


The Age UK Gloucestershire
Grapevine
Issue 6: Summer 2022



Advice for carers

A small inset photograph showing an elderly woman with short grey hair looking towards a younger woman, likely a caregiver, who is partially visible on the right.

Pets corner

A small inset photograph of a black dog, possibly a Labrador, sitting and holding a bright yellow tennis ball in its mouth.

Outdoor eating

A small inset photograph of a picnic basket filled with various items including grapes, strawberries, a wedge of cheese, and bread, all on a red and white checkered cloth.

Everyday adventures

A small inset photograph of two people, possibly a parent and child, standing in a field of tall grass or reeds, looking out towards the horizon.

FREE COPY

and much more inside...

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Join the Age UK Gloucestershire Community



We publish Grapevine twice a year and if you enjoy reading it, we can arrange for you to receive your own copy by post. Just complete the enclosed postcard and return it to us in the pre-paid envelope provided.

If you can't wait for the next edition and you'd like more regular information, we also produce a monthly e-newsletter, with details of all our activities, events, news and tips from the team.

To register with us to receive your copy by email, call Gail on 01452 422660 (option 3) or email enquiries@ageukgloucestershire.org.uk

A message from your Editor



Hello Grapeviners and welcome to your Summer Issue!

I hope you are all enjoying brighter days, lighter evenings and warmer weather and are getting the opportunity to spend time outdoors again. This issue is full of great ideas and adventures for you to make the most of the summer months as well as an update on some of our activities here at Age UK Gloucestershire.

Last time I asked about your pets, something I appreciate for many of you, are a source of great joy and companionship. Grapeviner Brenda got in touch to tell us about her cat and how much having her helped during lockdown. Read Brenda's story on page 20 where you'll also find our own Age UK Gloucestershire pet portrait gallery as we're all animal lovers too.

Here's my first car circa 1987. I loved my Morris Minor which was in fact almost 30



years old when I bought it for £500 (selling it two years later for £1000!). I wonder where it is now? I'd love to hear about your firsts – first car, first job, what you spent your first weeks wages on? Email your stories and photos to me at tharris@ageukgloucestershire.org.uk, or post them to me at our office address.

Many readers have shown how much they enjoy Grapevine by donating to Age UK Gloucestershire and we are so grateful for all you contributions. Every penny you donate goes towards helping us to make Gloucestershire a great place to grow older. Find out more about ways you can donate and what your contributions mean to us by visiting ageuk.org.uk/gloucestershire/get-involved/donate, or call us on **01452 422660**.

In the meantime, have a great summer and enjoy the sunshine Grapeviners!

Best wishes,
Tracy, Editor

PS This summer we are pleased to be holding our Summer Garden Party at Highnam Court, Gloucester. We're looking forward to welcoming the community to this amazing venue where you will have full access to the magnificent gardens and can enjoy an afternoon of entertainment.

Tickets are available in advance by visiting www.ageuk.org.uk/gloucestershire/activities-and-events/garden-party.

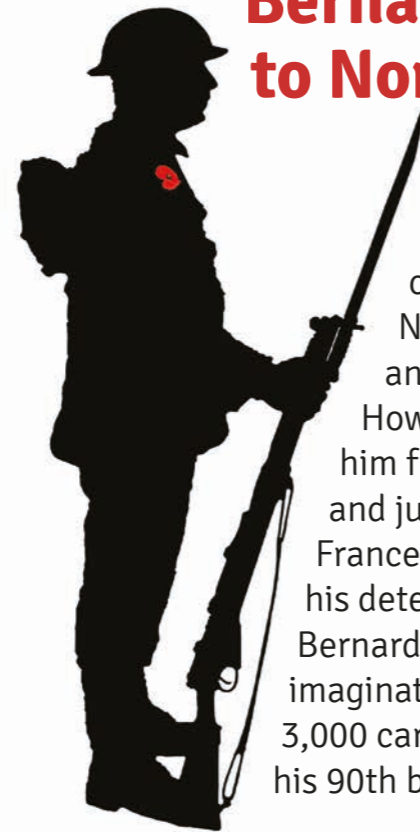
Everyday Adventures

Are you feeling adventurous?

We're not talking about jumping out of a plane, running a marathon or travelling to Outer Mongolia, there are adventures to be had in our everyday life and right on our doorstep.

