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AUTUMN 2017

EngAGE



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to Doer:
A ClickSilver
Success Story**

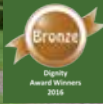
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Meet the team...

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From the Editor...



Welcome

Welcome to this Autumn issue of EngAGE! Straight away you may have noticed something different about this issue – the font is larger. After receiving feedback about the magazine being harder to read, we have put our font size up to improve legibility. As such, we hope that you find this a more accessible and enjoyable read.

Another special thing this issue is that we have a short story! So settle down with a nice cuppa, and maybe a biscuit or two, and enjoy this original story from Janice Fox.

This issue is also jam-packed with all the usual favourites, including a recipe for Pork Meatloaf, some ideas for Autumn planting, and plenty of information about services available through Age UK Derby & Derbyshire and Age UK Nottingham & Nottinghamshire. As always, we love to hear your feedback so feel free to get in touch!

Warm regards,

Jessica

Jessica Brook
 Editor

Front cover image by Shutterstock user: Ruslan Guzov



ON THE COVER



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Derby Heights Care Home A Real Home From Home

A care home of unrivalled comfort and quality, Derby Heights is located in the village of Littleover, on the edge of Derby and adjacent to the Nuffield Private Hospital. This premium care home delivers the highest possible standards in senior living, from leading national care provider, Avery Healthcare.

Our approach is to nurture an atmosphere of care and community, all delivered in a luxury lifestyle. Your Well-being is our primary concern, and we will ensure that you have the highest quality of support for your physiological, psychological, social, and nutritional needs, all tailored to your individual circumstances.

Call 01332 941009 or Search 'Derby Heights Care'

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Derby Heights - The Trailblazing Care Home with a Difference



It is human nature to look after your loved ones. That desire never stops, intensifying as those loved ones age and their requirements change with time. It is totally understandable that you want to source the best care possible, because sometimes only the best will do.

Derby Heights is a care home and luxury retirement living complex with a difference. Based in the heart of leafy Littleover in Derby, it provides first-class residential and dementia care in its 74-room capacity set over two floors. It is owned and operated by a leading national and award-winning care provider, Avery Healthcare.

Residents enjoy five-star hotel standard accommodation without the expensive price tag; each spacious and beautifully decorated room has an en-suite shower room, with larger assisted bathrooms available for those who need a little more help. That is the beauty of Derby Heights – whatever level of care you need the team will personalise to suit your every requirement.

The Piano Room and Cinema Theatre are perfect places where residents can enjoy live entertainment or catch a matinee movie. If you prefer the peace and quiet, you can head to the technologically advanced Library Room with iPads, where residents can stay connected and keep in touch with loved ones.

Two private dining rooms are available for intimate suppers to celebrate special occasions with friends or family and the café downstairs is great for the independent resident. The upstairs Wren's Café is reminiscent of a wonderful ski lodge in Vermont with helpful hostesses to bring you beverages whilst you enjoy relaxing in comfy chairs. With colour schemed rooms for the visually impaired, attention to detail is what makes Derby Heights the first port of call for residents and their families.

Derby Heights certainly know how to look after their residents, having enlisted the services of professionals to provide professional salon and kitchen services. Residents can indulge in massage therapy provided at Ambience, get a bouffant blow-dry by an acclaimed hairdresser or have an elegant French Manicure. The dining experiences are also social highlights of the day, with menu choices in each course and table service at all three meals.

The property is set within beautiful and sunny west facing landscaped gardens, with wooded lawns to walk through, a summerhouse to sit in and a first-floor terrace where alfresco lunches, tea and refreshments can be enjoyed.

The dedicated and professional team who provide superb care throughout the day includes on-site Well-being Activity Co-ordinators who deliver a whole host of activities to keep residents active and entertained, and the feeling of a warm community is palpable as soon as you step foot into the reception. One of the common concerns many senior residents have is living on their own and the lack of contact with a community, so the care team ensure that visits into the local community are regularly organised and intergenerational events regularly hosted, with children warmly welcomed. Strong ties have been forged with the local Wrens School, whose children have lots of fun visiting the home and who named the four suites.

Derby Heights is run by a passionate senior team delivering first class care; they are highly qualified and work diligently to ensure the efficient and friendly running of the home. From the Head Receptionist to General Manager and care staff, the feeling of genuine care is what sets Derby Heights apart. This isn't just a care home, it's a home-from-home. For more call 01332 941009 or Search 'Derby Heights Care' online or on Facebook; or call in anytime for a cup of tea and a chat.

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In the Community...

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- Monday 3 October, 2pm, Buxton
- Monday 9 October, 1.30pm, Chesterfield
- Thursday 26 October, Ripley (venue and time to be confirmed)
- Monday 20 November, 10.30am, Matlock
- Monday 4 December, 10am, Bolsover

Derbyshire County Council are offering free Driving Safer for Longer information sessions to county motorists aged 65 and over.

The 90 minute sessions will offer drivers the chance to update their driving knowledge and will cover eyesight, hearing, seatbelts, drink driving, hazard

To book a place email: drivingsafer.forlonger@derbyshire.gov.uk providing personal details, preferred training date and location, tel: 01629 538060.

Over Easter, Buxton Opera House invited Age UK Derby & Derbyshire to do a bucket collection after each performance of the stage show of David Walliams' popular book 'Gangsta Granny'. A team of volunteers including staff, trustees, former staff, and their families collected at most of the performances.

The audiences were very generous donating approx £2,750 in total. We would like to thank:

- Buxton Opera House for inviting us;
- the cast and crew for their support
- every member of each performance who generously donated money which will help local older people love later life.

David Walliams
GANGSTA GRANNY
LIVE ON STAGE!



Make a difference by donating your unwanted daily living aids or mobility equipment

Your pre-loved daily living aids can make a difference to the life of an older or disabled person when you donate them to Age UK Notts.

Age UK Notts is now able to accept donations of pre-loved daily living aids and mobility equipment at its Mansfield shop. There is also a trained technician in place to check and assess any pre-loved equipment before it is given a new home.

"Your no-longer-needed disability living aid equipment could help raise vital funds and change the lives of vulnerable and disadvantaged older or disabled people across Nottingham and Nottinghamshire,"

said Mick Tinkler, Chief Executive of Age UK Notts.

"So have a good clear out of your cupboards, shed and garage, and donate your old equipment to give it a new lease of life."

