

The Age UK Gloucestershire

Grapevine

Issue 4: Summer 2021



News of our allotment



Youth club memories



Exercise ideas for all



Quizzes and puzzles



and much more inside...

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The Help Team



Our Help Team provide a listening ear and support with all aspects of later life and can also tell you more about the other services we offer, including:

- Out of Hospital Service
- Gloucestershire Homeshare
- Making social connections

**Call the Help Team on:
01452 422660**

A message from your Editor

Welcome to your Summer Grapevine!

As I write this, the sun is shining and the garden is positively bursting with colour. What a great time of year this is and with restrictions easing it really is a perfect time to get out and about if we can. This issue is packed with ideas about opportunities to socialise, get active and keep busy, as well as advice on how to get out safely and with confidence.

Once again, Grapeviners have been contacting me with stories, news and ideas, which you'll find throughout.

On pages 10 and 11, Grapeviner Margaret has shared her memories of belonging to a local youth club in the late 40s. If you'd like to relive your youth club days, we'll be setting up our VintAGE Youth Club for the day at the Gloucester Goes Retro event on August 28th. Come and chat about your memories and tell us what you got up to at your local club.

Who remembers the childrens' TV series Pogles Wood? I used to watch it in the 70s and my very favourite childhood cuddly toy (along with a Merry Thoughts teddy bear) was my Tog rabbit from the programme and as you can see, I still have them both!

I'd be really interested to know about your favourite childhood toys which could be

featured in our Winter issue. What games did you enjoy playing? Do you still have any of your old toys? Or, perhaps your children or grandchildren went on to play with them?

Of course, by the time we publish our next issue, it will be getting close to Christmas. Do you have any particular Christmas memories or traditions to share? If you've been given a special or unusual present in the past, please tell us about it.

Meanwhile, why not make yourself a nice cold drink, take it out to your balcony or garden, along with your Grapevine magazine and enjoy a good read in the sunshine!

Best wishes
Tracy, Editor



Many of you have shown how much you enjoy Grapevine by making a donation to Age UK Gloucestershire and we are so grateful for all your contributions. Every penny really makes a difference and if you'd like to donate, there are details of how to on page 25.



In the Spring Grapevine, we asked about your clever recycling projects and tips to reduce waste

Lois

“I make “Angel Gowns” for tiny babies who have unfortunately passed away. They are created from donated wedding dresses and I hope my gowns provide at least some comfort at what is no doubt, a very sad time.”



Reduce, Re-use, Recycle



Alice

“Gardening is a life-long hobby and passion of mine. It brings me joy and keeps me active and fit, both physically and mentally. I’m passionate about the environment, belong to Greenpeace and try to live and garden sustainably:



- I grow organically and don’t use sprays. If there are green or blackfly on my plants, I just run my finger and thumb up the stems to remove them. Ladybirds will eat the flies too.
- Along with the usual veg peelings and grass cuttings, did you know cardboard, newspaper and even cotton clothing can be put into your compost bin? If I have to buy compost or soil, I make sure it’s peat-free.
- I have 7 water butts in my garden collecting rain water to use on my plants. I didn’t need to use my outside tap at all last year. I even recycle my bath water by filling watering cans – my plants don’t mind soapy water!
- All the space in my garden is used for something – I have runner beans growing in pots in my front garden.”



John

“I love tinkering in my little workshop at home and when my first grand-daughter Carrie arrived, I wanted to create something she would enjoy playing with, so made this dolls house. It’s fully furnished of course and everything has been made from recycled bits and bobs I collected or had left over from other projects. These include:



- Table and chairs made from scraps of hardboard and rocket firework sticks for the legs
- Mattresses and pillows are cut from an old fish tank filter
- Beanbags filled with beans from an old lap tray
- Table made from a cotton reel and cardboard
- Magnetic door closer is from an old kitchen unit”



Trudy

This wonderful creation, known as a Quillo is a quilt, which folds into a pillow. Trudy made this from her son’s favourite t-shirts when they got too small or worn out. What a great way to remember his favourite bands, events and slogans!





