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From the Editor...



Welcome

Welcome to this summer edition of EngAGE, we hope you enjoy the articles found in its pages!

In this issue we cover topics such as saving water in the garden, spotting scams and combatting loneliness. We will also take a look at some new services in Nottinghamshire and Derbyshire, including Age UK Notts new Secondary Falls Prevention Service and the new Innovative Intergenerational “Ringing Change” Project in Derbyshire.

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

Warm regards,

Jessica

Jessica Brook
 Editor

In the Community...



Nutrition & Hydration week

Nutrition and Hydration Week in March each year aims to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.

Age UK Derby & Derbyshire get involved in this

campaign each year, notably with the shops creating stunning window displays to highlight the issues and bring awareness into their communities.

Picture shows the display created by Mickleover shop manager, Jennie Butler.

Celebrating with the Sheriff of Nottingham

This year marks 75 years of Age UK Nottingham & Nottinghamshire changing lives in Nottinghamshire. Age UK Notts was pleased to celebrate this milestone at an event in April, run by the Sheriff of Nottingham, Councillor Jackie Morris, at the Council House Ballroom in Nottingham. This special event saw up to 100 older people aged over 65 enjoy live music and good food in the beautiful surroundings of the ballroom, which was buzzing with sounds of people enjoying themselves and making new friends. One particular highlight of the event was that many of the guests arrived on two number 75 buses



provided especially for the occasion by Nottingham City Transport (see photo). Maggie Ross MBE, Business and Community Relations Director at Age UK Notts. Commented:

"We would like to thank everyone who contributed to the occasion, which made it such a lovely event. Particular thanks needs giving to Actons Solicitors, East Midlands Airport Community Fund, Cloud Cars, Thorntons, Vision Express and The Walton Hotel."

A Salute to the Swinging 60s

On the 14th of March, Chesterfield Borough Council organised an event for older people at the Winding Wheel Theatre, Chesterfield. There was a fantastic show packed with music and memories from the 60s as well as an information market place where local services were available to offer advice and information on health and wellbeing topics.

180 tickets were sold with more people turning up on the day so it was a fantastic opportunity for older people to discover information on a wide range of topics. It was a great event, especially

for those who feel socially isolated as they had a great opportunity to mix with others. The Strictly No Falling service that is administered by Age UK Derby & Derbyshire was represented by partner Diane Ball from DCHS.



New-look reception for Age UK Notts



The reception at Bradbury House was designed and installed 15 years ago when Age UK Notts first moved in and has been in need of an upgrade for some time. Around 100 new customers come through our door each week to find the help, advice, information and support they need to live healthy, happy and independent lives. As well as our welcoming and knowledgeable staff it's important that we have a clearly organised space, a wealth of information and services to help quickly and

efficiently. We also want to be warm and welcoming for all as well as disability and dementia friendly. After securing some initial funding, Age UK Notts has been able to complete phase one of a reception re-design, which has included redecoration, new signage and wall displays, upgrades to heating, lighting and installing a modernised hearing loop system. If you are in Nottingham, why not pop in and take a look at our bright and beautiful new space. Watch this space for more news of when we fully complete our refurbishment, with a new accessible reception desk and soft welcoming soft furnishings throughout.

In the Garden



Water saving tips for summer gardening

This summer temperature is on the rise and it can be challenging to keep the plants in your garden moist and cool. Here are some useful tips to save water in your garden, which will both help the environment and save you money!

Water at the right time

Water your containers and pots in the afternoon to encourage healthier and stronger growing plants. Water the rest of your garden in the morning, early morning winds are lower and there is less evaporation. Morning watering gives time for water to soak in your plants so that they have a good supply of water to face the heat of the day. It will also give your plants plenty of time to dry off before night fall reducing the likelihood of slug damage and fungal disease.

Use cool water

Avoid using a hose that has been coiled up, filled with water and sitting in the sun all day. The coiled hose can act like a water heater and hot water stresses sensitive plants. Store your hose in the shade if you can. Otherwise run the heated water out before giving your plants a drink.

Water wisely

Don't waste water wetting and

soaking your plants' foliage, it does little good. Always aim for the base of the plant. And be careful not to water outside the root zone either, if you see water puddling or running off, stop. Let the water soak in before resuming.

Choose the right tool

Watering with a standard garden hose and nozzle can be the least efficient way to water because so much is lost as mist, runoff and evaporation. Instead, try using a soaker hose or sprinkler wand.

Water well when required

A really good soaking every few days (or when the soil becomes dry) will help your plants to develop a deep healthy root system. Avoid watering lightly every day as this encourages your plant roots to grow near the surface of the soil making them more vulnerable to drought.

Choose your containers with care

Patio containers always dry out quickly, but you can make your watering more efficient with plastic or glazed pots instead of unglazed terracotta which is very porous. Group pots together so that they can benefit from the shade created by one another's foliage.

In the Kitchen



RECIPE

Banoffee Pie

PREP 30 mins

TIME 2 hours to set

INGREDIENTS

SERVES 8-10

Summer 2017

275g (10oz) butter

250g (9oz) ginger biscuits, crushed into small pieces

175g (6oz) castor sugar

397g (14oz) tin of full fat condensed milk

3 bananas, sliced

300ml (1/2pt) double cream

25g (1oz) chocolate

Lemon juice



A dessert that is very simple to make but is the tastiest Banoffee Pie ever!! Thanks to Mavis Littlewood who volunteers in the Age UK Derby & Derbyshire shop in Heanor for sharing her family favourite recipe.