Research shows that doing different things and trying something new can make our lives feel much longer and more fulfilled and you can achieve this with simple, close to home ideas that are cheap or free. Everyday adventures can take a whole day, or just a few minutes, either way adventures are everywhere, you just need to find them!

You'll find a few suggestions for mini adventures overleaf, but here are some people who've had what can only be described as truly epic adventures. If you feel inspired by them, then don't let anyone stop you, dive in!



Bernard makes it to Normandy

At the age of 89 and living in a care home, Bernard was told he could not travel to Normandy for the 70th anniversary of D-day. However, this didn't stop him from catching a coach and jumping on a ferry to France by himself, such was his determination to be there. Bernard captured the world's imagination and received over 3,000 cards when he reached his 90th birthday.



© Sue Ryer



© SWNS

Jane, her horse and her Jack Russell

At 80 years old you'd think Jane would be hanging up her saddle, but every year she journeys 600 miles on horseback, travelling from her home in Northumberland to Inverness and back. Everything she needs for the seven-week trek is packed into saddlebags including her tent, food and other basics. Jane developed a taste for the open road around 40 years ago and she plans to continue with her annual trek for as long as she can.

Daredevil Betty Bromage

Gloucestershire grandmother Betty has developed a taste for thrill seeking. Since the age of 87, she's completed four wing walks, whizzed along a giant zip wire in Snowdonia and abseiled down the Eagle Star building, raising thousands of pounds for charity along the way. Only the pandemic put a halt to her exploits and she plans more wing walking this summer.

One thing we often have in retirement is a bit more time, but it's easy to get into a routine where we tend to do the same things each day or week.

Here are some ideas for you to change things up a bit and have some adventures of your own.

At home or in your garden ...

- Go outside with a notebook for an hour and write down everything you smell, see, sense and hear.
- Select a cookery book at random, open it at page 100 and make whatever recipe is on that page.

- On a particularly clear night, head out to the garden with a blanket and hot drink and study the night sky. Really study it. Perhaps there are constellations you've never noticed, or you may spot a satellite passing overhead.
- If you like takeaway food, order something you've never had before.
- Make a cup of tea on a campfire or camping stove and drink it outdoors. You'll be amazed by how good it tastes!

In your neighbourhood ...

- Walk around your local area and peek into peoples' gardens. Choose five beautiful plants you'd like to have in our own garden. If you can, go the garden centre and make it happen.
- Find your house on a street map and draw a radius of 1km. Take a stroll around

the area and notice all the things you've never noticed before.

- Visit your local library, join up if you're not already a member, browse the shelves and pick a book outside of your usual choice.
- Now's a great time to finally get around to trying that new hobby you've been meaning to start. From knitting to flower arranging, outdoor swimming to origami there's bound to be a group of enthusiasts near you that you can join. Or look at our article on pages 12 and 13 for ideas.

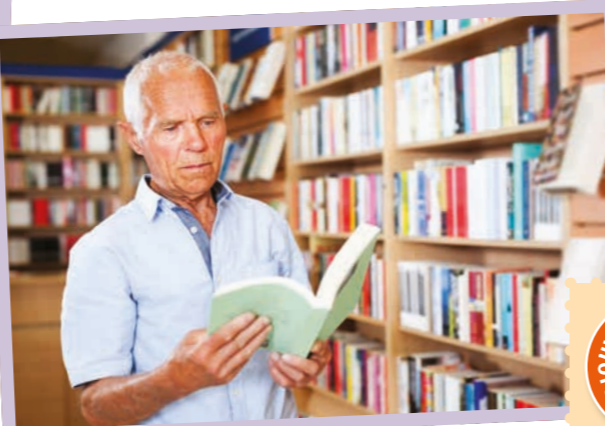
Further afield ...

- Catch a bus. If you travel frequently by bus, take a trip to a different part of town. If you're not a regular bus traveller, just go wherever the mood takes you.

- Try geocaching. Essentially this is a modern-day treasure hunt and you'll need a smartphone with internet access as it works by using GPS. 'Caches' are hidden all over the world, including in Gloucestershire! Once you've found the cache, there is usually a logbook for you to leave a message and trinkets to swap if you want to. Remember the fun is finding the box, don't expect any real 'treasure'! Find out more by visiting www.geocaching.com

- Visit a nearby town you've perhaps only passed through a few times and really explore it. Find out about its history and seek out its hidden gems.
- Visit a café or restaurant you've never been to and order something you would never usually have.

