

FREE
Please take one



SUMMER 2016

EngAGE

**Shakespeare in
the sunshine**

Seen Ya Rights



New feature:

**Your questions
answered
your voice heard...**

Peace of mind at the touch of a button



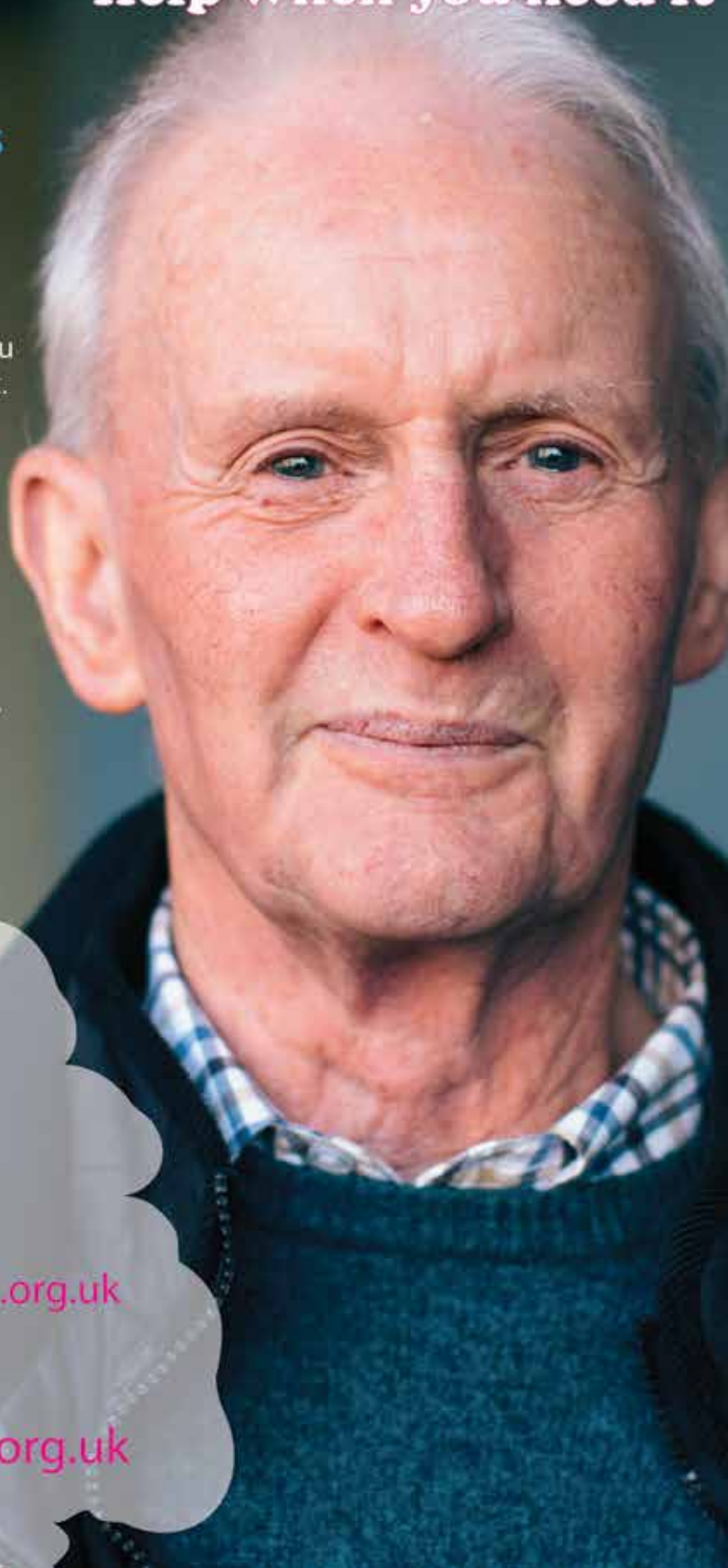
Nottingham On Call

Help when you need it

Nottingham on Call is a 24 hours a day, 365 days a year monitoring and response service.

It offers immediate help for you if you're in difficulty at any time, for example if you have a fall, can't get up, or need support.

The system works by using a clever combination of state of the art technology and really good customer service, giving you the reassurance that you'll get a personal service from friendly, knowledgeable local people, and a manned response in an emergency – all for less than £4 a week.



To find out more,
please get in touch.

Telephone: 0115 915 1640

Minicom: 0115 915 1618

Email: ask@nottinghamoncall.org.uk

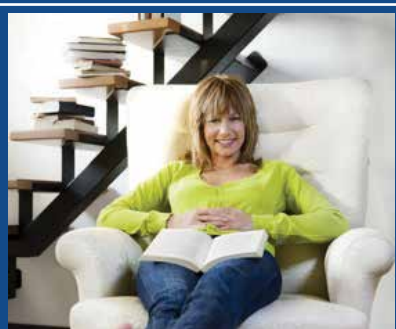
Twitter: [@oncallnottm](https://twitter.com/oncallnottm)

www.nottinghamoncall.org.uk



Beds, Chairs, Stairlifts, Scooters, Wheelchairs, Bathroom Aids, Accessories, Servicing, Warranties & Finance

An experienced, friendly, family run business covering the Midlands and the north of England



Beds & Chairs



Stairlift



Scooter & Wheelchairs



Bathroom aids



Accessories



Servicing

Free home assessment

We respect your privacy. Out N About Mobility offer you free home assessments. It is our belief that you shouldn't have to travel to find the right mobility product, we will bring it to you.

Why don't you try before you buy, in the comfort of your own home? Let us check that you can get your product in and around your house, down your path, into your shed or even into the boot of your car. This will also ensure that you purchase the correct product first time, without making costly mistakes.

Remember, your assessment is totally free.

Please call for your free home assessment.

Out 'N' About Mobility

Unit B Goodbodys Mill

Albert Road

Retford

Nottingham

DN22 6JD

outnabouthomemobility.co.uk

Phone:

01777 701 512



CONTENTS SUMMER 2016

In the Community06

Age UK Derby & Derbyshire and Age UK Notts in action near you.

In the Garden07

...with the grandchildren: Two easy ideas for gardening with little ones.

In the Kitchen.....07

Two deliciously sweet Brazilian treats that are really popular with all ages all over Brazil.

Puzzles10

What's On.....11

Local events and activities across Nottinghamshire and Derbyshire.

The new Residence Nil Rate Band.....14

Bindiya Patel provides some practical advice on the new Residence Nil Rate Band and how it may affect you.

Seen Ya Rights16

Looking back at all this Human Rights group achieved.

Shakespeare in the sunshine.....18

A brief look at the theatre experience of Shakespeare's original audience and where you can see his plays this summer.

Derby 50+ Centre.....19

Ray Gumbley reflects on the successes of the centre as it closes its doors for the last time.

From garbage to games.....20

Easy craft activities using things you probably throw away every week.

Nutrition and Hydration week 201621

Raising awareness of this important issue.

Games of hope22

We take a closer look at a brand new team of Refugee Olympic Athletes who will compete at the Olympics this summer.

Your questions answered, your voice heard.....23

New Feature! Here we answer some of your questions and hear some of your comments.

Show your support for Organ Donation ...24

In the UK today, there are around 7,000 people in need of an organ transplant. How can you help?



07

Meet the team...

Editor

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

Age UK Nottingham & Nottinghamshire

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

Age UK Derby & Derbyshire

29a Market Place, Heanor,
 Derbyshire DE75 7EG
 ☎ 01773 768 240
 ✉ administration@ageukderbyandderbyshire.org.uk
 🌐 www.ageuk.org.uk/derbyandderbyshire
 Twitter: @AgeUK_DD
 Facebook: [facebook.com/AUKDD](https://www.facebook.com/AUKDD)

Designer

Laura Lang
 ✉ laura@lanceprint.co.uk

Advertising

Laurence Rowe
 ☎ 01536 526 662
 ✉ laurence@lancepublishing.co.uk

Publisher

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

Printer

Lance Print Ltd
 ☎ 01733 390 564



This magazine is produced, free of charge, on behalf of Age UK Derby & Derbyshire and Age UK Nottingham & Nottinghamshire by Lance Publishing Ltd. All rights are reserved by the charities and no part of this publication may be reproduced in whole or in part without the written permission of the charities. Age UK Derby & Derbyshire and Age UK Nottingham & Nottinghamshire will accept no responsibility for, or necessarily agree with, any claims made or views expressed in this publication, nor does the mention of any product, service or advertisement imply a recommendation by Age UK Derby & Derbyshire or Age UK Nottingham & Nottinghamshire. The information contained in this magazine is not advice, and should not be treated as such. To the maximum extent permitted by applicable law, we exclude all representations, warranties, undertakings and guarantees relating to this magazine. Age UK Derby & Derbyshire: Registered Charity No. 1068550, Limited Company No. 3510613. Age UK Nottingham & Nottinghamshire: Registered Charity No. 1067881, Limited Company No. 3455485. Lance Publishing Ltd: Registered Company No. 03253372.

From the Editor...



Summer is here!

I love the summer time. The longer evenings, lighter mornings and the beautiful flowers are enough to bring a smile to my face. I hope you enjoy this edition of EngAGE Magazine, maybe even as you bask in the sunlight of your garden or as the sunlight streams through the window.