METHOD

1. Melt 100g (4oz) of the butter.
2. Stir in the ginger biscuits.
3. Press into a 19cm (7inch) loose bottom tin.
4. Refrigerate for at least an hour.
5. Meanwhile, melt the remaining butter and the condensed milk in a non-stick pan over a low heat, stirring continuously for about 5 minutes until the mixture thickens and turns a pale caramel colour.
6. Pour the mixture over the biscuit base, leave to cool then put in the fridge to set.
7. When firm, decoratively place two sliced bananas on top of the caramel.
8. Cover with whipped cream.
9. Dip the remaining banana slices in lemon juice and place on top of the cream.
10. To finish, grate the chocolate over the cream.

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Combatting Loneliness

Silver Sunday is an annual day of fun and free activities for older people across the UK. Led by the Sir Simon Milton Foundation, it celebrates the value and knowledge they contribute to our communities while combating loneliness and isolation. Everyone can get involved, whether that's organising an event, spreading the word, or simply attending an activity. The next Silver Sunday is on 1st October 2017.

What is Silver Sunday?

Held on the first Sunday of October through the Sir Simon Milton Foundation, Silver Sunday is a national celebration of older people and their contribution to communities.

Through a variety of free activities, Silver Sunday is offering people over 65 a chance to keep active in body and spirit, try new things, meet their neighbours and, ultimately, overcome loneliness.

How did it all begin?

Silver Sunday was launched in 2012 by the Sir Simon Milton Foundation and Councillor Christabel Flight, after a report discovered more than a third of people over 75 said they were lonely. The aim was to celebrate older residents and to help them get out and about and meet new people.

Silver Sunday 2012 was a fantastic success with over 2,000 people taking part in 19 events in Westminster alone. It gained the support of Joanna Lumley, Mayor of London Boris Johnson and Michael Parkinson.

The following year then saw Silver Sunday go national and the event grew significantly with over 150 events being held across the country. 2014 saw a fantastic increase in the reach and size of the day as nearly 400 events took place from Orpington to Orkney, with the day receiving national media attention and growing each year after that.

To find out more about Silver Sunday and how to register an event; or to find out what events are taking place visit:
www.silversunday.org.uk

Jo Cox Commission on Loneliness

Silver Sunday is one of many opportunities for people to get involved in trying to combat loneliness. The other significant conversation which Age UK is proud to be a member of is the Jo Cox Commission on Loneliness which aims to tackle the silent epidemic of loneliness.

During her time as an MP, Jo Cox was dedicated to combating loneliness in the UK. Jo formed an independent, cross-party Commission of MPs and charities to highlight the fact that we can all do something to help lonely people in our community. Following her tragic murder, the Commission has been taken forward in Jo's memory by Rachel Reeves MP from Labour and Seema Kennedy MP from the Conservatives in order to, in Jo's words, 'turbo charge the public's awareness of loneliness.'
www.ageuk.org.uk/get-involved/campaign/jo-cox-commission



Other warning signs to look for include:

- Genuine charities are registered with the Charity Commission and print their registration details on all documentation, collection bags, envelopes, electronic communications etc. Check these details exist and also contact the Charity Commission to confirm they are authentic. You can call them on their helpline 0845 300 0218 or by visiting www.charity-commission.gov.uk, where they have an online charity register.
- and other documents, including collection envelopes.
- Send your donation to the charity directly. This may mean going to a little more trouble, but at least you can be sure your donation will get to where it's intended.
- If you have any concerns you can also gain further information from the government website - www.gov.uk/government/organisations/charity-commission/about

The National Fraud Intelligence Bureau (NFIB) has recently reported details of a scam which sees people being conned out of money donated to non-existent charities.

Fraudsters are believed to be using social media sites to encourage users to donate money to help to support animal welfare charities overseas that do not exist.

cruelty it is simply used to support a criminal lifestyle in the sun. They will canvass for contributions through their existing social networks which will expand over time, attracting more donors.

The NFIB has discovered that the criminal groups are often based in Spain or Cyprus and are using social media to target donors from the UK. The money is then laundered from the UK to overseas and rather than be used to tackle animal

Sometimes the article or post on social media may indicate the payments are for charitable organisation or a "worthy cause". Sadly not in all instances are these genuine, and if in any doubt please undertake your own due diligence.

- If the collection is for a charity you know is genuine, check the collection is authorised by asking the charity directly, using contact details from the phone book or a website that you know is genuine.

If you think anyone may be collecting money illegally supposedly on behalf of Age UK Derby & Derbyshire or Age UK Notts you must verify the details. All our contact details and charity registration details on the contents page of this magazine.

- Watch out for poor grammar and spelling in emails



If you, or anyone you know, have been affected by this fraud or any other scam, report it to Action Fraud by calling 0300 123 2040 or visiting www.actionfraud.police.uk

Past & Present The Playlist of our

This year Age UK Nottingham & Nottinghamshire is celebrating **75 years** of changing lives in Nottinghamshire.

As we look back over the years of work, from starting out as an Older Peoples Welfare Committee, to today when we are the largest local independent charity providing a wide range of services for older people from all communities and backgrounds in the city and county, we have

much to reminisce and be thankful for. It is always enjoyable to reminisce, and one such thing people love to reminisce about is the music of their youth.

When we, at Age UK Notts, were just 10 years old, the first UK singles chart was established by New Musical Express

(NME), with Al Martino's "*Here In My Heart*" as the first No. 1. These charts were assembled by telephoning a selection of record stores.

Over the years the official charts have been compiled by several research and data organisations. Today's charts are compiled by the Official Charts Company,

a joint venture operation owned by the BPI and the Entertainment Retailers Association. More information about the Official Charts Company can be found on www.officialcharts.com

Here are a few songs that have topped the charts across the lifespan of our charity...