Age UK Notts wishes to highlight that if the equipment is on loan from the Community Equipment Service, it has to be returned to the Red Cross. Otherwise we welcome a wide variety of donations including bed rails, bed caddies, tables, eating and drinking related items, household and kitchen items, mobility aids such as walkers, crutches, canes, wheelchairs, scooters and power chairs.

If you wish to donate, Age UK Notts' Mansfield shop is located at 26-28 Regent Street, Mansfield, Nottinghamshire NG18 1SS or they can be contacted at 01623 488209 to discuss the possibility of collection.



In the Garden



Autumn vegetable planting and sowing

Don't let your vegetable beds stand bare and neglected in autumn, keeping your garden going through the cold months ahead gets you outside in the fresh air, allows you to exercise and can give you brilliant home grown produce.

Plant garlic, onions, spring onions

Garlic needs a period of cold, so it is best to be in the ground and growing well before the winter weather moves in. There are quite a few varieties of onions from sets that can go in now, and they can be harvested earlier on in the year. Electric is a good red set, Radar a good yellow and Shakespeare is a highly reliable white. Sow some spring onions now: White Lisbon

Winter Hardy is a good one. They make a tasty accompaniment to winter salad. They are a fairly quick growing crop and early autumn sowings should be ready to harvest by early spring.

Sow peas and pea shoots

It's worth sowing seeds now, especially in mild areas for a late spring crop. Meteor is a good early variety. With peas, the pea shoots are tasty: just pick off the tips and add to stir fries and salads for that intense, delicious fresh pea flavour.

Spinach

Useful varieties that will tolerate autumn sowing are Riccio d'Asti and Merlo Nero. You can pick it younger and just wilt the leaves rather than ruin it with over cooking. It's also great in salads.

In the Kitchen



RECIPE

Pork Meat loaf

PREP 30 mins

TIME 1h 45mins

SERVES 8

Autumn 2017

INGREDIENTS

1 tbsp olive oil
1 green chili (chopped)
4 shallots (chopped)
3 garlic cloves (crushed)
1 tbsp parsley (chopped)
1 tbsp thyme (chopped)
60g breadcrumbs
500g minced pork
190g pancetta or streaky bacon
2 eggs



This versatile and tasty recipe from Mavis Littlewood in Heanor is a huge family favourite and can be made with other meats instead. It can be frozen if cut into slices first, but there may not be any left to freeze!! Works well as part of a hot meal with gravy, or cold with salad on a picnic. Note - works better in a metal loaf tin rather than a silicone one.

METHOD

1. Grease and line a 2 lb loaf tin with greaseproof/parchment paper.
2. Preheat the oven to 190C/ gas mark 5.
3. Heat the oil in a pan.
4. Add the garlic, chilli and shallots and cook until softened. Leave to cool.
5. Mix in the mince, herbs, eggs and breadcrumbs until well combined.
6. Keeping 6 slices of pancetta for later, line the loaf tin with pancetta, overlapping the sides.
7. Add the mixed ingredients.
8. Cover with the overlapping pancetta and then add the remaining 6 slices on top.
9. Place in a roasting tin ½ full with hot water. Cook for 1h 45m or until the loaf starts to leave the sides of the tin. Turn onto a serving plate and serve.

The Befriending Service

The Befriending Service run by Age UK Derby and Derbyshire aims to reduce the feelings of loneliness and isolation amongst older people in North East Derbyshire Dales, High Peak and Glossop area.

The Befriending visits (or sometimes calls) are carried out by a mixture of volunteers and paid befrienders.

Visits are normally made weekly or every two weeks and last for approximately two hours. Accompanied outings can take place and they occasionally can incorporate a little practical help – such as taking someone shopping, out for a walk, the introduction to a social group, or helping with letters or forms.

The Befriending Service is a recognised quality service and has maintained the Mentoring and Befriending Approved Provider Accreditation – this quality mark is only awarded to organisations that meet the MBF's stringent and highly respected national quality standards. Since using the befriending scheme people regularly feel happier and more content, with reduced feelings of isolation, loneliness, anxiety as well as feeling that their

wellbeing and quality of life has improved significantly. Through using the Befriending Service and the benefits of feeling less isolated, service users also therefore improve their self-esteem, confidence and overall happiness.

The befrienders form strong relationships with the service users and the regular visit is generally something exciting for the older person to look forward to. The family of a service user states:

"She has become good friends with her befriender and now feels that she has someone that she can chat to about her worries and concerns whilst enjoying a beneficial activity."

Typical case study of the difference a befriender makes (name changed for confidentiality):

Peter has no family and is now having memory issues. Peter was referred to the befriending scheme by the local health centre because of regular visits to the surgery. Peter relies heavily on social support from local friends and unfortunately due to the memory loss was unaware of how often visits were taking place. Since joining the befriending scheme Peter has now been linked to support groups and services available within the area. The volunteer befriender has helped Peter to join a local older people's lunch club and has helped with booking community transport to the social group. Now that Peter has gained confidence with booking transport, other opportunities have now become available such as going out to local shops or visiting friends and relatives. The volunteer still continues to visit and they enjoy going out for coffee within the local area. Peter's friends are now reassured that there is now social contact and have noticed a reduction in the number of visits. Peter now feels less isolated/lonely, has reduced anxiety, increased social links and is now aware of the services available.

If you want to find out more about the Befriending Service or are interested in volunteering as a befriender, please visit www.ageuk.org.uk/derbyandderbyshire/befriending or call 01433 620263. For a similar service in Nottinghamshire, contact Age UK Notts on 0115 844 0011

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Sheila, relative of resident.