If you're looking for something to do with your grandchildren this summer, you'll find some handy craft, cooking and gardening ideas on pages 7 and 20.

Also in this edition, we reflect on all the brilliant work of the Derby 50+ centre that closed its doors for the last time in March and take a closer look at Seen Ya Rights, the Human Rights group that held its meetings there.

If you need some advice or information, on page 14 Bindiya Patel, a solicitor with Actons in Nottingham, who deals regularly with Estate Planning, provides some practical advice on the new Residence Nil Rate Band and how it may affect you. Also, new for this issue, on page 23 we are answering some of your questions.

Do get in touch with us if you have any questions or with comments about this issue; we'd love to hear from you.

Enjoy your summer!

Jessica

Jessica Brook
 Editor



06

Security in your home.....25

Keeping your home secure whether you are traveling or staying home this summer.

Bathe & Pamper at the Sybil Levin Health & Wellbeing Centre26

A new service at Age UK Nott's Sybil Levin Health & Wellbeing Centre.

Silverlinks.....28

A peer-to-peer support service for older people considering making changes to their living arrangements.

In the Community...



Golden Grow Bag

The Age UK Derby & Derbyshire Memory Lane group at Epha House, Ilkeston have opened their doors to anyone in the community who would like to join them for the Golden Grow Bag group that meet every other Thursday. The aim of the group is to get the community involved together in growing plants and vegetables.

Last year they won Silver at the Erewash in Bloom awards and this year they hope to do better and get the gold award. This project is in conjunction with Erewash's 'Eat the Streets' group.

For more information and session times please call Di Cliff on 01773 768240

Cheque Presentation

A magnificent £30,000 was raised at the performance of the Pirates of Penzance in October 2015, organised by the High Sheriff Oliver Stephenson. The funds raised were divided equally between Foundation Derbyshire (which makes grants and supports a variety of voluntary sector activity in the County) and Age UK nationally. Dianne Jeffrey, Chair of Age UK and also a local resident, is seen front left holding the cheque at the presentation in Buxton. Age UK kindly divided their money with Age UK Derby & Derbyshire,

giving £7,500 which will be used on local projects in Derbyshire. Oliver has now come to the end of his busy year as High Sheriff and has shown dedication to the role and support for local activities and events and fantastic fundraising. Katy Pugh, Age UK Derby & Derbyshire Chief Executive, said

"I am sure Oliver and his family are looking forward to a well-earned rest but I would like to thank them for their hard work raising funds for our services and providing such a lovely musical evening in Buxton Opera House".



An exciting new Patients' Representative Service

Age UK Notts have provided a Patients' Representative Service supporting older people at Lings Bar Hospital for many years. They have now secured additional funding from Nottinghamshire Healthcare NHS Foundation Trust to provide an exciting new service, which will enable greater service provision. The service offers support, information, representation and advocacy for older people and their carers whilst at Lings Bar Hospital and for patients staying at the Short Stay Reablement Unit (SSRU) located at The Grand, West Bridgford.

The reablement unit provides further rehabilitation to help people regain the ability to look after themselves following illness or injury and is for a maximum stay of 14 days following discharge from hospital. The unit has care staff, our Patients' Representative and a dedicated social worker to assist with timely discharges of patients back to their home. The Patients' Representative can support people during their stay in hospital, as well as on the SSRU and, together with a team of Age UK Notts volunteers, they provide further support for people upon their discharge home around ensuring that they have sufficient medication, shopping and access to other services.

Linda Crick, Service Manager, at Age UK Notts said,

"We are delighted to be involved in this new partnership approach, providing independent support for individuals during their rehabilitation and discharge home, enabling them to live as independently as possible in the community".



To access support from your Patients' Representative please contact: Marie Coyle at Lings Bar Hospital on 0115 883 7503 or Charlotte Windle at the Short Stay Reablement Unit, located at The Grand, West Bridgford on 07872 839 626

Almost £2 million gained for Nottinghamshire's older people

Age UK Nottingham & Nottinghamshire offer an Information, Signposting and Advice service which can provide information and assistance on a wide range of issues face-to-face or over the telephone. Age UK Notts were ecstatic to discover that in the financial year 2015/16 the estimated total of unclaimed benefits that the team were able to assist the older people of Nottinghamshire in claiming was almost £2 million pounds. Mick Tinkler, Age UK Notts' Chief Executive, said: *"With the rising cost of living, we are delighted that we were able to alleviate some of the financial strain on the lives of the older people of Nottinghamshire by helping them claim the funds that they were entitled to receive. Through our Information and Advice team we look forward to helping many more people in this new financial year".*

In the Garden



...With the grandchildren

Summer is a good time to get children involved in gardening activities. It provides a brilliant chance to help teach them where their food comes from and foster life-long memories while you're at it. Here are two easy gardening projects you can do together:

Grow some runner beans:

You'll need some Bamboo canes (around 6-8ft tall), Twine, Runner Bean seeds and a Trowel.

How to*...

1. Prepare the soil for the seeds by digging it over and adding manure or equivalent.
2. Now is time to build the support structure: Depending on the size of your plot you either will need to arrange your bamboo in a wigwam shape, tying the canes together at the top, or in parallel lines with the tops tied to a horizontal cane that runs down the middle (creating what looks like a pointed arch). Ensure to space out the canes sufficiently to allow the plants room to grow. It is often advised that you leave around 45cm between the rows and 20-30cm between each cane in the row.
3. Once your structure is in place, you are ready to plant your seeds at the base of the bamboo canes. If you are

sowing the seeds straight into the soil, dig down about 2 inches before planting. Your seed packet should be able to advise further. Now you can have fun watering your beans, watching them grow and, eventually, harvesting them.

Grow Sunflowers:

You'll need Sunflower seeds (check the packet to see how high they can grow) and Bamboo cane or equivalent (optional).

How to*...

1. Pick a nice sunny spot in your garden and prepare the soil. Make sure to dig down quite deep when preparing as the roots can be quite big.
2. Plant your seeds about 1-2 inches deep into the soil.
3. Plant the seeds about 6 inches apart to start with. As the plants grow, you will probably have to move the plants further apart (around 1.5 feet) to ensure that there is adequate room for the plant to continue to flourish.
4. Make sure to protect your plants from pests such as slugs
5. Watch your sunflower grow. As it gets taller you may need to support the stem by tying a cane to the plant with garden twine.

***Always check the seed packet for more specific instructions and advice.**

In the Kitchen



RECIPE

Brigadeiro

PREP TIME 30 mins

COOK TIME 20 mins
chill 2 hours

INGREDIENTS

SERVING 10

DATE Summer 2016

3 tsp unsweetened cocoa or chocolate Nesquik powder*

1 tablespoon butter

1 can sweetened condensed milk

Chocolate sprinkles

*Condensed milk in the UK is a little different from the Brazilian version. It is not so sweet as the Brazilian, therefore Nesquik is recommended instead of cocoa powder.

They are easy to make, but can burn quickly if the heat is up too high.



Seeing as the Olympics will be in Brazil this year, here are two deliciously sweet Brazilian treats that are really popular with all ages all over Brazil, especially at celebrations and parties.

- 1 Cook the mixture over a low-medium heat for about 15-20 mins until it has reduced and thickened enough to show the pan bottom during stirring.
- 2 Pour the mixture in a lightly greased dish and cool until at room temperature or chill in the fridge for about 2 hours.
- 3 Grease your hands with margarine and roll the mixture into little balls
- 4 Roll each ball in chocolate sprinkles
- 5 Place the balls in small (petit four) paper cases

Beijinho de Coco (Coconut Little Kiss)

As above, but without the cocoa/chocolate sprinkles and flavoured with coconut.

Follow the steps above apart from:

- 1 After the mixture has been removed from the heat, stir in ¼ cup of desiccated coconut.
- 2 Roll in desiccated coconut instead of the chocolate
- 3 Add a whole clove in the top of the beijinho.



Rio 2016





Helping you live after life-changing news



Support and Information

One-to-one support for any life-limiting illness, from diagnosis onwards.

Day Care Unit

Physical, emotional, spiritual and social care in beautiful surroundings.

Hospice at Home

Specialist nursing care from qualified nurses, in your home, day or night.

Therapeutic Services

Counselling, emotional support, art and complementary therapies for adults, families and children dealing with bereavement or life-limiting illness.



All services are provided free of charge

For more information, contact Treetops Hospice Care on
0115 949 1264 or info@treetopshospice.org.uk

Home.

There's no place like it.

Home Instead
SENIOR CARE®
To us, it's personal.



Services include:

- Companionship
- Light housekeeping
- Local transportation and errands
- Meal preparation
- Respite Support
- Convalescence support
- Shopping
- Personal care
- Specialist dementia and Alzheimer's care and much more...

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



National Care Provider
of the Year Award

Call us on: **0115 9226116 • 0115 9677303**

Or visit: **www.homeinstead.co.uk/nottingham**

Puzzle Page

Crossword

In the spirit of the XXXI Olympic Summer Games, which are coming up in Rio from the 5th-21st August, this edition's puzzles have an Olympic theme.

