

EngAGE

#LoveLaterLife

Be kind to
your mind

- Talking therapy
- Mindfulness course

Helping Hands
for Hoarders

SPRING CLEAN YOUR *FINANCES*

Share Your Warmth campaign
Can you help?

The Big Knit
Knitters raise £10,000!

Hello!

Welcome to the Spring edition of **EngAGE** magazine, full of ideas and inspiration to help you get the most out of later life.

As Spring approaches, we often look to cleaning our homes but why not also spring clean your finances? See our top tips on page 7. Turn to page 4 to read about our new *Talking Helps* campaign and where you can get support if you or someone you know is feeling low or anxious. There are also a number of free courses available for carers, including finding out how mindfulness can improve mental wellbeing.

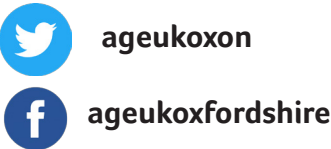
Finally, we would love to hear from you - please get in touch and let us know what you think about anything you read in **EngAGE**.

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We are Age UK Oxfordshire - a local independent charity with a national name. We raise funds locally to help deliver services for older people in Oxfordshire. We are one over 130 local Age UKs and are brand partners of Age UK.



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Spring Gardening

Spring is a good time to freshen up the soil. As the evenings get balmier and the garden begins to quietly grow, optimism begins to take root.

Cuttleslowe Horticultural Therapy & Garden Centre are a not-for-profit community project that takes great pride in being able to employ individuals from traditionally marginalised sections of society, from people with dyslexia and autism to those who just enjoy such a uniquely inclusive and mindful place to work.

Advocacy for those less heard is at the heart of what they do, as is delivering environmentally conscious programs. The latest community development programme offers three hour mid-week exclusive ‘pampering’ sessions for those over 50. A friendly pick up and drop off transport service is followed by a different activity on each visit. Activities include planting a flower, arts and crafts, a gentle stroll and holistic wellbeing sessions. See details to the right for more information.

Helping Hands for Hoarders

Helping Hands for Hoarders help to de-clutter homes, carry out clearances and deep cleans to properties.

Hoarding is when someone has a persistent difficulty in discarding or parting with possessions, regardless of their value. People will often experience great distress at the thought of getting rid of any of their possessions.

Following a referral, **Helping Hands for Hoarders** carry out a free initial assessment. They generally recommend a 2 hour weekly session to start the de-clutter process. The sessions are client-led and pace is determined by each individual. They provide on-going support to reduce the risk of continuing to hoard. As part of the process, they recycle as much stuff as possible, with very little going into landfill.

To find out more visit www.helpinghandsforhoarders.com or call 01993 831 551.

Evergreen Activity Club

Club Membership: £5.00 per session

Transport: £2.50 per session

For further information, call **01865 511 938** or email cuttleslowehort@chartervillecare.co.uk

Working in collaboration with Age UK Oxfordshire, Yoga Quota, Oxford City and County Council, Oxford Food Bank and Museum of Oxford.

YOUR MIND MATTERS

Talking Helps

By Penny Thewis

Feeling low, anxious or stressed can strike anyone at any age. **One in five** people over the age of 65 are affected by depression.



“Many older people may take the view that feeling low, anxious or depressed is a normal part of ageing...”

But being worried, low or out of sorts aren't just part and parcel of getting older - they're important signs that we are not feeling as well as we should be.

In later life, depression and anxiety often manifest with more physical symptoms, such as tiredness, weight loss and problems sleeping, which is why treating mental illness is as important in older people as treating physical illness - and it can be treated just as successfully.

A fresh campaign has been launched to start conversations about mental health with older people, their families and carers - the message of the campaign is that talking helps.

Age UK Oxfordshire and Oxford Health

NHS Foundation Trust have joined forces to support a national campaign to tackle the issue and encourage more people in later life to access psychological therapies, like the free, confidential NHS service **TalkingSpace Plus**.

This service, which has assisted more than 100,000 Oxfordshire people since its inception in 2009, helps adults cope with life's ups and downs, feel better about themselves and learn strategies for keeping well via a range of talking treatments like Cognitive Behaviour Therapy (CBT).

Consultant Psychologist Jo Ryder, clinical lead for **TalkingSpace Plus**, says:

“Many older people may take the view that feeling low, anxious or depressed

is a normal part of ageing. However it isn't and should be seen like any physical illness that deserves the correct treatment, which includes Talking Therapies. There is also strong evidence that improving mental wellbeing can also improve physical wellbeing.