If you enjoy trivia about past number 1 singles and the UK charts? The Official Charts Company provides an extensive, searchable database. Find out more at www.officialcharts.com



When we were 15...(1957)

"Oh, please, stay by me, Diana..."

When Age UK Notts was a teenager in 1957, the highest selling single of the year was Paul Anka's 'Diana'. 'Diana' was one of the songs which made Paul Anka, who was also then a teenager, famous. In fact, 'Diana' made Paul Anka "the first teenager to either sing or write a UK million seller" according to the Official Charts Company. It spent 25 weeks on the charts, with 9 weeks at number 1. Paul Anka was presented his Gold disc for 'Diana' live on stage by EMI Chairman Joseph Lockwood.

When we were 25 (1967)

"Please release me, let me go..."

By 1967, Top of The Pops is now on our TVs every week and Record Retailer's Album Chart has expanded to become a top 40. Other notable musical milestones this year include the launch of BBC Radio 1 on 30 September 1967, and became home to the Official Chart show which was then called Pick of the Pops. The bestselling single of the year was Engelbert Humperdinck's 'Release Me', one of two number 1s he enjoyed that year, the

other being 'The Last Waltz'. 'Release Me' is also quite famous for keeping The Beatles from achieving their eighth consecutive number 1 with 'Penny Lane'/'Strawberry Fields Forever'.

When we were 35... (1977)

"Mull of Kintyre, oh mist rolling in from the sea..."

The bestselling single of 1977, and bestselling single of the whole of the 70s, was the double A-side 'Mull of Kintyre' / 'Girls' School' by Wings, a band formed by Paul McCartney in the early 70s. The double A-side 'Mull of Kintyre' / 'Girls' School' held the top spot for 9 weeks, including being Christmas No. 1 of 1977 and the single to sell over 2 million in the UK.

When we were 45... (1987)

"Never gonna give you up..."

Rick Astley's first single from his debut album spent 5 weeks at number one and was 1987's bestselling single. It was eventually knocked off by M/A/R/R/S' one hit wonder 'Pump Up the Volume'. Interesting fact: 'Never Gonna Give You Up' and Rick Astley rose to fame once again in the noughties through the prank dubbed "rickrolling". "Rickrolling" was

the prank whereby millions of people were tricked in to watching Rick Astley's music video instead of the content they were expecting to see.

When we were 55... (1997)

"And it seems to me you lived your life..."

In August of 1997, Diana, Princess of Wales tragically died in a car crash in Paris. Following her death, Elton John released a re-written version of his earlier song 'Candle in the Wind', along with the song 'Something About the Way You Look Tonight' as a double A-side, in tribute to her. The proceeds of the single went towards Princess Diana's charities. The single went on to be the biggest selling single in UK history according to the official chart, with around 4.9 million sold.

When we were 65... (2007)

"I keep, keep bleeding love..."

The noughties were a decade of music heavily influenced by TV shows such as Pop Idol and The X Factor. 2007's top-selling single reflects this, with Leona Lewis, 2006's The X Factor Winner, claiming the title with her song 'Bleeding Love'. This would be Leona's second UK No.1, after achieving Christmas No.1 the previous December

with her X Factor winner's single 'A Moment Like This'. 'Bleeding Love' spent 7 weeks at number 1 before being ousted by the charity single "What A Wonderful World" being sung by Katie Melua and the late Eva Cassidy. Sold exclusively through Tesco, proceeds from this single went to support the British Red Cross.

Today (2017)

"I'm in love with the shape of you..."

Today, the charts are influenced by the rise in music streaming. In 2012 an Official Streaming Chart was launched, and then in 2014 streaming began to contribute to the Official Singles Chart with 100 streams being equal to a purchase of the single. In January 2017, this was altered slightly to mean that now 150 streams equal a purchase of the single. Owing in a large part to this rise in streaming, the first quarter of this year has been dominated by Ed Sheeran, with tracks from his latest album, ÷, flooding the charts. On the 10th March 2017, Ed Sheeran had 9 songs in the top 10 and 16 in the top 20. At the time of writing this article, Ed Sheeran is sitting back at No. 1 and still has 5 songs in the top 40, 2 in the top 10, and it doesn't look like it will change any time soon.

