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SPRING 2016

EngAGE

Celebrating Spring

in the Northern
Hemisphere

**Help and
assistance**
For Carers

**No One Should
Have No One**

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RECIPES + WHATS ON + IN THE COMMUNITY + PUZZLE PAGE + MUCH MORE

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Clipstone Hall and Lodge Residential & Dementia Care Home

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From the Editor...



Welcome to your Spring Edition of EngAGE!

You may have noticed that mine is a new face to EngAGE: My name is Jessica and I have taken over as Editor of EngAGE whilst my colleague Angel is on maternity leave.

In this issue we look at two brand-new services starting in North Nottinghamshire: Forces Friends (p.20) and Age UK Connect (p.17). We also meet Sally Booth, a successful chair based exercise and Otago instructor in Derbyshire, and hear a bit more about her story (p.21).

If you own assets abroad, on page 12 Mandy Kelly provides advice on reviewing your will in light of changes to EU law. Thank you to all who submitted feedback to us about the last few editions of EngAGE. On page 28 we review your feedback and discuss some exciting new changes we are going to make in light of that.

Please feel free to get in touch with me with any questions or comments you have – we'd love to hear from you! Have a wonderful spring.

Jessica

Jessica Brook
 Editor

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Ray Gumbley, Derby Services, Advocacy and Retail Manager, shares his highlights of the 'No One Should Have No One' campaign.

In the Community...



Coronation Street Tour

Age UK Derby and Derbyshire Memory Lane service organised a trip to Weatherfield in November, and were one of the last groups to tour round the former Coronation St studios.

The tour consisted of seeing the buildings, sets and famous props past and present, before spending time on The Cobbles. On the journey there was a Coronation Street quiz and a raffle.

Redfern and Johnsons Coaches from Mansfield provided a lovely driver and a coach to meet disability needs. AUKDD would also like to thank Redfern's for their help and support in arranging this tour.

Memory Lane is a service which uses reminiscence as a tool to help people living

with Dementia and memory impairment. Reminiscence is also a great ice-breaker for conversation, therefore helping to reduce the feeling of loneliness and isolation.

The Memory Lane service teamed up with a separate community group in Darley Dale also called Memory Lane. The two groups have met before for combined events allowing for past acquaintances to catch up with each other on the journey. Visiting Weatherfield was not just an interesting day out but a great aid in reminiscence.

Eckington Shop Wins Award

The Eckington Best Christmas Window Display 2015 was awarded to Age UK Derby & Derbyshire.

The town run the competition each year and encourage all shops to participate on a common theme. This year the theme was Christmas carols. The shop in

Eckington is double fronted so has double the opportunity for great displays. They chose to do 'We Three Kings' for one window and 'Away in a Manger' for the other. Linda Higgins, manager of the shop said "Sandra Harrison and Pamela Smith are two of our volunteers who love doing displays. They put a lot of effort into making the windows look so good and have done a fantastic job." Congratulations to all in the shop for winning the award.

Age UK Notts and John Lewis Team Up for Christmas 2015

Age UK Notts was delighted to partner with John Lewis locally for Christmas 2015.

The adverts, which ran nationally, highlighted the issue of loneliness experienced by many older people not just at Christmas. This was an exciting collaboration that worked out on both national and local levels.

Locally, in Nottinghamshire we were able to partner with the main Nottingham branch of John Lewis to raise awareness, funds and Christmas cheer. Highlights of the season included:

- John Lewis donated gifts to Day Care and drop-in clients at our Sybil Levin Centre, and donated to our Christmas Hamper scheme enabling us to distribute gifts and necessities to nearly 200 people.
- The Revival Gospel Choir

and Kindred Spirits Choir performed in the Nottingham store during the run up to Christmas.

- Being included in the John Lewis Community Matters 'green coin' scheme for the festive season allowed us to raise much-needed funds for the charity.
- John Lewis also funded a group of people to have an enjoyable time at the matinee performance of the Christmas pantomime Dick Whittington, including a pre-theatre lunch.

Overall, it was a brilliant chance to raise awareness amongst the people of Nottinghamshire about the issue of loneliness, and the various services and volunteer opportunities that Age UK Notts offer.

(For a summary of the impact of this campaign in Derby & Derbyshire see page 32)

A New look for Age UK Nott's West Bridgford Shop

Age UK Nott's West Bridgford Shop has been open on Gordon Road for nearly 20 years.

Throughout this time this busy shop has had the same look – until now. Age UK Notts has worked

with Green Refit, a community interest company, to give the shop a new look. Green Refit were able to source interior fittings from the high street retailer Calvin Klein, that would have otherwise been thrown away, and use them to refit the store.

If you're in the area, pop in and see for yourself the brilliant new look.

In the Garden



Spring gardening tips

The bright and inviting colours of newly blooming flowers are one of the most iconic images of spring, but any gardener can tell you that the best gardens take time and care to cultivate. Here are our three top tips for creating a beautiful spring garden

Prepare well in early spring

In early spring you want to take the proper time to prepare your garden. Clear away any leaves or mulch that has accumulated over the winter months. Also, take time to get rid of any weeds that have grown in your flower beds before they begin to flourish at the expense of the new plants you are hoping to grow. Whilst you are doing this, make sure to look out for any unwanted garden pests that may be hibernating and get rid of them before they thrive. Pruning is also an important task at this time of year. Cut back trees, shrubs, and flowers to encourage new growth.

Plan and plant in good time

You may be the type of person who plans their garden well in advance or be more last-minute, but for optimum growth it is important to plant in the correct timeframe to enable your plants to flourish. If you want to start plants

from seeds this will require extra time, so plan a trip to the garden centre or other retailer at the earliest opportunity to pick out your seeds. Consult the back of the packets to establish the appropriate time to plant them in order to hit optimum growing season. If you are unsure what to plant this year consider injecting colour into your garden by introducing dahlias or cannas; if it is vegetables you are after, potatoes and onions are brilliant kitchen staples that can be planted in the spring months.

Protect your newly growing plants

Like any living thing, plants need care and attention; keep your plants appropriately hydrated and be sure to use compost or manure to ensure the young plants get enough nutrients. In mid spring it is important to keep an eye out for overcrowding, particularly with perennials. If you think that roots are growing too close together and so may be depriving some plants of necessary nutrients and water, take the first opportunity to relocate one or more of these plants elsewhere. We hope that these top tips can help you create an attractive and fruitful garden for you to enjoy throughout the spring and summer months.

In the Kitchen



RECIPE

Granny's Gingerbread

PREP TIME 30 mins

COOK TIME 1 ¼ hours

FROM THE KITCHEN OF Katy Pugh, Chief Executive, Age UK Derby & Derbyshire

SERVING 8 Fingers

DATE Spring 2016

INGREDIENTS



- 4oz margarine
- 8oz golden syrup
- 3oz soft brown sugar
- 1 tbsp marmalade
- ¼ pint milk
- 8oz self raising flour
- a pinch of salt
- 1 tsp mixed spice
- 4 tsp ground ginger
- ½ tsp bicarbonate of soda
- 2 eggs - well beaten



DIRECTIONS

- 1 Heat margarine, syrup, sugar, marmalade and milk in saucepan over a low heat - stir to dissolve.
- 2 Leave to cool.
- 3 Sift flour with salt, spices and bicarbonate of soda into a mixing bowl.
- 4 Add the melted mixture to well beaten eggs
- 5 Pour melted mixture into dry ingredients in the mixing bowl and stir with a wooden spoon until a smooth batter is formed.
- 6 Pour into a 7" square tin lined with greaseproof paper
- 7 Bake for 1 ¼ hours at 300°F/150°C /Gas 2 on a low rack.
- 8 Cool in tin for half an hour.
- 9 Best kept wrapped in greaseproof paper in a tin for a few days to become moist.

