


The Age UK Gloucestershire

Grapevine

Issue 2: Winter 2020/2021




Join our
Big Knit



Good Selfie
Guide



Grapeviner
Gallery



Armchair
Entertainment



and much more inside...

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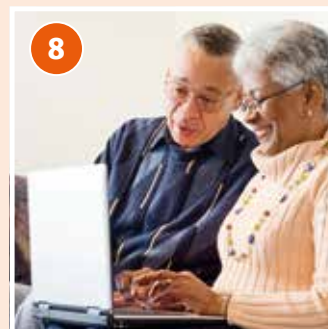
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Age UK Gloucestershire registered
 charity number 1111773



Walt Disney Wordsearch

All the words are hidden vertically, horizontally or diagonally-in both directions. The letters that remain unused form a sentence from left to right.

You can find the answer on page 11.

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

ALADDIN • BAMBI • CINDERELLA • ALICE • BROTHER BEAR
 COPPER • ATLANTIS • CHIP • DALE • DUMBO • FANTASIA
 GOOFOY • HERCULES • HUNCHBACK • JUNGLE BOOK • LADY
 LILO • MERLIN • MULAN • OLIVER • PETER PAN • PINOCCHIO
 POCAHONTAS • SLEEPING BEAUTY • SNOW WHITE • STITCH
 TARZAN • THE ARISTOCATS • THE LION KING • TOD • TRAMP

A message from our Chief Executive

Dear Grapeviner

Welcome to the second edition of Age UK Gloucestershire's Grapevine. The response to the first issue has been overwhelming. We printed 6,000 copies and all of them had found new homes within a week! This time we have produced more, so please do tell friends and family to let us know if they'd like a copy.

Thank you so much to everyone who has contacted us with views about what you'd like to see in future editions. We want this to be your publication, full of articles and activities that are interesting and useful to you, so please keep the feedback coming. There is a cut-out feedback form on page 18, and details throughout the publication of how you can contact the Age UK Gloucestershire team to tell us what you think.

In response to your feedback so far you'll find knitting patterns, exercises, more support to make the most of the digital world and advice and views from fellow Grapeviners inside. You've also told us that you'd like to see more recipes, puzzles and craft ideas and we're already working on these for the Spring issue. If you would like to feature or share your ideas, please get in touch.

Time at home over winter is ideal for learning a new skill, or perfecting an old one! Dust off your camera (or your smartphone) and get snapping with our top photography tips and Guide to the Perfect Selfie on pages 22-23. Staff and volunteers have shared theirs throughout, with varying degrees of proficiency! We think you can do better, and would love to see your Selfies, perfect or otherwise.

We believe firmly that having a strong sense of purpose is a key factor in staying positive at any age. What better way to feel part of something special than to volunteer for your local community? We show how you can get involved and make a difference on pages 20-21.

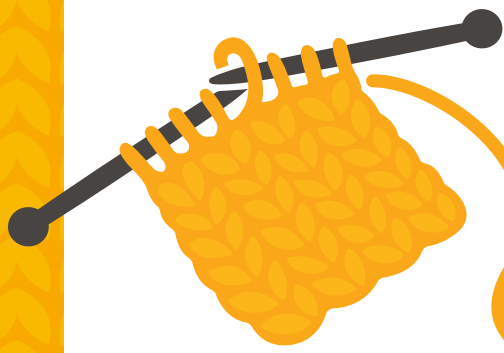
Finally, thank you to everyone who has donated. Your kindness and generosity will mean that the Help Team will be at the end of a phone for every older person who needs advice and support this winter, and we can continue to support communities to be more age-friendly. Every penny will stay in Gloucestershire, supporting older people in our local area.

Say "Cheese"...



Rob Fountain
Chief Executive,
Age UK Gloucestershire





Knitting is the new yoga



Knitting is a soothing, satisfying activity where you use your own two hands to create beautiful, useful things. Simple to learn and with the wealth of patterns and techniques, it's a hobby that you'll never get bored with! You could even join a local knit and natter group. Tracy, our Grapevine Editor belongs to Roots Coffee Community Knitting Group.