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

- | | | |
|-------------|-------------|----------------|
| HELSINKI | MONTREAL | SYDNEY |
| MELBOURNE | MOSCOW | ATHENS |
| ROME | LOS ANGELES | BEIJING |
| TOKYO | SEOUL | LONDON |
| MEXICO CITY | BARCELONA | RIO DE JANEIRO |
| MUNICH | ATLANTA | |

ACROSS

- One of the oldest Olympic disciplines that can be traced back to 688BC (6)
- In 1896 the route covered 87km, in London 2012 it was 250km (7,4)
- Competitors aim at a target 70m away (7)
- Great Britain is the most successful country for this sport (54 medals, including 25 gold) (7)
- A racquet sport where the fastest smash currently stands at 493 km/h (9)
- The only sport in which team GB has won gold at each Olympics since 1984 (6)
- This sport is being re-introduced in Rio 2016 after a 116 year absence at the Olympics (4)
- Korean martial art introduced at the Sydney games in 2000 (9)
- Extreme, fast-paced stunt sport introduced as an Olympic discipline in 2008 at Beijing (7,3)

DOWN

- Competitors throw opponents to the floor; pin them; or use a choke or arm lock (4)
- Uses a foil, sabre and epee (7)
- A brand new Olympic sport for Rio 2016, based on a version used in early 20th century. (5)
- Indoor aquatic event where athletes cover distances from 50m to 1500m (8)
- Endurance sport comprising three separate disciplines completed consecutively (9)
- An indoor sport played on a court between 2 teams (10)
- Team GB won seven gold medals at both Beijing 2008 and London 2012 in this sport (7,5)
- One of the oldest sports as version referenced in Homer's Odyssey. Now an indoor game. (8)
- Aquatic event - teams of 7 who are not allowed to touch the bottom of the pool (5,4)
- A discipline that used live pigeons until the 1900 Paris games (8)
- With 42 medals, Team GB has won more medals in this sport than any other nation (6)

Quiz

Turn to **page 24** for the solutions

Test your general knowledge with this quick quiz...

- How many sports will be represented at the Rio Olympics in 2016?
- How many nations will compete in Rio?
- What 5 disciplines are included in the modern pentathlon?
- How many times has London hosted the Olympics?
- In 2012, Team GB won an incredible 65 medals (29G; 17S; 19B). Which was the only Olympic Games where they have won more medals?
- Which Olympic Games first lit the Olympic Flame at the Opening Ceremony?
- Which Britain has won a gold medal at 5 consecutive Olympic Games?
- In which year were the first European Games held in Baku, Azerbaijan?
- 2016 will be the second time that the Olympics have been held during the host city's winter. Where was the first time?
- Who currently holds the British record for the total number of gold medals won at Olympics?



WHAT'S ON

in Nottinghamshire and Derbyshire

22 June

£1 Comedy Night Come see top acts practising their new material and support the up-and-coming acts as they start their careers. Canal House, Nottingham. 8pm. £1. **More info:** www.ncfcomedy.co.uk/events.html

25 June

International Day of Dance
A celebration of dance and music performances and workshops from around the globe, various sites around Bakewell town centre. Free event. **More Info:** www.bakewelldayofdance.co.uk

25-26 June Farm &

Country Festival. Bassetlaw Museum, Retford. 10am-4pm. **More info:** www.bassetlawmuseum.org.uk

25 & 26 June Festival of leisure weekend

Swadlincote comes to life with bands, stunt shows, cultural events and side shows and activities for all the family. Maurice Lee Memorial Park, Swadlincote. **More info:** 01283 595795

26 June

IN-NOCENTES National Youth Dance Company (NYDC) performs for the first time at Nottingham Lakeside Arts with a new work by Michael Keegan-Dolan. Lakeside Arts. 19:30. £12 (£6 concessions). **More info:** 0115 846 7777, www.lakesidearts.org.uk

26 June

Mapperley Park Open Gardens Tea and cakes, champagne and strawberries, entertainment, tombola, plant sales quiz and children's trail. Mapperley Park. 1:30pm-6pm. £4. **More info:** www.mapperleyparkopengardens.co.uk

26 June

Bark in the Park Annual fun dog show and family day, Markeaton Park, Derby, DE22 4AA. 11am-4pm **More info:** 01332 344620

3 July – 1 September

Outdoor Theatre at Nottingham Castle Dust off your picnic blanket, Nottingham's Summer Season of Outdoor Theatre is back! Performances include Sherlock Holmes, The Railway Children, Peter Pan, and Ratburger. £15 Adults, £10 Concessions, £40 Family. **More info and full listings:** 0115 989 5555, <http://bit.ly/OutdoorTheatre16>

2 & 3 July

Natural Beauty at Holme Pierrepont Hall A two day Flower Festival, featuring arrangements of locally grown British seasonal flowers throughout the Hall & gardens. Holme Pierrepont Hall. 11am - 4pm. £8.00 on the gate.

2 & 3 July

Derbyshire Summer Market
A fabulous, shopping event about delicious food, gorgeous gifts and accessories with over 100 exhibitors. The Roundhouse, Pride Park, Derby, DE24 8JE. 10am-4pm. £2 entry. **More info:** www.derbyshiresummermarket.co.uk

14 July Southwell Library

Poetry Festival 2016 Come Featuring a packed programme of prize-winning poets, writing workshops, fascinating talks, and children's activities the festival offers a treasury of events for poetry-lovers of all ages. Cost TBC. **More info:** 01636 812 148 <http://bit.ly/SLPoetry2016>

15-17 July

Stainsby Festival If you love live music, then this small and intimate festival features folk and world music. Brunts Fields Stainsby S44 5RN. Various prices. **More info:** 01246 851337, www.stainsbyfestival.org.uk

15-17 July

Edwardian event This event includes re-enactors, exhibitors and educational sessions, as well as running tram-cars from the period. Crich Tramway Village Derbyshire DE4 5DP. **More info:** 01773 854321, www.tramway.co.uk

18 July

Summer Fayre Age UK Derby & Derbyshire Chaddesden Centre, Chaddesden Park. **More info:** Call Teresa on 01332 674562.

01 - 07 August

Robin Hood Festival The festival returns with the usual jousting tournaments, story tellers, comedy acts and of course, Robin Hood and the Sheriff of Nottingham as they clash once more in the home of our outlaw! Sherwood Forest Country Park. Free. **More info:** 01623 823 202, <http://bit.ly/EventRobinHood>

4, 20 & 31 August

Wollaton Hall Outdoor Theatre Performances include Gullivers Travels, Wuthering Heights, and Ratburger. £15 Adults, £10 Concessions, £40 Family. **More info:** 0115 989 5555, <http://bit.ly/OutdoorTheatre16>

5 – 7 Aug

The Riverside Festival
Nottingham's biggest free festival weekend is a unique and fun festival covering one mile along the banks of the River Trent, at Victoria Embankment, adjacent to Trent Bridge. Free.

13 Aug

Old English Walled Garden
Popular Come and discover the beauty of the Old English walled garden at Elvaston Castle, Derby, DE72 3EP, 12-4. £2 entry. **More info:** 01629 533870.

16 Aug

Calke Abbey Alive – 18th Century
The house is in its heyday, come and see some of the visitors the family are entertaining and the staff that are looking after them. Calke Abbey. Free event but normal admission applies. **More info:** 01332 863822

20 Aug

Barlow Carnival carnival, bands, activities for all the family. **More info:** www.barlowcarnival.co.uk

25 - 29 August

Southwell Music Festival An annual, top-quality classical music festival www.southwellmusicfestival.com

2-4 Sep

Chatsworth Country Fair A unique blend of excitement, family entertainment, culinary inspiration, country pursuits and rural crafts all blended together under the stunning backdrop of Chatsworth House, Chatsworth House, DE45 1PN, www.chatsworthcountryfair.co.uk

Dove Service



www.thedoveservice.org.uk



Are you coping with a bereavement, life-changing illness or significant loss?

The Dove Service offers a specialist counselling service in and around Derby to all those affected by these circumstances. To speak to our Grief Support Advisor or make a referral for counselling please call **0300 102 3683**.

We also provide Courses and Workshops for organisations and professionals.



Registered Office: The Dudson Centre, Hope Street, Hanley, Stoke-on-Trent ST1 5DD. Registered Charity No. 1086625 founded in 1984. Company Limited by Guarantee. Registered in England and Wales. Company No. 3613893



WELCOME TO SAFE INTRODUCTIONS

Finding love and happiness for our clients
MATCHMAKING SERVICE – MARRIAGE BUREAU for over 50s
We speak French and English



Our services
Confidential Advice/Guidance
One-to-One Coaching
Workshops/Seminars on Dating Skills
Social Events for Singles

Our Appeal – Female seeking
54, F. Black British, loving, caring seeks a very kind and generous European man 50-65 for **romance and marriage** (Nottinghamshire or Greater London).