A much loved and foolproof cake from my childhood. It's the only cake where everybody fights for the edges!



Puzzle Page

In response to reader feedback about this magazine (see p28), we are including more than one puzzle per edition. The wordsearch below contains all the of the Nottingham City Council Wards.

The answers to the crossword are all Derby City Council Wards. The clues are all anagrams of the answers, with the first letter of the answer capitalised.

- ACROSS**
- 4, erAse tell
 - 8, in finS
 - 9, O wok ado
 - 11, morN tan on
 - 13, bAy be
 - 15, clover Mike
 - 16, honest Call
 - 17, d danCe shed
- DOWN**
- 1, tool Bun
 - 2, verBal sage
 - 3, newt reD
 - 5, pond Son
 - 6, liver Let to
 - 7, boAter rum
 - 10, Dearly
 - 12, track whoM
 - 14, sAlon vat

Derby City wards Crossword



Notts City wards Wordsearch

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

- | | | |
|------------|----------------|---------------|
| ARBORETUM | BULWELL | LENTON ABBEY |
| ASPLEY | BULWELL FOREST | MAPPERLEY |
| BASFORD | CLIFTON NORTH | RADFORD PARK |
| BERRIDGE | CLIFTON SOUTH | SHERWOOD |
| BESTWOOD | DALES | ST ANNS |
| BILBOROUGH | DUNKIRK LENTON | WOLLATON EAST |
| BRIDGE | LEEN VALLEY | WOLLATON WEST |

Quiz

Test your general knowledge with this quick quiz...

- Which present-day country boasts the birthplace of Jesus?
- Which hills boast the source of the Thames?
- Which band led by an American singer won the 1997 Eurovision Song Contest for Britain?
- Whose funeral resulted in the postponement of the 1968 Oscar presentations?
- Who became the Italian prime minister in 1922?
- Which King's defeat ended the War of the Roses?
- Which American sculptor is famous for wrapping things up?
- Who is by far the most famous creation of Michael Bond?
- Which Biblical measurement was approximately 18 inches?
- At what time should clocks be put forward or back for daylight saving?
- What nationality was Greg Rusedski before he became a British tennis star?
- How many hurdles must be cleared in 110m hurdles?

Turn to page 17 for the solutions

Age UK Business Directory



Age UK Business Directory connecting you with traders you can trust

The Age UK Business Directory has been operating since 2008 and is accessible both online and via our Freephone number. The service aims to protect older people from rogue traders by connecting them with local trustworthy traders.

Finding a trader

Knowing where to start when trying to find a local business or trader that is reliable and trustworthy, can be a bit of a daunting task. Concerns about finding a reputable trader or business are often heightened by the stories of rogue traders in today's media. Many of us have heard about cowboy builders or dodgy companies, which can make it hard to trust businesses and traders, even if they are honest. This has become a growing concern for older people in particular as unfortunately these unscrupulous people seem to target the elderly and more vulnerable in our communities.

"I was really grateful to be put in touch with a good

reliable company. I was feeling desperate when my electric went and I did not know who to trust".

Vetting & checking

To address these concerns Age UK Nottingham and Nottinghamshire, in partnership with Age UK Derby and Derbyshire, set up the Business Directory which aims to connect you with local traders and businesses that they have checked. All member companies have been checked by local Age UK staff. This checking process consists of

- A face to face meeting with the potential member
- A check of any professional or trade qualifications or memberships
- A check that the trader or

- business has appropriate and adequate insurance
- Writing to previous customers and suppliers to check they have a history of reliable trading
- Signing our Age UK Business Directory customer charter which sets out a code of conduct which each trader must abide by
- A declaration authorising Trading Standards to talk with Age UK about the company should the need arise

How do you know if a business is a member of the Age UK Business Directory?

All of our members are all given a membership logo. This can be used as vehicle signage, on their website, paperwork and adverts. They will also be provided with a membership certificate.



You can also check a business's membership by visiting our websites www.aubdnotts.org.uk or www.aubdderbyshire.co.uk or by calling us on 0800 011 4653.

We will be happy to confirm membership and provide details of other local traders.

We search for suitable traders and businesses for you by entering your full postcode and the trade category on our website. The traders are then listed by distance from your postcode with the nearest first. We always give a minimum of three trader's details to you, as we always suggest obtaining quotes from more than one. This allows you to decide who is the best trader for the job.

Customer Feedback

All our members are monitored through customer feedback. Reviews and star ratings can be given either by completing a review card left with you by the trader along with a pre-paid envelope, by telephone or you can add a review onto the trader's entry on our website. "They were punctual explained everything clearly and carried out the job quickly and clearly".

Recommend new members

We are always looking for new businesses to join our directory. Have you used a reliable plumber? Do you have a builder that you recommend to friends and family? Maybe your friend or relative would make a suitable candidate for our directory. We would like to hear from you. Please let us know who these reliable tradespeople are. We will then contact them to discuss joining the directory.

Calls us on Freephone 0800 011 4643 or email info@aubd.co.uk

- Please provide us with:
- The business/ traders name
 - Contact name if known
 - Their telephone number

3 March

The Shipstone Street Jazz Orchestra with Sarah Simmonds Come and listen to familiar big band standards from the 1930s to the 1970s. West Bridgford Library and Young People's Centre. 7:30pm. £10/ £8 concessions. **Call 01159 81 65 06.**

5 March.

Buxton Rocks Highly popular live indoor music festival returns to The Octagon, Pavilion Gardens Buxton. 12pm. £10-£12. **Call 01298 23114 or visit www.buxton.rocks**

12 March

Gatepost Theatre Company Following on from the success of several events with the Age UK Derby & Derbyshire, this is guaranteed to be a great event. Petersham Community Hall, Grasmere Road, Long Eaton, NG10 4DZ. **Final details TBC so please call Di Cliff on 01773 768240.**

12 March.

Peak District Mountain Bike Challenge One of the toughest off-road rides in the UK this spring raising money for the British Heart Foundation. Hope Valley College, Castleton Road, Hope, S33 6SD. All day event. £23 adult entry or you can spectate. **Call 0845 130 8663 or visit www.bhf.org.uk/peak**

14 March

Chilled Guitar and Wine Tasting with Thomas Fripp A relaxing evening of wine tasting and laid back jazz and popular ballads. Theatre Royal Concert Hall. 7:30pm. £15.50. **Call 0115 950 5555 or visit www.trch.co.uk**

19 March

Science in the Park To celebrate British Science Week, the British Science Association Nottinghamshire are putting on exhibits, activities and demonstrations to suit all ages. 11am – 4pm. **For more information see www.nottsbsa.org/science-in-the-park-2016**

26 March

Easter Craft Fair Find some unique gifts for your friends, family or yourself from the array of craft stalls. Wollaton Hall. 11am – 4pm. **Visit www.wollatonhall.org**

