

agematters

Meet
our
I&A
Team

Dance
your
way to
health

Anyone
can cook

Crossword,
Sudoku, and
more

Help in the Home

Do you need help staying on top of household tasks?

Our carefully selected Home Helpers can help you maintain your independence if you need help with domestic tasks, shopping or to offer some companionship, for **£18.24 per hour**.

Call us today:

South & West Herts: 01932 224 472

Mid, North & East Herts: 01707 386 066



www.ageuk.org.uk/hertfordshire
Registered Charity Number: 1116662

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From the CEO



Welcome to our Summer 2020 issue of agematters!

Welcome to this latest edition of agematters. Our Community Engagement Team have produced this magazine whilst working from their homes, as we juggle new ways of working and keeping our staff and clients safe.

COVID-19 will have impacted on all our lives differently. The Government and NHS are taking the necessary steps to manage the outbreak, reduce transmission and treat those who need medical attention. It may be difficult, but by following guidance on social distancing, or staying at home, we are

all helping to protect ourselves, our family, the NHS, and our communities.

In this issue we will be giving you information about coronavirus, exercises to do whilst at home, how to look after your mental health, and the changes you need to know about our services.

We will also be introducing you to our invaluable Information & Advice Team by getting to know who is who, why they love working for Age UK Hertfordshire and even what their favourite hobbies are!

On behalf of everyone at Age UK Hertfordshire we wish you all the best and please- Stay Home, Stay Safe, and Keep Washing your Hands!!!

Best wishes



DEBORAH PANIAGUA
CHIEF EXECUTIVE OFFICER

Changes to our services



Even though we have had to change the ways that we work, we are still here to help older people across Hertfordshire. We will update our website and social media accounts with any further changes.

Active Ageing

- Chalmers Court, Clitheroe Health and Wellbeing Centre, and our 10 to 3 Clubs are temporarily closed until further notice.
- Staff are checking in and chatting with our clients via telephone or letter each week.
- We are also able to help with the delivery of food and essentials to clients most at risk.

01462 420 911

Help in the Home

- We restarted our Help in the Home Service from June to support those who have not had help with domestic tasks over the last few months. This is being done with extra safety precautions to ensure that our support is carried out in the safest way possible.

01923 224 472 | 01707 386 066

Visiting Scheme

- Our face to face Visiting Scheme has been temporarily suspended, and we are making regular telephone calls.

- We are also helping with the delivery of food essentials to clients and carers that are most at risk.

07538 954 189

Telephone Club

- Our Telephone Club Service continues to run as normal.

07538 954 189

InTouch

- Our InTouch Service is running as normal, and the team continues to support clients who urgently need our support during this time.
- There is a high demand for this service, so please be patient and we will get back to you as soon as we can.

01992 629 358 | 01992 634 964

Information & Advice

- All Information & Advice requests are responding to over the phone or via online support.
- There is a high demand for this service, so please be patient and we will get back to you as soon as we can.

0300 345 3446

Hertswise

- All group and 1:1 sessions have been suspended until further notice.

- Our staff are supporting our clients & their carers through phone calls and helping with medication delivery.
- The team are also helping with the delivery of food essentials to those who are most at risk.

0300 345 3446

Nutrition & Dietetics

- Until further notice, all requests will be responded to over the phone or via online support.
- We are also helping with the delivery of food essentials to clients and carers that are most at risk.

01727 732 011

Hospital & Community Navigation Service

- HCNS Teams are no longer based at hospitals during the crisis.
- We are supporting clients where possible through phone calls and online support.
- We are also helping with the delivery of food essentials to clients and carers that are most at risk.

03001 234 044

For any updates on any of our services and our partner services please visit:
www.ageuk.org.uk/hertfordshire/

CORONAVIRUS

COVID-19 has now spread to nearly every country in the world, but what exactly is COVID-19 and how can we all help to prevent the spread of the infection?

▼ What is COVID-19?

Coronaviruses are a family of viruses that cause disease in animals, but in the last few years, several strains have jumped to humans. COVID-19 is a new illness from this family that can affect your lungs and airways, making it difficult to breathe.



▼ What are the main symptoms?

The main symptoms of COVID-19 are:

- **High Temperature** - this means you are hot to the touch on your back or chest
- **Continuous Cough** - this would be a new cough lasting longer than 48 hours
- **A loss or change to your sense of smell or taste** - you've noticed you can't smell or taste anything or that tastes or smells have changed.

▼ How can I help prevent it?

We all have a role to play in preventing the illness from spreading. You should:

- Wash your hands with soap and warm water for at least 20 seconds.
- Wash your hands as soon as you re-enter your home.
- Cover your mouth and nose with a tissue or your sleeve (**NOT YOUR HANDS**) when you sneeze or cough, and place the tissue in a bin as soon as you can.
- **DO NOT** touch your eyes, nose or mouth if your hands are not clean.
- Avoid close contact with anyone and keep a social distance of at least 2 metres between you and other people not in your household.