Woliki Moukwa,
Founder and Managing
Director of Safe
Introductions, UK

How to reply to this appeal
Call: 07405129310 (3pm-7pm)
Website: www.safeintroductions.co.uk
Email: info@safeintroductions.co.uk

ADC

ELECTRICAL & PROPERTY SERVICES LIMITED

We offer a full Electrical Service and are qualified in all trades including: Joinery • Plastering • Plumbing • Building and all day to day maintenance items within the home

Tel: 0115 979 2101 | Open 7 Days | 24/7 Service

Email: info@adcalltrade.co.uk
www.adcalltrade.co.uk

Unit 6, Woodview Business Centre, Lockwood Close, Nottingham NG5 9JN



A.W. LYMN

The Family Funeral Service

Personally owned and managed by the Lymn Rose Family



- Meet Julia from our Nottingham office
- 24 Hour personal service
- Flagship fleet of Rolls-Royce and Bentley vehicles
- Pre-Paid funeral plans
- In-house memorial masons and florists
- Highly qualified and experienced staff

We have 25 offices in Nottingham, Derby, Mansfield and surrounding areas, we are available 24 hours a day, 7 days a week

“Our family serving your family since 1907”



Robin Hood House
Robin Hood Street
Nottingham, NG3 1GF

Tel: 0115 950 5875

[f /awlymn](https://www.facebook.com/awlymn) | www.lymn.co.uk | [/awlymn](https://www.instagram.com/awlymn)



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



MELBOURNE HOUSE
Aspley, NG8 5RU



ALEXANDRA HOUSE
Eastwood, NG16 3GP



BELLE VUE LODGE
Mapperley, NG3 5FS



PARK HOUSE
Bulwell, NG6 8SB

They looked after my husband brilliantly, all the time he was there. Everything was good, the staff were very good, the nurses - well I could not fault them at all. Everything was clean and tidy. Thank you, an excellent care home.

Sheila, relative of resident.



A local company providing 25 Years of Care Home for an estimated ¼ million people over a quarter of a century



Tel: 0115 979 1234
Email: enquiries@eastgatecare.co.uk
www.eastgatecare.co.uk



The new Residence Nil Rate Band



Inheritance tax is a big worry for many people. However, there is help on the horizon for individuals who have direct descendants who have an estate over the current Nil Rate Band of £325,000 by way of the introduction of a new Residence Nil Rate Band. This measure will take effect from 06 April 2017. Bindiya Patel, a solicitor with Actons in Nottingham, who deals regularly with Estate Planning, provides some practical advice on the new Residence Nil Rate Band and how it may affect you.

What is the Residence Nil Rate Band?

At present, Inheritance tax is charged on the value of your estate at 40% once it exceeds the current Nil Rate Band of £325,000. This has been frozen and will remain in place until 2020/2021. However, from 06 April 2017 a new Residence Nil Rate Band is set to be introduced to effectively 'top-up' the existing Nil Rate Band allowance.

However, conditions have to be met and the new Residence Nil Rate Band will only relate to a deceased person's interest in a 'Main Residence' when that interest is passed on death

to a 'Direct Descendant'. The new Residence Nil Rate Band will be introduced in phases as follows:

- * £100,000 for deaths in the tax year 2017/2018
- * £125,000 for deaths in the tax year 2018/2019
- * £150,000 for deaths in the tax year 2019/2020
- * £175,000 for deaths in the tax year 2020/2021

What does it mean by 'Residence'?

This simply means any residential property which you have occupied as your residence at some point during your life and forms part of your

estate on death. If there is more than one residential property in your estate, then your personal representatives will be able to nominate which residential property should qualify for the Residence Nil Rate Band.

What does it mean by 'Direct Descendant'?

The residence must be left to one or more 'Direct Descendants'. A Direct Descendant has been confirmed as being children (including step-children, adopted children, foster children and also children for whom the deceased was a guardian) and their lineal descendants. Interestingly, spouses and civil partners of lineal descendants and in some circumstances, widows/widowers or surviving civil partners (if they have not remarried) are included.

When will you not be able to use the Residence Nil Rate Band?

If you gift the residence to the Direct Descendants while

you are still alive, this will not qualify for the allowance unless you retain an interest in the residence, so that it is still treated for inheritance tax purposes as part of your estate. Gifts in a Will to a discretionary trust, other than specific types of trusts for bereaved minors or disabled individuals, will not qualify for the allowance. However, there is a possibility that transfers from a Will Trust to direct descendants within two years of death should still qualify for the allowance.

Can the Residence Nil Rate Band be transferred?

As with the current Nil Rate Band allowance, any unused proportion of the Residence Nil Rate Band can be transferred to a surviving spouse or civil partner. This may mean that if the surviving spouse or civil partner dies after 2021, then they will have a total allowance (including the Nil Rate Band) of £1 million before any inheritance tax would need to be paid.

Is there a limit to the size of an Estate that can benefit from the Residence Nil Rate Band?

The Residence Nil Rate Band will be tapered for any estate over £2 million. The £2 million is set until 2021, but may change after. If your estate is over £2 million the Residence Nil Rate Band will be lost at a rate of £1 for every £2 your estate is over £2 million. The tapering will also apply if the Residence Nil Rate Band is transferred to the surviving spouse. Interestingly, when calculating the taper, any gifts made within seven years before you die are not included. Therefore it may be possible to make certain gifts during your lifetime that would mean your estate falls under the £2 million threshold and as such would not affect your entitlement to the Residence Nil Rate Band.

What if you downsize or sell your home to pay for long term care?

To ensure that people who sell their house or downsize to pay for long term care are not disadvantaged, there is a proposal from HMRC stating that if a person ceases to own their home after 08 July 2015 and assets of an equivalent value to the home and/or a lower value residence still forms part of the estate and are passed on death to direct descendants then the Residence Nil Rate Band allowance should still be available.

The amount of Residence Nil Rate Band available cannot be more than the Residence Nil Rate Band that would have been available had you not sold your home or downsized. It is important to stress that this is only a proposal and there is no legislation that has been published as of yet.



If you need help with planning your estate, or indeed with making a Will and would like a no-obligation telephone discussion, please contact Bindiya Patel on 0115 9100 200 or email bindiya.patel@actons.co.uk

Seen Ya Rights

In 2009, a mixed group of older people took part in a Derby training course run by the British Institute of Human Rights (BIHR) and Age UK Derby & Derbyshire. It was one of a series of similar courses around the nation. The aim of the training was to explore Britain's Human Rights Act in relation to its relevance to older people in general and in particular to older LGBT people. The course required participants to complete the course with a project which would inform of the importance of the issues raised.

The Derby group had been looking at issues relating to care home services and decided to make a short documentary film called 'What am I afraid of', which explores specific fears of older LGBT people at what is often a very vulnerable time of life. The film was very well received and has even become part of standard training material in a number of care homes - including one as far away as New Zealand. Encouraged by this success, some of the course members decided to stick with the aims of the training and went on to form a campaigning

group called Seen Ya Rights. Monthly meetings at Age UK Derby & Derbyshire's 50+ Centre in Derby considered and discussed a wide range of issues associated with 'fairness' and 'respect' for older folks. It quickly identified various areas where these two essential requirements were sadly lacking.

Group members have addressed various conferences and training courses around the country, including at Leicester, Cardiff and London. A music video called 'Make it Better' was produced to publicise some of the appalling human rights abuses around the world. A stage play was written, but a lack of resources prevented its production.

As time went on, the size of the group slowly reduced, including the loss of one member with professional presentation skills. This resulted in the responsibility for campaigning work falling on fewer and fewer people, whose enthusiasm thankfully counted for a lot. The group was close to acknowledging that it's days were

numbered, when it was approached by the Quad Arts Centre in Derby asking if SYR would be interested in participating in an 'over 60's' film project called 'Shine a Light'. The journey that followed was a roller coaster trip into the performing arts.

Although SYR's suggested film script didn't make it to production, it was involved in working with Film Director Christine Parker to develop an alternative storyline with an underlying LGBT theme. The resulting film called 'The Carer' was screened at the Quad in February this year, and may go on to reach audiences at film festivals.

Though the original script created by SYR was not suitable for film, it was picked up by Derby University Stage Director Ava Hunt, who with the help of Derby Theatre and funding from Foundation Derbyshire went on to stage two performances of 'My Secret Love' in September 2015, each of which was followed by a discussion session with the caring professions'

invited audience. The last seven years have been interesting, thrilling, and sometimes nerve-wracking - but never boring. Human resources are no longer able to meet the standards SYR insists on, and funding which was always difficult to find is now well nigh impossible. SYR received no general external funding, the running costs being met via member subscriptions. Thus, some requests for speakers could not be met if the organisations were unable to cover travelling and accommodation costs. So it's with some sadness the group has finally disbanded, but will look back with pride at what it achieved largely through interest and dedication.

SYR thanks Age UK Derby & Derbyshire - BIHR - Derby Quad & Esmee Fairbairn Foundation - Derby Theatre & Foundation Derbyshire - and everyone who has helped along the way.

The short film and music video are available on Youtube with links from Age UK Derby & Derbyshire's website: www.ageuk.org.uk/derbyandderbyshire/rights



Welcome to our homes...

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

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

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

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



Contact us now...

**Bramcote Hills
- Nursing and Residential Home**
36 Sandringham Drive, Bramcote
Nottingham, NG9 3EJ
T: 0115 922 1414
E: bramcotehills@gmail.com

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

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

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

Peacemills
132 Perry Road, Sherwood,
Nottingham, NG5 3AH
T: 0115 9602 539
E: peacemills@btconnect.com

**Balmore Country House
- Nursing and Residential Home**
245-247 Loughborough Road,
Ruddington, Nottingham NG11 6NY
T: 0115 9213 006
E: balmorehouse@my-care.co.uk

Moriah House
Deep Furrow Avenue, Carlton,
Nottingham NG4 1RS
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





Whilst the warmth might have you shedding layers, make sure to take lots of jumpers or blankets with you to an outdoor performance in case the weather turns, particularly if it is an evening performance as these can get very cold. Also, consider taking flasks for warm drinks or soup.

