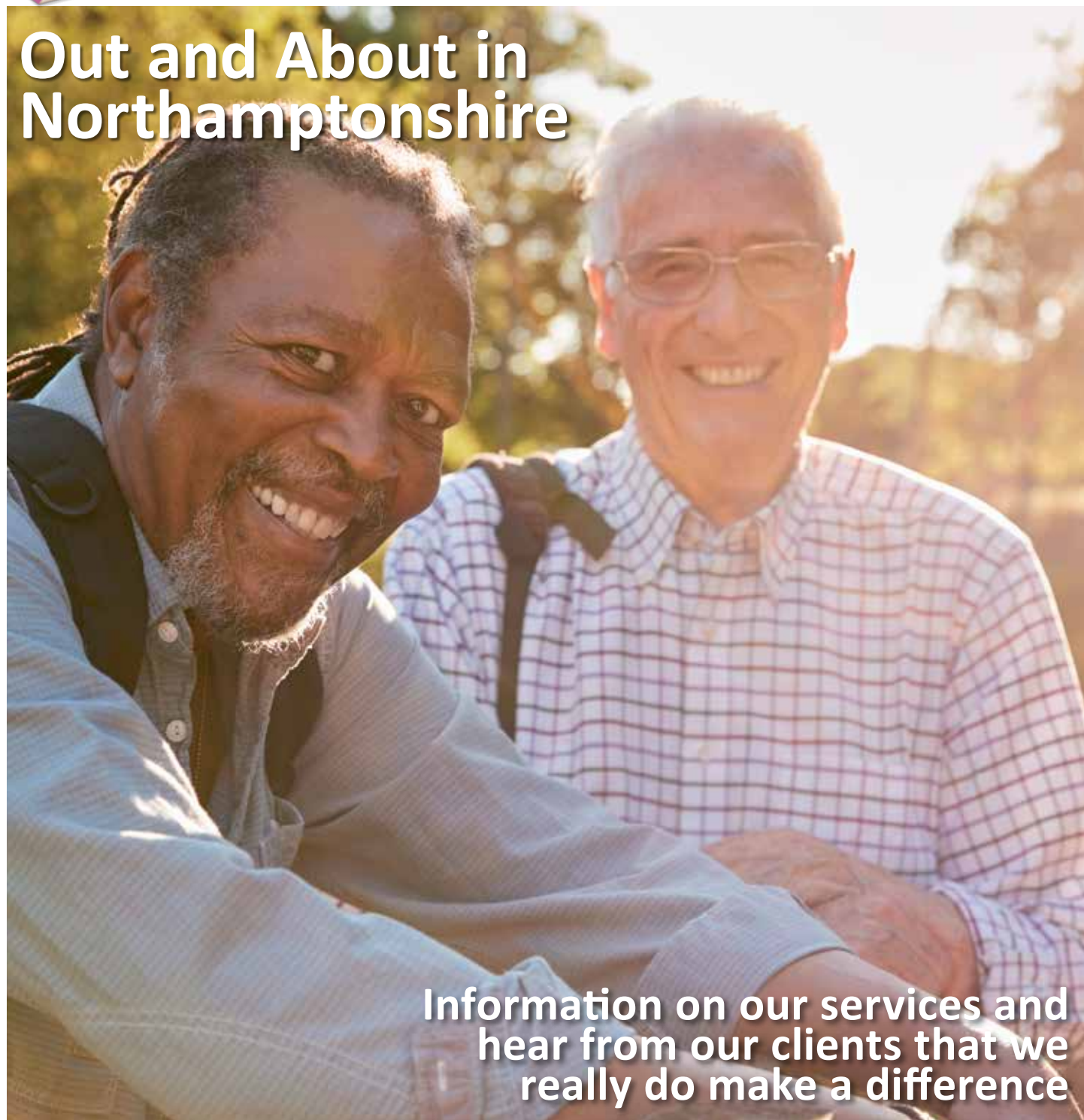




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Spring/Summer 2018

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Meet the team...

Editors

Jo Bird

Tel: 01604 611200

Email: jo.bird@ageuknorthants.org.uk

Christopher Duff

Tel: 01604 611200

Email: christopher.duff@ageuknorthants.org.uk

Age UK Northamptonshire

Head Office

31 Billing Road

Northampton NN1 5DQ

Tel: 01604 611200

Fax: 01604 611201

Email: Northamptonshire@ageuknorthants.org.uk

Designer

Laura Lang

Email: laura@lanceprint.co.uk

Advertising

Laurence Rowe

Tel: 01536 526678

Email: laurence@lancepublishing.co.uk

Publisher

Lance Publishing Ltd

1st Floor Tailby House

Bath Road, Kettering NN16 8NL

Tel: 01536 512624

Fax: 01536 515481

Email: mike@lancepublishing.co.uk

Web: www.lancepublishing.co.uk

Printer

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Tel: 01733 390564

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Foreword

From the Chief Executive

My name is Chris Duff and I joined Age UK Northamptonshire as Chief Executive at the beginning of January this year. I had taken time beforehand to get to know the organisation and its wonderful staff and volunteers and to appreciate the support they have given the older people of Northamptonshire over many years.

I am joining at a crucial time – our services face many challenges. The older population in Northamptonshire is increasing, with the number of people over 80 years potentially doubling by 2030 and more older people needing help to live with long term conditions, such as dementia, heart disease and Parkinson's.

