of the hill you will need to continue straight ahead until you reach a T-Junction. Head down the hill towards St Giles church and straight after take a left turn down a hill.


(This does have handrails as it is quite steep). When you reach the bottom of the hill follow the road round to the left and you will be back at Knowleston Gardens.

Continue straight ahead back into Hall Leys Park (with the bandstand now on your right) until you reach Matlock Bridge. Turn right and follow the road back to the crossing and then head back to our shop where you can bag yourself a bargain or even donate. The shop is open 7 days a week



**Total walk 1.33 miles
Time 30 minutes.**

Photographs taken and walk created by Angela Nash.



Rising Gas and Electricity Bills

Older people in particular will be adversely affected by the current crisis in the energy sector having to cut back on their heating.

This is dangerous as older people are more vulnerable to the impacts of living in a cold home during the winter months. Default tariffs bills are expected to increase considerably over the year.

There are fewer tariffs on offer than usual, and switching might not save you any money. It's important to seek impartial advice before switching, for example from the Citizens Advice Consumer Service.

Can I get help paying my energy bills?

If you're finding it hard to keep up with energy payments or you're worried you won't be able to afford the energy you need this winter, you might be entitled to financial support.

Warm Home Discount

If you receive Pension Credit you could be entitled to an extra £140 this winter. If you're eligible, you should automatically receive a letter between October and December.

Winter Fuel Payment

You could be entitled to an extra £100-£300 this winter depending on how old you are;

who you live with; and any benefits you receive.

If you're over State Pension age - which is currently 66 years old - and receive the State Pension then you should be paid automatically. Payments are usually made between November and December.

Can I get support from my energy supplier?

If you're finding it difficult to keep up with energy bills or you owe money to your energy supplier, your supplier has a duty to help. You can ask your energy supplier for:

- A review of your payments or debt repayments
- Payment breaks or reductions

- More time to pay your bills
- Access to hardship funds
- Priority Service registration.

If you're over State Pension age or live with a disability or health condition you can be asked to be placed on the Priority Service Register.

This gives you access to a range of support, including priority assistance in an emergency, advance notice of planned power cuts and helps with prepayment meter access. Energy suppliers also provide support through schemes such as the Warm Home Discount and Energy Company Obligation scheme.

These provide a range of financial support, debt relief, energy advice, and the installation of energy efficiency improvements which can help lower your bills. Check with your supplier to see what support you might be entitled to.

Need some more information?

You can go online and check out the Age UK Guides and Factsheets using the following link...

<https://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/>

In particular have a look in the following:

- Save Energy...Pay less (guide 30) in the Money & Legal section
- More Money in Your Pocket (guide 43)

- Winter Wrapped Up (guide 27) in the Health & Wellbeing section
- Factsheet 1 Help with Heating Costs under the Housing section.

Alternatively contact the Age UK Derby & Derbyshire Information and Advice Service on

01773 766922

and leave a message or email: iateam@ageukdd.org.uk



New government support scheme announced in February you may be eligible for to help soften the impact of increased costs of living.

£200 loan for energy customers

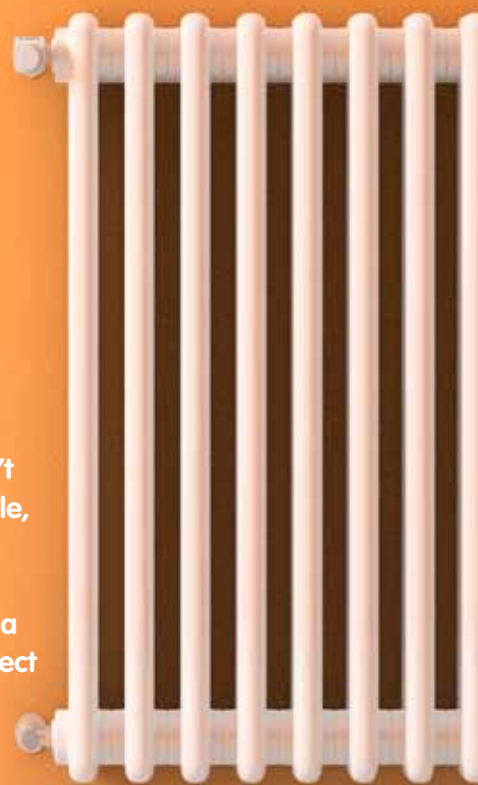
All domestic energy customers in England, Scotland and Wales will get £200 towards their bill in October 2022. Your energy supplier should add the discount to your account for you. However, you'll pay back the £200 by paying an extra £40 a year on your annual bill for the next five years, starting from April 2023.