Happy adventuring!



Tell us about your adventures, or if you need help getting started on your next adventure, call our Help Team on **01452 422660** and we can put you in touch with local groups, transport options and more.

your Voice MATTERS



We're passionate here at Age UK Gloucestershire, about making sure that the voices of older people are heard, because by understanding what matters to you, we can make a difference. Over the past year or so, we've been asking our 'Question of the Month', inviting you to share your thoughts and experiences so that together, we can continue on our mission to make Gloucestershire the best place in which to grow older.

Here's a round-up of some of the things you've shared and how we're using your feedback to help shape our activities and influence local change.

Your Local High Street

We wanted to know what practical things would make your high street more accessible, welcoming and easier to visit. One of the key things you told us was having access to better toilet facilities would make a real difference. We wrote to all local MPs and District Councils to make them aware that new funding is available for this as well as suggesting ways they could work with us to make Gloucestershire an age-friendly county. Several areas are now looking into new toilet facilities, including a new 'Changing Places' facility planned as part of the redevelopment of Kings Square in Gloucester.

"I need to go to the loo more often these days and have to limit the amount of time I spend in town. More toilets are needed."



Feeling Safe



As part of his draft plan for community safety across our county, the new Gloucestershire Police and Crime Commissioner wanted your opinions. We asked you how safe you feel in your neighbourhood and what would make you feel safer. From better pavements and adequate street lighting, to visible policing and worries about anti-social behaviour, your concerns and comments were provided to the PCC and your voice has a real opportunity to make change.

"I don't always feel safe as an older person."

Climate Change



Society sometimes portrays this as an issue only younger people are aware of or care about, so we wanted your views. Without exception, everyone understood and expressed concern about climate change and you told us you were doing your best to help. Following your feedback we published a list of suggestions for small things people can do to make a difference.

"We do our bit but not for us, for our grandchildren"

Technology

We asked you how comfortable you were using technology. Many of you told us that you do use a tablet, smartphone or computer but weren't necessarily confident with it, especially if things go wrong or you get stuck. Fear of scams was another barrier and some said they were reluctant to bank or shop online. We've expanded our Digital Connections Volunteering Team and they're here to help. We've supported people with small queries as well as helping people in their 80s and 90s to embrace technology for the first time. To find out how you can access support call our Help Team on 01452 422660 (option 1).

"I am only confident on a few basic things; emails etc. and I would really like to learn more."



This is just a flavour of things we've learned from you over the past year and our Question of the Month will continue. Because your voice matters.



You can read all our questions, your feedback and how your voice can be heard by visiting

ageuk.org.uk/gloucestershire/activities-and-events/question-of-the-month, or contact Helen on **01452 420931** or **07511 226010**.

Outdoor Eating

With so much of our time spent inside during the long winter months, the arrival of warm, sunny weather gives us the opportunity to enjoy our outside spaces again.

There are so many benefits to being outside such as boosting your mood and your vitamin D levels. Making the most of these summer months is a must and one way we can do this is by taking mealtimes outdoors. We've put together a few recipe suggestions for your bbq and if you're keen to get out for a picnic, some recommendations for local spots where you can enjoy your feast.



Meat Marinades

Elevate your bbq meat, chicken and fish by adding some flavour with marinades. Try a simple bbq marinade made with tomato ketchup, dark brown sugar, black treacle and honey. For some eastern flavour mix olive oil with spices such as cumin, paprika, cinnamon and lemon. Smother your chicken with a marinade of chilli, fresh ginger, garlic, tomato ketchup and lime juice for some spicy Caribbean taste.



Foil is Your Friend

Wrapping food in foil and cooking in the embers of your bbq will give a lovely smoky taste. Try these:

- New potatoes with chives and butter
- Salmon with Thai curry paste
- Vegetables such as courgettes, corn on the cob, sweet potatoes or green beans
- Slice bananas lengthways, drizzle in some maple syrup and your favourite tippie (rum works well)

You can produce all these dishes under the grill or in your oven if bbq isn't your style, but you can still eat them outside!



Plan a Picnic

Our beautiful county has so many places to enjoy a picnic, so pack your basket with some goodies and head out. All of our suggestions are accessible and some have picnic benches and facilities.



Gloucester

Highnam Woods

A nature reserve great for wildlife and bird spotting.

