

Magazine

August 2011

WIN!
A three course
meal for two at
tonic restaraunt

NEW!

Age UK Notts Membership
Launched on 1st July

Inside...

City Breaks in Europe
Grandparenting
Romance: Love Letters from
World War II

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Help with household and
garden chores

Money Advice

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Welcome



Welcome to the first ever edition of the new Age UK Notts and Derbyshire Magazine! I am delighted to introduce you to a magazine packed with fabulous articles ranging from topical matters affecting our local communities, to recipes, travel ideas, romantic dramas and current affairs.

The last few months have been rather hectic in my office, as I gathered articles from far and wide to pack into this August edition, but I can now breathe a sigh of relief as the magazine nears completion and I'm delighted with the result. However, you may be thinking that there's a rather glaring error that we have overlooked? That 'Magazine' is not a particularly catchy name for a... um... magazine? Well, you may be right. That's actually where you come in. We need you to think of a name for the magazine. We thought that as you are going to be reading it, that you'd probably like a say in what it's called. I'm on tenterhooks to find out what its name is going to be, and I can't wait to hear all your ideas! (Find out how to enter on page 5.)

We have a great line-up of articles this month including a piece on the new Age UK Membership, which was launched on 1st July. Find out how you can get involved and benefit from being a member! Don't miss our article 'Need a Hand' (p 10), where you can find out how to get help with those annoying household chores, and take a look at our Letters Page - if you'd like to write in to us about any articles or subjects that interest you, we'd love to hear from you!

So, why not stick the kettle on, put your feet up and take a few moments to read this great August edition. I hope you enjoy it!

Sarah Dunlop

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Membership

As well as this brand new magazine, we are thrilled to announce another fresh and exciting development; Age UK Notts Membership.

Launched on the 1st July, Age UK Notts Membership offers a range of fantastic benefits to anybody who wishes to join. And as long as you are 18 or over and live anywhere in Nottingham or Nottinghamshire that could be you! By becoming a member you will receive deals and discounts at local restaurants, garages, tourist attractions, gyms and many more. You will also have access to a broad range of free and subsidised activities, including guided walks, Nordic walking, dancing, coffee mornings, trips, singing, scrabble, training opportunities, swimming lessons and crafts, to name but a few! Members will receive this quarterly magazine direct to their door, and a monthly bulletin with updates on activities and discounts is also available. A 'members only' area on the Age UK Notts website is also being developed over the next few months.

Membership aims to be open to as many people as possible, and we will therefore offer support to those people who may be lacking in confidence. Maybe you or somebody you know are bereaved or lonely and would like to meet friends to enjoy time with? Membership could help with this. Consultation events in May gave us great feedback to understand what people may want from Membership. Dave, 62, said, "This is a great idea. If I'm honest I probably won't attend too many activities at the moment as I still work full time but I'll definitely benefit from the deals and discounts. I'm actually investing in my future! I'm more than happy to pay a pound a week to be used to support the service so it's hopefully there when I need it."

"I retire in a couple of years and I sometimes worry how I'll spend my days, but with this I can try new things and hopefully make new friends."

To become a member, or if you have any queries, please contact us on 0115 841 4473. Membership starts at the introductory fee of £25 per year. This is payable preferably by direct debit; if this is not an option please call the number above to discuss other options. We may also be in a position to help people who are experiencing severe financial hardship by offering free membership for a period. Please do not hesitate to contact us confidentially on the number above to discuss this further.

We look forward to seeing you soon!

The Membership Team



Name the Magazine Competition!

You may have noticed that our brand new magazine is currently name-less. Instead of coming up with a name ourselves, we are opening this up as a competition to all our readers. Do you fancy yourself as a bit of a writer? Have you got an idea about what the magazine could be called? Why not enter our competition to think of a name for the magazine?! Not only will the winner's magazine name be used for all future editions, but the winner will feature in an article published in the second edition of the magazine, complete with their photo. And as if this wasn't enough incentive, the winner will also receive a three-course pre-theatre meal for two at Tonic Restaurant, Nottingham. Conditions Apply.

If you would like to enter, please send your magazine name suggestions to sarah.dunlop@ageuknotts.org.uk or post them to The Magazine, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ. They will be judged by Mick Tinkler, Age UK Nottingham & Nottinghamshire CEO, Katy Pugh, Age UK Derby & Derbyshire CEO, and Sarah Dunlop, Magazine Editor.

WIN!



Tonic Restaraunt, Nottingham

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 The Magazine, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham. NG1 4FQ, or email us at sarah.dunlop@ageuknotts.org.uk.

Buying on the Internet

I wonder if I'm the only one who is nervous of buying things through the internet? I suppose two bad experiences didn't help me. Although I wouldn't buy shoes without trying them on, I thought that wellies would be safe. I ordered size 8 but received them size 41! Well, a shoe shop verified that 41 meant 7, but the internet source wouldn't have it. Eventually, after all the hassle of packing up a parcel and sending it back, I got my money back. My other bad experience was when I bought several items from what I thought was the same supplier, and got charged postage for each one, £7 postage for £14 worth of pens! Is anyone else a rather nervous internet buyer?