Whilst the need for our services is growing, the sources of public funds are getting fewer and more difficult to access. Providing quality caring services whilst keeping costs down is a difficult juggling act and never more challenging than it is today. Our expectation is that funding pressures will continue and even increase, not least because of the uncertain situation of some public bodies in Northamptonshire.

But good news! We have left winter behind and spring is well underway with the promise of summer ahead.

Age UK Northamptonshire supported 14,442 people in 2017/18, an increase of over 1,000 from 2016/17. This is an impressive figure, proving that we are determined to help as many people as possible with our many services.



We have much to be proud of. Our William and Patricia Venton Centre will be celebrating its 20th year and in November there will be an opportunity to recognise the kindness and respect given by so many loyal staff and volunteers over the years.

Thank you to everyone who has helped Age UK Northamptonshire, whose donations of time and money, however small, have contributed and made it possible for the charity to be here for so many people. Your support really has made a difference to every single one of our older people, many of whom find daily life difficult and need help.

Chris

Chris Duff

Chief Executive

T 01604 611200

E christopher.duff@

ageuknorthants.org.uk

Age UK Northamptonshire

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Donations & Legacies

On average, we die 6 years after we have made our last Will. In reality, many Wills are made close to death and also many are well out of date!

Often, it is a crisis of health or a change of circumstances, such as a life changing visit to hospital, that triggers the need for a Will.

No one likes to think about making a Will and we find many reasons not to make one, 'I can wait until I get older' or 'I don't want to think about dying.' Only one in three people get around to making one.

Yet making a Will is the most important thing you can do to ensure that your wishes are carried out. It is the only way in which to make sure that you protect the rights of those who you wish to

benefit from your estate. There can be complications for your loved ones and some people you wish to benefit will receive nothing - the taxman can gain instead.

The most important thing to consider when making or changing a Will is who should benefit. For most people the priority is that your family is provided for. After that you may name anyone you wish to benefit including the charitable causes, such as Age UK Northamptonshire, that are dear to you.

For those of you whose estate will be subject to inheritance tax then there may be a tax benefit to be had from leaving a gift to charity.

Currently, a small part of our income comes to Age UK Northamptonshire from either legacies or donations. In the last financial year this amounted to **£62,000**. This is **2%** of our total turnover and much less than we received the previous year at **13%**. These percentages are substantially lower than many other charities.

Yet small amounts of money given to Age UK Northamptonshire have the potential to make a huge and positive difference to the people we support - **14,442** in this last financial year. At Age UK Northamptonshire, we promise to use your gift wisely for the benefit of future generations.

We promise not to intrude on your privacy by asking you to tell us of your intentions about this way of giving, but if you do tell us your intentions we will then be able to say thank you, which is nice to do. We would also be happy to ask you to come and see our work and the support we give day in, day out.

Many people we support put their thanks in writing, for example:

“Thank you so much for looking after our Brother in Law in his last few weeks of life. He was out of pain, comfortable and peaceful and he died with dignity. You all do a wonderful job. Please accept this cheque for £100 we donate to Age UK Northamptonshire. God bless you all.”

2018 is the year where we will be celebrating 20 years of the wonderful work of our William and Patricia Venton Day Centre. We are also celebrating 7 years of the work of our End of Life team and over 25 years of our advice and information team plus many years of service from so many of our staff and volunteers over the years.

You can help us be there for future generations through a gift in your Will - however big or small, whether a few hundred pounds or just 1% of your worth, to relieve distress: provide comfort and company, to provide good advice and to give joyful moments to many older people and their families, perhaps even future generations of your family.

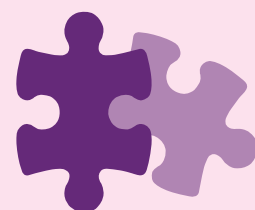
Our dream is to be there for each and every person and their family, in our community across Northamptonshire. One way of making that dream come true is through a gift in your Will - however small, to Age UK Northamptonshire.



DONATE

Puzzle Page

Answers on page 27



Wordsearch

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

TULIPS
HAT
CAMPING
ICE CREAM
SUN
TAN
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Sudoku

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

The Game of Logic

Place each of the digits 1 to 9 in each row, column and 3x3 box. There is only one solution.

RIDDLE

I am weightless but can be seen, put me in a bucket and I'll make it lighter. What am I?



8 older people who use our services in the county were invited to The Forum in Towcester on **Friday 9th February** to share their experience of the social care system.

Campaigning on care With Age UK

Age UK Northamptonshire is campaigning with the national charity Age UK to improve the social care system in this country, as many older people do not get the help and support they need. Age UK Northamptonshire recently took part in a “listening event” in Towcester, organised in partnership with Age UK.

“**Social care**” is care at home, not the care provided by the NHS. It can be provided by professionals but is often provided by a relative. All of the carers and the older people who attended the event were living at home, not in residential care homes.

Our 8 respondents were asked to say what they think the problems with the current system are and also



to suggest how the provision of social care could be improved. We wanted to hear what they thought would be a good idea as they and their relatives can see every day what works and what doesn't work for them. Local MP for South Northamptonshire Andrea Leadsom was also invited to join us, to hear directly from her constituents and to listen to their concerns. She also shared a few ideas of her own on how social care could be funded in future and expressed her sympathy for carers who felt the current system didn't work well for them.