▼ What if I start to feel unwell?

If you feel unwell, and you have flu-like symptoms **PLEASE STAY AT HOME**. It's not very likely that you have COVID-19, but we also don't want to spread any germs.

If you do have flu-like symptoms and you have been in close contact with someone who definitely has COVID-19, you should:

- Stay at home and self-isolate for 14 days
- **DO NOT** go to your GP, Urgent Care Centre, or A&E
- Call NHS Test and Trace programme 0300 303 2713 to be tested for coronavirus.

What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues (then wash hands)



If you don't have a tissue **use your sleeve**



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

This data is correct at June 16th 2020. Please check on www.gov.uk/coronavirus or listen to the government updates on the BBC for the latest guidance.

EXERCISING AT HOME

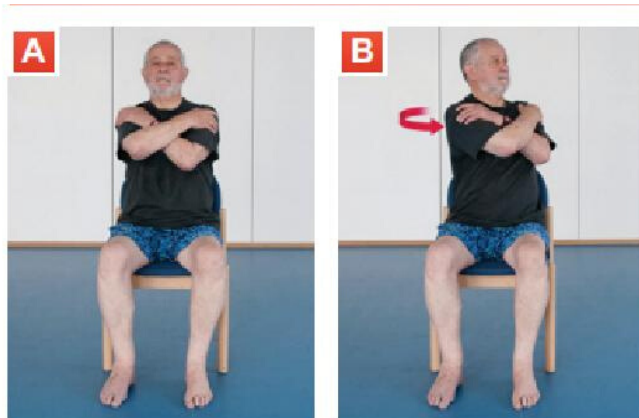
Whilst we all understand that staying at home is important, it can become repetitive. It is important now more than ever to remember to keep active. Staying active does not mean completing a high intensity workout, it could be doing chair' based exercises, stretching or even gardening.

Types of activity:

- **Light** - getting up to make a cup of tea, cleaning or dusting.
- **Moderate** - mowing the lawn or dancing in your living room.
- **Vigorous** - jogging on the spot or joining in with martial arts

Thank you to the NHS who have supplied the following exercises: www.nhs.uk/live-well/exercise/sitting-exercises/

These exercises should be taken with caution and built up slowly in your own time - don't rush. Ensure that you avoid chairs with arms, as these will restrict your movement.

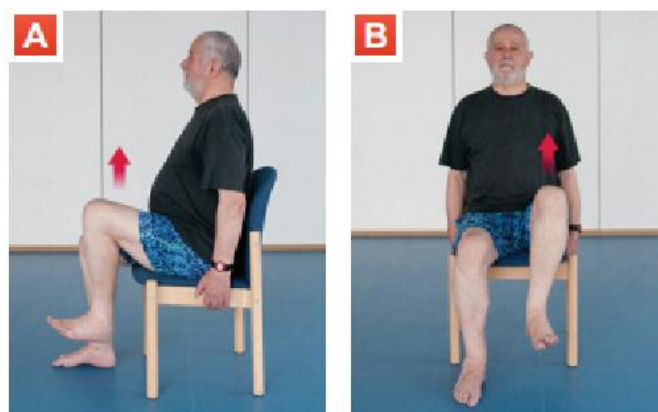


Upper Body Twist

A. Sit upright with feet flat on the floor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable.

Hold for five seconds. Repeat going right.
Do five on each side.