Hillfield Gardens, London Road

Situated on main bus routes, this hidden gem close to the city centre houses three historic monuments.



Stroud

Rodborough and Minchinhampton Commons

Wild flowers, butterflies and wonderful panoramic views of Stroud and the Severn Vale.

Stratford Park

Located in central Stroud with a range of facilities and activities as well as quiet spaces.



Forest of Dean

Mallards Pike

Enjoy a walk along the lakeside path and a picnic in the woodlands.

Lydney Harbour

Far reaching views across the River Severn to Sharpness docks, Berkeley and Oldbury power stations and the old Severn Bridge.



Cheltenham

Pittville Park

The largest park in Cheltenham with a lake, aviary and if you have grandchildren, a wonderful play area.

Sandford Park

Ornamental water features, fountains and peaceful areas to enjoy your picnic.



Tewkesbury

Coombe Hill Nature Reserve

Great for bird and wildlife watching.

Victoria Gardens

Small riverside gardens close to the High Street, a perfect spot for river views.



Cotswolds

Bourton-on-the-Water

Picnic alongside the pretty River Windrush, which runs through the centre of the town.

Cirencester Park

Part of the Bathurst estate a beautiful open space, offering peace and quiet.



Of course it can be as simple as taking your tea and toast out to the garden or balcony!

Time to try Something new

Taking up a new hobby or resurrecting an old one can be very beneficial to our general wellbeing. Many hobbies have a social element too, which can lead to new friendships and broaden your horizons, whatever your age. Here are a few ideas for you to think about.

Knitting

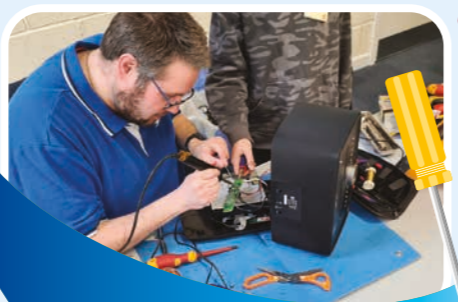
Creating woolly wonders is great to do as part of a group and at home. Now could be a good time to get started on a cosy jumper or blanket ready for next Winter! And of course, you could join in with our Big Knit Campaign by making miniature bobble hats. There are knitting groups meeting all over our county including this one at Roots Café in Gloucester, every Monday 10am-12.



To find out about our Big Knit Campaign, visit ageuk.org.uk/gloucestershire/activities-and-events/Big-Knit-Campaign

Making, creating and fixing things

If you enjoy watching The Repair Shop TV show, it may have inspired you to find ways of indulging your own passion for carpentry, sewing, electrics or generally repairing and recycling things to give them a new lease of life. So why not turn this into a social hobby, which would also benefit others in your community? Organisations such as Men in Sheds, Stroud Share and Repair shop and Kendal Road Repair Café (pictured here) are all local projects who do just that and they all welcome new members. There are several other projects around the county, so get in touch and we can tell you what's happening near you.



Learn to play the Ukulele

Even as a complete novice this instrument is one of the easiest to master, lightweight to carry around and reasonably cheap to buy. There are lots of local ukulele groups, including our own Age UK-leles group who meet every Friday from 10.30am-12 at Gloucester Central Library.

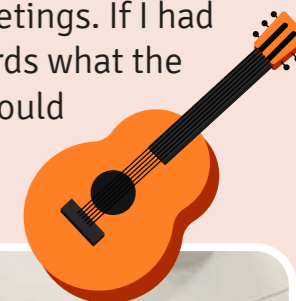
Brian and his uke

"I first came across the ukulele when I travelled to Hawaii during my RAF career. Ukes have been very popular there ever since Portuguese immigrants introduced them in the 1800s. Years later, my wife Mary and I were on a cruise and noticed an advert on the ship about learning to play the ukulele, so I decided to give it a go and was instantly hooked. When we got home I didn't pursue it any further until sadly, last November Mary passed away and I found being in the house on my own very difficult, so one of the things I decided to do was pick up the ukulele again.



A chap who lived nearby was a bit of an expert so I spent time with him learning to play and I was surprised at how easy it was to master. He encouraged me to join a group, which I did and I've recently performed my first gig with them! The Victoria Ukulele Group are a great bunch and I'm still enjoying getting to know them all. Performing was a real buzz!

