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### Best Foot Forward .....30

Best Foot Forward walks are a great opportunity to keep fit and active, and make new friends.



# From the Editor...



## Welcome

### Welcome to the first issue of EngAGE in 2017!

In the kitchen this issue, we are making a tasty Simnel Cake, a traditional Mothering Sunday and Easter treat. In the garden, we take a look at top tips to cultivate a gorgeous lawn.

Also in this edition, we find out more about the Housing Options service available through Age UK Derby and Derbyshire and Best Foot Forward, a service which offers walking groups in various areas of Nottingham.

As the weather warms up, it can be a great time to take up a new hobby. On page 16 we take a look at some of the things you could think about before selecting a new hobby, and some of the places you can go to find out more.

We hope you enjoy this edition. If you have any questions or feedback, do get in touch.

Warm regards,

*Jessica*

Jessica Brook  
 Editor

Front cover image by Shutterstock user: Tyler Olson

# In the Community...



## At the Panto

In December, Age UK Derby and Derbyshire held their Derby Coffee Morning Christmas Party at St Peter's Church. The Coffee morning which has now been going for 7 years put on its annual pantomime performed by staff and the members of the coffee morning. Once again it was absolutely dreadful (Oh no it wasn't, but oh yes it was!) and had people falling off their seats with laughter. Ray Gumbley, Derby Services Manager, said:

"the Pantomime is becoming the highlight of the year and the members absolutely love it. The fact that no one can remember their lines seems of little consequence and is great fun to take part in and really enjoyed by everyone."

The members of the coffee morning were also treated to a wonderful Christmas Party buffet and presents courtesy of Simpsons Solicitors from Wyvern Business Park in Derby.

## Bassetlaw Community Voluntary Service Volunteering Awards

On 14th November 2016 Mrs June Espin and Mrs Cath Richardson, volunteers with Age UK Notts' Forces Friends service and representatives of Retford Royal British Legion were invited to attend the Bassetlaw Community Voluntary Service Volunteering Awards ceremony at Worksop Town Hall. The awards recognise exceptional work

in the voluntary sector in Bassetlaw. The volunteers from Retford RBL were nominated by Nick Rhodes Age UK Notts Project Coordinator for Forces Friends veterans visiting service in recognition of their work in helping establish Forces Friends in Bassetlaw and the outstanding work they do for the veteran community throughout the year. Of the volunteers at

## SilverPride

Age UK Notts is pleased to be supporting a new social group for older gay and bi men (aged 55+). The new group, 'Silver Pride',

will be meeting on the 1st Friday of every month, 2-4pm. They will offer a range of social outings, walks, discussion etc. For more information, contact Age UK Notts on 0115 844 0011.

## 'Christmas Jumper Day' at the shops

During the winter, a large number of people went into the 8 Age UK Derby & Derbyshire shops looking for warm winter clothes, suggesting there was a real need for people to keep warm.

people on lower incomes who need to find essential bargains. All money raised in the shops is also used locally to enable more people to love later life in Derbyshire County or Derby city.

Lots of people subsequently responded to requests for more coats and jumpers so that more warm clothes could be sold. Duffield shop even had so many warm Christmas jumpers donated that they had a 'Christmas jumper day'. The charity shops can be a much needed lifeline to older

*If you have just sorted out all your winter clothes and have some spare you would like to donate, we could store them till the winter so please contact any of the shops [www.ageuk.org.uk/derbyandderbyshire/shops](http://www.ageuk.org.uk/derbyandderbyshire/shops) or call 01773 768240 to find your nearest one. Thank you*



Retford RBL Mr Rhodes said "They are inspirational. The amount of time and effort they put into helping others is humbling. In terms of Forces Friends they have been instrumental in establishing this much needed service". Forces Friends is a partnership between Age UK Notts and the RBL to provide a befriending service for veterans and their

dependants over the age of 60 and is being run as a pilot in the north Notts districts of Mansfield, Ashfield, Newark & Sherwood and Bassetlaw. In its first year Age UK Notts have recruited over 30 volunteers and have nearly 60 clients. Although Retford RBL didn't win the overall prize they were recognised for their work with a certificate of nomination.

## In the Garden



### Loving your lawn

**After the long winter months, your garden lawn will probably be in need of a bit of TLC. If you are wondering where to start, we have compiled a handy guide of the things you can do to bring new life to a tired looking lawn.**

**F**irstly, start by having a good tidy up of any leaves and debris that have fallen on the grass, then give it a mow. At this point in the year, it is best to set the lawnmower to cut at the highest height it can; you can lower this gradually in subsequent sessions to your final desired height. Experts strongly advise not cutting more than one-third of the height of the grass off on each occasion, and that you should not mow wet or frosted grass.

You may find that moss has formed in your lawn owing to poor conditions, or that you have some weeds in your lawn. There are various methods for dealing with these, including chemical and non-chemical options. Your local garden centre or home retailer should be able to advise you about the different products available to get rid of the unwanted moss and weeds. Over-seeding may be necessary

to tackle the patchy areas of the lawn that are looking thinner than the others. Packets of appropriate seed mixes should be available from your local retailer.

In mid-spring, your lawn will probably start growing rapidly. To help it in its growth at this time, you could consider feeding your lawn with a spring fertiliser to keep it looking healthy and vibrant. It is not usually necessary to water the lawn in the spring and summer months, but if it does become crucial, you may consider aerating the lawn first to ensure that the water penetrates the soil below (which may be hard if there has been no rainfall and high temperatures). To aerate your lawn, use a garden fork to penetrate the ground and carefully remove it.

Hopefully, these few pointers will lead you to have a luscious, green lawn that you can admire all spring and summer.

*If you have any top gardening tips to share, we'd love to hear from you! Get in touch with the editor (details on page 5), and you may see some of them featured in a future edition of EngAGE.*

## In the Kitchen



## RECIPE

### Simnel cake

**PREP** 30 minutes

**TIME** 1h 45 mins

**SERVES** 10-12

Spring 2017

### INGREDIENTS

175g (6oz) butter or margarine

175g (6oz) soft brown or light muscavado sugar

3 eggs, beaten

175g (6oz) self raising flour

½ tsp ground mixed spice

350g (12oz) mixed raisins, currants and sultanas and cherries

55g (2oz) chopped mixed peel

Grated zest of ½ lemon

450g (1lb) golden marzipan

1-2 tbsp warmed apricot jam



A Simnel cake was traditionally given by servant girls to their mothers when they returned home on Mothering Sunday. Then it became an Easter tradition with each of the marzipan balls representing the remaining eleven disciples following Judas' betrayal of Jesus. It is a lighter cake than a Christmas cake with the melted marzipan adding a delicious treat to the centre of the cake.