“So, if you are an older person, or a relative of a carer for someone who is feeling low, anxious or depressed, there is help and support available. Make contact with us or ask your GP to refer you to us.”

If you are feeling low or anxious, please talk to someone about it and seek help. You can talk to you GP or you can self-refer to **TalkingSpace Plus** on **01865 901 222**. Alternatively, you can contact Age UK Oxfordshire on **0345 450 1276**.

Your Mind Matters Booklet

A new booklet, '**Your Mind Matters**', has been published to coincide with the campaign, with lots of hints about how to take care of our own mental health or what we can do if we are worried that a friend, partner or relative may need support with their mental wellbeing. Talking to someone about their mental health might be the key to getting them back on track. Asking questions like “How are you feeling in yourself?” can give somebody the opportunity to talk.

You can download a copy by visiting www.ageuk.org.uk or call Age UK Oxfordshire on **0345 450 1276** and we can post on to you.



Top tips for taking care of your mental health

- ✓ **Be kind to yourself**
- ✓ **Get enough sleep**
- ✓ **Eat well and drink sensibly**
- ✓ **Keep active**
- ✓ **Create structure to your day and set yourself goals**

Let's start talking

Be Mindful

Whether you have just become a carer, been one for several years or your caring role has ended, the **Carer's Journey** workshops are specially designed to support you. One upcoming course is about mindfulness...

The course introduces you to mindfulness. It is a method of mental training that provides a set of simple, yet powerful, practices that can be incorporated into daily life to help manage the constant demands of the modern world. It is based on 'mindfulness-based cognitive therapy' and offers ways to break free from some of the unconscious habits of thinking and behaving that can prevent someone from living life to the full.

By the end of the 4 week course (2 hours per week) you will have had an opportunity to:

- ☒ Participate in some mindfulness exercises
- ☒ Find out more about the benefits of living in the here and now
- ☒ Understand how mindfulness can help mental wellbeing

Workshops

Workshops are free and available to carers aged 19+ across Oxfordshire. You can attend the whole programme or just pick the workshops most relevant to you. Visit www.abingdon-witney.ac.uk/oal/carers/ for further details or to sign up.

SPRING CLEAN YOUR FINANCES

SPRING IS THE TIME WHEN OUR MINDS OFTEN TURN TO CLEANING OUR HOME OR TACKLING SOME OF THOSE JOBS WE'VE BEEN PUTTING OFF. BUT WHAT ABOUT A SPRING-CLEAN FOR OUR FINANCES?

There are plenty of things you can do to get your finances in order:

● **Check you are getting all the benefits you are entitled to** – you can do this online using the benefits calculator via ageuk.org.uk or by calling your local advice service. Make sure you have your current income and capital figures to hand. If you've had a check in the past but your circumstances have changed, it is worth checking again.

● **If you are struggling with paying your bills, draw up a budget or get some advice about any debts** – your local advice service may be able to help you with debt advice or you can call **StepChange**, a national debt charity, on **0800 138 1111**. **Age UK** produce an information guide called *Getting help with debt*, which you can look at online or we can post to you.

● **Sort through your paperwork and file it** – even just putting all the paperwork about something into one envelope can help you get the information you need quickly and easily.

● **Check if you should switch provider for some of your main bills** – for energy suppliers you may wish to use the **Citizens Advice** consumer line to get advice on switching supplier via **0345 040 506**. For other services there are lots of online comparison sites to choose from but if you'd prefer to speak to someone then you can call **Simply Switch** on **0800 011 1395**.

● **Ensure you have a Power of Attorney and will set up** – a Power of Attorney enables someone you have nominated to make

decisions about your finances and/or your care if you become unable to make decisions for yourself. It is best to set this up while you are still able to choose who you want to nominate to make these types of decision. For more information you may wish to read the Age UK information guide called '**Power of Attorney**'. Wills outline what we want done with any of our assets including money, possessions and property) when we die. If you don't have one or think yours may need updating, you may wish to seek legal help to set one up. Many charities take part in 'free wills' schemes in the hope that you may leave a legacy in your will to support their charity. Free Wills months run in March and October each year, please see www.freewillsmoth.org.uk for more information.

● **Get help to understand your tax - Tax Help for Older People** are a charity that provides free tax advice to people over 60, who have a low income on **01308 488066**.



Thriving at Home

EngAGE caught up with Sharers and Householders to find how being part of Homeshare Oxford has enhanced their lives.