26 – 28 March

WW2 - The Home Front Event You may need your tin hat and gas mask if you visit during the special 1940s weekend, Crich Tramway Village DE4 5DP, 10-5:30, **call 01773 854321.**

2 April

Annual Dog Show 4th year of this fun dog show, including agility course, classes, stalls and prizes, Whitworth Centre, Darley Dale, DE4 2FS, £1 entry, **Call: 01629 733436.**

5 – 7 April

Jazz Steps Presents: The Wendy Kirkland Quartet Special arrangements of jazz pieces bound to entertain. 7:30pm. £10, concessions £8. More information: Workshop Library (5 Apr.) Call 01909 535353 Southwell Library (6 Apr.) Call 01623 812148 West Bridgford Library (7 Apr.) Call 0115 981 6506

22 – 23 April

Chesterfield Music Festival A local event for all musicians to celebrate their craft, take part in workshops and choirs. Various venues. Costs TBC. **Call 01246 418887.**

23 April

Cantamus Girls Choir Come and listen to the multi-award winning choir. The Crossing Church and Centre, Newcastle Street, Worksop, S80 2AT. £15, Concessions £14. **Call 01909 473375.**

30 April – 1 May.

Bakewell Food Festival The streets of Bakewell will be filled with a mixture of food and drinks speciality stalls. Bakewell town centre. **Contact www.whatsonbakewell.co.uk/bakewell-food-festival**

29 April – 8 May

Derby Film Festival The Film Festival will be packed with exciting guests, screenings, panels, previews and more. The Quad and other venues. Various costs. **Call 01332 290606.**

30 April - 2 May & 7 May – 8 May

Bluebells at Hodsock Priory 2016 View the impressive display of bluebells along the woodland paths. Hodsock Priory, Blyth, nr Worksop, Nottinghamshire, S81 0TY. 10am-4pm. £2.50. **Contact 01909 591204.**

2 May

40s Knees Up Enjoy a variety of 40s themed activities. Museum of Nottingham Life at Brewhouse Yard. 11am – 3:30pm. £7, Concessions £5. **Booking essential on 0115 876 1400.**

7 May

Bestwood Male Voice Choir Enjoy an evening of beautiful singing to raise money for Age UK Nottingham & Nottinghamshire. St. Mary's Church, High Pavement, Nottingham. 7:30. £10. **Call 0115 844 0011.**

1 – 30 May

Belper Arts Festival The Festival will contain art, music, dance, photography, film, literature, comedy and theatre in performance, talks, exhibitions and workshops. various venues in the town, visit www.belperartsfestival.org

14 – 15 May

Derbyshire Food and Drink Fair Popular event including cookery theatre, celebrity chefs, craft and gift tent, Kedleston Hall DE22 5JH, Price TBC, **Call: 01332 830444.**

14-15 May

Nottinghamshire County Show Newark Showground. Things to see include spectacular display, quality animals, a Food Experience Marquee, and vintage vehicles. 8am to 6pm. £10 in advance or £15 on the gate, free parking. **Call 01636 705796 or see www.nottinghamshirecountyshow.com**

28 – 30 May

Inland Waterways Association Trailboat Festival Highlights will include an illuminated parade of boats on the Saturday night and a convoy right up to the River Rother at St Helena's on the Monday, 10-5, £3, **Call: 01246 477569.**

28 – 30 May

Wirksworth Carnival and Well Dressings Three days of entertainment for the whole family alongside traditional well dressings, **www.wirksworthcarnival.org**

28 – 30 May

Great Food & Drink Festival 100s of stalls, live cooking demos, live music and children's entertainment. Nottingham Castle. Gates open at 10am. Adults £10 on door or £8 in advance. **Visit www.greatfoodanddrinkfestivals.co.uk**

Chaddesden Lunch Club



Age UK Derby and Derbyshire operate a very popular and successful lunch club in the Chaddesden Centre, Derby. In fact it has been going since 1967, long before Age UK Derby & Derbyshire started running the centre. The lunch club was initially started by Madge Palfryman and members of Chaddesden Bowls group, who used the centre in the winter months for short mat bowls. Madge died a year ago but the kitchen has now been named after her with a plaque on the door. This is a very fitting tribute as everyone remembers her kindness and the work she put into cooking the meals.

The lunch club now operates every Thursday morning, catering for 25 people, but has a long waiting list. Half of the members use community transport to attend the centre and the others make their own way there on foot or by taxi. The cook is a retired local school cook, Maureen Ford, who heads up a team of seven volunteers, three men and four women. Each have their own role to play, whether that is peeling veg, setting tables,

preparing the pudding, teas and coffees, washing up etc. It all runs like clockwork. There is always a varied menu comprised of good, wholesome foods, which are purchased fresh on the day.

The lunch club will often have seasonal or themed special events. One such event was the Christmas meal, where all the food was kindly provided by the local Aldi store. There was entertainment from a local trio and some songs from members of the lunch club.

Most of the lunch club members use one or more of the other services on offer during the week in the centre. It really does help to reduce loneliness and isolation in the community. Friendship groups have formed and people organise activities outside the centre for themselves, supported by the centre staff where needed. For example four members organised a Christmas Day meal at a pub together, whereas they would have been on their own.

For more information about the Chaddesden Centre activities, please contact Teresa Williams on 01332 674562 or chaddesden@ageukderbyandderbyshire.org.uk Age UK Notts also operate a lunch club in Kirkby-in-Ashfield, Sherwood Court, which is for anyone 60+ at £4 per meal. For more information contact Adrian Bingley on 07872 839 631.

Nutrition and Hydration Week: 14th – 20th March 2016

During Nutrition and Hydration week, a lot of Age UK Derby & Derbyshire services will once again be joining thousands nationally who will be promoting awareness of healthy and proper eating among older people. One of the most important things for older people is to eat well and drink sufficient liquid. Although that may seem obvious very many older people live in poor health, become seriously ill and even die because they do not eat and drink regularly. There are lots of reasons: Poor eyesight, mobility and strength can make shopping and cooking

a meal a struggle; changes in appetite, taste and smell can make mealtimes unappealing; memory problems mean people forget to eat; emotional issues like loneliness and bereavement can leave older people feeling depressed and unmotivated to eat; and sometimes people reduce how much they eat and drink to try to manage problems with incontinence.

Whatever the reason, not eating and drinking appropriately can make health conditions worse or even cause conditions like diabetes, urinary tract infections and chest infections. Not eating well can make you feel depressed, feel cold and dizzy and make you more likely to fall or catch infections or become hypothermic in cold weather.

There are lots of different ways to help someone eat and drink properly and help is available. Contact our Information and Advice Services on 01773 768240 (Derbyshire) and 0115 844 0011 (Nottinghamshire). Or for more information and how you can get involved visit: www.nutritionandhydrationweek.co.uk



Dealing with property & assets abroad in your Will



Mandy Kelly, Director and Head of the Wills, Trusts and Probate team at Actons Solicitors in Nottingham and a member of the Society of Trust and Estate Practitioners, provides some practical advice for people who own property abroad. It highlights the importance of ensuring Wills are reviewed in the light of recent changes to EU law.

Wills and Testamentary Freedom

A Will is a document that sets out what you want to happen with your property, savings and other assets when you die. UK Nationals have total freedom to direct their UK property and investments how and to who they wish, passing it to a spouse or civil partner, shared amongst children, to a cohabitee, to friends or to Charities. This is known as Testamentary Freedom.

