



Accessible
holiday tips



Meet our
Editorial Panel



Nutritional
advice



Gullible
Gloucester

**FREE
COPY**

and much more inside...

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Gentle social walking groups in Tewkesbury

With the aim of making walking fun, sociable and accessible to everyone, our weekly, gentle, short walks are followed by refreshments and a chance to meet new friends. It's free to join and open to anyone over 75, especially people who are not currently active and who would like to start walking again in a safe, supportive group.

For more information contact our Project Coordinator, Ida Pöschel on 07599 109936

or at:
IPoschel@ageukgloucestershire.org.uk

or visit:
<https://tinyurl.com/AgeUKGlosWalkingGroups>

We love to receive your stories and contributions to Grapevine, but please note, we cannot guarantee that every submission will appear in the magazine and we reserve the right to edit text prior to print.

A message from your Editor

Welcome to your Summer Grapevine

It's hard to believe we published our first issue of Grapevine back in 2020 during the Covid lockdown, which seems a very long time ago now. We're delighted it's being enjoyed by so many of you and as a way of featuring more of the things you want to see, we have created our volunteer Grapevine Editorial Panel.

We currently have four fantastic members on board and their contributions appear throughout. We extend a big thank you to them for being with us!

There's always room for new Panel members and you don't need any experience or specific skills to get involved. You can contribute in many ways from simply putting forward suggestions for content you'd like to see included, to talking about something you're interested in, which we can develop into an article, or writing a full article yourself. There's the opportunity to comment on the creative layouts when they come in from the designer (our favourite bit!) – tell us what looks good and what you would change. You can join us for our Panel meetings, or email in your suggestions and stories, whatever level of involvement suits you, you're welcome on our Panel.

Many readers have shown how much they value Grapevine by donating to Age UK Gloucestershire and we are so grateful for all your contributions. Every penny you donate goes towards helping us to make Gloucestershire a great place to grow older. Find out more about ways to donate and what your contributions mean to us, by visiting <https://tinyurl.com/AgeUKGlosDonations>



As a way of getting to know our current Panel members, we asked them for two truths and one lie about themselves. I couldn't resist joining in, so here's mine:

- I have been playing the piano since the age of 8
- I once danced a Foxtrot with Anton du Beke
- I bungy jumped from a 230ft high bridge in New Zealand

Turn to page 4 to meet our Panel and find out which is my lie on page 22!

We're asking, "where are you reading your Grapevine?" There are a few conventional and unusual sightings on page 22, but what about you? Send us a photo of where you're diving into your copy – hopefully it will be somewhere in the sunshine for this summer issue.

Happy Reading

Introducing our new Grapevine Editorial Panel

We are delighted to welcome our brand new Grapevine Editorial Panel and just for fun, we asked each of them to tell us two truths and one lie about themselves. Can you guess which one is the lie? Answers on page 22.

Lin Shepherd

I know Age UK Gloucestershire well as I was an employee for many years and then became a volunteer following my retirement. After a break, I am pleased to be back as a member of the Panel, especially as writing is quite possibly my favourite pastime.



- A** I briefly had to fly a glider when the pilot had a nosebleed.
- B** I spilt a cup of tea over Princess Michael of Kent when attending one of the Queen's garden parties at Buckingham Palace.
- C** I spent the night in a prison cell in Spain when on holiday.

Nikki Simpson

I have a special interest in the wellbeing of older people as I'm a lecturer in muscular and skeletal health at The University of Worcester. Joining the panel means I can help Age UK Gloucestershire provide useful information directly to older people and their relatives. It's also lots of fun!

- A** I have a dog called Bertie.
- B** I was born outside of the UK.
- C** I have recently moved to Gloucestershire.



Margaret Eeles

I love writing and poetry and I have a particular interest in local history. I also like to reminisce about my experiences growing up and living in the county, so being a Panel member gives me the opportunity to share my memories with readers. Perhaps my stories will jog your memory too!

- A** I performed a duet with Aled Jones
- B** I have visited Australia
- C** I had a ride in a hot air balloon over Robinswood Hill

Sharon Bryan

During lockdown I set up a service producing and delivering meals, which is still going strong. I cater mainly for the tastes of people from local ethnic communities and I was proud when my venture featured in a previous issue of Grapevine. I jumped at the opportunity to join the Panel.