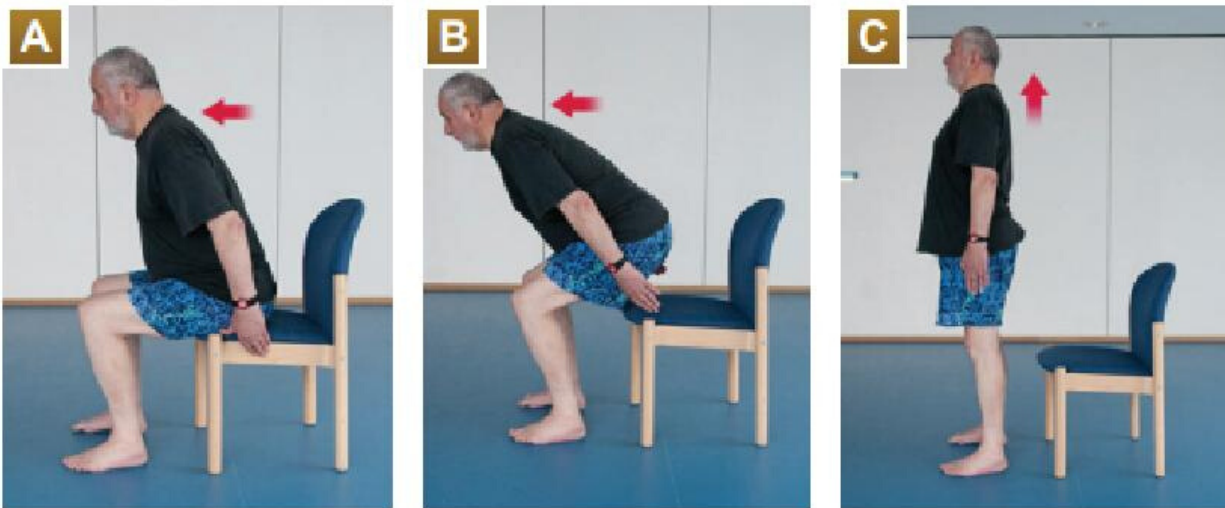


Hip Marching

A. Sit upright and away from the back of the chair. Hold onto the sides of the chair.

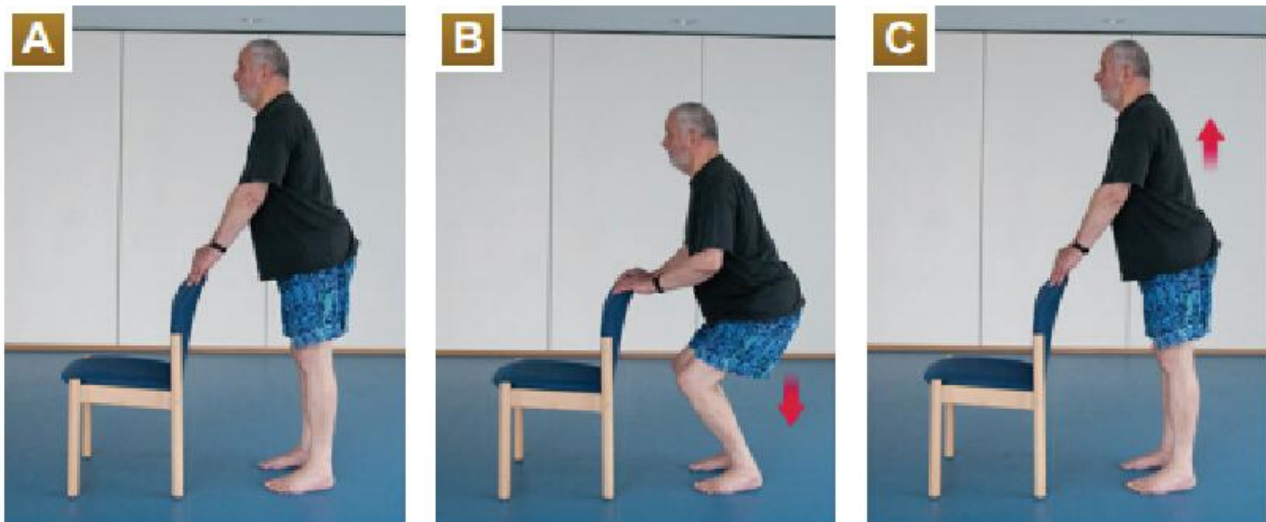
B. Lift your leg, with your knee bent, as far as is comfortable. Place foot down with control.

Repeat with the opposite leg.
Do five lifts with each leg.



Sit to stand

- A. Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.
 - B. Stand up slowly, using your legs, not arms. Keep looking forwards, not down.
 - C. Stand upright before slowly sitting down, bottom-first.
- Aim for five repetitions - the slower the better.



Mini Squats

- A. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.
 - B. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
 - C. Gently come up to standing, squeezing your buttocks as you do.
- Repeat five times.

Hobbies

Dance your way to fitness and social wellbeing

As we get older, our fitness and exercise regimes tend to slow down or even stop, due to time commitments or health reasons. According to Bupa Research '20% of men and 17% of women aged 65-74 do not get the recommended levels of physical exercise. For people over 75 this falls to 9% for men and 6% for women.'

Fueled by popular TV shows such as *Strictly Come Dancing* and *The Greatest Dancer*, dancing in the over 50s has risen. Regular dancing provides many benefits such as; weight loss, improved mental health, improved muscle strength, increase in heart health and it is a great form of socialisation - as some dancers from *Footsteps School of Dancing* have found out.

Chris, has been dancing for the past 12 years and has seen great benefits from it.

"I love dancing, especially at Footsteps School of Dancing, and since my husband passed away. I feel as if I am not so alone anymore."

Head of Footsteps School of Dancing, Nigel & Deborah Price, have been dancing for the past 30 years and they believe that a joyful atmosphere is key to a class.

"Everybody learns at a different pace. My classes are not dance technique, they are mainly a chance to socialise whilst enjoying a little bit of exercise."

There is no doubt that dance is an important form of exercise that improves your physical and mental wellbeing. Cheryl has been dancing with her husband, Rick, for the past four years and said: "A little bit of exercise has been great for me especially since I have had multiple back operations and now have steel rods in my back."

Whilst you can't get out to a dance class at the moment due to COVID-19, this doesn't stop you putting on some music and just dance around your kitchen - like no one is watching!