Forced Heirship

Such freedom is not generally enjoyed in Europe who impose forced heirship rules. Where UK nationals own property in EU states, forced heirship rules mean they have to take real care if they are to ensure that their foreign based holiday homes pass to the people they intend it to.

Forced heirship rules can be very confusing and unfair, and can cause real upset to UK Nationals who are more used to testamentary freedom. Different forced heirship rules apply in different countries but the usual result is a lack of control for the surviving spouse or civil partners; lack of recognition for unmarried cohabitees and children of both present and former marriages taking set shares in the holiday home whatever the wishes of the deceased.

The new law

A new EU regulation has been in force since 17 August 2015. It allows nationals of any State both EU States and non-EU States such as the UK, Spain, France and Italy, to elect that the law of their country of 'habitual residence' is to apply to their foreign based

property. This means the country where they are classed as living when they die.

By making the right election in their Wills, UK Nationals can elect for UK law to apply to their EU based holiday homes so they can now pass on their death without the application of forced heirship. This enables them to leave property abroad to whoever they wish.

Why is this important

All too often individuals fail to direct what they want to happen to their homes abroad, wrongly assuming that their UK Will is enough to deal with it even when the UK Will makes no reference to it or that they want UK laws to apply to the EU property.

The result is that generally the law that applies to that

EU based property is the law of the country where it is situated which often imposes forced heirship. To prevent this, everybody who owns an EU based needs to review previous their UK Wills to make sure that they contain the right statements and elections addressing this issue.

Do I need an overseas Will as well?

What suits one person may not suit another. Everybody's situation needs careful consideration. Each set of circumstances can differ and the practical options need tailoring to each individual. Some may only need one UK Will to cover all of their property wherever it is situated.

In some cases there could be other, more practical reasons to make an overseas Will as well as a UK Will ensuring that the overseas Will includes an appropriate election for UK law to apply to the overseas Will and also ensuring that if more than one Will exists they do not accidentally contradict each other.

specifically check each Will to make sure that no Will accidentally cancels a Will elsewhere that it was not meant to cancel. It is also very important to make sure that where more than one Will is in existence they do not contradict each other.

The important thing is to have a clear plan regarding what you want to happen to all of your assets wherever they may be and to ensure that you make your advisors aware of all of your assets and property and of any previous Wills you may have.

You and your advisors need to view everything together to include details of your assets and your family circumstances as only then can you ensure that your Will or Wills are valid.

What a solicitor can do for you

At Actons, we can advise you on your options and the best way to ensure your

assets go to who you wish:

- We will ensure that your UK Will is valid and specifically states who you want to inherit your property when you die
- We will draft your UK Will in a way that is compliant with EU law and states which law you wish to apply
- We will make sure your UK Will is watertight so there are no complications
- We will ensure your UK Will is prepared so that all of your property and assets go to the people or institutions you want them go to

Many solicitors, including Actons, will store your Will for free thereby keeping this important document safe sending a copy to you to keep with your own records.

If you have property abroad it is vital you update and check your Will(s) and seek legal advice to ensure they are valid and that your property

will go to who you wish.

Actons' offices are based in Nottingham city centre and are easily accessible with car parking facilities. Alternatively a member of our specialist team will visit you at home or any other place convenient to you if you are unable to come into our office.

Contact us today to make an appointment on 01159 100 200 or visit our website at www.actons.co.uk

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What is your experience of dementia diagnosis?

Healthwatch is your independent champion for local health and social care services. We use your experiences to help highlight areas for improvement and influence those who pay for or provide local services.

We have received comments concerning the lack of information and support for individuals receiving a diagnosis of dementia. We have launched a project which aims to evaluate patient and carer experiences of being diagnosed with dementia, particularly in terms of the information provided during this process.

We want to talk to you if you, or someone you care for, has been diagnosed with dementia in the last 12 months. Please complete our short online survey about your experiences of dementia diagnosis by visiting www.healthwatchnottinghamshire.co.uk/projects by 1st April 2016

If you would prefer to share your experiences in more detail through talking face-to-face, over the telephone or if you attend or run a group and you would be happy for us to come and talk to you and your members, please contact us on 0115 9635179 or email prema.nirgude@healthwatchnottinghamshire.co.uk

Your feedback is really important to us, whether your experience was good, bad or just ok. We will be using everything you tell us to complete a report which will provide a set of conclusions and recommendations to ensure that patients will have the best experience possible.

Healthwatch Nottinghamshire is committed to ensuring that your personal information is used properly and stored safely. The personal data you give us will only be used for this project, and we will not identify you individually in the report. If you have any questions please do not hesitate to contact us using the details below.

Email: prema.nirgude@healthwatchnottinghamshire.co.uk

Telephone: 01159 635179

Website: www.healthwatchnottinghamshire.co.uk

Unit 2 Byron Business Centre, Duke Street, Hucknall, Nottingham, NG15 7HP



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
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,
Nottingham, NG5 3AH
T: 0115 9602 539
E: peacemills@btconnect.com

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

Moriah House
Deep Furrow Avenue, Carlton,
Nottingham NG11 6HB
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



‘Dad planned ahead so we didn’t have to worry’



The Age UK Funeral Plan helps save loved ones worry and money

- ✓ Beat rising funeral costs by paying at today’s prices
- ✓ Support loved ones at a difficult time
- ✓ Take care of things now

For your free guide pop into:

Age UK Nottinghamshire
48 Upper Parliament Street
Nottingham
NG1 2AG

or call

0800 028 5497

Please quote reference **AMT048AC**



Beat rising funeral costs

The Age UK Funeral Plan is a sensible and straightforward way to take care of funeral expenses and arrangements in advance.

Did you know, the average cost of a funeral in 2015 was £3,693, and is expected to rise to £4,620 by 2020? Our prepaid Plans guarantee to fix the cost of the funeral services included in the Plan at today’s prices. So the sooner you take out a Plan, the more the potential saving.

It is a fixed cost Plan – so you know exactly how much you will pay for the services included in the Plan. Also, with interest

rates at such a low level, savings, investments or 50+ life policies are unlikely to keep pace with the rising funeral costs. That is why we believe an Age UK Funeral Plan is the best way to put money aside for a funeral.

The Plan also helps loved ones by ensuring the arrangements are already in place. It only takes one phone call to put the Plan into motion. An experienced Funeral Director will take care of the arrangements in the Plan, providing support and guidance to your friends and family.

Puzzle
Solutions

Wordsearch Answers

Crossword Answers

Quiz Answers

- 1, Jordan
- 2, The Cotswolds
- 3, Katrina and the Waves
- 4, Martin Luther King's
- 5, Mussolini
- 6, Richard III's
- 7, Christo
- 8, Paddington Bear
- 9, One Cubit
- 10, 2 am
- 11, Canadian
- 12, Ten

Age UK Connect



Age UK Notts Launches New Service

Age UK are pleased to launch a new service in the Mansfield, Ashfield and Newark & Sherwood Districts

Do you live in the districts of Mansfield, Ashfield or Newark & Sherwood? Did you know that Age UK Notts can help you if you feel you have deteriorating independence or health because of your age, mobility, disability, health conditions or bereavement?

We understand that times like these can impact on your sense of control, confidence or quality of life. Age UK Notts is proud to announce the launch of its new service Age UK Connect to help you make choices, to access new opportunities and services that we consider best enhance and sustain your wellbeing and independence.