- A** I'm a glamorous granny to 8 boys and 4 girls.
- B** I have a large collection of soft toys which take up the entire bed in my spare room.
- C** I presented Princess Anne with a copy of Grapevine magazine, along with another copy for her mother.

A word from our Panel

We had a lovely time meeting each other and getting involved in Grapevine. We're all different ages and at various stages of life, so there's lots to share. Some of us really enjoy writing and others are full of ideas but happy to let Editor Tracy take that forward into an article. Either way, there's definitely no pressure and we all feel part of the process. It's been great fun and we're looking forward to the next issue, so come and join us!



If you're interested in joining our Panel, contact Grapevine Editor, Tracy on **01452 422660** or email **tharris@ageukgloucestershire.org.uk**

If you have a story to tell or something you'd like to write about, but would rather not be on our Panel, we'd still love to receive your contributions, so please send them to us.

PLANT A Pizza GARDEN

Mama Mia! Who loves pizza? Planting an edible garden can be fun, rewarding and provide some healthy home-grown produce. Here's our suggestion for planting a pizza garden. You don't need lots of space and if you have grandchildren or other young relatives, they will love joining in.



We suggest planting:

- Roma Tomato
- Plum Tomato
- Pepper
- Oregano
- Basil
- Spring onion



You can start these from seed, or pick up young plants at your local garden centre.



You will need:

- A large pot, any shape will do as long as it has drainage holes at the bottom. Alternatively, you can use a smaller pot for each item and grow them separately
- Potting compost
- A good sunny spot to place your pot
- Plant labels.



Simply fill your pot(s) with compost and plant your seeds or plants into the pot. Water well and make sure you keep them watered every day, especially during the hot weather.

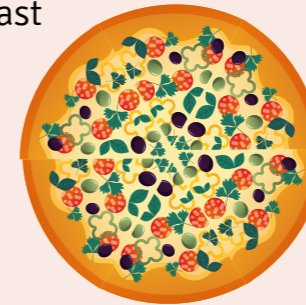
You'll soon have all the ingredients you need to top your pizza.

Now you're ready to make your pizza and here's how ...



Perfect Pizza Dough Ingredients

- 500g of strong white bread flour, or '00' flour
- ½ teaspoon dried yeast
- ½ teaspoon of sugar
- 1 teaspoon salt
- 300ml warm water
- Olive oil



Method

- Put the flour, yeast, salt and sugar into a large bowl
- Add the warm water and mix to form a soft dough
- Turn out onto a lightly floured surface and knead for about 5 minutes until smooth
- Place in a lightly oiled bowl, cover with a clean tea towel and leave in a warm place for about 2 hours
- Cut into 2 or 3 rounds and leave to rest for a further 30 minutes
- Lightly oil a baking sheet and using your hands, spread each round to form a pizza base shape.



Adorn your Pizza Base

- Spread with tomato pizza sauce, which you can make by blending your beef tomatoes with oregano, garlic, a little olive oil and seasoning. No cooking required!
- Dress your pizza with your home grown peppers, spring onions, oregano, basil and sliced roma tomatoes. Try adding ham, Italian sausage, mushrooms, even rhubarb works well!
- Top with fresh mozzarella
- Cook in a hot oven (Gas 9, electric 240, 220 fan) for 5-10 minutes.



When I grow up I want to be ...



by Margaret Eeles, Editorial Panel

What did you want to be when you grew up? I wanted to be an actress and I decided, for some reason, that my stage name would be Marina Lacey. My acting dreams began when I was seven years old and performed a poem at an event held in Brimscombe Church. When I finished there was applause, and I was hooked – this was what I wanted to do forever.



My second venture into acting was a Sunday School play. I was a rather disreputable cleaner called Mrs Mop and, again, the applause I received was infectious. A member of the audience told me she was sure she would see me in other productions, and that was it! My fate, I felt, was sealed.



