

# connect

*The Age UK West Sussex,  
Brighton & Hove Magazine*

**In this issue:**



**Our 65th birthday  
celebrations...**

Read about our events  
so far, and how you can  
get involved!

**ALSO INCLUDED**

**Cost of living crisis**

How AUKWSBH can  
support you

**Get in touch:**



0800 019 1310



connect@ageukwsbh.org.uk

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### How to receive Connect Magazine

If you would like to receive Connect regularly or simply want more copies, please let us know. We are always looking out for free distribution points at local businesses, shopping centres, cafés and coffee shops, doctor's surgeries and hospitals etc. If you can help, please contact us.

### Write to the Editor

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West Sussex, BN17 6BP

If you see an article or picture you would like to copy or reproduce elsewhere, please contact the editor, Vicki Rayment by emailing [connect@ageukwsbh.org.uk](mailto:connect@ageukwsbh.org.uk) or calling 0800 019 1310

 [www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)

   @ageukwsbh

 Age UK West Sussex, Brighton & Hove

 Age UK West Sussex, Brighton & Hove

# Love later life

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## Hello and welcome to our big birthday issue of Connect!

It's our 65th year supporting older people locally and we couldn't be more proud of the difference we make to people's lives every day. We wanted to mark the occasion as while some people are thinking of retirement at 65, we're looking forward to being there when we're needed for many years to come.

We didn't want to restrict our birthday to one particular day, so this issue highlights the celebrations we've had and the ones that are coming up. We've been decking out a vintage birthday bus and hitting the road, with cards to sign, a selfie stand, competitions and of course, birthday cake! We want to meet as many of you as possible, so we'd love you to join us in the coming months.

To tie in with our birthday, we're also taking a trip down memory lane this issue, remembering how the World looked when we were formed in the 1950s. Some of the challenges people face might have changed over the years but we still have an incredible team who work tirelessly to help others.

I hope you'll join us as we celebrate this year. The birthday cake is on us!



Best wishes,

*Helen x*

**Helen Rice, CEO**  
Age UK West Sussex, Brighton & Hove

**P.S. While we are celebrating our birthday, we haven't forgotten the cost of living crisis and the hardship facing some in our community. Our focus is on helping older people as much as possible during this unprecedented time. Please don't hesitate to get in touch if you need support.**

# We are here for you...

As we turn 65 we're supporting more people than ever. With the help of our amazing staff, volunteers and generous supporters, we continue to offer a wide variety of services across West Sussex, Brighton & Hove, that help to support older people in our community.

TURN TO  
PAGES 14 + 15

**Cost of living  
crisis support**

To find out how we  
can help you



## Our Age UK Centres

Our centres are open and we'd love to welcome you. To find out what's on in your area, please call **0800 019 1310** or visit: [www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk).



## Information & Advice

Our team can help with a wide range of queries on a huge range of topics, including benefits and money advice.



## Help at Home

We can support older people in their homes with services like cleaning, laundry and gardening.



## Support at Home after Hospital (SaHaH)

This service is available for adults (65+) upon hospital discharge supporting people who live on their own and family friend carers.



## Crisis Care

This is a free short term support service available following an illness, hospital discharge or domestic emergency.



## Emergency Welfare and Safety Support

We provide urgent help for the most vulnerable or at-risk people as well as offering respite for carers.



## Social Prescribing

Our team supports people to connect to services within their local community promoting their overall wellbeing.



## Social clubs and activities

We offer a wide variety of activities at our social centres and clubs across the area that bring people together to have fun in a welcoming environment.



## Home Visiting Service

We can provide support and companionship with weekly visits. If you would benefit from a bit of company and over the age of 50, give us a call. This is a paid for service.



## Dementia support

We provide a range of services to help people live with dementia in older age in a social and friendly environment as well as supporting carers too.



## Wellbeing support

We can share information on healthy living, nutrition, hydration and exercise.

## Contact us

If you need support, or you are worried about a family member or friend AUKWSBH are here to help. Please visit our website for more information, or get in touch.



**0800 019 1310**



[info@ageukwsbh.org.uk](mailto:info@ageukwsbh.org.uk)



[www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)



## Trustee Opportunities!

Are you interested in being a trustee with us?

We're looking for trustees who can help us make a positive impact on the lives of people in our localities. We're especially looking for people from minority communities as well as broadening the age profile of our trustees to better reflect the younger people we provide services to.

Visit [www.ageuk.org.uk/westsussexbrightonhove/get-involved/become-a-trustee](http://www.ageuk.org.uk/westsussexbrightonhove/get-involved/become-a-trustee) to find out more, and download the Trustee Recruitment Information Pack.