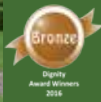
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What is your favourite song? What songs form the soundtracks to the significant moments of your life?
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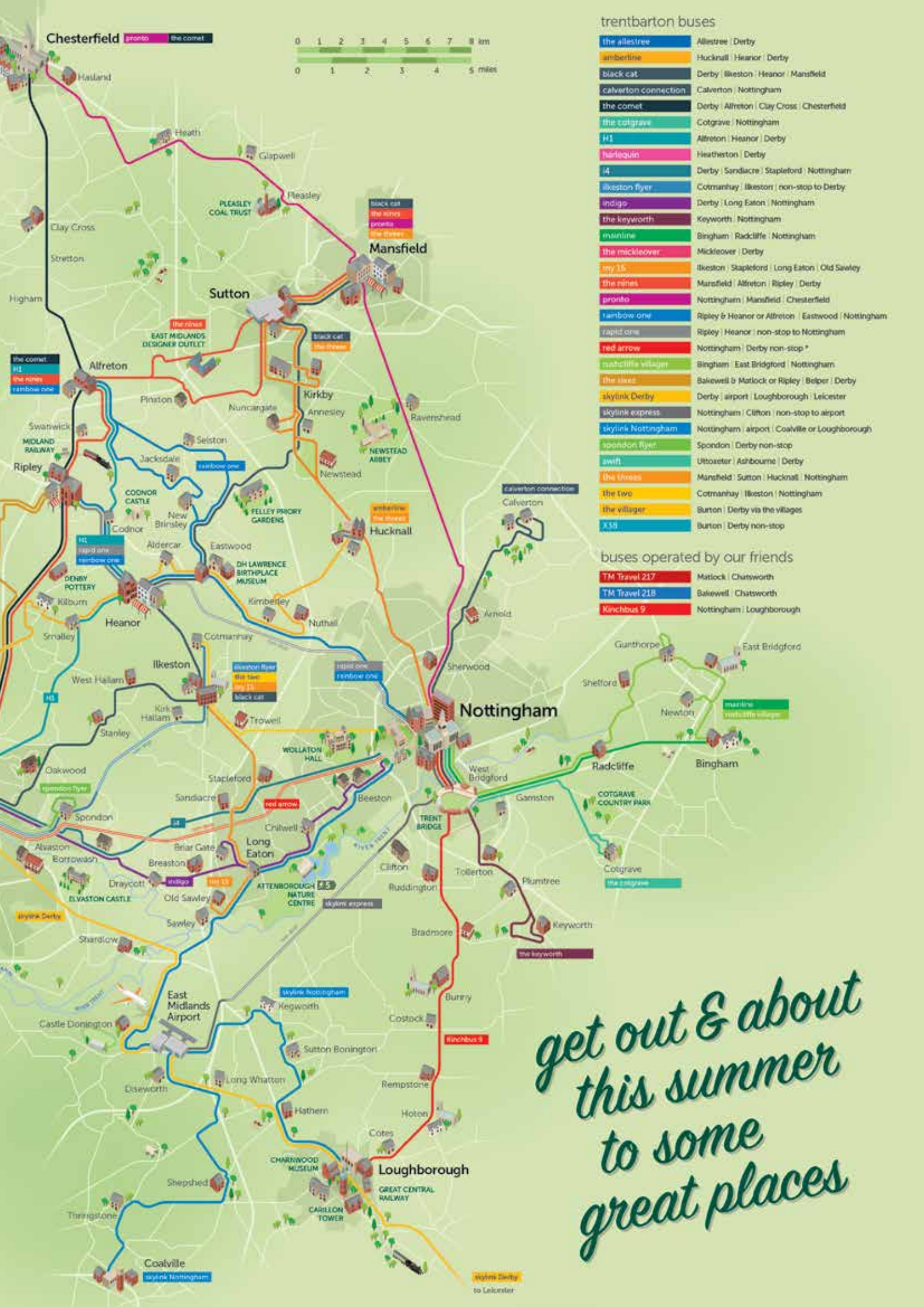


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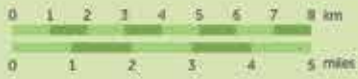
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- the allestree** Allestree | Derby
- amberline** Hucknall | Heanor | Derby
- black cat** Derby | Ilkeston | Heanor | Mansfield
- calverton connection** Calverton | Nottingham
- the comet** Derby | Alfreton | Clay Cross | Chesterfield
- the cotgrave** Cotgrave | Nottingham
- H1** Alfreton | Heanor | Derby
- harlequin** Heatherton | Derby
- i4** Derby | Sandiacre | Stapleford | Nottingham
- ilkeston flyer** Cotmanhay | Ilkeston | non-stop to Derby
- indigo** Derby | Long Eaton | Nottingham
- the keyworth** Keyworth | Nottingham
- mainline** Bingham | Radcliffe | Nottingham
- the mickleover** Mickleover | Derby
- my 15** Ilkeston | Stapleford | Long Eaton | Old Sawley
- the nines** Mansfield | Alfreton | Ripley | Derby
- pronto** Nottingham | Mansfield | Chesterfield
- rainbow one** Ripley & Heanor or Alfreton | Eastwood | Nottingham
- rapid one** Ripley | Heanor | non-stop to Nottingham
- red arrow** Nottingham | Derby non-stop*
- radcliffe villager** Bingham | East Bridgford | Nottingham
- the sixes** Bakewell & Matlock or Ripley | Belper | Derby
- skylink Derby** Derby | airport | Loughborough | Leicester
- skylink express** Nottingham | Clifton | non-stop to airport
- skylink Nottingham** Nottingham | airport | Coalville or Loughborough
- spondon flyer** Spondon | Derby non-stop
- swift** Ulboaxter | Ashbourne | Derby
- the threes** Mansfield | Sutton | Hucknall | Nottingham
- the two** Cotmanhay | Ilkeston | Nottingham
- the villager** Burton | Derby via the villages
- X35** Burton | Derby non-stop

buses operated by our friends

- TM Travel 217** Matlock | Chatsworth
- TM Travel 218** Bakewell | Chatsworth
- KinchiBus 9** Nottingham | Loughborough

*get out & about
this summer
to some
great places*

Wymn Derby
to Leicester

Innovative Intergenerational "Ringing Change" Project



©Shutterstock.com/Ruslan Guzov

Derbyshire Charity, First Taste, based in Two Dales near Matlock, do a lot of simulative creative arts projects with the users of Age UK Derby & Derbyshire day centres.