A cuppa with Jane

Meet Jane, our Springboard Groups Coordinator. Always bright and smiling, much of her work involves having a cup of tea or coffee with people, so it seems appropriate to get to know music-loving, cinema-going, jazz-jive Lindy Hop dancing, yoga-practicing, Jane over a cuppa!

“I’ve always enjoyed being with people,” says Jane. “I’ve worked across every age spectrum from being a Teaching Assistant, an outreach worker for a sexual health clinic and a Support Worker for the British Red Cross. I began my career as a Civil Servant and I recently bumped into my old boss whose wife is caring for her elderly father, so I put him in touch with my Help Team colleagues. It reminds me that Age UK Gloucestershire is able to offer such a wide range of support to local older people and I’m proud to be part of that. Older people have so much to share in terms of life experiences, I’m constantly amazed and always learning.”

Jane has been at the forefront of managing our online Springboard Facebook Group, formed in March last year when Groups were unable to meet face to face. Every week some members meet on-screen for their “Cuppa with Jane”.

“It started with just 2 or 3 people and now I regularly get around 20, which can be quite lively! The atmosphere is always relaxed and friendly and I’ve created an environment where everyone is welcome, people are comfortable contributing to the conversation, or simply listening in if that’s what they prefer. Edna, our oldest member at 90 years of age, has embraced technology in order to stay connected and join in.”

Group members tell us much the regular chats give them a lift, especially over the past year or so, when things have been challenging.

On the first Tuesday of each month, from 2.30 – 3.30pm, you can join our “IT and Tea” session. Our Digital Volunteers:

Mike, Margaret, Jim, John, Alice and David are on hand to support members with any digital conundrum.

You can join a **Cuppa with Jane**, every Tuesday morning from 10.30 – 11.30am

Springing back into ACTION!

Thank goodness we now seem to be getting back to some sort of normality, which means our Springboard Social Group members are out and about again and meeting up in person.



Meeting my Group was my very first trip out following lockdown. We met at the pub and I had actually worked there many years ago so it brought back memories. It was wonderful and quite emotional seeing everyone again. **Margaret, Brockworth Springboard Group**

I love contributing on the Facebook Group with news about my gardening and cooking efforts, which I hope inspires others to have a go.

Chris, Springboard Facebook Group

We’ve previously arranged activities outside of our group meetings, such as the Sherborne Cinema and a bus trip to Newent for lovely walks around the lake there. We’re all looking forward to going again now that we can do so safely. **Gerry, Longlevens Springboard Group**

I’m visually-impaired and the RNIB suggested I join the online Group, which I enjoy very much. The Digital Volunteers helped me with the technical stuff and although I don’t join in with the all of the chit chat, I love listening in and feel very much part of it.

John, Springboard Facebook Group



All our group members are delighted to be together again after such a long time and it’s heartwarming to see the difference belonging to a Springboard Group can make to people’s lives. Real friendships have been made and experiences shared, both the highs and lows. There are several Springboard Groups meeting across Gloucester, plus the online Springboard Facebook Group. We are starting more groups throughout the county over the next few months and everyone is welcome to join.



If you’re interested in setting up a group in your area, or to find out more about Springboard, contact our Help Team on **01452 422660**

Your guide to enjoying life outside your home post-lockdown



Download a
"Mask Exemption"
or
"Give me Space"
badge from
www.gov.uk



- ✓ 😊 Vaccinations done
- ✓ 😊 Lockdown rules eased
- ✓ 😊 Mask and hand sanitizer ready
- ✓ 😞 Feeling nervous about going out again

We asked these older people for their tips and advice to help you get active, gain confidence and feel positive



Prepare yourself Go at your own pace



“Hands, Face, Space, choosing a quieter time to go out and wearing my mask, all made me feel safer. I don’t feel pressured to step out of my comfort zone and my confidence is growing with each outing.”