“I joined about 3 years ago and have made new friends of all ages. I was a complete novice to start with, but the group are so welcoming and always happy to share their knitting know-how.”



Roots Knitting Group get together pre-COVID-19.

Join our Big Knit!

Whether you're a novice with the needles or already a whizz with the wool, why not join our Big Knit campaign to support Age UK Gloucestershire? We've partnered with innocent Drinks to knit little hats for their smoothie bottles. As well as raising a smile, each tiny hat raises 25p for winter warmth projects in Gloucestershire. We have pledged to provide 4,000 hats, which will raise £1,000 to support local people here in our county, and we need your help!

Here are a couple of patterns, from beginner to advanced to get you started, so nimble-fingered knitters of all abilities can support our work by joining in.



Visit our website for more patterns:
www.ageuk.org.uk/gloucestershire/fundraiseforus/BigKnit
or contact Tracy on 01452 420941

Search YouTube for basic knitting tutorials

Send completed hats to:
Tracy Harris,
Grapevine Editor,
Age UK Gloucestershire,
Henley House, Barnett Way,
Gloucester GL4 3RT

blue bobble hat

beginner pattern by Juliet Bernard

Yarn: Blue and white DK

Needles: 4mm

Hat:

Cast on 31 sts in white

Row 1: k1, *p1, k1 repeat from *to end of row

Row 2: p1, *k1, p1 repeat from *to end of row

Change to blue and beginning with a knit row work 12 rows in st st

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

Making up

Use a sewing needle to join side seams. Make a pompom in blue and sew securely to top of the hat.



pineapple hat

advanced pattern by Juliet Bernard

Yarn: Yellow and green DK

Needles: 4mm

Hat:

Cast on 37 stitches in yellow.

Row 1: k to end

Row 2: *p3tog, (p1, k1, p1) into the same stitch, repeat from * to end of row p1.

Row 3: k1, *k3tog, (k1, p1, k1) into the same stitch, repeat from * to the end of the row.

Repeat rows 2 and 3, three more times and row 2 once more.

Next row: *k2tog repeat until last st, k1 (19sts)

Next row: *p2tog repeat until last st, k1 (10sts)

Next row: *k2tog repeat across all sts (5sts)

Fasten off by threading yarn through 5sts and drawing tight.

Leaves

Cast on 30 stitches in green and work 4 rows in st st beginning with a knit row. This is the stalk.

Row 5: K5 and turn leaving remaining stitches on a stitch holder.

Row 6: P5 and turn.

Row 7: K2tog K1 K2tog (3sts)

Row 8: P3

Row 9: K3

Row 10: P3tog fasten off.

Re-attach yarn to the stalk and work rows 5 to 10 for the second leaf on the next 5sts. Continue working leaves as above until you have made 6 leaves. Sew in ends.

Making Up

Sew up pineapple and roll up the stalk and sew to the top of the pineapple.



ABBREVIATIONS: k – knit | p – purl | st(s) – stitch(es) | p3tog – purl 3 sts together | k3tog – knit 3 | sts together | k2tog – knit 2 sts together | st st – stocking stitch

NOTE: It is the wrong side of the knitting that looks most like a pineapple.



Housemates Reinvented

Have you ever thought about sharing your home with someone who could help you out with a few things and keep you company? If so, **Homeshare** could be for you. It brings together older people who have spare rooms, with people who need affordable accommodation and who are happy to chat and lend a hand.



Meet Homeshare Manager, Ramona and mascot, Marius

I carefully match Homeowners and Sharers and make sure things run smoothly during the time you're sharing a home together. To ensure the perfect match, I visit potential Sharers and Homeowners, carry out reference checks and arrange for both parties to meet and see if they are compatible, so you can be confident about going ahead. I've seen the benefits it brings to everyone involved, including providing peace of mind to families who know their older loved one is safe and has companionship.

Ann and Tobias have been homesharing for almost a year

Ann says

“My husband passed away after a happy 52 year marriage and I found myself alone. I desperately wanted company at home.”