First Taste is delighted to announce a grant of £4,930 from the National Lottery Awards for All Fund to assist with the cost of a new and innovative intergenerational Project called "Ringing Change" with the older people at the Meadow View Care Centre and some of the children from Churchtown Primary School in Darley Dale. Other grants to help fund this project are being made by the Derbyshire Dales District Council's three Darley Dale ward members from their District Council's Local Projects Fund as well as a small grant from Darley Dale Town Council's Community Grants Scheme Under the leadership of First Taste's Social Care Training Manager, Cecilia Harris, and First Taste's tutors, this new project will see older people at Meadow View working with children from Churchtown School in a learning programme of 33 creative arts and stimulative

activity workshops including making music with Bellplates - a simple form of handbell that produces a sound similar to that of church bells. The Project is designed to: help understandings between the generations; share knowledge and experiences; develop respect for older people and the frailties of advanced older age; learn together new skills and have lots of fun. Both the Meadow View Care Centre and Churchtown School are very much looking forward to working together in this new venture. The Project started in February & will run until February 2018 when it is hoped that it will culminate in some form of celebratory event. First Taste is also looking for new trustees with skills to help drive forward the Charity's aims of meeting the demands of working creatively in today's challenging environment. www.firsttastecharity.co.uk

Volunteers Wanted

Do you like making things?

Remap is a special charity whose volunteers make aids to help people with disabilities when nothing suitable is available through normal sources.

Are you a retired engineer, craftsman, keen DIYer, etc? Do you like designing and creating things (working with wood or metal or electrics), then join us and use your skills to help others.

Remap volunteers come from varied backgrounds and interests and take on the tasks they have the knowledge and skills to address.

Volunteers give their time and skills for free using their own tools and home workshop facilities. They are compensated for the cost of materials and travel. They need their own transport and have to be free during the working day to meet with clients and health professionals. Remap supplies all sorts of aids. Some are quite simple, like fitting a ball to the controls of a gas

fire so an arthritic user can operate it, making a customised door access ramp for a wheelchair user, or a suitable safety gate to control an autistic child. Others can be more complex, such as a powered lift, so a lady could get up her front door step, or adapting electronic controls so people lacking dexterity can operate TVs and other household devices. Helping children with miss-functional or missing limbs, etc. is another important area.



For more information: Derbyshire, call 01332 841486, or visit www.derbyremap.info
Nottinghamshire, call 0115 914 3537

Nothing says thank you as well as

cream tea

Age UK recently said thank you to members of three 'Local Committees' who have raised funds first for 'Help the Aged' and more recently Age UK.

Committees from Derbyshire, Erewash and North Lincolnshire attended a splendid cream tea at East Lodge Hotel, Rowsley near Bakewell hosted by Diane Jeffrey, Chair of the Trustees of Age UK and a resident of Derbyshire.

Staff from Age UK Derby & Derbyshire and Age UK North Lincolnshire attended with representatives from the local committees and spent

an afternoon reminiscing about the early days of the committees and some of the fundraising events they have organised. It was a lovely opportunity to thank the individuals for their hard work and dedication to the needs of older people. Also, there was the opportunity to welcome the Derbyshire and Erewash Committees to Age UK Derby & Derbyshire as Members and supporters of our work.

We'd like to say a big thank you to past and present members of both our local committees for all the money they have raised over many years, which has supported research into ageing, practical services and helped raise awareness of the issues of older age.

Thank you to present members of the Derbyshire Committee: Shirley Shaw MBE, Elizabeth Boileau, Celia Moore, Angela Barnes, Didi Spurrier, Jennifer Swabey and Mary Clark-Maxwell. And to the members of the Erewash Committee: Elizabeth

Key, Tracey Price, Tim Fryzer-Smith, Veronica Savill, Emily Gathercole and Angela Barnes. Members of the Erewash Age UK Local Committee received well-earned Membership certificates in recognition of their fantastic work raising funds for Age UK over many years.

Erewash residents may know them best as the famous 'Duck Race' organisers who have run this great community event for over 25 years and raised thousands of pounds in the process.



What can happen if you don't

make a Will



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



Advertorial

Mandy Kelly is a specialist wills and probate lawyer, and director at Nottingham law firm Actons. In this article she explains why making a Will is so important, and what can happen if you don't have one.



Around 70% of people who die each year do so without leaving a Will. Many of them believe that their failure to have a valid Will has no consequences for their loved ones. They believe that those closest to them will automatically inherit their estate when they die. However, nothing could be further from reality.

Why is writing a Will important?

Making a Will means a person leaves a clear set of instructions setting out who is to benefit from their estate.

The Will then speaks for you, it tells everybody how you have decided to provide for them.

A well thought out Will sets out:

- ✓ Who should deal with the administration of your estate (the Executors).
- ✓ Who should take care of young children for you (the Guardians)
- ✓ Who is to inherit your estate, in what shares and at what age (the Beneficiaries)
- ✓ How you want to protect vulnerable loved ones (children or the disabled)
- ✓ Who should inherit if the intended beneficiary dies before you.
- ✓ Provides in a safe way for beneficiaries who may be in the process of getting divorced, are bankrupt or have other life issues and need special provisions.

- ✓ Provide for unborn children or grandchildren, or other loved ones

Making a Will:

- Gives peace of mind in the knowledge everything possible has been done to safeguard and provide for loved ones - blood relatives or not.
- Allows for the making of direct gifts to specifically named loved ones.
- Allows for the setting aside of assets (in Trusts) to ensure that they are truly protected for your loved ones, ensuring that outsiders who may seek to take it from them cannot do so.
- Can facilitate the reduction of tax charges.
- Can enable estate funds to be sheltered from being absorbed by care fees.
- Allows a person to provide for first and second families where necessary.
- Can protect your children should your spouse/civil partner or cohabitee remarry or enter another partnership after your death.

Dying without a Will means that the "Intestacy Rules" determine what happens with a person's estate.