### METHOD

1. Preheat oven to 160°C/140°C Fan/320°F/Gas 3. Grease and line an 18cm (7in) cake tin.
2. Cream the butter and sugar together. Gradually beat in the eggs until mixed well and then sift in the flour and mixed spice.
3. Finally, stir in the mixed dried fruit, peel and grated lemon zest.
4. Put half the mixture into the prepared cake tin.
5. Using a third of the marzipan, make a circle 18cm (7in) in diameter and place on top of the cake mixture. Add the rest of the cake mixture and smooth the top. Bake in the preheated oven for 1¾ hours. Test by inserting a skewer in the middle - if it comes out clean, it is ready.
6. Once baked, remove from the oven and set aside to cool on a wire rack. If the cake is removed from the tin too early then the warm marzipan will cause the cake to collapse.
7. Brush the top of the cooled cake with jam.
8. Divide the remainder of the marzipan in half; roll out a circle to cover the top of the cake with one half and form 11 small balls with the other half, which go around the edge of the cake.
9. Place the cake onto a baking tray and put under the grill or use a cook's blow torch and grill for 1-2 minutes, turning until the top of the marzipan begins to brown evenly (not burn).



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# Nuptial Agreements

*What, How and Why?*



**Mike Spencer is a family lawyer and director at Nottingham law firm Actons, and has been providing advice on family and relationship issues for over thirty years. In this article, he shares his knowledge of nuptial agreements.**

The last thing that couples want to talk about in the run up to their marriage is what should happen if it ends. However, it is important to consider what should happen to your assets if you and your spouse/civil partner separate or divorce, and to ensure that both parties are adequately protected.

## **What are they?**

A nuptial agreement is a written agreement made between spouses, before or during marriage, with the aim of managing their financial affairs. The agreement provides certainty by setting out what will happen to assets; provision for children; and maintenance on separation, death or divorce. The nuptial agreement would set out what would happen on death to protect your chosen beneficiaries from a claim under the Inheritance

(Provision for Family and Dependents) Act 1975.

The aim is to avoid the delays, emotional costs, and uncertainty of a dispute and minimise the consequent legal costs. They are particularly popular with those who have directly experienced family financial fall outs in the past.

Such agreements are particularly important for more elderly clients, who have their own assets, which they have worked hard for throughout life, (e.g. property, savings and investments, and pensions) and which they wish to preserve for children or grandchildren.

## **How do they work?**

Nuptial agreements are not binding on the courts. A married couple cannot override the powers given to

the courts which allows them to decide how their assets should be distributed on divorce.

But following the Supreme Court decision in a high profile case (*Radmacher v Granathino* [2010]), the courts will uphold a nuptial agreement if it satisfies the 'Fairness Test'.

- The agreement must be freely entered into. There must be no evidence of one of the parties being pressured or forced into signing the document.
- The parties must have a full appreciation of the implications of the agreement.
- The agreement must be fair.
- It must also be fair to hold both parties to the agreement.

# Advertorial

Both parties should give full financial disclosure of their personal assets (including what assets were brought into the marriage, obtained during it and what they are likely to receive through inheritance).

Each party should also receive independent legal advice, otherwise there is an increased risk that the court would consider the agreement to be unfair.

Cases involving real need, particularly of dependent children will put the agreement under particular scrutiny for fairness. Although in a 2016 case even the fact

that the wife would become dependent on state benefits was not sufficient to overturn the pre-nuptial agreement.

## **Why do I need one?**

Nuptial agreements are an important tool for the purposes of estate planning. They are for anyone who has accumulated assets they wish to safeguard for children, grandchildren or other family members.

Nuptial agreements are important at any age, and are not just for the wealthy. They are regularly and routinely upheld by the courts provided they have been properly tailored to the facts of the case.

Like many important legal documents you hope you will never need them but will be glad you have them if you do.

If you are taking the leap and getting married or if you are already married you should strongly consider creating a nuptial agreement. This can also be done at the same time as you review your Wills or create Lasting Powers of Attorney.

Modern families are increasingly complicated and proper forward planning with the benefit of high quality legal advice is essential to ensure that your wealth ends up where you want it to.

*For more information on nuptial agreements or to discuss any family or divorce issue, please contact Mike Spencer on 0115 9100 200 or email [mike.spencer@actons.co.uk](mailto:mike.spencer@actons.co.uk)*

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# Alcohol and later life

**60%** of the people seen by the Derbyshire Alcohol Advice Service (DAAS) each year are aged between 45 and 60. DAAS is aware that with our growing older population the Service will start to see many more people aged over 45 with established drinking problems and in many cases, established dependency.

It is at this age that the body can begin to break down if alcohol has been used heavily on a regular basis. The difficulty is that many people often do not see that their long-term social drinking habits could be causing health problems. Raised blood pressure and developing stage 2 diabetes are just two medical conditions common to the age group which link directly to daily social drinking, where units of alcohol can easily exceed recommended limits of 14 units per week.

According to DAAS, extensive research has found significant evidence that any level of alcohol consumption increases the risk of diseases including cancer (e.g., mouth, throat, bowel, stomach, liver or breast cancers). Even drinking alcohol at low levels still increases the risk of getting cancer as compared to people who do not drink at all. This does not mean everyone who drinks will get cancer, but studies have shown that some cancers are more common in people who drink more alcohol.

DAAS are currently promoting the message about the links between alcohol and cancer and other health concerns. However, many

who have drunk regularly for years believe that the new messages are not realistic or just scaremongering.