Mary Stephenson, late 60s, Via email

If you have ever found yourself in Mary's position, you'll be pleased to hear we will be running an article on the subject of parting with your cash online in our next edition.



Pensions

Just writing to make a comment about the state pension retirement age. Any women like myself who have worked most of their adult lives and are presently in their 50s who have paid into the state pension system are shocked at the number of years being added to their retirement date!

We know that the pension age will have to increase because of the pressure on the state pension system but some are going to

be penalised and have to work an extra two years. Probably they have to come to terms with this but have had no opportunity to plan ahead.

I think this situation is very unfair and I am very pleased to hear that Age UK are getting involved in talks on our behalf.

Mrs B. Long Eaton, via email

Mrs B, thank you for letting us know about your situation. I am sure many others share your concerns. We will aim to tackle the subject of Pensions in our next edition.

Thank you

I became a Kindred Spirit eight years ago because my husband had terminal cancer and we knew I would need to be with people who had suffered a bereavement and would understand the pain I was going through and who would give me the support to overcome my loss.

Well I received it from so many caring people, it gave me hope for my future. We arranged holidays, outings, meetings and meals out. So many friends, too numerous to count, and I really do think that Kindred Spirits must continue, so please all of you out there help to keep it going, so many more can be supported and cared for.

To say I love you all might sound a bit twee, but I do and thank you for being my Kindred Spirits.

Shirley P. Cole, via post



Money Matters



Confused about benefits & tax credits? Struggling to make sense of your investments? Need some advice about your pension? Wondering how to budget effectively?

.... You need a Financial Health Check! Book into one of our free and confidential Money Advice Sessions, run by Age UK Notts across Nottinghamshire.

The Money Advice Session offers free, impartial advice on a range of money matters:

- Benefits and tax credits
- Borrowing and mortgages
- Savings and investments
- Tax
- Pensions
- Insurance
- Budgeting

Our friendly, professional advice will empower you to make informed decisions about your finances, without selling you anything or using unnecessary jargon. Come back as many times as you like for more information and advice. From claiming benefits, to making a complaint to a financial provider, or planning for the unexpected, our fully trained adviser is here to help!

Many people have already benefited from a Money Advice Session. In fact, over 4,000 people have come for advice, up and down the country, since the national scheme began in April 2011. Contact Sarah Hall at Age UK Notts on 0115 9933387 to book your Money Advice Session.



Super-Gran

Grandparenting is not what it used to be. Gone are the days of old-fashioned grannies gently snoozing in rocking chairs, with their white locks scraped up into hair nets. Now a new kind of grandparent is emerging. Juggling work and family commitments, the nation's 14 million grans and granddads are holding up the economy and finding an ever-increasingly powerful voice in society.

As the cost of living rises, many families in Britain are living on one and a half incomes, with both parents working hard to give their children a better start in life. With limited time and the increasing price of childcare, there is a desperate need for 'Super Gran', or even a 'Gallant Granddad!' Free childcare from grandparents can make all the difference to a family struggling to make ends meet. Grandparents are responsible for a whopping £3.9 billion worth of childcare a year in this country.

Now that women will have to work until aged 66, and the default retirement age has been abolished, the government is sending a message to this older generation of work, work work! It's no wonder that grandparents nowadays feel pulled all over the place, wanting to help out their family on the one hand, and hold down a demanding career on the other.

Not only do grandparents plug the gap of childcare in modern families, but they increasingly become a fall-back for their offspring's financial difficulties. Many of their generation have started re-mortgaging their houses (which have been mortgage free for some time) in order to bulk up their family's wallet.

'The face of grandparenting changes as Mumsnet launches a new website for busy grandparents, juggling work and family commitments'

Don't despair, all you Super Grans out there! A new website has been recently launched to keep your feet firmly on the ground. Gransnet.com, a branch of the ever popular Mumsnet, provides a forum for stressed-out grannies to share ideas, moan a little about their families, and chat about the trials of being a modern gran! An instant hit with the increasing number of UK grans, the site is confident of being just as successful as Mumsnet. So if you are a hard-worked Super Gran, why not make yourself a cuppa, put your feet up and go online for some me time?

Need a Hand?

You've been meaning to get someone in to do those few annoying odd jobs for ages, but as time goes by, the lawn starts looking like a wilderness, that new curtain pole that you bought is still staring at you from its packet, and you have an uncomfortable feeling that the freezer is now resembling the arctic with all the ice that's built up in there..... If this sounds familiar, do not panic, all is not lost!

Age UK Notts has started a new Home Support Service, offering a range of services to help you out at home. Their friendly, fully vetted Support Workers, Domestic Helpers, Cleaners, Gardeners and Handypersons are at hand to suit your individual needs.

