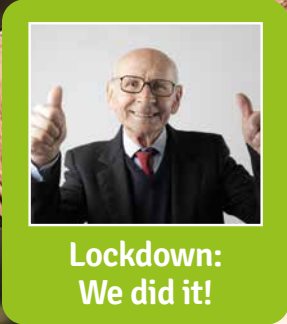


The Age UK Gloucestershire
Grapevine
Issue 3: Spring 2021



Garden Craft Ideas



Lockdown: We did it!



Charlie's County Quiz



Cooking for One

and much more inside...

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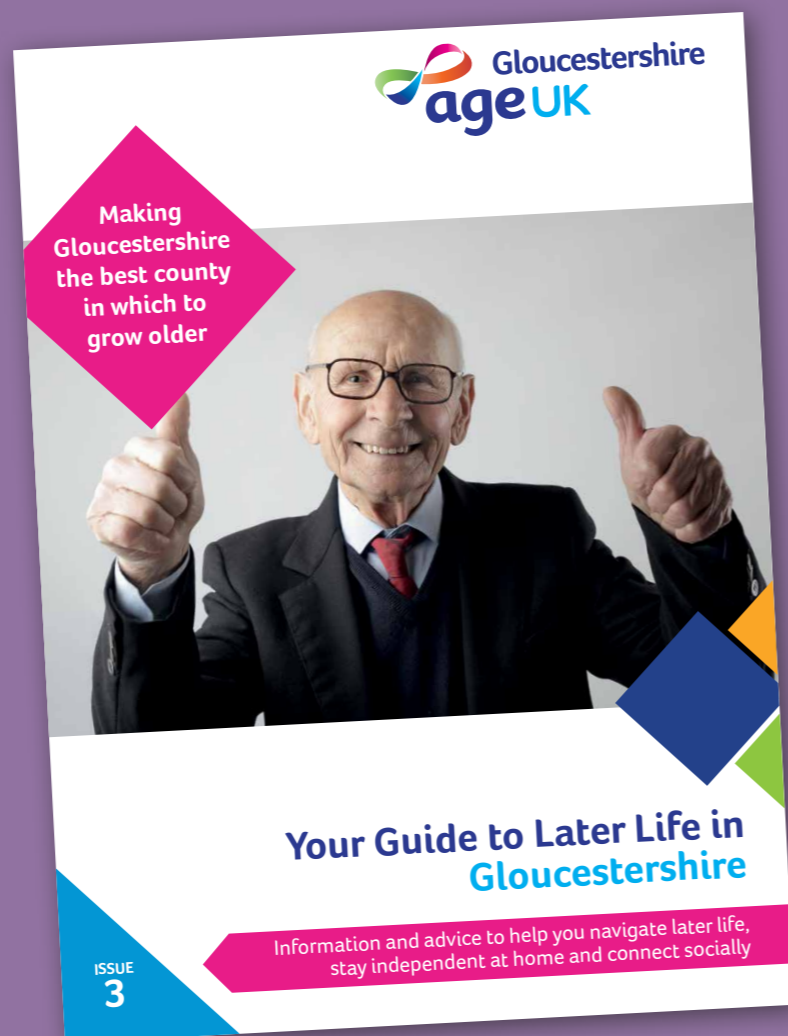


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Our Help Team provide a listening ear
and offer advice and support with all
aspects of later life.

Lines are open 10.00am-3.00pm,
Monday to Friday.

Call the Help Team on:
01452 422660

A message from your Editor

Welcome Grapeviners, to your Spring issue, packed with things to keep you entertained, creative and busy.

Firstly, a big thank you to all the Grapeviners who sent in their suggestions, experiences and creations. We've really enjoyed finding out what you'd like to see in future issues and have had some lovely chats over the phone with a few of you.

Grapeviner Alice tells me she's very conscious about the environment and how important it is to reduce our waste; I doubt many of us would disagree. We understand the need to recycle our card, glass etc, but it reminded me of how I reused something very special in my life. My parents married in 1950 and my Mum had what I think was a beautiful wedding dress. After my parents passed on, I kept the dress and although I stopped short of wearing it myself when I got married, I decided to re-use it in a different way. Enter my good friend and extremely talented seamstress Penny, who bravely took a pair of scissors to the dress and produced this wonderful christening gown for my children. What a lovely way to have my parents represented and I hope one day it will be worn again, if I'm lucky enough to have grandchildren.