A view often expressed is that having drunk at these levels for the last 20-30 years, with few consequences, why stop now? Many believe that regular drinking has positive health benefits so have no idea of the actual number of units of alcohol they are drinking and the damage this may be causing. Elaine Handley, DAAS Service Manager, states

**“ Our training and promotional team ensure that materials and awareness raising tools, whilst carrying a very serious message about health also can be fun to use, break down barriers and are delivered in a good humoured and non – dictatorial way ”**

At some of the DAAS promotional events they use quizzes, display a pickled liver, (always a good

conversation starter!) and use interactive activities to get the message across. One fun exercise they invite people of all ages to take part in is for them to wear “beergoggles” whilst trying to steer a model car through obstacles. This is a fun way to interact and to find a route into beginning a discussion about the effects of alcohol.

There is lots of information available on the DAAS website or look out for the team at various public or health venues across the county [www.daas.uk.com](http://www.daas.uk.com)

### **Referrals for alcohol support:**

Derbyshire Alcohol Advice Service accepts self-referrals; referrals from GPs or other professionals.

They do not accept referrals from relatives and friends on behalf of someone else.

In order to get in touch, please ring 0845 308 4010 or 01246 206514 or visit [www.daas.uk.com](http://www.daas.uk.com)

## Know your units

*In order to keep the risks from alcohol low, the UK Chief Medical Officers recommend drinking no more than 14 units per week. For example, this could be:*

- 6 pints of 4% beer
- 5 pints of 5% cider
- 6 x 175ml glasses of 13% wine
- 14 x 25ml single 40% shots

*It's best to spread drinks evenly across the week with regular drink-free days in-between. Regularly exceeding the recommended daily limits increases the risk of developing serious health problems. Even if you do not drink every day you could be at risk of harming yourself or others. Regularly exceeding the weekly government guidelines increases the risk of developing health problems such as:*

- Various cancers**
- Liver and heart disease**
- Raised blood pressure**
- Depression**
- Sleep problems**
- Sexual problems**

# Well Dressings

© Glyn Williams of www.welldressing.com (Rotary Club, Flying Scotsman, Wirksworth, 2016)



© Glyn Williams of www.welldressing.com (Dressing a well, Hollinsclough, 2006)



**A**cross Derbyshire this spring and summer, towns and villages will create elaborately detailed pictures out of natural items delicately arranged in a large clay board. This practice is called well-dressing and is really common across the whole of Derbyshire as well as few other places around the country.

The initially pagan custom is believed to have started in the 14th century and was an offering of thanks for the continuous supply of water at the wells. Many of these festivals were adopted by the Christian church when people would use the time to thank God for His gift of water. This is still true today, with many of the wells having a Biblical theme and most festivals beginning with a dedication ceremony called 'blessing of the wells'. In the early days, the wells

would have been dressed by a simple floral display. It was the Victorians who tried to revive the well-dressing festivals and began the tradition of the intricate displays that we see today. Traditionally all the materials should be natural resources although some well-dressers do use other materials very creatively. During the 17th century, it is believed that some of the wells (e.g. those in Tissington) took on more significance in towns that escaped the plague, which was prevalent in nearby Eyam. In the mid 19th Century some towns (e.g. Youlgreave or Wirksworth) developed tap dressings signifying and celebrating the arrival of piped water to village taps or pumps instead of wells. Months before the event the wells are planned down to the finest detail. Before anything can be done to decorate the well, the board on which it stands needs to be soaked in

water for several days. This enables the clay to be more adhesive and also prevents the clay from drying out. Some of the boards are so big that they require a few people to lift them once they have the heavy clay on top of the wet board.

The first materials to be laid on to the design are dry or non-perishable as they will last the longest, such as lichen, cones, straw, peppercorns, seeds, feathers, fruit peel and bark. Normally the outlines of the picture are created using these materials so that they stand out. Later, and at the last minute to preserve their colour for as long as possible, fresh leaves and flower petals are added such as lime, beech, ivy, yew, privet, hydrangea, rowan berries and evergreens. These will be the first to fade or die and drop off. The best day to visit the wells is on the first day of the festival as this is when everything is

the freshest and the colours most vibrant. Most well-dressing festivals are open for a few days if you can't make the first day. There is always an excited community atmosphere when visiting well dressings and is incredible seeing the complex yet beautiful designs. If you have never been to a well dressing festival, they are well worth a visit to experience a real Derbyshire tradition. A majority of the towns in Derbyshire do well-dressings. Tissington famously is one of the first to dress their wells at the start of May. Wirksworth happens over the bank holiday weekend at the end of May at the same time as their carnival. Hartington is usually one of the last at the start of September. Bakewell often does a winter well dressing with their Christmas tree festival. To find details and photos of all well-dressings; and a calendar of events across the county, visit: [www.welldressing.com](http://www.welldressing.com)

## Time to try something new?



### **Baking & Cake Decoration**

With TV shows such as The Great British Bake Off gaining popularity in recent years, it has become popular to try more adventurous baking. If you have admired some of the amazing cakes on TV, why not learn to make some yourself by picking up a book or joining a local class or club?

### **Birdwatching**

There are lots of places in Nottinghamshire and Derbyshire where you can spot some beautiful and interesting wildlife. All you need is a pair of binoculars,

a directory (or access the internet) and away you go.

### **Board Games/ Card Games**

Is there a board game you loved as a child? Or is there a card game you have always wanted to play? If so, consider setting up a group, or joining an existing group who meet to play card or board games. One such game you could consider is Bridge. Bridge is a trick-taking card game that is enjoyed by many. For those who have played Bridge before and are comfortable with the game, there are several Bridge Clubs across Derbyshire and Nottinghamshire. If

you are new to the game, some Bridge Clubs offer introductory sessions.

### **Gardening**

Consider joining a local gardening project, starting an allotment or redoing a section of your backyard. Each issue in EngAGE we try to furnish you with some handy gardening tips, but there are plenty of resources out there to help you get educated about what to grow and when to grow it.

### **Singing**

Do you love singing? If so, local choirs can be a wonderful opportunity to meet new

people and have fun singing old and new songs. Also, if you love singing but lack the ability or confidence to join a choir, Nottingham currently has two Tuneless Choirs you could consider attending ([www.tunelesschoir.com](http://www.tunelesschoir.com)).

### **Volunteering**

Perhaps not the first thing you'd think of, but volunteering for a local charity or voluntary organisation can be an excellent way to apply your existing skills to new situations, or to learn new skills. Giving up just a few hours of your time can make a big difference to the lives of people in your area.



