



Let's get
digital



Springboard
Takeover



Citizen
science



Autumn
cooking

**FREE
COPY**

and much more inside...

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My age is my Superpower!

Tell us why your age is your Superpower!

Every age brings its own positives (as well as challenges) and we'd like to hear from you. Are you wiser? More confident? Happy to let things go? Please tell us what being your age means to you.

My age is my Superpower because.....

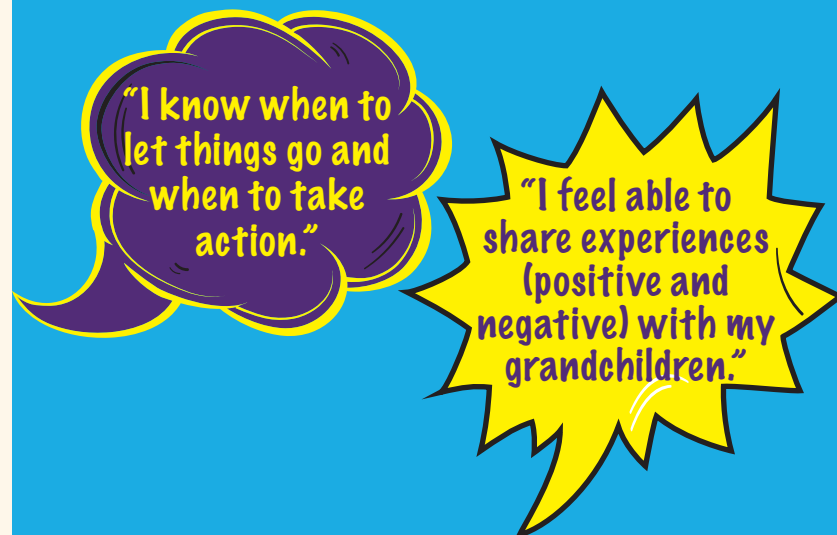
I give my permission for my name and quotation to be used in Age UK Gloucestershire articles, social media and other publicity.

Name: _____ Age: _____

In the spirit of remaining positive, we're asking people to tell us what's great about the age they are.

Tucked into your copy of Grapevine, you'll find a postcard inviting you to tell us why your age is your superpower. Perhaps it's more wisdom, more confidence, more time for you? We've already been surprised by some of the responses we've had, so please tell us what your age means to you and why it's your superpower.

Please complete the postcard and send to us in the **PRE-PAID** envelope provided.



A message from your Editor

Hello Grapeviners and welcome to your Autumn/Winter Grapevine

We know that times are tough right now and as winter approaches, many people are worrying about the months ahead. While it might be at odds with how some people are feeling, I have deliberately kept the tone of Grapevine light and fun as I think that keeping positive is more important than ever. I hope Grapevine provides a little ray of sunshine, but as always, we want to make sure that it meets the needs of readers, so please let me know what you think.

This issue includes our Big Springboard Group Takeover. Eight pages of stories, ideas and experiences from members of our fantastic Springboard Social Groups who meet around Gloucestershire every week. They have written about everything from grandchildren and online dating, to what goes on during their get-togethers and some memories of times gone by. You'll also hear from some Springboarders who have told us how much being part of a group means to them.

I hope you enjoy the Springboard Takeover and if it's inspired you, perhaps you'd like to be part of my Grapevine Editorial Panel? We want Grapevine to be all about you, and when we asked our Springboarders to get involved, there was no stopping them! If you enjoy writing and would like to see your article published here in Grapevine, or if there's something you'd like me to cover, please get in touch and you could see it in print! I am hoping my Editorial Panel will



be able to get together to share stories and ideas with me, so we can make it a social activity too (although there's no obligation to do this if you would simply prefer to submit an idea or story).

For a reminder of the beautiful sunshine we enjoyed over the summer, you'll find photos of our Garden Party on the back cover.

Happy reading!

Tracy

PS We'd like to thank Gloucestershire County Council for supporting this issue of Grapevine through their Thriving Communities Grant. From the responses we receive from Grapeviners we know that many people look forward to receiving their printed copy. We're so pleased that Grapevine's important role has been recognised through this grant.