We'd love to feature some of your clever ways to reuse and recycle, so tell me your recycling stories, tips and advice about helping the environment and we can all do our bit.

Speaking of weddings, Grapeviner Mr Millard suggested it would be interesting to find out where people met their partner. He met his wife in a painting and decorating shop in Lancashire and they were married for 50 years! Share your story, send in your photos and let's all feel the love!

I'd also like to give a heartfelt 'thank you' to everyone who has shown how much they enjoy Grapevine by making a donation to Age UK Gloucestershire. If you'd like to donate, there are details of how on page 23. Every penny goes towards making Gloucestershire a great place to grow older.

With brighter weather, the summer approaching and the outdoors beckoning, there's much on the horizon to make us feel positive. I hope reading Grapevine brings a smile too!

Best wishes
Tracy, Editor



Complete the feedback form on page 23, or get in touch with me by emailing tharris@ageukgloucestershire.org.uk or call me on **01452 420941**

Crafty Corner

If you have a garden or balcony, however large or small, watching the birds is a joy. A great way to encourage bird life into your garden is to offer food or provide a home.

How to make a basic Bird Box

For those handy with a drill, Stuart from Cheltenham and Gloucester 'Men in Sheds' shows us how to make a bird box. If you don't have the correct equipment for cutting the wood, suppliers, such as B&Q will cut it to size for you, free of charge.

The timber should be 150mm wide, 15mm thick and preferably hardwood to withstand the weather. Buy a plank of wood 1500mm long, which includes a little extra to allow for any mistakes.

You will need

- Medium grit sandpaper
- Flat drill bit of required hole size
- 8mm and 3mm wood bits
- Number 8 30mm wood screws
- 10 x 15mm felt nails
- Waterproof strip of roofing felt for hinge
- 22 inch jack saw, a carpenters square (if cutting the wood yourself)

1 Putting the Box together

- Cut out the wood with a jack saw (see diagram) and sand the edges to make them smooth
- Use a flat wood drill bit to drill the hole in the front panel – it must be at least 125mm from the base, so that small nestlings can't fall out.

You can use lots of things around the house to make these bird feeders and here are some ideas. You'll just need some string, strong glue, lard or peanut butter and bird seed.



- Align all the pieces as shown and drill pilot holes for all the screws. Don't forget to countersink the timber to accept the heads of the screws.

2 Fitting the Roof on to your Box

Ideally, you should fit a hinged lid to allow for cleaning

- Drill pilot holes (to prevent your timber splitting)
- Drill 2 x 8mm holes in the bottom of the box to allow any water to run out
- Fix the strip of roofing felt into place.

Get creative and paint your bird box! Just make sure you use non-toxic, water-based paints.



3 Fixing your Bird Box up in your Garden

- If you're fixing it to a tree, don't be tempted to nail or screw it directly to it. The tree will grow, stretch the screws and eventually split the wood.
- To allow for hanging the box, drill an 8mm hole in the top corners of the back and use these to tie some cord to the box and around the tree.

Sit back, watch and wait for your visitors to drop in!



Send us photographs of your completed boxes and feeders!



For video instructions on how to build your bird box, visit: www.diydoctor.org.uk/projects/birdbox.htm



Men in Sheds Cheltenham & Gloucester is a voluntary organisation which helps maintain and improve the wellbeing of its members.

For more information visit: www.meninsheds-cheltenham.org or contact 07709 660 530.



Thyme to cook

If you planted the thyme seeds we sent at Christmas, they are probably ready to use by now. Here, they add a new flavour to a traditional recipe. We still have a few packets of seeds left, so please get in touch if you'd like some.

Strawberry & Thyme Jam

INGREDIENTS

- 900g small whole strawberries, hulled
- Juice of 1 ½ lemons
- 900g jam sugar
- 10g butter
- 2 Sprigs of thyme



bbcgoodfood.com
is a good place to find
new recipes

METHOD

1. Put the strawberries, lemon juice, sugar and thyme (leaves only) into a large bowl and mix together gently. Cover with a tea towel and leave somewhere to cool (not the fridge) overnight.
2. Next day, put two saucers in the freezer and sterilise 4 jam jars. Transfer the mixture to a large, deep pan and heat gently, stirring often, until the sugar has dissolved.
3. Stir in the butter, bring to the boil and boil rapidly for 8 minutes, then remove from heat. To check if it's at setting point: spoon onto one of the saucers and after 2 minutes, push your finger through. If it wrinkles into a peak, it's ready. If not, boil for 2-3 minutes more, then re-test.
4. Remove from heat, skim off any scum and leave to cool for 15 minutes until the fruit stays suspended after you've stirred it. Ladle into the jars and cover with waxed discs and lids.