Almost everyone who came along said they had struggled to find out how to arrange care. People were confused about what care is

available, who provides it and how it is funded. Many had wrongly assumed care would be provided free by the NHS. There were often delays in receiving information and basic help, and some don't get it at all.



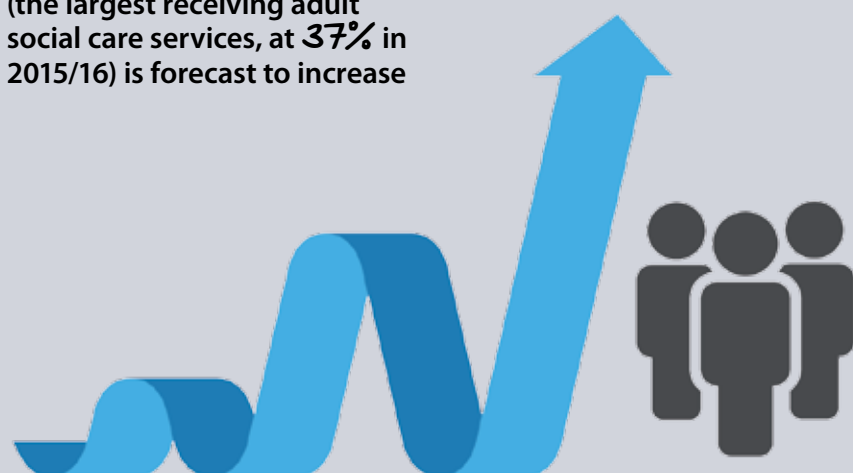
Figures from the County Councils Network, published in January 2018, show that between 2013 and 2016 Northamptonshire saw the biggest increase (12.5%) in the over 65s population in the country. The number of over 80s living in Northamptonshire has doubled in the last 20 years and by 2024 this age group (the largest receiving adult social care services, at 37% in 2015/16) is forecast to increase

by 37.3% (above the national average).¹ Underfunding at a national level and cutbacks in services provided by local authorities has placed increasing pressure on many of the unpaid carers in Northamptonshire. Carers looking after a relative often say they feel lonely and that the system leaves them to cope alone at a time when they needed its support the most.

Although Age UK's 13 listening events took place in very different places the same issues came up over and over again, showing that the problems facing adult social care are national. The events were designed to help policymakers understand the real-life issues facing older people in need of care and their family carers in their constituencies, and provide an opportunity to discuss potential solutions.

Age UK's report "Why call it care when nobody cares?" can be read on their website: www.ageuk.org.uk

Age UK Northamptonshire works to provide services and support to older people and their carers. Our seven Wellbeing Centres in Brackley, Moulton, Kettering, Bugbrooke, Towcester, Daventry and Northampton offer older people a safe, stimulating environment where they can take part in activities and meet friends. The regular sessions improve quality of life and help people maintain their independence.



¹ Business Intelligence & Performance Improvement Northamptonshire County Council 2016



Find out more about the Carers Sitting Service which offers carers the opportunity to take a break, as well as the chance to talk to someone who understands and who will listen. Visit our website or call **01604 611200** for more information.



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If you have an hour or two to spare, on a regular or occasional basis, why not join us in making a difference? Volunteers are active in most areas of our work including our Home Visiting Service, Social Clubs, Interest and Activities Groups, Talking News and Charity Shops.



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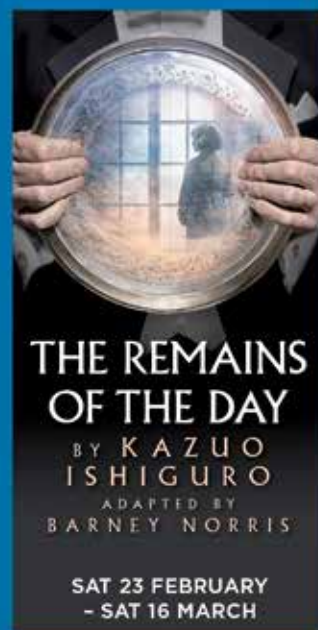
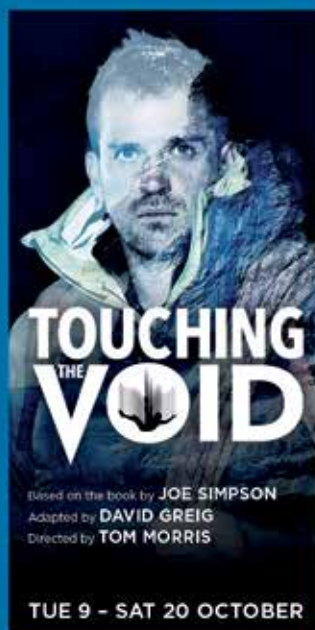
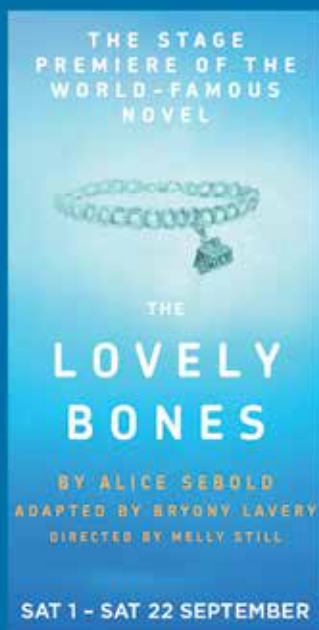
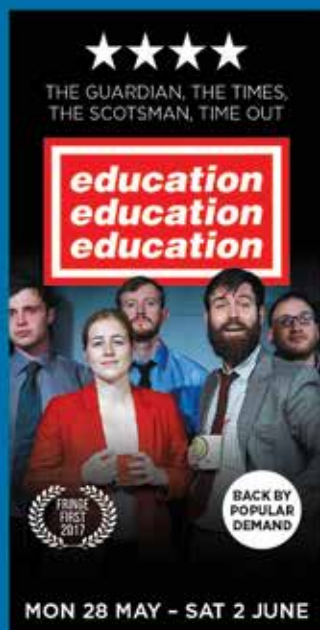
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'Upstairs isn't out of bounds anymore!'