My long-suffering parents kept my dream alive by applauding when I appeared from behind a door curtain and entertained them with poems. And when I went to the Girls Tech school in Stroud, I was fortunate that our headmistress, Miss Trout, loved Drama, so sundry school plays followed. In the fifth form I had the leading role in a play as a young King, and when my mother shed tears over my moving performance, I felt even more sure that acting was my future. I couldn't wait! However, though youth club plays and competitions followed, life took over – I married, had children and the dream faded, but never died completely.



In my fifties, I was an Akela in a cub pack and this meant going to St Barnabas Church in Gloucester once a month for a parade get-together. It was announced in church that the St Barnabas Players were putting on a production of Joseph and the Amazing Technicolor Dreamcoat. Would any parishioners like to join? I certainly would! What a chance to rekindle my dreams.

I took part in Joseph, with a friend, and my dream reappeared. The St Barnabas Players then moved to the Olympus Theatre in Gloucester and later became The Crown Players. I had various small roles in a number of plays and absolutely loved doing the props, too. I was delighted to be involved in anything theatrical. I never did become Marina Lacey but I loved my brief forays into the limelight.

... I wonder, did you achieve your childhood dream?

Get in touch and tell us about your childhood dreams and ambitions. Did they come true?



Cook? Me?



by Lin Shepherd, Editorial Panel

I was blessed to have a life partner who was not only a brilliant cook, but who actually enjoyed it. She tried to get me interested but I was unenthusiastic and never graduated beyond prepping vegetables, and stirring things. Then my worst nightmare became an awful reality when my partner died. It was terrifying in so many ways, not least because I was now in charge of cooking for myself.

The first two weeks afterwards are a blur now but when the last visitor left came the real beginning of aloneness. Ready meals had only rarely crossed our threshold and I was reluctant to go down that all-too-tempting path. Then I was thrown a lifeline by Age UK Gloucestershire who linked me to a project teaching basic cookery skills and nutrition to older people who found themselves on their own. This could be through bereavement, divorce or relationship breakdown, social isolation, or a partner had moved into long-term care.

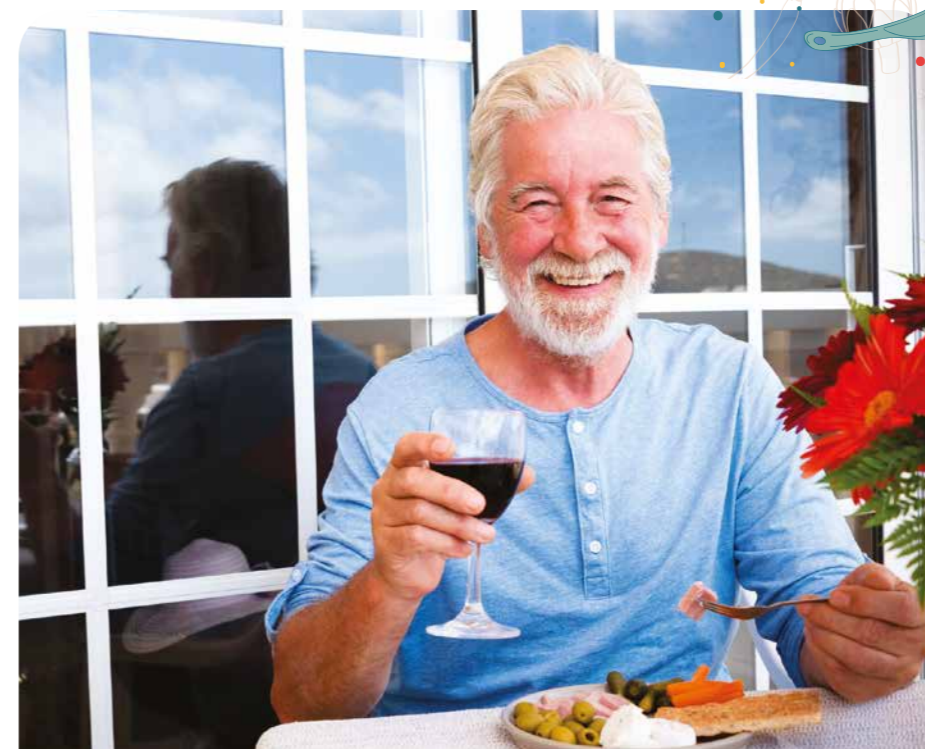
I felt embarrassed that I was such a dunce in the kitchen but I need not have worried. Our group of three men and five women

were all there following a bereavement. Although none of us spoke much about it, there was always the warmth of being in a group of people who understood and were there for a hug or a comforting word when one of us was having a tricky day. We were kept in order by two stalwart volunteers who taught us ably, with just the right mixture of humour and authority. Kitchens can be dangerous places after all. That's not to say there weren't episodes of 'rogue behaviour' now and then, and there were one or two First Aid incidents!