I'm 82 and still enjoy other hobbies and activities too. A group of us are busy restoring an old traction steam engine in the Forest of Dean and I own a motorbike and ride up to Leicestershire to help out at race meetings. If I had to sum up in a few words what the ukulele brings me, I would definitely say lots of happiness!"



Contact our Help Team for details of the groups mentioned here and for information about other activities happening near you. Call **01452 422660** (option 1)

from one carer to another

Caring for a loved one, relative or friend can be challenging, physically and emotionally, and leave you feeling like no-one understands. But you're not alone. If you have all the information and support you need, life can be easier.

Thank you to all the local older carers who were willing to share their experience and tips to help others on their caring journey. Here is some of their advice.



Don't be too hard on yourself

You might feel unappreciated and some days will be harder than others, but keep going, you're doing well.

“Just go with the flow and try not to stress about jobs that don't get done.” Liz

Find out what professional help is available

Build a good relationship with your GP and other professionals involved and make sure they know

you're a carer. Keep a list of important numbers to hand. You know your loved one the best, so make sure professionals are listening to you. Ask lots of questions and if there's something you don't understand, make sure it's explained to you properly.

“It's so tiring, I'm getting older and it's a struggle.” Judy



Don't try to go it alone

Accept support when it's offered. Friends, neighbours and relatives are often happy and willing to help but aren't sure how, so don't be afraid to ask them.

“When someone offers help it's such a relief.” Jack

Get the practical things in order

It's likely that you will both be entitled to benefits, and the extra money could make a big difference. Some benefits are non-means tested, so you won't need to provide details about your savings or income. Make sure Wills and Powers of Attorney are up to date.

“I found it helpful to get online, my computer has become a lifeline.” Susan



Keep the lines of communication open

Make sure you remain in touch with friends and family who can support you, practically and emotionally, even from a distance

“Even though my daughter lives away, her support is invaluable. She helps us by contacting our GP to make appointments.” George



Top Tips

Our carers said, being prepared for what is to come is important, but the most consistent tip from them was **don't try to manage by yourself, ask for help.**

Acknowledge you're a carer

It sounds obvious, but recognising yourself as a carer, telling friends, family and professionals how you feel is a good thing.

Look after yourself too

Eat well and try to stay active, mentally and physically. You can ask for a break if it helps you both, so use this time for yourself. If you are entitled to benefits, you could use some of this money to pay for someone to take over for a couple of hours. Bear in mind that if you ever need care yourself, it will be easier if you've planned for it.

“I'm not that well myself, but everyone always asks about my husband.” Jean

Talking to other carers can really help



It's easier if you identify as a carer to other people, so think about joining in groups and activities.

“She's in a nursing home and I miss her, particularly on special days. It's lonely.” Stephen



To find out how we can help if you're a carer, call our Help Team on **01452 422660** (option 1) or visit ageuk.org.uk/gloucestershire/our-services/carers-information

Thank you to the Carers Gloucestershire Legacy Fund for their support.



How well *do you* *know your* celebrities?



Historical Figures

Her birthday is celebrated around the world as International Nurses Day

An English king whose flagship vessel was The Mary Rose

A doctor who invented the smallpox vaccine

The longest serving British prime minister of the 20th century

Engineer credited with inventing the first jet engine

President of the United States during the Cuban Missile Crisis

Sports Legends

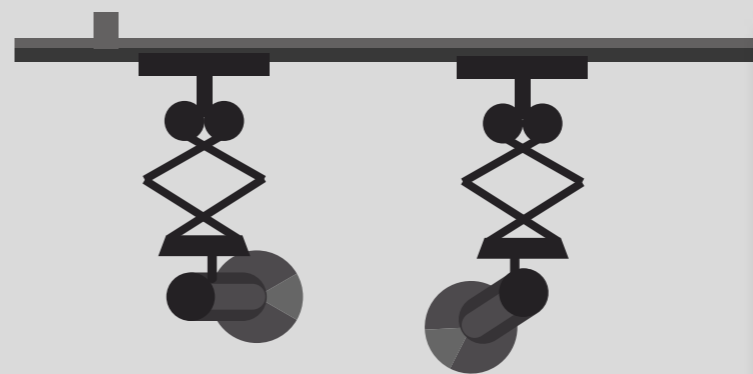
He floated like a butterfly and stung like a bee