Shakespeare in the sunshine

As there are many opportunities to enjoy a Shakespeare performance outdoors this summer, in this edition of EngAGE we thought it would be interesting to take a brief look at how this experience harkens back to the experience of Shakespeare's original audience.

One of the incredible benefits of the long summer evenings is that we get more of a chance to enjoy the outdoors. Taking full advantage of this good weather, there are many outdoor theatre performances happening all over the country this summer. With this year marking 400 years since the death of William Shakespeare, it is a great year to see a Shakespeare play out in the open, in a setting reminiscent of that of the original performances.

In Elizabethan England, the time of Shakespeare, plays were big business and as such there were many places you could see the latest performances. Touring companies would perform in the courtyards of local inns or village greens and, in some cities, theatres and playhouses were erected. James Burbage was the architect for the first purpose-built public playhouse in 1576. The Theatre, as it is known, was situated just

outside London to avoid having to be subject to certain censorship rules in force in the city at the time.

The Theatre was a large, wooden, almost circular building with an open courtyard. The open-roofed structure allowed for natural lighting and meant there wasn't need for additional light sources. However, those poorer spectators would find themselves exposed to the weather if it started to rain as they stood in the open courtyard. People often refer to this space as the 'pit' and the spectators within it 'groundlings'. This vantage point would cost the viewer only one penny and they would have to stand for the duration of the play on a muddy or hay-covered floor. While this was not a glamorous place to watch the performance, it is often suggested that their location would have enabled those spectators to be able to interact with the performers more. Conversely, richer audience members could buy tickets for seats in the roofed galleries around the outsides of The Theatre where they would be protected from the elements.

Because of the exposed nature of these venues, they were only in the dryer and warmer months. When Burbage's lease ran out, The Theatre was dismantled and the timbers were used to

build the (now world-famous) Globe in 1599 further down the river. Shakespeare owned shares of The Globe and it hosted many performances of his plays throughout its life.

Modern day fans of Shakespeare who want to get a feel for what it was like in the Globe can visit a reconstruction of it, just a few yards away from the original site (www.shakespearesglobe.com).

If you want to attend a Shakespeare play in the open air this summer, there are a number of different places you can attend. Here is a list of those that we have been able to find in Nottinghamshire and Derbyshire this summer season:

- 15th – 18th June – *Macbeth* - Markeaton Park¹
- 16th July – *A Midsummer Night's Dream* – Newstead Abbey²
- 22nd July – *Macbeth* – Nottingham Castle²
- 23rd July – *Much Ado About Nothing* – Nottingham Castle²
- 26th – 28th – *Much Ado About Nothing* – Markeaton Park Craft Village³
- 26th July – *Twelfth Night* – Newstead Abbey²
- 28th July – *The Tempest* – Nottingham Castle²
- 14th August – *The Taming of the Shrew* – Newstead Abbey²
- 17th – 18th August – *Twelfth Night* – Wollaton Hall²
- 10 August – *Much Ado* - Chatsworth⁴
- 19th August – *Midsummer Night's Dream* – Newstead Abbey²

- 1 Oddsocks' hilarious new musical adaptation. £16. More info: 01332 255800 or www.visitderby.co.uk/whats-on/events/macbeth
- 2 £15 Adults, £10 Concessions, £40 Family. More info: 0115 989 5555 or visit <http://tickets.trch.co.uk/>
- 3 £16. More info: 01332 255800 or www.derbylive.co.uk/whats-on/much-ado-about-nothing
- 4 £16. www.chatsworth.org/attractions-and-events/events/event/outdoor-theatre

Details of some other non-Shakespeare performances can be found in our What's On listings (page 9).

Find out more about Shakespearian theatre: Alchin, L.K. Elizabethan Era. www.elizabethan-era.org.uk McConnell, L. (2000) Dictionary of Shakespeare. London, United Kingdom: Peter Collin Publishing. Ousby, I (ed.). (2000) The Cambridge guide to literature in English. Cambridge, United Kingdom: Cambridge University Press.



Photos by Ashley Franklin 2010



50+ centre winning a local award

Derby 50+ Centre

As of the 31st of March this year, due to funding cuts, we had to close the doors to our 50plus Health and Wellbeing Centre in Derby City Eagle Centre for the last time. One might have thought that this would be a sad time and to a certain extent it was. However, standing there in the centre after 6 happy years and saying your last goodbyes to an empty and echoing building that has served you well brought back many treasured memories.

The first memories that came back were of the volunteers we have had working in there; especially the young ones that came looking to develop their skills and then moved on to get paid jobs. Then there were the volunteers that we fell in love with simply because of their character and sense of humour who are sadly no longer with us but are not forgotten. The whole of the centre was bought alive by these volunteers who came in day in day out as regular as clockwork giving their time to ensure that there was someone there should

an older person need them. Then our thoughts turned to the older people themselves who used the centre on a regular basis. Much of the work done by our very successful Human Rights group was born in the centre as were our Reach Out group for older gay and bisexual men. Then there was the widow and widowers group and friendship group that both started with just a couple of people coming in for a coffee and a chat and now have fully developed groups who meet regularly and go on outings and holidays together. We won't go into the stories I've heard about the fun they've had over the years whilst away but let's just say they never come home without a smile on their faces and a story to tell. We had the Tai Chi and Chi Gong classes that the people attending swore were turning back the years of the aches and pains they'd suffered and helped them become more mobile. We also held art and craft classes, a knit and knat group, police surgeries and hired the room out so older people's groups had a place to hold their committee meetings and it became a place older people could just drop

in for a chat and a coffee. The importance of a safe space for older people to informally come and meet is often overlooked and underestimated but is something that's really important in a world that can often be quite isolating for anyone who has no family and finds it hard to make friends.

We also started our end of life, our Health and Wellbeing Events and our Annual Community safety partnership events with the fire and police service which could see up to a hundred and fifty older people at each event receiving much-needed information and advice. We also had our one-to-one IT classes for older people and have seen many people coming through the centre not knowing how to switch their laptop on and going on to write pantomimes or spend the evenings talking to their families who live miles away by Skype or Facebook.

With the value of these groups in our minds, we worked hard to find a future for them. Fortunately, all our groups were found new homes and a number of the

surgeries were brought down to the Morledge office like the IT sessions and police surgeries. As I handed in the keys I couldn't help but think who'd have thought six years ago that two small stalls in a marketplace could have reduced so much social isolation, created so many new friends and bought joy to such a huge number of people. The lessons learned of what can be done with such a small space have been immense. The 50plus may have gone but I have every faith that like the Phoenix it will raise itself from the ashes at some point in the future and the whole idea, passion and commitment from staff, volunteers and the older people themselves behind the 50plus centre will create a bigger and better meeting place for older people in Derby.

Ray Gumbley
Derby Services, Advocacy
and Retail Manager

From Garbage to Games

Are you looking for some easy craft ideas to keep your grandchildren occupied this summer, and to have some fun whilst you're at it? We've got you covered. Here are some easy craft ideas which are fun for all ages

According to governmental statistics, the UK generated over 26 million tonnes of household waste in 2014. That is over 71 thousand tonnes of household waste each day!

In light of this, and as a way of saving the pennies, a trend has emerged in recent years called Upcycling. Upcycling is the activity of taking things that would otherwise be thrown away and transforming them into something new and useful. If

you are looking for something to do with the grandchildren around the house this summer, why not try your hand at this new trend? Here is a list of some of the simple crafts you can do with children (or adults) using little more than what you probably throw away every week. Not only are these crafts environmentally friendly, but they are also fun for all the family.

Plastic bottle skittles

Collect as many empty bottles as you can. Wash them thoroughly and decorate them. You can do this with markers or by drawing on paper and sticking it to the bottles. Fill the bottles at least an inch with flour, rice or oats to weigh them down; the more you fill them the harder they will likely be

to knock over but the sturdier they will be against any breeze. Don't have a ball to use? Get an old newspaper and roll it up tight. Cover the newspaper baton in sticky tape (wider packing tape will make this easier). Now you have a stick you can throw or roll at the pins.

Make a summer tent

Old sheets make excellent summer tents. If you are finished using the sheet, it easily becomes a blank canvas to cover with drawings and decorations.

Glass jar tea light holders

A great craft for teenagers or adults, empty jars can become beautiful additions to your shelves

as tea light holders. Permanent markers, coloured or patterned paper, and buttons are amongst the raw materials you can use to decorate the washed jars.

Let your imaginations

run wild...These are just a few simple craft ideas but there are lots more ways to turn waste into something of worth. See how creative you can get!

If you come up with any ideas or want to show us what you did, we would love to see. Contact the editor (details on page 2).

Top tip: to minimise mess, you might want to consider creating these masterpieces outdoors on a sunny day.

Three uses for an empty tin:

Do you have any empty tins?

There are so many things you can make and do with an empty tin. Why not try one of the following:

1) Create your own carnival game. Stack 6 or more of them together and throw a ball at them to knock them down. You can have extra fun if you first decorate your tins with paper or paint.

2) Tins can also be made into useful keepsakes.