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Gordon, 92, and his wife Evelyn, 90, have been active in their community for many years and still live in the same house as Evelyn's parents did when she was a child. Since retiring from the family furniture business Gordon has kept himself busy playing the E flat bass in his local brass band.

A couple of years ago Gordon began to struggle with everyday activities like climbing stairs. He and Evelyn began to go out less and less and their wider family shared their concerns about their mobility, particularly around their home.

“I'd started to find climbing the stairs during the daytime more difficult. I'd got to a state where I was hanging on to both rails and going up one step at a time”

explained Gordon. After having a stairlift installed, Gordon's confidence soon returned.

“I just wouldn't have managed getting upstairs any longer. After it was installed I didn't get breathless from climbing the stairs in the ordinary way. Upstairs isn't out of bounds anymore!” he said.

Evelyn added: “It has meant we can stay living in our home. Gordon would have really struggled getting upstairs to the bathroom and bedroom without a stairlift, in fact I just don't know how we would have managed.”

Gordon's straight stairlift was installed by an engineer who made sure the couple were happy with how to operate it safely before he left after just a few hours.

They chose a Sand coloured seat to co-ordinate with the décor in the hallway and opted for a model with a manual swivel seat and footplate, and two remote controls so the lift can be called from either the ground or first floor level.

“The stairlift has been a real life changer. If you're thinking of getting one, my advice would be to get it fitted as soon as possible! It means I have more energy to do the things I want to do, rather than the things I need to do,”

Age UK Stairlifts and Easy Bathing are provided by Handicare Accessibility Limited (Handicare), working in association with Age UK Trading CIC. Handicare will raise a minimum of £1.2 million during 2017/2018 for Age UK (registered charity no.1128267) through the promotion and sale of independent living products.

To find out more about how a stairlift could give you the confidence to use your stairs safely and stay in your family home for longer, contact Age UK Northamptonshire on **01604 631030** to arrange your free in-home assessment.



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Please Call Age UK Northampton

01604 631 030



Age UK Stairlifts are provided by Handicare Accessibility Ltd, in association with Age UK Trading CIC. Handicare will raise a minimum of £1.2 million during 2017/2018 for Age UK (registered charity no.1128267). Contact us for information.

Life in the big outdoors

With Age UK Northamptonshire

Age UK Northamptonshire's Visits & Tours



As part of the £1M Growing Together lottery funded project in North Northampton we were pleased to run several projects for older people. One of these was to run visits and tours to places of interest throughout the County and elsewhere. Starting in 2015 we have now run 24 bus visits with a total of 534 passengers.

Our first visit was to the Buddhist Peace Pagoda and Temple in Milton Keynes, here the monks led some of our Indian friends in prayers.

Visits have not only been made to local garden centres but also to the wonderful Barnsdale Gardens, originally made famous on television.

One of our visits was to Coton Manor Gardens in late April 2016 to see the bluebells in full flower, this was a very memorable trip and enjoyed by all that attended.

We have also been to beautiful places of huge historical interest such as Rockingham Castle,

Canons Ashby, Castle Ashby and the battlefields in Naseby, where the army of King Charles I was defeated by Cromwell's army.

We were reminded during our visit to Sulgrave Manor of the connection between our county and the first president of the USA, George Washington.

We have enjoyed visits to Foxton Locks, a canal boat ride at Stoke Bruerne and also a boat ride on the 'Rutland Belle.'

Also included in these trips we have visited many interesting churches along with two visits to the town of Market Harborough which was most enjoyable.

One of our fellow travellers suggested we should run 'mystery tours' and so, drawing on the massive influence that the people of Northamptonshire have had on the history of England, we have now held three. The first tour included Fotheringhay, where Richard III was born and Mary Queen of Scots was beheaded.

The second tour was to Towcester, Grafton Regis and Cosgrove. Edward IV married Elizabeth Woodville at Grafton and our present Queen can trace her lineage back to this King and his Queen. Our last mystery tour was based on the 1605 gunpowder plot when we visited Ashby St Ledgers, where the manor house was used as a secret meeting place by the conspirators when planning to blow up parliament.

During all our visits and tours we have enjoyed some excellent meals together in various pubs, cafes and restaurants. We believe our visits and tours have given many older people of Northampton a unique, and sometimes inaccessible opportunity to further learn about and enjoy our beautiful county of Northamptonshire.