As the cold months start to be put behind us, getting out and about can become a little easier. In this vein, spring can be a good time to take up a new hobby or get involved in a club or group with people who share similar interests. If this strikes you as something you would like to do, it can sometimes be hard to know where to start. What hobby do you take up? Where can you find information on local groups? And how can you educate yourself to pick up these new skills? A good place to start is always to establish why you would like to take up any particular hobby: what is it that you are looking to get out of the experience? It may be helpful to consider these questions:

- Are you looking to get (or keep) physically fit and healthy?
- Do you want to learn a new skill?
- Do you have existing skills that you want to deepen?
- What do you currently

enjoy doing that you would like to do more of, or explore further?

- Do you specifically want to meet new people?

Your answers to the above can begin to give you a framework from which to work out what hobby to pursue. For instance, if you are looking to get active or keep your fitness up you may consider joining a walking group or a sporting team of some sort, or if you already enjoy drawing you could get some books out of the library about techniques or join an art class. With most hobbies, there is also an opportunity to use these as a vehicle to meet new people. If this is your goal, you may consider how you can use your existing interests to join a group of like-minded people.

It is now time to start exploring what your new hobby could be. Below we have listed some possible options to get you thinking and whet your appetite, though the list is by no means exhaustive.

## Walking

With the peak district on our doorstep, we are well placed in the midlands to enjoy a good scenic walk. If walking the peaks is too strenuous for you, consider joining (or starting) a walking group that offers gentler walks around local parks where possible.

## Woodwork

If you are a dab hand with tools or willing to learn, you may like to take up woodwork as a hobby. If you are male, you may consider joining a local Men's Shed. Age UK Notts run three sheds in Nottinghamshire, or other

sheds can be found through the Men's Sheds Association ([www.menssheds.org.uk](http://www.menssheds.org.uk)).

## Other ideas include:

*Amateur dramatics, beekeeping, bowls, calligraphy, circus skills, collecting things, cooking, dance, drawing, embroidery, film, fishing, flower arranging, jazz, knitting, model aircraft or trains, origami, painting, pigeon racing, photography, pottery, reading, scrapbooking, sport, stamp collecting, tap dance, train spotting – the list can go on and on!*

## Next steps...

If any of these hobbies have taken your fancy, you may now be wondering how you can go about investigating it further. Here are a few resources you can use:

### Age UK Derby & Derbyshire

If you would like help finding a local group in Derby or Derbyshire contact Age UK Derby & Derbyshire on 01773 768240.

### Age UK Nottingham & Nottinghamshire

Age UK Notts have several activities in the county including a lunch club, Best Foot Forward walks, Men in Sheds (woodwork), and are also able to signpost you to other organisations that may be able to help (where information is available). Call Age UK Notts on 0115 844 0011 or email [info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk)

### Community Directory Derbyshire

([www.communitydirectoryderbyshire.org.uk](http://www.communitydirectoryderbyshire.org.uk)) An online directory of voluntary groups, organisations, social clubs, charities, and social enterprises that are based in (or work within) Derby and Derbyshire.

### Derbyshire County Council's Derbyshire Directory

([www.derbyshire.gov.uk/community/derbyshire\\_directory](http://www.derbyshire.gov.uk/community/derbyshire_directory)) An online database of community groups, sports clubs, charities and voluntary organisations in Derbyshire.

### Notts Help Yourself

Notts Help Yourself is a website ([www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)) which allows you to search through

a list of organisations and services available in your area. If you need help using this facility you can ask your local library, or visit the Self Care Hub (if you live in Mansfield, Ashfield or Newark and Sherwood and have a long term health condition).

### U3A

The University of the Third Age is a "self-help organisation for people no longer in full-time employment providing educational, creative and leisure opportunities in a friendly environment". There are many local U3As that offer a broad range of interest groups for you to take part in including creative writing, art, photography and much more. You can find your local U3A by using their website ([www.u3a.org.uk](http://www.u3a.org.uk)) or contacting their head office on 020 8466 6139.

### Walking for Health

Walking for Health is run by the Ramblers and Macmillan Cancer Support. Walking for Health is England's largest network of health walks with over 400 active schemes. You can find a local health walk by visiting [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

### Your Local Library

Many local libraries offer activities and groups or are aware of those happening in the area. What is more, libraries are home to a wealth of useful books on learning new skills or, if they don't have the particular copies you are looking for, they are often able to source them from other libraries in their network.



# Time to think ahead

A Funeral Plan is a simple way of paying towards the cost of your funeral in advance, whilst at the same time making sure that your personal wishes are recorded in every detail.

By being prepared and taking care of things now, you will be helping your loved ones by reducing some of the emotional and financial burdens when the time comes. You can also protect yourself from rising funeral costs by securing the cost of your funeral today.

The cost of a typical funeral has almost doubled in the last decade and is set to continue to rise at a similar rate\*.

Central England Co-operative Funeralcare has over 70 years' experience in arranging funerals. Our funeral homes promise to provide families with individual support, care and reassurance when it matters most. No matter how much funeral expenses increase, choosing a Central England Co-operative Funeral Plan will mean that your family will have nothing more to pay for the chosen services in your Plan when the funeral takes place.

In addition to the Pre-paid Funeral Plans, our Funeral Wishes service is also available to those who wish to arrange their funeral details but do not wish to make a financial commitment at this stage

\*Mintel consultancy services for The Co-operative Funeralcare Nov 2014

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By being prepared today you will be helping your loved one tomorrow

### Apply now and receive £100 off your Pre-paid Funeral Plan\*

To request a free information pack or to speak to a member of our team call us on **01543 886535** or email **funeralplanning@centralengland.coop**

We have funeral homes throughout Nottinghamshire and Derbyshire. To find your local funeral home, visit [www.prepaidfunerals.coop](http://www.prepaidfunerals.coop)

\*Terms and conditions apply, visit [www.prepaidfunerals.coop/terms](http://www.prepaidfunerals.coop/terms). Valid until 31/5/2017. Ref: AGEUKR0311MAY17

The **co-operative** funeralcare  
Central England Co-operative



# Carers Week

12<sup>th</sup> – 18<sup>th</sup> June 2017

Together celebrating and supporting Carers in Derby

**A carer is a person of any age, adult or child, who provides unpaid support to a partner, child, relative, or friend, who couldn't manage to live independently, or whose health or wellbeing would deteriorate without this help.**

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that carers face and recognise the contribution they make to families and communities throughout the UK.

