

The Age UK Gloucestershire
Grapevine

Issue 1: Autumn 2020



**31 activities to
enjoy at home**



**The Indoor
Gardener**



**Autumn
Cooking**



**Winter
Preparation**

WIN a £25 Marks & Spencer Gift Card - See page 20 for details

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With the weather changing, it may not be so easy to get outside, so we've put together some simple ways you can bring the garden to you.

See page 10

Answer to Word Search on page 18:
Mrs Brown you've got a lovely daughter



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A message from our Chief Executive

Welcome to a brand new Age UK Gloucestershire publication developed to provide you with relevant information to navigate the coming months, and a range of ideas, activities and suggestions for things to do to fill those Autumn days.

The past few months have certainly been different for us all. Whilst things are beginning to unlock many people are still wary of meeting face to face, and lots of activities are still on hold. Regardless of any second wave, the Autumn will force most of us back indoors more.

I recently heard 'lockdown' described as like a "Month of Sundays"; days stretching on with no shape or structure. That set us thinking about the ways we like to spend our perfect weekends at home, and inside you'll find a "Month of Sundays" activity calendar, plus Autumn cooking ideas, indoor gardening tips, armchair activities and much more.

There is a world of information, entertainment and connection available online, but we know that not everyone can or wants to use a computer. For those of you online we've provided links to more information. For those of you who prefer to stay offline, we've suggested activities that don't need an internet connection.

On the back page there's an opportunity to tell us what you think and give us your suggestions for the next edition of Grapevine, for a chance to win a £25 Marks & Spencer gift card. We'd love to hear about what you've been up to during lockdown and beyond and we'll be featuring some of your stories, photos and creations in our next issue.

Thank you and enjoy!

Rob Fountain

P.S Did you know that we provide advice and support to older people and their families across Gloucestershire? If you'd like to talk about any aspect of later life, call Age UK Gloucestershire on 01452 422660.



A month of Sundays



31 activities for a perfect Sunday to keep you busy and active at home during the Autumn days.

1

Compile a recipe book

See page 13 for some delicious autumn fruit recipes



2

Learn to play the ukulele



3

Chat with your neighbour

Meet for elevenses at the garden fence



4

Write proper letters to friends and family



5

Learn Photography

Winter Grapevine will feature a simple photography guide and how to take the perfect selfie



6

Plant a tree seed

for BBC Radio Gloucestershire's Ourboretum

See page 11



7

Browse a Museum online

From the National Gallery to the Guggenheim



8

Train your brain with puzzles

See page 18



9

Have a sing-a-long at home



10

Brew a Hedgerow Tipple

See page 12



11

Go for a walk somewhere new



12

Get to grips with technology and social media

See page 17



13

Take a trip down memory lane

Dig out old photo albums and reminisce



14

Go to the theatre or a concert virtually

See page 17 for information about how to get online



15

Take up indoor gardening

See page 10



16

Enjoy a retro games afternoon

Anyone for Scrabble?
Connect 4?
Cleudo?



17

Re-read a book you enjoyed as a child

What would you choose?



18

Try mindfulness

See page 15



19

Paint a picture



20

Try knitting

See Winter Grapevine for how you can support us with Age UK's Big Knit

21

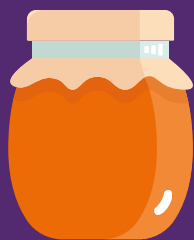
Have a cosy afternoon watching films



22

Make jam or chutney

See page 13



23

Get out a magnifying glass

See things around the home and garden in a whole new way



24

Get involved – volunteer

Look out for more about volunteering in our Winter Grapevine

25

Start an anthology of poetry and verse



26

Lose yourself in colouring and doodling

See page 15



27

Take an armchair trip around the world

See page 17 for how you can get online



28

Do a jigsaw

Swap puzzles with friends and neighbours



29

Pick up the phone to a friend

They'd love to hear from you



30

Dance in your kitchen

Strictly fans can go to bbc.co.uk/strictly and search "Keep Dancing Challenge"



31

Birdwatch in your garden



Don't forget you can tick off each activity in the bottom left corner when you've completed them.