# Why a furry friend is pawfect for our health!

**Just under half of the adult population in the UK are pet-owners, but what benefits can furry friends offer the 25 million of us aged 50 and above?**

A pet can be a loyal companion as we get older, particularly if we live alone or don't have regular contact with friends and family. For this reason, it's not unusual to decide to keep a pet – or get one for the first time – later in life.

Quite aside from the joy of having a cat or a dog, studies show that pets can have a beneficial effect on our health and wellbeing.

A study at Cambridge University found that owning a pet can improve our general health in less than a month...

**...with pet owners reporting fewer minor ailments such as headaches, coughs and colds.**

According to the Pet Health Council, simply stroking a pet or watching fish swim can help us to relax, thus reducing our heart rate and lowering blood pressure.

Other studies indicate that owning a pet can reduce cholesterol, reducing the risk of heart attack - and one US study found that people who do suffer a heart attack have a better chance of survival if they have a pet.



Not only that, pets can help to lift depression, as well as reducing loneliness and isolation (this is true for some pets more than others). For example, walking a dog not only helps to keep us fit but also gives us more opportunity to meet new people while we're out and about. Also, many of us feel safer when we're walking, or sharing our home, with a dog.

"There's no doubt that keeping any kind of pet can help us to feel happier," says Elaine Pendlebury, Senior Vet at PDSA. "They can help us in all sorts of ways, but it's a two-way thing as we have a responsibility to take good care of them, too."

## Age UK pet pawtraits

Meet some of the pets of the AUKWSBH team!



**Chalkie**

This is Chalkie, my Westie! He's 8 years old and loves chasing squirrels and laying in the sun. His favourite toy is his duck!

**Vicki, Editor of Connect Magazine**



**Lola**

Here's my cat Lola celebrating her 14th birthday last year! She loves napping and treats, which is probably good advice for anyone in their senior years!

**Amy, Designer of Connect Magazine**

### Send us your pet pictures!

Why not send us a pic of your furry friend... just tag us on social media @ageukwsbh

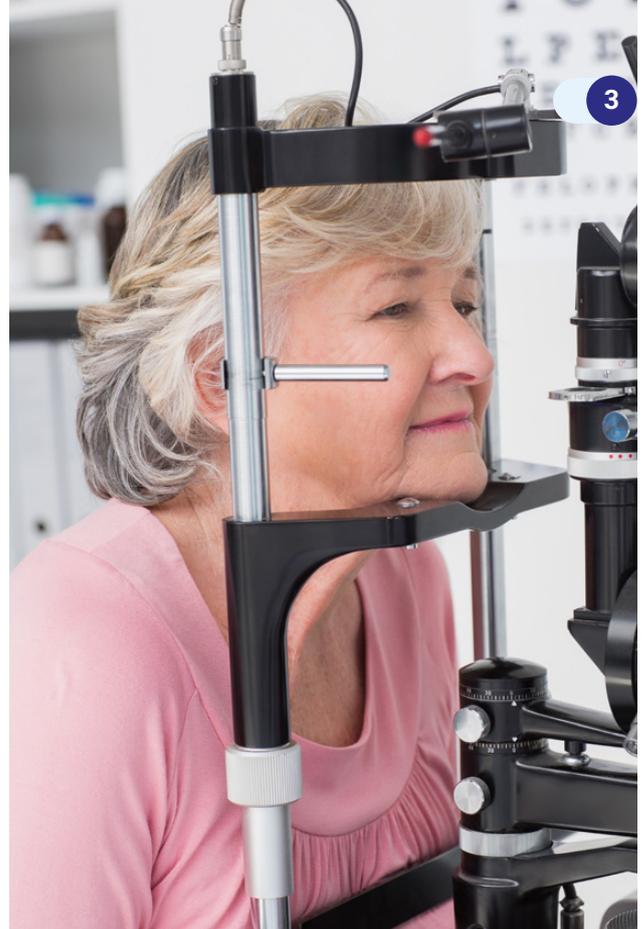
# More health tips...

## Wellness Hub

If you haven't already, why not check out our Wellness Hub and find out what advice and information is available on our website.

Get information, tips and advice on keeping your mind and body fit and healthy as you get older. As well as learning the best way to keep your body moving there's also advice on mental health, loneliness and how to cope with life's ups and downs.

More information is available here:  
[www.ageuk.org.uk/westsussexbrightonhove/our-services/wellness-hub/](http://www.ageuk.org.uk/westsussexbrightonhove/our-services/wellness-hub/)



## Eye and ear health

### Eye health

Vision problems can lead to a higher risk of falls, driving accidents, and incorrect use of medications. They can also make day-to-day life harder. The best way to make sure your eyes are healthy is to have regular eye checks. Many eye diseases can be treated successfully if they are detected early.