“I have a large, but busy family and having Tobias here has made me much more relaxed. I sleep better and don't wake during the night feeling tearful. I find his help enormously useful because I'm disabled and it feels as though one of my sons is back with me. He finds time for a chat or even if we are just sitting in the same room, it's companionship. I'm now content and I very rarely cry.”

“It's perfect and I tell everyone I speak to about Homeshare!”

Tobias says

“My apprenticeship is based locally and I needed to find accommodation. Most people in my situation are looking at very high rent, so I was initially attracted to the Homeshare option because the rental price was low. I thought ‘What's the catch?’ but it turns out there really isn't one.”

“I've lived in all sorts of accommodation, anything just to be close to my job. This is definitely the best as it means I return home from work knowing that I'm coming back to a nice, warm, clean house. Ann is great company and we love to chat, if anyone is thinking about Homeshare, just go for it!”



For a friendly, informal chat to find out more call Ramona on 07760 419260 or email homeshare@ageukgloucestershire.org.uk



The Householder

Benefits from some low-level support and company at home.



The Homesharer

Is offered not just a place to live, but a real home.



Together

Householders and Homesharers share home life, time, skills and experience.

Your Sharer could

- Cook with you
- Help look after your pet
- Do a bit of housework
- Help with technology



Me and Facebook

by Mike Spink

You asked us for more information about the digital world. Here, two of our volunteers, Mike and Jim, share their experience.

Looking back to when I started work in 1976 I'm in wonder (as are my children) at the complete lack of technology available then. Of course we weren't aware of it, so didn't miss it!

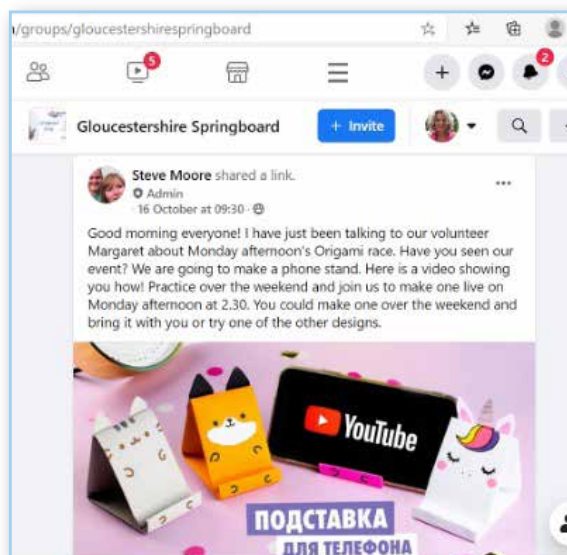
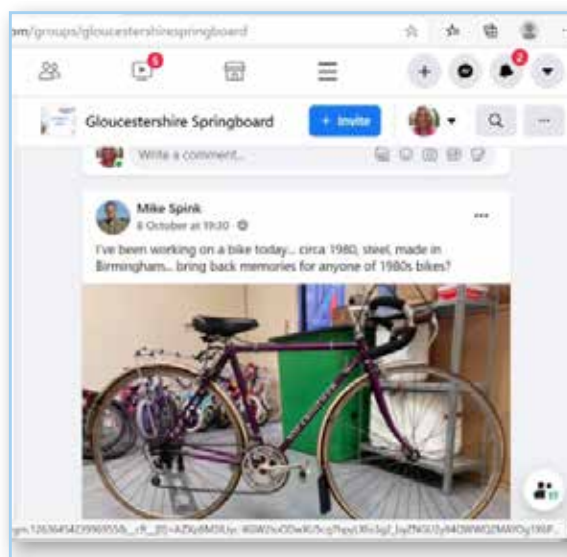
I joined Facebook soon after it launched in the UK and most of my contacts are extended family and friends. I also follow organisations and groups that interest me (cycling, music, baking, outdoor activities). Many groups, including Gloucestershire Springboard, are private or closed, meaning only members can view posts. Everyone finds their own way of using Facebook, but you control it – how often you post or share; opting in or out of groups and editing and deleting posts as you wish.

For me, Facebook is a place where friends share useful and interesting information, common interests and hobbies. It's a way of keeping in touch and nurturing friendships regardless of distance and I've yet to find anyone who isn't friendly, supportive and encouraging.