HELP TEAM HEROES



Worrying about finances, feeling lonely, energy and telecoms queries, transport, housing, legal and social care concerns, equipment, consumer issues and scams, are just some of the enquiries our Help Team respond to.

“ We handle all these queries and everything in between, taking time to talk with you and ensuring information is as tailored as possible to your individual situation.”

Help Team Leader Beth

So, let's meet the team behind this important service we provide to older people in Gloucestershire



Beth

Beth was a contestant on *Who Wants to be a Millionaire?*



Jen

Jen saw the wedding of Prince Edward and Sophie from the grounds of St George's Chapel, where she even rubbed shoulders with Sir Trevor McDonald.



Giles

As well as being a Gloucester Rugby superfan, Giles keeps bees at his home in the Cotswolds.



Velda

Velda enjoyed ballet and tap dancing until she was 19 and she can still do the splits!

The lines are open 10am-3pm, Monday to Friday, so call us on 01452 422660

The Team are here to provide a listening ear and support with all aspects of later life and if we are unable to help directly, we will signpost to the most appropriate service for you.



The Help Team have supported over 3,000 local older people since the start of lockdown



The average Attendance Allowance claim is worth over £4000 per person

Prepare for the Winter



Help Team Leader Beth suggests a few things to get ready for the coming winter months



Health-checking your finances is a good place to start as you may qualify for certain benefits, such as Attendance Allowance. We can check what benefits you may be entitled to and help you through the process of applying.

The Help Team can provide guidance on who is eligible to receive the E-on Warm Home Discount, which aims to help older people with their energy bills.

We'll tell you if you qualify and fast-track your application to E-on.

Our Winter Wrapped Up booklet is full of useful information and we can put you in touch with other local organisations, such as Warm & Well who provide home energy advice.

Flu can really hit older people for six. If you are eligible, we encourage you to have your flu jab, which is available through your GP or local pharmacy.

"We are so grateful to Age UK Gloucestershire, we could not have survived if you had not told us about Council Tax Support."

James

"Talking to you really made me realise how vulnerable my Mum is. We've signed up to a memory café and the Dementia nurse has visited so we finally feel like we are getting support. Your services are invaluable, thank you."

Sue

"I wish I'd called you first! Finally it feels like someone is listening to me."

David



Your Help Team Heroes



Call the Help Team first if you need support 01452 422660

The Indoor Gardener

With the weather changing, it may not be so easy to get outside, so we've put together some simple ways you can bring the garden to you.

5 easy steps to growing winter flowering bulbs indoors

1. Fill a container two-thirds full with marbles or smooth pebbles. For visual interest, try a glass jar or vase.
2. Place the bulbs onto the top of the marbles or pebbles with the pointed end up. Space bulbs 2 to 3 inches apart in a larger container or use one bulb per 4 to 5 inch container.
3. Add water to the container until it comes to just below the base of the bulb.
4. Place the bulbs in an area that gets bright, indirect or direct sunlight. Select a cool area away from cold or hot drafts.
5. Replenish the water as it evaporates, filling the container to just below the base of the bulb.



Sit back and admire your floral display of daffodils, tulips, paperwhite narcissi and more. **No soil, no mess!**

5 Herbs to grow indoors

Plant your herbs in well-drained, nutrient rich soil making sure your pot provides adequate drainage. Be careful not to over-water as a soggy

plants will result in rotting roots. Place on a sunny windowsill and you'll soon be sprucing up your cooking with home-grown herbs.





Ourboretum

BBC RADIO GLOUCESTERSHIRE

We are delighted to be part of a fantastic initiative from BBC Radio Gloucestershire, which aims to create a virtual arboretum of 2,020 trees across the county for 2020.

The campaign features three tree species, which thrive in Gloucestershire: oak, beech and hazel and you can get involved by planting your own sapling. If you're online you can find out more at bbc.co.uk/ourboretum or call Radio Gloucestershire on 01452 835404.

Our Chief Executive, Rob is part of BBC Radio Gloucestershire presenter, Nicky Price's "Treem" and will be planting his own sapling. We'll bring you more on this in our Winter issue of Grapevine.



