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Meet the team...

**Editor**

Jessica Brook  
 ☎ 0115 841 4472  
 ✉ jessica.brook@ageuknotts.org.uk

**Age UK Nottingham & Nottinghamshire**

Bradbury House,  
 12 Shakespeare Street,  
 Nottingham NG1 4FQ  
 ☎ 0115 844 0011  
 ✉ engage@ageuknotts.org.uk  
 🌐 www.ageuknotts.org.uk  
 Twitter: @ageuknotts  
 Facebook: facebook.com/ageuknotts

**Age UK Derby & Derbyshire**

29a Market Place, Heanor,  
 Derbyshire DE75 7EG  
 ☎ 01773 766 922  
 ✉ administration@ageukdd.org.uk  
 🌐 www.ageuk.org.uk/derbyandderbyshire  
 Twitter: @AgeUK\_DD  
 Facebook: facebook.com/AUKDD

**Designer**

Laura Lang  
 ✉ laura@lanceprint.co.uk

**Advertising**

Laurence Rowe  
 ☎ 01536 526 678  
 ✉ laurence@lancepublishing.co.uk

**Publisher**

Lance Publishing Ltd,  
 1st Floor, Tailby House,  
 Bath Road, Kettering NN16 8NL  
 ☎ 01536 512 624  
 ☎ 01536 515 481  
 ✉ mike@lancepublishing.co.uk  
 🌐 www.lancepublishing.co.uk

**Printer**

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# From the Editor...

## Welcome to this Winter 2017 Edition of EngAGE!



Across the last three years Age UK Derby & Derbyshire and Age UK Notts have sought to work together to bring you a good-quality magazine to entertain you as you sit with a cup of tea or waiting in a doctors' surgery, and to keep you up to date about both charities' work across the counties.

This edition will be the last that we produce across both counties. We have enjoyed collaborating to share details of our charities with you in this format, and hope that you have enjoyed reading the issues. We would like to thank you for all your support.

In Derby and Derbyshire you will be able to continue to enjoy EngAGE, representing more of what is happening in your local area. If you live in Nottingham or Nottinghamshire, Age UK Notts would love to keep you up to date on the work they are doing via email, online and other printed means – get in touch with us on marketing@ageuknotts.org.uk or 0115 841 4472.

In the meantime, we have a jam-packed final joint edition for you to enjoy, including articles on the interesting history of Age UK Notts' head office; 'Let Us Sing', a record written and performed by the Rock of All Ages Choir; and a recipe for a sticky toffee pudding.

Wishing you a very merry Christmas and a happy new year!

*Jessica*  
 Jessica Brook  
 Editor

Front cover image by Shutterstock user: Halfpoint



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## In the Community...

### Chesterfield Information and Advice



Age UK Derby & Derbyshire have recently received a grant to start a partnership with Age Concern Chesterfield and District, operating a shared information and advice point in Chesterfield. The volunteers in the new office will be able to give information

and advice about a variety of issues and welcomes anyone over 50 or their carers.

You can visit the new Age Help Point at: South Lodge, Boythorpe Avenue, Chesterfield, S40 2BF telephone 01246 273333 or email [info@ageukdd.org.uk](mailto:info@ageukdd.org.uk)

### Age UK Notts and Prudential UK team up to help local older people

Age UK Nottingham & Nottinghamshire has been awarded a grant, as part of the partnership between Age UK and Prudential UK, to offer a new service that links older people across Nottingham & Nottinghamshire with local support to help resolve some of life's tough challenges.

The 'Later Life Links' programme will see trained staff and volunteers provide older people with access to relevant and appropriate information, support, advice and links to services to tackle all sorts of issues. These can range from feeling lonely and isolated to problems accessing good care, dealing with bereavement

or even help getting online. On the 28th September Age UK Notts held an event at Kingsmill Hospital to promote this service. Lots of people attending clinics at the hospital were able to visit the stall for information about our services and support with their issues. The charity is now encouraging older people, carers and family members to get in touch, to benefit from the advice on offer. Support through the service is available either over the phone on 0115 844 0011 or in their centre, at Bradbury House, 12 Shakespeare Street, Nottingham which is open Monday-Thursday 9:00-17:00 or Friday 9:00-16:30.

### Fundraising for Day Services

The Age UK Derby & Derbyshire Day Centres are running a number of fundraising events over next few months. Day services could disappear in the next few years as local cuts and uncertainty impact on our funding and costs continue to rise.

They now have a dedicated team of volunteers, friends and

families to help raise vital funds through a variety of initiatives. At the start of December, the first two events will set off our fundraising challenge including a Santa Dash with lots of Santa's jingling around Bakewell – fun for all the family. Plus a carol-a-thon where volunteers, staff and families/friends sing their way around Bakewell enjoying their

favourite Christmas Carols. Age UK Derby & Derbyshire have three day centres (Bakewell, Hope and Hulland Ward) which are always trying a range of different ideas and activities that promote independence, encourage reminiscence

and provide stimulating opportunities. For more information about how to donate, volunteer or help fundraising please visit [www.ageuk.org.uk/derbyandderbyshire/day](http://www.ageuk.org.uk/derbyandderbyshire/day) or call Mary Ward on 01629 813221.



## In the Garden



**Christmas Containers**

A great way to make your garden, patio or courtyard more festive is to revamp your containers with seasonal stunners this Christmas. Also, seasonal pots make great gifts too!

Set the tone with a great plant pot. Plastic or ceramic pots in red or white make perfect presents, or simply jazz up your existing containers by wrapping them in beads, tinsel or big bows for a glittering effect. Make sure there are plenty of drainage holes. Make extra holes if necessary, and fill the bottom with stones or broken pottery. Half fill your container with compost, breaking up lumps as you go.