Patience & Virginia

Christine, 83, and Elizabeth, 35, have been in their Homeshare arrangement in Goring-on-Thames for 7 months.

Christine said, "I love having Elizabeth around. She's become 'one of the family'. She is always cheerful and helpful and makes my life a lot easier. Her computing skills are a bonus too!"

Elizabeth added, "As a sharer, I feel like I've found a place in a new family - in the way I've been welcomed both by Christine and also by her family."

Alan, 85 and Ezra, 32

"There have been a number of highlights to this Homeshare experience, making it hard to single out any one", says Alan. "But I must mention the surprise 85th birthday party that Ezra threw for me. I honestly had no idea that anything was afoot, only to return to find friends and family from all corners of the country gathered in my garden. A wonderful barbecue and a truly memorable afternoon. An example of Ezra's astonishing kindness and thoughtfulness."

Ezra is equally positive about

living with Alan: "I was pleased to have helped outside with pruning, putting fleece on certain plants and generally preparing the garden for winter. We often eat together in the evenings, I enjoy cooking and it's much nicer to cook for two. I should also add that it's great fun to hang out with Alan; he often makes the funniest remarks."

Patience, 93 and Virginia, 58

Patience and Virginia have been sharing together for 14 months, although Patience is now a Homeshare veteran, having been with Homeshare Oxford since 2016! Patience says, "It's almost weird that we just get on so incredibly well! We do just click in so many respects. I can honestly say that we have become real friends now and the big age gap just doesn't matter one iota."

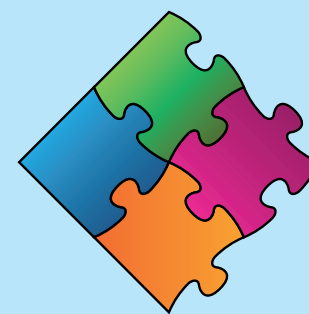
Virginia tell us, "I was lonely living on my own while working away from home. Patience has not only welcomed me into her home but I have got to know her family too. It's really lovely for me to be made to feel part of a family and it has made all the difference to my life in Oxford."

Mary, 83 and Jen, 32

Mary's motivation for getting involved with Homeshare was as much about making her spare room available to someone who needed affordable accommodation, as about getting help with all the little things in the home that become more tricky as you get older. "We get along very well", says Mary, "and it seems to work very well for both of us!"

A bonus for Homeshare Oxford is that Mary helps out as a volunteer. She says, "My life, once with all the time slots filled, came to have large spaces, giving me even more time just to think and to try coping with increasing health problems. That's where volunteering came in. A great success. I know how busy the Homeshare team are and I'm happy to be able help with routine tasks. It helps to give me a sense of purpose and I always enjoy the tea break and chat too."

Jen added, "I really appreciate coming in from work and having someone to chat with."



Community Information Network

Whether you want to meet people, get help at home, or volunteer in your local community – the **Community Information Network** is here to help you. The service is free and operates across Oxfordshire through information drop-ins, over the phone or visiting you at home. Please call **01235 849 434** or email network@ageukoxfordshire.org.uk.

Specsavers

Christmas Celebrations at Chatterbox

On the 5th December 2019, nearly 100 people came together for Chatterbox at The Corn Exchange, Witney.

The social morning for over 65's, held every Thursday of the month (9.30am-12pm) is sponsored by Specsavers.

EngAGE spoke with Cathy Mullins of Specsavers Witney who has volunteered her own time to coordinate the event and serve the refreshments for over three years. When we asked why she got involved with the group, Cathy said, "Lots of our clients are elderly and there was definitely a need for somewhere for them to meet up in the community - my favourite thing about the group is bringing people together!"



Cathy

Bibby Financial Services serves up Christmas lunch

Also on the 5th December, **Bibby Financial Services (BFS)** hosted a Christmas Lunch in partnership with Age UK Oxfordshire, providing food and entertainment for 90 older people.

The festive event was inspired by Ron's Christmas Lunch set up by BFS colleague Mike Day last year in honour of his late Father in Leeds. Two of the guests, Barry and Irene, reconnected during the lunch after working together in Banbury 55 years ago.

The event raised an amazing £3,975 for Age UK Oxfordshire.



4 ways to boost your bone health

The Royal Osteoporosis Society's (ROS) tell us their top tips for maintaining your bone strength into retirement and beyond.