Cooking for one can be fun!

Boboutie

Known as the national dish of South Africa, this recipe is delicious

INGREDIENTS

- 110g beef mince
- 1 small onion
- 1 clove of garlic
- 1 tbsp sultanas
- 1 tbsp mango chutney
- ½ tsp hot curry powder
- ½ tsp brown sugar
- 60ml milk
- 10g bread, crusts removed
- 1 large egg



METHOD

1. Preheat the oven to 180/fan 160/gas mark 4
2. Heat some butter or oil in a pan and fry the onion gently for 10 minutes
3. Add the beef and garlic and cook until lightly browned. Stir in the sultanas, chutney, curry powder and sugar, season well and leave to cook for a few minutes
4. Whisk together the egg and milk in a basin. Pour half of this mixture onto the bread and soak for 5 mins. When it's soft, beat well and add to the meat mixture. Transfer to an ovenproof dish, pour the rest of the egg mixture over the top and bake for 45 minutes.

Microwave Mug Cake

The simplest home-made cake ever!

INGREDIENTS

- 1 egg
- 4 tbsp plain flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 3 tbsp vegetable oil
- 3 tbsp milk
- ½ tsp baking powder



METHOD

1. Mix all the ingredients well
2. Pour into a microwave-safe mug
3. Microwave on full power for 3 minutes.

Remember you can bulk cook and freeze dishes for those days when you don't feel like cooking or buy ready meals – no mess, no waste!



For information about how you can have meals delivered to your door, call our Help Team on **01452 422660**.

Local food supplier, The Long Table operate their fantastic 'Freezer of Love' scheme. Lovingly prepared ready meals, made using locally sourced ingredients. The difference? You just make whatever contribution you are able to, or pay the full price. Search **www.thelongtable.com** to find your nearest Freezer of Love.

Out of Hospital

If you've had a stay in hospital, you'll no doubt appreciate how it can feel when you come home. A little bewildering, you've somehow lost your confidence and everything just seems to be a bit more of a challenge. That's where we come in with our Out of Hospital Service (OOH). The team are here to help you regain that confidence and resilience, so you can be independent in your own home again. Our aim is to get you home, settled and look at what you need to make sure you stay there safely and comfortably.

We work alongside the NHS and in partnership with British Red Cross, to provide our OOH Service, which is available to people aged over 65, living in the county and registered with a Gloucestershire GP. We help prevent the frustrating situation of someone becoming stuck in hospital when they no longer need to be there, (which also helps free up beds for our local NHS) and make the whole experience of returning home just a little more pleasant and comfortable.

Our fantastic team, based in our county hospitals and out in the community, work to ensure you get the help and reassurance that's so important, at what can be a tricky time. As well as any immediate support you may need on your return home, we work with specialist organisations to ensure you get the support that's right for you. We can link you with people in your local community and one of our OOH volunteers could keep in touch with you for a few weeks after your return home.

A few members of our amazing team



Rachael



Jo



Neil



Chris



Donna

The difference we make:

George, 82

- Lifeline service arranged
- Help with arranging local transport as no longer able to drive
- Referred to meals delivery service



“The feeling of confidence it gave me was wonderful.”

Joyce, 72

- Referral to community physiotherapy
- Help to access specialist support for a medical condition
- Support to find help with shopping on a regular basis

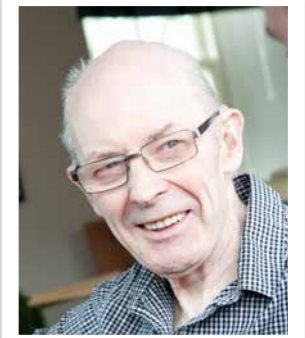


“I was able to sort out my physio appointment when I had no idea where to start.”

Joe, 65

- Help to access funding for a stair lift
- Support with a Blue Badge Application
- Follow up welfare call

“It was most helpful to discover what support is available and how to access it all.”