Tesco management and members of the knitting group present us with their generous donation

Knitting seems to be a pastime which is growing in popularity for people of all ages and there are knitting groups popping up everywhere around the county. Tesco in Quedgeley has a particularly large and thriving group, thanks to Tesco Community Champion, Theresa Fisher. Many members knit for good causes, either contributing to particular campaigns, or by holding sales of their knitted creations and donating the money to charity.

Age UK Gloucestershire was one of the lucky charities to benefit from the hard work of the Group, when they attended our summer garden party with a stall and then held a subsequent sale in store to support us. We would like to extend a huge thank you for the £200 the ladies raised for us and we are truly grateful for their generous contribution.



You can find a list of local knitting groups on our website by visiting ageuk.org.uk/gloucestershire/activities-and-events/grapevine, or call Charlotte on **01452 420900** to have a copy posted to you.

These are just the groups we are aware of, but if you belong to one we haven't listed, let us know and we will be happy to add you.



Big Knit Update



Nimble fingered knitters of Gloucestershire really went for it this year and contributed a total of 5,873 little hats to our Big Knit Campaign, raising a magnificent £1,468.25! All this money will be used to help us continue our work towards making Gloucestershire the best county in which to grow older. Look out for the hats on promotional packs of Innocent Smoothies from January 2023. **Thank you!**



If you would like to get involved in our next Big Knit campaign, you can find details and patterns by visiting ageuk.org.uk/gloucestershire/get-involved/big-knit-campaign

Here are some of the items members of the group have been working on recently. Perhaps you'd like to have a go at making them!



Patterns for these are available on our website by visiting ageuk.org.uk/gloucestershire/activities-and-events/grapevine Or you can call Charlotte on **01452 420900** to receive copies by post.




Let's get DIGITAL

Our Digital Champions could really inspire you to embrace all things digital safely and with confidence. You could easily keep in touch with family and friends, connect with new people, bank and shop online, access music and digital TV, take and store photographs and even master a sat-nav.

Our friendly Digital Champions Volunteers are here to help you get familiar with your smartphone, tablet or laptop from the absolute basics onwards. If you don't know where to start, don't worry, our Digital Champions will chat about what matters to you and make suggestions about how going digital might help. Most people find that they think of other things as their confidence grows. We'll show you how to ensure you are completely safe and secure online, that no-one can see your personal information and you won't need to worry about doing anything wrong.

We know that one size doesn't fit all, so our help is provided on a one-to-one basis and is tailored to exactly what you want to achieve. You can have as many sessions as you want and we offer our support **FREE of charge!** You can meet our volunteers at one of our community hubs or we can provide help over the phone.

IS THIS YOU? Going digital could help

 **I find it hard to get to my bank and need to travel further since my local branch closed**

Online banking is completely safe and secure, provided it's set up properly and your passwords are safe and protected. It allows you to move money between accounts and make payments online, so no more struggling to get to the branch.



Shopping is a challenge now, trying to carry all those heavy bags

You can browse the shelves of your local supermarket via your device and have your shopping delivered to your door, making the weekly shop a breeze. In fact, you can purchase just about anything online from clothing to garden items, so you could be doing your Christmas shopping online this year! You can easily buy and sell things too, on sites such as Ebay and Gumtree.



Finding the right information all in one place would be so helpful

Researching online allows you to find what you need quickly and simply. Everything from what's happening in your area and where you can access different services, to making travel arrangements and finding out the opening hours of your local garden centre, it's all at your fingertips.



I hear a lot about Social Media, but I'm not sure it's for me

Social media can connect you to a world of information, people and organisations. As well as connecting with your friends already on social media, you can join groups and noticeboards, contribute to online conversations and follow organisations such as news channels, local businesses or good causes. We have our very own Age UK Gloucestershire Springboard Facebook Group which has over 400 members and you could be part of it.



I would love to chat more often with my friends and relatives

There are many ways you can connect with people using your device, including 'face-to-face' on your screen and through private friendship groups where you can all chat together. So whether your friends are across town or across the world, you can always stay in touch.

Borrow a Tablet from us

If you don't have your own device, we can lend you a tablet whilst your Digital Champion is helping you to get to grips with all things digital. It's free, safe and means you can practice at home in your own time at a pace that suits you.