We have 206 vital bones in our bodies, and each one helps to hold our bodies upright, allows us to move and protects our internal organs. Although they seem solid, our bones are living tissues that are constantly changing as old bone gets broken down and new bone tissue is made.

From our late 30s, this process of repair and renewal gets slightly out of balance and the amount of bone tissue we have - also known as bone density - starts to naturally decrease. Eventually, this can lead to osteoporosis, which explains why bones become more fragile and likely to break as we age.

Although you can't stop this natural process of bone loss completely, there are plenty of things that you can do to maintain your bone strength as you get older.

STAY ACTIVE

We lose bone density more quickly as we get older if we start spending more time on the sofa. "It's important to keep moving to help your bones stay as healthy as possible, however old or strong you are," says Sarah Leyland, osteoporosis nurse consultant for the ROS.

"Be conscious of the amount of time you're sitting down - at the very least, stand up and

walk around for a few minutes every hour. Better still, build some regular, more intense exercise into your routine," continues Sarah.

"Bones stay strong if you give them work to do. So, if you are lucky enough to be fit and well, aim high! Think about some progressive muscle resistance exercise using weights or resistance bands, and gradually increase the intensity over time.

"When doing your daily aerobic exercise, try and include some 'impact' - for example, a short jog followed by a walk or some little jumps on the spot. If you have joint problems, spinal fractures or lots of other broken bones, choose lower impact exercises like brisk walking or stair climbing."

WORK ON YOUR STRENGTH AND BALANCE

As we get older, we also become less steady on our feet. But if you keep your muscles strong, this can help to prevent slips, trips and falls - meaning you'll be much less likely to break a bone.

"Aim to do balance exercises two to three times a week," says Sarah.

"Practicing standing on one leg can help to improve your balance and the muscle strength in your legs - and you can even do it while brushing your teeth!

Aim to do balance exercises 2-3 times a week



Find a chair or a stable surface and stand near it, with one hand on the support if you need it. Stand with an upright posture, looking straight ahead. Lift one foot a small way off the floor and try to hold it there, balancing on one leg, keeping your support knee soft. Aim to hold this for ten seconds. Repeat with your other leg. Dance, yoga and pilates are also great activities for promoting good balance."

EAT BONE-BOOSTING FOODS

Having a healthy, balanced diet is important throughout life, and calcium is a particularly vital mineral for good bone health.

Calcium gives your bones their strength and hardness, and adults should be consuming 700mg each day. You can get your recommended daily intake from green leafy vegetables such as kale, cabbage and broccoli; just one portion of one of these nutrient-packed veggies contains around 50mg of calcium.

Nuts, dried fruit, tofu, and dairy products or fortified alternatives are also excellent sources of calcium.

GET YOUR DOSE OF THE SUNSHINE VITAMIN

When the sun's rays fall on your body, they react with your skin to make vitamin D. This 'sunshine vitamin' helps your body to absorb and use calcium, and also helps your muscles to stay strong.

Now running a second session at:

- **Abingdon Northcourt Centre**, Northcourt Rd, Abingdon OX14 1NS Monday 12.30 - 13.30 and 13.45 - 14.45
- **Wantage The Beacon**, Portway, Wantage, Oxon, OX12 9BX Thursday 9.15 - 10.15 and 10.30 - 11.30
- **Milton under Wychwood**, Village Hall, Shipton Road, OX7 6JW Wednesday 9.45 - 10.45 and 11.00 - 12.00

New classes

- **Deddington Windmill Community Centre**, Hempton Road, Deddington OX15 0QH Tuesday 12.00 - 13.00
- **Eynsham Baptist Church**, Lombard St, Eynsham, Witney OX29 4HT Wednesday 14.30 - 15.30

Sorry, these classes are no longer running:

- All our **Tai Chi** classes
- **Zumba Gold** at Radley, Eynsham and Botley

Between April and September, it's recommended you expose your skin to direct sunlight for 10 minutes, once or twice a day. To avoid damage from the sun, aim to do this during short outdoor tasks - such as hanging out the washing or walking to the shops.

In the winter months, your skin can't get vitamin D from sunlight, so consider taking a 10 microgram (400IU) supplement between October and March. And if you're unable to get outside so can't get much exposure to sunlight, you should consider taking a vitamin D supplement all year round.

For more information about osteoporosis and bone health, visit the ROS website at www.theros.org.uk or call 0808 800 0035.



