

# NEWSWAG

*Community Catch-up for people aged 65+ in Suffolk*



**And in the words of the late, great Tommy Cooper - "just like that" we are sending out #2 of our NewsWag.**

Whilst there have been lots of changes in what we can and can't do over the last few weeks, we know from speaking to many of you, that this is still a difficult time and the extended lockdown has brought about many concerns. Some of you may still be shielding, some may be protecting loved ones or perhaps you just don't feel completely comfortable going out and about like you may have done previously - and that's ok - we're not going anywhere and are going to continue to do what we can to keep connected with you all in different ways for as long as is needed.

## ZOOMWAG

**It's all about the WAG!**

We held our first ever ZoomWag last month with 15 guests and it was great to see your lovely faces! We are delighted that these are going to be monthly occasions, on the third Friday of each month, from 2pm - 3pm - as the name suggests on Zoom. For those of you who may not access to the internet, all is far from lost, as we have plans to help you to keep connected and need your help for us to make this happen...more on this later in the Wag.

To join the ZoomWag on Friday 17th July, you need to have downloaded the Zoom app on your phone or tablet, or you can type Zoom into your search engine. When you get Zoom up and running, you can just type in the following details to join the fun:

**<https://us02web.zoom.us/j/4859361691>**

**Meeting ID: 485 936 1691**



We know that a few people tried to join last month, but had tech problems, so in order that we can see as many of you as possible, we have set up a Zoom practice on **Thursday 16th July from 10am - 11am** with Henry from Realise Futures. Henry will help you through any issues you have with getting onto Zoom - if you would like to take advantage of this, please let Tracey know by 5pm on Wednesday 15th July on 01473 298683 or email [tracey.evans@ageuksuffolk.org](mailto:tracey.evans@ageuksuffolk.org).

As we promised, we did surprise one of our lovely Chinwaggers last month with a surprise delivery on the morning of the ZoomWag. Here's a picture of Sheila, who comes to our Kesgrave group, with her delicious cakes delivered by Tracey.



If you would like to be in with a chance of winning a surprise delivery and visit on the morning of the next ZoomWag, simply register your interest at <https://ageuksuffolk.echoleft.com/charity-events/zoomwag-1>

### Do you struggle with digital technology?

Would you love to be more connected, but don't know where to start? Then we may be able to help - we'd love to hear from you if you are interested in learning how to use basic digital technology to help do things like online shopping, banking, email, keeping in touch with friends & family and of course, joining our ZoomWags! Let us know if you would be interested in taking part in our digital projects by calling 01473 298683 - we'd love to hear from you!



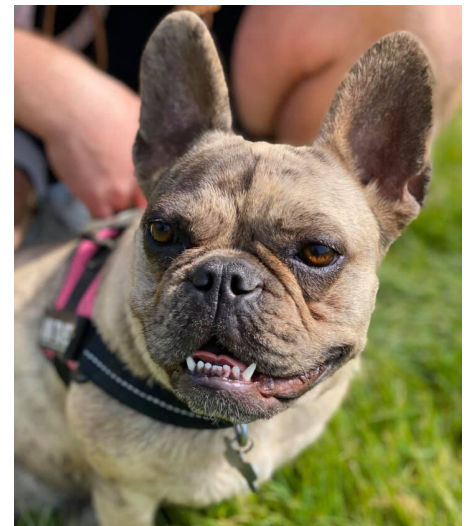
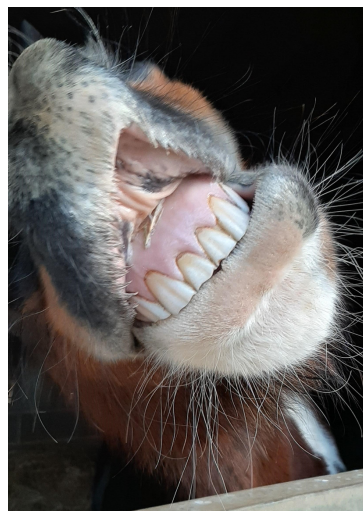
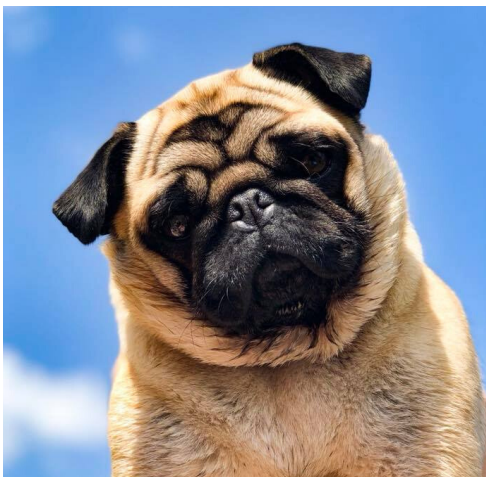
*Now normal(ish) life is starting to resume, contact someone you haven't seen in a few months and arrange a date to catch up either in person or by telephone. Maybe even bake and share some scones?*