Autumn Cooking

Autumn is a wonderful time when crops are harvested and the hedgerows are ripe with fruits. Here are some easy recipes to help you make the most of what's available.

Sloe Gin: a Hedgerow Tipple

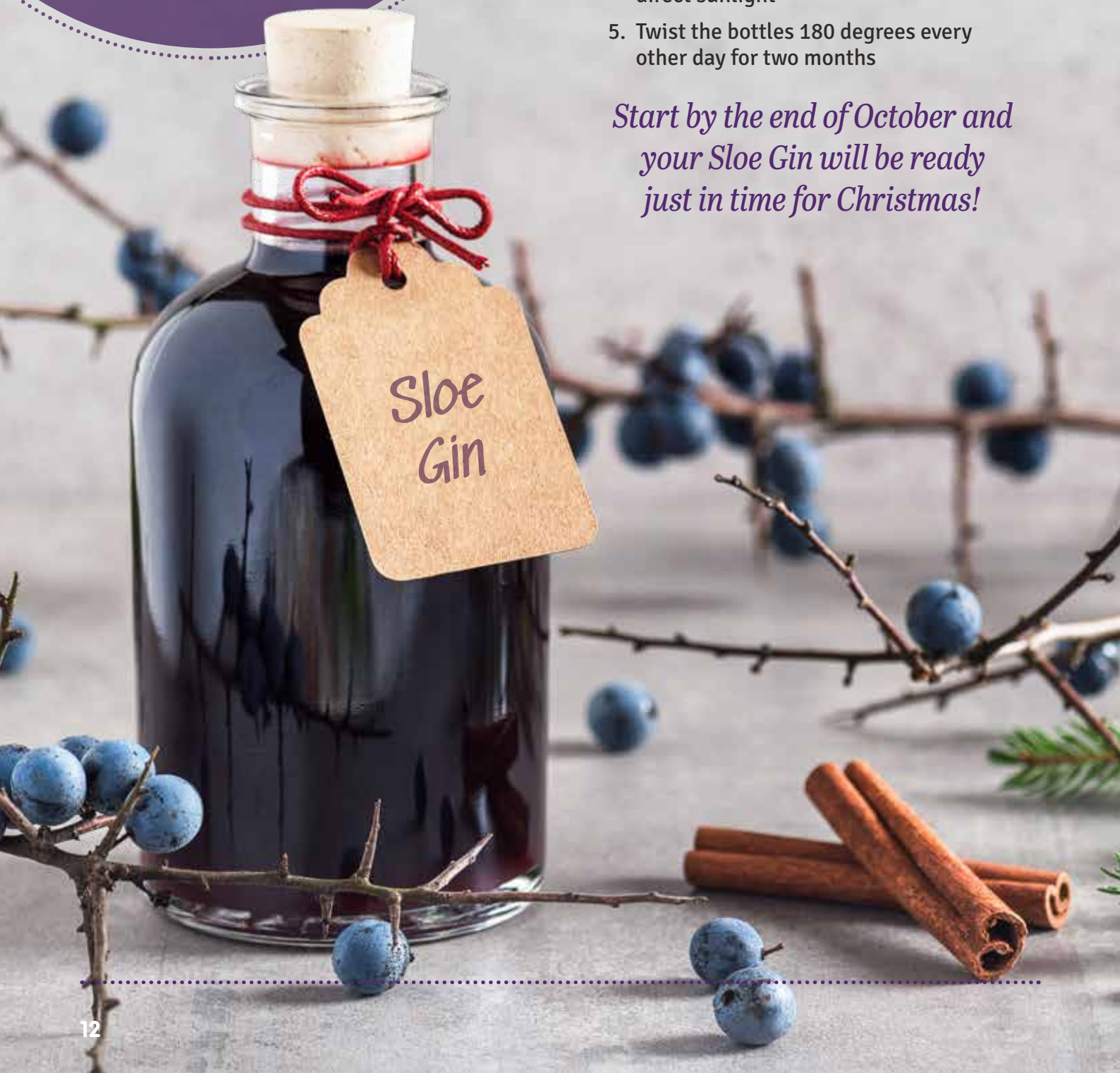
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You'll need enough sloes to half fill your sterilised, airtight bottle(s).

