



# agematters

Issue 45

Summer 2018



## Small Gestures

And the difference they can make to Age UK Hertfordshire

## The Hidden Hydrator

Our friends at HILS share their advice for a healthy summer

## Young Onset Dementia Support

Introducing our Young Onset Dementia Worker

## A Healthy Body & Mind

Tips from yoga instructor Marta Hall

## Roy Scammell

Our local Hollywood stuntman shares his latest project

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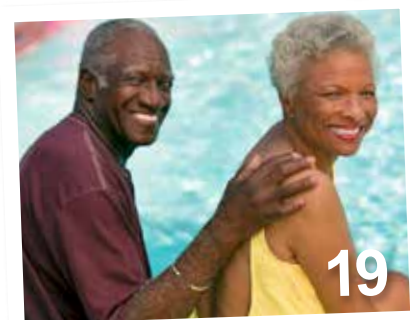
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Front cover image: Dennis van Zuijlekom via Flickr

# Could you be, or would you like to meet, a Compassionate Neighbour?

Compassionate Neighbours is a free, community-led social movement offering friendship and support for anyone who is lonely, at risk of isolation, or nearing the end of life through age or illness.

Compassionate Neighbours can help others by:

- Visiting regularly
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- Helping them do the things they like doing
- Helping them stay connected to the community as well as family and friends

To find out more about being a Compassionate Neighbour, meeting up with a trained Neighbour or if you know someone who would benefit, please contact the Compassionate Neighbours team at Isabel Hospice on

**07826 247258 or email [christine.novelli@isabelhospice.org.uk](mailto:christine.novelli@isabelhospice.org.uk)**





**W**e are excited to re-launch our magazine after the brief hiatus while we reviewed the publication and its content. A huge thank you to all who participated in our *agematters* survey last year, which helped to shape the magazine you hold in your hands today!

Your feedback told us that you enjoy an insight to our services, so we have not only shared the perspectives of our staff, but of our volunteers and service users too. You told us that you appreciate information about other services available throughout Hertfordshire, and we are thrilled to share articles by our friends at Herts Independent Living (HILS) and Macmillan Cancer Support. Those of you who enjoy articles about health and wellbeing will find that this is something of a theme this month, with nutritional advice from HILS, a hot weather guide from our own head of health and wellbeing, and fitness tips from yoga teacher Marta Hall.

# Welcome to the summer edition of *agematters*

We hope that this variety of content is useful and entertaining, and that we have delivered the *agematters* you want to read. Your feedback is always welcome - as are your stories! Another thing we learned from our survey was that our readers want to see articles and interviews about later life. This summer we interviewed legendary stuntman Roy Scammell about his latest athletic venture. Next issue, it could be you!

If you have a story to tell or would simply like to share a comment, just write to our editor Aoife O'Driscoll-Leung at **1 Silver Court, Watchmead, Welwyn Garden City, AL7 1LT**

I wish you happy reading and a happy, healthy summer!

With very best wishes,

*Deborah Pawiagwa*

Chief Executive



# Invisible Volunteering

Meet the Telephone Club

By Deborah Lee, Telephone Club Co-ordinator

**W**e take the opportunity to meet the “invisible” volunteers of the Watford and Three Rivers Telephone Club.

While we celebrate the 350 weekly visits made by our Visiting Scheme Volunteers, we must also remember to champion our less visible Telephone Club Volunteers who make 200 calls a week to support and brighten the days of older people living in Hertfordshire.

## Ruth

In Watford and Three Rivers, our longest serving Telephone Volunteer is Ruth,



who has worked with us for an amazing 17 years! Of her clients, Ruth says: “A call does them good. A right good moan makes you feel better and sometimes when they talk it over, the problem solves itself. But if it’s something they need help with I tell The Boss!”

(“The Boss” would be me - as Telephone Club Co-ordinator, I can refer Ruth’s clients to other service providers so they can get the help, information and support they need).

It’s not all doom and gloom though; sometimes I hear the calls, and there is a lot of cackling with laughter.

“We have a right good old laugh and if they’re thinking of going out I encourage them and the next time we have a chat about how it went.”



## Val

Val heard from Ruth that we needed more Telephone Club Volunteers. Outside of Age UK Hertfordshire, they are both very active and busy people so they always have plenty to talk about.

Telephone Club volunteering is perfect for Val: “I really enjoy chatting to people!”

Val recently received a beautiful Easter card from someone she speaks to, and as her Co-ordinator it was highly satisfying for me to see how much her calls are appreciated.

## Kirby

Kirby joined us mid-2016 and fitted into the role seamlessly, having had a telephone-based job involving older people before. I asked her what she liked about being a Telephone Club Volunteer:



“I enjoy this role as I get to speak to a variety of different people who, for various reasons, need someone to talk to. I love listening to their stories and hearing about how their day has been or what they’ve been doing since I last spoke to them.

It’s nice to know that by taking a small amount of time out of my day I can help improve someone else’s day, just by giving them a call and having a chat, whether for a couple of minutes or quarter of an hour.”



## Nikki

Last, but certainly not least, is Nikki, who is in her second stint

of volunteering for the Telephone club. (Sorry to disappoint but she doesn’t normally dress-up in her Sunday best to make telephone calls – the inclusion of this picture is down to an IT problem!)

Nikki enjoys “being there for people in times of loneliness. It is also interesting to hear of their past experiences and what they used to do.”

Volunteering for the Telephone Club suits Nikki’s work schedule as she is a home-based volunteer\* who fits her calls around her work commitments.

\*Please note that while experienced volunteers can call clients from their homes they would be expected, initially, to make calls from the office/location of a Co-ordinator for training and supervision purposes)

If you would like to volunteer for the Telephone Club or know someone who is lonely and isolated and may benefit from a call, please contact us on 0300 345 3446



# A Day in the Life

## Home and Hospital Community Navigator

By Simon Marlow, Home & Hospital Community Navigator



### 9am

The working day starts for Home and Hospital Community Navigators. For me, this is a scan through my calendar at what is ahead.

### 9.15am

Call Judy, stroke survivor and heart bypass veteran (94 and going on 17!!) to check whether she is still wanting to go to her Positive Movement exercise class in Bishops Stortford, run by the Letchworth Centre for Health Living. She does.