### Pick the plants

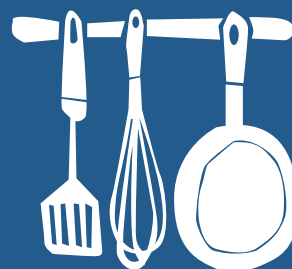
Add your central, or backbone plant first. You can choose structural evergreen plant such as dwarf conifer – Ellwood's Gold or Picea albertiana 'Conica', they

look like mini Christmas trees! Add the smaller plants next and position the plants so they soften the edges of the container. Gaultheria, sometimes called pernettya, is a good choice for its rich red berries. For flowers, try cyclamen, winter heather or winter-flowering pansies. You can also add trailing plants like ivy around the edges to make the container feel like it is overflowing. Pop in the final plants and fill any gaps with more compost. Gently push spring-flowering bulbs into any spaces left between the plants. You may need to top up the soil a bit, but leave an inch between the soil surface and the container lip. This ensures that it doesn't overflow every time you water it.

### Water the container

When your container is planted, water it thoroughly but gently to avoid spilling any over the edge of the container.

## In the Kitchen



## RECIPE

### Sticky Toffee Pudding

PREP 30 mins

TIME 1h 45mins

SERVES 8

Winter 2017

### INGREDIENTS

100g (4oz) butter  
175g (7oz) soft brown sugar  
200g (8oz) self-raising flour  
1 tsp bicarbonate of soda  
1 tsp baking powder  
¼ tsp mixed spice  
¼ tsp cinnamon  
2 eggs  
3 tbsp black treacle  
200g (8oz) chopped fresh dates  
275ml (9 ½ fl oz) full fat milk

### Ingredients (sauce)

100g (4oz) butter  
100g (4oz) soft brown sugar  
284ml (10 fl oz) double cream  
1 tsp vanilla extract



This classic recipe from Mavis Littlewood in Heanor is delicious and always a favourite at any family meal. Dried dates can be used instead of fresh dates as long as they are soaked in boiling water for 30 mins, then chopped.

### METHOD

1. Grease and line a 20cm (8") square tin.
2. Heat the oven to 180°C/160°C fan/gas mark 4.
3. Mix together the butter and sugar.
4. Add all the dry ingredients and mix well.
5. Finally mix the eggs, milk, treacle and dates to form a soft batter.
6. Pour into the tin and bake for 40 mins, until firm to the touch.
7. Melt the butter and sugar in a saucepan over a low heat.
8. Add the cream and vanilla and boil for 1-2 mins until the sauce has thickened and changed colour.
9. Spoon half of the sauce over the pudding while still warm.
10. Cut into portions and serve with the rest of the sauce and cream or ice cream.



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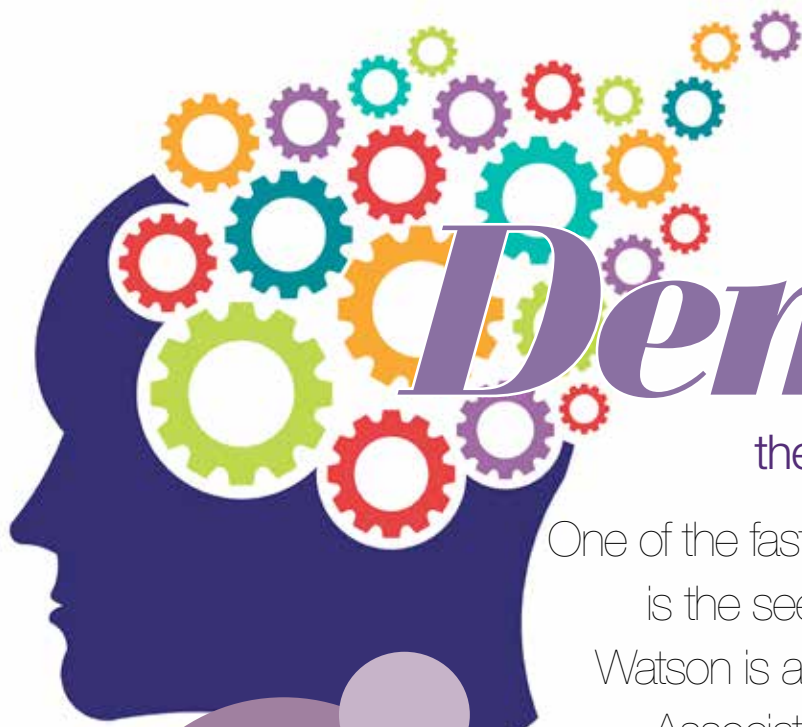
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## The Rise of

# Dementia

the importance of planning for later life

One of the fastest growing health issues in UK society is the seemingly relentless rise in dementia. Cara Watson is a specialist wills and probate solicitor and Associate at Nottingham law firm Actons. In this article she explains why it has never been more important to get your affairs in order as early as possible.

If dementia does take hold, at what point do you hand over responsibility to a nominated person and grant them Power of Attorney over your financial affairs? And what alternatives do you have?

### Wills

Wills are, without doubt, an essential part of the process of planning for later life. It is not something that people want to think about at any age. Unless you want to leave a financial tangle behind for your bereaved relatives to sort out after you are gone, it is crucial to make sure your will is taken care of.

### Lasting Power of Attorney – to look after your affairs

A Lasting Power of Attorney (LPA) is a document that allows you to appoint one or

more people to look after your affairs and make decisions on your behalf when you are no longer able to do so.