Home Support Options

Both the **Footcare and Home Support Options services** are fee-charging services for older people in Oxfordshire. Our experienced coordinator team will discuss your requirements and what support you feel you need to stay independent in your home.

HOME HELP SERVICE – HOW WE CAN HELP AND HOW TO START THE SERVICE

After we have received your enquiry, to ensure we can support you, your local coordinator will arrange an appointment to visit you in your home to complete an assessment. At the assessment, the coordinator will talk through how our service can help, explain any conditions and talk about your preference of visit days and times; we put you in the driver's seat at all times and tailor our support to your needs. Please note we are not able to offer personal care.

Our co-ordinator will also discuss with you any administration that will need to be completed, which includes a data consent form, service agreement and a direct debit form. These forms will be sent to you upon agreement that we are able to provide a service to you.

We are always upfront and let you know that there is an administration charge for this initial assessment visit to cover the time the coordinator is with you, and the administration time it takes to set up the service. After the assessment is

completed, the coordinator will look at matching you with a local Home Support worker who is compatible with the support preferences you have requested. The coordinator will then agree and confirm a day and time with yourself and you will receive the welcome pack to the service in the post.

FOOTCARE SERVICE – HOW WE CAN HELP AND HOW TO START THE SERVICE?

After we receive your initial enquiry our footcare coordinator will call you to explain the costs involved and how it works. They will ask you some general questions about how you have managed to cut your toe nails to date and whether you have any concerns with your feet.

Our experienced footcare assistants can only provide a basic toe nail cutting service on healthy feet, so please call a local podiatrist or chiropodist if you have any corns, hard skin, or infections. Our footcare assistants offer appointments in your own home and in venues around Oxfordshire, and will provide an assessment visit to ensure we can manage your toe nails. You will then be visited by a footcare assistant every 8 weeks to keep your toe nails maintained. Their ongoing support can help you to remain independent and mobile.

If you would like to benefit from either our **Home Support Options service** or **Footcare service**, please call **0333 577 1044** or email **amygreenway@ageukoxfordshire.org.uk** to find out more.

“Your home support worker has made a big difference to Mum’s quality of life”

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Oxfordshire ageUK

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are available 24 hours
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straight through to
healthcare professionals.

**HELP US
HELP YOU**
KNOW WHAT TO DO

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111

Heidi Nielsen, Nurse

Norman's Story

How **Dementia Oxfordshire** helped
transform Norman and his family's
lives...

Norman is in his late seventies and has a vascular dementia diagnosis. He was referred directly from the memory clinic. Norman's behaviour had changed and he had become very introverted. He did not want to leave the house, and he was disconnected with his life-long interests and hobbies. This had become very distressing for his wife.

Norman was referred to one of our Support Workers, Elaine, by his Dementia Adviser. Elaine approached Norman's needs holistically, considering that whilst Norman has been diagnosed with early vascular dementia, this must not be seen in isolation from his other physical, mental and social challenges. It is important to see each client as 'unique' with their own different needs and interests. This forms the basis of delivering person-centred care. Elaine needed to get to know Norman as a person and explore what his interests were in order to plan a positive personalised way forward.

As Elaine got to know Norman, she was able to identify and reflect on his interests and to plan outings:

- **Farmoor Reservoir** - to explore Norman's interest in wildlife and photography
- **St Mary's Church/Wishing Well (Binsey)** - to explore Norman's interests in photography and historic churches
- **Visit to a 'bikers' café** - to renew Norman's interest in motorbikes
- With encouragement, Norman also **took photos** of his little dog and sent them off to the magazine 'Your Dog' for possible publication.

A client and
their carer can
move from a very
'dark place' to one
where the 'sun is
shining'...



Norman was introduced to a volunteer so that visits could continue. A strong bond developed between Norman and the volunteer, which led to further increases in Norman's confidence, his self-belief, and he developed his interests. Norman learnt new IT skills, and was then slowly introduced to our support group, at Shotover View.

Elaine remembered that Norman had grown up on a farm so she suggested that he should attend FarmAbility in Oxford. Norman now goes each week and really enjoys their activities as well as the social interaction. This also gives his wife some time for herself.

Overall the support offered Norman by the Dementia Oxfordshire Service is an excellent example of how a client and their carer can move from a very 'dark place' to one where the 'sun is shining' and form new relationships along the way.

If you or someone you know has a diagnosis of dementia and needs further support, please contact the **Dementia Oxfordshire Support Line** on 01865 410210.