For more information visit:
www.footstepsschoolofdancing.co.uk





Life with Alzheimer's

- By John Ley



It all started so, so well. I met the beautiful Linda in Easter 1985, proposed on Valentine's Day 1986 and in June three years later we were married, with so much hope and so many dreams to fulfill.

However Alzheimer's decided our aspirations would be curtailed. Soon after Linda reached 50 we noticed something wasn't quite right. After three years of investigations our worst fears were confirmed. In May 2015, aged just 53, Linda was diagnosed with Early Onset Alzheimer's.

Linda, my lover, my best mate, rock and inspiration, had helped me cope with the shock of having a daughter born with Down's Syndrome, then later diagnosed - after a three week fight for life - with type 1 diabetes. Now, suddenly, roles were reversed.

Linda's deterioration has become rapid in recent months. She cannot read or write.

She cannot talk coherently and has epilepsy and psychosis. I have to dress and wash her, help her at meal times and with her more personal needs.

The Christmas before last I was in a dark place. The care home she uses three times a week was shut through illness.

"I was left isolated, confused and frustrated."

One email to *Age UK Hertfordshire* and I set the alarm bells ringing. Almost immediately another bell chimed - on my phone. Within 24 hours I had calls from an Admiral Nurse and an 'InTouch' team member provided by *Age UK Hertfordshire*.

Now I feel I have a real shoulder to cry on. In addition to the agencies already mentioned, I find the services of *Hertfordshire MIND Network* invaluable.



With the backing of *Hertswise* and collusion of our wonderful dementia therapy group *Music 24*, I have produced an eight-page document highlighting the help available to carers in East Herts. So I am able to use my experiences - good and bad - to help others.

But I couldn't have done it without the help of *Hertswise*.

For more information about *Hertswise Dementia Service* please visit:
<https://hertswise.org.uk/>
or follow their social media:
Twitter:
@wearehertswise



MEET THE TEAM

- By Jana Kycinova



Information & Advice is a countywide service helping older people, their families and their friends with a range of issues across Hertfordshire. From financial to legal, housing to health & wellbeing, all of the advice is always free, impartial and confidential.

Delivering this important service is our wonderful Information & Advice Team.

Jana, I&A Service Manager

Date when you joined AUKH: September 2015

Hobbies: Travelling, walking & gardening

Favourite drink: Coffee. White no sugar, please.

Why do you work for AUKH? Because it is the best organisation in Hertfordshire! I feel very lucky to be part of this special organisation. I joined AUKH four and a half years ago and since then I've been inspired everyday by the most passionate and caring people I've ever met.

Why do you love your job? It doesn't matter what I do, whether it's answering the phone or emails, visiting clients or attending talks I feel I've made a positive difference in someone's life.

Hannah, I&A Coordinator

Date when you joined AUKH:
September 2017

Least favourite food:
Mushrooms

Favourite TV show: *Great British Bake Off*

Why do you work for AUKH?
AUKH has a friendly atmosphere, and I enjoy being surrounded by colleagues who are passionate about the work they do and care deeply about the people that they are helping. I think there is a lack of awareness of some of the issues older people face, and charities such as AUKH are trying to change that.

If you were to receive more funding how would that impact the service? We would be able to support more of the older residents of Hertfordshire, and potentially expand the services we are able to offer.

Sam, I&A Coordinator

Date when you joined AUKH:
August 2018

Favourite band: Kings of Leon

Hobbies: Horse Riding

Why do you work for AUKH?
I think it is important for everybody to be able to access information and be able to receive help with making applications when they are unable to do this for themselves.

If you were to receive more funding, how would this impact the service? We could employ more people to cover Hertfordshire and answer more calls.

Reece, I&A Coordinator

Date when you joined AUKH:
June 2018

Favourite TV show: *Only Fools and Horses*

Favourite takeaway: Indian
Why do you love your job?

I get to speak to hundreds (possibly more!) of very different people each year and I am able to make a huge difference to their situation.

If you were to receive more funding how would that impact the service? We would be able to help even more people in the community and possibly provide more support and spend more time with each client, making an even bigger difference than we already do.



Marzena, I&A Coordinator

Date when you joined AUKH: October 2018

Celebrity crush: Tom Cruise

Hobbies: Swimming

Why do you work for AUKH?
Great work culture and company values. I work with an amazing team and have been provided with great training and support.
If you were to receive more funding, how would this impact the service? More advisors & more face to face support to be provided as now people need to do all forms online and older people are not always confident to do so.

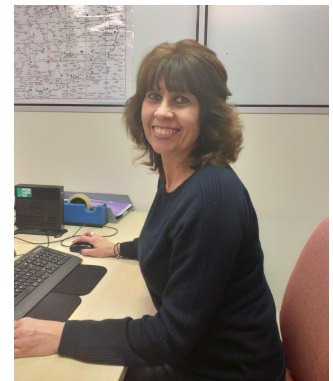
Emma, I&A Coordinator

Date when you joined AUKH: June 2018

Favourite TV show: *Friends* - I've watched every episode multiple times!