If you are a Carer it is important to care for *yourself* too. Getting all the help and support you are entitled to, managing your own health needs, taking a break from caring and maintaining your own interests and social life are all important for your health and wellbeing.



Derbyshire Carers Association, Making Space, Creative Carers, Age UK Derby & Derbyshire and Derby Choice all provide services for Carers and are working together to make Carers Week in Derby a great opportunity to celebrate all that Carers do every day and to support Carers to live well.

To see all the events just logon to Derby City Council's website Carers pages:

<http://www.derby.gov.uk/carers-support>

or for more information about events or help and support call

Derbyshire Carers Association ☎ 01332 200002



## Age UK Connect supporting people to stay independent

We understand that sometimes issues with your health, mobility, disability, loneliness, housing, care needs, or finances can impact on your sense of control, confidence or quality of life. Age UK Notts is proud to offer Age UK Connect to help you make choices and to help access new opportunities and services that will hopefully improve your wellbeing and independence.

Age UK Connect has been operating in Mansfield, Ashfield and Newark & Sherwood since January 2016, and has been able to provide support to around 2000 people in this time.

Since Age UK Connect was established we have been able to help with a range of issues such as loneliness and isolation, applying for additional funding or services required, and connecting people with external services (such as housing or social care) to meet their needs. Through these interventions we have been able to see positive changes in people's lives as they have been able to reconnect with loved ones, gain suitable accommodation,

regain their freedom and receive the ongoing care and support they need.

Age UK Connect puts your needs at the centre; our support and outreach workers can empower you to make the right choices for you. If you live in Mansfield, Ashfield or Newark & Sherwood and think you could benefit from this service, get in touch.

### About Age UK Connect:

#### 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 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 handy-person 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 on behalf of yourself or another person on:

**t** 01623 488217

**e** connect@ageuknotts.org.uk

For the Connect service in other areas of Nottinghamshire, please contact:

For Gedling, Rushcliffe or Broxtowe please  
📞 0115 939 5406.

For Bassetlaw please  
📞 0115 844 3541.

For a similar service in Nottingham City please  
📞 020 3535 5150.

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.

## Drop In sessions

The connect service offer several drop in sessions:

#### **Mansfield:**

Ladybrook, Mansfield  
William Kaye Hall  
Last Wed of every month  
1pm – 3pm

#### **Ashfield:**

Sutton-in-Ashfield  
Sutton Library  
2nd Thurs of every month  
10am – 12 noon

#### Kirkby-in-Ashfield

The Well Chemist  
3rd Fri of every month  
10am – 12 noon

#### Hucknall

Hucknall Library  
1st Fri of every month  
10am – 12 noon

#### **Newark & Sherwood:**

Rainworth  
The Well Chemist  
(tel: 01623 795250)  
Next to Health Centre  
On Warsop Lane  
3rd Thurs of every month  
2pm – 4pm

#### Ollerton

The Well Chemist  
(tel: 01623 860384)  
Forest Road  
1st Fri of every month  
10am – 12 noon

#### Newark

The Well Chemist  
(tel: 01636 674052)  
Sherwood Ave  
(next to Fountain MC)  
2nd Thurs of every month  
10am – 12 noon

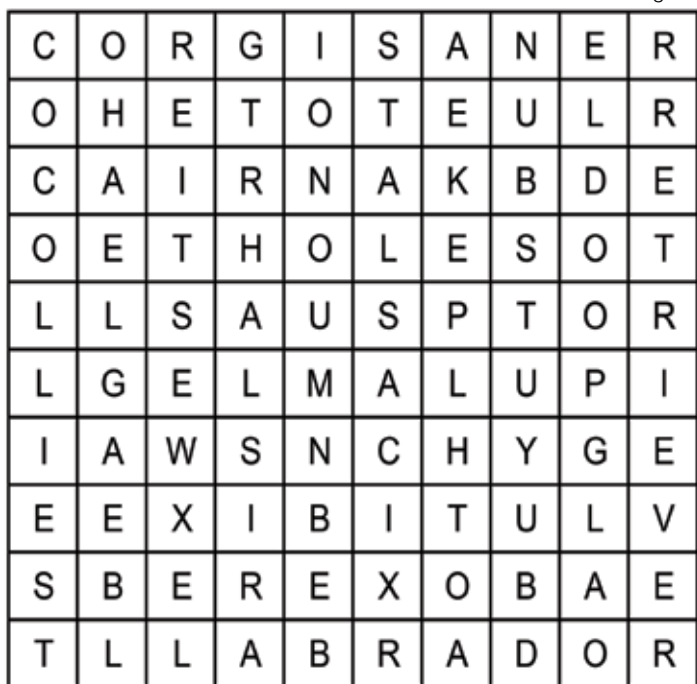
#### **Ashfield Food banks:**

Kirkby-in-Ashfield  
The Ashwood Centre  
(tel: 07938 104440)  
Portland Street  
Every Tues afternoon  
2pm – 3pm

# Puzzle Page

## SPRING 2017

Which of the following dog breeds cannot be found in the wordsearch grid?