Each week we cooked ourselves a healthy, nutritious, tasty meal that we ate together at a properly laid table.

One of the worst things about being alone is that mealtimes lose their significance. Instead of being a time of coming together, conversation and social interaction there is the deafening silence of solitary dining. But when we ate together there was lots of chatter. Except that one time . . .

We'll call them Jack and Bob, and they were the chefs that week, in charge of cooking a vegetable curry. It smelled divine but after the first mouthful most of us were gasping for air. The curry was fiery hot and inedible – except by Jack and Bob. They'd made an executive decision that the suggested measure of curry powder wasn't going to be sufficient to give the curry the kick they were looking for. So they'd 'adjusted' it. Once we all regained our speech there was some suitably fiery banter but when the curry was 'readjusted' by the addition of plain yogurt we were all able to enjoy it.



I left the course with new skills, and recipes that I still use. I've also come to learn how good it feels to feed people; there is something very fundamental about hospitality and sharing. It is an act of love, whether you are feeding a family, friends, or the hungry of the world. Or if there's just you at the table, there's nothing wrong with a bit of self-love.

Nutrition for my condition

by Nikki Simpson,
Editorial Panel



As we age our bodies go through many changes and our nutritional needs can shift. Certain health conditions can also affect our nutrient requirements, making it even more important to pay attention to what we eat. It's important to understand that there is no one-size-fits-all approach to nutrition. Each person's nutritional needs vary based on factors like age, gender, weight, physical activity level, and medical history. There are, though, some general guidelines that can help improve overall health and manage some common health conditions.



Arthritis

This is a common condition that causes inflammation and pain in the joints, which can make movement difficult. It's important to maintain a healthy weight and eat a balanced diet. Omega-3 fatty acids, found in oily fish like salmon and sardines, can help reduce inflammation and joint pain. Other anti-inflammatory foods include nuts, seeds and leafy green vegetables such as spinach and broccoli. Vitamin D is also great for bone health and can help alleviate symptoms. You can get Vitamin D from foods like egg yolks, and fortified milk and cereal, or by spending some time in the sun.

Type 2 Diabetes

This affects the way the body processes sugar (glucose), leading to high blood sugar levels. A balanced diet that's low in sugar and refined carbohydrates can help with managing this condition. Foods with a low glycaemic index, such as whole grains, vegetables and legumes can help regulate blood sugar levels. It's important to limit your intake of sugary drinks and snacks. Eating smaller meals at regular intervals throughout the day can also help to maintain a healthy blood sugar level by avoiding peaks and dips. Regular exercise, such as walking after meals, can also help.

Heart disease

Reducing the risk of developing this is important for us all. A heart-healthy diet is low in saturated and trans fats, and high in fibre, fruits, vegetables and whole grains. Foods high in soluble fibre, like oats, beans, and apples, can help lower cholesterol. Omega-3 fatty acids found in oily fish and nuts can also help reduce the risk of heart disease. It's important to limit salt intake, as too much can increase blood pressure. Try using herbs and spices to add flavour to your food instead. Potassium is a mineral that can help counteract the negative effects of sodium on blood pressure. Bananas, sweet potatoes, spinach, avocados, tomatoes and beans are high in potassium. Drinking too much alcohol can raise blood pressure and lead to other health problems. Adults should limit their alcohol intake to no more than one drink a day for women and two a day for men.



Osteoporosis

This causes bones to become weak and brittle, increasing the risk of fractures. To maintain bone health, make sure to get enough calcium and Vitamin D. Calcium-rich foods include dairy products like milk, cheese and yogurt, as well as leafy green vegetables and fortified foods like tofu and orange juice. As mentioned earlier, Vitamin D can be found in a variety of foods and maintained with some sun exposure. Regular weight-bearing exercise such as walking, Pilates or dancing are important to help maintain bone strength.