“I told friends and family about my worries and found I wasn’t the only anxious one. My sister and I planned a shopping trip together which gave us both more confidence, we enjoyed it and felt safe.”



Meeting friends outside

Being outside is much safer, so relax!



“I was nervous about meeting friends again after so long, but it gave me such a boost, I’m glad I pushed myself to go. We had a lovely get-together in the park and we all brought along our own picnic.”

“After months of doing our own cooking, it was such a treat to go out for a meal in a restaurant. Our favourite place has created a wonderful outside covered seating area and as the evening got chillier, we were kept warm and comfortable with patio heaters and lap blankets.”



Joining community groups and events Venues and groups can’t wait to see you!

“I’m excited about resuming my walking sports, but it was only after I talked to our group organiser that I felt confident it would be safe, so I’m glad I phoned.”

“My wife took up knitting during lockdown so she’s decided to join a local knitting group and is looking forward to meeting new people.”



Going shopping

Support your local High Street



“My first shopping trip felt daunting, but the shop safety measures are reassuring and I chose to go when the High Street is quieter. I browsed my favourite book shop and actually bought some new clothes too!”

“I felt anxious when someone got too close to me, but shop staff were quick to remind people to keep their distance. I liked the signposting around the shop, it was easy to follow.”



Using Public Transport An opportunity to meet and chat

“I was concerned about being in a confined space with people, but the bus company had made sure people were spaced out, it was very clean and everyone was considerate and sensible.”

“It was definitely worth making the journey because I met with a friend I hadn’t been able to see for months, it was great!”



For more tips on getting out with confidence and for information about activities and services in your area, contact our Help Team on **01452 422660**

Margaret

In with the IN-CROWD

Who joined their local youth club as a teenager? For many, from the late 1940's onwards, youth clubs were definitely the place to be and there are sure to be many Grapeviners with happy memories of those times. **Margaret** shares her experiences of belonging to her local youth club in Brimscombe.

“My friend Sylvia and I were 14 when we decided, after much deliberation, to join our local youth club. There was a rumour that one of the games played on party night involved sitting on a boy's lap and we were unsure about that, but we bravely joined anyway! We were so glad we did.

At the club, we played table tennis and board games and had quizzes. Sometimes speakers would join us to talk about different subjects and we also entered local drama contests with our plays and

did really well. In one play, my part involved screaming, so on my way home, I practiced a few times at the top of my voice, which caused a great deal of consternation in the village (much to my embarrassment).

With wartime rationing on clothing still in force, what to wear to youth club was often an issue. Sylvia and I envied our more well off contemporaries, with their extensive wardrobes, but we got around the problem by using the excuse of having lots of homework and no time to change, which

meant we could get away with wearing our school uniforms.

The highlight of our year was going to the Royal Albert Hall in London for a concert organised by the national youth clubs organisation. Who you sat next to on the coach was very important – lifelong relationships were made on that coach and sometimes, sadly, twosomes fell apart.

One rule of membership was that you must attend a place of worship before youth club meetings on Sunday evenings. We all opted for our local chapel and sat upstairs in the balcony, boys on one side and girls on the other. I'm not sure how impressed the

1970s ONWARDS
1960s
1950s
1900-49

GLOUCESTER GOES RETRO

SAT 28 AUG 2021

Age UK Gloucestershire will be taking part in this year's Gloucester Goes Retro event on 28th August. The event sees Gloucester City Centre and The Docks transformed into different eras, from the 1920's onwards. We'll be recreating our 1950's VintAGE youth club for the day, so drop in for a chat and a glass of ELDERflower cordial. You'll find us at The Docks and we look forward to welcoming you!



For more information about the event, visit www.Gloucestergoesretro.com

congregation were, but we raised the roof singing the rousing hymns.

My years belonging to youth club meant so much to me. As well as taking part in different activities and having fun, I made lots of new friends and some great memories. I still enjoy being part of a club today and am a member of The Age UK Gloucestershire Ageing Well Group.”