Buddhist Peace Pagoda & Temple



Battlefield in Naseby

Age UK Northamptonshire offers two afternoon walks each week. Tuesday's walk takes place in Castle Ashby followed by refreshments at the café and Wednesday's walk takes place in Abington Park.



Nordic Walking - come and explore the beautiful countryside Northamptonshire has on offer with Age UK Northamptonshire.

Nordic walking is an ideal way to gently increase your general physical fitness in the great outdoors whilst boosting your mood too.

The specially designed walking poles propel you along, providing a whole body cardiovascular workout and you burn just over **40%** more calories compared with ordinary walking alone. The support from the poles reduces pressure on the joints and knees. This enjoyable exercise can also help lessen neck, shoulder and back pain. It is therefore suitable for all ages and fitness levels.

Full training is provided by a qualified Nordic Walking UK Instructor. Walking poles are available so why not come and join us and meet new like-minded people while improving your fitness and general wellbeing.

For further information on these walks or any of our other classes or courses call Kate Kingston on **01604 611200** or **kate.kingston@ageuknorthants.org.uk**. You can also see our website at **www.ageuk.org.uk/northamptonshire**



Age UK Northamptonshire's Toenail Cutting Service

We run a basic toenail cutting service for anyone who is unable to manage their own nail care.

Even if you live with caring supportive relatives, or perhaps they live nearby, it's a fact that not everyone is confident, or competent, when it comes to trimming toenails. After experiencing two strokes and being affected by ongoing problems caused by an aneurysm, 73-year old **Valerie Cardall** can no longer bend down and needs help looking after her feet.

“I have to take things very slowly and can't see too well, so I can't manage by myself”

says Valerie. Lesley Mahony from Age UK Northamptonshire's Toenail Cutting Service visits Valerie at home every 12 weeks. “She's brilliant”, says Valerie, “I couldn't be without my toenails being cut”.

Valerie found out about the Toenail Cutting Service after she saw a poster at her doctor's surgery. Now that poor health makes it difficult for her to travel safely by bus she says

that having Lesley come to her is a godsend. She is nervous walking outside as she has fallen a few times and needed help to get up. Her daughter lives only a short distance away and provides a lot of support, but Valerie feels she needs someone who has received the proper training to cut her toenails.

The basic toenail cutting service provided by Age UK Northamptonshire is for anyone who is unable to manage their own nail care, including people who are diabetic. It is a toenail cutting service only, so does not treat ingrown toenails, corns, callouses or foot infections. People with such conditions should seek advice from a podiatrist or chiropodist registered on the Health Care Professionals Care Register. The service can treat people with dementia, although it is desirable that they have a familiar person to accompany them during the appointment.

Age UK Northamptonshire aims to provide a personal service, regardless of age or ability, in a safe environment that will enhance a person's mobility and comfort. This could be on a short term basis or ongoing, for as long as the service is needed. At each visit the nail cutter will clean the client's feet using anti-bacterial wipes, then cut or file their nails as necessary. They will also gently massage a person's feet and apply moisturising cream if they wish. For most people this is the best part of the visit.

All Age UK Northamptonshire nail cutters have had full



training and are fully insured and DBS (Disclosure and Barring) checked for security purposes. The cost for each treatment is **£22**. A second client treated at the same appointment will be charged **£17**.

Now nearly 80, **Anthony Knight** was diagnosed with Parkinson's disease several years ago and finds that the condition affects mainly his legs. He has difficulty walking and uses a wheelchair when away from home.





army at the time, visited Malta where Edmea grew up. They both went on to marry other people and bring up a family. Many years later, both now single, their paths crossed again when they were both living in the same small Northamptonshire village. Edmea was shown a photograph of Anthony as a young man in his army uniform and realised he was the very same Anthony she had met many decades earlier in Malta.

Both Valerie and Anthony say they have good neighbours and feel part of their community. It can be difficult to find out what support is available to you if you live in a rural part of Northamptonshire but doctors surgeries, libraries and parish council offices are an excellent source of information. And sometimes word of mouth or the recommendation of a friend can be an excellent starting point. You do not need to be referred by a GP or other professional to use the Toenail Cutting Service. Find out more by calling **01604 611200** or **0845 677 2220** (charged at local rate) or visit www.ageuk.org.uk/northamptonshire



The Parkinson's disease also affects his speech and he relies on his wife, Edmea, to cope with daily living. Anthony found out about the Toenail Cutting Service at his local Parkinson's support group. Sometimes he struggles getting to his doctor's surgery so he very much appreciates Lesley visiting him at home to trim his toenails.

“ I always look forward to Lesley's visits, She does a lovely job and we have a nice conversation. It's nice to talk. ”

It was during one of these chats that Lesley learnt the interesting story of how Anthony and his wife Edmea met. Their lives briefly overlapped in the late 1950s when Anthony, who was serving in the





Have you made a Will?

Do you want to learn more?

Helen Taylor TEP of Franklins Solicitors LLP provides details:

Can you introduce yourself and tell us what you do?

I am a Partner in Franklins Solicitors LLP and head up both the private client and family law teams across our Northampton and Milton Keynes offices. Initially I practised as a barrister in London, but looking for more personal client contact, I requalified as a solicitor and in 2018 it will be my 20th year with the firm. I am a full member of the Society of Trusts and Estate Practitioners (STEP) and a fully accredited member of Solicitors for the Elderly (SFE).