Please note, we are not providing medical advice. If you are worried about your diet, please contact your GP.

Accessible Holidays

Our Top Tips

If you are living with a disability, certain health conditions, or struggle with your mobility, the idea of taking a holiday can seem out of reach, but there are many options available to you. Whether you want to jet off somewhere exotic, or take a holiday closer to home, anything is possible!



Research your destination

Wherever you decide to go, it's important to research the location thoroughly. You may be interested in visiting local attractions, so check if these are accessible too. If you plan to rely on local transport whilst on your holiday, find out if that suits your needs. You may even want to think about any legislation or cultural attitudes towards your disability, which could be different in some countries. A good way to investigate is to read blogs by people who have lived experience of accessible travel. We suggest www.thebimblers.com



How will you get there?

Once you've decided where to go, you'll be looking at transport options. Driving may be your preferred choice but you can easily travel by train or coach. Talk to the provider beforehand, explain your requirements and make sure they can accommodate these.

If you're flying, there's plenty of assistance available from the moment you arrive at the airport. Many airports work in partnership with specific charities to ensure they maintain high standards. These include Age UK, Alzheimer's Society, Action on Hearing Loss and Guide Dogs for the Blind.

See the article on page 16 where Sharon talks about her trip to Jamaica.

Travelling by ferry to Europe is also easy as most ships and ports cater well for disabled travellers.



What type of accommodation do you want?

It goes without saying that in order to enjoy your holiday, your accommodation must suit your needs. Once again, it's all about the research but many places across the world are now providing appropriate facilities for you. Wheelchair access, wider doorways and walk-in showers are all standard and some hotels and cruise ships even have easy access swimming pools. In the UK, many hotels cater well for all abilities and of course, you can book a holiday home with the appropriate facilities by searching for accessible self-catering accommodation.

An independent trip or package holiday?

Booking a package holiday means there is less need for you to get involved in the arrangements as the travel company will have done all the work for you. Destinations are carefully selected to ensure they are suitable for you and there will be a local holiday rep on hand if you have any issues during your trip. However, this isn't for everyone and travelling independently is just as easy, provided you have done your fact-finding beforehand.



Remember the essentials

Travel insurance can be tricky, but it is available and it's important you have it, particularly if you are visiting a country where there is no free access to healthcare. Useful information about obtaining cover can be found by visiting:

www.scope.org.uk/advice-and-support/insurance/

It's a good idea to obtain a letter from your GP about any medication you take in case you need to visit a doctor whilst you're away. Also, bring more medication than you need and carry some in your hand luggage in case your suitcase is lost.

When looking into your trip, read reviews left by other travellers as this can provide a good insight into your chosen destination or accommodation.



Here are some websites for companies who specialise in accessible travel. These are not recommendations, but may be a good place to start with your own research.

www.limitlesstravel.org
www.disabledholidays.com
www.enableholidays.com
accessibleholidayescapes.co.uk

Happy travels!



I found the freedom to fly

For some, the thought of flying and everything that goes with it can feel overwhelming. It might seem easier to just stay at home. Sharon discovered this couldn't be further from the truth.

by Sharon Bryan, Editorial Panel

“My parents moved to the UK in 1954 as part of the Windrush Generation. They settled in Reading, had a family and often visited relatives in Gloucester. In 1992 they decided to return to Jamaica and enjoy their retirement.

Now aged 85 and 95, they are still fit, healthy and loving life, but our family are spread across the world. Technology helps us keep in touch regularly, but visits are infrequent because of the vast distances involved.

In January, Mum was celebrating her 85th birthday and my parents had started thinking of practical things, in particular setting up Powers of Attorney. That meant we needed to get together as a family.

Problem – I struggle with my mental and physical health and have a big fear of flying. It can make a journey like this extremely daunting, even impossible for me.