### 9.25am

E-mail to Hospital Social Worker to update him on the clearing of a bedroom of more than 400 assorted vodka bottles and cider cans for a 60-year-old alcoholic, who was due to be discharged from hospital after a drink induced fall but his bedroom was deemed unfit for him to return to. He is living with his frail mother and dementia diagnosed father.

### 10am

Drive to Bishop's Stortford to pick up Judy. She is complaining about feeling shaky. We joke about the Merlot she had last night. We take our time leaving the house and carefully negotiate her lounge, the porch, down the steps and across to my car.

### 10.50am

I drop Judy at her class where she is warmly welcomed.

### 11.15am

I catch up on phone calls and emails from a municipal car park while waiting for Judy

### 12.15am

Back to pick Judy up. She, as usual, is holding court over a cup of tea. I drive her the long way home so that she can see the huge new housing development being constructed on the fields she used to ride her horses on as a child.

### 1.30pm

At the Herts and Essex Hospital for the weekly Multidisciplinary Team meeting. Community Matrons, Nurses, Psychiatric Nurses, GPs, Social Workers, O/Ts, Physiotherapists, and The Voluntary Sector (me) gather together, to discuss patients currently being supported by the

Rapid Response and Community Teams. I receive four new referrals and a request to advise on how to get an older lady's property secured. Her locks are not functioning and she has glass missing from her entrance porch, so she is vulnerable to crime. As well as that, she is also prone to falling. Luckily I know a team that can help.

### 3.45pm

A quick break for a sandwich.

### 4pm

On the road again to see a gentleman who is bed bound, suffering from MS and in the last stages of his life. He is cared for by his wife. I sit and reminisce with him about his time in the Army during the Korean War. Sadly there won't be many more of these visits.

### 6pm

I head home for the night.



# Living with, and beyond, cancer

## The Positive Effects of Exercise

By Alicja Polak

**H**ave you been looking for a way to improve your life after cancer? Or know someone who is going through it whom you would like to help?

Macmillan Cancer Support highlights the benefits of exercise and how it can improve the quality of life of those living with, and beyond, their diagnosis.

70% of people living with, and beyond cancer said that they have been struggling with the physical side effects of treatment for up to ten years. These usually include fatigue, weight gain, nerve damage, lymphoedema, hot flushes and night sweats to name a few. With an increasing amount of evidence, there is a strong suggestion that exercise can help to reduce the side effects of treatment or even cancer itself. The evidence review shows that physical exercise does not increase fatigue during treatment, and it can in fact boost energy after treatment.

It can also reduce the impact of side effects such as lymphoedema, anxiety, depression and impaired mobility. There is a growing body of evidence that suggests physical activity can reduce cancer patients' chances of their disease becoming terminal.

- Breast and prostate cancer patients can reduce their risk of dying from the disease by 30–40% if they do recommended levels of activity, compared to those doing less than one hour a week.
- Bowel cancer patients who do around six hours of moderate intensity physical activity a week could help reduce the same risk by around 50%, compared to those doing less than an hour.

**"EXERCISE IS SAFE BOTH DURING AND AFTER MOST TYPES OF CANCER TREATMENT."**

If the above statistics have inspired you to get up from the sofa, then you will be happy to hear that you can get free specialist help in Hertfordshire.

'Move More Herts' is a free service offered by One YMCA, in partnership with Macmillan Cancer Support that aims to help anybody affected by cancer to become more active. We have a team of qualified cancer and exercise specialists who can work with you to find a level of activity that is appropriate to you. We have assisted people who have been recently diagnosed, those who are living with the long term

effects of their diagnosis, and even those who are currently undergoing treatment. Anybody who comes through the service is entitled to the following, absolutely free of charge:

- An initial consultation at one of our 10 partner centres across the county with one of our qualified Cancer & Exercise Specialists
- 12 sessions of FREE access to facilities that you and your specialist deem suitable at that site (including guided gym sessions for any ability level, classes such as Yoga and Pilates, Badminton and Swim sessions)
- If none of our facilities are appropriate, we can signpost to local health walks, external groups, and can even offer a safe home exercise plan and DVD to keep you moving.
- A minimum of one year ongoing support, including three monthly follow-ups to check your progress and adapt your activities accordingly.

You can refer yourself to the programme for an initial chat by contacting us in the following ways:

Phone: **01727 731 540** (ask to speak to the Move More Herts team or leave us a message)

Email: [movemoreherts@oneymca.org](mailto:movemoreherts@oneymca.org)

If you would like further reading, please visit [www.oneymca.org/movemoreherts](http://www.oneymca.org/movemoreherts)





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Pictured above left to right Dr Louisa Waites GP, Caroline Bishop Director of Nursing and Mei McIvor Physiotherapist



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# Summer at the Clitheroe

By Kerry James



Victoria Dance School Visit



Wow, silver service lunch! Jean (left) tucked into her Irish stew, while Pat & Sue enjoyed the stir fried vegetables

The Clitheroe Health & Wellbeing Centre hosts a range of activities for older people in the Watford and Three Rivers area. Take a look at what our members have been up to in the run up to summer!

## Friendship Group, Weekdays 10am – 2pm

The clients at the Friendship Group have enjoyed a variety of activities recently including a trip to the West Hertfordshire College restaurant, where students studying catering, table-service, food preparation & hygiene (among other topics) put on an amazing lunch as part of their coursework. Afterwards they spent time chatting with the friendship group and sharing stories.

Last month, the Victoria Dance School visited the centre and showcased a number of their dances. Particularly popular was the rock and roll number! The dancers ended the session by getting the clients up and

dancing with them, and they also taught us some new hand jives so that everybody could join in!

Between visits, we have kept busy with gardening and decorating, getting the centre in tip-top shape. Our garden is full of flowers and vegetables ready for the summer, and we have created an indoor butterfly display, as well as paper flowers to wear for the national 'Wear a Flower Day'.

We have had talks on "Keeping Well" and "Scam Awareness", and hosted exercise and sports sessions featuring our version of the Ashes, carpet bowls, and golf! We have also been keeping up-to-date with general knowledge quizzes and celebrating all the British Saint days with various traditional foods from across the British Isles.

We are always looking for new friends to join our group! The club is open Monday-Friday from 10am – 2pm, and transport is available.