First, wash out the tins thoroughly and peel off any labels. Decorate the tin using paper, pens or paint to make a beautiful pen pot or a toothbrush pot for your bathroom (if the decoration is waterproof).

3) Tins can also make good flower pots.

Prepare the tin in the same way as point 2. Using a nail and hammer add some drainage holes to the base.

Tins can usually be decorated with paint, wrapping paper, paper drawings, string, buttons or scraps of material. Have a go and see how creative you can get!



[!] Take care when using tins as the edges may be sharp. Consider covering the sharp edge with tape, paper or other materials. Always exercise caution.

Nutrition and Hydration week 2016



Malnutrition and dehydration amongst older people is a very serious and growing issue which can cause major additional health problems, including infections, depression, feeling cold and falls.

Poor eyesight, mobility and strength can make shopping and cooking meals a struggle; changes in appetite, taste and smell can make mealtimes unappealing; memory problems mean that 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. Spotting some key signs and acting accordingly can help reduce some of the effects of malnutrition and dehydration. The annual Nutrition and Hydration Week in March highlighted these issues, enabling members of the public and professionals to engage in learning about eating and drinking well.

All of the Age UK Derby and Derbyshire shops promoted the campaign by producing some fantastic eye-catching window displays on the theme of food and eating. The displays ranged

from recipe books and food items to recreating a cafe setup in Eckington. Jennie Butler, the manager of the Mickleover shop, even made a perfect whole roast dinner out of salt-dough (pictured). Many shops also held additional events such as a coffee morning bringing many people into the shop, whilst raising awareness of the issues of malnutrition and dehydration.

Malnutrition

As an older person, eating well and being a healthy weight is really important. Malnutrition in older people is a very serious and real problem, with potentially 3 million people being at risk. It is a common cause of admission to hospitals and care homes which costs the taxpayer billions of pounds each year. Derbyshire County Council have produced a booklet to help identify malnutrition and provide help to those who are underweight:

"How to eat well: A guide for older people who are underweight" (<http://bit.ly/1qDt6XG>).

When it is you or someone you see every day, you may not always notice a change over time. There are some major warnings that indicate a significant weight loss and

it is important to know what signs to look for:

- * Are rings looser?
- * Are shirt collars looser?
- * Do slippers that once fit seem too big now?
- * Are skirts/trousers loose around the waist?
- * Are dentures not fitting as well?
- * Are limbs thinner than before?
- * Do belts need to go on a tighter notch?

To prevent malnutrition and weight loss, it is important to eat a balanced diet. Aim for 3 meals and 2 snacks per day. Eating with others can help make the eating experience more enjoyable, whether this is meeting up with friends or eating at a lunch club.

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 visit: www.nutritionandhydrationweek.co.uk or <http://bit.ly/1qDt6XG>

Dehydration

Water makes up two-thirds of our body. It is vital we drink enough fluid to maintain a healthy balance. Most people get dehydrated by either not drinking enough fluids or by losing fluids and not replacing them. Older people should all aim to have at least eight drinks a day, which can include a variety of drinks and not just water. Any fluid except alcohol counts including milk, water, tea, coffee and fruit juice. Regular drinking can help to reduce or prevent illnesses and health problems, such as urinary tract infections, constipation, headaches and dizziness. The people most at risk of dehydration are:

- * Those dependent on others for access to fluids
- * Those with swallowing problems
- * People with a high temperature
- * Diarrhoea or vomiting
- * After taking part in strenuous exercise





Rio 2016

© Fernanda Kairys / shutterstock

Games of Hope

Up to 43 stateless athletes, who have fled their home country, are being considered for a brand new team at the summer Olympics which start in Rio de Janeiro on the 5th August.

The Team of Refugee Olympic Athletes (ROA), will be treated like all the other teams during the Olympics. The ROA will be housed in the athletes' village, competing under the Olympic flag and using the official Olympic anthem for any medals ceremonies. They will enter the opening ceremony as the penultimate team, ahead of hosts Brazil.

ROA Team Members will have to face strict selection criteria. Not only will they have to demonstrate their sporting ability, it also includes personal circumstances and United Nations-verified refugee status. A refugee is defined as a person who has been forced to leave their country in order to escape war, persecution, or natural disaster.

"We have all been touched by the magnitude of this refugee crisis," said International Olympic Committee president Thomas Bach. "By welcoming ROA to the Olympic Games in Rio, we want to send a message of hope to all the refugees of the world."

One potential athlete is 18 year old Yusra Mardini who was among Syria's swimming stars until the war intensified. Then she fled her home in Damascus, trekked across Turkey and made a treacherous sea crossing before making her way through most of central Europe with her sister, arriving in Berlin in 2015.

The dangerous sea crossing was in a boat built for 7 people, but carrying 20 and nearly cost Yusra her life when the engine stopped in open water. Yusra, her sister and another person were the only ones who could swim, so they jumped into the water and began pushing the boat, propelling it for 3 hours.

"I thought it would be a real shame if I drowned in the sea, because I am a swimmer," Having endured the traumatic experience of fleeing her home country, Yusra has a clear ambition for the future:

"I think my target is to qualify for the Olympics and to be an inspiration for everyone. I want everyone to stay strong for their goals in life, because if you have your goals in front of your eyes, you will do everything you can. When you have a problem in your life, it doesn't mean you have to sit around and cry like babies or something. The problem was the reason I am here, and why I am stronger and want to reach my goals. So I want to inspire everyone that [they] can do what they believe in their hearts."

Two other potential athletes have also been named: Raheleh Asemani, an Iranian taekwondo fighter who is now in Belgium, and Popole Misenga, who sought asylum in Brazil in 2013 while competing in Rio at the World Judo Championships for the Democratic Republic of Congo. The names and number of athletes in the team will be announced in June. The athletes will receive

financial and other support from the IOC's Olympic Solidarity programme, which aims to ensure that talented athletes have an equal chance of taking part in the Games regardless of personal circumstances. The Solidarity programme began in Barcelona 1992, in order to make dreams a reality for athletes who otherwise might be unable to compete. In London 2012, Olympic Solidarity awarded 1,264 scholarships resulting in 76 medals won. Olympic Solidarity Director, Pere Miró describes the Games:

"We believe they will send a clear message to the world that the refugee situation exists, and all of us together should do something about it. It is global and it is very important. Through the ROA, we can demonstrate that sport has values, which these days are sometimes put in doubt for various reasons. By bringing these athletes back to the Games, back to sport, back to life, and by bringing sport to the refugee camps to improve the quality of everyday life, we believe we are going back to our roots and really demonstrating that sport can serve society."

EngAGE magazine

Q&A

Your questions answered, your voice heard...

Following on from your feedback, we are starting a new running feature in EngAGE where we will be able to answer some of your questions and share some of your comments.

Age UK Derby & Derbyshire and Age UK Notts provide independent and expert advice on a wide 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: Can you tell me how I go about getting a blue badge?

A: Application forms are available from the relevant council:
Derby City Council - 01332 293111
Derbyshire County Council - 01629 533190
Nottingham City Council - 0115 8761499
Nottingham County Council - 0300 500 8080 (option 1)

If you need help with completing the application you can make an appointment to see one of our volunteer advisors who can assist you.

Q: I am a homeowner - can I still be considered for council housing?

A: Yes - older people who need specialist housing, including sheltered accommodation, can apply to register for local authority housing.

Q: Can my disability benefit be affected by admission to hospital?

A: Yes, disability benefits (Attendance Allowance, Disability Living Allowance, Personal Independence Payment, Carers Allowance) can be affected by stays in hospital. Generally benefits listed above can be paid for the first 28 days of hospital stay. Once you have been in hospital for more than 28 days, these benefits stop (you count the days in hospital from the day after you are admitted to the day before you go home).

If you had been in hospital more than once, the number of days during each hospital stay is added together and payment of benefit will stop after a total of 28 days - if there are 28 days or less between discharge and readmission, the two spells in hospital are added together. Your entitlement to benefit continues even though payment ends. This means that payment can begin again following a discharge from the hospital. You do not need to make a new claim. If you have a Motability agreement in force when you go into hospital, once payment of the mobility component has ceased, Motability should not seek to recover your vehicle for up to 28 days. They can defer the return of your vehicle for longer than this, at their discretion. Make sure you inform the office that administers your benefit about your admission and discharge date.

Note: If you are the private patient paying the whole cost of accommodation and non-medical services in hospital, you are not deemed to be an inpatient and therefore the rules above do not apply.

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

Nottingham & Nottinghamshire
t 0115 844 0011
e 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.

Show your support for Organ Donation



Yes I donate ORGAN DONATION

In the UK today, there are around 7,000 people in need of an organ transplant, including 200 children. On average three people die every day because there just aren't enough organs available.

For people in the black, Asian and ethnic minority communities the situation is even more critical. On average they wait a year longer for kidney transplants due to lack of suitable organs being available.

Anyone can sign up to the NHS Organ Donor Register at any time, age is not a barrier.

The good news is that 82% of the population definitely want to donate or would consider donating their organs. But only 50% have talked about it with their family, and it is

family members who will ultimately need to agree to organ donation going ahead.