Through Age UK Connect, support and outreach workers can empower you to make the right choices for you.

What is Age UK Connect?
Age UK Connect is a friendly and problem-solving provision. We focus on helping people to self-manage their care. We offer information, advice, signposting and practical support around:

- Physical and mental health
- Care needs
- Housing
- Finances
- Social interaction
- Engagement with community

How is this service delivered?
This service is delivered in person via home visits in the comfort of your own home or over the telephone by arrangement and can provide brief (up to 2 contacts) or short term (average 3 months) support.

- What support does Age UK Connect offer?**
We can help you access:
- Advice and information
 - Gardeners, cleaners and handyperson services
 - Home adaptations and living aids
 - Social activities, clubs and groups
 - Support groups, advocacy and talking therapy
 - Welfare benefits
 - Financial advice
 - Available transport
 - Exercise and falls prevention
 - Help manage long term conditions, including dementia
 - Carer support
 - Housing and care options

How much does this service cost?
This service is available to you completely free of charge.

How to access this service?
You can contact the service yourself or on behalf of another person on:
t 01623 488217
e connect@ageuknotts.org.uk

Although this service is not available in Derbyshire, if you live in the Derbyshire Dales and have questions regarding your present or future housing, please contact the Age UK Derby & Derbyshire Housing Options Team on 01629 761127.

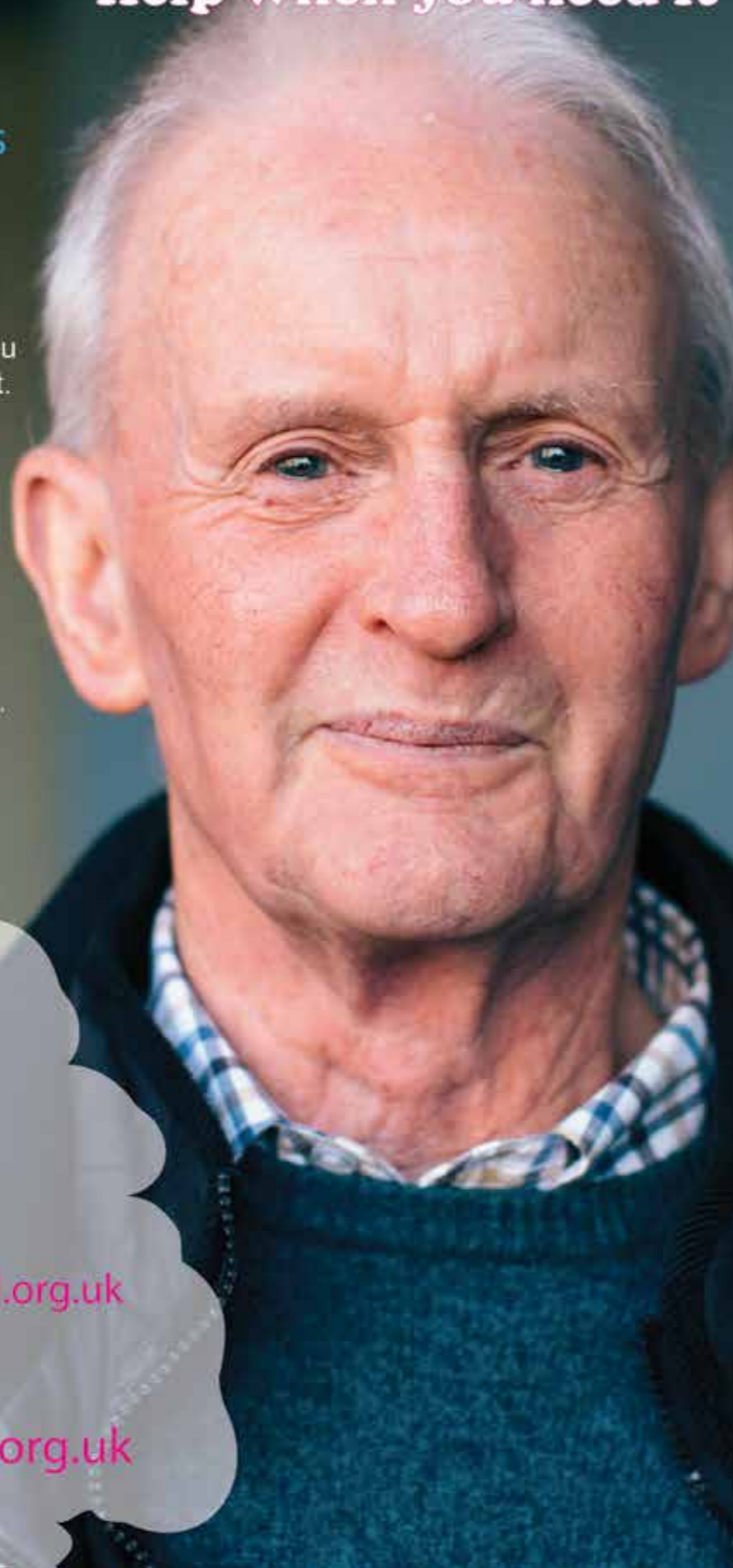
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To find out more,
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www.nottinghamoncall.org.uk

Eastgate Care

As recommended on carehome.co.uk

'The whole team show care and compassion and gave me tremendous support with my Dad, during very difficult times. They are a team to be proud of, I have never found such dedicated and caring staff as this'

Relatives Pat & family

- All our homes offer Nursing, Convalescence, Respite, Dementia, Personal/Residential care services and have modern facilities
- Our spacious en-suite rooms are tastefully decorated and furnished to a very high standard
- We have plenty of fully qualified nursing staff, with 24 hour care & specialist nurse call systems
- The comfortable welcoming lounges overlook well-tended gardens or picturesque waterway
- We host regular visits from local GP, chiropodist, optician, dentist, physiotherapist, hairdresser and churches/ministers
- Dedicated Activities Co-ordinators & regularly organised trips and outings
- Our meals are home cooked and we cater for special diets



Our latest home is CANAL VUE
Ilkeston, Derby DE7 8JF



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Eastwood, NG16 3GP



BELLE VUE LODGE
Mapperley, NG3 5FS



MELBOURNE HOUSE
Aspley, NG8 5RU



PARK HOUSE
Bulwell, NG6 8SB

At the recent Eastgate long service awards Managing Director, James Day spoke of the development of the company into the successful 5 care home facility it is today.

"It has been my pleasure to work with the great teams of people over 25 years, it is their dedication to the residents and the running of the homes that is key to providing quality care."



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www.eastgatecare.co.uk



Forces Friends



A new visiting service in North Nottinghamshire

Could you be a friend to an older forces veteran? Or are you an older veteran, or know one, in need of companionship and support in North Nottinghamshire?

If so, you're in luck. Age UK Nottingham & Nottinghamshire in partnership with the Royal British Legion have just launched a new visiting service called "Forces Friends".

The service will work with veterans aged 60 plus and their dependents, aiming to tackle the loneliness and isolation that older veterans can experience. In addition, the project aims to recruit volunteers with a forces background to capitalise on the shared experience of volunteers and veterans alike, enabling both groups to create strong community

links and ongoing informal support networks. Volunteers will also provide support for the dependents of veterans over the age of 60. The service will be available to eligible veterans and their dependents in North Nottinghamshire throughout the districts of Mansfield, Ashfield, Newark & Sherwood and Bassetlaw.