£150 Council Tax rebate

People in England paying Council Tax on properties in bands A-D will get a £150 discount on their bill that won't need to be paid back. If eligible, you'll get this discount in April 2022 or across two or more bills if you pay less than £150 a month. If you don't pay by Direct Debit, councils are expected to be ready to process your claims in April.

If your household is not eligible to pay Council Tax or you're in bands E-H and are still struggling with your bills, there's a fund for additional support you can apply for directly from your local authority.

Find your council on www.gov.uk/find-local-council



Delirium

Delirium is the term used to describe the sudden onset of a change in a person's mental state. The person may become confused or distressed or they may become sleepy and drowsy or their condition may change through the day.



everyone to be more aware of delirium. So why not make yourself a cup of tea and watch the short training video? You might help someone you love when they need it most.

The clock's ticking for you to recognise delirium and act fast....

Delirium is a preventable, treatable physical health condition which can cause mental health symptoms and can be easily confused with dementia.

Left untreated it can cause permanent life-changing damage and distress.

The clock is ticking for people in your care.

<http://surveys.derbyshcft.nhs.uk/s/ERGOX/>

Watch the short video in the time it takes to have your next tea break you could learn how to save someone from delirium.



Delirium may be the first sign that someone is becoming unwell, and is one of the most common early symptoms of Covid infection in people with dementia.

Delirium causes a disturbance to a person's mental state but its causes are all physical. Understanding that a person has delirium and getting medical help is very important. Delirium is caused by physical changes like pain, dehydration, infection, constipation, low oxygen levels and disorientation. Treating the underlying cause or causes of delirium will usually improve the symptoms and the sooner delirium is identified and treated the better the chances of success.

Family and regular carers may notice someone is 'not themselves' before other symptoms appear and because delirium is easily confused

with dementia health and social care professionals may assume the symptoms they observe are because the person has dementia. Healthcare professionals divide delirium into three types: hyperactive, hypoactive and mixed delirium. Among older people, including those with dementia, hypoactive and mixed delirium are more common.

There are important differences between delirium and dementia. Delirium starts suddenly (over a period of one to two days) and symptoms often also vary a lot over the day. In contrast, the symptoms of dementia come on slowly, over months or even years. So if changes or symptoms start suddenly, this suggests that the person has delirium. Everyone is at risk of delirium so we should all understand it better, but especially older people and their family and friends. Agencies in Derbyshire are working together to encourage

Domestic Abuse and the Domestic Abuse Bill

In September 2020 Age UK published a report about domestic abuse which called on the Government to ensure that older people's voices are heard, their rights are protected and their needs included in the Domestic Abuse Bill.

The Domestic Abuse Bill proposes significant changes in how domestic abuse is addressed and it will change how local authorities and statutory services plan and deliver support to victims and tackle perpetrators. Bills like this set policy not just at a national level but right down to frontline staff.

Caroline Abrahams, Charity Director of Age UK noted that "Age UK feel that this is where the Domestic Abuse Bill can make a real difference. The Crime Survey for England and Wales, conducted by the Office of National Statistics, does not collect data on adults over the age of 74. The result is that while we know that older victims and survivors exist, we do not know the true prevalence of domestic abuse among the older population.