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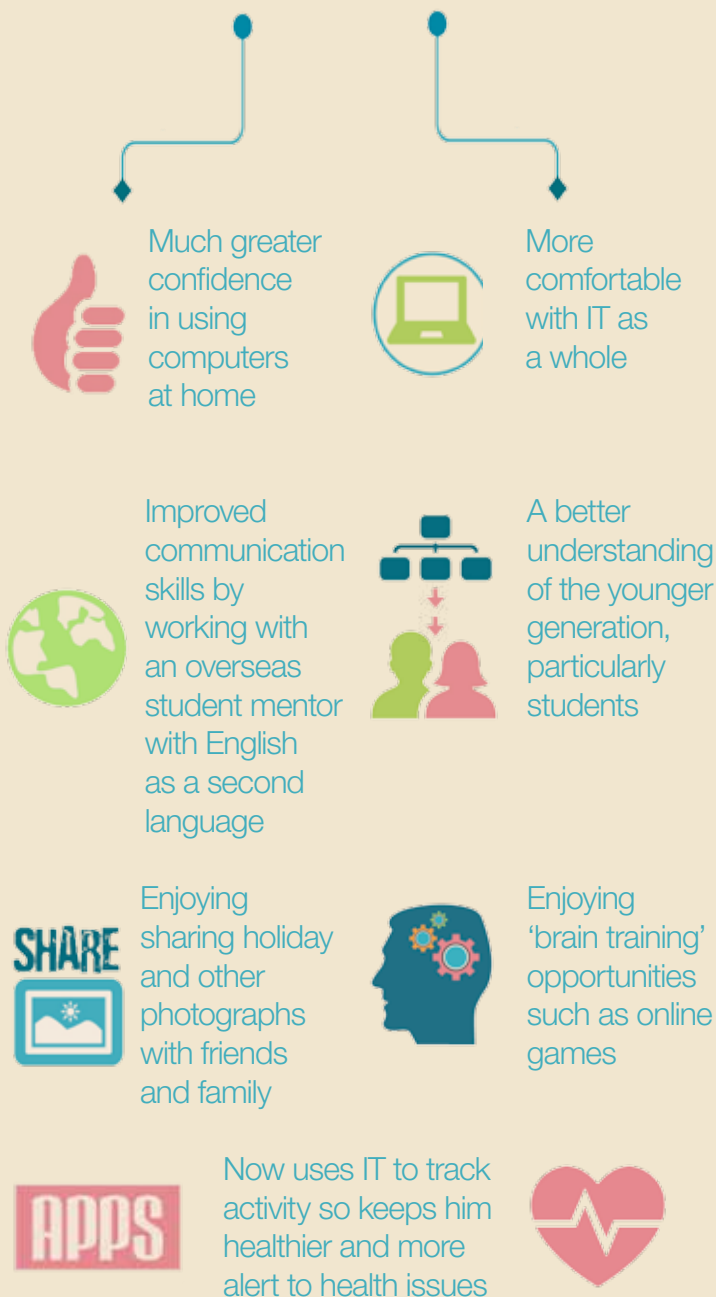


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Dinosaur to Doer

Selling things has never been a problem for 60-something Kevin; using technology has. Kevin loved his job but didn't love the new technology he was expected to use to improve customer service. Kevin was a self-confessed 'dinosaur' but could see that his options would be limited without better IT skills.

After seriously considering leaving the job, he decided that he wouldn't be beaten and enrolled on a ClickSilver course to learn more about how to use a computer. He hasn't looked back since. ClickSilver pairs an older person who lacks IT skills with a student mentor and, together, they explore the world of possibilities that being able to use a computer can offer. Kevin is really clear on the personal benefits:



THAT'S NOT ALL:

Kevin thinks it's made him a better employee. Kevin always felt his IT skills let him down and they were always a psychological barrier to feeling fully capable in the job. Now Kevin knows that he is a great salesman who can offer great customer service and back it up with professional use of IT. Kevin says:

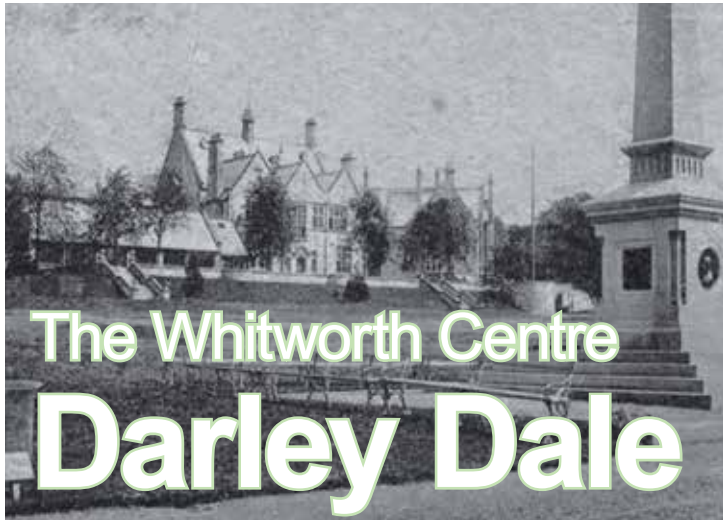
My company offers a really bespoke service and using a paper-based brochure was really limiting. I couldn't show customers the full range of options but I can now. I look more professional and the customer gets exactly what they want. We also make fewer errors because the IT makes measuring and recording much easier. It's a definite winner for me.

So proficient has Kevin become that other sales staff now ask for his help and advice. My employer believes in using the skills, talents and experience of older staff because they match their customer profile and can bring high levels of customer service

skills to the sales roles. They've been delighted with Kevin's success and are considering ways in which it can be replicated in other areas of the UK.

ClickSilver is an innovative project, delivered in conjunction with Capital One and Business in the Community. It wouldn't be possible without the dedication of the students who come from our 2 universities and it's a real success story. It's helped hundreds of older people to improve their IT skills and hundreds more to develop a deeper understanding of different generations. We couldn't be more proud of all our delegates and mentors.

Our next ClickSilver course starts in October 2017. If you would like to find out more, please contact Age UK Notts on 0115 844 0011.



The Whitworth Centre in Darley Dale, near Matlock is steeped in Victorian industrial history. Lady Louisa Whitworth, wife of the industrialist Sir Joseph Whitworth, had a vision of creating a place where people could meet for leisure, recreational and educational purposes. The Whitworth Centre is unique in that it is the only surviving Whitworth foundation that continues to operate under the terms of its original endowment.

The Whitworth Institute was gifted to the people of Darley Dale and has recently undergone extensive renovations to ensure its continued use for future generations. Both Lady Louisa and Sir Joseph are buried in the grounds of St. Helen's Church, Darley Dale.

Lady Louisa Whitworth

Lady Louisa was Sir Joseph Whitworth's second wife after his first wife, Frances, died in October 1870. Not long after they married Lady

Louisa and Sir Joseph took up permanent residence in Stancliffe Hall, Darley Dale, where he lived the last 13 years of his life. After his death, it was left to Lady Louisa to implement plans for Darley Dale



that her husband could never quite finalise. Even before Sir Joseph's death she had organised emergency relief in the form of tea, beef and butter which was distributed to all Stancliffe Estate workers during the severe winter of 1875, but it was after his death that she really came into her own.

It was under her guidance that Sir Joseph's estate was wisely disposed of to the benefit of Darley Dale, among others.