Nick describes his digital experience as 'life changing'

"I've got a smartphone but my visual problems, a disability in my hand and more recently, a stroke mean I struggle with it. I began to feel like I was being left behind with technology and I didn't know where to start" says Nick. "I arranged to meet an Age UK Gloucestershire Digital Champion at the library, borrowed a tablet (which is much easier for me to see and operate) and John has been working with me for a while. I'm feeling so confident online now that I've arranged myself a trip to visit my family in Devon. I've booked my accommodation, train tickets and bought some new fishing tackle, all online! I've also been having a few issues with my Council Tax and have been able to find very useful information online which will help me get things sorted."

Since then, Nick has also joined in with other social events, including our 'Cuppa with Jane' where he met a member of a local walking rugby team, which Nick is also planning to join. "I can honestly

say that making the most of being online has really given my self-esteem a boost. I needed lots of help before, but now I feel much more independent."



Look what can happen when you go digital!

"I already have email and my friend sent me photographs of her new house. I didn't know how to open them up, but I've learnt to do it and now I can file all my pictures too."

"My son went on holiday to a place in France we used to visit years ago. He contacted me over Facetime and I was able to "revisit" some of my favourite sites with him."

"I was easily able to find a new window cleaner on a local social media noticeboard. I felt confident about contacting him because I'd read all the great recommendations and comments other people had left about him."

"I love my music, but CDs are such a fiddle compared to using Spotify on my tablet. I've got all my favourite music at my fingertips."

"I wanted to find a better deal for my home insurance and now I know all about online price comparison sites and how to find the best prices with just a few clicks."

"My daughter lives miles away and we have lunch together every Friday on Facetime. I've made a special stand for my tablet so we can eat together whilst chatting on screen. It was my 90th birthday recently and we were able to celebrate almost as if we were together in person."

"We were going to a family wedding and being able to find our way there using the sat-nav on my phone was so much easier than map reading!"



To find out how you can borrow a tablet or access support to 'Get Digital', contact Chris on **07511 225435** or email cwalker@ageukgloucestershire.org.uk

Become a Citizen Scientist



spider crab watch

If you have a curious mind, you could become a Citizen Scientist. Whatever you're interested in, there's a project for you. Wildlife, conservation, history, space or the weather, the possibilities are endless.



the cricket wing



cloudspotting on mars



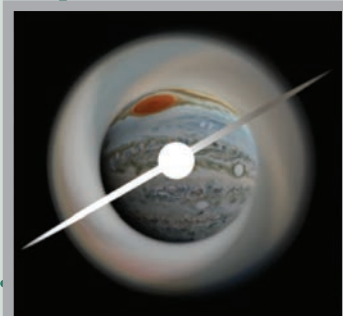
poets & lovers



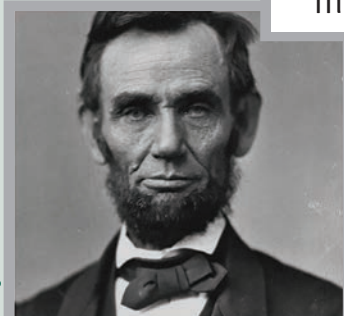
picturing michigan's past



get to know medieval londoners



jovian vortex hunter



people's contest digital archive



the wild southwest



killer whale count



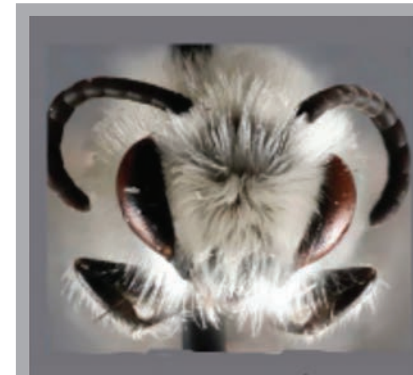
maria edgeworth letters



genome detectives

Citizen Scientists are volunteers who collect and process information, to support scientific research. Their valuable contribution supports researchers worldwide to process huge amounts of data. Citizen Science could take you to your local countryside, waterways or beach, or you could carry out valuable research from your kitchen window or computer. The amount of time you contribute is your choice, and anyone can get involved!