Those rules are inflexible, may not coincide with what a person actually wants, and only allow blood relatives to inherit a deceased persons estate if there is no valid Will in place. A person's estate could then be divided between blood relatives, even distant ones who they may not have had any contact with at all. Where there are no blood relatives the default is that the deceased persons estate passes to the Crown.

Dying without a valid Will can mean that people you really care about can be left with nothing at all. This can cause confusion, real upset, understandable disappointment and arguments. It can also lead to unnecessary expense and financial hardship for loved ones.

Avoiding unintended problems

If you have a valid Will already, you should review it regularly. The Law Society recommends that people should review their Will every five years.

Important changes in personal circumstances can have unintended consequences.

For example if you have separated from your spouse or civil partner, you may assume that they will not

be able to inherit. Unless the divorce or dissolution is finalised, they will still be able to inherit your estate.

Alternatively if one of the people you wanted to inherit your estate is bankrupt or in the midst of a divorce, your Will may need to be changed to leave gifts in appropriate trusts for them, until the bankruptcy is dissolved or the divorce finalised.

It is important that your solicitor provides advice if this applies to you.

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2 LUXURY STATIC HOLIDAY CARAVANS FOR HIRE GOLDENSANDS HOLIDAY PARK MABLETHORPE

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

Based at the
Haven



Bermuda 8 Berth



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

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

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

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

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



Preventing Falls

Have you tripped or fallen, unsteady on your feet? Exercise can help you! Join our safe, effective, free exercise class for the over 60's, and enjoy a healthy body.

As you get older it is important to be as active as you can.

These safe, effective classes for the over 60's, delivered by a qualified and experienced postural stability instructor, can help you stay independent and active for longer, improve your balance and strength, increase your confidence,

and help you prevent future falls and injuries; helping you feel more confident about your daily activities.

The class features both standing and seated exercises that are right for your level and our postural stability instructor will help you improve your strength and balance, posture and coordination.

The classes will give you the opportunity to enjoy yourself and to meet new people, whilst improving your fitness, strength and balance in a supportive environment, and participating at a level that is comfortable for you.

Each class includes an opportunity to access information and get to know others over a free cup of tea and coffee. People who have taken part in postural stability classes feel more confident and enjoy an improved quality of life.

"I really enjoy the classes, before I met [the Postural Stability Instructor] I had developed problems, I struggled to get out of a chair. I can now do this and many other things with ease. I can also get up off the floor easily - something I thought that I could never do! This helps me with my grandchildren."

"[The Postural Stability Instructor] is helpful and friendly, so is the group, they are all supportive. My wife also now comes too."

"I feel a lot more confident about venturing out and doing daily tasks, I use a wheeler outdoors, my quality of life has improved dramatically."

"My balance and strength have improved a lot, my life has changed for the better, I enjoy the class immensely."

Derbyshire's Falls classes on the big screen

The Strictly No Falling Service in Derbyshire, administered by Age UK Derby & Derbyshire, were recently given a grant to produce a film about the service and the difference it can make to someone's life when they join a falls prevention class. The film gives Walter's story, who explains why he needed to join a class and the impact the class has made on his life. The whole class in Swadlincote also appear on the short promotional film, with instructor Lisa Dengate. Find the film or more information about the falls prevention service on <http://www.ageuk.org.uk/derbyandderbyshire/falls/> Photo shows the class with Walter 1st from the left on the front row, and Lisa in the middle at the front.



This service is being provided in partnership with Nottingham North & East Clinical Commissioning Group (Logo) * incorporating areas such as Gedling, Hucknall, Eastwood, Lowdham, Arnold, Mapperley, Carlton, Bestwood Village, Netherfield. Other areas in the Nottingham North & East regions are covered, please enquire for details.

To find out more about these classes and whether you may be eligible to attend, contact

Age UK Notts, on:

t 0115 919 4878

e fallsprevention@ageuknotts.org.uk

For information about falls prevention in Derbyshire call 01773 768240

**Come
along
and join
our class!**



Do you know your Twitter from your Cloud?

Most people use a smart phone, computer, tablet or the internet at least once a day and many of us take it for granted. However statistics indicate that 85% of people aged 55+ have never used the internet.

Terms like Wi-Fi, facetime, twitter, the cloud...can leave an older person feeling left behind and create a divide between them and their younger loved ones. Increasingly, bills are paid online, the best financial deals are available only online and there is a wealth of social activities that can be supported by online access.

It is estimated that shopping and paying bills online can save over £500 per year and many older people are missing out on these opportunities. Learning how to take advantage of these deals safely can be a real boost to monthly incomes. Age UK Nottingham & Nottinghamshire, Business in the Community and Capital One have worked together to develop ClickSilver – a great way for older people

to find the one-to-one help they need to learn about computers and accessing the internet. Over 300 people have participated in the 6 week course so far and more courses are planned for later this year.

Working in conjunction with Nottingham Trent University and the University of Nottingham, ClickSilver matches each older person with their own student mentor to guide them through the 6 week course. This has the added benefit of creating intergenerational bonds between the older and younger people, positively challenging stereotypes





each held about the other. Accessing the internet is not just practical; it can also help people stay in touch with their friends and family. Skype is an amazing way of having a face-to-face conversation using technology even when friends and family are on the other side of the world. Imagine being able to see the face of the person you love while you are talking to them; it's a wonderful way of communicating. There are thousands of social groups, activities and support forums available on the internet and it's a great way of tackling loneliness and social isolation.

In a modern society technology is seen as common place and new advancements are occurring every day.

If you are interested in finding out more about the course, please contact Amber Kelly on 0115 841 4479. The course costs £10 for 6 weeks and all bookings are taken through Age UK Notts.