Lisa Turner, Home Support Manager at Age UK Notts said "We are really excited about launching this new service. The Home Support Service offers the help and support that older people are requesting most frequently. I anticipate this service being rolled out countywide which will result in many more older people being supported".

Buried in Paperwork?

Planning and executing a house move or maintaining a tenancy can be very stressful. Home Support Workers are available to assist with the research, planning, preparation and actual move, relieving your anxieties. They can also help to organise paperwork and bills and contact other organisations on your behalf.

Engaging with the local community, taking part in social activities and getting out and about can be daunting. With the help of an Age UK Notts Support Worker you can talk through any concerns and be helped to reignite your social life!

If you're a carer or if you think your carer needs a rest, carer's short breaks are available. Just chat to us to find out more.

DIY not your thing?

Experienced Handypersons are at hand to come and help you around the house. They can supply and fit key safes, change locks, fit bathroom accessories, repair or replace gates and fences, hang internal doors and much much more.



Where are the Marigolds again..?

Age UK Notts Cleaners can help to keep your home spick and span by vacuuming the carpets, washing floors, dusting and changing bed linen. They can even help with defrosting freezers and cleaning cookers.

Domestic Help

Whether it be short term, long term or a one off, friendly Domestic Helpers can help with practical jobs around the home. It could be preparing a light meal or putting up or taking down curtains. They can also carry out dog walking, shopping, laundry and collecting prescriptions.

How it works

If you live in Nottingham City, Mansfield, Ashfield, West Bridgford or Beeston, you can receive help around the home by simply calling Age UK Notts on 01623 488219 or 0115 9525331.

A reasonable hourly rate is charged, depending on the kind of help you need.

Mick Tinkler, Chief Executive of Age UK Nott's said "The Home Support Service is a fantastic new service from Age UK Notts, the new name for Age Concern Nottingham & Nottinghamshire. Older people have told us they want a flexible support service to assist them with daily tasks at home."

"All our staff are fully vetted, trained and work to Age UK Notts' high service standards. Many older people complain some other providers are only there for 20 minutes before dashing off to the next person. If someone purchases an hour of support from Age UK Notts they will get a full hour of support."



Fading Green Fingers?

If your garden is looking like it's seen better days, the hedges are just getting that little bit high to reach, or you are having a losing battle with the weeds, don't be afraid to admit defeat! The Basic Gardening Service offers pruning, mowing lawns, trimming hedges, weeding and general tidying. Just a little help from a friendly gardener could transform your outside space into a beautiful area to sit out in and enjoy.



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“I'm very pleased with Home Instead.

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Love Letters From a war zone...

Love covers all. Even when separated by war and distance, the love between Sid & Kathleen Morley survived the test of time, as evidenced in their letters to each other, written between 1940 and 1945. Be moved and inspired as you follow the journey of their romance.

Sidney Morley, a soldier born in Mansfield, Nottinghamshire, met Kathleen Joan Tilley, a Post Office assistant, in Croydon, at the Palais de Dance. Their blossoming romance continued as Sid went back to fight as a regular soldier in Norway. Whilst desperately love-sick, Sid wrote, 'My stomach feels terribly empty, I love you Kath. My humble plead may be useless, for perhaps you have another fellow? I guess, if I'm right I cannot do anything about that. ... If you allow me to see you, what do you say? You should know that I'm sincere. All my love Sid.'

In the early days it seemed that the rather more love-struck Sid had to keep on his toes to woo the more cautious Kathleen. He wrote, 'I have a slight impression that you do think a little about me. But your letters are very tantalizing and I gather very little from them.' Sid's fears were soon to be allayed, as Kath was very soon convinced that they were meant to be together, and they were married at St Peter and Paul Roman Catholic Church on 22nd February 1942.

But love was not to keep these two on the same shores, even after their wedding. Sid had originally joined up in June 1939 as a regular soldier, to avoid working down the pit in Mansfield, but as fortunes turned, and as Germany invaded Poland, everything changed. The Second World War had begun, and over the next six years, Kathleen was to be left behind on home ground, while Sid trooped around the world, from Norway, to North Africa, to Italy. Putting on a brave face, Kath wrote, 'Sweetheart Mine, How I count the days til next week when I hope to be seeing you. I'm awaiting a letter from you again but that is nothing new, for as soon as I've had one I start looking for the next one. tell me, have you grown another moustache, how will I know you when I see you (not considering the fact that your photo with your ma is stuck up in front of me all day, and the photo with me I kiss goodnight and take to bed with me.)'

Sid responded, 'News from you Darling gave me a new lift. You wouldn't know how much. I'm waiting for the next one now. You won't let me out of your sight eh, you wait til I come home for good it will be the opposite. I won't let you out of my sight, or even out of my arms...'

Even Christmas was not to reunite the couple. 'Darling wife - Christmas in Italy. I did think along with the rest that we would be spending our Xmas in England. Back in North Africa - everything pointed that way. However, it's a fact now - we're on the soil of Italy. Where the Romans fear to tread.'