Most projects involve studying the subject matter and recording your findings on a website. You could be spotting insects in your back garden or observing habitats or local wildlife. You can study computer images of stars or cloud formations or observe animal behaviour on worldwide webcams. You don't need any particular expertise or experience and anything you need to know will be explained when you take part.



notes from nature - big bee bonanza!

Nature projects here in the UK include:

- The Natural History Museum's Digital Nature Journey www.nhm.ac.uk/take-part/citizen-science.html
- The British Trust for Ornithology's Garden Bird Watch www.bto.org/our-science/projects/gbw
- Butterfly Conservation's Big Butterfly Count bigbutterflycount.butterfly-conservation.org

Zooniverse has a whole range of projects you can contribute to around the world, such as:

- Capturing California's flowers
- Tracking the migration habits of spoonbills
- Cloud gazing for NASA
- Studying the historical records of an 1826 hospital ship
- Analysing the sounds of babies to understand language development
- Examining criminal careers of Australian prisoners

www.zooniverse.org

Who knows, you could be part of the next scientific discovery or breakthrough!

- Nature Quiz answers**
1. Aurora Borealis
 2. The Dead Sea
 3. Solar Eclipse
 4. The Great Barrier Reef
 5. River Nile
 6. H2O
 7. Tsunami
 8. 70%
 9. Horse Chestnut
 10. Bonsai
 11. Norway Spruce
 12. Conifers
 13. Arachnophobia
 14. Mosquitoes
 15. Chameleon
 16. Cheetah
 17. Sturgeon
 18. 3
 19. Great White
 20. Pod



If you decide to become a Citizen Scientist, please tell us about your experience. Contact Tracy on **07355 033842** or email tharris@ageukgloucestershire.org.uk. If you need help getting online, see our Digital Champions Project article on pages 6-9.

Springboarders welcome you!

Hello Grapeviners
Welcome to our
Big Springboard Takeover! We
were very excited when asked
to contribute to this issue and
we have lots to tell you about
over the next few pages.

You can find out where and when
your nearest Springboard Social
Group meets on page 19.

We'll give you a flavour of what it's like at our fantastic Springboard Social Groups, which we're all delighted to be part of and we hope you enjoy reading our stories, experiences and ideas. If you were thinking of joining in with a Springboard Group, don't hesitate, we're all very welcoming, it's fun and something we look forward to each week. Most groups have a good chat together, enjoy quizzes, games and activities, celebrate members' birthdays and more.

See you there!

Springboarder Stories

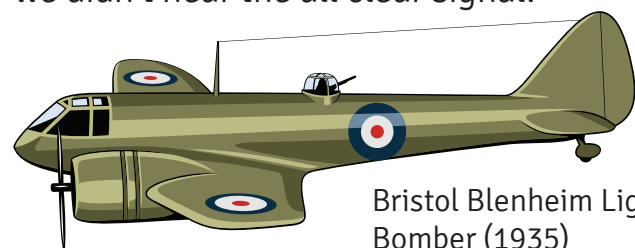
Memories from an air raid shelter

Avice, Brockworth Group

We lived in Netley Abbey, Hampshire during the war and Dad built an air raid shelter for our family. He didn't want to go into a shelter with everyone else, so he built one for us in our garden. Regularly at 9pm, my parents would collect us from our beds, Dad would carry me and Mum carried Peter, my brother, down to the shelter wrapped in blankets. They transferred us into bunk beds in the shelter, still asleep. My little sister was put into her baby gas mask, which was huge and I was taught how to pump it in case I needed to help. We slept until around 6.30am, when my mother would let us know it was safe.

Dad made a little wooden suitcase, which we would take to the shelter. It contained birth certificates, papers to get money out and anything we might have needed if the house was bombed.

We had to go to school Tuesday, Thursday and Saturday because we shared our building with another school and sometimes we had to go to a shelter so we would have our lessons in there. Once, we all sang so loudly that we didn't hear the all clear signal!



Bristol Blenheim Light Bomber (1935)

Remember when

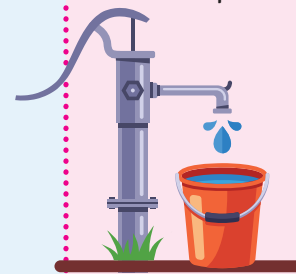
Churchdown Springboard Group



With so much concern and conversation about the cost of living right now and how heating our homes is getting more expensive, it got us talking about how things used to be before we had the luxury of central heating or even a toilet in the house. Who remembers?