ClickSilver gives older people the knowledge and confidence to access information safely online, helping to provide more financial security for their future. The course is suitable for people who know absolutely nothing about the computers and the internet through to those who wish they knew a bit more.

But don't take our word for it – here's what delegates have said:

-  I can now use the computer at home without help
-  Very happy and a real sense of achievement
-  I can't believe how much I've absorbed in the last 6 weeks
-  The mentors were fantastic: they showed great patience, commitment and communication skills

EngAGE magazine

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 am socially isolated and would like information on any local clubs/groups or activities in my area please?

A. Age UK Notts & Age UK Derby & Derbyshire are able to discuss with you what clubs may be available for you to attend. Age UK Notts' Health & Wellbeing service, particularly, can provide support to residents in various areas of the county, to help you establish what clubs or groups may be most appropriate for you to attend.

If you already have a pastime in mind, the following databases may be helpful for you to find the local groups available:

- * In Nottinghamshire (County): Notts Help Yourself, www.nottshelpyourself.org.uk
- * In Nottingham (City): LiON, www.asklion.co.uk
- * In Derbyshire: Derbyshire County Council's Derbyshire Directory, www.derbyshire.gov.uk/community/derbyshire_directory
- * In Derby & Derbyshire: Community Directory Derbyshire, www.communitydirectoryderbyshire.org.uk

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

Q. Am I eligible for Pension Credit?

A. Pension Credit is an income-related benefit that comes in two parts, and you may be eligible for one or both parts.

Guarantee Credit tops up your weekly income to a guaranteed minimum level. If you're an eligible age*, you can claim Guarantee Credit if your weekly income is less than £159.35 if you're single, or £243.25 if you're a couple. If you're an eligible age*, but your weekly income is higher than these thresholds, you may still claim Guarantee Credit if you meet one of the following criteria:

- you have a severe disability
- you are a carer
- you have to pay housing costs like a mortgage.

* The eligible age for Guarantee Credit is gradually increasing so it is always worth double checking but, generally, to qualify you or your partner need to have reached women's State Pension age.

Savings Credit is extra money if you've got some savings or your income is higher than the basic State Pension. Only people who've reached State Pension age before 6 April 2016 may be eligible to claim the Savings Credit part of Pension Credit.

- If you're a couple and one of you reached State Pension age before 6 April 2016, you may be able to claim.
- There isn't a savings limit for Pension Credit, but if you have over £10,000 this will affect how much you receive.

For help with understanding if you are eligible, and to check what other benefits you may be entitled to, contact your local Age UK:

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.

Puzzle Page 2017 Summer

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

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

- | | | | |
|-------------|-----------|------------|----------|
| AEROPLANE | CASE | SANDALS | SWIMSUIT |
| BEACH | DECKCHAIR | SANDCASTLE | TISSUES |
| BEACH TOWEL | GULL | SEA | TRUNKS |
| BIKINI | ICE CREAM | SUN | WINE |
| BOOK | MAPS | SUNCREAM | |

Anagrams of popular British coastal holiday destinations

- | | | |
|---------------|------------|--------------|
| BIG NORTH | POOCK BALL | LRLYH |
| GESKENSS | VITESS | O BEAST RUNE |
| ORC HUGS BARO | TACCLON | |
| LIFEY | FLOT WEEDO | |



image by Shutterstock user: szefer

ACROSS

- 2 A beautiful finch with a bright red head and yellow wing patch (9)
- 6 Crimson-breasted slim finch (6)
- 7 The baby of the family (5)
- 8 Head piece (5)
- 9 Medium size wading bird with long neck and small head (4)
- 12 Place to go to bed (5)
- 13 Male chicken (7)
- 16 A sea bird with a distinctive bill (6)

DOWN

- 1 How chicks emerge from an egg (5)
- 2 The UK's smallest bird with black and orange head stripe (9)
- 3 Thrush's big brother perhaps (9)
- 4 A bird often caged for its fine voice (6)
- 5 A meadow bird with a meadow name (5)
- 10 It wouldn't be a cockerel without this headpiece (4)
- 11 A garden favourite in winter and spring (5)
- 14 The start of the life process for birds (3)
- 15 The second largest living bird by height (3)

Thanks to Sylvia Pink who has arranged all the puzzles.



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

How to spot if someone is being scammed

Scams are frauds and tricks designed to cheat people out of their money.

Scammers approach people in a number of ways, including at home, by phone, by post or online. 3.2 million people in the UK fall victim to scams every year with the average loss being £1,000 per person. People of any age can fall for a scam but the average age is 74. Identifying scam victims can be difficult as the person may:

- ! not be aware that they are a victim
- ! have been instructed to remain quiet by the scammers
- ! feel guilt, shame or are in denial so do not wish to talk about it
- ! fear that they will lose their social or financial independence if they admit to their friends or family they have fallen victim to a scam
- ! not want to lose their 'friendship' with the scammers – as they may have been speaking to the person for many months and built up a 'rapport'.

There are some key signs of scams to look out for by observing a person's behaviour:

- ! they receive a high volume of scam or junk mail
- ! they receive lots of phone calls or texts
- ! they hoard large quantities of 'worthless' goods - sent to trick them into thinking they are 'winning' or getting a bargain
- ! not paying bills or buying food as most of their money is spent on scams
- ! they may talk about a new relationship with someone they've met online or, someone who fixed their computer over the phone or who gave an 'amazing' investment opportunity
- ! they may speak of making frequent visits to the Post Office and buying lots of stamps
- ! they may have had poor quality work carried out on their house for a high price
- ! they seem to have a high usage of chequebooks or appear to pay for lots of things over the phone
- ! they may have unusual/unexplained bank account activity and or spent a large amount of their life savings
- ! they seem to have increasing isolation from friends and family.