'I'm anxiously waiting for news from you - hoping you are happy and healthy dear. Are you happy?'

It wasn't long before the arrival of a Mini-Morley was on the cards. Kath wrote, impatiently to Sid, 'Sid for heaven's sake write to your Mum and break the news gently about Anthony otherwise I'd feel too awkward, as if I were there under false pretence.' The name of this new arrival was either to be Anthony, if he was a boy, or Diana, if a girl. Sid dreamt excitedly of fatherhood.... 'Gosh, I'm thinking of our Anthony or Diana Kathleen ... not be long now darling. I'm excited, I almost feel that I'm at your side hugging you... You're going to bring

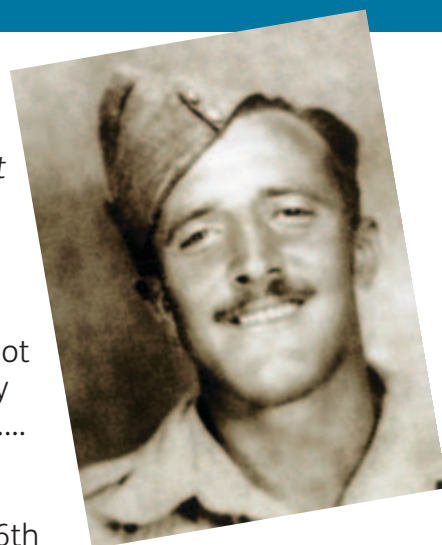
him/her into the world very soon. I guess I'm going to be the happiest father as well as husband in the world.'

But things were not to go as smoothly as Sid had hoped.... Anthony Wilson Morley made an appearance on 16th November 1943, but soon after his birth, suffered from pyloric stenosis, which meant he found it difficult to feed properly. Kath wrote to Sid to let him know that their son was being taken to Great Ormond Street for an operation at only one month old. Her letter was delayed and arrived with a bundle of others that she had sent later. Sid read the first one with a heavy heart, and then reached for the next not knowing what awful news it would bring...

'Darling- things have been happening, from your letter 'these past few days' I have had bad news and very good news. Your first letter of three that I received at the same time gave me a shock. I felt wretched and could hardly find courage to open the other letter that was in rotation. My whole nervous system was deadened or numbed. The next letter revived me. This news set the seed of love for my son growing more than ever - I reckon I love him nearly as much as you. What would we have done I don't know if we had lost our Babs?'



The months went on, and Sid wrote regularly to Kath of his travels, never letting her too far out of his heart... 'I was on top of a mountain today it almost joined the heavens! What a climb, was rewarded with its wonderful view could see that famous volcano belching out smoke and sparks. Italy improves as one travels. I would like to see Rome. Perhaps I will. I



reckon Berlin will not be worth seeing. Paris is not in a bad state according to my reckoning - that would be ok - because it's nearer Calais & Calais is only a few miles to 46 Edmund Rd, where my wife & sweetheart & son is waiting.'

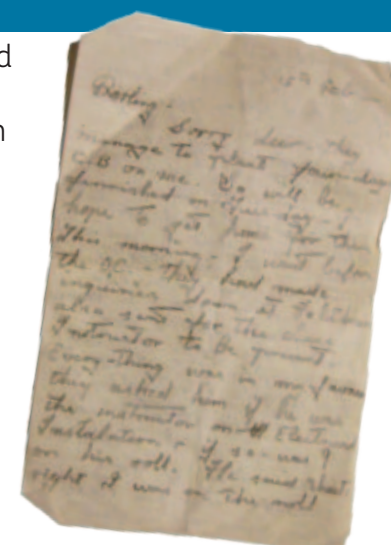
Kath often wrote of her loneliness, apart from Sid, and he replied, 'You mentioned that you have a feeling of loneliness at times, as you say mostly when you see others at home, their husbands, or you notice how happy they are together. Don't feel that way darling, it will not be long now. Then we will say goodbye to that disease. Sure loneliness is a disease, I have had it many times, but I shook it off because it's best to - if you don't it becomes dangerous. The signs when you have got it bad stick out a mile. You either become irritable in everything you see or do so you become careless, and begin to lash out.'

In February 1944 disaster struck. Sid was captured at Anzio and held as a prisoner of war. Kath wrote, 'I'm so worked up thinking that the war might end any time and I'm in a whirl, all I can think of is that I might see you soon. It's hammering in my head, and at night I dream all sorts of silly dreams, about you. It gets me by the throat and I can't think right, wonder how you'll come, if I'll meet you at the station or if you'll come straight to me and Anton, what you will say to us, and what will I, what can I say to you, I'll not be able to speak, forgive me Sid if I cry at you out of sheer joy, I love you so much Sid, this time of parting has never altered that, my face and figure have changed but not my heart. It's all yours dearest, Anton loves you too darling, he kisses your photo, soon it will be you he will kiss. All our love Sid, ever yours...'