Maggie, 90

- Support to get home and settled in
- Advice and information to claim Attendance Allowance benefit
- Access to support for a hearing impairment

“I very much appreciated the advice about my deafness, it has transformed my life.”



For more information call **01452 420937/420928** or visit ageuk.org.uk/gloucestershire/our-services/out-of-hospital

Lin's Brief Encounter

One night, despite my usual habit of sleeping soundly, I was woken by a soft thud on the window sill. I immediately thought 'Bird!' I have a serious phobia of things that flap their wings – birds, bats, butterflies. I thumped Nancy, my partner awake and between yelps and screams from me, buried beneath the duvet, managed to convey to her that we had an intruder.

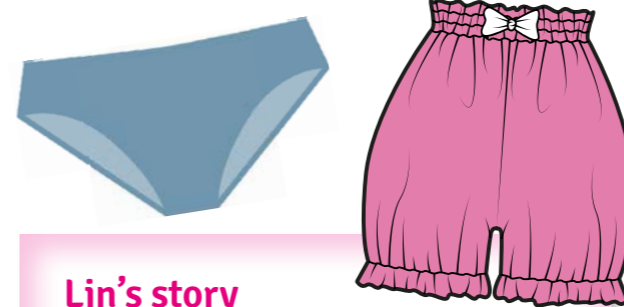
She turned on her bedside light and matter-of-factly reported that it was 'Only a bat'. I burrowed further down and curled myself into the foetal position, intoning 'Bat, bat, bat'. I was firmly told 'Be quiet, you're frightening it'. There was much noise as Nancy crashed about the room swearing quietly under her breath. I meanwhile, remained buried and was distracting myself by wondering how long I would last without an adequate supply of air. After what seemed an eternity I heard a triumphant 'Gotcha!' Nancy slid back into bed 'What a fuss over such a little thing.' I took the opportunity to remind her that I took care of the legless things that terrified her – slugs, snails, worms. We called it quits.

The next morning, I was gathering up my clothes to deposit in the laundry basket. But where were my briefs? Not wanting to wake Nancy, given the night-time shenanigans, I scabbled around searching and muttering to myself 'Well where can they be?' A half-asleep response came from Nancy 'Oh, I threw them out of the window, with the bat. I threw them over it and then I was able to pick it up and release it, and your knickers went with it.'



My mind went into overdrive; where had they landed? I should say that then I wore far skimpier undies than the 'enough material to make a parachute' variety I favour now (But not always!)

We never found them, despite a discreet but diligent search of our neighbourhood. We often wondered if someone woke on that Sunday morning to find them draped over a favourite shrub in all their lacy glory.



Lin's story reminds me of a rather similar brief encounter of my own...

As an independent girl in my twenties, I'd moved out of the family home, but affording a washing machine was a luxury too far, so I regularly popped my laundry back home to Mum. One day she called me and declared "I'm not sure how the postman felt this morning when he saw a pair your briefs decorating my pansies in the front garden!" I made a mental note to be more careful when carrying the laundry from the car!

Grapevine Editor,
Tracy

And this, spotted in the Australian press

Always wear underwear, especially when working under your vehicle. A couple's car broke down in a car park, so the man told his wife to carry on shopping whilst he fixed it. She returned to find a crowd of people around the car and on closer inspection saw a pair of hairy legs protruding from under the chassis. Unfortunately, although he was wearing shorts, his lack of underwear turned his private parts into glaringly public ones. The wife dutifully stepped forward, and tucked everything back into place but on standing up, she found herself staring at her husband who was standing by watching. The mechanic however, needed three stitches in his forehead.



Lockdown: we did it!

What have you been up to whilst “confined to barracks”? Here are a few activities that kept Grapeviners’ spirits up and will perhaps inspire you to try something new too!



With technology

I’ve joined Facebook!

Mary, South Cerney

I use Zoom to keep in touch with my ukulele group.

Ian, Gloucester

My sister and I put a Scrabble App on our mobile phones. The message system within the game lets us communicate as we go and now other family members have joined in. It’s comforting to know we’re doing something together.

Helen, Gloucester

Search your App Store for
‘Scrabble GO’

Keeping Active

I take daily walks and cover about 60 miles per week. This actually helps me keep sane, although my wife tells me I’m mad!

Christopher, Stroud

I’ve learned that in order to commit to doing exercise, you must put on some “beatie” music!