## Men in Sheds, Monday & Thursday 10am – 12pm



Our Men in Sheds group is a space where older men can get together to chat, play a game, do a crossword or make or build something together. Meeting twice a week, this popular group is an ideal way to spend a morning making new friends and learning new skills.

Other weekly local activities at the centre include seated exercise classes, Tai Chi, coffee mornings and Bingo and we also hold a monthly entertainment afternoon or outing. Recently we enjoyed the sounds of Dave Briely who had everyone up dancing.

Please contact us on 0208 428 5507 for more about joining the Clitheroe Centre.

# Young Onset



# Dementia Support

By Sam Balding



**H**i, I'm Sam, the Young Onset Dementia Support Worker! The service was started in November 2017 for those under 65 with a diagnosis of dementia, or with concerns around cognition. This service is countywide and has the ability to grow and be moulded by those attending the groups or receiving one to one support.

Currently there are two groups running in Hertfordshire for Young Onset. One group runs on the 2nd and 4th Monday of the month between 3.30pm and 5.30pm at Friendship House, Hatfield. Activities involve creating models, painting, arts and crafts, constructions, pool, skittles, and peer carers' support.

There is also an activities based group running in East Hertfordshire, which moves around depending on the activities. Activities have included sessions with a horticultural therapist, 10-pin bowling, country walks, visits to a local

museum, stately home visits and even indoor cricket staged by the English Cricket Board.

John Ley is husband and carer to Linda, who was diagnosed with Early Onset Alzheimer's aged 53.

He says:  
*"We look forward to hearing about what we will be doing, as the activities have been diverse and exciting, not to say unpredictable. Through Age UK Hertfordshire, we have struck up new friendships, and importantly, the ability to exchange stories, offer help to each other and gain access to other useful things through the organisers of these outings. While the activities prove stimulating for both carers and their charges, the little chats over tea and coffee afterwards can also provide valuable respite, help and advice."*  
 (For more from John see pg 29).

The one-to-one support activities have involved bowling, visiting the Natural History Museum in London, visiting stately homes, going for a walk, having coffee, playing board games, visiting local museums, and bird watching. This support is directed by the people supported, and through the activities that they enjoy. One-to-one support helps people with a diagnosis to gain confidence, receive support to

access the local community and improve each individual's welfare.

Feedback from the people supported has been positive. Phil, 63, says: *"I feel I am getting my confidence back. I have been out more in the last six weeks thanks to Sam, than I have been in the last six months."*

I also help with working age benefits, including Personal Independent Payments, Blue Badges, Council Tax Reduction and helping people to set up a Lasting Power of Attorney.

If you would like to volunteer with this service please get in touch. There are opportunities available across the whole county.



**For further information please contact Hertswise on 0300 123 4044.**



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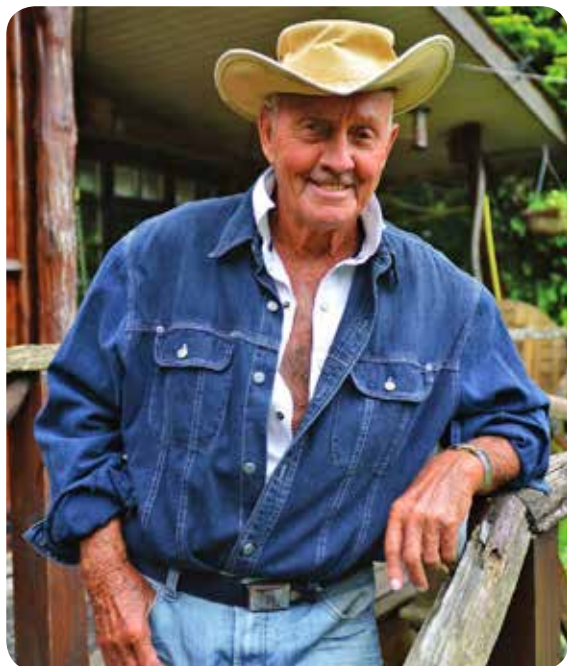
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# Roy Scammell

## Stunt Legend turned Sports Innovator

By Aoife O'Driscoll-Leung, AgeMatters Editor



The game itself combines classical and modern sport. People on rollerblades play alongside paraplegic people in a chariot racing team, scoring points by throwing spears at a target and trying to “take out” the opposition. It’s a physically challenging game, but certainly not a dangerous one. *“There’s soft round heads on the spears, [the chariots] are very low to the ground so the thing doesn’t tip over. I’m after safety*

*“So he took me to the ice rink,” says Roy. “You couldn’t get ice skates during the war, but he got me a pair of hockey skates and stuffed newspaper in them.”* Even in oversized skates, Roy was a natural. He recalls the difference in skating on proper blades, as opposed to the shoes that he and his friends would lubricate with fish oil. *“I found I could go around corners because the edges would grip and I thought ‘Wow!’”*

Roy joined the Wembley Lions hockey team and was soon playing semi-pro. In the lull between games, he would entertain hockey audiences by soaring over a line of barrels on the ice. He was spotted by an impresario of Tom Arnold’s Ice Show, who invited him along to see the performance. *“He gave me two tickets and I brought my mum along. Of course she loved it,*

**W**hen last we spoke to professional daredevil Roy Scammell in 2013, he regaled us with tales from his time as a Hollywood stuntman. The glamour, danger, and anecdotes starring legends of the stage and screen made for one of the most memorable agematters to date.

Five years on, we sat down with Roy once more and found that he has plenty of yarn yet to spin. An exciting physical career and a life of athleticism have seen Roy channelling his passion into a brand new sport. *“I’m calling it Chariots of Courage,”* says Roy, citing inspiration from his work with Hugh Hudson on the 1981 film *Chariots of Fire*.

*here – safety but with excitement.”*

Roy found that kind of excitement for himself at a young age when he discovered his talent for skating. It wasn’t long before others took notice, too.