It was in May 1945 that Sid was finally able to write with news of his safety. 'Darling, at last I'm able to write, you must be wondering what has happened to me? For a start, I'm quite healthy. Our camp was liberated on May 23rd by Russian Troops. Now I'm at a place called Halle. You have most likely heard lots about it on the war news. From here we voyage par avion. You know that thousands have been flown home? I guess you know that your husband is one of the last to leave Germany.'

After being reunited at the end of the war, Sid & Kathleen went on to have 6 children, and lived in Church Warsop where Sid worked at the pit. They moved to Calverton, Notts in 1952. Over the years they had 15 grandchildren and lived to celebrate 61 years of marriage.

Many thanks to Tracy & Rick Morley for access to Kath & Sid's letters.



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FREE NO OBLIGATION GUIDE

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Claire Rudkin
Solicitor and head of wills & probate

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To discuss this further and to receive a **FREE NO OBLIGATION** guide to Lasting Powers of Attorney, written in simple non-legal language, call me on 01332 226 117.

Call me on 01332 226 117 or email claire.rudkin@flintbishop.co.uk

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Fancy a Pedicure?

Did you know that during your lifetime, you will have travelled on your feet the equivalent of three trips around the whole world?! Your feet are the most hard-working part of your body, toiling away each day, and yet they can be the most neglected.



A new foot care service for older people is being piloted in the communities of Amber Valley, Derbyshire. If you are 50+ and fancy being treated to some pampering, why not give your feet some care and attention by booking in a session?

With refreshed and pampered feet, you'll feel fantastic, look great, and be ready to get active! Foot care can help keep you active or improve your mobility if you're not so mobile at the moment. Regular foot care can also help manage long term health conditions & prevent new ones developing.

What to Expect:

A warm welcome & reasonable prices.
An introductory assessment session where you can purchase toe-nail clippers to bring back with you on future visits.

A session of approximately 30 minutes to massage away the aches and pains, foot soak, nail trim and advice.

Lastly, a chance to relax and put your feet up with a cuppa and have a chat to the very friendly team of staff and volunteers!

Where?

Come along to one of our community bases in Amber Valley and book in a session. Or book on behalf of someone you care for. Sessions are held across Derbyshire, including Belper, Langley Mill, Heanor, Ripley, Crich and Alfreton. Call 01773 768240 for details of your nearest venue.

This vital service is being developed in a partnership between NHS Derbyshire County and

Age UK Derby & Derbyshire in response to the countywide footcare strategy and feedback from 50+ Forums and local LINKs feedback.

If you would like to volunteer with us, full training is provided by the Podiatry Service, Derbyshire Community Health Service. For more information about the roles available and an application form please contact: Age UK Derby & Derbyshire on 01773 768240.



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Feeling the pinch?



The Friendship Group at Derby's Age UK 50+ Centre were sipping tea and munching digestives on a Thursday morning.

They needed little encouragement to talk about the rise in food and fuel prices. Over the last few years, the cost of living has risen dramatically across Britain. In the year up to April, food prices went up by 5%. Opinions were lively...

'Isn't it diabolical?', exclaimed Jean, age 69, *'you do notice your bill is bigger when you get to the*

checkout. To be honest, there are times when I think, 'Have they made a mistake? Should I query this?'

As the cost of living continues to rise, and as energy providers threaten to increase their prices by 10% this summer, many people are struggling to make ends meet. Age UK Notts chatted to members of the Derby 50+ centre. about their concerns.

The rest of the group murmured in agreement. Most of them have lived in Derby for many years, and have really been feeling the pinch of late. Ronald and Freda explained how they're thinking of changing supermarkets after their latest Sainsbury's shop cost them £60 when it used to cost £40. The price of bread, meat and

vegetables have been the highest risers, according to Jean and Freda, although a few of the group seem to find they spend the most money on cat food!

They are not the only ones to struggle with the cost of living. The Investment Company, the Alliance Trust, calculated that those in the 50-64 age bracket are set to suffer the highest rise of inflation, due to the focus on food and fuel in their budget. Pensioners relying on state benefits have also been hit particularly hard, and Pensioner's savings are likely to be below the inflation rate.

And it's not only food..... as soon as the 'P word' was mentioned a groan rippled across the room at the 50+ centre. Petrol prices have been rising and many older people are altering their habits as a result. They might go on day trips less often, or decide to shop more locally. Sue, 63, had been shocked by the price of her daughter's daily journeys to work. *'It's 50 odd pounds worth of petrol in her car, and that's every week; just to fill the tank up.'*

As the conversation drifted on to the increase in energy prices, there were more sighs and exclamations. The ongoing crisis in the Middle East and the reverberations from the Japanese tsunami have caused world oil prices to rise, which could affect energy prices here in the UK. In June, Scottish Power announced that they were putting up their prices by 10% this summer. Other providers will no doubt do the same.