These people are referred to as attorneys, although they do not necessarily have to have legal experience to qualify, and are usually close relatives or trusted friends. There are two types of LPA:

- A **Health and Welfare LPA** can specify what kind of treatment and palliative care you want if you have a degenerative disease like dementia, whether you should be moved into a care home and specifics concerning your daily routine.

- A **Property and Financial Affairs LPA** gives your attorney access to your finances to manage your affairs when you are unable to. They will be able to access your bank accounts, pay bills and, if necessary, arrange the sale of your property if you go into a care home.

LPAs must be registered with the Office of the Public Guardian, which can take up to ten weeks to complete, it is therefore vital to get the ball rolling as early as possible. LPAs have to be made by a person while they are still capable of making rational decisions concerning their

future care, financial matters, and how their estate is to be managed once they





## Advertorial

are no longer capable of doing it for themselves.

There has to be a degree of trust between the sufferer and the person appointed to take responsibility for the instructions laid out in the LPA, whether that's a Financial or a Health and Welfare agreement.

### Court of Protection appointed deputy

There is an alternative to an LPA - a Court of Protection appointed deputy. These are usually appointed by a third party on behalf of a dementia sufferer once they have lost the ability to appoint their own representative.

However, this is rarely offered as an alternative to an LPA, primarily because in the majority of cases an LPA has been arranged long before a dementia sufferer loses the ability to make considered decisions about their future care.

As long as the person making the LPA trusts their proposed attorney and is mentally capable of making that decision, there shouldn't be any problems.

A court-appointed deputy is only really appropriate after a dementia sufferer has lost the ability to make rational decisions for themselves, or there is no one to act as an

attorney. They have to provide a full list of assets and annual accounts, as well as a security bond. The application process is lengthy and it is therefore preferable to have an LPA in place wherever possible.

### Sorting things out sooner rather than later

As power of attorney is often agreed upon before the condition really starts to affect the cognitive ability of the sufferer, it can be months or even years later when the power of attorney really comes into play.

By then, the family dynamic may have

changed, as may the financial situation of the sufferer, especially if they have moved into a care home.

This is why it is so important to sort out not only your will, but any LPAs as early as possible, especially after the diagnosis of a degenerative disease.

LPAs can, in fact, bring families closer together, as they ensure the sufferer is cared for properly, and that those granted the Power of Attorney are fully aware of their responsibilities from the outset.



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. The team are ranked at Tier 2 in the East Midlands "Personal Tax, Trusts and Probate" section of the Legal 500, the definitive guide to the legal industry.

For more information or to arrange an appointment with a member of our team, please contact Cara Watson on 0115 9 100 200 or email [cara.watson@actons.co.uk](mailto:cara.watson@actons.co.uk)

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# History of *Bradbury House*

Age UK Nottingham & Nottinghamshire is 75 years old this year. We've been thinking a lot about our history as an organisation – all the many thousands of people we've helped in those years, the services that have come and gone and the changes we've seen to our wonderful city over that time.



**W**e decided to focus on Shakespeare Street and our very own Bradbury House to see where that would lead us.

For many centuries, the area around Bradbury House was on the edge of the city which petered out at what is now known as Parliament Street. Northwards, the

city comprised of only a few scattered houses and was known for the unpleasant conditions caused by drainage from its position between two gently sloping hills.

There is evidence of a small but thriving Jewish community in the area and, in 1358, there was a specific gallows used only for condemned Jews who were not

allowed to be hanged on the same apparatus as Christians. There was also a small Jewish cemetery in Sherwood Street. At this point, the area was known as Lingdale Gate.

In 1852, as the city expanded northwards, the area was cleaned up and renamed Shakespeare Street. It became part of an expansion which included the building University College (now become Nottingham Trent University) which was opened in 1881 by Prince Leopold. The Guildhall was built on Burton Street in 1887-8. Shakespeare Street also became the site of the Jewish Synagogue

from 1953-2016 in a building which was previously a Wesleyan Reform Chapel.

Bradbury House itself was built at roughly the same time, in the Georgian style and is now a Grade 2 listed building with a fine staircase – even the railings outside are listed! It's been our home for 16 years (when it was renamed Bradbury House) and we were curious about who had made their lives here before it became an office building in the late 20th century. We know that the estate of Percy Edgar Tresidder sold the property upon his death in 1942 for just over





£35,000; that equates to around £842,000 today. Percy died in France in the year that the first Older People's Welfare Committee was constituted – this organisation was the pre-cursor to Age UK Notts.

Percy Tresidder was born in Simla, India, in 1873 and had numerous siblings. The Tresidders were a legal and medical family. 3 brothers qualified as doctors, all at Guys, with Percy and William making their home in Nottingham. By 1900, they are both listed as practicing 12 Shakespeare Street. They also had another practice at No2, The Ropewalk so business must have been good. During this period, Percy

wrote a paper on the 'Treatment of Syphilis by Salvarsan' and William became the Honorary Surgeon for the Women's Hospital in the city. The 1901 Census shows that 11 people lived in what is now Bradbury House with William Tresidder as head of the family. He was married to Gertrude and they had two boys and two girls between them. Percy was not married but lived with the family and both he and William are listed as surgeons. 4 servants looked after the family, one of whom was listed a 'nurse / domestic' – poor Annie Clayton must have been very busy!

By 1911, the household had shrunk to 4 – Percy as the head of the family, living with his niece, Hilda, and only 2 servants.