Photo credit: Ed Nix

Help Age UK Oxfordshire and Active Oxfordshire to share the warmth by following Sir Muir Grays example...

There is strong scientific evidence that activity, both physical and mental, helps people live longer and reduces the risk of hospital admission and needing social care.

Many thousands of people in Oxfordshire will have received a winter fuel payment of £200. We are launching the **Share Your Warmth Appeal** to ask those who do not need their winter fuel allowance to donate it, in order to make life better for housebound and inactive people.

To donate please visit <https://justgiving.com/campaign/shareyourwarmth> or send a cheque to Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT. Please make cheques payable to 'Age UK Oxfordshire'.

Your £200 could either:

- Support 20 housebound people to do specialist seated exercises at home with a home exercise pack
- Support 40 older people to attend a tailored group exercise class, keeping them active, mobile and socially connected
- Enable 100 housebound older people in Oxfordshire to receive a friendly phone call

Framing Oxford

Thank you to **St Michael's and All Saints' Charities** who have kindly awarded £5,000 to Age UK Oxfordshire for a new pilot project - *Framing Oxford*. This will support older people in the Cowley area to engage with and build on our local social history archives in partnership with Oxfordshire History Centre and Oxfordshire Library Service. This will be a chance for the group to get involved with local history archives, share their photographs and local history knowledge whilst offering a safe space to form friendships and create community connections. For more information please contact helenfountain@ageukoxfordshire.org.uk.



This popular event is in its 11th year, raising money for local charities, including Age UK Oxfordshire. This year they will be dancing a tango and Cha Cha, and the fun group freestyle.

Performances are on the 3rd and 4th April 2020. Avoid disappointment and book your tickets now: www.themillartscentre.co.uk/shows/strictly-banbury-2020.

Alison Hall is kindly raising money for Age UK Oxfordshire by participating. To donate, please visit her Virgin Money Giving page: <https://uk.virginmoneygiving.com/AlisonHall33>



The Big Knit

A HUGE thank you to our wonderful knitters who in total have created a whopping 40,000 miniature hats. You raised an amazing £10,000 to support local older people!

For anyone wanting to get their knitting needles out again soon, the Big Knit will be back! Timings are to be confirmed but the campaign will likely begin in Autumn 2020.

In the meantime, if you have any hats that are ready to go, please send them to our office to store: **Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT**. Thank you again for support.



Need *help* with your PC?

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Landline: 01235 758013 or 01865 349057

Email: support@pc-help-4u.co.uk

Website: www.pc-help-4u.co.uk/oxford-it-support

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Satisfaction or your money back

plus

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- Web Design & Hosting
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Telephone Scams

Following a number of reports of telephone scams across Oxfordshire, **Thames Valley Police** would like to remind residents to remain vigilant and take the necessary steps to protect themselves from falling victim to this type of crime.

Telephone scammers often pose as employees of reputable organisations claiming to be from the police, internet providers, banks and the HMRC. They use the existing positive reputation of the organisation and a believable story to convince you to hand over money.

If you receive a call out of the blue from someone claiming to represent an organisation, be sure to pause and think. Ask yourself whether this caller is genuine and if you are in any doubt, hang up. Report it to **Action Fraud** by calling **0300 123 2040**.

Safety Tips

- Be vigilant of any phone calls out of the blue.
- Pause...and think before you give callers any of your personal information.
- Scammers will often try to rush you into making a decision.
- Scams are sophisticated, complex and organised.
- Be aware that scammers are constantly developing their methods to trick you into handing over money.