So not only do we need more people to join us and sign up to the NHS Organ Donor Register, we need more people to talk about it. It only takes two minutes to register and even less time than that to share your decision and tell the people you love YES I DONATE #OrganDonation <http://bit.ly/1RGvnvz>

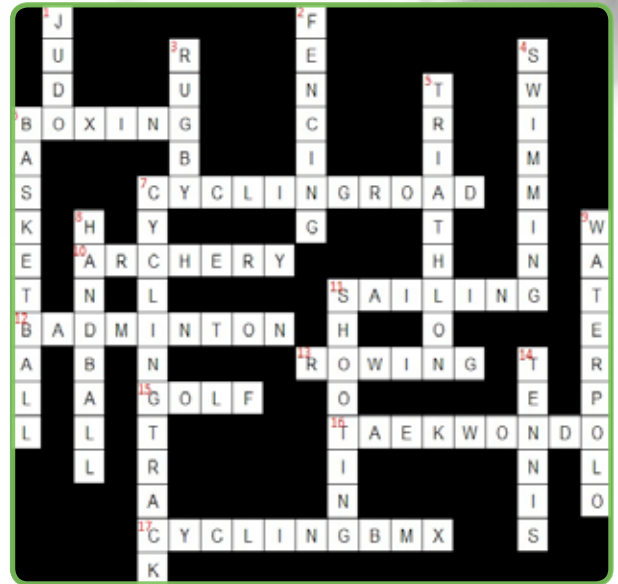


Puzzle Solutions

Wordsearch Answers

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

Crossword Answers



Quiz Answers

- 1) 28
- 2) 205
- 3) fencing, swimming, riding, shooting and running
- 4) 3 – 2012; 1948 & 1908
- 5) London 1908 (146 medals – 56G; 51S & 39B)
- 6) 1928 Amsterdam
- 7) Sir Steve Redgrave (1984,1988;1992; 1996 & 2000)
- 8) 2015
- 9) Sydney 2000
- 10) Sir Chris Hoy



Security in your Home

Most burglars are opportunists and they will look for unlocked doors or opened windows to get in.

- Lock all doors and windows even if you're just popping out for a few minutes.
 - Keep your ladder and garden tools locked away.
 - Don't leave keys in the locks.
 - Remember, the first places a burglar will look for your door key is under the doormat, in a flower-pot or on a piece of string through the letter box.
 - Leave a front room light on if you go out for the evening and consider leaving the radio on. Draw the curtains, leaving a gap at the top so the light can be seen from outside.
- If you go away***
- Cancel your regular deliveries
 - Don't close curtains or blinds, as they are a giveaway during the day.
 - Plug a lamp into a time switch that will automatically turn on in the evening while you're away. But don't leave it in a room that passers-by can see into when the light is on.
 - Ask a friend or neighbour to keep an eye on your home for you.
 - Check your building and contents insurance is up to date.





Bathe & Pamper

at the Sybil Levin

Health & Wellbeing Centre

Age UK Notts' brilliant new bathing suite is now open at Sybil Levin Health & Wellbeing Centre, as part of their Bathe & Pamper service.

For many people taking a bath is a simple pleasure. It offers a chance to relax and unwind after a long day, or an opportunity to soothe aches and pains. However, for many older people, taking a bath is just not possible. Needing assistance to bathe due to health issues, declining health, mobility problems, inadequate facilities at home, or worrying about slipping, falling and about how you will get out of the bath, all have an impact on a person's ability to be able to carry out this vital task.

Thanks to a £10,000 grant from the Aviva Community Fund, Age UK Nottingham & Nottinghamshire have been able to create a new Bathe

and Pamper service and install a wonderful new bathing suite at its Sybil Levin Health & Wellbeing Centre in Nottingham.

The Sybil Levin Health & Wellbeing Centre (formerly known as The Sybil Levin Centre) has been providing a bathing service for a number of years, however, this was in a traditional bath which severely limited who could access the service. The new "walk in" bath offers the opportunity for both assisted and unassisted bathing to a wider range of older people.

What is more, with the new Bathe and Pamper service carers will be able to relax, and be pampered too. The service aims to establish connections with local beauty therapy students to provide carers with manicures, pedicures and other treatments.

“In our experience carers often get lost in a sea of providing care for their loved one that it leaves them very little time for themselves or any time to relax,” comments Linda, an Age UK Service Manager, “but with Bathe & Pamper they will be able to relax, unwind and be pampered themselves.”

The Sybil Levin Health & Wellbeing Centre, located on the A610, Nuthall Road, Cinderhill, is open five days a week, Monday to Friday, providing person-centred specialist day and respite services for older people across Nottingham and Nottinghamshire. The centre provides a safe and stimulating environment for older people who have been assessed as needing the specialist care the centre can provide, and door to door transport can be arranged in our specially equipped minibus. The centre also



provides opportunities for respite breaks for carers at their and there are drop in sessions where people can join a range of lunch groups, coffee mornings and social gatherings, meeting up with others to enjoy their company and a meal.

Other activities open to the general public include Yoga, table tennis, movement to music, Latin fit and chair based exercise as well as a hairdressing service.



Coxbench Hall



Top quality care in unique Georgian surroundings for people in their later years



Coxbench Is About Caring!

Sustain and enjoy independence throughout your retirement years in elegant surroundings with the support of top quality family style care. This high quality retirement home is a beautiful Georgian building set in 4.5 acres of parkland, featuring a stream, pond and sensory gardens, just north of Derby City.

- Highly trained staff • Superb home cooking ● Lift to all floors
- Most rooms have en-suite toilets ● Ample lounge space with large conservatory ● Call Care System to all rooms ● Loop System
- Own mini-bus ● Extensive activities and entertainment

Open Day on Friday 17th June 10am to 6pm

Coxbench Hall Residential Home
 Alfreton Road, Coxbench, Derby DE21 5BB
 Tel: 01332 880200

www.coxbench-hall.co.uk e.mail: office@coxbench-hall.co.uk

Derby Heights

Care With A Difference



Luxury You Can Afford

This Summer make your best life choice and join us at Derby Heights Care Home.

Providing luxury you can afford, with hotel standard quality and services, spacious and welcoming en-suite rooms, spa therapy room, hair salon and barbers, cinema, and sunny landscaped gardens; we even have luxury suites for couples.

To maintain your independence and a healthier lifestyle we have a comprehensive Well-being and activities programme, with something for everyone each day.

To organise a personal tour of our home please call 01332 484895 for more details.



Derby Heights Care Home
 Rykneld Road | Littleover
 Derby | DE23 4SN

www.averyhealthcare.co.uk



Candor
 Stairlifts



Best Local Choice

An independent family run business supplying the widest selection of straight and curved models (new or reconditioned) throughout the East Midlands

Try them yourself

You can even 'try before you buy' at our showroom!

Brand new standard straight stairlift with 2 years warranty & fitted
£1,395!!
 just quote AUK16

Call now to arrange a FREE no obligation quote: 01530 560960



Read our independently verified reviews online

Trusted members of the British Healthcare Trades Association (whose Code of Conduct is approved by Trading Standards).

Head Office: Scotlands Industrial Estate, Coalville, LE67 3JJ.
 Candor Stairlifts is a trading name of Candor Care Ltd

Silverlinks



Silverlinks is a national initiative by the national housing charity Care & Repair England. It aims to enable older people who are facing life-changing choices about their homes and living situations to make well-informed decisions. Age UK Nottingham & Nottinghamshire have run the project in Nottinghamshire since 2014.

“We feel that the Silverlinks service adds real value to our Housing and Care Options Services,” comments Emily Ashton, Information and Advice Manager. “It not only enables us to work proactively with older people to consider future options before they reach a point of need or crisis, but it enables us to set up peer to peer support so that older people can speak directly to someone who has felt the same way that they do. It’s this element of peer to peer support which really makes a

difference and sets us apart from other housing support services for older people.

Silverlinks in action: Mrs Andrew’s Story

Mrs Andrews felt that she was reaching crisis point with some aspects of her living situation after her husband had recently passed away. She was living in the large Victorian house they had shared and owned for 54 years, a home which holds many good memories for her. There were no children or close family members to help. Over the years a great many possessions and piles of paperwork had accumulated, making it difficult to move around parts of the house as well as creating a fire and falls risk. Mrs Andrews was also experiencing deteriorating health and declining mobility and was finding looking after the house, and also walking her dog, difficult to manage. She was worried about finances, bills, and

paperwork, as these had all been managed by her late husband. It was all feeling overwhelming. Mrs Andrews was introduced to a Silverlinks volunteer, Mrs Jones, who talked through with her possible housing and care options, including moving. Mrs Andrews became even more clear that she wanted to stay in her current home, and so with help from Silverlinks Mrs Andrews was put in touch with services to make her home safe, secure and more manageable. Age UK Notts helped Mrs Andrews with legal paperwork concerning her home, including the will writing service. The Home Safety and Improvement Service arranged and project-managed essential home repairs and improvements paid for through a local equity release scheme, run in partnership with Nottingham City Council. A personal alarm system was installed and the Cinnamon Trust now take

the dog for walks for her. Mrs Andrews has since become a Silverlinks volunteer herself and has been able to give support to other older people in similar situations. She volunteers alongside Mrs Jones. They both describe it as “fulfilling” “empowering”, saying it keeps them and other older people they are in contact with abreast of the current availability of services for older people. Silverlinks helped Mrs Andrews to remain in her own home and to cope with issues that she was finding worrying and distressing after bereavement. It gave her time to think about the future and gain more knowledge about what is possible. She has since experienced a decline in her health and mobility and has begun to think again about moving somewhere easier to manage. She now feels better equipped to make such decisions and knows where to go for practical help if she decides to move.