Why do you work love your job? I love my job because of the difference we can do make to people's lives. We have the ability to advise and support people on many things from the Welfare Benefits process to 'Where can I purchase a magnifying glass from?'

If you were to receive more funding, how would this impact the service?
This would have a positive impact. Further support on the helpline will mean more people in Hertfordshire can access the service and be supported by the team, which can only be a good thing!



If you are in need of any Information & Advice, the team are here if you need us on:
0300 345 3446
or
info@ageukherts.org.uk

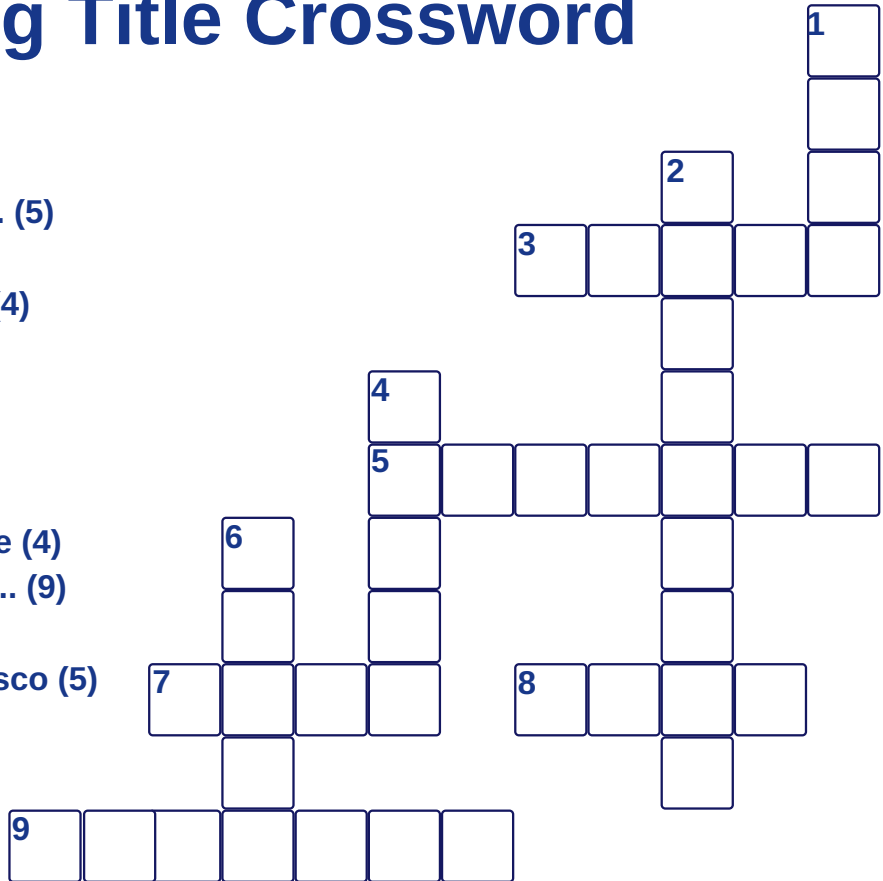
Song Title Crossword

Across

3. I'm sitting on top of the..... (5)
5. Love in the sand (7)
7. Walking to happiness (4)
8. I wanna hold your (4)
9. tons (7)

Down

1. You're just too ... to be true (4)
2. I heard it through the (9)
4. Rock around the (5)
6. I left my in San Francisco (5)



Sweet Tooth Teaser

Match the sweet with its correct description



- | | |
|--------------------------|---|
| a) Traffic Lights | 1. Bubblegum Sweet 2. Striped chew red, yellow and green
3. Boiled sweet with coloured layers |
| b) Gobstopper | 1. Large round candy ball 2. Very sticky chew
3. Lip-shaped gummy red sweet |
| c) Black Jack | 1. Rice paper sweet playing card 2. Liquorice strip
3. Aniseed flavour black chewy sweet |
| d) Bootlaces | 1. Shredded coconut lengths 2. Long bubblegum strip
3. Liquorice thin strips |
| e) Bullseye | 1. Red/white horn-shaped chew 2. Chocolate eye
3. Striped black/white boiled sweet ball |

Word Search

BBQ
BUCKET
FAMILY
FLIPFLOPS
HOLIDAY
HOT
ICECREAM
OUTSIDE
SAND
SPADE

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

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		

Staying Connected During COVID-19

Staying connected with your friends, family and neighbours has never been more so important.

Older people especially, can experience loneliness and isolation, whether due to loss of friends and family, medical conditions or reduced mobility – this can have an adverse effect on their mental health.

Since lockdown started, life has changed for all, with everybody missing connections with their friends and families. Many older people have become even more socially isolated.

According to research from Age UK (the national charity), more than 2 million people in England over the age of 75 live alone – and with many people shielding, it is important to try and find ways to stay connected. It is estimated that only 30% of people over the age of 75 have access to the internet, and with so much of modern life being 'online' this can mean they may feel excluded or left behind.