To find out more about our Ageing Well Group, contact our Help Team on **01452 422660**

Puzzles

It's holiday season and whilst some may be thinking about it, things are still rather tricky when it comes to getting away. Our armchair travel picture quiz provides a reminder of a few of the beautiful sites and scenery here in the UK. Then, take a trip further afield with our European cities wordsearch.



Word Search

Find and circle all of the European Cities that are hidden in the grid

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

- | | | | |
|-----------|-----------|----------|--------|
| Amsterdam | Capri | Istanbul | Rome |
| Athens | Dublin | London | Venice |
| Barcelona | Edinburgh | Moscow | Vienna |
| Berlin | Florence | Paris | |
| Budapest | Frankfurt | Prague | |

I like to move it move it

We're often told that sport and exercise bring great benefits to our overall health and wellbeing, but there's another benefit too. Getting involved with activities connects us with others and provides great opportunities to socialise and form friendships. Here are some thoughts on activities you could consider if you'd like to get active and social.



Swimming

An ideal low impact exercise, which gets all the muscle groups in the body working. From lane swimming and Aquafit classes, to (if you're feeling brave!) open water swimming

Dancing

There are so many different types of dance to enjoy, from ballroom to adult ballet and just about everything in between.

Table Tennis

Popular in youth clubs from the 1950's onwards, there are several active clubs across the county welcoming members of all ages.

Bowls

This may appear to be a gentle sport, but it can really bring out your competitive side! Play as an individual or as part of a team

Tai Chi

Lots of deep breathing, slow movements and relaxation, resulting in greater balance and flexibility

Walking

Probably the simplest activity of all. We have so much beautiful countryside, parks and scenery in our county, so joining a walking group is a great way to enjoy it with the company of others.



Our Help Team can put you in touch with clubs and activities in your area. Call them on **01452 422660**

Walking Sports

No more watching from the sidelines. If you enjoy competitive sport, now you can join in with walking football, netball, rugby and hockey.

Group Exercise

From leaping about to music to seated exercise, there's something for all levels and abilities.

Joy's weekly energy booster

"My class is based on the 'Fit for Life' exercise programme, designed to help us improve our strength and balance and I enjoy going along with my friends. We always feel positive and energised afterwards and usually wind down with a coffee together, so the social side is good too. The class is run by three fire fighters who put us through our paces and we often joke they may need to make a quick exit if there's an emergency!"



Joy and firefighter John

Stephen's story

Being new to Gloucestershire, Stephen was keen to meet new people and as a life-long follower of rugby and big supporter of the England team when he heard about Walking Rugby he knew it was something he wanted to get involved with.

Stephen had been busy working all over the world, leading multi-million pounds projects when suddenly, at the age of 60 he was struck down with a brain hemorrhage. The recovery was long and included relearning many things but happily, he is fit and well again.

"Walking Rugby came along at exactly the right time for me. That rugby ball was the tool I needed and it became a fundamental part of my recovery. It absolutely helped rebuild my confidence, self-esteem and dignity, all things that are central to my existence." Says Stephen.

He took part in the very first walking rugby casual session and the group went on to form the Gloucester Relics team, now around 40 members strong. He's taken part in four tournaments reaching the final on three occasions and winning one.

"A group of 70-year-old-ish men create a lot of testosterone-fueled banter and that's all part of the fun! The social side of the game is important to me and I look forward to joining my team-mates each week."



Stephen shows off the winning trophy with The Gloucester Relics

I Did it My Way



Prince Philip's Land Rover hearse featured in his funeral

It's not a subject we necessarily wish to dwell on, but when the inevitable happens, wouldn't it be good if your loved ones knew exactly what you wanted? It was widely reported that Prince Philip meticulously planned every detail of his funeral over a period of 18 years, and whilst we're certainly not suggesting you do that, noting down a few details and your wishes isn't a bad idea.