☞ Hot water stones to warm our beds

☞ Seeing ice on the bedroom ceiling from your breath when you woke up in the morning



☞ No running water or electricity in the house, just a water pump in the garden

☞ Having one bath a week in a tin tub in front of the fire

☞ An outside loo which was emptied onto the veg patch (you'd get lovely rhubarb!)

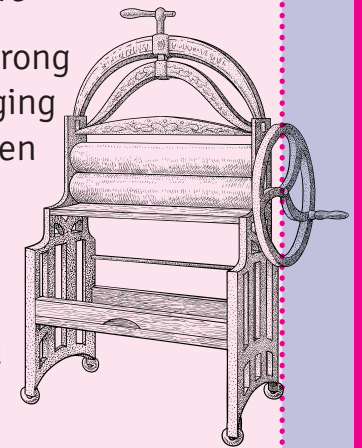
☞ Cutting up strips of newspaper for the outside toilet as there was no loo roll in those days

☞ Always having curtains and draught excluders at doors and windows



☞ Rice pudding cooked in a range next to the fire

☞ Developing strong muscles from wringing the washing and then the joy of getting your first mangle



☞ Staying warm by huddling around the fire together, listening to 'Man in Black, Dick Barton, Special Agent' on the radio

☞ Wearing liberty bodices, vests and woolly clothes for maximum warmth

☞ The winter of 1963!

Before the days of online supermarket shopping delivered to your door, remember when these people would make deliveries to your neighbourhood?

💡 Coal and paraffin

💡 Milk brought in a churn. We laddled the milk into our own jug



💡 Corona pop and Davenport's beer deliveries. You'd always keep the bottles to return to the delivery man

💡 Stop-me-and-buy-one ice creams

💡 Meat, fish, groceries and a pint of elvers

💡 Telegrams delivered by motorbike

Four Kings, One Queen

by Margaret, Ageing Well Group

Historically, 1935 was not a particularly special year – too late for the First World War and too early for the Second. But it was the year in which I was born and, because of that fact, I have now lived during the reigns of five monarchs. George V, the hapless Edward VIII, George VI and our late Queen Elizabeth. Now, with Charles III as our new king, that makes five monarchs.

Queen Elizabeth was apparently warned that Charles was not the best of names to choose for her first-born son. Was this perhaps because Charles I was accused of treason and

beheaded, as a result of a war about religion? Charles II didn't lose his head, but he only became monarch after a period of Parliamentary rule overseen by Oliver Cromwell.

Charles II has great significance for the City of Gloucester. It is he who, in retaliation for our city's stand against the Royalists in 1643 and our successful outcome in the Siege of Gloucester, decreed that our city walls be demolished and no trees planted around the

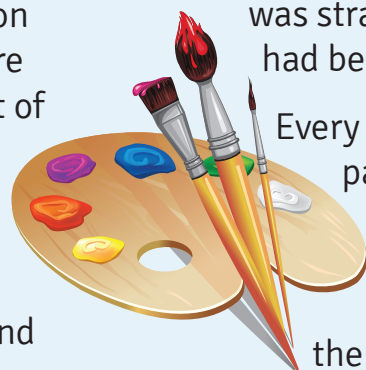


My first job

by Margaret, Ageing Well Group

I left school at Christmas 1951 clutching my Art O-Level, which had helped me to get a job as a colourist in a local film studio. The studio was in an old house called The Abbey next to Stratford Park in Stroud, the perfect place for lunchtime breaks!

This was well before the digital age and we were painting on celluloid sheets, which were then photographed in front of scenery. Wearing white cotton gloves so as not to mark the celluloid with fingerprints, we each sat at a desk with a light box and



were given a pile of 'stills' which had to be drawn by the animators.

The talented animators made drawings of figures and their movements. It could take at least ten drawings just to make a character drink a cup of tea.

The animators worked in a separate room, as did the photographer and there was also a Film Room where, on a Friday afternoon, we could watch the 'rushes' that we had been painting. It was strange to see the characters we had been working on spring into life.