But not everyone! Jeanne is an Age UK Hertfordshire client and, at 87 years old, is tech savvy, and she's been taking to her tablet! (computer tablet)

“I'm used to solitude as I live on my own, but I try to keep busy whether it be gardening, writing letters, creating cards on Moonpig, reading books, or playing scrabble on my tablet.”

“During COVID-19 I have been copying okay, I have a treadmill that I use when I can, but I have been mainly reading books on my tablet, as I love that feeling of escapism, and video calling my children and grandchildren.” She explains *“Last weekend I was on a video call with my grandchildren and they had created their own puppets and performed the classic Titanic scene when both Jack and Rose are in the Ocean – it's a little like Punch and Judy but Zoom style.”*

When it comes to technology some older people may feel that it's not for them, or be hesitant to learn a new skill. Jeanne, has been fortunate enough to know her way around a computer, since working with them in the 1960's.



She is a keen advocate for more older people to use IT and thinks they should be handed out on the NHS. She said: *“If you don't use a tablet or have one you should do, as it makes you feel less lonely.”*

It's so important to find different ways to connect with people!

Age UK Dacorum is part of the 'Age UK' family of 'Brand Partners'. Each 'Age UK' is a separate charity. We all work to the same ethos and standards to support older people who need our help.

Age UK Dacorum (AUKD) have been very busy since the country went into lockdown. They have already had over 200 volunteers but have recruited over 100 more to shop for older people, collect daily essentials, prescriptions, and telephone them regularly. Although some older people have computers, many have been unable to book an online shopping slot and were very relieved when their volunteers were able to assist them.

Staff have been ringing clients every week to see how they are doing physically and mentally. As the weeks passed, many more of them started feeling sad and lonely, so they have increased the number of times they call people. By using volunteers they hear a different voice and talk about different things.

The volunteers do not know the older people or their history but all of them have interesting stories to tell which evokes memories they may have forgotten.

AUKD have linked with local author Katy Regan to gather people's life stories. They would be pleased for older people to send in these to their office, which will be published in a booklet.

AUKD have distributed newsletters, activity and exercise sheets for the clients who wanted them and, in many cases, especially for people who have dementia (or their carers) the Co-ordinator talks them through the exercises whilst they are on the phone, along with keeping in regular contact.

They have also used technology. On VE Day some members of our Carers' Support Scheme joined a virtual party on Zoom and enjoyed a quiz with a World War 2 theme. Their dementia clients have also enjoyed using technology with exercise activities, sing-alongs and having a chat.



Both current and new clients were supported with emergency food parcels and signposting information to enable them to access services they needed as they were caring for family members. One of the people they supported was Janet Pitts who needed support in getting her weekly shopping.

She said:

"It is great that Age UK Dacorum are helping people who are self-isolating, I am really grateful."

Another quote from a client said *"Thank you for all your support and help, Age UK Dacorum are marvellous."*

They continue to support older people and their carers with shopping, regular contact, providing information and advice including keeping their website updated and the support they require during these difficult times.

If you live in Dacorum or may know someone who needs help, you can contact them at:
01442 259 049
OR
admin@ageukdacorum.org.uk OR
ageuk.org.uk/dacorum



Minimalist Veggie Burger

These hearty veggie burgers are crowd-pleasing and seriously tasty!

You will need:

- 1 cup cooked brown rice
- 1 cup raw walnuts
- 1/2 tbsp avocado oil
- 1/2 medium diced onion
- 1/2 tsp, salt, pepper, chilli powder, paprika
- 1 tbsp coconut sugar
- 1 1/2 cups cooked black beans
- 1/3 cup panko bread crumbs
- 3-4 tbsp vegan BBQ sauce

Method:

- Cook the brown rice until soft and fluffy.
- Heat pan over a medium heat, then add raw walnuts and toast for 5 minutes.
- Once the walnuts are cooked, place to one side and let cool.
- Return to heated pan and add oil, onion, salt, pepper and saute for 3 minutes.
- Place your walnuts, chilli powder, paprika, salt, pepper, and coconut sugar into a blender and blend until fine.
- To a large mixing bowl, add drained black beans and mash with a fork.
- Add your mix from your blender to the black bean bowl with sauteed onion, panko bread crumbs and BBQ sauce.
- Mix this thoroughly with a wooden spoon until a dough forms.
- Divide the mix into 5 patties and pack firmly until slightly flatten. Set on a baking plate for grilling.
- Heat the grill and add oil. Once hot, add the patties and cook for 3-4 minutes.
- Once cooked, remove the burger and serve on a toasted bun with desired toppings.

Smoothies

Smoothies are one of the most popular choice of drink during the summer as they are refreshing, healthy and can help you maintain energy levels throughout the day.



Triple Berry Smoothie

You will need:

- 1 banana
- 1 cup frozen strawberries
- 1 cup frozen black berries
- 1 cup frozen raspberries
- 1 1/4 cup almond milk
- 1/2 cup Greek yogurt

Method:

- Place all the ingredients either into a mixing bowl or a blender, and puree the mixture until smooth.
- Place the smoothie into a glass and top with your favorite berries and enjoy!