Hilda had been born in Australia to Percy's brother, Edward Stanley Tresidder who was elected Surgeon at the hospital in Coonamble, New South Wales. Coonamble still exists today and is a town of around 3000 people.

In 1912, the brothers' partnership was dissolved and Percy agreed to pay any debtors. William and his wife appear to have gone their separate ways at this point – either because of marital breakdown or because William's mother needed looking after in Devon.

In 1916 when he was 43, Percy married Mary Gardner (who was 25 at the time). Their son was born a year later but he died just before his 2nd birthday. In 1929, Percy and Mary were living in Mapperley Park but embarked for Cape Town on the German owned steamship Watussi (which was sunk in December 1939 by the British). Percy disappears from the records for 12 Shakespeare Street in 1930 and is registered as a retired doctor in 1935.

Percy is last known living in Juan-les-Pins near Antibes, in the

south of France, where he died in April 1942. He was still married to Mary who lived with him but his effects were bequeathed to Mary Anne Therese de Freneroy. His funeral cost £16 17d and was paid from British official funds.

The story of Bradbury House and the Tresidder family illustrates so much about how the country and Nottingham changed over those years – Empire and Commonwealth connections, civic pride in the expansion of the city, changing fortunes within families, work, marriage and deaths – all life is encapsulated by this story. We like to think there is a little bit of Percy and William encouraging us to look after the older people of Nottingham and the county, much as they might have done in their medical practice. 75 years later, there are still members of the Tresidder family living in Nottingham. We're proud to still be here and part of the fabric of Nottingham and Nottinghamshire. We look forward to the next 75 years in our lovely City.

With thanks to Richard Tresidder, Laurita Anderton and the archives of the Thoroton Society.





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Please join us for our Christmas Memorial Service  
St Mary's Church, Greasley NG16 2AB  
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*Light a candle in memory of a loved one*



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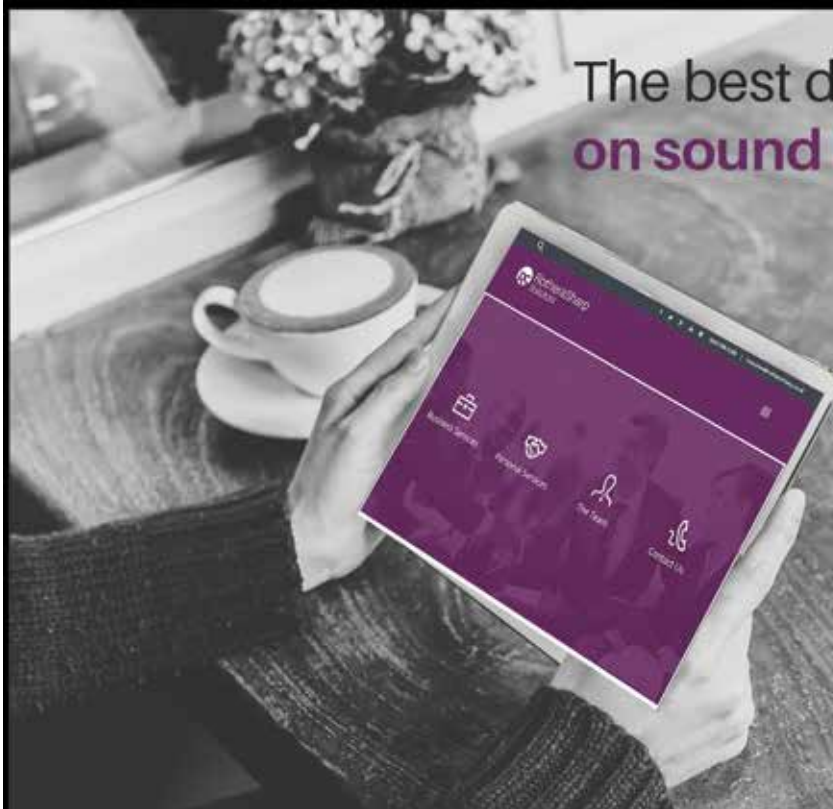
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# Locking Cooking Valves



Most of us are (or will be) affected by dementia or autism, directly or indirectly through those we care for. Cadent is supporting people living with these conditions with a simple and free offer that has potential to make a huge difference.

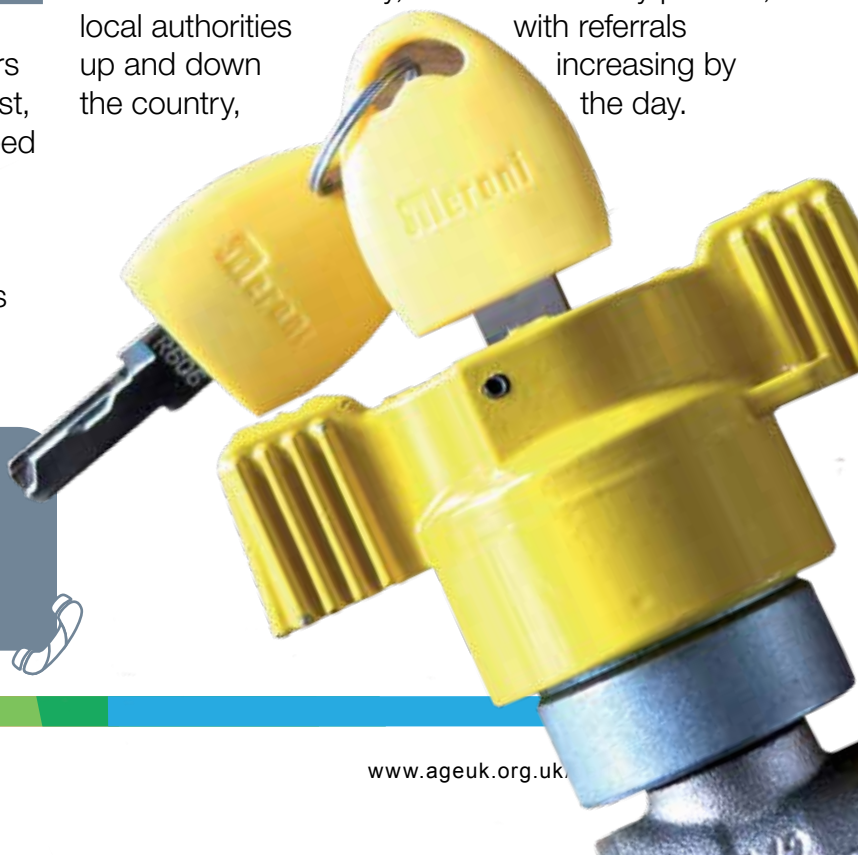
Locking cooker valves provide an extra layer of safeguarding, supporting people living with these conditions to maintain independence and stay in their home.