METHOD

1. Put the sloes in the freezer overnight
2. Half fill your bottles and top up with gin
3. Add two big spoonfuls of caster sugar and shake for one minute
4. Lay the bottles on their sides out of direct sunlight
5. Twist the bottles 180 degrees every other day for two months

Start by the end of October and your Sloe Gin will be ready just in time for Christmas!





Autumn Fruit Relish

INGREDIENTS

- 1tbsp oil
- red onion, peeled and finely sliced
- clove garlic, finely chopped
- 1 large red chilli, deseeded and finely sliced
- 100g (4oz) soft brown sugar
- 5tbsp red wine vinegar
- 1 eating apple, peeled, cored and chopped
- 1 large cooking apple, peeled, cored and chopped
- 100g (4oz) blackberries
- 100g (4oz) sultanas
- 1 tsp ground allspice

METHOD

1. Heat the oil in a heavy-based pan, add the onion and cook slowly for 8-10 mins until softened and browned.
2. Add the garlic, chilli, brown sugar and red wine vinegar cook for a further 5 mins stirring until the sugar dissolves. Add the eating apple, the cooking apple, blackberries, sultanas and allspice and stir well.
3. Cover the pan and cook on a reduced heat until the apples are fluffy, for about 10 mins.
4. Remove from heat, pour into a jar and seal.

Harvest Festival Soup

INGREDIENTS

- 4 tbsp olive oil
- 1 red onion finely chopped
- 2 cloves garlic finely chopped
- 1 leek finely chopped
- 2 carrots peeled and chopped into small pieces
- ½ butternut squash peeled and chopped into small chunks
- 5 rashers smoky bacon chopped finely
- 100 g French beans
- 1 courgette finely chopped
- ¼ green cabbage finely sliced
- 400g tinned cannellini beans drained
- 600 ml vegetable/chicken stock

METHOD

1. Pour the olive oil into a large saucepan
2. Add in the onion, leek, garlic and bacon and fry for a few minutes without browning
3. Add the rest of the vegetables with some salt and pepper and fry for a few minutes longer on a medium heat
4. Pour in the vegetable stock and bring the soup to the boil
5. Add in the cannellini beans
6. Simmer for about 30 minutes or until all the vegetables are cooked through and soft



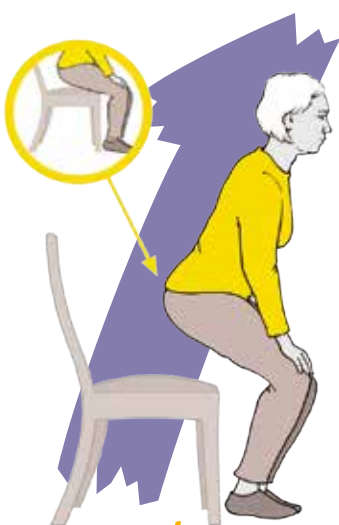
Healthy Body Healthy Mind

It's really important to try and stay active if you can and The Chartered Society of Physiotherapists recommend these simple exercises to help you keep mobile.

Don't Stop Movin'...

Here are the first three exercises to try and the next three will be published in the November issue of Grapevine.

Before you start, please make sure the chair you use is sturdy and you wear supportive shoes. If you experience chest pain, dizziness or severe shortness of breath, stop and contact a healthcare professional. A slight soreness the next day is normal.



Sit to stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. **Repeat 10 times.**



Heel raises

Stand tall, holding the back of a sturdy kitchen type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. **Repeat 10 times.**



Toe raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. **Repeat 10 times.**

And Relax...

After all that exercise, take some time to enjoy relaxing mindfulness colouring.

Mindfulness is all about paying more attention to the present moment, to your own thoughts and feelings and to the world around you. It can really lift your mood.



Join our Online Community



Meeting in various locations across Gloucester, Springboard Community Groups were places where people could socialise and enjoy activities together. When that became impossible, we set up the Gloucestershire Springboard Facebook Group, now a thriving online community with membership growing every week.