Every morning we would take our palettes to the Paint Room and gather all the colours we needed. Each paint was numbered and each part of the figure we were painting was

city, as these could give cover to a defending army.

Charles III will, I feel sure, be a great King. A champion of ways to tackle climate change and a keen listener to the problems of the people. Though after 70 years, it will be difficult to sing the National Anthem correctly and sing 'King' rather than 'Queen'.

This will be a period of great change, but we who have spent most of our lives in the Elizabethan era will, I am sure, be up to the challenge.

God Save The King.

numbered, so everyone used the same colours. It was imperative that you stayed between the lines. I remember working on a feature film about the life of a king and I painted endless kings and soldiers.

We also painted advertisements and I remember going to the cinema and seeing petals filling the screen in an advert for soap and realising that I'd painted many of them.

I was very happy in this job, but like all good things, it came to an end when the French firm who owned the studio went bankrupt. So I became a civil servant typist instead – no comparison!

Dating dilemmas



Linda and Jean (back row centre), Wotton-under-Edge Group

Looking for love in later life can be a trial, but has definitely given Jean and me a few laughs!

We thought online dating would be worth a go, so started with a Christian dating site as this would surely have some decent options. One man advertised that he was seeking "a good woman because there are none at church!" His ideal date would be a walk, but not on a windy day as he didn't want an accident with his toupée. Another man declared he was looking for a date and that he would be re-decorating his bedroom soon. Other dating sites didn't seem to fare any better and we quickly decided online dating wasn't for us.

For a while, it seemed that love might find us in the supermarket. Perusing the pasta aisle in Tesco a gentleman came along and pressed a receipt into Jean's hand. On it was his telephone number and an invitation to have a cup of tea. Jean decided against it saying she might have been more keen if a glass of wine had been on offer!

We've both been invited to dance in supermarket aisles, me in Lidl and Jean in Tesco, but each of us politely declined. Well, there's a time and a place! However, Jean declared "I might be knocking on the door of 80 but I've still got it girl!"

My Springboard Group

Brockworth Friendly Group (BFG) members Tina, Steve and Mandy explain what being a Springboarder means to them and the difference it has made to their lives.

Tina

Five years ago at the age of 58 I lost most of my sight. At the time, my husband and friends were working, so suddenly I found myself feeling isolated and anxious about the future. I already live with Crohn's disease, so I began to feel very low but was determined not to take medication. Instead, my GP put me in touch with a community worker who looked for a group I could join for some company.

We found there was nothing for "younger" older people with disabilities, but there was the Springboard Group at Brockworth I could try. To be honest I was reluctant at first as it was Age UK Gloucestershire and I didn't feel old enough! I decided to try it and I met Margaret and Joy who were so welcoming. I went back the following week (although Margaret and Joy were convinced I wouldn't!) and I haven't looked back.

I love belonging to the group and look forward to it each week. I'm careful not to make arrangements for anything else on a Tuesday afternoon because I never want to miss it! In the past I worked with children and enjoy arts and crafts. I've encouraged the group to have a go at craft projects and recently



Margaret, Mandy and Tina

brought in pebbles and paints and we all enjoyed creating our pebble designs. I'm now informally referred to as the Group "Activities Person" and it has given me an aim, a purpose and more confidence. I love teaching and making people feel good about what they can achieve is rewarding. The Group has given me such a boost. I remember the first time I managed to catch the bus by myself, using my cane. I cried when the Group clapped and congratulated me.

Margaret, Joy and I have been on holidays together to Torquay and Exmouth and I know I have made friends for life.



Steve

I enjoy walking, although these days with hip problems it's a bit harder, but for years I've walked from my house in Witcombe to the Brockworth Community Centre. At first I came to a lunch club at the Centre, but I kept noticing another group of people there who seemed to be having a lot of fun. It was mostly ladies and one in particular was always singing. She had a beautiful voice and I enjoyed listening to her. Every week I would watch the group, not really thinking I would have anything to do with it.

One day someone in the group invited me to join them and although I was outnumbered by the ladies, I thought why not! I really enjoy the company, we have a lot of laughs and it gives me another reason to go out. We have a quiz every week, which is a lot of fun and it's good for keeping the brain active.