If you are worried that you or someone you know has been a victim of a scam, please contact Action Fraud which is run by the Police tel: 0300 123 2040 or visit: www.actionfraud.police.uk

NEW YEAR 2017
Arrange Age UK Funeral Plan today!!

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 48 Upper Parliament Street, Nottingham
 Nottinghamshire NG1 2AG
 Open: Mon - Fri 9.30am to 3.30pm

0800 028 7753
 Please quote reference AMT072AC

ageUK

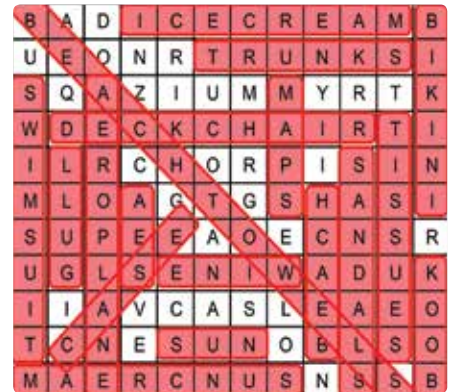
*£100 discount is available on the Ivy, Holly and Rowan Funeral Plans, not the Basic Plan priced at £2,945. Discount available from 1 September 2016 to 31 March 2017. The Age UK Funeral Plan is provided by Advance Planning Limited, a subsidiary of Dignity plc, in association with Age UK Enterprises Limited. Advance Planning Limited is a company incorporated in England (company no. 3292336) and a subsidiary of Dignity plc. Age UK Enterprises Limited is a commercial arm of Age UK (charity no. 1128267) and donates its net profits to that charity. Age UK Enterprises Limited is registered in England and Wales no. 3156159. Calls may be recorded for monitoring & training purposes

Puzzle Solutions

WORDSEARCH
MISSING WORD:
 sandcastle

Anagrams

- Brighton
- Skegness
- Scarborough
- Filey
- Blackpool
- St. Ives
- Clacton
- Fleetwood
- Rhyll
- Eastbourne





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

It's about
living life

with support,
compassion
and care

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

All of our services are provided free of charge.

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

Support and Information

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

Well-being Days

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

Therapeutic Services

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

Day Care Services

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

Hospice at Home

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

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



TREETOPS
HOSPICE CARE
where every day counts

ROTHERA SHARP BOLSTERED BY NEW APPOINTMENT



Nottingham-based law firm Rothera Sharp has announced the appointment of a new partner, helping create the largest probate department in the county.

Wills, probate and trusts solicitor Christina Yardley is the latest addition to the now 16-strong department, which is based in the Lace Market and across seven other branch offices in Nottinghamshire.

Since qualifying in 2008, Christina has become an expert in issues such as power of attorney, care fee planning and court of protection. She joins Rothera Sharp with over ten years' experience in the legal sector.

"I am delighted to be part of a progressive and forward-thinking firm, which is continually growing its team of specialists and the services it can offer," she said.

"Ensuring my clients get the best outcome, whatever their financial situation, is what drives me and I am looking forward to being able to help even more people in my new role."

Along with her casework, Christina is a keen supporter of local businesses and charities. She also regularly visits community groups and other organisations to give talks on legal matters.

The firm's joint managing partner Ann-Marie Bowman added: *"It's still less than a year since the merger of Rothera Dowson and Sharp, Young & Pearce – but during that time, Rothera Sharp has gone from strength-to-strength. This latest appointment shows that we can attract the best solicitors, who in turn offer the highest standard of service and expertise to our clients."*

"Christina has a great deal of experience, which she combines with compassion and understanding for her clients, some of whom are elderly or vulnerable. She is already proving to be an asset to her team and the practice as a whole."

Rothera Sharp now has the biggest Wills & Probate department in Nottingham and they aim to provide a friendly and accessible service across Nottingham, operating from 8 branches in: The Lace Market, Arnold, Beeston, Burton Joyce, Long Eaton, Mapperley, West Bridgford and Wollaton.

As well as wills, probate and trusts, Rothera Sharp offers a wide range of personal and business legal services, including personal injury, motor transport, property and family law.

For more information call 0800 088 6280 or visit www.rotherasharp.co.uk.



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

A spacious 1 bedroom apartment with shared swimming pool. The apartment is situated on the top floor of a 3 storey block. Sleeps 4

Quiet location, but only 5 mins walk to the marina and another 5 mins to the town centre

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

Self Catering Holiday Apartment

- Twin bedroom.
- Open plan kitchen & lounge.
- The kitchen has a 4-ring hob, oven, microwave, toaster and washing machine.
- Family sized bathroom.
- The lounge has a sofa (*which converts into two single beds*) and a table to seat four.
- A TV, DVD and CD player are also available.
- Patio doors open onto the balcony, offering views over the pool and across Lagos.
- Ample parking space in front of the building.

**Phone Judith
on 01536 711884**

**www.algarveestatemangement.co.uk
apt meia**



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

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Nottingham NG11 6LA
T: 0115 9217 610
E: orchardhouse@my-care.co.uk

Ashton Court

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Edward House

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

Peacemills

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

Balmore Country House - Nursing and Residential Home

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T: 0115 9213 006
E: balmorehouse@my-care.co.uk

Willow Tree House

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Moriah House

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St. Peters

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Normanton Lodge Care Home

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Derbyshire DE55 2EF
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E: info@my-care.co.uk

Manorfields

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Derby DE23 6BW
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E: manorfields@my-care.co.uk



The Maple York Care Group

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