Laura's story

A few months ago, Laura was enjoying an active social life attending everything from her local WI, craft sessions, friendship groups and even Boat Mobility. Laura comments:

“having that social contact with people is so important. I was new to the area and I wanted to make friends and find things to do.”

Laura is also a member of our Quedgeley Springboard Group who normally meet at the library, but now that's not possible she's enjoying being part of our new private Facebook group, Gloucestershire Springboard.

“With my usual activities on hold I felt quite isolated and the group has helped me avoid that isolation.” Says Laura. “Having fun online has helped, I love the quiz. Meeting new people, even if it's online has been very helpful and I hope to meet them for real. I can't imagine life without social media!”



Just a typical week in the Springboard Community

Plus, there's the chit-chat, news about what they've been up to and what's happening in Gloucestershire and beyond.



Live cooking demonstrations



Photography challenge



An online disco



Swing dance at home with Mary Lou

So what are you waiting for? Joining is easy! Request your membership today at facebook.com/groups/gloucestershirespringboard

There's something for everyone on our weekly schedule. Here's a flavour of what's currently included.

Weekly Schedule

TUESDAY

Join Jane for a cuppa

WEDNESDAY

Live online quiz

THURSDAY

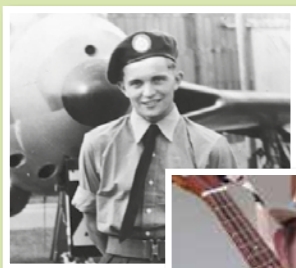
Veterans Banter

FRIDAY

Ukulele Group

Find the full schedule at:

ageuk.org.uk/gloucestershire/activities-and-events/online-springboard-group



Digital Connections Volunteer, Neil

Connecting Digitally

Lockdown brought with it a number of words and phrases that were unfamiliar to many of us. Who knew about Zoom, WhatsApp, Facetime or visiting something virtually?

We understand that for some people, knowing where to start with technology can be daunting. However building your IT confidence and learning how to use your device can open doors, make the world bigger and enable you to chat "face-to-face" with friends and family.

Our Digital Connections volunteers can help you get friendly with your laptop, iPad or smartphone so you can operate it confidently and safely. All our help is currently provided over the phone or online and our volunteers will patiently guide you through learning how to make the most of your device.

Our volunteers just need to know that:

- You have your own device (laptop, iPad or smartphone) and an internet connection
- You can talk to us over the phone or online
- You're aged over 50 and living in Gloucestershire

For more information about Gloucestershire Springboard and Digital Connections,
Call Steve on 07511 223995
Email: smoore@ageukgloucestershire.org.uk

In the next issue of Grapevine, Digital Connections volunteer, Jim will bring you his easy guide to setting up your Facebook account.

Word Search

Find and circle all of the 1960's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1960's song. Find the answer on the inside front cover.

M	S	E	D	U	J	Y	E	H	R	R	E	X	O	B	E	H	T	Y
S	S	W	I	L	D	T	H	I	N	G	W	I	P	E	O	U	T	K
T	I	M	Z	B	C	E	C	Y	L	E	G	N	A	N	E	E	T	O
H	K	Y	Z	R	C	R	N	E	E	Y	A	W	A	N	U	R	O	O
E	T	G	Y	D	V	A	Y	O	P	S	B	U	S	S	T	O	P	P
S	S	I	W	O	A	L	R	I	T	S	T	E	L	P	A	S	O	S
E	A	R	N	W	L	O	Y	A	N	S	E	E	O	M	Y	G	U	Y
E	L	L	S	N	L	V	U	V	M	G	E	R	R	K	E	R	G	H
Y	W	H	I	T	E	R	A	B	B	I	T	V	R	D	F	O	P	S
E	B	B	H	O	R	T	F	P	N	A	A	A	L	C	A	U	N	I
S	L	A	P	W	I	E	E	I	T	G	P	Y	I	A	P	Y	I	R
L	U	B	M	N	O	O	V	S	N	O	Y	T	A	P	G	S	V	E
E	E	Y	E	V	P	O	I	A	O	G	Y	R	Y	D	O	E	O	H
L	V	L	M	L	O	W	G	C	W	Z	E	L	R	U	I	S	L	C
E	E	O	E	R	T	N	Y	E	A	T	O	R	L	E	D	L	D	L
N	L	V	G	E	I	H	Y	R	R	V	A	M	T	R	H	D	O	A
O	V	E	H	A	C	U	C	G	E	I	A	E	O	I	I	S	O	H
R	E	T	H	T	W	I	N	D	Y	N	F	W	H	H	P	A	G	T
E	T	C	I	E	B	L	U	E	M	O	O	N	Y	A	T	S	H	R