Things got really exciting when we had a visit from a healthcare professional encouraging us to take a bit more exercise. I became the "Keep Fit Champion" and led the group in some simple exercises, which was good for all of us. What I didn't expect was to launch a media career in the process. I was interviewed by BBC Radio Gloucestershire and also appeared on ITV West Country News talking about our keep fit activities. I thoroughly enjoyed it!



Mandy

I moved to Gloucester a few years ago to live with my fiancé. We had bought a house and were looking forward to life together, but sadly just as we moved into the house, he was struck down with a terminal illness and passed away a few weeks later. My children are all grown up and live elsewhere in the country and there I was, alone in an unfamiliar town where I didn't know anyone. My own health issues mean I'm unable to work, so meeting people was going to be difficult.

I received some help from British Red Cross and Cruse Bereavement Services and through them started volunteering at Brockworth Community Centre. It was there I came across the Springboard Group, which I eventually joined and it has been a lifeline for me. I really enjoy the company, look forward to it each week and have made some great friends. It has helped me immensely.



Grandchildren are great



I have four granddaughters, the youngest of which calls me 'Granny Red' due to the colour of my hair, which I have been dying for the last eight years. My other granddaughter takes great delight in standing next to me and telling me that I am shrinking and at 4ft, she may have a point!



Louisa

My four year old granddaughter Sophie was playing beside us when she delicately let wind and declared "that was a smelly one". We were all shocked and her parents said she had never said anything like that before, but it certainly gave us a laugh! We put it down to the fact that she had recently started school.



Brian

Five years ago, I met a lovely Turkish family with two children. Their daughter who was seven years old said to me "I have something very important to ask you." I checked if she'd asked her mother's permission and she said yes. She then, very seriously, asked me if I would like to be her English Grandma. I cried and said I would be delighted and now I am proud to be a firm friend of the family and adopted Grandma to her and her brother. I love them to bits!



Rosemary

My granddaughter Molly who was three years old at the time, went shopping with her mum. They went round and round Tesco looking for 'nanny yoghurts'. It was only when she asked me what I gave her for pudding and I said individual trifles that we realised what she was talking about.



Tina

My grandson was playing a game in the garden when he declared "Oh Grampy, I'm knackered". It took all our effort not to laugh in front of him, but when he disappeared into the garden, we couldn't contain ourselves. We did later explained that it wasn't a nice word and he shouldn't say it.



Tina

My grandson Jack was about two years old and one day when the phone rang, he picked it up and said "hello friends" and put the receiver down. When I asked him who was on the phone, he said "his friends"! I never found out who it was.

Tina

Join us!

There's no need to book a space at any of our Groups, just turn up and you'll be warmly welcomed.

Your local Springboard Group meets here:

MONDAY

- **Wotton-under-Edge** 11.00am – 1.00pm The Keepers Community Centre, Wotton-under-Edge
- **Longlevens** 10.00am – 12.00pm Lonsdale road 'Coffee Pot' Methodist Church
- **Quedgeley** 10.30am – 12.30pm Share a Poem Group, Quedgeley Library, Bristol Road

TUESDAY

- **Brockworth** 1.30pm – 3.30pm Brockworth Community Centre, Court Road
- **Online Group** 10.30am – 11.30am Every other Tuesday our online group 'Cuppa with Jane'

WEDNESDAY

- **Cheltenham** 11.00am – 12.30pm Holiday Inn, Dunalley Street, Cheltenham
- **Churchdown** 2.00pm – 2.30pm Churchdown Library, Parton Road

THURSDAY

- **Gloucester** 10.30am – 12.00pm The Ageing Well Group Meet online or in various coffee shops
- **Cheltenham** 11.00am – 1.00pm The Ageing Without Children Group Holiday Inn, Dunalley Street, Chelt. Meet every last Thursday of the month

FRIDAY

- **Longlevens** 10.30am – 12.00pm Longlevens Community Centre, Church Road
- **Gloucester** 10.30am – 12.00pm Ukulele Group, Gloucester Central Library, Brunswick Road
- **Quedgeley** 10.30am – 12.00pm Quedgeley Library, Bristol Road



If you'd like to find out more about our Springboard Social Groups and how you can join in, contact Chris on **07511 225435**, or visit ageuk.org.uk/gloucestershire/activities-and-events/springboard-social-groups.