John Anderton from AUNN, the man in overall charge of the service said:

"The Legion Grant will enable us to address the issue of loneliness amongst our older veterans' community. Funding that allows us to work directly with veterans and their dependents will provide a valuable opportunity for people to make positive changes in 2016 and for years to come."

The service will operate in North Nottinghamshire and help bring communities together."

The £37,000 funding was provided by the Royal British Legion's External Grants Programme. Daniel Esler, Head of Grants & Social Policy for the Royal British Legion said:



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"The Royal British Legion's 'A UK Household Survey' of the Ex-Service Community in 2014 identified that around 370,000 veterans feel lonely and isolated. To address this Legion has committed to providing a grant of over £37,000 to Age UK Nottingham and Nottinghamshire to launch a new service that will help tackle the issues faced by our older veterans."

"The Forces Friends Service is set to make a real difference to the lives of not just older veterans but also ex-Servicemen and women who are transitioning into civilian life. By introducing those recently discharged or leaving Service to older veterans we hope the project will create strong community links within the North Nottinghamshire area."

For further information about taking advantage of the service or volunteering contact the Forces Friends Project Co-ordinator, Nick Rhodes, on the following:
t: 0115 844 0011
m: 07872 839605
Email: nicholas.rhodes@ageuknotts.org.uk

If you are looking for a similar service in your area contact the Royal British Legion 0808 802 8080 or, if applicable, a new service in Erewash for RAF veterans (www.erewashrafa.co.uk).

Falls Prevention Service



A Falls Prevention Instructor's story

Following a long and difficult period of anxiety and depression and subsequently giving up work 5 years ago, Sally Booth went on to become a really successful chair based exercise and Otago instructor. The journey she has made over the years, setting up groups and building new relationships has transformed her life. It has boosted her confidence and self-esteem and the health problems she had are now a thing of the past. Age UK Derby & Derbyshire deliver the 'Strictly no Falling' service in Derbyshire. Here is Sally's story.

After being told by her doctor that she was suffering with anxiety and depression, Sally was so pleased that there was a very good reason as to why she was feeling so low and that there was something that could be done to help her out of the dark place that she found herself in. She struggled for six months after diagnosis and remained off work. After discovering that her employers were going to terminate her

employment Sally said "This totally destroyed me, I felt that I was no good for anything and my self-esteem hit rock bottom."

Sally had been recommended to join a gym as part of her new health-improvement routine. Whilst initially embarrassed, Sally overcame her fears and was able to enjoy doing the exercises. After a while Sally was asked to support other people who were coming to the gym for the first time, to give them help, support and guidance. For the first time in a long while Sally felt needed and wanted. One day she was asked by one of the Health Trainers who recognised her strength in supporting others at the gym to do a chair based exercise course. Attending the intense course was a petrifying challenge for Sally and passing the course came as a surprise to her, but gave her a big boost in her self-confidence. After her first class Sally says "I don't know how I did it but I did and to my surprise all

the clients came back the following week. I did feel very awkward at first, sat at the front of the class, knowing that all of the ladies followed all of the movement that I did (even the odd things that I did with my hands) but slowly, slowly I gained a lot of confidence and started to enjoy all of the classes."

Sally now runs and supports several classes a week, which are all well attended by more than 60 people and she is keen to do even more. Sally is well-loved by those who attend her groups and has made a massive difference to her client's lives. The classes keep Sally going as she doesn't want to let the people down. Sally's inspiration for continuing with the courses is getting to meet people, and the sense of achievement at seeing people improve and progress. There has been a lot of personal gain in becoming an instructor and Sally explains "I am much happier with my own life. I have made a lot of



new friends. I have gained a lot of confidence for myself and dealing with the general public. I think it is wonderful how people now appreciate what I do for them. I do not know where I would be if I did not have the help, advice and support of all the people who have passed through my life over the past few years."

All Falls Prevention classes in Derbyshire come under the banner of 'Strictly no Falling', which is funded by Public Health, Derbyshire County Council and delivered by Age UK Derby & Derbyshire in partnership with Derbyshire Community Health Services NHS Foundation Trust. Age UK Derby & Derbyshire monitors the classes and provides support to the instructors. If you are interested in becoming a class volunteer or even training to become an instructor, please contact Age UK Derby & Derbyshire on 01773 768240 or fallsprevention@ageukderbyandderbyshire.org.uk

For similar activities in Nottinghamshire, contact Age UK Nottingham and Nottinghamshire's Kindred Spirits service on 0115 841 4473, who will be able to give you further details about classes and membership, and the date for our next Kindred Spirits Welcome Morning.

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Being able to live at home can be one of the most important comforts in an older person's life and because family and friends can't always be there, Home Instead Senior Care are here to help.

Our Caregivers take great pride in helping our clients to lead a more comfortable and confident life and offer a variety of services tailored to their individual needs.

From an hour a day, to full time care, our service is available 24 hours a day, seven days a week.

Personal Budgets, Direct Payments or Private Funding arrangements



“ The service provided was excellent and enabled me and my sister to know that our father was being properly cared for, particularly important as we both live some distance away. I would have no hesitation in recommending Home Instead.”

Mrs N – Ruddington



We are proud to introduce
Nottingham Care Village



0115 9209328

Located in the 'Dumbles', near Gedling Country Park, Nottingham Care Village is situated in an idyllic setting surrounded by four acres of countryside.

The home is currently undergoing a complete refurbishment under the guidance of an award winning Dementia Care interior designer. All of our 58 rooms will be furnished for residential and dementia care with 7 assisted living apartments available. The home will have a variety of communal areas including a conservatory, central courtyard, and a hair salon with therapy facilities. Our in-house catering will offer a varied menu and there will be a choice of additional smaller dining areas to accommodate personal preferences.

Our qualified staff will provide continuous care whilst being supported with ongoing training. We recognise that good staff are key to any organisation and we want them to feel valued and part of a team at Nottingham Care Village. We will continuously focus on improving and developing the qualities of care, hospitality and choice we offer. Our aim is to provide a person centred care approach thus ensuring that our residents feel safe in their surroundings and their individual needs are met.



Our activities programme will be tailored to meet the individual and varied interests of our residents.

We will welcome input from our residents relatives on special interests and hobbies they like and will, where possible, ensure that we can include these. We will provide fully supervised visits to local attractions and other places of interest.



All residents will receive personalised care and we will aim to provide as much choice as possible in their daily living within the home. Family is very important to us at Nottingham Care Village and we will actively encourage family and friends to spend as much time as they wish with their loved one. As with any home, it is the little touches that make the difference. We will encourage our residents to bring some of their own treasured possessions with them such as ornaments and pictures.

Our objective is to support residents in maintaining their independence.

At Nottingham Care Village we aim to provide a home from home environment for our residents.

All enquiries are welcome. Short term stays and respite care are available.

WE ARE NOW RECRUITING STAFF!

Please feel free to make an appointment or simply call in and our staff will be happy to help you.
Nottingham Care Village, 168 Spring Lane, Lambley, Nottingham, NG4 4PE
Telephone: 0115 9209328 Email: info@nottinghamcarevillage.co.uk

Call us on: 0115 9226116 • 0115 9677303
Or visit: www.homeinstead.co.uk/nottingham

Although many may debate exactly when spring begins, we cannot deny that spring is arriving all over the Northern Hemisphere and around the world its arrival is hailed in many different ways.