The Cadent engineers fit the valve, at no cost, to the pipes which feed the cooker or hob. We then give a set of keys to a carer, who can turn the gas supply on or off.

Cadent have been busy promoting the initiative, working with charities and organisations associated with dementia care. These have included the Alzheimer's Society, local authorities up and down the country,

front-line social workers and occupational therapists, and fire and rescue services.

The feedback from these organisations has been extremely positive, with referrals increasing by the day.



To find out more please see [www.cadentgas.com/lcv](http://www.cadentgas.com/lcv) for further information, or email [Box.CustomerSafeguarding@cadentgas.com](mailto:Box.CustomerSafeguarding@cadentgas.com)





## Sybil Levin Day Service

supporting people and their carers living with dementia

Dementia is a condition that affects individuals and their families. Age UK Nottingham & Nottinghamshire is here to help at our Sybil Levin Day Service.

The Sybil Levin Day Service is like no other in and around Nottingham. It's a place where joy and laughter can be found as well as the specialist care that is needed to ensure a good quality of life. It's a place that carers can trust to look after their loved one so

they can have some personal time, enjoy their own hobbies and interests or just take a well-earned break.

All the dedicated staff, together with the dedicated volunteers, really enjoy helping older people enjoy life a little more.

### A typical day

The day starts in a leisurely fashion – you are welcomed with a hot drink, biscuit and a flick through today's papers in the Sage Café. Once refreshed, there is a range of activities to choose from including flower arranging, arts and crafts, quizzes and reminiscence activities. Whilst all people are encouraged to join in with activities, there is no pressure for those who would like to sit out or observe.

If people want some quiet time to sit and read, do some artwork or just reflect, there is plenty of space to do that, and the staff and volunteers are always on hand to help. Lunch is always home-cooked from fresh ingredients a diverse range of dietary needs are catered for. Dietary requirements are checked when you book so don't worry; everyone eats well at the Sybil Levin day Service.

### Rempods

Rempods are a recent and very exciting edition to the range of reminiscence activities available. Rempods are unique pop-up environments that have been proven to improve the mental well-being for people with dementia. At the Sybil Levin Centre, this includes a lovingly recreated 1950's living room where friends can sit, play a game of cards or dominoes and enjoy a sing-song – sometimes all three!

The décor stimulates deep childhood memories and encourages conversation but remains a relaxing place to be. Other Rempods at Sybil Levin include a sweet shop, a bar and a shed.

**Come & try a free taster day!**

To find out more, please contact the Centre on 0115 978 0011 or email [info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk)



## 'Let us Sing'

In July, the Rock Of All Ages Choir returned to the production studio for the second time, this time to record their own song.

The recording was funded by Gateway Soundz, a community group dedicated to bringing music to individuals who do not normally have access to the world of arts and entertainment.

Choir members together wrote the words to their very own song: 'Let Us Sing', which celebrates progress from the inaugural meeting right up to their public debut. It expresses the joy, emotion and energy released through

the power of song. It is inspirational in projecting the choir's aim of entertaining audiences with words and music designed to lift the spirits.

The choir's success would not be possible without the expertise and guidance of the two choirmasters, Joe Brown and Dan Williams. Both are talented musicians, songwriters and performers.

Dan, commenting on the day said

The recording went superbly well despite the surroundings, but the choir admirably performed their separate parts and the track will be outstanding.

The choir is arranged into four singing groups, Blue, Green, Red and Yellow. Joe explains "that unlike traditional choirs, which require theoretical musical knowledge and selection based on musical range, the community choir blends individuals into the four groups to complement each other and provide the right mix of harmonies."

The choir was first formed in 2012 through the inspiration of Teresa Williams, Development Manager at the AGE UK Derby & Derbyshire Centre in Chaddesden, Derby, where it is based. It is a thriving community choir with around 50 members who perform rock classics at gigs throughout Derbyshire,

including singing for The Mayor of Derby and at The Belper Games. Their first CD of five rock classics was launched in 2013. Ray Eagles, from the Blue section, said "it was an exciting opportunity to be involved in cutting my first record. The day proved very successful and the choir now await the outcome of our efforts with eager anticipation."

Sandra Brown, Yellow section member, said that "we have emerged from doubting our abilities to singing with gusto! All thanks to the encouragement from Dan and Joe telling us 'anyone can sing!' The chance to write and record our own song was awesome."

The final word is with Teresa who says "Part of the AGE UK ethos is to improve physical and emotional wellbeing and reduce isolation and offer new positive experiences. Within six weeks the choir had ticked all these boxes and more!"