Andi, Nr Chepstow

Download the App **‘Map My Walk’** which records how far you’ve walked

Music Apps such as **Spotify** are often free and provide access to a huge range of music including specific playlists for workouts!

Getting Creative

I finished my tapestry of a kingfisher which has taken me over two years to complete!

Joyce, Bream

I taught myself how to crochet!

Irene, Lydbrook

I have sewn bags for NHS staff and made masks too.

Elizabeth, Churchdown

Search You Tube for **“How to”** tutorials on just about any creative activity

In the garden

I planted 22 containers with lovely flowers and tomato plants to brighten up my patio.

Sheila, Tewkesbury



My tomatoes benefitted from closer attention during lockdown!

Julian, Westbury-on-Severn

Our lawns have never looked better!

Brenda, Churchdown

Reminiscing and connecting with friends and family

I’m writing a journal of my life for my grandchildren to read.

Pat, Cheltenham

I spent a happy time browsing old photographs and contacted old friends afterwards.

Una, Gloucester

My 5 lovely granddaughters have kept me going. Lola, aged 16 wrote this beautiful poem:

She is sitting there in her spinning chair

Don’t you worry

She’s not going anywhere.

Her books are lit by the morning sun

Her hair always placed in a messy bun.

She doesn’t care – She’s not going anywhere

Bettina, Tewkesbury



There are a further 13 verses to the poem which you can find on our website ageuk.org.uk/goucestershire/activities-and-events/Grapevine. Or we can post you a copy.

Learning new skills

I’ve learnt to play the piano and remained positive by remembering that one day normal service will be resumed.

Jeff, Hardwick

I’ve taken the opportunity to experiment with different recipes, using less meat and more spices.

Caron, Cheltenham

I’ve taken FutureLearn courses online. I’ve just finished one on The Tudors and have signed up for another on Chinese Drama.

Evelyn, Cheltenham

Search **Futurelearn.com**



For tech tips and help, our Digital Connections

Volunteers are here. Call
01452 422660

When Tracy met Sharon

If you don't know Sharon Bryan already, then perhaps you're not one of the scores of people in communities across Gloucester who have benefitted from her warmth, kindness and support. I recently chatted to Sharon over Zoom to find out more about her voluntary work and what a difference she is making to the lives of older people in her community.



It all started 10 years ago when Sharon's parents visited from Jamaica and they attended the Jamaican Independence event held in Gloucester Park. Sharon's mum won a 'guess the weight' cake competition, which they were asked to collect from The Black Elders' Day Centre in Gloucester. Sharon says; "I looked around and saw the men playing dominoes and the ladies chatting and I was immediately taken by the place. It really touched me, so I asked if they needed volunteers and it went from there. I knew I was looking for something and this was it."

Sharon then became involved in other local charities including Ebony Carers, The Friendship

Café and All Nations Community Centre and when COVID arrived, these and other organisations would play big part in her mission to help.

"People around the city were doing amazing work getting meals out to older people who were struggling, but it became evident that, even though the help was hugely appreciated, food parcels weren't directed towards the black community's cultural preferences" says Sharon. "I worked with The Friendship Café to put a few parcels together and delivered them to those I knew needed them."

It started small, but a large batch of Jamaican Patties, donated to The Friendship Café from a

supplier in Birmingham would change all that. Sharon was invited to make use of them, so by the end of that week, she'd assembled a team and they were soon delivering patty meals to people in several communities, spread all over the city such as Hucclecote and Kingsway. It grew from there and now the team are producing and delivering over 100 meals a week from the kitchens of The Friendship Café and The All Nations Centre. "It also means we can check how people are doing and deliver information such as Grapevine, so they have something to read with their meal!"

Sharon lived on the Isle of Wight for 23 years and moved here in 2009. "I visited my brother here regularly, fell in love with the city and eventually made the move. My friends couldn't understand why I would move away from the sea, but I reminded them there's the Severn, so I still have water!"

Sharon says of her volunteering work; "It puts me in touch with people and I've heard many wonderful stories of what they've done during their lives. The more people I help, the more my heart feels happy and seeing their smiling faces means a lot to me. It meant a lot to me before COVID and it will afterwards."



"So many people helped to make this venture possible, it was a joint effort and I couldn't have achieved all this without them."