It's not the same as face-to-face social interaction, but I think COVID has highlighted the benefits of having good friends and well-run communities on Facebook, to help provide some a sense of community that isn't available to us at the moment.

Learning how to use Facebook doesn't have to be onerous, especially with the support of Age UK Gloucestershire Digital Connections volunteers.

Just prior to lockdown we got my 90-year-old Dad up and running on Facebook and Messenger and it's a good way of checking in with each other.



So, now you know how Facebook works, let's take a look at our volunteer Jim Elliot's guide which tells you how to sign up and start connecting with people.



Jim's guide to signing up to Facebook

1

First of all, you need to have access to the internet and an email account. Open your internet browser (Internet Explorer, Edge, Firefox, Chrome, Opera etc) and in the search/address bar at the top of the browser window type facebook.com. Amongst other things, you should see a panel something like the one opposite. Click on the green button, Create New Account which opens a new box.

Enter all the information required and then click on the Green Sign Up button. And you will be presented with the Security Code window.

Check your email inbox for a message from Facebook which will include a code. Copy this code into your clipboard and then return to the window and paste it into the Enter Code field, Click on Continue.

3

2

You are now ready to start populating your profile with friends and groups.

Now you've got your new Facebook account, why not search Gloucestershire Springboard and request membership?

A word about your privacy settings

You can control how public your information is by making sure your privacy settings are appropriate.

Just go into your profile page which is easy to find once you've signed up, (there's a tab on the homepage) where you can make sure you're not sharing all of your information with everyone who happens to log on to Facebook. Our Digital Connections Volunteers can help you with this if you're unsure.



If you need some help, call 01452 422660 and our Digital Connection Volunteers will be happy to guide you through

The Grapeviners' Gallery

We were delighted to receive so much great feedback from you about our very first issue of Grapevine and enjoyed reading your comments, seeing your creative ideas, photographs, tips and poems. We've chosen a selection to share with you here, but please do keep them coming and you could be featured in a future Grapeviners' Gallery!



Steph spots wildlife in Robinswood

Most mornings from about 4am, we see foxes playing chase around the garden and we've spotted three badgers, squirrels, woodpeckers, a large owl and bats. The tree stump our garden has become a feeding station and after some research we've given the foxes and badgers various things including dog food, eggs, peanuts, apples, berries, cheese and potatoes. We've been amazed by the wildlife we've encountered right on our doorstep!



Lockdown, poem for a troubled world

By Marjorie Cunningham

*The world is such a precious place
With joys that we can all embrace
The rain still falls, the birds will sing
To herald in the coming spring*

*Sunsets glow and flowers grow
The moon at night make things seem right
When problems loom and all is gloom
A rainbow gives us coloured light*

*So let's not take it all for granted
In a world that's so enchanted
For life will never be the same
Though some will never play the game*

*One kindly act, a smile that's true
Will raise a person from the blues
The planet needs our special care
From human beings everywhere*



Storecupboard tips from Elaine

During lockdown it was useful to have these things in the kitchen and they could be used to make an easy winter warming meal too.

- Cartons of Long-life Milk
- Frozen Jacket and roasted potatoes
- Tins of Stewing steak and Marrowfat peas
- Frozen veg



Anne's Christmas gift wrapping without the backache

Try using your ironing board adjusted to right height for you, it saves a lot of backache and bending over.



1. Christopher's bread 2. Steph's paintings 3. Jessica's old-fashioned bread pudding
 4. Janette's quilling 5. Margaret's knitting 6. Steve's veggie saplings
 7. Paul's VE Day garden path by his granddaughter, Ruby 8. Tina's pebble

Word Search answer from page 2: Walt Disney created Donald Duck seven years after creating Mickey Mouse



Lin's Lockdown Learning

Grapeviner Lin shares some activities she likes to practice to get her day off to a good start. These tips are great for staying positive every day, not just during lockdown. Give them a try, or let us know if you would like to share something you do as part of your routine.



In January I was looking forward to the new year ahead, full of expectations and hope. But even Mystic Meg couldn't have foretold the year we are having. We've all been affected by the pandemic in some way and lockdown was challenging for many.