Grapeviner, Anne from Painswick was prompted to do so during lockdown, after a conversation with her daughter. Anne explains:

“One day whilst having a cup of tea together in the garden, my daughter, with some hesitation, said ‘Mum, I’ve watched you arrange 3 family funerals in the past and with everything that’s happening at the moment with COVID, if something happened, I wouldn’t know where to start. Do you think you could have a go at organising your funeral?’

As you can imagine, I was rather taken aback, but I could see she was concerned and come the day (and let’s face it none of us know that date), I could spare her

at least some distress by making things easier. So after she left, I sat down with a port and brandy and contemplated.

During lockdown of course, there were restrictions, so if the worst had happened, many of the decisions would be made for her, but now I can make those decisions. There are many considerations, but these are the things which matter to me...

The Flowers

I will give some thought to funeral flowers or whether I would prefer people to make a donation to a charity should they wish to.



The Wake

A small gathering for my nearest and dearest or a bigger affair for wider family and friends?



The Service

Church, Crematorium, both? Maybe a non-religious ceremony?



The Music

An easy one for me. My husband was a concert pianist, so my world has always been full of music. I am choosing 3 favourite pieces, including a one for people to sit and reflect and a triumphant march on the way out as I want everyone to feel uplifted and leave with happy thoughts.



The Readings

Something that is special to me, or maybe no readings at all. Who will speak? Perhaps asking my loved ones to stand up and read at such an occasion is a lot to ask – something I will discuss with the family.



So that's the service sorted, now for the paperwork.

A Will

Mine is in order, but if you don't have one, it can make things much more complicated for those dealing with your estate, whatever the value.



Birth Certificate

Need to find that, I know I've put it somewhere!



Insurance Policies

I happen to have one for a funeral fund, so it's helpful if my family know where to find the information.



Put everything in a file marked “Job Done” and keep it somewhere that's easy for your family to locate. Now, relax and enjoy the rest of your life!”



Gardening Gloves at the Ready

One of summer's great pleasures (British weather-permitting!) is to be outside in the sunshine enjoying the garden. It's a place to relax but it can also be somewhere to grow your own produce, which is healthy to eat and of course, cheap. Even the smallest courtyard garden or balcony will provide enough space to grow something.

However, if you're thinking big, then an allotment is surely the gold standard location to grow your own. These days, allotments are sought-after spaces with long waiting lists, so not easy to come by.



Age UK Gloucestershire is feeling very fortunate as we've been given the use of an allotment space in

Longford, Gloucester and we look forward to local older people coming along and getting involved in gardening and growing produce. Currently the space is being cleared and prepared for use and we were delighted recently to welcome a team of volunteers from local employer Spirax Sarco, who did a sterling job helping to prepare our allotment for planting.

We plan to collaborate and share our space with other community groups, such as Carers Gloucestershire and our aim is to donate all produce to benefit local people



So, are you a keen gardener? Do you have veg growing know-how? If you'd like to get involved by sharing your advice and expertise and pottering at our allotment from time-to-time, contact our Community Engagement Manager, Chris Walker on **07511 225435**.

Cwalker@ageukgloucestershire.org.uk. This is a community project that we are still developing, and we'd love you to help us make it a great success!



What fruit and veggies have you grown in your garden?

Send me your photos and maybe they'll be featured in our next Grapeviner Gallery.

A great way to use some of your fruit and veg is in your baking.

Try courgette muffins, carrot cake, beetroot and chocolate brownies, pumpkin cupcakes, green tomato cake or butternut squash muffins. You can find plenty of recipes online at BBCGoodFood.com



Thank you to Longford Parish Council for the allotment space.

FLOWER QUIZ

Which Flower Am I?