Photography by Ashley Franklin

Our group in Derby admitted how it had affected them:

'Sometimes we turn the heating off early,' explained Freda, 'and sit in our dressing gowns downstairs before bed'. Husband Ronald added 'and we don't leave the television on for very long any more.'

Purse strings may be tightly tied, but the mood at the Friendship Group was not entirely quashed by the sombre economic climate. These over 60s seemed committed to saving where they could, whether that be buying washing powder in bulk or switching their supermarket. They won't let anything stop them living life to the full!

Free Will Writing

Many older people do not have a will in place, which means that when they die the law will decide how their estate is distributed. For couples, especially, this could mean that the surviving partner is not left in the position their loved one would have wanted.

By contacting Age UK Notts and requesting help with writing a basic will, you will be entitled to a free consultation with a local solicitor, who will draft a will in accordance with your instructions. All we ask in return is a donation to Age UK Notts.

The service was developed with the help of graduate law students from the Nottingham Law School, at Nottingham Trent University.

The students' team leader, Helen Watson said: "Making sure older people have a will is something we all felt was important. Some of us have experienced losing a family member and it's comforting to know that their wishes are being

carried out when they have made a will. The team has put a huge amount of effort into this project and it's been a great experience for all of us."

So to access expert guidance and gain peace of mind from knowing that your affairs will be settled the way you want them to be just call Age UK Notts on 0115 844 0011 and ask about the Will Writing Scheme.

"The procedure was very straight forward and the service was both professional and friendly. I now have peace of mind knowing that my loved ones and favourite charities will benefit from my estate on my death."

John Matthews, a client of the free Will Writing Scheme.



LEARN FROM THE EASTERN TRADITIONS OF... TAI CHI & QIGONG

Tai Chi is a fantastic way to improve your health and help you to relax.

Originally from China, Tai Chi is a traditional form of Chinese exercise involving slow, flowing and graceful movements along with harnessing the Mind, Breathing and Posture. The movement of your body is twinned with the focussing of your mind and breathing, co-ordinating the external and internal. Qigong exercises are also slow-moving, meditative movements which have been used for health and relaxation for hundreds of years in China, based on Chinese

medicine where regulating the breathing and performing the movements activate internal energy channels. Practising the two forms is a holistic way of re-charging your batteries through gentle but effective exercise without feeling exhausted whilst building strength, flexibility and improving co-ordination. Relaxing music is played throughout the exercise to create an atmosphere of calm.

Why not try Tai Chi and Qigong at Age UK Derby 50+ Wellbeing Centre in the Eagle Market, Derby? Sessions are on Wednesdays from 11am - 12 noon.

More about the Instructor: Lusia (Loosha) Green has been practicing Tai Chi for nearly 10 years and Qigong for 2 years. She started her Instructor course in Yang style Tai Chi with the Deyin Taijiquan Institute in March 2010 and completed it in February 2011. She has also completed Instructor courses in Qigong, also with the Deyin Institute who are affiliated to the Tai Chi Union for Great Britain and the British Qigong Association



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Photography by Ashley Franklin

Ready for the Digital TV Switchover?

The digital TV switchover is happening across Nottinghamshire between March and September 2011. The old analogue signal will be switched off and thousands of homes will be able to receive digital TV (Freeview) through an aerial for the first time. If you currently receive just five TV channels through an aerial on any of your TVs, you'll need to convert these to digital. If you already get Freeview, you will need to re-tune your digital TV or digital box at both stages of switchover. Satellite and cable TV services are not affected.

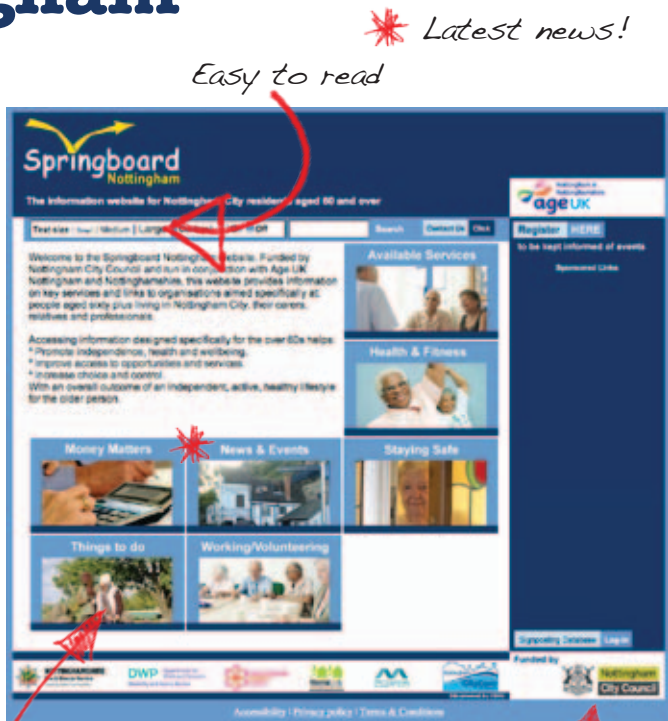
There are a number of ways to get digital television. The postcode checker on the Digital UK website at www.digitaluk.co.uk can tell you when you switch and the services available in your area or you can call the Digital UK advice line on 08456 50 50 50. Remember, you don't need to buy a new TV for switchover as almost any TV can be converted using a digital box, available from around £20. There's extra help for older and disabled viewers from the Switchover Help Scheme. For more on this, call free on 0800 40 85 900 or visit www.helpscheme.co.uk.