I enjoy order and found the beginning of lockdown particularly problematic. I was more likely to linger in bed, and drift aimlessly through the days. Then I came up with a plan.

.....
Now, before I go to bed each night, I make a list of things to do the following day. This can include anything from everyday tasks to hobbies and pastimes.
.....

Rather than think of these as To Do lists I prefer to regard them as my Encouragements for the day ahead.

But – and this is important – I don't beat myself up if I don't do them all. Just transfer them to the next day.



There is an inordinate degree of satisfaction in crossing things off the list; and it puts you in just the right frame of mind before you go to bed. Get good at being proud of your achievements, however small.

At risk of revealing some of my eccentricities, let me share with you another lockdown habit, one which I will continue when the world returns to the new normal.

As I've got older, I have noticed that my voice has changed. I still boast a London accent, but my voice has cracked and become more croaky. The more wrinkles I acquire, the deeper the croak becomes, or so it seems.

.....
As a way of waking up my voice each day I read out loud. I love poetry so I read a poem.
.....



Sometimes I just stand – and if you can, it's more beneficial. Other times I do it while wandering around my flat.

Don't be put off if poetry isn't your thing. You can read absolutely anything you want. My readings are chosen at random. I open a book and read whatever is there.

I look forward to this routine and have recited some beautiful poems I might otherwise never have known. The flipside is that I've also read some absolute nightmares which I hope I never come across again.

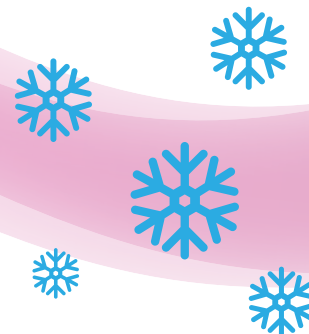
Here's one of my favourite poems

To be great, be whole

By Fernando Pessoa

Translated from Romanian by Michael Impey

To be great, be whole: don't exaggerate
Or leave out any part of you.
Be complete in each thing. Put all you are
Into the least of your acts.
So too in each lake, with it's lofty life,
The whole moon shines.



If you have some tips you'd like to share, please let us know through the feedback form on page 18. We will use as many as we can in future editions.

Singing is also a great thing to do. I can't sing; I am a choir's worst nightmare. I'm the one who can't hold a tune or keep pitch.

But it doesn't stop me from bellowing my way through songs on the radio and occasionally I also dance to the music, it's quite a spectacle!

As much as none of us welcomed lockdown, it has made us more inventive and presented us with challenges, which have called for innovative thinking. It also gave us time to open doors into new and enjoyable experiences.

I hope to share more with you in the future. As we approach winter many older people find themselves 'confined to barracks' by the weather and the dark evenings. Some of our lockdown learning will come in useful for getting us through the chilly months.

Meanwhile keep well, keep safe, and find something to laugh about every day, even if it's only yourself.

ARMCHAIR ENTERTAINMENT

At Age UK Gloucestershire we love books, so we're sharing some good read recommendations with you.



Tracy – Grapevine Editor

An account of life as a junior doctor that made me laugh out loud. I would almost describe it as stand-up comedy but the stories are actually real. On the other hand it's kind of heartbreaking and makes you realise that becoming a doctor is definitely not easy.



Rachel – Finance & Resources Manager

These books are easy reading, funny, and I love all things to do with horses. I'm a hopeless romantic and who wouldn't want to be the wife of the dashing Rupert Campbell-Black?

I like the unusual names she gives her characters! All the stories are set in Gloucestershire and I have ridden my own horses around many of the places featured in the books.



Barbara – Head of Fundraising & Communications

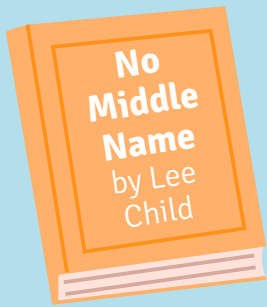
All the best books transport you to another place and another life, and Gone With The Wind certainly does that!