## For the love of Pets!

Yes, we are a nation of pet lovers, but do you have a very special pet that has helped you through the last few months and provided great company when all things around us have been so uncertain? Perhaps you own an unusual pet or your pet has a special talent...if so, please tell us more.

If you think (and who doesn't) that their pet is the most beautiful pooch, moggy, tortoise, even snake in the world and designs to be recognised for such, you can also enter our very special competition, through Facebook to win a specially commissioned portrait of your best friend. To find out more, visit the Age UK Suffolk Facebook Page and go to the Pet Portrait competition event page.

In our team, between us we own 1 horse, 3 rabbits, 5 cats, 3 dogs and I think there are some fish in the mix as well. Here's some pictures of Jo's gorgeous pets - obviously, we can't enter these beauties into the competition!



# Free to a good home!

No one could have predicted COVID19 or the drastic impact it has had, and continues to have on us all and our loved ones. For many charities, Age UK Suffolk included, our usual forms of income have stopped and we are reliant, more than ever on the generosity of our supporters. However, there are some really easy ways that anyone can make a difference - if you shop online, why not use Amazon Smile and choose Age UK Suffolk as your charity - it doesn't cost you a penny, and we get a donation of 0.5% of every sale.

Could you give a new home to one of our home collecting boxes - great for gathering up that annoying loose change - or perhaps you know of a community location or shop that could host a plastic collecting pot for us? If so, please get in touch with Jenny on 01473 298688 or email [fundraising@ageuksuffolk.org](mailto:fundraising@ageuksuffolk.org).

## Food for Thought

We'd love to see what goodies you've been making during Lockdown - perhaps you have a favourite family recipe that you would like to share? To start us off, we have Eloise's delicious scones - fruit or cheese, you decide!

225g self raising flour  
50g butter/margarine  
1 egg  
75-100ml milk  
Fruit  
2 tablespoons dried fruit  
50g caster sugar  
OR Cheese  
50g grated cheese  
1 tsp mixed herbs (optional)



### Pre-heat oven to 220c gas mark 7

Line baking tray with parchment paper

Crack the egg into a jug, add milk to make 150ml of liquid in total, whisk with a fork

Sieve the flour into the mixing bowl

Cut the butter into sugar lump sized pieces and add to the bowl. Rub the butter into the flour until all lumps have gone and the mixture resembles breadcrumbs

Add your chosen ingredients and stir through the mixture using a knife

Make a well in the middle of your dry mixture, pour in  $\frac{3}{4}$  of your liquid, mix with the knife until absorbed.

Add more liquid if required and knead into a soft dough

Turn the dough onto a floured work surface and knead into a ball. Pat the ball into a 2cm thick round disk

Cut out two (or more depending on size of cutter) knead, pat out and then cut out two more scones.

Place scones onto baking sheet and brush with remaining liquid.