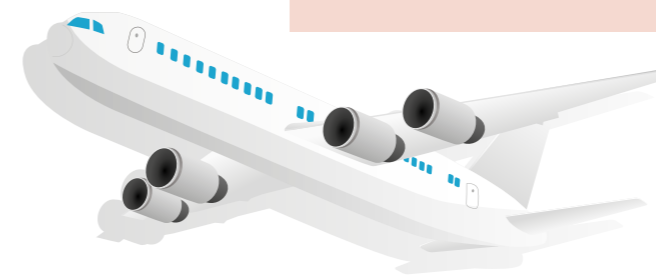
Solution – I discovered how amazing assisted flying is and now I feel like anything is possible!

Here's how it worked for me :

- I flew with British Airways (most airlines should offer a similar service) and asked for the assisted service when I booked.
- A BA representative met me on arrival at the airport and looked after everything from there.
- Forget checking in – this was all done for me! The airline took care of my luggage, getting it weighed, checking in and obtaining my boarding pass which meant no queuing (very helpful as I can't stand for long periods of time).
- My mobility walker was taken and stored in the hold until I needed it again on arrival.
- I was asked if I'd like to browse the shops or look around the airport and was given the option of a wheelchair, but I was nervous about the flight so gave it a miss.
- I had a very nice ride on a little buggy, which took me through the airport and whisked me off to the departure lounge.

So far, so good, but I still had to overcome my fear of flying and the anxiety I was feeling about getting on the plane. Again, everyone was wonderful and I needn't have worried.

- I was first on the plane, which allowed me time to settle in before other passengers arrived.
- The cabin crew were aware of my situation and someone came by to check on me several times throughout the flight, just to make sure I was ok. It was so reassuring and a great help.
- When I finally arrived in Jamaica I waited on the plane until everyone else had disembarked, meaning I wasn't rushed or pressured.
- Assistance was waiting for me and I was taken to a special passport control and baggage collection area. I was supported right up to the moment I was in a taxi on the way to my parents' home.



My advice is, don't let anything hold you back, there's so much help available to suit all needs. Needless to say we had a wonderful family reunion and now I feel so confident about flying that I'm wondering where I will go for my next trip!"



You can find out what assistance is available travelling with British Airways by visiting www.britishairways.com. Or, search for the assisted flying section for the airline you are planning to travel with



Seagulls of Gloucester

If you cast your mind back to the early 2000's, you may remember a lot of discussion around the city and in the local media, about pesky seagulls causing problems for residents. What could be done about it? The subject was a divisive one which ruffled a few feathers. Animal lovers pleaded for the birds to be left alone and others called for a cull of the gulls. Grapeviner Derek wrote to us with this interesting insight into a couple of the ideas proposed. Who knew!



23 years ago many Gloucesterians were gulled (an old word meaning 'fooled') by a bizarre letter in the local paper.

What could be done to reduce the city's marauding gull colony had been argued about for years. The answer was (and still is) – nothing that has any real impact. Incredibly gulls are protected by law. Hope once dawned when a letter from a Finnish visitor, Lasse Viraanen, popped up in the Citizen newspaper.