It's an epic (in every sense) depiction of feisty Scarlett O'Hara's struggles against the backdrop of the fading Deep South society, during the American Civil War.

My Grandmother gave it to me and I love how my sympathies and understanding of the characters change as I grow up myself!

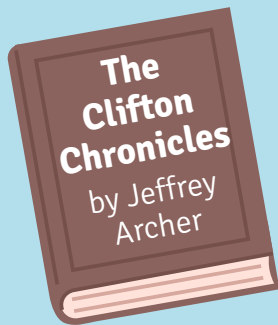


How NOT to take a selfie!
See page (23) for top tips on getting it right.



Jane – Springboard Group Co-ordinator

This is a collection of short stories about the infamous Jack Reacher. I'm really enjoying it as I'm one of those people who wonders about the character's past - his back story if you like - and this gives you that insight! Great escapism!



Rachel – Out of Hospital Administrator

I just couldn't put these books down! There are seven in the series, each one ending on a cliff hanger, so I had to pick up the next one straight away. If you like a family saga, you're sure to enjoy these novels.



Rebecca – Out of Hospital Administrator

I've always been interested in The Royal Family and love an autobiography, so this account from Princess Margaret's Lady in Waiting, revealed some fascinating royal dramas, tragedies and secrets. Loved it!



There are lots of ways to access books; some libraries have a delivery service, you could order online from booksellers or how about a book swap with your neighbour?

You can also access free audio books from Audible.co.uk or Calibreaudio.org.uk and libraries have large print and audio books too.

For more information visit:
www.gloucestershire.gov.uk/libraries

In our next issue we'll be recommending films.

If you'd like to recommend your favourite, please fill in the feedback form on page 18 or email our editor at Tharris@ageukgloucestershire.org.uk



Don't Stop Movin'..

..... Part 2

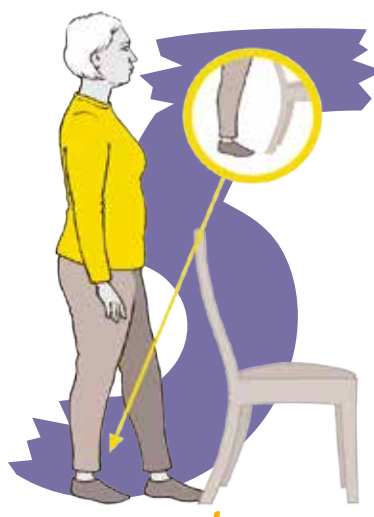
In our Autumn Grapevine, we talked about the benefits of keeping mobile and how regular, gentle exercise helps. We gave you the first 3 exercises, as recommended by The Chartered Society of Physiotherapists and hopefully you're now well-practised at these and ready for the next ones, so here they are!

Remember 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.



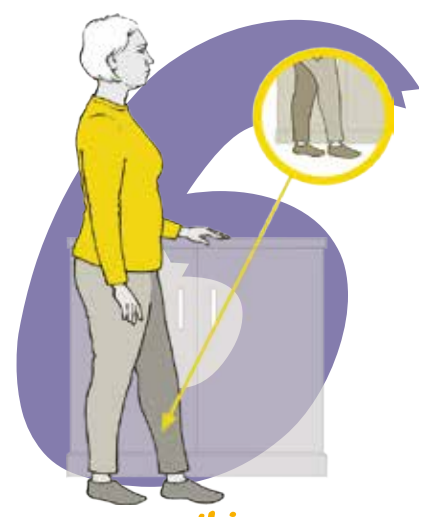
One leg stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. **Hold the position for 10 seconds. Repeat on the other leg.**



Heel-toe stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. **Then place the other foot in front and balance for 10 seconds.**



Heel-toe walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. **Take the feet back to hip width apart, turn around and repeat the steps in the other direction.**

Did you miss our Autumn Grapevine?

Find it online at [ageuk.org.uk/gloucestershire/Activities & Events/Grapevine](http://ageuk.org.uk/gloucestershire/Activities%20&%20Events/Grapevine) or call **01452 422660** and we'll post a copy of the full exercise sheet to you.



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: _____

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.