1. A tropical flower named Strelitzia is also known as which kind of bird?
2. Which flower can change its colour from pink to blue by adding acid into the soil?
3. Which famous French artist painted a series of paintings of water lilies?
4. Saffron is extracted from which flower?
5. Which movie does the song Edelweiss come from?
6. What young girl's name is associated with Green Gables?
7. The Chelsea Flower show is held every year in which month?
8. In Holland which bulb was once worth more than gold?
9. Which flowers were once known as Gillyflowers?
10. Gnomes are banned at the Chelsea Flower Show – true or false?
11. Which flowering plant takes its name from the Greek word for rainbow?
12. Which colour is the Welsh poppy?
13. Which forest was Robin Hood associated with?
14. In the song "A White Sports Coat" which flower is mentioned?
15. Finish the words to the popular Dean Martin song "I want some red roses for...."

A Culinary Journey

Summer is here! Overseas trips may not be possible for everyone, but we can still experience a taste of foreign cuisines with this simple European menu. No exotic

ingredients or super-chef skills required. Bon Voyage!

All recipes serve 2 people

Breakfast in France French toast



- 1 large beaten egg
- 300ml milk
- ¼ tsp Cinnamon
- 4 slices of thick white bread

- Beat together the egg and milk
- Soak the bread in the mixture
- Melt some butter in a frying pan and fry the coated bread for a few minutes on each side until golden brown
- Serve drizzled with honey and fresh fruit on the side

Lunch in Greece Tzatziki dip



- ½ a cucumber
- Pot of greek yoghurt (approx 170ml)
- 1 small clove of garlic crushed
- Squeeze of lemon juice

- Grate the cucumber coarsely
- Mix together all the ingredients and season to taste
- Serve as a dip with pitta bread or crackers and sliced veggies such as carrot sticks and peppers

Dessert back home in England Eton Mess



- 2 x shop-bought meringue nests
- ½ punnet of fresh strawberries
- 200ml fresh double cream, whipped
- ½ tbsp icing sugar

- Blend half the strawberries with icing sugar to make a puree and cut the remaining fruit into chunks
- Crumble 1 ½ of the meringues and fold gently into the cream along with the strawberry chunks
- Swirl through the puree, crumble the remaining meringue over the top and sprinkle with icing sugar

Dinner in Italy Creamy pasta with salmon



- 200g pasta shapes
- 1 garlic clove, crushed
- 1 red onion, chopped
- 2 salmon fillets, skin removed and cut into chunks
- Approx. 100ml double cream
- Fresh parsley chopped roughly

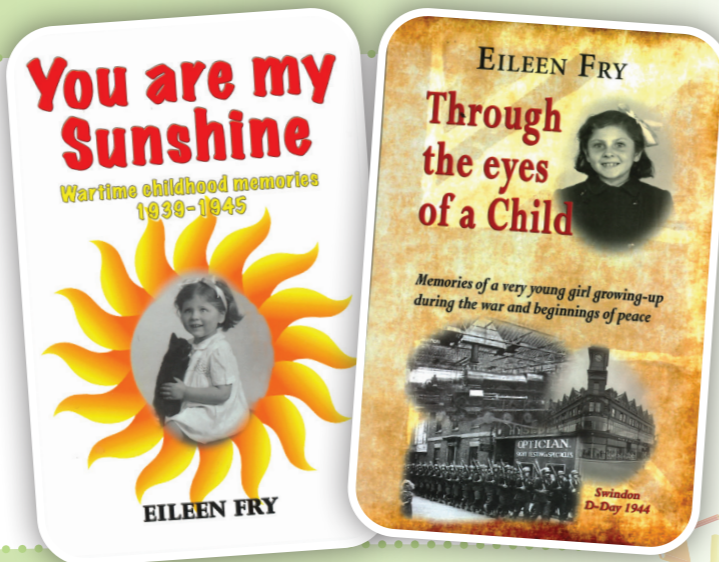
- Cook the pasta in boiling salted water
- Heat a tablespoon of olive oil in a pan and fry the onion and garlic until softened
- Add the salmon and cream and cook for a few minutes until the fish is cooked through
- Drain the pasta, add to the sauce and season with salt and pepper
- Serve sprinkled with the parsley



Grapeviner Life

Eileen's childhood memories

Now living in Gloucester, Grapeviner Eileen began life in South London moving to Swindon during the war. She has written two fascinating books detailing her childhood memories of these times. If you'd like to purchase copies contact Editor Tracy on **01452 420941** for more details.