*“As a young kid in Wembley during the war, I used to go to a roller rink to learn to roller skate,”* Roy recalls. His uncle by marriage was a Canadian hockey player and was impressed by his nephew’s flair. *“You’re pretty good,”* he said, after watching 13 year old Roy skate with his friends. *“You ever try ice?”*







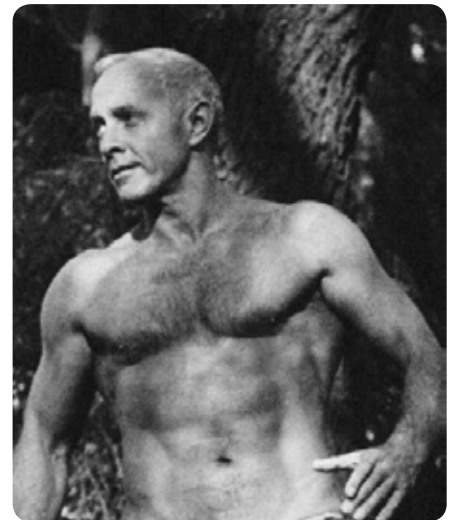
*I loved it; all of these beautiful girls, lovely costumes.”* Hooked, Roy auditioned and began performing for Holiday on Ice, and from there his career was a steady incline.

He toured across Europe as a performer on ice, but when a family illness kept him from touring he began to perform on stage, enjoying stunts in the famous variety shows at the Windmill Theatre. In 1947 he took on his first stunt job as Dirk Bogarde’s double in *Once a Jolly Swagman*. He went on to perform stunts on such blockbusters as *Casino Royale* and *Monte Carlo or Bust!* It wasn’t long before he became so adept at his practise that he was called in to choreograph fights and stunts on big titles like *A Clockwork Orange*.

Roy has witnessed the making of some of the most famous moments in film history. Speaking about Ridley Scott’s *Alien*, Roy recounted the now legendary scene of an alien creature bursting out of John Hurt’s chest. *“That was quite funny actually because we hadn’t told the rest of the crew. I knew, the camera man knew and Ridley knew. I stood back and watched, and people jumped fully in the air and cried ‘WOAH!’ ”*

With anecdotes like this, it’s clear that Roy has a knack for storytelling, and it’s something he’s keen to explore in a screenplay based on his game *Chariots of Courage*. *“The storyline is changing all the time. Originally I had a completely different storyline. It was my biography, going right through pre-war, skating, all that stuff. I want to make it more about the involvement of the kids.”* This idea of bettering children’s lives through sport is important to Roy in real life, too, which has inspired his mission to introduce *Chariots of Courage* to the Hertfordshire community.

*“I think the younger generation do need help,”* he says. *“Space that the kids used to have has been*



*taken up, people putting houses on sports sites and playgrounds. [When I was young] we played ice hockey, we played football, we ran around, we could do things. If we bring some of that element back it would certainly help.”*



## Are you a writer?

Roy Scammell is looking for a talented writing partner to help develop his screenplay. If you are interested, please get in touch via the *agematters* team by emailing [aodriscoll@ageukherts.org.uk](mailto:aodriscoll@ageukherts.org.uk)

## Hertfordshire Word Search

Places and cultural sites across our county. Can you find them all?

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

- |                 |           |           |                |
|-----------------|-----------|-----------|----------------|
| VERULAMIUM PARK | BROADWAY  | ASHRIDGE  | LEE VALLEY     |
| SCOTTS GROTTO   | ST ALBANS | WELWYN    | HATFIELD HOUSE |
| RIVER LEA       | TRING     | RYE MEADS |                |

## Quick Sudoku

		4	5	6		7	1	
		1	2		9			
				4				
3	5				7			
	7						8	
			9				5	7
				3				
			7		4	6		
	1	7		2	5	3		



### How to play

- Each **column** must contain all numbers 1 through 9, and no number can be repeated in the same column.
- Each **row** must contain all numbers 1 through 9 and no number can be repeated in the same row.
- Each **block** must contain all numbers 1 through 9 and no number can be repeated in the same block.

To check your answers, see page 30.

# Keep It In The Family Seminar

Are you thinking about updating your will or worried about inheritance tax? Longmores are holding a free seminar on power of attorney, care home fees and inheritance. If you are concerned about your retirement years and want to keep your assets "in the family" this seminar will be of interest to you.

**Friday 12th October 2018**

**11.30am**

Longmores Solicitors LLP,  
24 Castle Street, Hertford, SG14 1HP

Richard Horwood, Partner and Head of Private Client Law, will be hosting the seminar along with his team of experienced solicitors. They will cover: protecting your estate from care fees and inheritance tax, the Mental Capacity Act 2005 and powers of attorney. There will be time for questions followed by a light sandwich lunch.

To book a place please call 01992 300 333 or email [marketing@longmores-solicitors.co.uk](mailto:marketing@longmores-solicitors.co.uk).

If you cannot make this seminar keep a look out for 2019 dates on our website.



**LONGMORES**  
solicitors

[longmores-solicitors.co.uk](http://longmores-solicitors.co.uk)







# Enjoying a Healthy Summer



By Matt Charles, Head of Health & Wellbeing

**S**ummer has finally arrived, bringing us some much needed warmer weather, lighter evenings and hopefully even some sunshine. Summer time provides many of us with a natural ‘boost’ of energy and brings an additional feel-good factor to our lives. However it’s important to keep in mind that long periods of heat and sun can have an impact on our wellbeing, especially as we get older. As we age, our bodies become less efficient at coping with high temperatures and older people are at higher risk of dehydration. So, while there are many positives to look forward to in the summer time, there are also a few areas to consider in terms of staying well and enjoying the next few months.

## Hydration

Hydration is one of the most important things that can have a positive effect on our health at all times of the year. Good levels



of hydration become even more important in warmer weather. If possible try to drink two litres of water per day, the equivalent of 8-10 cups. See page 24 for more about hydration from our friends at Herts Independent Living Service (HILS).

## Reduce Sun Exposure

Sometimes there is nothing nicer than a sit in the sun on a nice day. But overexposure to the sun’s rays can lead to some nasty health problems. If you do find yourself out in the sun on a hot day, try to make sure you wear a hat, keep skin covered where possible and use sunscreen. A cool bath or shower following a spell in the sun can also help your body to return to a normal temperature.



## Keeping Cool

On particularly hot days try to keep your living area as cool as possible. Shutting blinds and closing curtains are good ways to keep the heat out. If you have access



to an electric fan this can also help to provide some ventilation.

## Love Thy Neighbour

If you have older adults who live near you and who may need extra support, consider checking in with them on hotter days. Look out for your friends, family and neighbours this summer, and if you are concerned about someone you can always contact Age UK Hertfordshire to discuss your concerns. We may be able to provide a home visit, or wellbeing check, to help ensure they are safe and well.