Age UK Gloucestershire relies on the generosity of Grapevine readers like you to support every older person who needs our help. Please consider making a donation of any size. Your support is greatly appreciated – thank you.

Yes please, I would like to support older people in Gloucestershire this winter.
I enclose a cheque to Age UK Gloucestershire for

£50 £30 £25 £10 other: _____

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 are enjoying the winter edition of Grapevine, and we'd love to hear your thoughts on how to make the next one even better. To share your views and ideas or to feature in future issues please fill in the details below.

Which feature have you enjoyed the most?

What else would you like to be included?

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

If you would like to contribute to future editions please give details below:

I would like to share my:

Top Tips Armchair Entertainment review Grapeviners Gallery picture

Details

I can be contacted at: phone email

We will include as many contributions as possible in future editions. If you have photos or other suggestions please email them to THarris@ageukgloucestershire.org.uk





Ourboretum

BBC RADIO GLOUCESTERSHIRE

UPDATE

In our last issue we told you we were taking part in this fantastic initiative which aims to create a virtual arboretum across the county.



How is our Chief Executive Rob getting on with his challenge? Well, his 6-year-old son and keen gardener, Felix is doing an amazing job.

“ We planted our acorns, collected on a countryside walk, in multipurpose compost, recording it on the Ourboretum website.

We’re looking forward to seeing our saplings grow and they’ll be transplanted somewhere in the county. It’s exciting to be part of such a great project and I’d encourage everyone to have a go! ”

Says Rob



For more details about the project and how you can get involved:

visit bbc.co.uk/Ourboretum or call Radio Gloucestershire on 01452 835404



Change a Life. Change Yours. Get involved!

Be a part of our fantastic community and support a cause you care about. Don't take our word for it though, look at what supporting Age UK Gloucestershire means to these volunteers.

Karen helps with administration

“I found myself with a lot of time on my hands and spotted an advert for volunteering. I have admin skills and love meeting new people, so I thought I would enjoy it. If you want to feel you're making a difference, then volunteering is definitely to you.”

Lawrence is on our Board of Trustees and as Treasurer, advises on all things financial

“It's a two-way trade. You're helping other people through the organisation, putting something back into society, but you also get something in return. You feel valued, increase your skills and experience, are part of a team and meet interesting people.”



John is a Digital Connections volunteer, helping older people get to grips with technology

“It's a great feeling when I see someone I've helped with technology, going on to help someone else by sharing those skills.”

Valerie and Sue guide people through completing their Attendance Allowance application forms

Val says:

“Being older myself, I appreciate a little of the anxiety many older people feel and I hope that helping them in just this small way, means they have at least one less problem to worry about.”

Sue says:

“Age UK Gloucestershire felt like a good fit for me and I feel well supported. My advice if someone is considering volunteering is to have a go, there are so many ways you can help.”



Elaine supports our Out of Hospital Team by providing companionship to people who have recently left hospital

“The current situation makes it difficult for older people to cope so I enjoy talking to them over the phone and trying to help them through any problems they may have.”

Volunteering Manager, Angie talks more about how you can help us here at Age UK Gloucestershire



“Why not join our Community Task Force; a terrific team of people who offer support when they can? We will alert you each time we have specific tasks you can support.”

Lend us your Hands – Help us with:

- Administration tasks
- Mailing Grapevine
- Distributing leaflets and information in your area

Lend us your Voice – Be part of:

- The ‘editorial team’ to help us fill Grapevine with the right activities and information
- A focus group giving feedback and sharing your experience to help us develop projects and initiatives
- Send us your photos and tips for Grapevine

Lend us your Skills

- Join our Board of Trustees
- Lead a creative session for our online Springboard group

Mature Conversations

Help strengthen the voice of older people in Gloucestershire to inform and influence key decisions about later life. Older people need to know we are listening to them, and what they are saying is contributing to making Gloucestershire a better county for us all to grow older in. Could you have a “mature conversation” with older people in your neighbourhood.

We provide a framework of question areas to help you talk and listen to older people in your neighbourhood to let us know what really matters to local people.