The opening to the public of The Whitworth Institute in September 1890 marked the beginning of Lady Louisa's second major project in Darley Dale. The Institute comprised an indoor swimming pool, an assembly hall, various reading and committee rooms and eventually a library, a billiard room, a museum of natural history, a convenient hotel and a landscaped park.

The Whitworth Centre and beautiful gardens are now very much still a focus of the community, based on the original ideologies of the Whitworths.

It has a cafe which is open daily; regular groups using the centre, including circus skills, educational courses and fitness or health classes.

The various rooms are offered out for hire and they can cater for local conferences or weddings.

Age UK Derby & Derbyshire would like to thank the Whitworth Centre for their support as they have kindly agreed to provide parking spaces for the new minibuses which will be used for their new OUT AND ABOUT SERVICE see page 18.



Robert Lindsay

is the Long Eaton & District Talking Newspapers new President

The Long Eaton & District Talking Newspaper for the blind & partially sighted has been operating for 39 years, and is delighted to announce their new president is the greatly revered and much loved actor, Robert Lindsay, of Citizen Smith and My Family fame among many other shows.

The Chairman of the Talking Newspaper, Martin Sykes, shared the stage with Robert (then Stevenson) back in the 1966, at Clarendon College in Nottingham. Recently, he invited Robert to become their President due to him being brought up in Ilkeston, a position he has happily accepted.

Robert is delighted to be supporting the work of the Talking Newspaper in their declared intention to both inform and entertain,

thereby giving pleasure to as many local blind or partially sighted people as they can.

The current team of volunteers at the Talking Newspaper consists of thirty two people, who are divided into 4 teams. The team broadcast to over 100 listeners covering a wide geographical area from Long Eaton to Beeston; Breaston to Draycott; Sandiacre to Stapleford; Ockbrook

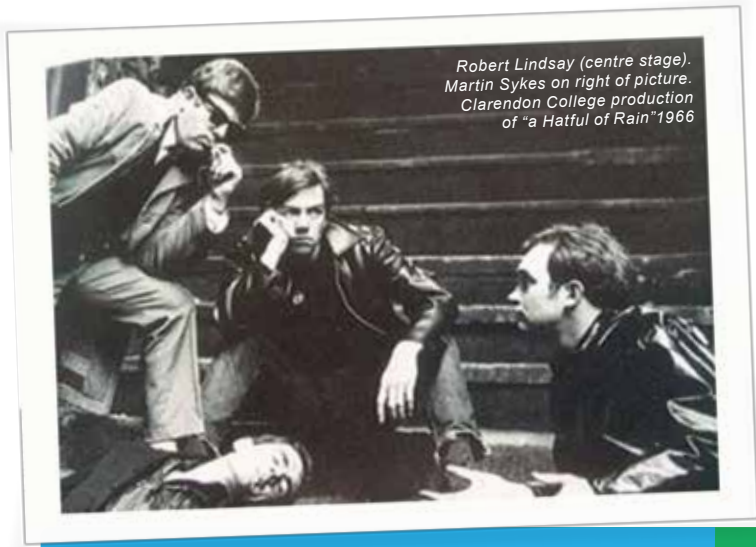


to Borrowwash; Castle Donington to Ilkeston.

Each talking newspaper provides ten hours of local news, current affairs, matters of local interest and also offers 13 magazines such as Peoples' Friend, Women's Weekly, Derbyshire Life and Countryside and many others every fortnight for the Blind and Visually Impaired. The newspapers are copied onto a memory

stick which is then posted to the listener who can return it free of charge, thanks to Royal Mail.

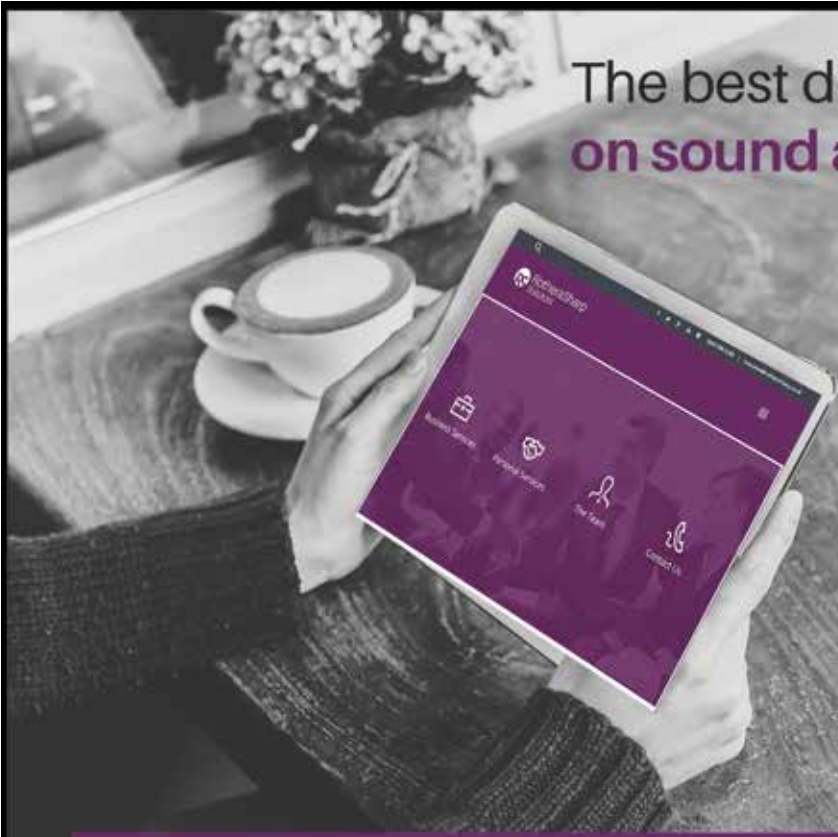
The Newspaper also gives its listeners memory stick players that are simple to use and **FREE of CHARGE** and helps keep people in touch with the life of towns and villages, since many have strong associations with the area.



Robert Lindsay (centre stage).
 Martin Sykes on right of picture.
 Clarendon College production
 of "a Hatful of Rain" 1966

Please contact Martin Sykes (Chairman) on martysykes899@gmail.com or phone him on 07970 914930 if you know of anyone who would benefit from their completely free service.

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The Key Safe Company is the market leader of mechanical security access products, having revolutionised the way in which people can access properties safely and securely.

Its leading Supra C500 key safe is a locked metal box, which provides a secure method of externally storing keys to the exterior of a property. The Supra C500 can hold up to five keys and is regularly used by carers, relatives, healthcare and telecare professionals to gain access to a home.