Lastly, if you do suffer from any adverse conditions during the hot weather, contact your GP or call NHS on 111 for assistance.

For more information please call 0300 345 3446 or visit our website, [www.ageuk.org.uk/hertfordshire/our-services/home-and-hospital-support/](http://www.ageuk.org.uk/hertfordshire/our-services/home-and-hospital-support/)



By Marta Hall

**M**y name is Marta, and I am a qualified and insured yoga teacher, massage therapist and dietician.

General health, healthy eating, fitness and wellbeing have always been very important to me, and I feel very passionate about it.

For over 20 years I worked in offices for various international corporations in England, the USA, Spain and Poland, which was an excellent professional and personal development experience. Having a good workout at a sport centre, a swim, or exercising at yoga, pilates and aerobics classes has always helped me to recharge my batteries and feel rejuvenated and refreshed.

Last year, I decided to leave the corporate world to follow my passion in the field of Holistic Therapies. My work as a Yoga Teacher and Massage Therapist is exciting and fulfilling, and I now have a healthy work/life balance. I love working with people and I now feel a part of the community, which is fantastic.

### ***Gentle yoga***

The 'Chair Yoga' classes that I organise and run for older adults in Hertfordshire combine gentle seated exercises with simple breathing techniques and relaxation practice. These classes are accessible to everyone – whatever their ability – and anyone can do it. Chair Yoga is practised sitting on a chair or in a wheelchair, or standing using the chair for

support. It is a proven, safe and enjoyable form of exercise, helping to build body strength, flexibility and balance, and is good for relaxation and stress management. A wide range of lovely people have been attending my Chair Yoga classes; the age range of my students is typically between 60 and 95 years old. I've had lots of positive feedback from many of the people who have attended my classes. They have told me how much the exercise has improved their wellbeing and quality of life in general.

I feel very fortunate to work with a number of amazing local charities and organizations who have also been pleased with the Chair Yoga classes that I have run for their members.



## Benefits of exercise

We all need exercise and regular physical activity for our bodies to work well. It helps us feel better physically and mentally.

Regular exercise can:

- Improve physical health, fitness and mobility
- Develop body strength and flexibility
- Improve posture, balance and co-ordination
- Boost energy levels, mood and confidence
- Improve circulation and blood pressure
- Reduce pain and fatigue
- Improve the quality of life and promote long-term independence
- Reduce the risk of falls and the risk of illness
- Encourage deep breathing that improves oxygen intake and lung elasticity
- Improve mental wellbeing by boosting your overall mood
- Relax and calm the mind
- Improve concentration
- Help you sleep better
- Give you the opportunity to meet new people and socialise
- Enhance enjoyment of life!

## Ideas for exercise and physical activity

Some physical activity is better than none, and more physical activity provides greater health benefits. Why not do something new this year to stay fit and healthy? Choose a type of exercise you enjoy and make it a part of your everyday life. This will help you to keep doing it regularly. Try joining a group exercise or activity as having company can be much more enjoyable and motivating.

Always warm up and cool down, and do the main part of your exercise session more vigorously. Listen to your body, be kind to yourself and respect your limitations. Adjust the intensity of the exercise to how you're feeling. Take a break whenever you need to. If you have a medical condition, try to be as active as your condition allows.

There are many ways to include physical activity in your daily routine. Here are some suggestions:

- Walking
- Swimming or aqua aerobics
- Dancing
- Chair yoga or seated exercises
- Gentle yoga or adaptive yoga
- Tai Chi
- Alexander technique
- Climbing stairs
- Gardening

2018 is the 'Hertfordshire Year of Physical Activity', and the 'It's never too late to be active' campaign offers a huge selection of activity ideas. Simply visit [www.hertfordshire.gov.uk/](http://www.hertfordshire.gov.uk/) never too late to check them out.

The NHS Choices website also has many useful tips on getting active. See NHS Livewell for more information at [www.nhs.uk/Livewell](http://www.nhs.uk/Livewell)

## Exercising safely

- If you haven't done much physical activity for a while or have a medical condition, talk to your health care professional before you start any exercise.
- Always make sure you drink plenty of water when exercising to avoid getting dehydrated.
- Wear comfortable and loose clothing, comfortable shoes and socks.
- For exercises that require a chair, choose one that is solid and stable.

## Keep motivated

Setting realistic goals and keeping a record of how much activity you do can help you stay motivated.

You can get a free activity planner at the 'Hertfordshire Year of Physical Activity 2018' webpage to create your own plan and track the amount of activity you're doing each week:

<https://www.hertfordshire.gov.uk/services/health-in-herts/hertfordshire-lifestyle-and-legacy-partnership/hertfordshire-year-of-physical-activity-2018.aspx>

Remember to have fun when exercising, and celebrate when you reach your goal!

For further information contact:  
Marta Hall  
Eagle Yoga & Massage  
Gentle Yoga & Massage for a healthy body and mind.  
07983 808 801  
[eagle yogamassage@gmail.com](mailto:eagle yogamassage@gmail.com)  
<https://www.facebook.com/eagle yogamassage.co.uk/>

# Summer Crafts

## A how-to guide from our dementia day centre

*At Chalmers Court, we work hard to offer a wide variety of activities to our clients based on their individual needs and desires.*

*By Senga Lees, Centre Supervisor*

**O**ur day centre works on the basis of individual care, so our clients' feedback is important to us. The team research, plan and deliver new activities to our group each day, and everyone is offered a choice of activities based on their own preferences.


However, as a group we all enjoy working on arts and crafts and our clients generally enjoy trying new things!

With Summer finally approaching we are looking forward to sunny weather so that we can spend more time gardening and potting plants outdoors. In the meantime we have been preparing for the Summer by working on colourful projects to brighten up our day centre.



### Tip Top Topiary

Inspired by the artfully clipped ornamental shrubs, we have created our own topiaries to enjoy year round.

**You will need:**   
 1 small, 1 medium and 1 large polystyrene ball  
 1 small plant pot  
 1 skewer  
 Coloured wool  
 Craft glue  
 (If desired) Twine, sequins and ribbon for decoration

1. Before we began, clients chose their favourite colours for their topiary. We started by winding wool around the polystyrene balls until they were completely covered, with no white gaps.
2. Next, we gathered the wool covered polystyrene with the largest at the bottom and smallest at the top, and our staff assisted in pushing a wooden skewer through the centre of the 3 balls.
3. We potted our topiaries and our group spent some time decorating their new potted plant with sequins or ribbons.