We are a friendly and approachable team and enjoy helping our clients plan for the future. Our work requires understanding and compassion and we are experienced in handling the sensitivities of making a Will or Lasting Power of Attorney.



We take pride in guiding clients through the process in an understandable way and helping them to make informed decisions. The offices work closely together and support each other in ensuring that our clients' needs are met. The whole team, including support staff and trainee solicitors are Dementia Friends.

Why is making a Will so important?

Understandably many people don't like the thought of preparing a Will. However, in my experience making a Will doesn't have to be a sad or awkward time, clients often tell me how comforted they are by the thought that they have all their affairs in order and how relieved they are knowing that their wishes will be met.

A Will allows you to appoint the executors of your estate and those chosen will ensure your estate is administered and your wishes carried out. It will allow you to state who will benefit, by how much and for you to set out specific wishes (such as funeral arrangements).

Without a properly drafted Will, your estate will have to be dealt with by the rules set out in law - the intestacy rules. It is a common misconception that couples who live together will inherit from their partner or that married



couples will automatically inherit everything. This is not correct and most people are horrified when they hear how their estate will be divided under the intestacy rules. Close friends, carers, godchildren and unmarried partners whether heterosexual or same sex will not benefit under these rules.

I have often found that a clear and valid Will helps provide directions, during what is such a difficult time, for those left behind.

Can I not just write the Will myself?

In theory, there is nothing stopping you from writing your own Will. However, this is a complex and intricate area of law and there are a number of legal formalities that must be complied with in order for the Will to take effect. It is advisable to use a solicitor experienced in this area, to make sure that the Will is drafted correctly in order to have the effect that you want and without

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Helen Taylor, TEP



Address: Franklins Solicitors LLP
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A Gift in your Will costs nothing now, but could be the most important gift you ever make

In recent years gifts in Wills have become increasingly important to Cynthia Spencer Hospice in Northamptonshire. Without these wonderful gifts we would simply not be able to offer our full range of services to the people of the county. Put simply, gifts left in Wills help keep the hospice running.

Naturally, your first consideration, as covered in Helen's interview, is to take care of your family and friends. Once you have provided for them, then you might like to consider honouring us with the inclusion of a Legacy to Cynthia Spencer Hospice. Not only can a Legacy reduce or eliminate the liability to Inheritance Tax, it is a good opportunity to help others. Gifts in Wills already help us to fund vital roles including occupational therapists, in-patient and Hospice at Home nurses in addition to incredibly important equipment to improve the quality of life for each patient.

There are two types of Gift you can make in your Will:

- Residuary gift – pledges a certain percentage of the residue of your estate
- Pecuniary gift – ring-fences a certain amount of money in your Will as a Gift

Make a Will and Make a Lasting Difference

Every year in May, Franklins Solicitors LLP are among a group of solicitors in Northamptonshire who generously offer Will writing appointments as part of our Make a Will Month scheme. The solicitors waive their normal fee and instead ask for a suggested donation - every penny of which goes to Cynthia Spencer Hospice. To register your interest please call John Helm on 01604 973342 or email john@cynthiaspencer.co.uk and for more information visit www.cynthiaspencer.org.uk/makeawill



To find out more about how you can support Cynthia Spencer Hospice please contact:

John Helm

*Fundraising Manager, Cynthia Spencer Hospice
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any unintended consequences arising. Sometimes it is not the drafting of the Will that is difficult but the advice and the decisions behind it.

If you have complex family circumstances (such as a 2nd marriage, children from different relationships or any family breakdown) or if you wish to include more complex provisions such as the use of trusts for tax purposes or the protection of your home or other assets, it is even more important to obtain specialist legal advice. We take pride in providing our clients with the best advice and service possible and to do this, we spend time getting to know our clients, understanding their personal circumstances and their family arrangements.

A carefully drafted Will can, in the right circumstances provide opportunities for the mitigation of inheritance tax. It can provide for vulnerable or disabled children whilst protecting their benefits and most importantly, can give you peace of mind that your affairs are in order.

Leaving a gift to a charity

Many of us have benefitted from the wonderful work that so many charities do and so we want to give something back as a thank you. Leaving a gift to a charity in your will is one way to do this and at the same time, it can help you to reduce your inheritance tax bill. You won't pay inheritance tax on these gifts and if you leave 10% of your estate to charity you pay a

lower rate of IHT (36%) instead of 40% on everything else. However, like everything to do with tax, it does need to be done right and you should get specialist advice to ensure it all works.

Could it be subject to a claim?

You might have read about estranged family members taking charities to court over a disputed will. Although such claims cannot be ruled out, thankfully the House of Lords has reasonably recently decided that charities should be considered just as entitled to receive a gift as anyone else if that is what the testator genuinely wanted. If you do want to benefit a charity over a family member, it is vital that you know the risks and the ways of reducing the chance of a claim.

Why did women get the vote in 1918?

War begins and women get to work.

At the outbreak of World War One, life for Britain's women was mainly tied to a life of domesticity, their places still largely in the home. Some, like the Suffragettes, were campaigning vocally for change, but the glass ceiling remained at ground level.