If you'd like to find out more about any of these opportunities please call me on **01452 420903** or email **ajellyman@ageukgloucestershire.org.uk**

I'm looking forward to hearing from you.

Six great reasons to Get involved

- 1. Helping other people is the BEST way to feel positive about life**
- 2. Meet new friends**
- 3. Share your skills and talents**
- 4. Surprise yourself!**
- 5. Improve your mental and physical health**
- 6. Give back to your local community**

You can support your community through formal or informal routes, do it full time or give a few hours on an ad hoc basis. From writing to a friend, having a cup of tea with a neighbour or making contact with a local group, there are lots of ways to get involved.

Search doit.life/ours for opportunities in your area.

**Go for it now today!
It could change
your life!**

Emma's Top Tips for taking great photos

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Emma Nolan is not only one of our fantastic volunteers, she also happens to be an expert when it comes to photography, she even teaches it at Gloucestershire College. We asked her to show us just how to get that perfect shot.

There are many rules for taking photos, but here are my top three tips for you to try.

Rule of thirds

The rule of thirds says that you should position the most important elements in your scene along these lines, or at the points where they intersect. When taking the photos, you can set the grid on your camera, found in the settings menu on most mobile phones. You then use that grid to position the subject around the inner square.



Balancing elements

Placing your main subject off-centre, as with the rule of thirds, creates a more interesting photo, but it can leave a void in the scene, which can make it feel empty. You can achieve a balanced composition and even out the main

subject's "visual weight" by including another object of lesser importance to fill the space. This will add balance and interest to your photo.

Using frames

The world is full of objects which make perfect natural frames, such as trees, archways and holes. By placing these around the edge of the composition you help to isolate the main subject from the outside world. The result is a more focused image which draws your eye naturally to the main point of interest.



Emma's good selfie guide



Capture a good Angle

- Practice taking your photo from different angles
- Decide which is your good side
- Holding the camera higher than you head, pointing down flatters your facial features
- Take a picture from the side onwards

Show off something new

- If you have a new hairstyle or some accessories like earrings for example, emphasis on them when you take the picture

Set the mood

- Take the selfie at a moment you are feeling good, it will make the experience more enjoyable
- Taking the photo on impulse will also give you less time to worry about looking your best.
- Be as natural and relaxed as possible
- Use a natural light source

Consider the background

- Outside pictures work well
- If inside, choose an appropriate background such as a book shelf and choose soft lighting

Editing

- Use of filters to improve your look
- You can make it black and white or add a vivid warm filter
- Crop the picture to cut out aspects you do not want to see

How to Edit

When you are ready to edit an image, you need to select the photo you wish to improve and select edit function. There are three main options.

Adjustments

Alter the colours in the image, including contrast, saturation and highlights.

Filters

This will give a new colour or shade to your image.

Cropping/Crop

A bounding box around your image can be manipulated and allows you to change the shape and size.



Send us your selfie! We'd love to feature photos of our Grapeviners in future issues. Email them to tharris@ageukgloucestershire.org.uk



Cut-out-and-keep these numbers so they are always handy

Age UK Gloucestershire HelpTeam

01452 422660

Call us first! We provide a listening ear and offer advice and support with all aspects of later life. We can help you put together an action plan to solve your issues and will refer you to the people who can help.



**Gloucestershire
County Council
Adult Helpdesk
01452 426868**

**Gloucestershire
Carers' Hub
0300 111 9000**

Information, advice and guidance for carers

**Warm & Well
0800 500 3076**

Advice on staying warm at home, energy bills and providers

**We Care
0300 323 0700**

For home adaptations, minor repairs and handyman service

**Blue Badge Team
01242 532302**

Help applying for or renewing your Blue Badge

**Severn Trent Water
0345 6022 777**

**Glos Deaf Association
01452 372999**

Providing practical and emotional support

**Alzheimers Society
01452 525222**

Supporting people affected by Dementia

**Insight
Gloucestershire
01242 221170**

Support for people living with sight loss or blindness

Make a note of your own important phone numbers here:

GP

Dentist

Care Service provider

Personal Alarm provider

Telecom provider

Energy supplier

In case of emergency/next of kin contact

Your local volunteer/support group