Once the topiaries were decorated to everyone's liking, we took a trip to a local garden and our clients posed for photographs with their finished artwork.



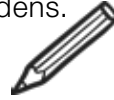




## Piping Hot Flower Canvas

These bright wall hangings help to put us in mind of colourful summertime gardens.

### You will need:



- Assortment of coloured pipe cleaners
- Wrapping paper
- 1 Canvas



3. We used additional pipe cleaners for the flower head and stem and stuck the pieces together
4. We used wrapping paper to create a paper vase for the flowers and stuck the finished product onto a canvas for display.



1. Each client was given 3 pipe cleaners laid out in the shape of a star and twisted at the centre.
2. We then rolled each of the 6 lengths into a spiral, creating a petal effect.

We hope you enjoyed our art tutorial, and if we have inspired you to make your own artwork we would love to see it! Here is what our clients had to say about our summer projects:

- "It makes me feel part of this world when I'm making things."*
- "We appreciated the guidance from staff members."*
- "Happy to show our work to anyone, we feel very proud of our finished pieces."*
- "It's like bringing the garden indoors!"*
- "I concentrated very much whilst doing this."*
- "Such a lovely pastime!"*
- "When I go home and think about my day here, I feel fulfilled."*



# Hidden Hydration

## Top tips on staying hydrated this summer

By Annabelle Martin, Nutritionist for HILS

As we get older our sense of thirst can reduce, but healthy older adults still need the same amount of fluid. If we don't drink enough we can suffer from dehydration, which is common in older adults. Dehydration can make us feel tired, dizzy, and can affect memory and concentration.

Since 2015, our community nutrition team has screened hundreds of clients, 45 per cent of whom said when asked that they did not drink the recommended daily fluid intake of six to eight cups.

### Food: the hidden hydrator

Food, often overlooked as a water source, supplies the average person in the UK with 20-30 per cent of the liquid they need - particularly if you choose fluid-rich foods like soup, or serve meals with a sauce such as gravy. The majority of your fluid (70 – 80 per cent) comes from drinks.

### Try opting for foods high in moisture to maintain a good hydration status, such as:

- Cottage cheese
- Mashed potato
- Scrambled eggs with milk
- Baked beans
- Cauliflower cheese
- Houmous dip with vegetable sticks

### Or for those with a sweet tooth\*, why not try:

- Jelly
- Custard
- Yoghurts

- Ice lollies
- Porridge

\*Delicious low fat/ sugar options are available from HILS

**Annabelle says:** "Adding certain foods to your diet can contribute to your overall hydration – soup, fruits, and vegetables, all contain more than 80 percent water!

*In my role at HILS, the UK's largest charitable meals on wheels service, I help to design menus to ensure a variety of balanced and nutritious meals. Some of our meals have more fluid than others. Many contain the equivalent of more than two cups of tea (over 340ml)! These include our Gammon and Mushroom Pie, Macaroni & Cheese, Salmon Crumble, and Lemon & Ginger Chicken. If you are cooking at home, salads, stews and curries are also good meals for high fluid content."*

### Don't wait, hydrate!

Try to have at least one nourishing drink each day, such as a glass of milk or a milky coffee. Remember, all non-alcoholic drinks – whether it's water, tea, squash, or milk – can help keep you healthy. Tea and coffee are useful sources of fluid, even though they contain caffeine. Despite what you may have heard, caffeine only affects hydration when drunk in large amounts, so try balancing out your hot beverages with non-caffeinated drinks.

*"We need to drink more when the weather is warm, or if your heating is*

*turned up, as this causes you to lose more water through evaporation. There are added benefits too - a small glass of juice counts as 1 of your 5 a day! At HILS, we encourage our clients to drink by filling up water jugs, or making a cup of tea to drink alongside our meals on wheels,"* adds Annabelle.

### Getting up in the middle of the night to go to the loo isn't fun! What can we do to help prevent this?

- Drink plenty early in the day, increase fluid rich foods such as fruits, soups etc.
- Often people drink less during the day to avoid getting up at night but end up getting dehydrated. Concentrated urine can irritate the bladder and unfortunately make you feel like you need the loo anyway.
- **Fun fact:** If well-hydrated, your urine should be the colour of pale straw!

### Support available:

Dehydration is a dangerous condition which can lead to other health conditions, such as constipation and urinary tract infections (UTIs). If you're experiencing continence issues, your GP may be able to refer you to a local bladder and bowel nurse to ensure that you have all the support you need.

### Contact us:

If you are interested in finding out more about our services, contact HILS on **0330 2000 103** (local rate number) or email: [info@hertsindependentliving.org](mailto:info@hertsindependentliving.org)





# Layston Grove

Luxury Residential and Dementia Care Home

- Buntingford -

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Per Week



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We are proud to **pay our staff higher than average salaries** and provide **more staff for each resident** than most care homes.

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- ✓ 24 hour care
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- ✓ Chiropodist
- ✓ Dry cleaning
- ✓ Home outings
- ✓ Hair and beauty
- ✓ Assisted medical visits
- ✓ Activities, 7 days a week
- ✓ All meals, snacks & drinks

Respite stays also available

Please call **01763 274 327** or  
visit **[www.oakdalecaregroup.com](http://www.oakdalecaregroup.com)**

Keen Avenue | Buntingford | SG9 9SU



# Here for You

## Meet our Information & Advice Team

By Jana Kycinova,  
Information & Advice Service Manager



check and update our resources and factsheets.

### Here's how we can help:

- Advising on benefit entitlements, housing, and social care
- Providing IT training
- Setting up a Lasting Power of Attorney
- Advising you on accessing other services across Hertfordshire.

We are always learning and developing our skills to help us provide excellent service and support our clients.

For more about how we can help, just get in touch for a chat!

Call our dedicated Information & Advice line  
**0300 345 3446**  
Monday – Friday, 9am – 4.30pm

Or alternatively  
Email: [information@ageukherts.org.uk](mailto:information@ageukherts.org.uk)  
Skype: ageukhertfordshire  
Write to us:  
Information & Advice, Age UK Hertfordshire, 1 Silver Court, Watchmead, Welwyn Garden City, AL7 1LT

Since the Spring issue of *agematters* we are sorry to say “goodbye” to our tremendous service manager Miss Amanda Shearn. We all wish her the very best for the future - she is moving into a new role, supporting clients diagnosed with cancer. We have no doubt that they will also greatly appreciate her dedication and passion for helping vulnerable people.