Chocolate Cherry Smoothie

You will need:

- 1 tsp dark chocolate chunks
- 2 tsp cocoa powder
- 2 tsp chia seeds
- 1 scoop chocolate protein powder
- 1/4 frozen banana
- 1/2 cup frozen cherries
- 1 cup unsweetened almond milk

Method:

- Place all the ingredients either into a mixing bowl or a blender, and puree the mixture until smooth.
- Place the smoothie into a glass and top with your favorite berries and enjoy!





Over 50?

**Do you need advice on money,
wellbeing, health or lifestyle?**

Our Service

Our quality assured Information and Advice Team are here for you, your family or friends to:

- Help you explore your rights, entitlements or access to benefits and grants
- Provide information on community care and health services, including access to equipment and aids, or housing options
- Support you in accessing Dementia Support
- Provide scams awareness information
- Provide basic IT Training
- Support you to arrange Lasting Power of Attorney
- Provide information on your local services to help you stay independent and active in your community

For more information please contact our team on:

Tel. 0300 345 3446

Email. info@ageukherts.org.uk

www.ageuk.org.uk/hertfordshire



**NATIONAL
TRADING
STANDARDS**
Scams Team





InTouch



- By Susan Warren

A VOICE ON THE PHONE TO LISTEN, BECAUSE YOU MATTER

Our InTouch Telephone Support Service was 'born' in February 2010, created for the over 50s age group to provide emotional support and to enable clients to feel free to talk about their own personal tough times, and feel heard.

Loss can come in many forms and can be challenging and difficult. The InTouch Team are there to listen and provide support in times of personal bereavement, health problems impacting on mobility and other concerns.

"I am feeling, after talking to you, that I'm not being swept under the carpet and the support you have provided me is giving me a reason to look at my life and see what I can control."

Most people benefit from talking, and the safe space of the telephone gives our callers the freedom to describe how their life currently is.

We recognise that there are not always answers or solutions, however through mutual respect we can explore thoughts

and feelings and provide the opportunity to think about options and choices to live life on the terms chosen. After all, growing old shouldn't be feared as the worst thing that can happen to a person.

Our InTouch Telephone Support Team are trained in 'active listening' and we can also help by referring to other services within our organisation and the partnership agencies we work alongside. These include HertsHelp and Community Navigators. In some cases, if agreed with the client, we will refer to more specialist organisations for appropriate support. With our InTouch Team, many older people in Hertfordshire have been able to feel as if they have someone to speak to.

"You have helped me get through the day when no-one else has been there."

**The InTouch Team are always here
if you need us on: 01992 629 358
or intouch@ageukherts.org.uk**



Welwyn Garden City Turns 100!

2020 marks the year that Welwyn Garden City (WGC) turns 100!

Welwyn Hatfield Council are encouraging the members of the public to commemorate 100 years of the history and geological future of the city.

The city's launch event saw the town light up on the 17th and 18th January, as the garden lights were turned on. There were numerous events planned throughout the year to celebrate the centenary, but due to COVID-19 these have had to be temporarily postponed until further notice.

Although we can no longer gather together and celebrate in the city, you can still mark

this milestone at home by:

- Planting new flower bulbs on your front garden or plant boxes for the whole town to be in full bloom.
- Creating artwork themed around WGC to be placed in your windows or sent to Welwyn Hatfield Council Head Office.
- Creating posts about how much you love WGC, and place them on Facebook, Twitter or Instagram

This year, WGC is not the only thing turning 100 - one of our clients is also celebrating his magnificent milestone.

Fred, one of our HCNS clients, is also celebrating his 100th birthday this year. He was in

the 8th Army and served in Africa until 1946 where he left the war years behind him and met his wife in 1947. Fred said: *"I am now nearly 100, I have realised I have had quite the life!"*

For Fred's birthday his HCNS worker promises to make him a homemade lemon drizzle cake and arrange for him to receive a letter from the Queen. Happy Birthday Fred from all of us at Age UK Hertfordshire!

For more information about WGC turning 100 visit: www.wgc100.org

Wordsearch

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

Sudoku

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

Sweet Tooth

Teaser

Answers

A=3 B=1 C=3

D=3 E=3

Song Title

Crossword

Answers

Across: 3 = world

5= letters 7 = back

8 = hand 9 = sixteen

Down: 1 = good

2 = grapevine

4 = clock 6 = heart

Books

- By Sue Stephenson

The Wife Between Us by Greer Hendricks and Sarah Pekkanen



The Wife Between Us is a gripping romantic thriller in which nothing is as it seems. Vanessa's life has fallen apart since her divorce from Richard. She's increasingly dependent on alcohol and determined to stop him from marrying a younger woman. At first, this seems to be a story about a spurned wife and her love rival, but the truth is far more complicated. Filled with twists and turns, this engrossing read will keep you guessing right up until the very end.