Celebrating spring in the Northern Hemisphere

After the long, cold months of winter, the warmth and vibrancy of spring is often a cause to celebrate, and all around the world there are many spring festivals and traditions that do just that. In this edition of EngAGE, we thought it would be interesting to take a closer look at a few of these celebrations...

Walpurgis Night

Celebrated in central and Northern Europe, Walpurgis Night marks the transition from winter to spring. Named after the English missionary St Walpurga, Wulpurgis Night is celebrated on the eve of St Walpurga's Day, which is 1st May.

Despite the shared origin, precisely how Walpurgis Night is celebrated varies

between the different countries that observe it:

In Germany many traditions centre on the warding off of evil spirits by hanging blessed foliage, making loud noises and lighting bonfires. Bonfires are also central to the Swedish celebration. In Sweden, people gather around large bonfires, watch fireworks, and sing songs to welcome in the spring.

In Finland the modern celebration perhaps varies the most. Called Vappu, it is a public holiday. Historically, Vappu was celebrated by the upper classes, but more recently the festival has become connected to the student population in Finland. When you graduate from High School in Finland you receive a white cap. These caps are

worn for the modern Vappu festivities, when people gather in the street in large groups to celebrate. Featuring balloons, confetti and sparkling wine or mead, it is a large carnival-style affair. The celebration starts on 30th April when "Havis Amanda", a statue near Helsinki's market square, is capped, and it continues until 1st May when families often spend time together picnicking in the park.

Nowruz

Nowruz is a holiday celebrated by several countries in the Middle East and Asia including Afghanistan, Albania, Iran and Turkey. Celebrated to coincide with the spring equinox (usually 21st March), Nowruz historically marked the beginning of a new year in the Persian calendar.

During Nowruz, which means "new day", many take part in activities we would commonly associate with making a fresh start, such as cleaning their house and buying new clothes. In Iran, where it is often considered the biggest celebration of the year, a major part of the festivities is the setting of the 'Haft Seen'. This is a table on which seven items are laid out; every item on the table begins with the letter 'S' and has symbolic resonance relating to the New Year.

Nowruz is often celebrated with families and communities, and many people use this holiday to spend time with their families and visit their neighbours. It is these many traditions that contributed to the UN describing Nowruz as "promot[ing] values of peace and solidarity between

generations and within families as well as reconciliation and neighbourliness, thus contributing to cultural diversity and friendship among peoples and different communities".

In 2010, the holiday was recognized by the UN's General Assembly as being part of the Intangible Cultural Heritage of Humanity, and as such March 21st was named the International Day of Nowruz. This has been just a small snapshot of the many celebrations that happen all around the world during the spring months.

If you'd like to share with us how you are celebrating spring, we'd love to hear from you. Contact the editor using the contact details on page 5.

Canadian Tulip Festival

If you were to walk around Canada's capital city, Ottawa, during May, it wouldn't take you long to find a tulip. Since 1953 the Canadian Tulip Festival has been held every May in the capital city. The festival celebrates not only the arrival of spring in Canada, but it is also a lasting reminder of the important role that Canada played in harbouring the Dutch Royal Family during World War Two.

Following the Nazi's invasion of the Netherlands, the Dutch Royal Family was forced to leave and find refuge elsewhere. Princess Juliana sought safe harbour in Canada along with her daughters. It was during this time that Princess Juliana gave birth to Princess Margriet in Ottawa Civic Hospital. In order to guarantee Princess Margriet's status in the line of succession to the throne, Ottawa Civic Hospital was temporarily declared extraterrestrial by the government; this ensured

that the princess would be of Dutch nationality only and not a dual nationality.

After five years of exile, Princess Juliana and her family were able to return home to the Netherlands. As a thank you to Canada for harbouring her during this time, and their role in the Netherlands's liberation, Princess Juliana sent them several gifts including 100,000 tulip bulbs. The following year she sent a further 20,500 bulbs to be planted in the grounds of the Ottawa Civic Hospital. Princess Juliana continued to send Canada thousands of tulip bulbs every year until her abdication in 1980.

Today, if you were to walk around the city during the festival you would be able to see over a million tulips in bloom. As well as viewing the flowers, the festival thrives with a wealth of activities and fun for all the family, including music, art and theatre, and is attended by over 500,000 people each year.

Baba Marta

In nearby Bulgaria, Bulgarian people welcome spring on the 1st of March in their annual Baba Marta Holiday (Grandma Marta in English). Baba Marta is often described in folklore as a temperamental woman whose mood dictates the weather; this temperamental nature explains the changeability of the weather in March.

On Baba Marta, Bulgarians exchange Martenitsi. These are bracelets or two small dolls usually made of red and white wool. The two dolls are called Pizho and Penda; Pizho is the male doll and is white, while Penda is a woman made of red yarn. Whilst interpretations of exactly what each colour means vary slightly, generally red and white are seen as being symbolic of the strength, purity and fertility that spring brings. Bulgarian people are said to need to keep wearing these Martenitsi on their hands or clothes until they first see a stork or blossoming fruit tree.

Carers

Help and assistance for carers

Carers are often family members who feel that it is their duty to look after their relative, even if this is at the expense of their own health and wellbeing. Here is some of the help available to carers:

Financial help

You may be entitled to Carer's Allowance or Carer's Credit depending on your circumstances. Ask an Age UK advisor to check that you are receiving all the benefits that you are entitled to.

Health Support

Register with your GP as a carer so they can provide advice to keep you healthy, ensure that your health needs are being met, possibly offer flexible appointment times and give you access to the seasonal flu vaccinations.

Adult Care/Social Services support

Also register with your local Council Adult Care team as they will be able to provide valuable information about the support that is available for carers through the council.

Support groups

Join a local carers support group who will be able to give you detailed advice on what help is available for you as a carer.

Emergencies

If you have an accident or are unable to care for other reasons, then you can face unnecessary stress if you have nothing in place to cover this. Registering a Carers Emergency card and carrying it with you

all the time enables health professionals to recognise your role in the case of an accident and ensures that the person you care for is looked after too. Creating an emergency plan will also help to take away anxiety about what happens if you can't provide the care needed.

Breaks

It may be necessary to use respite care to ensure that you get the breaks needed, whilst knowing that the person you care for is being looked after at the same time. Many organisations, such as Crossroads Care East Midlands and Revitalise offer short breaks or holidays for carers and disabled people.

The more support you get as a carer, the more effective you will be in looking after the person who you care for. If you don't get the support, then you will find that your own health needs prevents you from caring.

Useful contacts

Age UK Derby & Derbyshire
01773 768240

Age UK Notts
0115 844 0011

Derbyshire Carers Association 01773 743355

Nottinghamshire Carers Hub 0115 824 8824

Crossroads Care – East Midlands
0115 962 8920

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EngAGE magazine



In November 2015, approximately 800 magazine feedback forms were distributed with the Winter edition of Engage magazine.

The aim was to find out what was working in the magazine and what areas could be improved. We are really grateful for everyone who took time to fill in the

feedback forms and share their honest opinions. Your feedback is really important to us as this magazine is for you and we want it to be relevant and useful.