However, before Amanda left she recruited a very hardworking Information and Advice team; a new Service Manager and five Coordinators.

Every member of our team is highly trained to provide you with all the help you need, including our dedicated Information & Advice Volunteers. We all come from

different backgrounds, and are all different shapes and sizes, but we have one goal in mind: to improve the wellbeing and quality of life of all older people in Hertfordshire. We make sure our clients are aware of their rights and entitlements, and we provide support to those who need help to access them.

You can reach us by phone, via email, through Skype, or by post. Come and see us at our regular benefit surgeries or get in touch to request a home visit. We all will do our best to help you with any enquiries. If we can't help you ourselves, we can advise you on the best place to get the support you need.

We always provide accurate and impartial information and advice, and consistently



# Party Time at 10-3 Clubs

## Celebrating Sikh New Year and a Fresh Start

### Vaiskahi

#### Asian 10 to 3 Clubs

From Diwali, to Eid, to Christmas; our Asian 10 to 3 Clubs enjoy many celebrations throughout the year. The springtime Vaisakhi festival was an opportunity for our two Asian clubs to come together and celebrate the New Year.

Close to 40 club members met at the Howard Garden Social Centre, alongside club assistants and other guests. As we took our seats, some tables were left empty even as others quickly became overcrowded. This was no doubt down to the warm and friendly atmosphere of the clubs, with everyone so happy to see one another that the whole group wanted to stay close, to talk and laugh and mingle as one.

Soon after the guests arrived, the club assistants circled the hall serving plates heaped with food; savoury samosas, spicy onion bhaji – even slices of pizza! The club members enjoyed the feast and spoke about Viasakhi and what it means to them. For many, the festival is a celebration of the day, more than 300 years ago, when spiritual leader Guru Goband Singh formed the Khalsa warrior community to empower and protect

the Sikh people. The club members describe Viaskahi as a joyous time when spirits are high, colours are bright and everyone looks their best.

After a rich and creamy dessert of rassomalai served with hot chai, the group gathered together for a musical session. The members sang Punjabi folk songs and clapped a rhythm for club leaders to dance to, inviting guests to join in too. As promised, spirits were certainly high throughout the celebration!

Our two clubs, based in Hitchin and Letchworth, support the community of older Asian people in North Hertfordshire. As many of the members speak limited English, the clubs grant access to information they may not otherwise receive, while also serving to meet specific social and cultural needs. This is an important local service which is made possible with the support of the Letchworth Heritage Foundation, as well as the dynamic club leaders and volunteers who take our clubs and turn them into true communities.

### Moving Day

#### Hoddesdon 10 to 3 Club

After a number of happy years at their venue in Lord Street, our Hoddesdon 10 to 3 Club have moved on to a



new space at Blackwood Court. The group left Lord Street at the end of April, but not without taking the opportunity to say goodbye to a place filled with happy memories.

The group threw a party on April 26th, the day of their last meeting at the venue. They enjoyed music, party food and even had a nostalgic round of pass the parcel! The group were pleased to host staff from a local branch of Santander, who have been valued supporters of the club for some time. The Santander team make regular donations to the club from in-house fundraisers such as a staff Christmas Jumper Day. The team have also been kind enough to select Age UK Hertfordshire as their charity to support throughout the year!

Both Lord Street and Blackwood Court venues benefit from the support of *B3 Living*, so our group are confident that their time at the new venue will be just as happy. Though clients will be sad to leave their “home from home” at Lord Street, they look forward to a fresh start and the chance to create new memories at Blackwood Court.



**N**o matter how much you appreciate the work done by a charity, it can often be difficult to show your support.

Volunteering is rewarding and lends invaluable help to our cause, but for those with hectic schedules it can be hard to find the time to spare.

Donations go a long way to support the services we provide that help make Hertfordshire a great place to grow old in, but unfortunately donating isn't an option for everyone.

But every single gesture of support can make a world of difference to Age UK Hertfordshire and the people we help. That's why we have introduced several low commitment ways to get involved and help older people in your community.

**AmazonSmile**

Do you shop online? Customers of online retailer **Amazon** now have the opportunity to support the charity every time they shop. Simply enter the website via [Smile.Amazon.co.uk](http://Smile.Amazon.co.uk), use the search bar to find 'Age UK Hertfordshire' and click to select. From there you will be able to shop as usual, and we will receive 0.5% of the total cost with no extra cost to you!

**Clothes Aid**

You may soon notice branded Age

UK Hertfordshire bags delivered through your door. These bags come from **Clothes Aid**, who collect donations of second hand items from over 45,000 homes in the UK. Clothes Aid then recycles the donations, and a large portion of the proceeds go to their charity partners. You can help by filling an Age UK Hertfordshire bag with clothes and accessories you no longer want, and leaving it out for Clothes Aid to collect. **If you have any questions about the bags or collections, please phone Clothes Aid on 020 7288 8545**



**Broxbourne Lottery**

The Broxbourne Lottery is a weekly draw supporting good causes throughout Broxbourne, but can be entered (and won!) by people living anywhere in the UK. Each ticket stands a fantastic 1 in 50 chance of winning prizes up to £25,000! For every £1 ticket sold through our Lottery webpage, we will receive 50p – and a further 10p will go to other good causes in Broxbourne. If you would like to be in with a chance to win and support Age UK

Hertfordshire, visit [broxbournelottery.co.uk/support/auk-hertfordshire](http://broxbournelottery.co.uk/support/auk-hertfordshire)

**Be an Ambassador**

A great way to help Age UK Hertfordshire is to spread the word about our services to people who may be in need of support. This could mean:

- Sharing your copy of *agematters* with friends and family. We are always happy to post you a few extra copies, too! Just write to us at **1 Silver Court, Watchmead, Welwyn Garden City, AL7 1LT** or email [aodriscoll@ageukherths.org.uk](mailto:aodriscoll@ageukherths.org.uk)
- Following us on Facebook or Twitter so that you can stay up to date and share some of our posts on your own page.
- Or simply telling your friends and family about our work!