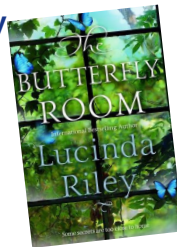
This is Going to Hurt by Adam Kay



In equal parts side-splittingly funny and heart-wrenchingly

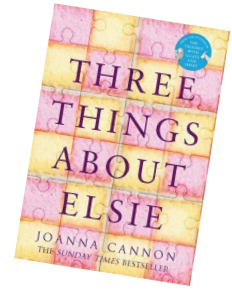
sad *This is Going to Hurt* is a collection of diary entries from a junior doctor Adam Kay, written over the course of six years. It's a frank and fascinating insight into what it's like to work on the front line for the British healthcare system and make life-or-death decisions on a daily basis. This book inspires a new compassion for NHS junior doctors and is a fantastic read for all ages.

The Butterfly Room by Lucinda Riley



Set in the picturesque Suffolk countryside, this story is a family saga full of colourful characters and gripping secrets. The book follows Posy Montague over two timelines; one in which she is young and the other as she approaches her 70th birthday. It's an engrossing tale of war, romance, infidelity, and tragedy that explores themes of strength and weaknesses throughout. Full of twists and surprises, this is a perfect summer novel for older readers.

Three Things about Elsie by Joanna Cannon



Florence and Elsie have been friends forever and now live in a retirement home with their new comrade, Jack. When a new resident arrives in the home, Florence is convinced he's a man from her past - only that's impossible, because the man in question died sixty years ago. The three take it upon themselves to investigate and help Florence discover the truth. This is a lovely tale about friendship, written with warmth, compassion and charm. It comes highly recommended!

If you would like to read any of these books or any other books then please visit www.hertfordshire.gov.uk/services/libraries-and-archives/libraries-and-archives.aspx

Thank You!

From everyone at Age UK Hertfordshire, we would like to say a huge thank you to all who have donated and fundraised for us during the COVID-19 crisis, to help us continue to support vulnerable older people throughout Hertfordshire. Many people have donated anonymously, and supported our COVID-19 Just Giving fundraiser, but the following are those we can mention at the time of publishing.



- Age UK (the national charity)
- Astute Electronics
- Alex Barry
- Bedwell Rangers Amazon
- Bic
- Brian Riley
- Bricket Wood Rotary Club
- BNI Hatfield
- Cariad Marketing
- Charity's MTS Summer Charity Drive
- Countryside Properties
- Douwe Egberts
- Dance Apart But Never Alone
- East Herts Lodge Freemasons
- Eve
- Happinotes
- Hertfordshire Community Foundation
- Hertford Shires Rotary Club
- Herts Full Stop | Herts Catering Limited
- Hertfordshire County Council
- Hitchin Garden Centre
- House Creations, Hitchin
- Innocent Smoothies
- Intu Watford
- Jehovah Evangelical Team
- Jessica Beedles
- Jodie Andrews
- Jody Ling
- Julia Bailey
- Jonny Hosking
- Kite Packaging
- Lisa & Jack Duckenfield
- Mary Wyllie
- Merchant Taylors School
- Morrisons (Welwyn Garden City & Letchworth)
- Nicola Riad
- Peter James Memorial Trust
- Peter Dutton
- Rotary Club Bishops Stortford
- Settle Housing
- St Albans Rotary Club
- Sunrise Chorleywood Care Home
- Tesco (Baldock, Cheshunt, Hertford, & Royston)
- The Haberdashery, Hitchin
- The Vineyard Church
- Uniqlo UK
- Waitrose (Hitchin & Rickmansworth)
- Welwyn & Hatfield Council



Client Feedback



"Thank you for the early Easter Gift. I felt like a child with a large lucky dip. Everything in there was excellent"

"I live alone and don't get to see many people in these difficult times. I was thrilled and grateful for people going to so much trouble to put a smile on my face, which it certainly did."

"All the things in the parcel are absolutely marvellous and especially the little pot with flower."

"It's people like you that bring a bit of sunshine into my day."



Volunteer Feedback



"I feel proud that I can be a support to vulnerable people during this time."

- Lucy, Volunteer

"Age UK Hertfordshire is a fantastic charity, I'm pleased to be a small part of it."

- Jane, Volunteer

"I was very happy to help out and I felt that I had made a useful contribution during the current crisis"

- Debbie Volunteer

"I have been creating comfort packs and taking calls, and I am pleased to be able to contribute in the community."

- Ciara, Volunteer



Supporting people in later life...

with a range of services for older people



Befriending ...If you need some company



InTouch ...If you need to talk



Information & Advice ...If you need answers



Help in the Home ...If you need help around the house



Active Ageing ...If you want to get out and meet people

We also work in partnership if you need help...

...following a hospital stay or
need some support at home



**Hospital & Community
Navigation Service**

...with memory issues, cognitive
impairments or dementia



Hertswise
Dementia support in Herts