Love is in the air

In the Spring issue we asked for your stories on how you met your partner. Two Grapeviners tell all!

When Rosie met Mike



Rosie and Mike today

asked me to dance so I turned him down, but when he walked away looking very hurt, I said "all-right then". We married in 1969 and 52 years, two children, five grandchildren and a move from Brighton to Gloucester later, we're still here!"

"In 1963, aged almost 16, my friend and I went to a dance. Naïve, innocent and nervous, I was horrified when a young man

When Greta met Frank

"In 1949 when we both worked at GCC, Frank regularly walked past my desk and we soon exchanged smiles. He invited me to the cinema and we married two years later, going on to enjoy 30 wonderful years together. Frank's ambition was for us to build our own house, so he sold his car and bought a plot of land, but with materials in short supply, the builder could only complete one house. He said it would go to whoever obtained their building license first. Frank camped outside the door of the planning meeting, put forward his case, got his licence (unusual for someone so young at the time) and the family home was subsequently built."



Greta and Frank's Wedding

Ann is reunited with her childhood bracelet

Just before lockdown last year, Grapeviner Ann received a call from her niece, Rebecca who had spotted something rather interesting on the social media pages of her local paper. A metal detectorist had found a baby's bracelet, engraved with a name, address and evacuee number which Rebecca immediately recognised. She got in touch with her Aunt Ann, who confirmed that the bracelet did indeed belong to her.



Metal detectorist, Marcus found the bracelet alongside the stream in the mud and was keen to get it back to its original owner.



"I was born in Bristol and in 1939 at the age of 2, was evacuated to the relative safety of my Grandparents' smallholding in Bath. We regularly used to play at a local arboretum which had a stream running through it and when we were having watercress for tea, my Grandmother would send us to the stream to collect it."

"Marcus had planned to meet up with me and my family, but unfortunately due to lockdown that wasn't possible, so he had to send it to me. When it arrived, I couldn't believe how small it was sitting in the palm of my hand and how silver and shiny it had remained all these years. I am so pleased to have it back after almost 82 years!"



If you have a story to tell, a poem you've written or some interesting facts to share, please get in touch with me on **01452 420941** or email **tharris@ageukgloucestershire.org.uk** and you could be featured in a future Grapeviners' Life.

RAISE your Voice



At Age UK Gloucestershire, we're passionate about making sure that the voices of local older people are heard. That's why we've introduced two projects inviting older people across the county to share their thoughts and experiences with us.

QUESTION of the month?

Every month we ask a different question about your experience of growing older in Gloucestershire. So far, questions have included:

- What have you found that has encouraged you to stay physically active over the last few months?
- What will make you feel confident to join in with community activity as lockdown restrictions are eased?

The feedback you give us is helping to shape our services and projects and make sure we continue towards our goal of making Gloucestershire the best county in which to age. Visit our website to see what you've told us.

If you would like to join the conversation, we can contact you each month and ask our Question of the Month.



Contact Helen Atkinson on **01452 420931** or **hatkinson@ageukgloucestershire.org.uk**

Older Carers Project

We know that being a carer can be hugely satisfying and rewarding but if you are an older carer you may also have your own needs and face specific challenges. We are keen to understand more about the real experiences of older carers in the county and ensure everyone knows how to access additional support, if and when it's needed.

Could you share your caring experiences? We are looking for former older carers to discuss their experiences, support each other in their changed circumstances, and contribute to a "What I wish I had Known" Guide to help make life easier for other carers.

If you're a carer, past or present, aged over 65 and would like to be involved, please get in touch.

Thank you to Carers Gloucestershire Legacy Fund for their support.

Help us to be there for the people who need us most

Demand for our services is increasing. Please help to ensure we are here to provide a listening ear, expert advice and to help resolve problems for the older people in your community who need us now, more than ever.