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experts to demonstrate a comparable attack resistance to a front door.

Already used by the majority of local authorities and thousands of UK householders, the Supra C500 can be used to allow access to care teams, occupational therapists and other support staff, without the need to carry sets of keys, allowing more time to be spent with clients.



For more information about the C500 visit www.keysafe.co.uk or call The Key Safe Company direct on 01905 770333



Out and About Bus Service

During the summer months, Age UK Derby and Derbyshire developed a new service based mainly in the Derbyshire Dales.

The 'Out and About Bus Service' is a new service delivering a high-quality, charged transport service for people aged 50+ which includes regular trips, occasional visits and excursion trips.

There are regular users who use the service to get to groups and activities which happen weekly. Some of the users are people who want an occasional trip out or have limited options available to

get to the shops. There are also the passengers who want to go on a trip to a local place of interest, garden centre, historic house or attraction. The Out and About bus service supports the local economy in smaller towns and villages as well helping to sustain much-needed shops, services and businesses for local residents. It also encourages local tourism by offering trips to places of interest in the area.

Passengers do pay to use the service which enables the bus service to become sustainable and cover costs rather than having to rely on external funding. But by using central administration, volunteer support and the charity's governance we can keep charges as low as possible. There has been so much in the media over the last 18 months all about lots of older people feeling lonely and isolated. This service will be another one of the services that Age UK Derby and Derbyshire offer that aims to reduce those levels of social isolation amongst local older people. Chief Executive, Katy Pugh explains that the service means more to local older people than just a transport service:

"We are really pleased to be able to offer this new service as it aims to reduce feelings of social isolation and exclusion by enabling older people to have the opportunity to get out and meet people. The service will also support independence for older people by enabling them to make choices about how and when they get out of the house."

The Out and About Bus Service will deliver day or part-day excursions to places of interest and will be available for private hire in the evenings or during off-peak periods.

If you want to find out more about the service or want to know when/how you can use it, whether for regular or occasional trips, please contact:
Tel: 01773 766922 Email: outandabout@ageukdd.org.uk Website: www.ageuk.org.uk/derbyandderbyshire/outabout



Stay ahead of the Chill this winter



Make sure your home is energy efficient. Age UK Nottingham and Nottinghamshire offers home energy checks to older people who are finding it difficult to keep their homes warm in winter.

Why do I need a home energy check?

Ensuring your home is energy efficient can help you stay warm in winter. It is easier and cheaper to heat your home if it is well insulated and your heating works properly. As we get older, our bodies react differently to the cold weather, and it takes us longer to warm up. Exposure to cold weather for long periods of time can make you more vulnerable to some health conditions. The cold weather causes your blood to thicken and increases your blood pressure,

which raises your risk of heart attack and strokes. Other conditions are also triggered or worsened by the cold weather, including arthritis, asthma and influenza.

What happens during the home energy check?

Visiting your home
One of our experienced caseworkers will visit your home at a time that is convenient for you. The home energy checks will take between 60 and 90 minutes.

The assessment
The caseworker will check the temperature

inside your home and whether there are any draughts. They will ask you several questions about your property and any current ways of saving energy that you are aware of, and they will inspect your heating system and any insulation measures you have.

Installing equipment
Depending on the outcome of the assessment, we will fit appropriate energy efficient equipment,

which could range from an energy saving lightbulb to reflective panels behind the radiators.

Giving information and advice

The caseworker will offer you some practical tips on how you can save energy to keep your fuel bills down, without compromising on the warmth of your house. They may also inform you of other Age UK and external services available in the area.

To book your home energy check, contact Age UK Nottingham and Nottinghamshire on 0115 844 0011. Please note that whilst this service is free, our funding is limited to older people over the age of 65 who are finding it difficult to keep their homes warm and are therefore at risk of cold related illnesses. We currently provide Home Energy Checks in the following areas; Nottingham City, Arnold, Carlton, West Bridgford, Beeston, Nuthall and Hucknall.

Planning for your care

make a Will

The social care agenda and who foots the bill for care were all over the headlines recently as a major part of the general election campaign. Given the election result, Mandy Kelly, a specialist solicitor and director at Actons Solicitors, clarifies the current situation.



The general aim appears to be to lift the current £23,250 cap on how much individuals pay towards their care costs. However, given the general election result this is still very uncertain.

That makes it difficult for us to plan for what we will need to keep back to fund our care as we age.

None of us know what help, if any, we are going to get from our local authority or the NHS. What of our savings and property can we legitimately protect and pass on to our loved ones and when?

Currently 80% of pensioners own their own property. Whether we'll be able to leave it, or indeed anything else we own to our loved ones,

particularly if we spend our latter years needing care, very much depends on the circumstances of any gifts we make, the law surrounding such gifts and the cost of our care.

NHS continuing healthcare

Some people needing care may, after being assessed by a team of healthcare professionals, be deemed to have a 'primary health need'. Their care needs will then be funded by the NHS either in whole or in part.

It is difficult to meet the healthcare criteria and the assessment process is complex. So it's important to insist on your right and those of family and carers to be listened to by the professionals who will make the decision.

For those who feel they should qualify but they are not being listened to, they should seek specialist legal advice.

Who will pay for my care if I don't qualify for NHS funding?

If you're not eligible for NHS continuing healthcare, you should investigate whether or not you're eligible for any support from the local authority.

The cost of care varies for people in different circumstances. It generally depends on a means tested assessment and everybody needing care will be assessed. The care offered will depend on the individual's needs - be it care at home or full time care

elsewhere. Who will then pay for that care will depend on what their savings, income and investments are.

To decide who pays, the local authority will carry out a means test to consider what income and capital the person has available. It will also look into any gifts that have been made by them in the recent past. The capital taken into account can also in certain circumstances include any property they own.

Currently, if a person has more than £23,250 in savings then the cost of any care services they need

Advertorial

will not be supported by the local authority.

However, if they own their own home but it houses their spouse or partner, a relative over 60, a child of theirs under 18, or a disabled relative, the house cannot be taken into account as part of their assets.

Gifts in the lead up to the need for care

Some people may consider giving away their assets to loved ones to avoid them being taken away to fund care costs. Though there are some legitimate reasons for doing so, it is important to avoid falling foul of 'Deprivation of Asset' rules.

If large gifts have been made and the local authority can successfully show it has been done to avoid paying care fees, they may refuse to fund a person's care.

Whilst it may seem sensible to give assets away to loved ones; remember that once they are gifted away they are gone for good.