Olympic champion athlete, now President of World Athletics

She won Olympic medals for cycling and is now a jockey

Represented Great Britain in ski jumping at the 1988 Winter Olympics

Gloucester Rugby player whose wife is the Queen's grand-daughter



Personalities

Professional baker and former presenter of The Great British Bake Off

American chat show queen who interviewed Harry and Megan

Legendary naturalist and documentary maker who has at least 15 species of plant named after him

Irish chat show host with a popular Friday Night show featuring the famous "Red Chair"

News reader and current host of the Antiques Road Show

Former politician well known for railway journeys with his trusty Bradshaws guide book

Film Icons

Beautiful actress who starred in Breakfast at Tiffany's

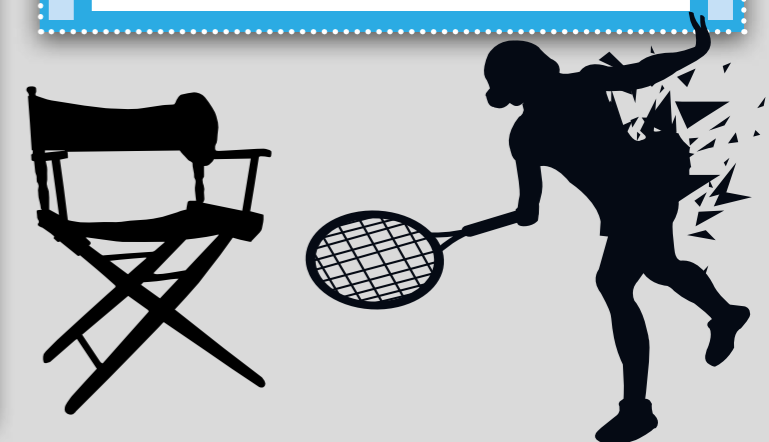
This actor had an affair with Mrs Robinson in The Graduate

He starred alongside Katherine Hepburn in The Philadelphia Story, winning an Oscar for his role

Actress with a big smile who starred in Pretty Woman. Her teeth are insured for \$30m!

Mission Impossible actor and Scientologist known for doing many of his own stunts on set

This actress sang "A spoonful of sugar makes the medicine go down"





Pet Pals

Brenda's Feline Friends

Brenda has always enjoyed owning a cat and she couldn't ever imagine her home without one. A few years ago she rehomed a beautiful tortoiseshell and white cat called Fizz who had been struggling in a busy household and needed a quiet place to retire, so perfect for Brenda. Then came lockdown and Brenda found herself shielding for months by herself. Brenda says "It was a strange and difficult time for everyone, but Fizz helped me get through it and I never felt totally alone. She was such a fusspot and would sit with me all day and sleep on my bed at night".

Sadly, Fizz' life came to an end in August 2021, but Brenda quickly adopted Gizzy, another cat in need of a retirement home, who also likes a lot of fuss and attention. "For the short time I had to be without a cat, my house just didn't feel like a home, I really missed the companionship."

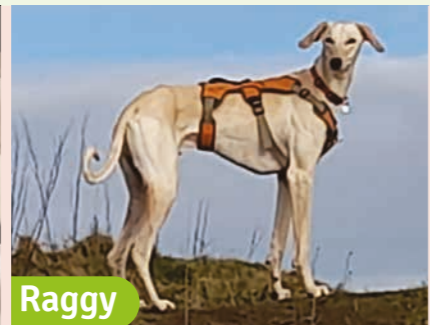
Brenda's daughter Sarah, who along with her sister cares for her mum, comments "With a little support from us Mum is able to continue owning a cat, which brings her so much joy. We honestly feel that without her cat, she wouldn't have got through lockdown, it made that much of a difference to her. Animals Lost & Found in Gloucestershire even carried out all their checks on Zoom, which meant we didn't have to wait for Gizzy. My sister and I just help with cat food, managing the litter tray and trips to the vet. It really does help knowing that Mum's not all on her own. She loves her cat and so do we!"

The Age UK Gloucestershire Pet Portrait Gallery

We love our pets so wanted to share them with you. Look at these beauties!