- | | | | | |
|-------------|-------------|---------------|------------|--------------|
| BABY LOVE | DOWNTOWN | HEY JUDE | RUNAWAY | VALERI |
| BLUE MOON | EL PASO | HOLIDAY | SHERRY | VOLARE |
| BLUE VELVET | ELENORE | ITCHYCOO PARK | SOUL MAN | WHITE RABBIT |
| BUS STOP | FINGERTIPS | LAST KISS | SPOOKY | WILD THING |
| CARA MIA | FIRE | MEMPHIS | STAY | WINDY |
| CHAIN GANG | GALVESTON | MY GIRL | SURF CITY | WIPEOUT |
| CHERISH | GOOD LOVIN' | MY GUY | TEEN ANGEL | WORDS |
| CRAZY | GROOVIN' | PEOPLE | THE BOXER | YESTERDAY |
| CRYING | HAIR | PUPPY LOVE | THE TWIST | |
| DIZZY | HEATWAVE | RESPECT | THESE EYES | |



Keep-in-touch

If you enjoyed reading Grapevine, we'd be happy to send you the next edition directly to your door, free of charge.

To receive Grapevine and other information from Age UK Gloucestershire including our projects, news, what's happening in your community and ways to get involved or support us, please fill in the form below and return it in the freepost envelope or to the address below.

Yes, I'd like to receive Grapevine and occasional updates from Age UK Gloucestershire I'd like to be contacted by: (tick all that apply) Post Email Telephone

My details are:

Title: _____ First Name: _____ Last Name: _____

Address: _____

Email: _____

Telephone: _____

Our next issue of Grapevine will be out in November, so please return your forms as soon as possible to make sure you receive your copy.

You can decide to stop receiving updates at any time by contacting us on 01452 422660 or emailing enquiries@ageukgloucestershire.org.uk. We promise to protect your personal data, in line with our Privacy Policy; www.ageuk.org.uk/gloucestershire/privacy-policy.

We provide the majority of our services free of charge and rely upon the generous donations of people like you to continue our work. If you are able to help by making a donation of any size, your support would be greatly appreciated.

I would like to make a donation to Age UK Gloucestershire and enclose a cheque for: £ _____

Thank you.

Please detach this form and return it in the freepost envelope or to
Age UK Gloucestershire, Henley House, Barnett Way,
Barnwood, Gloucester, GL4 3RT



Tell us what you think...

We hope you've enjoyed this very first issue of Grapevine. We'd love to find out what you found helpful or interesting and anything you'd like to see included in future issues.

I'd like to see more...

.....

.....

.....

I'd like to see less...

.....

.....

.....

Please give us a score out of 10 (1 = not very enjoyable and 10 = very enjoyable)

How enjoyable was Grapevine?

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

How helpful did you find Grapevine?

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

What have you created, baked, written or learned during lockdown? How have you stayed active and what have you done to keep positive?

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Your contributions could be included in future issues of Grapevine. If you have photos, email them to tharris@ageukgloucestershire.org.uk

... and you could win a £25 Gift Card

Your feedback will go into our draw to win a £25 Marks and Spencer voucher. Complete your name and address on the form overleaf and return to us in the reply-paid envelope by 30th November 2020 to be in with a chance of winning.

Terms and Conditions of prize draw.

To be included in the draw, forms must be received by midday on November 30th 2020. Entries received after the stated closing date will not be accepted. No purchase is necessary. Only one entry per person is permitted. The draw will take place on 1st December 2020 and the winner will be notified by 4th December 2020. The winner will be contacted by phone.