'Let Us Sing' was released at a special event in October and is available on CD or to download. Please contact Teresa Williams on 01332 674562 for more information about the track; the choir or other activities at the Chaddesden Centre. [www.ageuk.org.uk/derbyandderbyshire/chaddesden](http://www.ageuk.org.uk/derbyandderbyshire/chaddesden) You can also follow the choir on Facebook.



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## Derbyshire Police:

# 'Never withdraw cash at the request of a stranger'

That is the urgent message to the Derbyshire community, particularly the elderly.

The advice follows a spate of incidents in Chesterfield in the summer where people received phone-calls from fraudsters pretending to be police officers. The vulnerable victims were instructed to make large withdrawals of cash and to take the money home

and await collection. Four people were targeted in Chesterfield on Tuesday, August 8 and cash was collected by the fraudsters from two vulnerable victims. PC Richard Parkin said: "Individuals that made these phone calls falsely identified themselves as representatives of different police forces

from around the country. The fraudsters told the victims their bank accounts were being used fraudulently or that they had people in custody and, in order to protect the money in their accounts, it needs to be withdrawn and collected by a police representative." Elderly people are clearly being targeted as part of a criminal strategy, so please talk to friends and family if you believe they might be vulnerable

to this type of crime. A genuine police officer will never call a member of the public and ask them to withdraw money. If that's the claim being made, it is highly likely that an attempted fraud is taking place. Put the phone down and call 101. **To find out about current or former scams that the Police have been made aware of, please visit the Action Fraud website: [www.actionfraud.police.uk/news](http://www.actionfraud.police.uk/news)**

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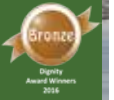
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**Sheila, relative of resident.**



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[carehome.co.uk](http://carehome.co.uk)



# Puzzle Page 2017 Winter

Hot puddings and pies for cold days. Which of the following pudding does not appear in the grid?

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

- |            |              |                |
|------------|--------------|----------------|
| APPLE      | LEMON        | STICKY TOFFEE  |
| ROLY POLY  | PRUNE        | STRUDEL        |
| CRUMBLE    | RHUBARD      | SUET           |
| CUSTARD    | RICE PUDDING | TARTE          |
| DATE       | SOUFFLE      | TREACLE SPONGE |
| GOOSEBERRY | SPOTTED DICK |                |

## ACROSS

- Place for a building
- Brown corrosion
- Sharp tasting
- Heavenly body
- London taxi firm in the news this year
- Eye part
- Girdle around the earth
- You, me and \_\_
- Extended player also known as
- Stodgy pudding ingredient
- Gambling cube
- Small parasite
- Wine drank in celebration

## DOWN

- 'En \_\_' - in place
- Give for safe keeping
- Changed site
- High outcrops or summit
- Nickname of President Lincoln
- Ask
- World's hotter places
- We breathe this
- America
- French for 'the' (masc.)

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
18					19			
20					21			

## Anagrams

of cheese

- |         |          |             |
|---------|----------|-------------|
| DAME    | NOLTIST  | LICH PLAYER |
| DECHRAD | MAREPANS | UGADO       |
| BIRE    |          |             |



image by Shutterstock user: szefer



This year Age UK Nottingham & Nottinghamshire celebrates its 75th birthday. They are being supported by Rothera Sharp Solicitors to achieve the goal of planting 750 trees, to have a lasting legacy for the communities they serve and to raise £75,000.

Nottingham is renowned worldwide for its protection and preservation of older trees. Trees provide the oxygen for life; they grow and flourish rather than get old. We want to leave a lasting legacy for Nottinghamshire by enhancing the environment and with your support the lives of all older people in the county.

So, by sponsoring an Age UK Notts tree, you are not only enhancing our environment but also the lives of older people in Nottingham & Nottinghamshire.

It's not just a tree, your sponsorship includes:

- A tree in a dedicated copse
- Expertise throughout the planting process
- Maintenance of the trees
- A certificate of planting
- A commemorative booklet

Planting locations:

- Cotgrave Country Park Copse
- Cinderhill Copse
- Tipping's Wood Copse, Blidworth (March, 2018)

Other community locations available for corporate sponsorship.

## An alternative Christmas present?

Are you looking for a gift for that loved one that is hard to buy for, or maybe you are looking for an alternative present for the whole family, why not consider joining together to sponsor a tree from our copse?

By sponsoring a tree, they will know that their gift is going to contribute to a greener Nottingham and a better tomorrow for Nottinghamshire's older people.

## A highly successful launch event

The Trees of Life campaign was launched at Rothera Sharp's 'Meat-Up' and fundraiser BBQ on 14th September in the beautiful surroundings of St Mary's Church in Nottingham.

The campaign was launched with introductions from Age UK Notts' Fundraising Director Maggie Ross MBE, Mich Stevenson OBE DL Hon LLD

Hon MA, Chairman of Spenbeck and Deputy Chairman of Nottingham Regeneration Limited and Patrick Candler from The Sherwood Forest Trust. Along with providing an opportunity to launch this exciting new campaign, the event also raised a considerable amount for Age UK Notts through donations and a raffle.

Maggie Ross, Fundraising Director at Age UK Notts said of the event:

We are very thankful to Rothera Sharp for their partnership in this campaign and for hosting a brilliant launch event. It was good to see so many people getting excited about the campaign



## Sponsor a tree today

To sponsor a tree or request more information you can call our freephone number 0800 088 6349 or email us at [getinvolved@ageuknotts.org.uk](mailto:getinvolved@ageuknotts.org.uk)



The Age UK Derby & Derbyshire Memory Lane groups were part of the audience for BBC's Bargain Hunt in July.