Bailey and Loki



Raggy



Katie and her kittens



Henry and Oscar



Pip



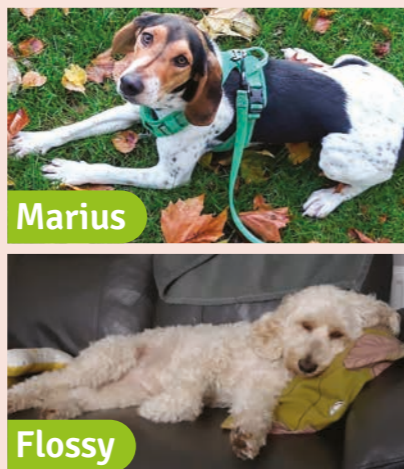
Bernard



Emme



Holly



Marius



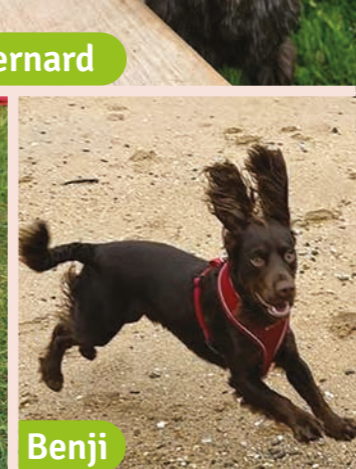
Flossy



Ralph and Sprout



Noah and Marley



Benji

If you would like to adopt a cat, good places to start are **Cats Protection League** (www.cats.org.uk) and **New Start Cat Rescue** (www.newstartcatrescue.org.uk).

In later life, it may become more difficult to look after our pets, but our relationship with them and all that it brings to our lives is just as important. If things are becoming challenging for you and your pet, there is help available.

The Cinnamon Trust is a long-established nationwide charity with an army of volunteers who can support with things like walking your dog, looking after your pet if you needed to go to hospital for a while and providing a long-term home for your pet if you needed to go into care, or if the worst happened. www.Cinnamon.org.uk

If you have a friendly pet you'd like to share with others, this could be for you.

Pets As Therapy is a national charity which aims to bring the joy of animals to everyone, whatever their circumstances. Volunteers and their pets visit care homes, hospitals and other establishments. www.Petsastherapy.org

Word Search

Picnic Word Search



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

- | | | | | |
|------------|---------------|-----------|------------|----------------|
| APPETITE | CHEESE | GLASSES | PEPPER | SPICES |
| BASKET | COFFEE | HEAT | SALAD | STRAWBERRY JAM |
| BEVERAGES | COOLER | INSECTS | SANDWICHES | TOMATOES |
| BLANKET | COUNTRY AIR | MARGARINE | SAUCES | WINE |
| BUTTER | DISH | MEAT | SAUSAGE | |
| CAMEMBERT | FOLDING CHAIR | MILK | SHEET | |
| CAN OPENER | FRENCH BREAD | PARK | SNACKS | |

What is Wordle?

Everyone is talking about Wordle. Are you playing? If you're on social media have your friends been sharing strange looking posts showing green and yellow boxes? So what's it all about?

Wordle is essentially a very simple online game, which challenges you to guess a five-letter word. You get six attempts and for every guess you are told which of your letters are in the chosen word and if they are in the right place. A correct letter turns green, a correct letter in the wrong place turns yellow and an incorrect letter turns grey.

The game is only available online and is (currently) free of charge with no annoying adverts. Everyone completes the same puzzle and only one puzzle is available each day, so there is always an agonising wait until the following day for the next one!

Play Wordle online by searching www.nytimes.com/games/wordle



For something different, try playing Worldle. This game gives you six attempts to guess a country from a map outline.

<https://worldle.teuteuf.fr>

Celebrity Quiz Answers

- Historical Figures**
 Florence Nightingale
 Henry VIII
 Edward Jenner
 Margaret Thatcher
 Frank Whittle
 John F Kennedy

- Sports Legends**
 Mohammed Ali
 Sebastian Coe
 Victoria Pendleton
 Eddie the Eagle Edwards
 Mike Tindall

- Personalities**
 Mary Berry
 Oprah Winfrey
 Sir David Attenborough
 Graham Norton
 Fiona Bruce
 Michael Portillo

- Film Icons**
 Audrey Hepburn
 Dustin Hoffman
 James Stewart
 Julia Roberts
 Tom Cruise
 Julie Andrews



If you would like help getting online, our Digital Connections Volunteers can help. Call us on **01452 422660** (option 1) to find out how you can access support.



Grapeviner Life

Poetry CORNER

Grapeviners have recently sent us some lovely poems, which we wanted to share with you.