Because 'what gets counted gets done', this lack of representation of older people within the data collection completely scuppers the appropriate allocation of resources

to help them. Plus, we perpetuate a culture in which domestic abuse in later life remains invisible and older victims and survivors are silenced." Age UK continue to try to influence the government as the Domestic Abuse Bill progresses through parliament and into action on the ground.

At a local level Age UK Derby and Derbyshire has worked with partnership groups in the county and city to explore local service capacity and to consider the needs of under-represented groups. Every day our services support older people at risk of domestic abuse. Sometimes our day services help provide much needed respite like letting the steam out of a pressure cooker reducing the incidence of violence and our information and advice services help older people and their families find help and support and a way out of a life of fear and distress.

So let's throw out the stereotypical picture of domestic abuse of someone young and female and start to recognise domestic abuse impacts on people in all communities and at every age. Understanding this and recognising the extent of abuse for older people can help professionals, friends, family and victims recognise abuse and stop it.

If you have been affected by any of the issues raised in this report or are worried about a friend or loved one, here are some sources of support; Age UK Advice Line 0800 169 65 65 8am-7pm, 365 days a year, free and confidential

NATIONAL DOMESTIC VIOLENCE Helpline (Run in partnership between Women's Aid & Refuge) **0808 2000 247** (24 hours 7 days a week) www.nationaldomestichelpline.org.uk

This helpline is for women and children who are experiencing or who have experienced domestic abuse.

MANKIND

01823 334244 (weekdays 10am -4pm) www.mankind.org.uk

This helpline is for men who are experiencing or who have experienced domestic abuse.

GALOP

0800 999 5428 National LGBT Domestic Abuse Helpline

www.galop.org.uk Galop is the LGBT anti-violence charity.

They have a helpline dedicated to domestic abuse, but can also advise on other issues such as hate crime and sexual violence.

RESPECT

0808 802 4040 www.respect.uk.net Helpline for perpetrators of domestic abuse.

HOURLASS

0808 808 8141

www.wearehourglass.org/helpline Helpline provides information and support to anyone concerned about harm, abuse or exploitation of an older person.

You can also download the **BRIGHTSKY** app onto a smartphone. Brightsky helps people experiencing domestic violence to record evidence of their abusive relationships and seek professional help by encouraging people to log private journal entries in the form of text, photos and videos, which are then sent to a designated email address. This information can be sent to the authorities at a later date.

If you are in immediate danger, please call 999

Our Stores

Electrical items for sale



This is Barrie and Jackie who volunteer for us every Wednesday testing electrical items for sale in our shops.

In the last year they have tested over 2000 items. The tested items have been able to be sold at an average price of £10 each, and there has been some higher price items, such as TVs. This is a huge financial achievement for us and we really appreciate all the time that has been given by Barrie and Jackie to ensure that electrical items we sell are safe.

Myth busting in Charity shops

Below are a few facts about Charity shops that you may not be aware of

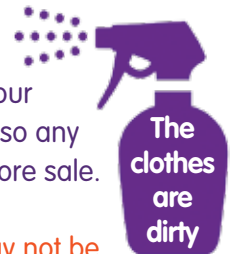


False: The average bag of donations is worth £20, helping us provide support to more older people.



Clothes that can't be sold still raise money

False: Every shop will either steam or iron clothes. Some of our shops have washing machines so any soiled items will be cleaned before sale.



True: Some donated clothes may not be suitable for sale but these are purchased by a local company who then recycle them, use them as rags or send the items to Afghanistan or Africa. No clothes get thrown away.

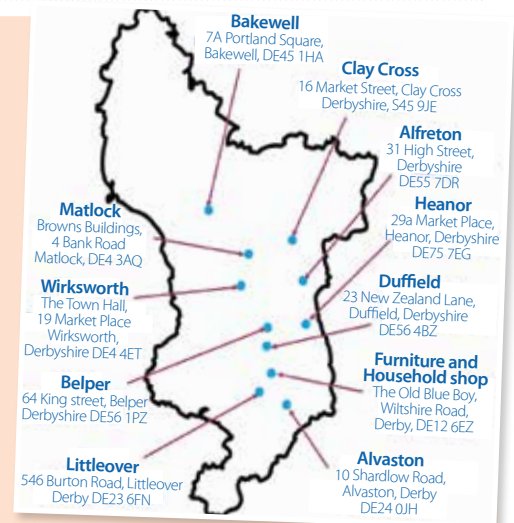
True: You can return any item to Age UK Derby and Derbyshire shops within 28 days of purchase with a receipt and the tag still attached.