Now, as Britain's men headed abroad to fight, women took their place en masse in factories, shops and offices across the country. And everything had the potential to change.

Keeping the Home Front moving

To fill the gap left by a generation of fighting men, more than a million women took the chance to join the workforce between 1914 and 1918. They worked across the economy - from tram drivers and train cleaners, to postal workers and police patrols. The wartime woman worker producing munitions for the front is among the most familiar visual legacies of the war. But conditions were poor and the work was arduous.

Though women often earned more than they had before the war, workers in munitions factories were still paid as little as half the wages of the men doing similar jobs. Factory work was often monotonous. Women often found themselves doing jobs that had been simplified into a series of unskilled tasks. The workers of one factory in Quedgeley, Gloucestershire, filled over 17 million shells in the four years of war. When productivity was all that mattered, there was no work/life balance on offer.

In order to keep pace with demand from the front line, 12 hour shifts were common - and some women worked 13 days without a break.



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War's end: opportunities lost

For some, life after the war offered new opportunities. The Sex Disqualification (Removal) Act of 1919 made it illegal to exclude women from jobs because of their gender. Educated, middle class women found that doors to the professions previously closed to them were suddenly opening. Moreover, the 1918 Representation of the People Act enfranchised 8.5 million women, giving them a voice in Britain's government for the first time.

Economic hardship

But there was an economic downside. With the troops' victorious return, many women found themselves surplus to requirements at work. The 1919 Restoration of Pre-War Practices Act forced most women to leave their wartime roles as men came home and factories switched to peacetime production. For some, the clock was turned back, ushering in a time of economic hardship and low expectation at home, where women found themselves grieving or caring for injured male relatives or husbands. Despite their pioneering contribution, thousands of women



were dismissed from their jobs, particularly in engineering; those who objected to standing aside were met with public anger. And old ways reasserted themselves, as newly unemployed women war workers were pressured into becoming domestic servants.

Electoral Inequality

The Suffragette movement finally received the recognition it had been seeking after over a decade of campaigning. But it was a partial victory, as only women over the age of 30 were allowed to vote, outnumbered in an electoral system which gave all men over 21 the right to cast their ballots.

Just one woman was elected to parliament in the General Election of December 1918. Despite their invaluable wartime contribution, most women were expected to return to business as usual at home.

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Phyllis is nearly 100

To commemorate the 100 year anniversary of some women getting the vote, BBC Radio Northampton interviewed two remarkable Northamptonshire women who were born around 1918.

One of them, Phyllis Churchman, regularly goes to our William and Patricia Venton Centre in Northampton and was happy to talk about the difference the centre and its people make to her life. Phyllis was born in 1919 and says she remembers when, in financial matters, women had no choice but to “rely on what their husband was willing to give them.” But in the years since then things have got better for women

and she recognises that her own life has been very different to her mother’s. “Even after the second world war it was much the same for most women”, she says, but she heartily recognises that “I have not been dominated so much.”

After working most of her life and bringing up two sons, Phyllis now has several grandchildren and even a great-granddaughter and says her family are wonderful. She lives independently and enjoys

going to Age UK Northamptonshire’s Wellbeing Centre twice a week, meeting up with friends and taking part in activities. Of the staff at the William and Patricia Venton Centre she says “I think they’re wonderful” and she very much values the support they give her.

Phyllis says;

“ Every time I come I realise how lucky I am. I have all my marbles – they may wobble a bit but at least they’re all there! ”

Why not join us for a day to see whether any of our seven Wellbeing Centres would suit you? Come along and meet our friendly staff and other clients at our centres in Northampton, Brackley, Moulton, Kettering, Bugbrooke, Towcester and Daventry. The centre managers and their team run a range of activities and events, ensuring that our clients get the best out of their day with us.

Please call our Access Team on **0845 677 2220** to find out more (Monday to Friday 9.00am to 12.00pm).

What does it mean to be a Trustee?

An interview with Paul Bertin, Age UK Northamptonshire's newest Trustee

Age UK Northamptonshire has a Board of Trustees to monitor the charity's strategic objectives. The Senior Directors work closely with the Trustees to carry out the day-to-day running of Age UK Northamptonshire.

We asked Paul the following questions to find out a little bit more about his role.

How long have you worked/volunteered for Age UK Northamptonshire?

I'm just beginning.

What made you want to join the organisation?

Whilst at Northamptonshire Healthcare Foundation Trust I had an association with Age UK Northamptonshire and greatly admired what they do – so I am happy to be part of it.

Use one word to describe Age UK Northamptonshire?

Caring.

What is the most meaningful part of your role?

Its early days but what I enjoy the most is being with the services Age UK Northamptonshire provides.

How do you feel you directly help older people in the county?

My work to date has always been with younger people but I hope to be able to work with the executive to improve the finances of the organisation and in that way be able to help older people.

What is your one wish for the charity?

For it to be able to continue to provide and expand its first class service.

Where do you see the charity in 5 years' time?

Developing new services and enhancing current ones.

How is working for a charity different?

Charities have to do a lot more with a lot less than both the public and private sectors, and therefore rely on having passionate and committed staff and volunteers to deliver services.

Are you looking forward to ageing/retirement?

I am already retired from paid employment and am therefore free to spend my time as I choose. This allows me to both pursue my hobbies and interests and to use my skills and experience working with people like Age UK Northamptonshire.