get set for digital

Go Online with Springboard Nottingham

Surf the net in style and visit www.springboardnottingham.co.uk, the new website for those over 60, their carers and professionals living in Nottingham City.

A wealth of useful information and advice awaits you at the click of a button. With an easy-to-read layout and a choice of text size, Springboard makes the internet simple! Wondering what's on? Take a look at Springboard Nottingham for the latest news and events around the city. With tips on health and fitness, staying safe, working or volunteering and available services, Springboard gives you the tools to remain in your own home for longer. Whether you need crucial information about your health, or if you want to get out of the house but aren't sure where to go, visit the Springboard website and get inspired!



Easy to navigate

Partnership with Nottingham City Council



Key-Lime Pie

Ingredients

- Base:**
- 250g (9 oz) ginger nut biscuits
 - 100g (3 ½ oz) butter, melted
- Filling:**
- 405g can Condensed Milk
 - finely grated zest and juice of 5 large limes
 - 300ml carton double cream
- To decorate (optional):**
- 30g (10 oz) chocolate, melted
 - 6-8 thin lime wedges and slivers of zest
- You will also need:**
- 20cm (8") loose-bottomed cake tin, greased and lined with grease-proof paper

Method

1. To make the base, crush the biscuits by placing them in a plastic bag and hit them with a rolling pin until they are like fine crumbs or blitz in a food processor and then combine with the melted butter. Press the mixture into the base and 4cm (1½") up the sides of the tin. Chill the base while you make the filling.
2. Whisk together the filling ingredients until thick and creamy. Spoon over the biscuit base and chill for at least 1 hour.
3. Remove the pie from the tin and place on a serving plate. Drizzle the melted chocolate over the top and leave to set. Before serving, decorate with the lime wedges and the zest.

Recipe submitted by Caroline Tinkler (wife of the Chief Executive of Age UK Notts)
Now over to you... we would love to sample some of your tried and tested recipes. Please send them in to: The Magazine, Age UK Notts, Bradbury House, 12 Shakespeare Street, Nottingham. NG1 4FQ or email to sarah.dunlop@ageuknotts.org.uk



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Should I Stay or Should I Go?

Your family home has been a delightful haven over the years; many feet have run in and out of it, both children and grandchildren, and many happy memories have been made. But now it's becoming a burden, and the constant need to maintain your property is dragging you down. It might be that you simply need a helping hand to manage alterations to your house, or perhaps you are starting to believe that a move might be inescapable.

Perhaps you are facing a long-term illness which would be impossible to face in your current abode. You'd never face the stairs, or you'd need more support. You worry how you would ever pay for a more suitable house, and you're scared that the burden will fall on your children.

You are not alone. As the years go by, many older people at some point face the inevitable question. Do I stay or do I go?

Help is at hand. Funded by Derbyshire County Council, through their Supporting People programme and supported by district and borough councils, the Derbyshire Housing Options Service is here to

assist you. Derbyshire Housing Options provides independent information, advice, support and practical help to older people who are living in unsuitable or poor housing and who wish to consider their options on managing to stay put where they live now or move on to other more suitable accommodation. They also provide support to carers, relatives and professionals.



This is the experience of Mr & Mrs Bentley....

The Bentleys own a three bedroom house, where they have lived happily for many years. Both Mr & Mrs Bentley have serious health issues. Mr Bentley has cancer and Mrs Bentley recently had to have a hip replacement. To top this off, she also has kidney problems. The couple needed the use of a stair lift to access the upstairs of their home. However there was a lengthy wait before it could be fitted, time Mr Bentley simply didn't have. The Bentleys decided to give Derbyshire Housing Options a call. Initially, their case worker, Margaret, thought the only option was for them to move to a bungalow but they were very distressed at the thought of leaving their existing home. So, instead, Margaret was able to assist them to receive various payments that they didn't even know were available to them. As a couple they are now £717 per month better off and have been able to get a stair lift fitted using their own resources.

(The names of the owners have been changed in this article)

If you or someone you care for is contemplating moving from their family home, why not get in touch with Derbyshire Housing Options. Call 01773 768240 and they can put you in touch with your nearest DHOPS worker or you can look at the Housing Options website on: <http://www.hopsdd.org.uk/>. Just one call could relieve any anxiety and put your mind at rest about your future.