THE POLICE WILL NEVER ASK YOU TO WITHDRAW MONEY AS PART OF A COVERT INVESTIGATION



Puzzle Page

Solutions can be found on page 22

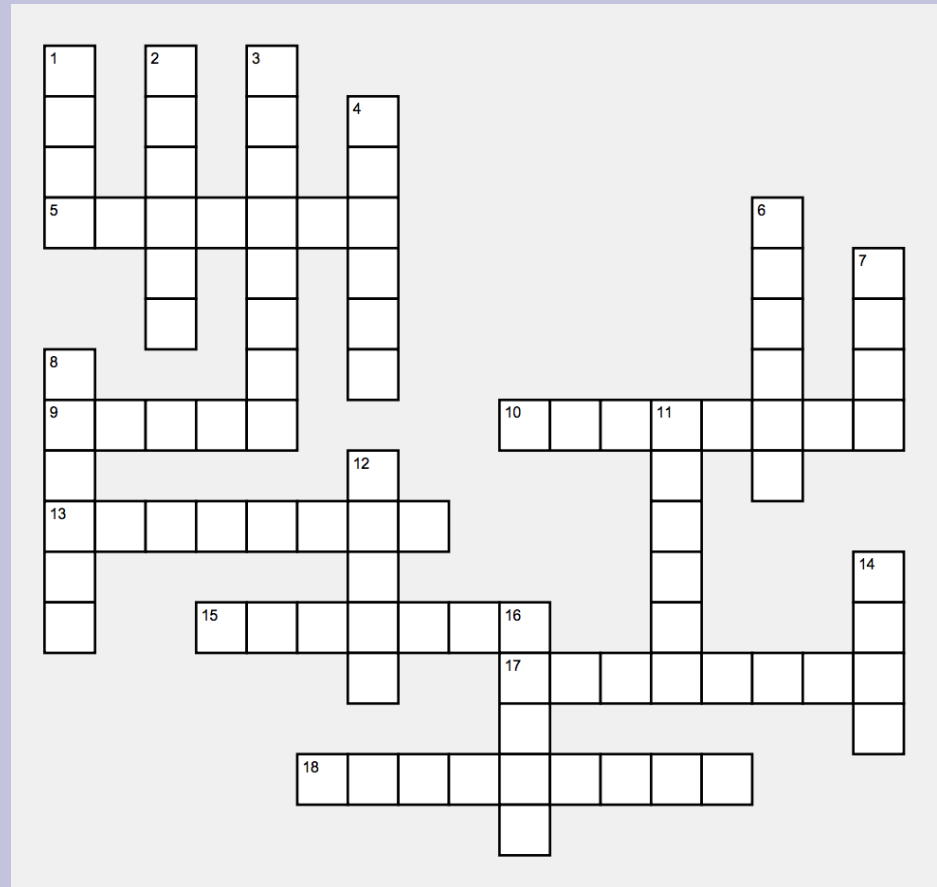
ACROSS

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel?
- 18) Monarch, e.g.

DOWN

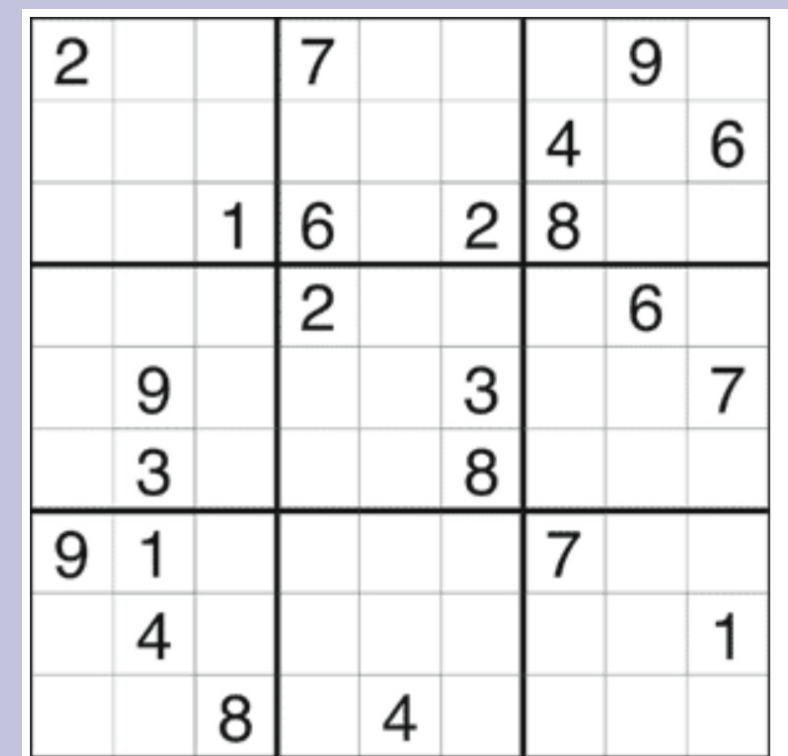
- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) _____ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant

Crossword



Sudoku

Fill in the blanks so that each row, each column and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.



Rachel Boland

Head of Information and Advice

60
SECONDS
with...

How long have you been in your role?

4 years as Head of Information and Advice but 16 years with the organisation.

What's the most rewarding thing about your job?

Supporting my teams to make such an amazing difference to people's lives - researching and answering all manners of enquiries and helping them navigate the tricky welfare benefits systems.