**M**ore than 260 people flocked to watch Bargain Hunt filmed at Hansons Auctioneers in one of the most electric atmospheres ever witnessed in the saleroom. Such was the excitement, guests in the packed venue even did a Mexican wave just before bidding got under way. The hugely popular BBC show, which launched 17 years ago and gets millions of viewers every week, filmed four programmes during an action-packed day at the venue in Etwall, Derbyshire.

In the programme two teams, the blues and the reds, are pitted against each other. They are given a budget of £300 each to seek out antique fair gems, with the help of an antiques expert, in a bid to make a profit at auction. Excited contestants saw their

treasures - unearthed at Kedleston Hall Antiques in the Park in June - go under the hammer with Bargain Hunt regular and owner of Hansons Auctioneers Charles Hanson on the rostrum.

Mr Hanson said: *"I hope people enjoyed the Mexican wave. It was wonderful to see so many people in the saleroom - and the excitement on the contestants' faces when the bids flooded in. I have been involved in Bargain Hunt for 15 years and it was the first TV show I took part in so it's very close to my heart. The atmosphere was electric. People are fascinated to see how this famous TV show is made. Bargain Hunt has been coming to Hansons regularly for several years and we always love to have the crew and contestants here."*



Show presenter Natasha Raskin said:

*It is all about the excitement of the contestants. We try to make it great fun for them*

In addition to the Memory Lane groups, there were also two coachloads of visitors from other community groups in the crowds at Hansons from: Beeston U3A group, plus representatives from Derby Hospitals Charity were guests at the auction house.

Mr Hanson said: *"We love to welcome community organisations and support*

*charities in any way we can here at Hansons and I hope all our guests enjoyed their day. It's always a great atmosphere when the cameras and crew are here. I hope many more people have discovered the theatre, drama and romance of the auction house."*



To find out more about Hansons, call 01283 733988 or email [service@hansonsauctioneers.co.uk](mailto:service@hansonsauctioneers.co.uk) For more information about the Memory Lane groups, or Age UK Derby & Derbyshire in general, visit the website [www.ageuk.org.uk/derbyandderbyshire](http://www.ageuk.org.uk/derbyandderbyshire) contact 01773 766922 or email [administration@ageukdd.org.uk](mailto:administration@ageukdd.org.uk)

# Questions & Answers

## Your questions answered, your voice heard...

Over the last few issues we have been able to provide answers to some frequently asked questions about local groups, pension credit, VAT exemption and much more. This is one small way we are able to share our knowledge and expertise for the benefit of older people in Nottinghamshire and Derbyshire.

Every year, thousands of people contact Age UK Derby & Derbyshire and Age UK Nottingham & Nottinghamshire for information and advice on a wide range of issues. Our information and advice is free, confidential, impartial and independent. We can help older people, their friends and carers to find the information and support they need. If we can't help we can usually provide you with details of another local service or organisation who may be able to assist you.

The following advice is available in each locality:

### Derby & Derbyshire:

- 1:1 support to find solutions to problems including referral to other agencies where appropriate
- Information on local, community and national services for older people and their carers
- guidance on issues affecting older people and their carers
- welfare rights
- assessment of entitlement to benefits
- social and emotional issues
- legal issues (wills etc.)
- Age UK Information
- Factsheets and guides, provided free of charge

### Nottingham & Nottinghamshire:

- Telephone and face to face advice to answer your questions and help you resolve any issues you may have
- Information on

- local organisations and community activities and services as well as national organisations supporting older people and their carers
- Information about issues affecting older people and their carers
- Welfare rights advice to ensure you are receiving all the money you are entitled to
- Help to claim Attendance Allowance, Personal Independence Payment, Housing and Council Tax Reduction, Carers Allowance and Pension Credit
- Help to understand your bills and other correspondence

- Financial Advice to help you to plan for and meet the costs of your care
- Housing options and care advice
- Legal Advice (in partnership with a local solicitor)
- Access to our Business directory of trusted professionals and traders
- A range of handy Age UK Information Factsheets and Guides, provided free of charge

To access information and advice in your area, contact us on:

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e [info@ageukdd.org.uk](mailto:info@ageukdd.org.uk)

Age UK Nottingham & Nottinghamshire  
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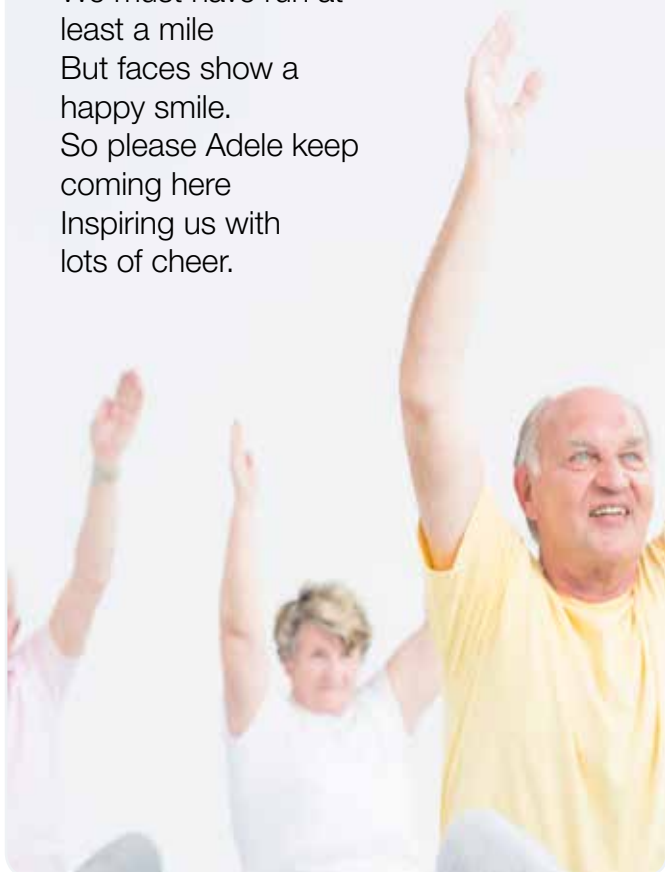