We are so grateful for all the help we receive from our wonderful community. Your support goes a long way toward helping Hertfordshire love later life!

**Did you know?**

Age UK Hertfordshire is part of the national Age UK network, but we are local independent charity in our own right. This means that all funds raised by Age UK Hertfordshire stay in Hertfordshire, helping us make a difference in your local community.

For more about how you can help Age UK Hertfordshire, visit <https://www.ageuk.org.uk/hertfordshire/get-involved/>





# *Broxbourne Family Getting the Most Out of Hertswise*

*By John Ley*

## Talented artist now reaping the benefits made available to people living with dementia



### ***I have a question for you; what have the following got in common?***

Singing, counselling, 10-pin bowling, Blue Badges, and arm-pit fudge? How about art, a polecat ferret, friendship, new opportunities and renewed self-belief?

These are all aspects of the help and opportunities made available to myself, as a carer, and my wife, who has Early Onset Alzheimer's Disease.

If I'm honest, when it was announced that Age UK Hertfordshire were to become the new body in charge of attending to the needs of people living with dementia and their carers I was horrified.

"You are Age UK," I argued, "not Middle-Age UK". I was not alone in recoiling with anger in response to the news. How wrong we were proved to be.

I am husband and carer to Linda, who was diagnosed with Early Onset Alzheimer's aged just 53, in 2015. In addition I look after my daughter

Katie, who is 24 and has Down's Syndrome and Type 1 Diabetes.

I was formerly a national newspaper journalist but since Linda began to show signs of dementia, in around 2012, I have been searching for ways to motivate and entertain her.

There are activities out there but it can be a challenge to find them. However, since joining Hertswise, we have been hugely impressed with their dedication, thoughtfulness and determination to make life just that little bit easier, not only for the dementia sufferers but for their carers too.

Linda was formerly a sub-editor on scientific journals and, later, a professional artist, producing beautiful paintings and drawings, mainly using animals as her subject. Now, in addition to Alzheimer's she has developed epilepsy. It's fun-a-minute in the Ley household.

The help Age UK Hertfordshire and their Hertswise partners can offer comes in several guises. Each Tuesday we attend The Hub, an activity group for all, and it is one of the highlights of the week.

We've had visits from a local zoo, professional artists, the English Cricket Board and many others. But it is Kerry Atkins, who works for Herts

Mind Network under the Hertswise umbrella, who makes it all tick and for a growing number of people, this is a welcome respite from the daily rigours of this insidious illness.

Each month we attend events run by the Young Onset Group, and these activities have included sessions with a horticultural therapist, 10-pin bowling, country walks, a visit to a local museum and stately home visits. (See page 12 for more on Young Onset Support).

While these are welcome distractions, the real help comes at the end of a phone or email. I have had several visits from Age UK Hertfordshire, helping me apply for a Blue Badge – for both wife AND daughter – as well as aiding my bid for a reduction in Council Tax.

In addition, we have access to a wonderful Admiral Nurse, Gemma Swainsbury who has counseled myself and my daughter through meaningful home visits. When I was at the end of my tether, I got a call out of the blue, with Gemma offering help, advice and assurance.

Through Age UK Hertfordshire, we have struck up new friendships, and importantly, the ability to exchange stories and offer help to each other.

I once had my reservations about Age UK Hertfordshire and Hertswise. I now believe they are life-savers.

**For more about Hertswise, call HertsHelp 0300 123 4044, Monday – Friday, 9am to 5pm Or visit [www.hertswise.org.uk](http://www.hertswise.org.uk)**

# Clothes Aid

*“Collecting for British charities is in our jeans”*



If you have clothes, in good condition, lurking at the back of your wardrobe or bric-a-brac that has more life to live, please pack it up and leave it for Clothes Aid on the nominated day stated on the bag. Hertfordshire businesses, schools and community groups can get involved too, with Clothes Aid happy to organise a bespoke visit for any large collections.

Look out for the new Age UK Hertfordshire clothing collection bags dropping through doors throughout Hertfordshire from this month. We have teamed up with Clothes Aid, the leading charity clothes collection agency, who will aim to raise at least £50,000 for Age UK Hertfordshire – simply by recycling your frocks and socks!

Clothes Aid distributors can be identified by their Clothes Aid uniform, will carry photo ID, and adhere to strict code of conduct.

Wonder where those clothes go? All the clothes and bric-a-brac go to quality 2nd hand shops and boutiques in Eastern Europe,

where there is huge demand for UK quality and fashion. There is no cost for Age UK Hertfordshire as Clothes Aid absorbs all costs associated with staff, collections, sorting and exporting.

Age UK CEO Deborah Paniagua said *“We are really looking forward to working with Clothes Aid. Their donation service will help to fund the high-quality services we provide across the county, which support more than 3,000 local older people each week. Every penny we receive from Clothes Aid will be spent in Hertfordshire, benefiting our local communities.”*

If you would like to arrange a collection, call Clothes Aid on 0207 288 8545 or e-mail [info@clothesaid.co.uk](mailto:info@clothesaid.co.uk) or contact them via Twitter @clothesaid or Facebook.

## Puzzle Corner Answers

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

9	3	4	5	6	8	7	1	2
8	6	1	2	7	9	5	3	4
7	2	5	3	4	1	9	6	8
3	5	8	4	1	7	2	9	6
1	7	9	6	5	2	4	8	3
2	4	6	9	8	3	1	5	7
4	9	2	1	3	6	8	7	5
5	8	3	7	9	4	6	2	1
6	1	7	8	2	5	3	4	9





# LIVING WELL WITH ISABEL

Our Living Well services offer a variety of options to support you and those close to you when living with a serious, long term or life-limiting condition. We run a variety of groups, sessions and courses designed to advise and support you to best cope with the consequences of living with your condition.

Our sessions range from coffee mornings to tai chi and exercise, all of which you can refer yourself to, without the need to come through your GP or any other medical professional.

- Tai chi
- Sharing stories
- Coping well
- Fatigue and breathlessness
- Exercise
- Feel good singing
- Pamper sessions
- Relaxation

We run sessions in

- Welwyn Garden City
- Thorley, Bishop's Stortford
- Stanstead Abbots



**Find out more at [www.isabelhospice.org.uk/livingwell](http://www.isabelhospice.org.uk/livingwell)  
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