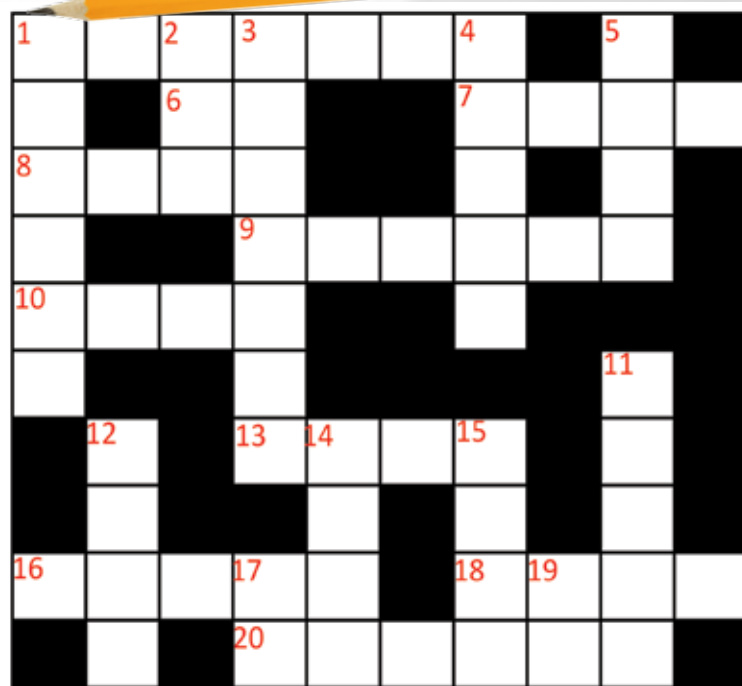
### ACROSS

- 1 A cheese originating from Somerset (7)
- 6 Initials for General Electric (2)
- 7 Abbreviation for the county of Oxfordshire (4)
- 8 The animal that faces the unicorn on the royal coat of arms (4)
- 9 Number in a score (6)
- 10 Historical Zulu regiment (4)
- 13 Grass (4)
- 16 Armada of ships (5)
- 18 Underwater habitat (4)
- 23 Heavy road machinery previously steam powered (6)

### DOWN

- 1 Popular breed of sheepdog (6)
- 2 Self (3)
- 3 The professional that should see you for a 2:30 appointment (joke)! (7)
- 4 Describes a circular shape (5)
- 5 Mr Punch's dog (4)
- 11 Someone who works underground (5)
- 12 Actor's part in a play (4)
- 14 As the Bible say "... us is born this day" (4)
- 15 Rolling up a flag (4)
- 17 American TV drama series that starred George Clooney (2)
- 19 Telecommunications company that took over T-Mobile and Orange (2)

Puzzles kindly provided by Sylvia Pink



- |          |           |        |           |
|----------|-----------|--------|-----------|
| ALSATIAN | CHIHUAHUA | PEKE   | RETRIEVER |
| BEAGLE   | COLLIE    | POODLE | SPANIEL   |
| BOXER    | CORGI     | PUG    | WESTIE    |
| CAIRN    | LABRADOR  |        |           |

Turn to page 24 for the solutions

## Office anagrams

- |         |            |
|---------|------------|
| TRELAPS | PEWTIRRETY |
| SEERAR  | POUTCERM   |
| DERGEL  | RAPPLICEP  |

## BRAIN TEASER

An electric train is travelling east along the sea front at Brighton. The wind is blowing from the south-west. In which direction is the smoke from the funnel blowing?

## Derbyshire Dales Housing Options Service

Age UK Derby & Derbyshire offer a Housing Options Service, which is a specialist information and advice service for people living in Derbyshire Dales, funded by Derbyshire Dales District Council. The service can help residents consider their present and future housing needs; provide support to help maximise income; get the help and equipment needed to remain independent or offer support to move to a more suitable home. The Housing Options Service is free, confidential, independent and offers individual 1:1 support for tenants and homeowners.

At the end of 2015, 82 year old Mr Hamriding was referred to the Housing Options Service in Derbyshire Dales by a social worker in preparation for a future move as he was finding it difficult to cope in his current home. This situation was getting him down and he felt reliant on his family. He had experienced falls

on the stairs and needed a family member to help him get in and out of the bath.

He went on to view a prospective flat which he said was lovely, but it just wasn't him! After spending Christmas away from home, Mr Hamriding decided in 2016 that he wanted to adapt his own home as he did not wish to leave it.

First of all the Housing Options team looked at income maximisation and applied for Attendance Allowance and Mr Hamriding was awarded high rate. This meant that Mr Hamriding was eligible for pension credit and subsequently council tax relief so his weekly income was increased significantly.

Mr Hamriding has limited mobility and whilst spending time in Spain with his family he had been using a mobility scooter. On returning home, he decided to purchase a mobility scooter to enable him to get out and about.

With this increased income and mobility Mr Hamriding had gained a more positive attitude to his situation. He wanted a stair lift but his house was considered unsuitable. Not to be put off by this Mr Hamriding decided that he wanted to use the majority of his savings to pay for a through the floor lift to be fitted. The lift was installed and Mr Hamriding could now safely get upstairs without risk of falling. The Housing Options team helped Mr Hamriding to successfully apply for a disabled facilities grant, resulting in the bathroom being converted to a wetroom and the unsuitable bath removed.

This enabled Mr Hamriding to feel independent which means he can now bathe safely on his own. He also had some internal and external handrails fitted to enable his independence moving around the home.

Handrails have been fitted to the outdoor area where his washing line is to enable him to continue to dry laundry outdoors. There are a number of steps leading from the rear of the property down to the washing line which Mr Hamriding cannot negotiate. As these steps are shared with the neighbouring property they were not suitable for any adaptations. Not to be phased by this with his new found independence motivating him, Mr Hamriding very happily loads his wet laundry into the basket which sits on the front of his mobility scooter and drives it out of his front door and around the side of his terraced property to the rear garden where his washing line is situated and pegs it out. His Housing Options Service worker, Linda Eaton, said:



For more information on the Housing Options Service contact Age UK Derby & Derbyshire on 01629 761127. For a similar service in Nottingham and Nottinghamshire, contact Age UK Notts on 0115 844 0011.

**“ Mr Hamriding’s story and his very positive attitude continues to inspire me too! ”**

Clive Gray, Manager of the Housing Options Service, said:

**“ although the extra money is a great help, his emotional benefits are far greater than the financial benefits ”**

Mr Hamriding was supported by the Housing Options Service throughout this process and can now manage completely independently in his own home. He is very pleased that he has been able to stay there and is really appreciative of the support he received.

Mr Hamriding said the adaptations made to his property and the increase in income has improved his physical and emotional wellbeing greatly, giving him a new lease of life.



For information about the Gatepost Theatre Company please visit [www.gateposttheatre.com](http://www.gateposttheatre.com)



# Memory Lane at the Theatre

© Gatepost Theatre Company

Memory Lane is an Age UK Derby & Derbyshire dementia-friendly reminiscence project which has operated mainly in Amber Valley since 2013. The project supports several local groups that meet regularly in different towns across the region. The Memory Lane Service develops and delivers activity sessions for older people (aged 50+). The sessions are dementia-friendly and so are particularly suitable for older people and their carers who are living with memory problems and dementia but equally valuable for any older person at risk of social isolation. Each group has a unique character associated with the local community, venue and participants.