If you could reach out to people in Northamptonshire how would you encourage them to love later life?

I would encourage people to be active and to use the gift of time to do interesting and challenging things within their community.





Gentle Exercise

Gentle exercise that strengthens the muscles and prevents falls.

Having worked for the NHS in physical therapy all her working life, Margaret Hughes is passionate about helping older people stay fit and independent. 5 years ago she approached Age UK Northamptonshire to suggest setting up a seated exercise class in Burton Latimer. The weekly class now regularly attracts over 30 people, sometimes as many as 40 turn up for a gentle but thorough workout in John Yeoman Hall.

The chair-based exercises are for older people living in Kettering and surrounding areas and are designed to promote enhanced mobility and an increase in confidence. Margaret has particular expertise in teaching gentle exercises for people who have experienced a stroke.

Every week fully-trained Otago exercise instructor Margaret takes her class through a series of leg muscle strengthening and balance retraining designed specifically to prevent falls.

"We're working on this muscle so that you can bend down and look in cupboards", Margaret tells her class. "Never rush it, keep that nice, gentle stretch", she instructs. The class is attended by people with a mix of fitness levels. Some are drivers who've come in from a village. Others have walked from around the corner. Everyone says they enjoy the socialising and the chance to meet up with friendly people in their own age range as much as the exercising.

"It's a nice group. Margaret puts her heart and soul into it"

says John who never misses a class.

The session always begins with a gentle warm-up, progresses to some pretty vigorous seated "march on the spot", takes in exercises for the lower arms, abdominal muscles, upper trunk, lower lumbar and quads, all the time ensuring people are exercising safely and not overdoing it.

"She knows the class, what we can manage and what's too much. It makes me feel safe"

says regular exerciser Jocelyn.

After approximately 45 minutes of mostly seated exercises there are five minutes of a slower cooling-down routine. Margaret reminds the class that this routine is useful if you suffer from anxiety and can be used to relax at home. With a final instruction to fill your lungs with one big deep breath, like a balloon, and then let it out as you relax, Margaret calls "well done everyone", and it's time for a quick chat before going home.

Age UK Northamptonshire also runs seated exercise classes in Thrapston and Kettering. Or why not try Nordic Walking, AquaFit, Keep Fit, Tai Chi or Short Mat Bowls. Please contact Kate Kingston on **01604 611200** for more information or visit our website **www.ageuk.org.uk/northamptonshire**



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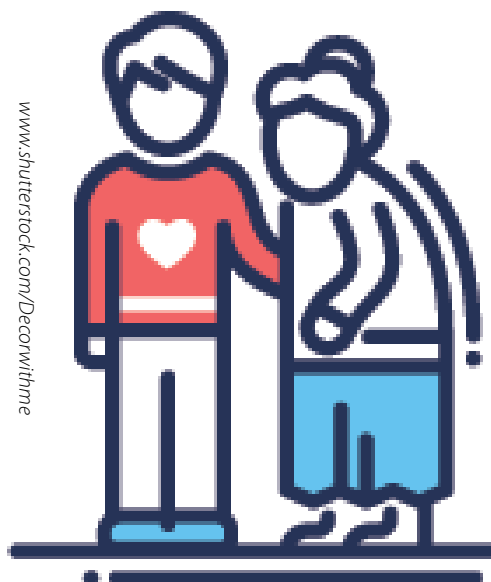
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Painful Journeys



Thousands of you have told us that you or a loved one really struggle with travelling to your hospital appointments.

For most of us just having a hospital appointment is enough to worry about, but imagine having to make a long and complicated journey alone, in pain and feeling anxious about not getting there in time.



Join our campaign

Demand the Government urgently reviews the way older people travel to and from hospital by writing to your MP. Our system for getting older people to hospital isn't fit-for-purpose

- Transporting older people to and from hospital costs the NHS and the Government millions of pounds a year
- Yet who gets help and how good that help is seems to be a postcode lottery
- Currently, many older people are experiencing anxiety, exhaustion and distress getting

- to their hospital appointments
- Every older person deserves to get to their hospital appointments safely without it being a struggle

Hospital transport just isn't working for many of us

Ask your MP to take action on hospital transport

Age UK hears from thousands of older people who really struggle with travelling to hospital. For most of us having a hospital appointment is enough to worry about but imagine being in chronic pain and having to take three different buses to get there. This is the reality for many of the people we have heard from.

This isn't good enough. But it doesn't have to be like this. And with your help, we can change it.

Write to your MP to raise your concerns and ask them to write to Steve Brine MP, the Minister responsible for patient transport.

Our Services

We provide a wide variety of services including:

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- **Hospital Discharge & Community Team**
- **Home Cleaning Service**
- **Wellbeing Centres & Activities**
- **Extra Help at the End of Life**
- **Handypersons**
- **Toenail Cutting Service**

To find out more please contact us:

01604 611 200

access&ageuknorthants.org.uk

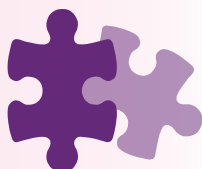
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Answers and solutions

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22 July	Eastbourne	6	Alexandra		325
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20 Aug	Weymouth	5	Crown		305
24 Aug	Paignton	4	Queens		225
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