What if you later become estranged from the recipient or the recipient dies first, or they go bankrupt or get divorced?

Gifts of property directly to loved ones for whatever reason needs very careful consideration.

Family Trusts

If you decide to make such gifts, it is often much safer to create suitable family trusts. Trusts often present less danger of the value of the gift being lost should there be an early death, divorce, bankruptcy or falling out.

With suitable trusts it is still possible for the person making the gift to be entitled to live in the property or have any income assets held in the trust produce. Trusts give added protection, but specialist legal advice should be sought if you are considering setting one up.

Consistent strategy

This all illustrates how important it is for there to be a well thought out and consistent estate protection planning strategy. One that carefully considers

lifetime gifts, and incorporates into the plan a well drafted Will setting out what is to happen to your property and savings after you die.

Finally, no overall strategy is complete without people ensuring trusted 'Attorneys' are in place, who can step in to manage their affairs if they are not able to do so for themselves.

That is achieved by people making suitable Lasting Powers of Attorney whilst they are well enough to do so.

It is important to remember is that there are always legitimate options available to

people to allow them to protect their assets, not only from burdensome taxes, but also from expensive care fees.

Seeking specialist legal advice, can make a great deal of difference to your security and wealth. It can take the worry and stress away, so that you can get back to living and enjoying your life.

Actons are based in Nottingham city centre and have parking facilities. If necessary any member of our team will visit you at home to discuss your Will needs if you are unable to get to our offices.

For more information or to arrange an appointment with a member of Actons' team, please contact Mandy Kelly on 0115 9 100 200 or email mandy.kelly@actons.co.uk.



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Hospice care **isn't**
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with support,
compassion
and care

If you've received life-changing news - whether it's a diagnosis of a life-limiting illness such as cancer, motor neurone disease or a heart or lung condition, or if you're dealing with a bereavement - we are here to support you to continue living life. We provide nursing care and emotional support for adults and their families, and we're here for you right from the beginning.

All of our services are provided free of charge.

- *Support for any life-limiting illness, from diagnosis onwards*
- *Specialist nursing care from qualified nurses, day or night*
- *Support to help you care for yourself*
- *Physical, emotional, spiritual and social care*
- *Bereavement counselling and emotional support*
- *Art and complementary therapies*

Support and Information

We offer confidential support from diagnosis onwards for anyone who has been diagnosed with a life-limiting illness, as well as their carers, family and friends.

Well-being Days

Our new well-being days can help you deal with concerns that arise as a result of your condition and aim to enhance your capacity to care for yourself.

Therapeutic Services

We offer a range of services for adults, children, young people and families who are dealing with a bereavement of any type, including unexpected deaths such as suicide or accidents, or who are dealing with a life-limiting illness.

Day Care Services

Our purpose-built Day Care Unit is set within 12.5 acres of countryside within easy reach of Derby and Nottingham. Open Monday to Friday, Day Care is a relaxed and friendly place to visit.

Hospice at Home

Our team of qualified nurses and health care assistants offer one-to-one nursing care and emotional support, day or night, to patients in their own homes.

For advice and support, call **0115 949 1264**
or visit **www.treetopshospice.org.uk**



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Puzzle Page 2017 Autumn

Which of the following Harvest words does not appear in the grid?

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

- | | | | |
|--------|-------|--------|---------|
| APPLES | CORN | OATS | PEAS |
| BARLEY | EGGS | ONIONS | PLUMS |
| BREAD | HONEY | PEACH | RHUBARB |
| BUNS | LEEKs | PEAR | WHEAT |
| CHEESE | | | |

ACROSS

- Santa's present for naughty children
- Bird of peace
- Swiss car registration
- Gym lesson at school
- Dash between words
- Titfer fixer'
- America
- French for 'the' (Masc.)
- Cook in oven
- Abbreviation used to shorten a list of authors

DOWN

- Freshwater fish
- Curved gateway
- Appliance for baking
- Every
- African wild dogs
- Writing implement
- Hair tidier
- Shipwreck
- Pond amphibian
- Bridge fee

Thanks to Sylvia Pink who has arranged all the puzzles.



1		2				3	4		5
		6	7			8			
		9							
10		11					12		13
		14				15			
16							17		

Anagrams of fruits of the forest

- | | | |
|-------|---------|------------|
| UNFIG | FRUFTEL | SPREARYBR |
| CROAN | MARBELB | ESWARTRYRB |
| | | TUNECHEB |



image by Shutterstock user: szefer

Long Enough

A short story by Janice Fox

He left at 12.55, to make sure he got to the bus on time. There was only a half-hourly service.

He knocked twice, gently, and then gave a loud bang, as he had for thirty-three years. Only the knocker had changed. Twelve years ago a new one, fierce and gaping, a copy of the giant sanctuary knocker of Durham Cathedral, had appeared. This had been the trophy from a Skills coach tour, on which his Enid had been with her mam. It looked all wrong on the peeling green door which, he'd told her often enough, could do with a lick of paint.

"Come on in, don't stand there, getting cold, Len," she said as she always did. He was in. Home. That's what it felt like. He came for one hour and a quarter, every Sunday, his time, having given Vi the slip.

"Grand to see you," he told her and pecked her cheek, the door closed. *"Now what will you have? Tea?"* *"Tea. You know how I like it."* *"So you can stand a spoon in it."*

And she was in the kitchen, four minutes of his visit eaten away while he sat alone, in his own home, as he saw it.

He scanned the mantelpiece, where two china ornaments stood one on each end, staring at the old hunch-backed clock that needed winding at night. They were two balloon sellers, a waif of a child and a woman in a headscarf. Royal Doulton, Enid had proudly told him. She'd given them to herself as a present when her mam had died nine years ago, making her mark on the little room. She'd lived with her mam until then, for seventy years. That made him think. She'd be eighty next year. Royal Doulton or not, the statues were not his taste. He couldn't see what she saw in them, but he liked the fact of them, something she'd chosen.

He always sat on this chair by the fire opposite the telly, a rented telly, more big and brash than she needed. The chair was comfy, he'd give her that. He liked the creak as he fell back into it, a creak like a wink.

On the sofa, a cosy two-seater with high arms and a comfy round back, she kept her crochet. This lot was white. It must be for a babby. She could always find some babby or other to do for. And on the back a piece even he could tell had been done by an expert, a lacy thing, an antimacassar to beat all antimacassars. Crochet, so lacy it could have been tatting, was how Enid's mam had put it. And there was her magazine, folded over at a pattern, tucked beside the crochet. The People's Friend. It always made him chuckle. That's what Enid was, the people's friend, neighbours and all.