Put the tray in the oven and bake for 10/12 minutes or until golden brown. Remove from oven and place scones on a cooling rack

Serve with jam and cream (Fruit) or butter (Cheese)

### FINALLY, ENJOY WITH A NICE CUP OF TEA OR COFFEE!!

Send us your recipe, a picture of your creation, and if possible a picture of yourself as well! You can send these by post to Community Team, 14 Hillview Business Park, Old Ipswich Road, Claydon IP6 0AJ or email to [community.links@ageuksuffolk.org](mailto:community.links@ageuksuffolk.org).



## Useful Phone Numbers

### Age UK Suffolk

Good Day Calls

01473 353071

Information & Advice

01473 351234

Befriending

01473 353061

First Response

24 hour mental health support line

0808 196 3494

Home But Not Alone

County Emergency Response

0800 876 6926

Suffolk MIND - 70+ counselling

0300 111 6000

## Have Your Say

Part of our role at Age UK Suffolk is to champion the rights of older people and to encourage older people to be listened to and encouraged to share their views and opinions. Many of you will know of the plans for Sizewell C and whatever your views, it's important that everyone has the opportunity to have access to the information about each stage of the project. As part of the planning process, EDF Energy are obliged to ensure that everyone that has an interest in this, has the opportunity to have access to relevant information, in a format that is appropriate to them. Because of this, EDF have asked us to share some important information with our client group about this process and how you can find out more about their plans.

EDF will be providing a DCO Mobile Library bus service which will be visiting various locations. On board the bus there will be hard copies of the planning application documents. There are also several laptops uploaded with the planning application documents, as well as Environmental Permit applications. These laptops can be loaned out for a five day period to people who are not online at home or who are shielding.

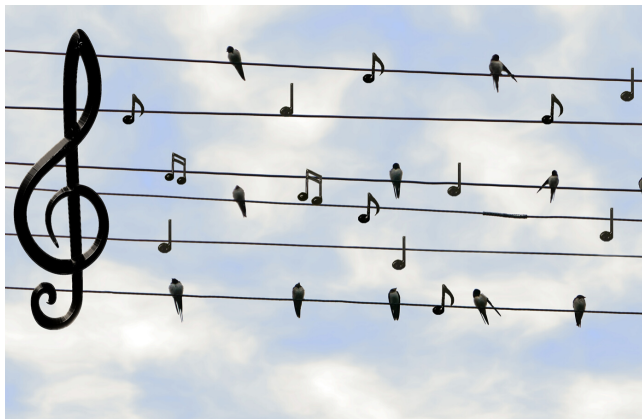
Access to the bus will be by appointment only. If you would like the opportunity to access the information in this way, please call FREEPHONE 0800 197 6102 to pre-book an appointment.

For further enquiries about this process please call FREEPHONE 0800 197 6102.



# Keeping us all connected

If you're out and about in East Suffolk, keep an eye out for a new addition to the roads - the Connected Communities Team have taken to the roads with their new mobile home - "Vincent Van Go" and will be out and about helping people aged 65+ to address issues caused by loneliness and social isolation and will be working in partnership with a selection of agencies, including Age UK Suffolk. Make sure that you give them a wave if you see them about and if you would like to find out more about how Connected Communities could help you, call 01473 835477.



If, like us, you are missing live music, acclaimed singer and storyteller Helen McDonald is making her phone number available to older people at home or in care homes to call her and sing jazz and classic songs together over the telephone, offering a joyous and anxiety-releasing interlude from the daily void that social distancing can bring. To singalong with Helen call 01473 561027, until 11 September, Monday - Thursday, 2-5pm.

## Keeping yourself entertained

Here is this month's puzzle for you, so grab a cuppa and a pencil and have a go! Maybe you have a puzzle that you would like to share with our readers? If so, please send any suggestions in, we'd love to hear from you.