# Primrose Court Exercise Class

A poem by Pam Gee (June 2017)

Every Tuesday best of all days  
 Cheerful music loudly plays.  
 We bounce & wriggle toes & feet  
 All perched carefully on a seat.  
 "March it out" she calls out loud  
 We march & keep our heads up proud.  
 Reach behind our stiff old backs  
 Ignoring all the creaks & cracks.  
 Pretend to sprint to the corner shop  
 Watch to see who has to stop.  
 With coloured bands we  
 stretch and point

Exercising every joint.  
 Knees & shoulders, heads & toes  
 Keep up as fast as the music goes.  
 The hour's session soon flies past  
 For all of us in the exercise class.  
 We must have run at  
 least a mile  
 But faces show a  
 happy smile.  
 So please Adele keep  
 coming here  
 Inspiring us with  
 lots of cheer.



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### Anagrams

- Edam
- Cheddar
- Brie
- Stilton
- Parmesan
- Caerphilly
- Gouda



# Welcome to our homes...

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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...

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E: orchardhouse@my-care.co.uk

### **Ashton Court**

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### **Edward House**

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### **Balmore Country House** - Nursing and Residential Home

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E: moriahhouse@my-care.co.uk

### **St. Peters**

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### **Normanton Lodge Care Home**

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### **Manorfields**

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## The Maple York Care Group

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**Laurence**

**Tel:**

**01536 526678**

**Email:**

**laurence@lancepublishing.co.uk**

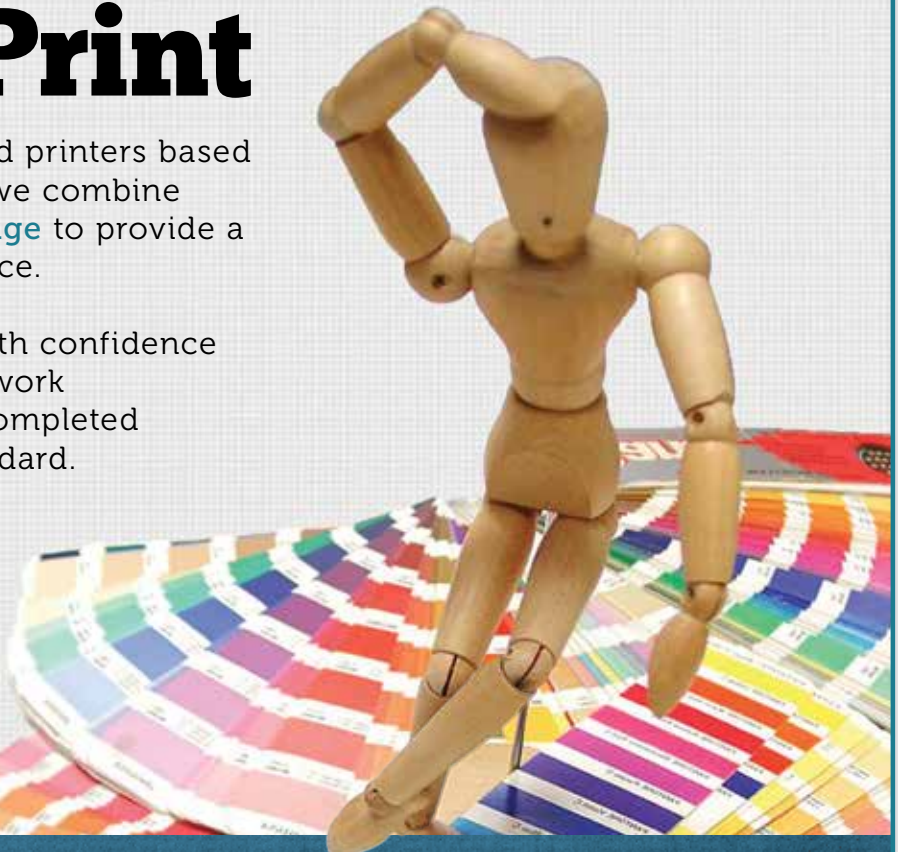
# Think Print

Lance Print is an established printers based in Peterborough. At Lance we combine **skill, experience & knowledge** to provide a complete professional service.

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Hospice care **isn't**  
just about dying.

It's about  
*living life*

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](http://www.treetopshospice.org.uk)**



**TREETOPS**  
HOSPICE CARE  
where every day counts



# 2 LUXURY STATIC HOLIDAY CARAVANS FOR HIRE GOLDENSANDS HOLIDAY PARK MABLETHORPE

With miles and miles of golden sandy beaches opposite the park, you can also benefit from the facilities of the Haven Holidays Park which include: an outdoor pool with flume and a heated indoor pool. A Funfair with plenty of rides, a large fun area with a playground, climbing wall and crazy golf. There are also two coarse fishing lakes. Entertainment, both daytime and evening and a bar and restaurant.

Based at the  
*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**

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