*Some names changed due to confidentiality

Orchard Care Homes in Your Area

Rooms available
for long or short
term stays



Your local care home in the
heart of your community



Clipstone Hall and Lodge Residential & Dementia Care Home

Mansfield Road, Clipstone,
Nottinghamshire NG21 9BH
Telephone: **01623 636 010**



The Grange Care Home

Field Drive, Shirebrook,
Mansfield, Nottinghamshire,
NG20 8BS
Tel: **01623 747 070**



For more information call

01423 859 859

or visit www.orchardcarehomes.com

Working in partnership with





GILLOTT'S
FUNERAL DIRECTORS

**Gillotts Funeral Directors
have been serving families
throughout a wide area
for generations.**



Our experienced Funeral Directors are available to discuss funeral arrangements and pre-planning at our premises or in your home.



**Proud winners of the Best of Broxtowe
Family Business of the Year 2016 Award**

154 Nottingham Rd, Eastwood NG16 3GG, Tel: 01773 713484
1a Abbott St, Heanor DE75 7QD, Tel: 01773 713921
The Old Church, Main St, Kimberley NG16 2LL, Tel: 0115 938 6720
136 Derby Rd, Stapleford NG9 7AY, Tel: 0115 949 1534
133 Nottingham Rd, Selston NG16 6BT, Tel: 01773 306909

www.gillotts.co.uk

Partners: Barry Hutsby, Elaine Hutsby, Joanne Hutsby, Anthony Topley

S E R V I N G F A M I L I E S F O R G E N E R A T I O N S

**Emergency
help, at the
press of the
button**



If you suffer from physical/mental health problems, learning difficulties or are vulnerable in any way we may be able to offer you our call monitoring service.

- Free Installation
- No Hidden Costs
- 24 Hour Service
- Easy to use

from **£3.35** per week
excluding VAT



First 4 Support
"Delivering Excellent Housing Services"

For more information call: 01623 608990 or email: first4support@ashfieldhomes.co.uk



EASTWOOD HOUSE

The long established Eastwood House is a friendly residential home quietly situated within easy walking distance of Eastwood Town. We cater for long and short stay residents and provide respite stays and day care services to support carers. If you are considering care then please feel free to contact our manager Kelsey Davis who will advise you on your choice of care and the cost implications. Equally, you can request a brochure or pop in to one of our coffee mornings.

24 Church Street, Eastwood, Nottingham, NG16 3HS

01773712003

manager@forthmeadow.co.uk

FROM
LESS THAN
£7 A WEEK*



Age UK Funeral Plan

*The better way to beat
rising funeral costs*



Buying this product supports Age UK's charitable work

Pop in for a free information pack

Age UK Local Trading Ltd (Nottingham)

48 Upper Parliament Street

Nottingham, NG1 2AG

Open Mon - Fri 9.30am to 3.30pm

0800 032 9413

Please quote reference AMT058AC



*Based on an Ivy Plan purchased over 15 years costing £6.78 a week.

F6240V1APR16-DG011583_16

Come home to 5 Star Home Insurance



from



10% of new customers paid £146 or less*

Pop in for a quote at:

Age UK Local Trading Ltd (Nottingham)
48 Upper Parliament Street
Nottingham, NG1 2AG

Open Mon - Fri 9.30am to 3.30pm

You can also call your local
Age UK office:

0800 066 5956[†]
www.ageukinsurance.com



Buying Age UK Home Insurance supports Age UK's charitable work

Age UK Home Insurance is provided by Ageas Insurance Limited

*10% of all customers buying an Age UK Home Insurance Buildings & Contents policy between November 2015 and January 2016 paid £146 or less. The premium you pay will depend on individual circumstances, the cover chosen and optional extras selected. †If you call the 0800 number and your local office is not available, your call will be answered by Age UK Enterprises or Ageas Insurance Limited. Age UK Enterprises Limited is a commercial services arm of Age UK (registered charity number 1128267) and donates its net profits to Age UK. Age UK Enterprises Limited is registered in England and Wales no.3156159. Registered address: Tavis House, 1-6 Tavistock Square, London WC1H 9NA. H6379V1MAY16-DG011586_16

You could be in the Algarve, relaxing in the sun...

Situated on the top floor of a three storey block the apartment has its own residents' swimming pool. It has the advantage of being away from the bustle of the town centre but within walking distance (10 minutes to the marina and another 5 to the town centre).

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

www.algarveestatemangement.co.uk
apt meia

PRICES:

Nov to Mar **£190**
Apr & Oct **£255**
May & Sept **£290**
June **£330**
July & Aug **£410**



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

DIGITEC AERIALS

All Aerial &
Satellite Work



- *Aerials for digital/HD
- *Aerial upgrades
- *Extra TV points
- *Multi-room
- *Repairs
- *Satellite, SKY / freesat
- *TV wall mounting
- *All areas covered



0800 056 78 56
079 21314 687

digitecaerials.co.uk

TRENT VALLEY
WINDOW AND DOOR CO.

Conservatory
Village
now open



The right choice for quality, service & design

Providing quality windows doors & conservatories for over 25 years. All our uPVC products are now lead free and are covered by our 10 year insurance backed guarantee.

Call now for a FREE NO OBLIGATION QUOTE

0115 942 5050

www.trentvalleywindows.co.uk

WINDOWS • DOORS • CONSERVATORIES • SOFFITS & FASCIAS GARAGE DOORS



Osteopoise
Healthcare Ltd
Incorporating Key Mobility

Call: 01949 831444

www.osteopoise.com

customerservice@osteopoise.com

Making life easier:

We have many years of experience to guide you, and our range of Mobility scooters, Riser recliner chairs, wheelchairs, walkers and bathing products cater for every need. We also stock the smaller items, as well as access, stairlifts and much more.

- ✓ Wheelchairs: power & manual
- ✓ Bathing & Hygiene
- ✓ Chairs & Beds
- ✓ Scooters
- ✓ Pressure Care
- ✓ Comfort & Nursing Chairs
- ✓ Hoists & Lifters
- ✓ Walking Aids
- ✓ Daily Living Aids
- ✓ Service & Repair

www.osteopoise.com

6 moorbridge Court Bingham. NG13 8GG





ACADEME ROOFING

Quality Roofing Services



NOTTINGHAM'S NUMBER 1 ROOFING PROFESSIONALS

CALL OUR OFFICE ON:
0115 950 6444

“ Our reputation is built on **QUALITY**, first class customer service, reliability and professionalism ”



- Slate & Tile Roofs
- Single Ply Membranes
- Flat Roofs
- Guttering, Soffits and Fascias
- Chimneys Re-Pointed
- Industrial Roofs/Domestic
- Specialists in all lead work
- Re-roofs & New Roofs

LOCAL AUTHORITY APPROVED ROOFING CONTRACTORS
All Areas of Nottinghamshire covered
CALL TODAY!

OVER 30 YEARS EXPERIENCE • FREE ESTIMATES

www.academeroofing.co.uk • office@academeroofing.co.uk
2.3 • Little Tennis Street • Colwick • Nottingham NG2 4EL



Need An MOT

Unit 14, Northern Court, Basford, Nottingham, NG6 0BJ
Tel: 0115 975 49 47


Free Retest Within 15 days 

Which? Trusted trader 

 Nottingham & Nottinghamshire Business Directory Registered Member

 Aircor Service

f www.needanmot.com 



To advertise in the next issue of this publication please contact
Laurence
Tel: 01536 526662
Email: laurence@lancepublishing.co.uk



Looking for roofing in Nottingham? Call us now on 0115 971 7715

B & S ROOFING NOTTINGHAM

From the local roofing company you can trust

Complete Roofing Specialists

- ✓ Roof repairs
- ✓ Roofing maintenance
- ✓ New roofs
- ✓ Re-roofing
- ✓ Fascias and soffits
- ✓ Guttering repairs & replacement
- ✓ Chimney work
- ✓ Lead work and lead flashing
- ✓ Flat roof replacements
- ✓ Roof Velux windows
- ✓ Tiling and slating
- ✓ Ridge tiles repaired & re-bedded



20 YEAR GUARANTEE

Call 0115 971 7715 or visit www.bsroofingnottingham.co.uk today!

Hassle free Stress free

Get Your
Free Quote
Today

£200

**OFF any
Stormclad product**

**EXCLUSIVE TO
ENGAGE READERS**

Call us NOW to book your Free
One Hour Design Appointment

Simply cut out this voucher and hand it to your
Stormclad representative at the beginning of
your Free One Hour Design Appointment to
claim £200 off any Stormclad product *.

Get in touch...

0115 970 8077
stormclad.co.uk



Stormclad
home improvements

**Please come and say hello at one of
our Home Improvement Centres at:**

**Brookfields
Garden Centre
431 Mapperley
Plains
Nottingham
NG3 5RW**

**Wheatcroft
Notcutts
Garden Centre
Landmere Lane
Nottingham
NG12 4DE**

* Minimum order value £1000. Voucher expires 30/09/16. Not to be used in conjunction with any other offer.