What TV show or movie do you refuse to watch?

Anything in the category 'reality show' is something I will steer clear off.

Where is the best place you've travelled to and why?

I love the UK coast and have visited many places but re-visit Boscombe (near Bournemouth) the most. There is something calming about being by the seaside.



How would your friends describe you?

Helpful, caring and quietly determined.

You're hosting a dinner party. Who are the 3 people, living or dead, that you would invite?

Greta Thunberg, Terry Pratchett and David Tennant.

If you could do another job for just one day, what would it be?

Midwife.



How do you spend your free time?

I like to spend time with family and friends, cycling, swimming or reading a good book.

Tell us something that might surprise us about you.

I dreamed of being a touring car racer when I was younger!

If you won the lottery, what would you do?

Hmm, I'm a planner and a list-maker, so I'd have to think about that - but I'd want to make sure it could make a difference to as many people as possible.



Author:
Terry Pratchett

"I dreamed of being a touring car racer when I was younger!"



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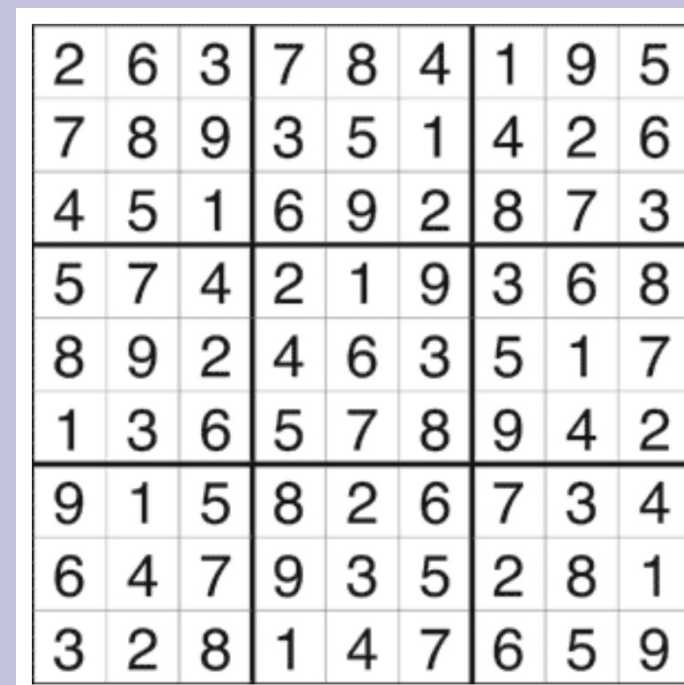
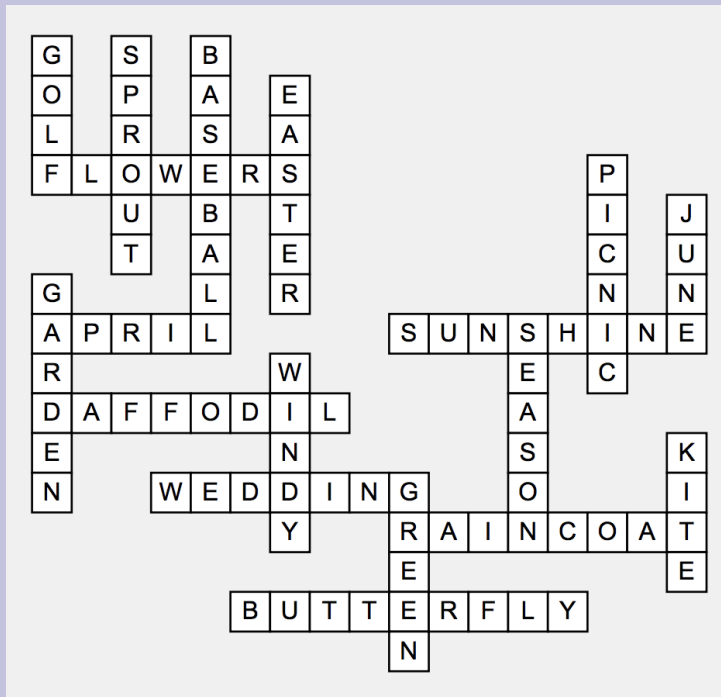
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Puzzle Answers



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FRIDAY 15TH MAY 2020

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- Bacon sandwiches & coffee from 8.30am (registration from 8am)
 - 18 holes with 10am shotgun start
 - Two-course lunch
 - Beat the Pro & putting challenges
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