He'd liked it when she'd had a real coal fire, but when her mam had died she'd got a hideous gas thing. He hated to see it there, knowing he had heat piped into his own place discreetly through radiators. It worried him that the flames were yellow and needed seeing to and that she couldn't be bothered. And the papering too, the fawn patterned stuff that was mouldy in the corners and a wiggly line that the damp came to. She should get it all seen to. The other houses had got grants when Radford was being smartened up. The neighbours had put in damp-proof courses years ago. Enid's

was the worst in the street. She wouldn't do anything to make herself comfortable, except that ugly fire. Sometimes he wished they'd knocked her street down along with the rest, though at the time it had seemed some sort of a victory, one of the few round the back of Alfreton Road to be kept standing.

"You all right in there?" she asked, with his mug of tea, the Forest mug she'd got him for Christmas and kept for him here. It was how he liked it, thick. *"Fine. You know how it is."* *"Lonely for you, without her."*

He looked at the utility-bleak sideboard, at the picture of her mam and dad, smiling at him.

How he'd loved this little visit when Vi was alive to give the slip to, pretending he was down the allotment on Sunday mornings while she cooked the dinner. It had all started when Enid's dad had died, those thirty-three years ago. He'd seen it in the Post and it had made him think of the old days, him in the Boys' Brigade and Enid running Sunday School. He'd come to pay his last respects to her dad. That would be 1903. A sign of old age that,

putting a date on things. He looked at the rug at his feet; muddy colours that had been bright reds and creams.

She'd be better in his little flat up Basford way, warmth, easy living, a cord to pull for the warden if she had a fall. A sheltered flat, owned by a housing association. Vi had liked telling folks that.

"A woman came last week" Enid was telling him. *"From the Age Concern. Home Safety she called herself. Wanted me to get one of them Council grants before they run out of money, do up the house."*

"What did you tell her?" He bit his tongue so he wouldn't insist it was now Age UK Notts.

"Told her I'd managed up to now, and I'd carry on managing." *"Same as I say, you should do something."* *"Well, there you are."*

She didn't nag him, had never expected him to leave Vi, and never pushed him now Vi had been gone for the best part of two years. But he heard it in her voice, the unasked question. She didn't touch the house because she hoped he'd pop that question. That was the truth of it. They were free, both of them, Vi passed away, Enid's mam and dad no more.

He'd rehearsed it often enough. *"Now look, Enid, look, my duck. You and me. It's been thirty-three years. A little time left, just for us, eh? You could move in easy. How about it then?"* If he could get those words out, her face would lose that heavy look, with the eyes seeming to search him. She'd waited long enough.

Instead he said, *"Oh, I'm all right. You know me. I'll cope. It takes time."* He could hear the conventional singsong, hated that note in his voice.

The moment had come when he moved, over to the sofa, beside her. And they sat, holding hands, nothing needing to be said, as they had been able to for nine years, since her mam had passed away and taken her eyes off them. No need for words, just this comfy feeling, like a patient old married couple in a station waiting room. But they'd waited long enough. A decent interval had passed since Vi had gone.

She broke the silence this time, surprising him. It was a break with tradition. *"Next week, Len, why don't I make you a spot of dinner?"* He squeezed her hand, as if to say, *"It's a bit soon."* She'd understand.

But she didn't. She said, "A nice bit of pork." "Not next week, Enid," he said. "A bit soon, eh?" Drat, that singsong voice again. He squeezed her hand and said, "Well, I'd better be going," as he always did on Sundays, she knew that.

At the door he bent to peck her cheek. She said, "No, Len. I'll only cry when you've gone." So he patted her arm.

He walked down the street, still brisk; he was in good shape for eighty-three. He passed the smart front doors of people that looked to the future.

It was for the last time, he knew that. He'd miss her. Of course he would.

He turned into Alfreton Road at the corner,

as he always did, she standing at the door, giving him a little wave. Seeing off an old friend, you might say.

She wasn't there. For the first time in thirty-three years she'd gone inside. The dark green peeling door with the big knocker was all that faced him.

He hurried for the stop for the 84. Then double backed on himself. He'd go back up Canning Circus way. He'd try the Red Lion, or the Organ Grinder as they called it now, see if any of his old mates still drank there.

When all was said and done, now that Vi had passed over, a chap was entitled to his bit of freedom, wasn't he?

Take 5 to



STOP FRAUD

Financial institutions do work hard to protect their customers – in the UK in 2015, their innovative systems stopped 70% of attempted fraud from actually happening. The 30% that did happen though cost the nation £755 million.

If you receive an unusual request for financial or personal information from someone claiming they're the bank take a moment to reflect, step back from the situation, and think about what's really going on.

Deep down, you probably already know the basic rules on how to beat

financial fraud – you just need to take a deep breath and stay calm enough to remember them.

1. Never disclose security details, such as your PIN or full banking password
2. Don't assume an email, text or phone call is genuine
3. Don't be rushed – a genuine organisation won't mind waiting
4. Listen to your instincts – you know if something doesn't feel right
5. Stay in control – don't panic and make a decision you'll regret

Your questions answered, your voice heard...

Q&A

In this feature, we answer your questions and hear your comments. Age UK Derby & Derbyshire and Age UK Notts provide independent, confidential and expert advice on a broad range of issues. If you are in need of information or advice, get in touch with us. Here are some of the questions we have received:

Q. I know I am getting all the benefits I am entitled to but how can I check if there is any other money which might be available to me if I find myself in hardship or with unexpected costs?

A. Turn2us is a national charity that helps people in financial hardship gain access to charitable grants and support services. They have a grant search tool which can look for funds that might be available to give you a grant and/or other types of help. This can be accessed by <https://www.turn2us.org.uk/> or those who do not have internet access can ring the helpline on 0808 802 2000 which is open from 9 am-8 pm Mondays-Fridays. Calls are free for all landlines and for major mobile network providers (including 'pay as you go' phones) - EE, Orange, 3, Vodafone, T-Mobile, Virgin and O2 - charges may apply for other network users. Some other mobile networks also offer free calls to numbers with the '0808 80' code. However, this is not guaranteed and we recommended you check with your provider.

Q. I am finding myself struggling to live at home, if there any help available for me?

There can be a wide range of reasons why people may find it difficult to live in their home. This may be alleviated by adaptations being made to your home such as a stairlift, exploring the option of a carer or home help for specific tasks, or considering moving to more suitable accommodation. If this is the situation you are in, we'd suggest you get in touch with your local Age UK, as there are a range of services available to help you with these solutions that they will be able to point you towards.