### SUFFOLK TOWNS & VILLAGES

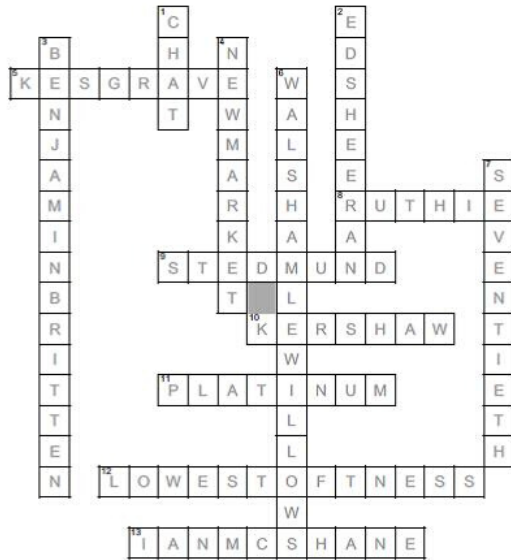
V F M T E K R A M M A H D E E N U T E X V Y B H  
W S I S V M A H S E L D N E M T N N V L R E U D  
J X L E U Y R U B D U S Q B V W U O K W C L R C  
K E D L N I H L L I H R E V A H T T N K M T Y A  
N E E C T E F R A M L I N G H A M L O P F O S P  
O Z N C Q T F D L O W H T U O S E E F H K H T D  
T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

ALDEBURGH BAWDSEY BECCLES BURYSTEDMUNDS CHELMONDISTON  
DENNINGTON DUNWICH EASTON FELIXSTOWE FRAMLINGHAM FRAMSDEN  
HAVERHILL HOLBROOK ICKWORTH IPSWICH IXWORTH LEISTON LEVINGTON  
MELTON MENDLESHAM MILDENHALL NEEDHAMMARKET NEWMARKET  
NEWTONGREEN OTLEY SHOTLEY SOUTHWOLD SUDBURY TRIMLEY UFFORD  
WALBERSWICK WOODBRIDGE

If mind puzzles, knitting, jigsaws or reading are more your thing, don't worry – we will be including puzzles, patterns and book suggestions in future issues of the NewsWag, and if you would like us to print off any puzzle or colouring pages for you, just let us know!

The answers to last month's crossword are on the next page.

## Mostly Suffolk



Here are the answers to last month's crossword - we'd love to hear your suggestions for puzzles, so please send in your ideas to [community.links@ageuksuffolk.org](mailto:community.links@ageuksuffolk.org) or by post to Community Team, Age UK Suffolk, 14 Hillview Business Park, Old Ipswich Road, Claydon, Ipswich IP6 0AJ

With normal(ish) life starting to resume for so many people and meetings with friends and loved ones being introduced – spare a thought ( or a few pounds) for the people of Suffolk who lockdown is their normal day to day existence. There are older people who often don't see or speak to anyone for days, weeks or even months. Back in March 2020 when lockdown was imposed we launched our Good Day Calls campaign. Since then, our staff and volunteers have made 846 shopping calls, carried out 249 shops and made 7,597 welfare calls to older people across the county - just checking in on a regular basis to see how people are, and often just for a much needed natter.

If you feel able to make a donation towards the Good Day Calls appeal, however large or small, you can do so by calling 01473 353071 or going to <https://ageuksuffolk.echoleft.com/fundraising/good-day-calls-emergency-appeal>.

Please let us know if you do not want to keep receiving these from us – you can give us a call on 01473 298683 or [community.links@ageuksuffolk.org](mailto:community.links@ageuksuffolk.org). If you would like to help us keep costs down and receive this by email, please let us know.

**We look forward to seeing lots of you on Friday 17th July for the next ZoomWag and don't forget to send us in your ideas and suggestions for the NewsWag!**

**Take care, stay safe**

**Jo, Tracey & the Community Team**

# NEWSWAG

**#2 - July 2020**



Registered charity: 1085900