An Enchanted Walk

By Pam, aged 87

A walk in the woods is a pleasure its true,
With bluebells forming a carpet so blue.
The Silver Birch trees all standing so proud,
Whilst up in the air birds are singing aloud.



Old Cotswold walls are one mass of green,
Only here in the country this is to be seen.
The sounds of cracking twigs and crunching leaves,
Shrouded in Autumn by the surrounding trees.

Tiny snowdrops are struggling through,
To join this sea of vivid blue.
Old fallen trees lie at our feet,
For insects a haven, a heavenly treat.

An abundance of nature lies here in this wood,
We would return late at night if only we could.
For when darkness falls all comes alive in the night,
Our vision of this is a wonderful sight.

A new day dawns more visitors call,
Collecting moss from a country wall.
To tread the woods to smell the air,
Leaving all, but the memories there.



Friendship

By Fiona

Cup of tea
You and me
Company
Happily
Laugh or cry
You and I
Summer sky
Warm and dry
An hour or two
Me and you
Rendezvous
Pretty view
Nice weekend
Loose end
Lovely friend
Recommend



A Summer Outing

By Stella, aged 102

The sun was shining brightly,
The sky an azure blue.
Thought, a picnic by the seaside,
Would be a nice thing to do.



Packed up all the summer gear,
With sun lotion for the day.
Sandwiches, drinks and primus stove,
And we were on our way.

Joined a 10 mile traffic queue,
All with the same idea.
To get a golden suntan,
They came from far and near.

Now to find a parking space,
There was nowhere near the beach.
Then at last we found one,
But it took a mile to reach!

Lugged the bags back to the shore,
Aching in every limb.
Found the only secluded spot,
Between the drain and a rubbish bin!

Just got nicely settled down,
With everything in place.
When a vicious wind blew up,
Whipping sand right in our face.

And if that just wasn't enough,
And boy, how that wind blew,
Then came down torrential rain,
That soaked us through and through.

So now when we see a sunny sky,
We won't put it to the test.
We'll forget about a picnic,
And stay home for a rest.

An Act of kindness

Grapeviner Derrick wrote tells us about his memory of a stranger who once helped him out

In 1957, following completion of my National Service Army Training in Shropshire, I was posted to Woolwich. With two weeks leave before I started, I returned home to Frampton, armed with a travel warrant to Gloucester, and another one from Gloucester to Woolwich.

After my leave, I travelled to London by train, arriving at Paddington Station only to realise that I needed to get across London to Charing Cross Station where I would catch my onward train to Woolwich – with my travel warrant. I had never been to London, didn't have a clue where to start and back then, you lived for the day and didn't worry too much about money or things like that.

I wandered outside the station where I found a newspaper seller so asked him the way to Charing Cross. He asked if I was travelling by bus or taxi. I told him, neither as I had no money. He reached into his pocket and handed me half a crown and told me to jump on the bus coming up the road. I made it to Charing Cross and eventually to Woolwich and I have never forgotten the kindness that person showed me.



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 Grapeviner Life.

Join us

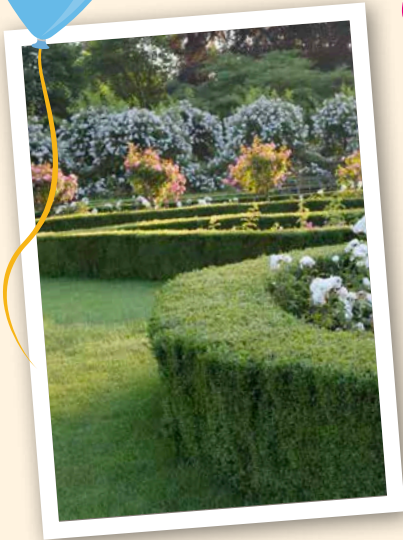


*for our Summer Garden Party
at Highnam Court*

Highnam, Gloucester
GL2 8DP

Sunday 17th July
2pm – 5pm

Stroll around the
picturesque gardens
and lakes of Highnam Court
and enjoy refreshments in the Orangery



- Live music
 - Children's activities
 - Play table tennis at our vintAGE Youth Club
 - Garden games • Raffle
- And much more!



**FREE
parking**

ENTRY

Advance tickets: Adults £4, under 18s £2.50, under 12s free

On the day: Adults £5, under 18s £3, under 12s free

For advance tickets and more information, visit
www.ageuk.org.uk/gloucestershire/activities-and-events/garden-party