If you live in Nottinghamshire, services such as Age UK Notts Home Safety and Improvement service or Housing Options & Silverlinks Advice Service may be able to help. Get in touch with Age UK Notts on 0115 844 0011. Or for information on services available in Derbyshire contact Age UK Derby & Derbyshire's advice hotline on 01773 768 240

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Advantage Social Enterprise CIC (Community Interest Company) is a not-for-profit company. Company Registration No. 10349825. Registered office: The Lifestyle Centre, 16-18 Bridgeway Centre, Nottingham NG2 2JD. We donate any profit we make to Age UK Nottingham & Nottinghamshire (registered charity number 1067881) to help them continue their much-needed work.

Supporting*

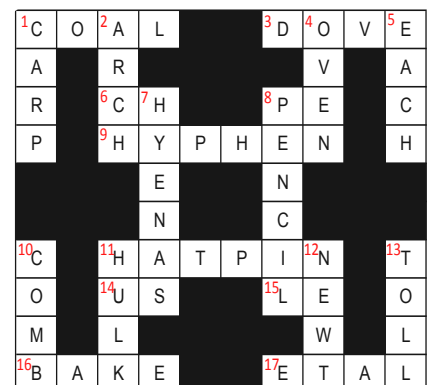
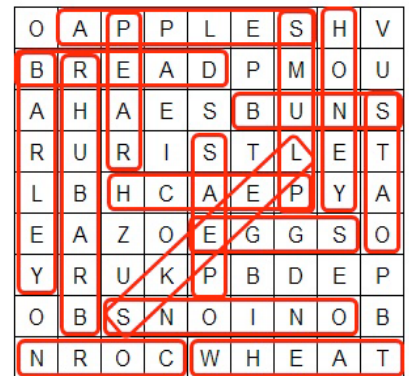


Puzzle Solutions

WORDSEARCH
MISSING WORD:
CHEESE

Anagrams

- fungi
- acorn
- truffle
- bramble
- raspberry
- strawberry
- beechnut



Welcome to our homes...

Our care homes have built up excellent reputations within their local communities with the vast majority of our new residents coming through recommendations from others. This has been established through our commitment to the on-going provision of dedicated quality care delivered within a high quality, yet homely environment.

We welcome visitors into our homes and encourage family members and friends to get involved in their loved-ones care and become part of the care home's life. Those looking for a care home are welcome to visit at any time, an appointment is not always necessary.

- You are reading this because you are thinking about finding a care home for a loved one or even yourself
- You're trying to ensure you are making the right decision to find the best possible care for your family member
- Are you unsure what funding you are entitled to, how to work through all the paperwork?

It can be a very challenging process - We will help and advise you. Let our management team offer professional support and guidance from people who genuinely care.



Contact us now...

Bramcote Hills

- Nursing and Residential Home

36 Sandringham Drive, Bramcote
Nottingham, NG9 3EJ
T: 0115 922 1414
E: bramcotehills@gmail.com

Orchard House

46 Easthorpe Street, Ruddington,
Nottingham NG11 6LA
T: 0115 9217 610
E: orchardhouse@my-care.co.uk

Ashton Court

56 Three Tuns Rd, Eastwood,
Nottingham NG16 3EJ
T: 01773 712017
E: ashtoncourt@my-care.co.uk

Edward House

175 Nottingham Road,
Eastwood, NG16 3GS
T: 01773 531591
E: edwardhouse@my-care.co.uk

Peacemills

132 Perry Road, Sherwood,
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T: 0115 9602 539
E: peacemills@btconnect.com

Balmore Country House - Nursing and Residential Home

245-247 Loughborough Road,
Ruddington, Nottingham NG11 6NY
T: 0115 9213 006
E: balmorehouse@my-care.co.uk

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3 Sutton Road, Mansfield,
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T: 01623 471300
E: manager.theorchards@my-care.co.uk

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Deep Furrow Avenue, Carlton,
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T: 01159 110078
E: moriahhouse@my-care.co.uk

St. Peters

15 Vicarage Lane, Ruddington,
Nottingham NG11 6HB
T: 0115 9844 608
E: stpeters@my-care.co.uk

Normanton Lodge Care Home

75 Mansfield Road, South Normanton,
Derbyshire DE55 2EF
T: 01773 811453
E: info@my-care.co.uk

Manorfields

47 Farley Road,
Derby DE23 6BW
T: 01332 346248
E: manorfields@my-care.co.uk

The Maple York Care Group

Head Office, Normanton Lodge, 75 Mansfield Road,
South Normanton, Derbyshire DE55 2EF

T: 01773 811453 F: 01773 581754 E: info@my-care.co.uk

www.my-care.co.uk



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Situated on the top floor of a three storey block the apartment has its own residents' swimming pool. It has the advantage of being away from the bustle of the town centre but within walking distance (5 minutes to the marina and another 5 to the town centre).

It has a twin bedroom, open plan kitchen and lounge. The kitchen has a 4-ring hob, oven, microwave, toaster and washing machine. There is a family sized bathroom. The lounge has a sofa (which converts into two more single beds) and a table to seat four. A TV, DVD and CD player are also available. Both the lounge and Bedroom have Patio doors which open onto the balcony offering views over the swimming pool and across Lagos. There is ample car parking space in front of the building.

PRICES:

Jan - March	£225
April	£300
May	£325
June	£375
July/August	£475
Sept	£375
Oct	£325
Nov/Dec	£250



To book accommodation please contact Judith Hall on **01536 711884**
Apartments can also be booked very competitively at judith.hall6@btinternet.com

2 LUXURY STATIC HOLIDAY CARAVANS FOR HIRE GOLDENSANDS HOLIDAY PARK MABLETHORPE

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Haven



Bermuda 8 Berth



The Caravans are comfortable, clean and spacious. Central and electric heating throughout, with a fully equipped kitchen area. Both have extra wide showers, with separate toilets. The large lounges have comfortable seating a TV, DVD and CD player, with a second TV in the double bedroom.

Both are situated together with a large grass area at the front with outdoor tables and chairs.

The caravans are available for hire from 10th March to 20th November

3 Nights Fri - Mon 4 Nights Mon - Fri 7 Nights Fri - Fri

Booking **MUST** be made through eastuk-holidays.com
Look for - **Bermuda 8 Berth** or **Richmond 8 Berth**

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