- All Nations Community Centre
- The Friendship Café
- Fair Shares Gloucester
- Volunteer drivers
- St Anne's Society
- Black Elders' Day Centre
- The Crafty Ladies
- Dapper Events
- GFM
- Imam Hassan, Masjid-e-Noor Mosque
- 7th Day Adventist Church, Cromwell Street
- Asda Gloucester
- Ebony Carers
- The Long Table



Have a go at making your own

Jamaican Patties! Sharon's recipe is on our website ageuk.org.uk/gloucestershire.org.uk/activities-and-events/grapevine

Or, we can post it to you.



If you'd like to know more about Sharon's volunteering work,

volunteering for Age UK Gloucestershire, the meals service or any of the organisations mentioned, call us on **01452 422660**



County Quiz

Charlie Markwick, aka The Yarn Whisperer, is a local historian and storyteller and there's not much he doesn't know about our beautiful and interesting county. Test your local history knowledge with this fun quiz from Charlie.

Forest of Dean

- 1 What well-known wood in the Forest of Dean has been the location for a number of films and TV programmes, including Star Wars?
.....
- 2 What is the name of the art trail in the Forest of Dean, which begins and ends at Beechenhurst
.....
- 3 Which BBC Radio presenter was born in Cinderford?
 Tony Blackburn
 Jimmy Young
 Terry Wogan



Stroud

- 7 What machine did Stroud born Edwin Beard Budding invent in 1830?
.....
- 8 Which football team based in Nailsworth is described by FIFA as "the greenest club in the world"?
.....
- 9 Name the author from the village of Slad who wrote the book Cider with Rosie?
.....



Tewkesbury

- 4 Which author, with a museum named after him in the town, was born in Tewkesbury?
.....
- 5 Which building in Tewkesbury was formerly a monastery for The Benedictines?
.....
- 6 What well-loved comedian died at Cheltenham General Hospital after suffering a heart attack on stage at The Roses Theatre?
.....



The Cotswolds

- 10 What Cotswold town was the inspiration behind the WW2 radio show 'Much Binding in the Marsh'?
.....
- 11 Broadway Tower is a well know landmark. What is situated next to it?
 Nuclear bunker Iron Age fort
 An adit that was originally used as a tin mine
- 12 Which of these attractions can be found in Winchcombe
 The deepest well in Gloucestershire
 Stocks with 7 holes
 A gargoyle that is shaped like a pair of buttocks



Gloucester

- 13 For which prestigious sporting event in 2015 was Gloucester chosen as one of the host cities?
.....
- 14 What essential resource did Gloucester residents have to manage without for 17 days in the summer of 2007?
.....
- 15 Name the sports club who played at the Wagon Works ground until 1992
.....



Cheltenham

- 16 What used to stand next to Neptune's Fountain in Cheltenham Promenade before it was redeveloped?
 An office block A restaurant
 A cinema
- 17 Which hill near Cheltenham is the highest point in Gloucestershire?
.....
- 18 Which 1970's sitcom, starring Wendy Craig, was filmed in Cheltenham?
.....



To find out more about Charlie and his work visit yarnwhispering.co.uk

Answers can be found on page 22

The Grapeviners' Gallery



1



2



3



4



5



- 1 Richard's paperwhite narcissi
- 2 Hilary's button toy made for her little granddaughter
- 3 Clare's birthday cake

- 4 Creative Big Knit hats from Julie and Barbara
- 5 Chris' Airfix models



Keeping pace

Anne from Painswick

I was contacted by my insurance company to see if I was entitled to a refund as I hadn't been driving during lockdown. They reduced my payments and asked me if anything else had changed. I told them I'd just been fitted with a pacemaker and wondered if that qualified for a reduction as I'm a lot fitter now! She laughed and said "Well that's a first, I'll check and get back to you!"



A poem by Spike Milligan

sent in by Hazel from Badgeworth

Smiling is infectious
You can catch it like the flu,
When someone smiled at me today.
I started smiling too.

I passed around the corner
And someone saw my grin.
When he smiled I realised
I'd passed it on to him

I thought about that smile,
Then I realised its worth.
A single smile, just like mine
Could travel round the earth.
So, if you feel a smile begin,
Don't leave it undetected.
Let's start an epidemic quick,
And get the world infected!