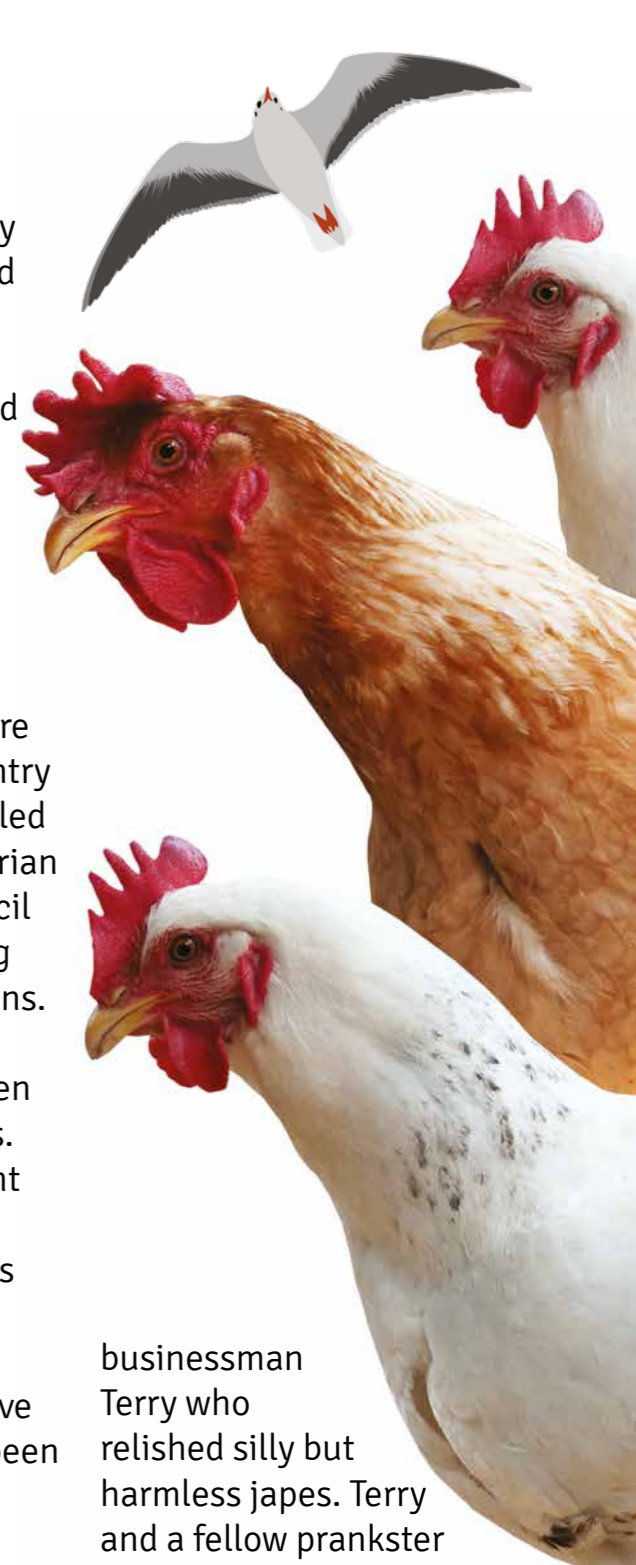
Lasse said that Finland has a gull problem too. The solution was to put chickens in cages on the rooftops of public buildings. Gulls are extremely offended by the smell of poultry, said Lasse, and will make themselves scarce at the least whiff. For Gloucester, he declared, 50 hen cages will rid you of the nuisance.

The Citizen illustrated this with a large mocked-up picture of a city roof occupied by a chicken keeping a gull at bay. Letters poured in. Some readers were eager to give hens a

go, others worried about the gulls' welfare. 'Build artificial cliffs where they can be rehomed,' pleaded one. Another cautioned that in Finland the hens attracted predators called gluttons from the forest. So many gluttons were being shot they were in danger of extinction.

The debate went on for months. Lasse's hens were mentioned on West Country TV. A go-for-it campaign led by a prominent Gloucesterian was ignored by the council which was busy weighing up other novel suggestions. One given consideration was to put bowls of golden jelly on the roof parapets. Flickering rays of sunlight reflecting off the wobbly goo would make the gulls think their perches were ablaze, so scaring them away. This plan might have worked had Gloucester been in the Mojave Desert.

Time passed and interest in the story dwindled. Lasse Viraanen wasn't disappointed – in fact he never existed. He and his hens had sprung from the imagination of local



businessman Terry who relished silly but harmless japes. Terry and a fellow prankster had invented much of the correspondence over pints and chuckles in city pubs. Would they get away with such nonsense today? Let's hope so, the world needs all the fun it can get!

Do you remember the seagulls in the city becoming a hot topic? What was your view? Share your memories with us by getting in touch.

Word Search



How Does Your Garden Grow

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

- | | | | | |
|-------------|------------|-----------|----------|--------------|
| BEES | GNOME | MULCH | SLUGS | VEGETABLES |
| BUTTERFLIES | GRASS | PATIO | SNAIL | WATERING CAN |
| COMPOST | GREENHOUSE | POTS | SPADE | WEEDS |
| DECKCHAIR | HERBS | RAKE | SUNSHINE | WHEELBARROW |
| FLOWERS | HOE | SECATEURS | TREES | WIND CHIMES |
| FORK | HOSEPIPE | SHEARS | TROWEL | WORMS |
| GLOVES | LAWNMOWER | SHED | TRUG | |

County Quiz

A few weeks ago, Team Age UK Gloucestershire accepted the challenge of taking part in BBC Radio Gloucestershire's County Quiz on Mark Cummings' Breakfast Show. We didn't win, but came a close second and here's a selection of the questions we faced. How would you have done?