Short Breaks in Europe

Thinking of getting away for a few days this year? Why not explore one of Europe's beautiful and intriguing cities, or tie in your trip with a local festival? Sarah Dunlop explores the delights of Venice & Barcelona.

Venice

Ah, Venice, the most romantic city in Europe! I admit to being slightly biased towards this city after having been proposed to here, a year ago, from a roof-top balcony overlooking the Rialto Bridge and the Grand Canal. But romance runs in the blood of this magical city, and as you stroll along the spiders web of winding canals, you almost imagine yourself in another fairytale-like world. We spent our days wandering through the streets, blown along by love and dreams of the future; but there are plenty of attractions to visit as well! The Campanile rises proudly from the Piazza San Marco, and boasts breathtaking views over the entire island. Walking at dusk through the Piazza, plenty of string quartets and musicians play out their delicious music, as the gondolas rock slowly in their moorings. (A half hour trip on a Gondola will set you back about 100 Euros for 2, so unless you're feeling well-heeled, a ride on a water taxi will give you a similar experience for a fraction of the cost!)



Barcelona

Breathe in the authentic Catalan atmosphere as you wander around central Barcelona. The city boasts a range of Gaudi's architecture – shop fronts, cathedrals & even a park dedicated to his unique designs. Time your visit with the Festes de la Merce Festival in September to enjoy the city wide celebrations. Try joining in with the local Sardana folk dance, or just take in the party atmosphere. Spot the large fibre-glass giants dressed as princesses or human castles, strolling around through fireworks & fire-breathing dragons. (Yes, this is modern day Barcelona!) Don't miss the imposing Sagrada Familia, the gothic cathedral that took Gaudi 40 years to complete, with its 'melting' towers and intricate architecture. Then round off your trip with a visit to Las Ramblas, one of Barcelona's famous streets, lined with restaurants, stalls, and street performers. Tuck into some of the city's freshly prepared seafood paella as you watch this city that never sleeps!





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- A senior member of staff remains on-call at all other times

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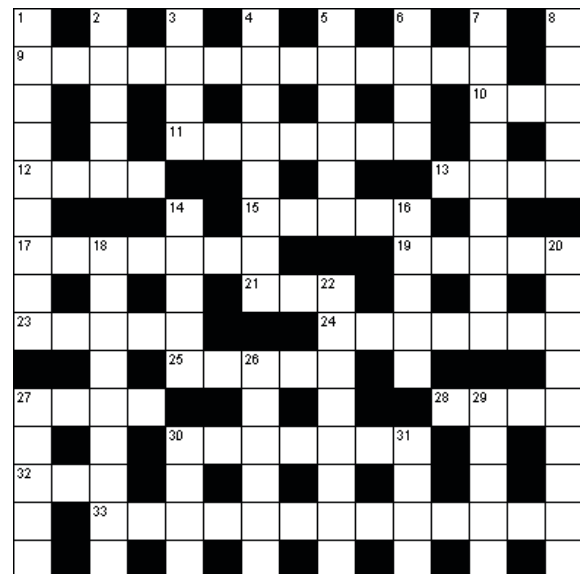
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Puzzles

Try your hand at these puzzles and win prizes

Crossword



Across

9. Offensive (13)
10. Mineral spring (3)
11. Arm coverings (7)
12. Festive occasion (4)
13. Payment for travel (4)
15. Vends (5)
17. Grasp clearly (7)
19. Vows (5)
21. Excavate (3)
23. Artist's support (5)
24. Forsake (7)
25. Duck with soft down (5)
27. Stalk (4)
28. Hire (4)
30. Pertaining to Siam (7)
32. Find the sum of (3)
33. Recreational park (9,4)

Down

1. Labour force (4,5)
2. Expel (5)
3. Performs (4)
4. Ill (8)
5. Whine (6)
6. Recedes (4)
7. Started again (9)
8. Discontinue (5)
14. Religious writings (5)
16. Pertaining to the sun (5)
18. Dutch city (9)
20. Prostration caused by overexposure to the sun (9)
22. Person who gardens (8)
26. Trader (6)
27. Remove hair (5)
29. Having the same value (5)
30. Run-down part of a city (4)
31. Consumes (4)

Send your completed crossword, along with your name, address and phone number to The Magazine, Age UK Notts Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ to win £25 Frankie & Bennys vouchers! Or email your answers to sarah.dunlop@ageuknotts.org.uk. Closing date 19th September 2011. conditions apply.

Competition

Answer this question to win a £30 hair treatment voucher at Code Beauty!

Q: In the article 'Love Letters from a War Zone' where was Sid Morley captured as a prisoner of war?

Send your answers, along with your name, address and phone number to The Magazine, Age UK Notts Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ by Monday 19th September 2011. Conditions apply

Sudoku

Test your brain power with this number puzzle... just for fun!

Solutions to puzzles will be published in the next edition of the magazine.

	2						8
		5	6				1
	6				9		7
			4			2	
			1	3	6		
	3				7		
2		4					1
3					8	4	
5							3

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