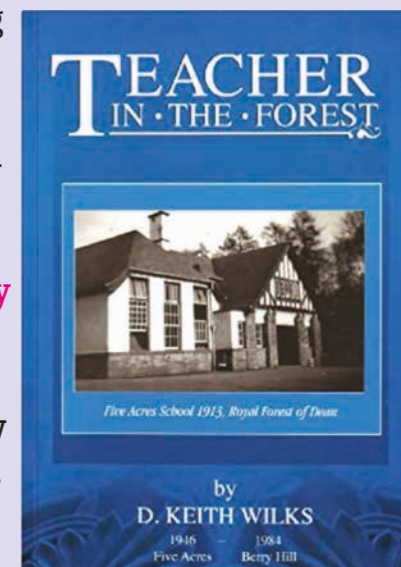
Teacher in the Forest

After serving as aircrew during World War II, Keith Wilks became a teacher, working at Five Acres School in Berry Hill for 38 years.

Now aged 96, Keith got in touch to tell us about the book he wrote charting his experiences and memories from that time.

A fascinating read!

If you would like a copy, contact Editor Tracy on 01452 420941 to find out how to get yours.



Cecily from Churchdown

inspired by Grapevine's Lin

Lin's article in the last issue has reignited my interest in poetry and as she suggested, I read out loud, sitting on my settee with my dog looking at me with interest!

Word Search

Find and circle all of the fruits that are hidden in the grid

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

- | | | | | |
|--------------|-----------|------------|------------|--------------|
| APPLE | APRICOT | BRAMBLE | CUMQUAT | GRAPE |
| BLACKCURRANT | BLUEBERRY | CLEMENTINE | FIG | LIME |
| CHERRY | CITRON | ELDERBERRY | LEMON | PASSIONFRUIT |
| DAMSON | DATE | KIWIFRUIT | NECTARINE | POMEGRANATE |
| GRAPEFRUIT | GREENGAGE | MANGO | PLUM | TANGERINE |
| LOGANBERRY | ORANGE | PINEAPPLE | STRAWBERRY | |
| PEACH | PEAR | REDCURRANT | BLACKBERRY | |
| QUINCE | RASPBERRY | BILBERRY | MELON | |
| TAYBERRY | BANANA | GOOSEBERRY | CURRANT | |

Spot the difference

Can you find all 5?

Sent to us by Grapeviner Hilary in Cheltenham



SPRING word scramble

Iabtbr

Rmcha

Ynubn

Ublsb

Iuensns

Lobssom

Frtubyetl

Nossea

Wtgorh

Mhrwat



Puzzle answers on page 22

Big Knit Update



Thank you knitters of Gloucestershire! You've clearly been busy as we've received a steady flow of hats over the past few weeks, but we still have a way to go to reach our target of 4,000 woolly wonders. Please keep knitting and get your hats to us by 30th June if you can.

We have patterns to suit all abilities, so anyone can join in!



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

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

Puzzle Answers

Page 16/17 County Quiz

- | | | |
|------------------------|-----------------------|-----------------------------|
| 1 Puzzle Wood | 8 Forest Green Rovers | 14 Water |
| 2 The Sculpture Trail | 9 Laurie Lee | 15 Glos County Cricket Club |
| 3 Jimmy Young | 10 Moreton-in-Marsh | 16 Cinema |
| 4 John Moore | 11 Nuclear bunker | 17 Cleeve Hill |
| 5 Tewkesbury Abbey | 12 Stocks | 18 Butterflies |
| 6 Eric Morecambe | 13 Rugby World Cup | |
| 7 Mechanical lawnmower | | |

Page 21 Spring Word Scramble

- | | | | |
|--------|----------|-----------|--------|
| Rabbit | Bulbs | Butterfly | Warmth |
| March | Sunshine | Season | |
| Bunny | Blossom | Growth | |



Tell us what you think...

We hope you enjoyed reading Grapevine and we'd love your ideas on how to make the next one even better, so please share your thoughts below. Or you can email Editor Tracy at tharris@ageukgloucestershire.org.uk

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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. I enclose a cheque to Age UK Gloucestershire for

£50 £30 £25 £10 other: £

Would you like to receive Grapevine and other information from Age UK Gloucestershire, including projects, news, what's happening in your community and ways to get involved or support us?

Yes please

I'd like to be contacted by: (tick all that apply)

Post Email Telephone

My details are:

Title: First Name: Last Name:

Address:

.....

.....

Email: Tel:

MOISTEN HERE

MOISTEN HERE

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

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Age UK Gloucestershire registered charity number 1111773

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