- Which town is known as 'The Queen of the Cotswolds'?
- How many number 11s are displayed on the clock face at St Ethelberts Church in Littledean?
- Where in the county can you see a Gloucester E2839 or 1925 Gloucester Game Cock?
- Which is farthest south along the River Severn from Gloucester, Sharpness or Awre?
- Guess the year: Gloucester Rugby beat Bristol in The Zurich Championship final; Party at the Palace took place for the Golden Jubilee; Britney Spears was declared the world's most powerful celebrity
- In which county district is Winchcombe?
- Where in the county is the official base of Gifford's Circus?
- In which Gloucester gate street are you if you're standing outside St Mary de Crypt Church and Café Rene?
- How many places named Eastington are there in Gloucestershire?
- Put these places in order, east to west: Gloucester Waterways Museum, Cotswold Farm Park, Dean Heritage Centre and Slimbridge
- True or False - The Holloway Brothers factory in Stroud was first in the UK to use a steam powered sewing machine?
- Where in the county was the film Bridget Jones's Diary shot?

Answers on page 23

Our thanks to Mark Cummings' Team and BBC Radio Gloucestershire for allowing us to reproduce these quiz questions and of course, for inviting us onto the show.



Grapeviner Life

Where are you reading yours?

We've spotted you reading Grapevine in all sorts of locations! It seems to be providing a good holiday read for some as seen here, as well as in some unusual places closer to home. We'd like to know where you're reading yours, so send us your photos by email or post and let's find out!

Our contact details can be found on the inside front cover.

Jamaica



Holiday Inn, Cheltenham

Ibiza



At the photocopier



Surfer's Paradise, Australia



Planting a Rainbow



This summer the LGBT+ Partnership, Cheltenham launched an initiative to plant a series of Rainbow Flags through Wildlife around the county as part of an awareness campaign. We were delighted to offer the group space at our allotment in Longford and just look how their rainbow is just beginning to flourish!

We'll continue to watch with interest as it grows.



For information about getting involved with our allotment, contact Chris Walker on

07511 225435 or email cwalker@ageukgloucestershire.org.uk

You can access the LGBT+ Partnership at www.lgbtchelt.co.uk

Microwave Magic

We love hearing from Grapeviners who have found quick and easy ways to create something delicious. Caroline was inspired to make desserts in the microwave after trying out our chocolate mug cake recipe which appeared in Grapevine back in Spring 2021. Here's her take on making lemon curd in the micro. We tried it here at the office and it was a winner!

Ingredients

- 65g granulated sugar
- One large egg
- Juice and zest of 3 large lemons
- 40g melted butter
- Pinch of salt



Method

- Whisk the ingredients in a micro-safe bowl and micro for 1 minute on high
- Stir and micro for another minute
- Whisk well and micro for a further 30 seconds
- Test and if the curd holds a line when a spoon is dipped in it's done, if not micro for another 30 seconds
- Strain and refrigerate for up to seven days.



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 422660 or email tharris@ageukgloucestershire.org.uk

and you could be featured in a future Grapeviner Life.

Gapevine Editorial Panel – here are the answers that were lies!

Lin: A – I never had to fly a glider thank goodness!
Nikki: B – I'm Yorkshire born and bred
Margaret: A – believe me, you don't want to hear me sing!
Sharon: B – There's no room for soft toys with all my grandchildren!
Tracy: A – I can't play a note!

Quiz answers

1. Painswick 2. None – the number 11 is wrongly painted as 9 (in Roman numerals)
 3. Jet Age Museum 4. Sharpness 5. 2002 6. Tewkesbury
 7. Fennels Farm 8. Southgate 9. 2
 10. Dean Heritage, Slimbridge, Waterways, Cotswold Farm 11. True 12. Snowshill

Our activity and social groups offer *fun, friendship and support*

To find out how you can get involved visit
www.ageuk.org.uk/gloucestershire/activities-and-events
or call us on 01452 422660.



THE
SUMMERFIELD
CHARITABLE TRUST

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