There are also Memory Lane groups in Erewash and Derbyshire Dales and

at the time of writing just about to be extended to the north of the county.

Reminiscence works so well as everyone on a daily basis will reminisce to some degree. It's a great leveller, and people living with dementia find they are very comfortable and socially included. Although people with memory loss may struggle with their own short-term memories, their long-term memories can be re-ignited through well-planned reminiscence activities. One of the ways that reminiscence can be really effective is through music and drama as this helps people re-live their memories using their senses. Music is a great way to reminisce, and every one sings along, bringing out loads of smiley faces.

Local amateur theatre group, Gatepost Theatre Company,

have been very generous with their time helping Memory Lane over the last two years. They have done a variety of performances for the Memory Lane groups including putting on Christmas Shows and sing-a-longs; combining Christmas songs with old favourites from the 50s and 60s.

In 2015, Gatepost Theatre Company Supported Age UK Derby & Derbyshire with a unique show in Long Eaton and last year at The Ilkeston Flamsteed Centre. Gatepost Theatre pride themselves on helping the older community and providing opportunities for reminiscence. Many of the cast are from Amber Valley and surrounding areas.

Gatepost Theatre Company is a charity, formed in Amber Valley in 2004. They are a versatile group of mixed aged



from 15 years upwards who are committed to producing excellent shows that are a break from the 'norm'. Gatepost Theatre Company performs to sell-out crowds twice a year at the Guildhall Theatre in Derby. Their performances include Rock of Ages, Return to the Forbidden Planet and in February 2017 Made in Dagenham. Memory Lane have in turn been to the Guildhall to see their productions and hopefully we will be off to see the next one.

For more information about the Memory Lane Service, please contact Di Cliff on 01773 768240 or visit: [www.ageuk.org.uk/derbyandderbyshire/memory](http://www.ageuk.org.uk/derbyandderbyshire/memory)

For more information contact Age UK Notts on: t 0115 844 0011 e info@ageuknotts.org.uk To find out what benefits advice is available from Age UK Derby & Derbyshire call 01773 768240

# Outreach Benefits Advice Service

Age UK Notts offer free, independent, impartial and confidential information and advice on a range of subjects to people in later life.

Our outreach advice sessions take place at:

**The Disabilities Living Centre**, Gateway House, Beechdale Road, Nottingham NG8 3EZ

- ☞ Sessions take place once a month.
- ☞ Appointments available between 1pm & 4pm

For information about the date of next session or to book an appointment, please contact The Disabilities Living Centre reception on **0115 985 5780**

**The Manor Surgery**, Middle Street, Beeston, NG9 1GA  
 ☞ Every 1st and 3rd Wednesday of the month,  
 ☞ Appointments available between 1pm & 4pm

For more information or to book an appointment, please contact The Manor Surgery reception on **0115 907 6960**

### What is the Information & Advice Service?

We offer information and advice on welfare benefits, community care, housing options and local services. We can help you make claims for the following benefits:

- Attendance Allowance
- Personal Independence Payment
- Disability Living Allowance

- Housing Benefit and Council Tax Reduction
- Carers Allowance
- Pension Credit

We can also help with issues such as:

- Gas and electricity bills
- Care at home
- Housing advice
- Signposting to other local services and support

### What do we offer?

- Up-to-date, unbiased and accurate information
- Practical support

to make certain benefit claims

### What extra support do we offer?

We are able to offer a full benefit check to all who use our service  
 Information on health and community care  
 Information on other agencies and services that can help and signpost or refer you to them

### Who is the service for?

- Anyone aged 55+, their families and carers



## Puzzle Solutions

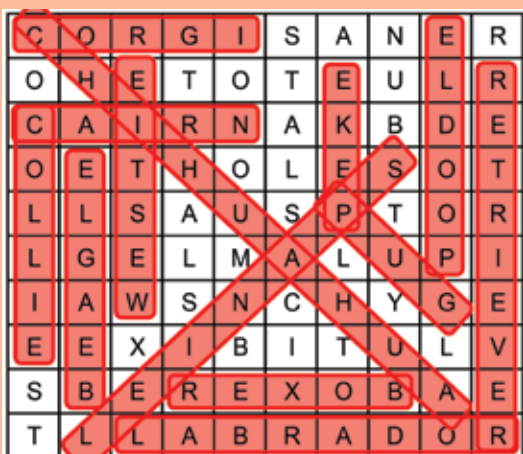
### BRAIN TEASER:

There is no smoke from an electric train

Wordsearch missing word: ALSATIAN



### Wordsearch Answers



### Crossword Answers



### Office Anagrams

- 1) stapler
- 2) typewriter
- 3) eraser
- 4) computer
- 5) ledger
- 6) paperclip



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## Q&A

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

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

*Q. I get lots of phone calls which I do not want from various companies. I don't know how they got my number. Is there a way that I can make this stop?*

A. You can use the Telephone Preference Service (TPS) which is a free service to allow you to record your wishes that you do not want to receive unsolicited sales or marketing calls. It is a legal requirement that all organisations (including charities, voluntary organisations and political parties) do not make such calls to numbers registered on the TPS unless they have your consent to do so. There is also a Mail Preference Service (MPS) which is also a free service to enable consumers to have their names and home addresses in the UK removed from mailing lists used by the direct mailing industry. It is actively supported by the Royal Mail and all directly involved trade associations and fully supported by The Information Commissioners Office.

You can register online or by telephone  
TPS - <http://www.tpsonline.org.uk/tps/index.html> or telephone 0345 070 0707  
MPS - <http://www.mpsonline.org.uk/mpsr/> or telephone 0845 703 4599

If you need further information on any of the questions covered in this issue, or if you would like to discuss your options with someone, get in touch with our Information, Advice & Signposting teams:

Derby & Derbyshire  
t 01773 768 240  
e [info@ageukderbyandderbyshire.org.uk](mailto:info@ageukderbyandderbyshire.org.uk)

Nottingham & Nottinghamshire  
t 0115 844 0011  
e [info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk)

We want to hear your comments: If you have any reaction to our articles or want to share your thoughts with us, we would love to hear from you and may include your comments in a future issue of EngAGE.