Money raised from our shops supports our vital services in Derby and Derbyshire, so why not bag a bargain or donate something you no longer need.

Looking to bag a bargain, declutter your life, or volunteer?

You can do all three at our charity shops in Derby and Derbyshire. Find your local store today. All stores are looking for volunteers to help working the till, restocking, sorting, donations, steaming, hanging and cleaning the shelves. Plus our Chaddesden based warehouse (Wiltshire road) is also looking for volunteers to help sorting the donations. If you find a bargain in one of our stores, we'd love to hear about it.



You can tag us on social media – Age UK Derby and Derbyshire.



Volunteers needed



Talk, laugh, develop new retail skills and make a difference in your community

By supporting us to raise money through our shops, you'll be helping us to help even more people, as well as being part of an amazing team and having fun.

Together we can help everyone make the most of later life.

We have 3 shops in Derby

(Alvaston, Chaddesden, Littleover)

and 8 in Derbyshire

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Gran's Chocolate Cake



Everyone loves a family recipe, so when Andrew Smyth agreed to share his Gran's chocolate cake recipe with us, we were so excited to give it a try. This scrumptious cake is definitely a new firm favourite.

The Baking Impossible judge Andrew Smyth, a Derby based Aerospace Engineer, gained a nationwide following when he hit the screens in 2016 on Channel

4's - The Great British Bake Off. His outrageously engineered creations won him a place in the final, he's gone on to create the art of 'bakineering', exploring incredible engineering through edible means.

Gran's chocolate cake was a recipe used on the show, here's a photo of Andrew and his Gran, enjoying their bake. We are really grateful for Andrew kindly offering to share his recipe and photos. We hope you enjoy it! *Photo credits: Andrew Smyth.*





Gran's Chocolate Cake

Ingredients

- 155g self-raising flour
- 170g caster sugar
- 14g cocoa powder
- 1 tsp baking powder
- 3 medium free-range eggs, beaten
- 170g baking margarine (e.g. stork)
- 1 1/2 tbsp milk

For the Icing

- 150g caster sugar
- 150g evaporated milk
- 160g plain chocolate (I like Cadbury Bourneville), broken into small squares
- 75g salted butter

To decorate

- 1 chocolate flake

Method

1. Preheat the oven to 200C/180C fan / Gas Mark 6 and grease and line two 18cm/7 inch sandwich tins with baking paper
2. For the cake, sieve the flour, sugar, cocoa powder and baking powder into a large bowl. Add the eggs and margarine and beat on high speed for 10 seconds using an electric mixer or slightly longer if using an electric whisk. Scrape down the sides to make sure everything is well mixed. Add the milk and mix for another 10 seconds until uniform in colour.

3. Divide the mixture evenly between the two tins and bake on the middle shelf of the oven for 15-20 minutes or until springy to the touch and starting to come away from the sides of the tins. Remove from the tins and place on a wire rack to cool.
4. For the icing, add the sugar and evaporated milk to a large saucepan set over a medium heat. Stir until it starts to simmer, then stop stirring and allow to bubble for 6 minutes. Remove from the heat and set aside to cool slightly. Add the chocolate and butter to the warm mixture and stir until melted and incorporated. Cool until it reaches a spreadable consistency.
5. Stack the two layers of cake with a filling of half of the icing (you can smooth this over using a spatula or palette knife) and put the remaining icing on the top cake. Finely chop the flake and sprinkle over the top. The cake is best left to set in a tin for a few hours before enjoying.





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