David and his terrarium

It's a Jungle in There

© BNPS

Imagine planting something 62 years ago, only watering it once and for it still to be thriving today. That's exactly what David Latimer achieved when he created his terrarium back when John F Kennedy became President of the United States in 1960.

He simply took a large globular bottle (abundantly available at the time due to chemical transportation switching to plastic), put some compost in the bottom, lowered in his spiderwort plants and gave it a quarter of a pint of water. The bottle was sealed, the plants thrived and a natural eco-system was created. The next time he opened the bottle in 1972 to give it some water, women were wearing mini-skirts, men were in flares and Ted Heath was Prime Minister. It hasn't been opened since and is still going strong.

David describes his terrarium as the ultimate low maintenance garden. Do you have one? Tell us how long yours has been going and send in your pictures.

Build your own terrarium by following these six easy steps

1. Select your glass container, whatever size you like
2. Start with a layer of sand or small pebbles for drainage
3. Add a layer of charcoal and sphagnum moss to prevent soil sinking into the pebbles
4. Add around 1 inch of potting soil (or cactus soil if you are using succulents)
5. Arrange your plants in your potting soil and add any ornaments or finishing touches
6. Seal tightly with the lid and place in a bright spot

As a general rule water around once a week with no more than a tablespoon of water.



Nature Quiz

1. What is the official name for the Northern Lights?

2. Which body of water consists of approximately 34% salt making it virtually impossible to swim in?

3. What happens when the moon passes between the sun and the earth?

4. What is the only living organism visible from space?

5. Name the longest river in the world

6. What is the chemical compound for water?

7. What is a catastrophic ocean wave called?

8. How much of the Earth's surface is covered in water 30%, 50% or 70%?

9. What tree grows conkers?

10. Name the miniature trees originally grown in China and Japan?

11. What type of tree is a traditional Christmas tree?

12. Which group of trees have pine cones?

13. What is the name for the fear of spiders?

14. Which flying insect is responsible for the spread of malaria?

15. Name the lizard that can change the colour of its skin?

16. What is the fastest land animal in the world?

17. Which fish produces caviar?

18. How many hearts does an octopus have?

19. What species of shark featured in the film Jaws?

20. What is a group of dolphins called?

Word Search

All Things Autumn

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

ACORN	BROWN	FRUIT	LEAF PILES	RUSTLE
APPLE PIE	CHESTNUT	GUSTY	OCTOBER	SPOOKY
AUTUMN	CORN FIELDS	HALLOWEEN	ORANGE	TRICK OR TREAT
BLACKBERRIES	CORNUCOPIA	HARVEST	PINE CONE	WHEAT
BLUSTERY	FALL	HEDGEHOG	PUMPKIN	WIND
BREEZE	FALLING LEAVES	LEAF	RED	YELLOW

Autumn Recipes

Try these simple recipes, using some wonderful fruit and vegetables available at this time of year.

Curried Butternut Squash Soup

- 1 med butternut squash peeled and cubed
- 1 onion, peeled and chopped
- 1 med bramley cooking apple, peeled, cored and chopped
- 1 ½ pints of vegetable stock
- 2 tspn hot curry powder (or to taste)

- 1 Fry the onion in a little butter and olive oil until softened
- 2 Add the butternut squash and apple and cook for a few minutes
- 3 Add the curry powder and stir for a minute
- 4 Pour in the stock, bring to a simmer and cook for approx. 20 mins until the squash is tender
- 5 Blend with a stick blender until smooth
- 6 Enjoy with some fresh crusty bread



Warming butternut squash soup garnished with pumpkin seeds



Plum Brandy

Plum Brandy

- 350g plums, stoned and cut in half
- 700ml brandy
- 175 caster sugar
- ½ cinnamon stick

- 1 Place the plums in a large jar or bowl
- 2 Add the other ingredients, cover with a lid or cling film and rotate to dissolve the sugar
- 3 Rotate daily for a week or so and then leave to infuse for a further 2 weeks in a cool dark place
- 4 Strain through a sieve or muslin cloth (discarding the fruit and cinnamon), decant into sterilised bottles and enjoy as a Christmas tittle!

A big thank you to everyone who came along and supported our Summer Garden Party at Highnam Court



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