*I am disabled and heard I may qualify for VAT exemption: is that true?*

A. Yes. If you're disabled or have a long-term illness, you won't be charged VAT on products designed or adapted for your own personal or domestic use. Also, you won't be charged VAT on the installation and any extra work needed as part of this, repairs or maintenance, spare parts or accessories. The product and your disability have to qualify.

#### Qualifying products or services

Your supplier can tell you, but usually products designed or adapted for a disability qualify. For example, certain types of:

- adjustable beds
- stair lifts
- wheelchairs
- medical appliances to help with severe injuries
- alarms
- braille paper or low vision aids - but not spectacles or contact lenses
- motor vehicles - or the leasing of a motability vehicle
- building work like ramps, widening doors, installing a lift or toilet

#### How to get the product VAT free

To get the product VAT free your disability has to qualify. For VAT purposes, you're disabled or have a long-term illness if:

- you have a physical or mental impairment that affects your ability to carry out everyday activities, eg blindness
- you have a condition that's treated as chronic sickness, like diabetes
- you're terminally ill
- You don't qualify if you're elderly but able-bodied, or if you're temporarily disabled.

You'll need to confirm in writing that you meet these conditions. Your supplier may give you a form for this.

Also, you can apply to your council for equipment or help to adapt your home if you have a disability.

*Q. My mother needs to return home from living abroad, where can I get further help and information?*

A: Age UK National have a section on their website about Returning to the UK ([www.ageuk.org.uk](http://www.ageuk.org.uk)) you can also refer to Factsheet 25 which covers this more in-depth. You may also wish to refer to the section on Help for British nationals overseas at [www.Gov.uk](http://www.Gov.uk)

# The Herbert Protocol

There is little more frightening for anyone who cares for someone with memory loss than when that loved one, relative or neighbour is not where they are supposed to be. When someone has gone missing, it can be stressful for a carer to remember all the information needed when questioned by a police officer but this information is vital if the police are to find the vulnerable person quickly. The police refer to 'the golden hour' in which to find someone because the longer a vulnerable person is lost, the worse the outcome. Derbyshire Constabulary is soon to introduce the Herbert Protocol which is designed to give peace of mind in such times. The Herbert Protocol is a

national scheme already in use by many other police forces. It is named after an individual who was lost and the following review into how the search was handled. The Herbert Protocol is a simple form which gathers the information police will need in the event of a missing person investigation. It encourages carers to compile vital information in advance and helps reduce the stress carers and family feel, and improve the speed police have the information they need to target their search. The form can be completed on behalf of anyone with any memory impairment or dementia. It asks for information about critical medical information, important addresses such as where they used to live or grew up,

leisure activities/interests, previous jobs and workplaces, weekly habits, likes/dislikes, or character traits etc. The form can include a recent photograph which will be crucial for the Police in trying to locate the missing person. The form is short and intended as a summary form giving crucial information rather than a detailed biography! Once the form has been completed it needs to be kept in a prominent place, or a copy kept by key relatives/carers. The form is only used in the event of an emergency and only shared with police staff. In the event of someone going missing call 999. The operator will ask several questions which do not delay the response but helps target activity. The Herbert Protocol can help you answer questions with the operator and if police officers visit. You can also use the information on the form to involve family, friends and neighbours help in the search.

The forms will be available on the Derbyshire Constabulary website ([www.derbyshire.police.uk](http://www.derbyshire.police.uk)) as well as local information points in places like public libraries. Local dementia support services can provide information about the Herbert Protocol as well as other help and support.

*For information about the help and support available for carers and people living with dementia or memory loss you can contact our Information and Advice Service on 01773 768240 or for information about the Herbert Protocol go to Derbyshire Safeguarding Adults board's website: [www.derbysab.org.uk](http://www.derbysab.org.uk)*



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## Best Foot Forward

How about putting your Best Foot Forward and joining us on one of our free, friendly guided short walks in Nottingham city? The walks offer a great opportunity to keep fit and active and make new friends. Best Foot Forward is accredited by Walking for Health ([www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)). All walks are supported by at least one trained walk leader. You do not need to be a regular walker, in fact these walks are ideal for anyone who would like to start taking up exercise or may be recovering from a health condition. All the walks are within easy access of public transport. The scheme offers different walks each weekday.

The walks are very sociable and many walkers have made new friends since they joined. Everyone is welcome, children under 14 years must be accompanied by an adult. Most walkers go together for refreshments at the end so you may wish to take some money along with you.

Smoking is not allowed on the walk and we ask that you do not bring your dog unless it is a "support" dog. All the walks are under 2 hours, most are up to an hour or so with some offering a short option of 20-30 minutes. Choose a walk close to home or explore new areas by joining a walk further afield. Or why not dip in and out of a few? You do not have to pre-book, just turn up on the day at the time specified. You will be

asked to complete a health questionnaire /registration form the first time you attend. (Allow an extra 5-10 minutes if you need to register on arrival). You can also do this beforehand by requesting a form or completing the form on the Walking for Health website. The Walking for Health website allows you to search for walks in your area by entering your postcode, it also provides information on the benefits of walking and advice to walkers with health conditions. You can also use it if you want to find a free guided health walk when you are away from home, you will find there are walks all over the country. Best Foot Forward walks take place as follows:

- Monday 10:30am – Woodthorpe Grange Park walk.
- Monday 1:15pm – Bestwood Walk.
- Tuesday 10:30am – Nuthall Railway Walk.
- Wednesday 10:30am – St Ann's and Sneinton.
- Thursday 10:30am – Forest and Arboretum Walk.
- Friday 10am – Wollaton Park.
- Friday 10:30am – Old Basford
- Friday 10:40am – Victoria Embankment.
- Finally a monthly walk on the 1st Wednesday of the month 10:15am – Strelley Woodland Walk

*For more information about the walks, including difficulty and meeting places, visit [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) or [www.ageuknotts.org.uk](http://www.ageuknotts.org.uk), or contact Age UK Notts on 0115 844 0011.*

We are also hoping to start a walk in Clifton. Please contact us if you would be interested in this.



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