Please donate today. Thank you.

1 YES please, I'd like to help make Gloucestershire a great place to grow older.
Please accept my gift of (please tick relevant box):

£10 £30 £50 Other amount of my choice £

2 Please choose how you would like to donate



I have enclosed a cheque made payable to Age UK Gloucestershire

or I'd like to pay by credit/debit card Visa Master Card Maestro

Signed

Card No

Security code (last 3 digits on the signature strip on the reverse of your card) (Maestro only)

Expiry date - Valid from - Issue No

You can also donate by phone by calling us today on **01452 422660**

3 My Details

Title First Name Surname

Address

Postcode

Telephone No

Email

4 Gift Aid – Increase your gift by 25% at no extra cost

Please let us know if you would like us to claim an extra 25p for every £1 you donate, at no cost to you, by ticking the correct box below:

giftaid it

I want Age UK Gloucestershire to claim Gift Aid on any donations I have made in the the past 4 years, and any future donations. I am a UK Taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay the difference.

I am not eligible for Gift Aid.

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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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

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 – please complete your contact details on page 25.

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

Post Email Telephone

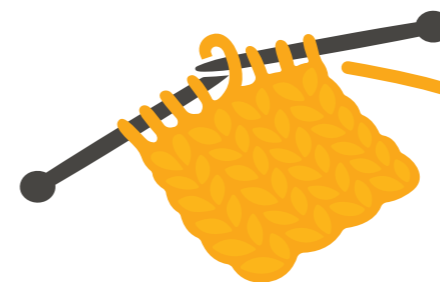
You can decide to stop receiving updates at any time by contacting us on 01452 422660 or emailing enquiries@ageukgloucestershire.org.uk. We promise to protect your personal data in line with our Privacy Policy; www.ageuk.org.uk/gloucestershire/privacy-policy.

Return this form in the enclosed reply envelope (no stamp needed)

or send to

Age UK Gloucestershire, Henley House, Barnett Way, Barnwood, Gloucester, GL4 3RT.

Thank you.



Big thanks for the little hats



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

Knitters of Gloucestershire continue to create more bobbles for bottles and there's still time to get involved. We have some fancy new patterns available, suitable for all abilities, so anyone can join in.

A special mention has to go to the knitting ladies of South Cerney who boosted our total, producing 1000 hats and they are aiming to do a further 500! If knitting was an Olympic sport we think they'd win gold!

We're so grateful for all your contributions. Please keep knitting and get your hats to us by **30th September**.

Send completed hats to:

Tracy Harris,
Grapevine Editor,
Age UK Gloucestershire,
Henley House, Barnett
Way, Gloucester GL4 3RT



Visit our website for more patterns:

www.ageuk.org.uk/gloucestershire/fundraiseforus/BigKnit or contact Tracy on 01452 420941

Puzzle Answers

Page 12 Armchair Travel Quiz

- 1 Blackpool Pleasure Beach
- 2 Westminster Abbey
- 3 Angel of the North
- 4 White Cliffs of Dover
- 5 Forth Bridge
- 6 Hadrian's Wall
- 7 Kew Gardens
- 8 The Needles
- 9 St Michael's Mount
- 10 Giant's Causeway

Page 20 Flower Quiz

- | | |
|----------------------|--------------------|
| 1 Bird of Paradise | 9 Carnations |
| 2 Hydrangea | 10 True |
| 3 Claude Monet | 11 Iris |
| 4 Crocus flowers | 12 Yellow |
| 5 The Sound of Music | 13 Sherwood Forest |
| 6 Anne | 14 Pink Carnation |
| 7 May | 15 A Blue Lady |
| 8 Tulip | |



Age UK Gloucestershire

Henley House, Barnett Way, Barnwood, Gloucester, GL4 3RT

01452 422660 helpteam@ageukgloucestershire.org.uk

www.ageuk.org.uk/gloucestershire



Age UK Gloucestershire Reg Charity No 1111773

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