More than half of the responses were from people who have read all three editions that had been published at that time, and so most comments raised reflected all editions

rather than just one. The feedback was generally good and people felt happy with the overall appearance and that the content of the magazine was relevant and informative. In response to your feedback we have started to make some changes to the magazine in this edition and we will implement others in future magazines.

Puzzle page

The biggest change in this edition is to the puzzle page. 40% of you preferred to have more than one puzzle in each magazine and so that is what we have done. Crosswords and wordsearches were clearly the most popular and so we have started with one of each.

Volunteer required who can set crosswords and/or wordsearches. Please contact Phil Brown on 01773 768240 or philip.brown@ageukderbyandderbyshire.org.uk if you are willing to help in this way.

Reader's page

We will be having a reader's page where we will publish some of your letters and emails. Please send any letters, questions, comments, jokes, stories, poems or home tips to the editor at engage@ageuknotts.org.uk or by using the Age UK Nottingham & Nottinghamshire contact details on p5.

Adverts

There were a lot of comments about the adverts in the magazine. Whilst we appreciate your feedback, we are unable to change the quantity of the adverts if we are to keep this a free magazine. We do not have to pay for the magazine to be printed as the adverts cover this cost and therefore this enables EngAGE to be distributed free of charge to our readers, even in these difficult financial times for our charities.

Local Age UK

Some reader comments focussed on wanting more from their local areas or local Age UK. We do include a range of services and cover a range of local areas as far as we are able. If you feel that your area or service is not represented, please contact the editor with your suggestions and we will endeavour to include this where possible. We are trying to make sure that articles about one service include details of similar services in the other local Age UK.

There were some requests for specific articles which will be addressed in future editions. We will endeavour to keep the magazine relevant, interesting and informative and really appreciate your comments and suggestions at any time. We look forward to receiving your comments and letters.



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Pirates of Penzance concert

On 31st October 2015, The High Sheriff of Derbyshire hosted a wonderful fundraising concert at Buxton Opera House to raise money for local charities. It featured the Derby Gilbert and Sullivan Company performing The Pirates of Penzance.

The performance was directed and conducted by the founding Musical Director of the Derby Gilbert & Sullivan Company, Andrew Nicklin, and Richard Suart starred as Major-General Stanley. Approx £30,000 was raised at the event in support of the two charities nominated by the High Sheriff: Age UK and Foundation Derbyshire.

Oliver Stephenson, The High Sheriff of Derbyshire 2015/2016 wanted to use his time in office to raise money for local charities in addition to all his official duties. Before the performance, Oliver said "This will be a tremendous evening of good music, performed by brilliant players in a most beautiful Opera House. Most importantly, it is

going to be a great night for Derbyshire, for those seeing the performance, for those staging the performance, and for the good causes we are supporting."

The Pirates of Penzance is full of comedy, drama and romance, set in a secluded cove in Cornwall telling the story of Frederic, an apprentice pirate. Frederic decides to leave the pirates on his 21st birthday after his obligations cease, but with his birthday falling on the leap day 29th February he discovers that he is obligated to the pirates until his older age as he has only technically had 5 official birthdays. The overwhelming sense of duty prevails as the rest of the story unfolds. The comic opera style of the Pirates includes

policemen, pirates and lots of daughters in search of romance. HRH Prince Charles is the Royal Patron of Age UK and although not able to be at the event, he wrote in the programme:

"I am only too aware of the issues that face so many in our ageing population. As the number of elderly people increases in our society, the excellent work of Age UK becomes ever more important... I am heartened to hear that proceeds... will go to help Age UK. After all, as devotees of Gilbert & Sullivan will know, even the redoubtable and resourceful Major General Stanley himself was daunted by the advancing years, as he faces the prospect of his daughters leaving him to go through the remainder of his life 'unfriended, unprotected and alone!'"

One member of the chorus was 75 year old John Dick from Ashbourne, who was delighted to be able to re-join the Derby Gilbert & Sullivan Company following a successful

knee operation in 2014. John commented after the event that "Singing is a joy to do, and a pleasure to those listening, and rewarding to those less fortunate than ourselves."

The Derby Gilbert & Sullivan Company was formed in 1966, originally as the Spondon Musical Society. Although based in Derby, they were delighted to be performing once again at the Buxton opera House as they regard it as their 'second home'. The Company celebrates its 50th Birthday this year and plans are underway for two special performances of HMS Pinafore in October at the Chatsworth House Theatre.

A fantastic cast of 41 plus 31 members of the orchestra put on a wonderful and unforgettable show. With the lively and memorable tunes filling the air as the audience left the performance; this was truly a remarkable evening that delighted fans old and young. Congratulations to the High Sheriff for hosting such a fabulous event and thanks to him for his support.

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A Manager's story

A huge and massive thank you from all at Age UK Derby and Derbyshire to everyone who got behind the 'No One Should Have No One' campaign highlighting and raising awareness of loneliness and social isolation amongst older people.

The message from Age UK and the John Lewis advert, that more than 1 million people will go a month without speaking to anyone, really hit home this Christmas and Age UK Derby and Derbyshire were inundated with messages and phone calls asking how you could all help us to try and combat this.

We had the Derbyshire Fire and Rescue Service, District Nurses, School children and members of the general public arranging collections of presents and distributing them to older people living on their own. We had messages from people saying that they would be looking out for neighbours and taking them a Christmas dinner. We've had organisations distributing

hampers and people arranging Christmas parties. We've had people offering us donations of clothes for our retail charity shops. A number of you have since come back to us with your stories of those visits and experiences you had over Christmas. It seems people have been humbled by the stories from the older people they've visited and been really pleased that they gave up the time to do what they did and get to know their neighbours.

The stories and kind acts we have heard over December have been overwhelming at times but even more importantly for the older people of Derby and Derbyshire is that they haven't stopped just because Christmas has. On the first day back of the New Year a woman stopped me in the Eagle Market Derby and told me that she'd taken a Christmas lunch around to someone who she knew lived alone but didn't actually know her to speak to. She'd found that the woman had been living on her own for over ten years with no family and

hardly went out these days. She was really touched by the older woman's story and the interesting life she had before her partner died. Since Christmas day she has visited her a few times and they are becoming really good friends. The woman told me that "whilst she had breath in her, the lady she visited would never have to be on her own again". We also had someone contact us asking how they could provide a large Christmas party for older people next Christmas. Our shops have noticed an increase in people wanting to donate their unwanted Christmas gifts and unwanted clothes, and so thank you for keeping this going.

The whole campaign has highlighted that whilst No One Should Have No One at Christmas we all need to remember that no one should be without anyone all year around. To provide services to reach out to the most vulnerable, combating isolation and loneliness requires the communities within Derby and Derbyshire's support, enthusiasm and backing. Your support and backing this year of Age UK's campaign

has already meant that a lot of people will have had a happier Christmas than they might have had because of YOUR time, effort and donations.

This year, we would like to continue to build on what we've all done together in our campaign to combat loneliness and social isolation through 2016. For more information, please visit www.ageuk.org.uk/derbyandderbyshire/no-one for businesses, organisations and the general public to find out how they might again be able to help us or pledge their support to helping provide the services we offer.

Age UK Derby & Derbyshire would like to thank you for your support in helping us bring about the change we need to improve the health and wellbeing of our older communities.

Ray Gumbley
Derby Services, Advocacy
and Retail Manager

For highlights of the No One Should Have No One at Christmas campaign in the Nottinghamshire area see p6.



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