### Hearing loss

Around 40% of people over 50 in the UK have some form of hearing loss. Hearing loss is usually gradual and you may not notice any changes straight away. Most people who experience hearing loss as they get older do so because of wear and tear to the tiny hair cells in the inner ear.

### Here are six ways to keep your vision and hearing tip-top in 2022...

- Turn down the volume
- Stop using cotton buds
- Wear sunglasses
- Limit screen time
- Adopt a healthy diet
- Have a check-up

If you think it's time you had an eye or hearing test, why not make an appointment to have it in the convenience of your own home?

Find out more at [www.outsideclinic.co.uk](http://www.outsideclinic.co.uk)

## Keep fit with YouTube

To help you keep active and healthy why not take a look at the videos on our YouTube channel? We've got everything covered from seated exercises, to line dancing!

Watch the videos by searching on YouTube for '**Age UK West Sussex, Brighton & Hove**'



# Celebrating 65 years!

**This year, AUKWSBH is celebrating its birthday after 65 years of supporting older people in our area.**

Staff and volunteers are touring Sussex in a beautiful vintage bus and we want you to join in the celebrations. The roadshow kicked off earlier in the year during the AUKWSBH staff conference at the Amex Stadium and on Hove Lawns during the Paddle Round the Pier Festival.

The Brighton Regency Routemaster has become the AUKWSBH Birthday Bus and will be stopping off at a number of locations, offering birthday treats and fizz to those who want to join in the fun. There are giant birthday cards to sign, a selfie stand, competitions and of course, cake!

**Helen Rice, our Chief Executive says:**

"I am so proud of this charity and the staff and volunteers who work tirelessly to improve the lives of older people every single day.

***We wanted to celebrate turning 65 by getting out in the community, so we're hitting the road and making our birthday last!***

The cake is on us, so if you see our stand or the birthday bus out and about, please come and say hello and find out a bit more about what we do. Here's to the next 65 years of making a difference locally!"



## Where have we been so far?

June

4<sup>th</sup>

**Bognor Regis Carnival**



June

10<sup>th</sup>-12<sup>th</sup>

**South of England Show, Ardingly**





June

18<sup>th</sup>

Summer in Hotham Park, Bognor Regis



July

1<sup>st</sup>

The AUKWSBH Staff Conference at the Amex Stadium



July

3<sup>rd</sup>

Paddle Round the Pier Festival, Hove



July

11<sup>th</sup>-15<sup>th</sup>

Volunteer Open Days, various localities



Tag us in your selfies!  
@ageukwsbh



# Be part of the celebrations!

Join us at one of our 65th birthday events and take your photo against the backdrop of our vintage inspired sun wall!



## WIN a bottle of prosecco!

Take a selfie in front of our birthday wall and tag us @ageukwsbh on social media for your chance to win a bottle of prosecco!

For T&Cs, and details of all our birthday events visit the 65th birthday page on our website: [www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)

### Competition rules

Judging will take place no later than one month after each birthday event and a bottle of prosecco will be sent to each winner. Winners will be announced on our social media channels. Judges decision is final. Selected events only – to see where our Selfie Sun Wall will be check events list opposite.

# Join us!

We'll be attending the following events, either with the birthday selfie sun wall, or the Routemaster Birthday Bus. We hope you'll be able to join us...

September

21<sup>st</sup>

**One Garden trip, Brighton**

(part of Ageing Well Festival)

September

28<sup>th</sup>

**Information stand at Jubilee Library, Brighton 10am – 3pm**

(part of Ageing Well Festival)

September

29<sup>th</sup>

**Share a Story, St Matthias, Brighton 12pm – 2pm**

(part of Ageing Well Festival)

September

30<sup>th</sup>

**Lamb House Birthday Party, Haywards Heath**

✓ Routemaster Bus ✓ Selfie Sun Wall

October

1<sup>st</sup> - 7<sup>th</sup>

**Older People's Day celebrations across Sussex**

✓ Selfie Sun Wall

October

30<sup>th</sup>

**Kings Weald Autumn Open Day & Birthday Party, Burgess Hill**

✓ Routemaster Bus ✓ Selfie Sun Wall

Coming

soon!

**Birthday Party, Chichester**

✓ Routemaster Bus

## Find out more...

To find out more about the events, or for date and time confirmation of those later in the year, please visit our website or our social media.

Our website [www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk) will be kept up to date with all the latest information. Alternatively, give us a call on 0800 019 1310 to find out more.

You can also visit our activities and events website pages to find out what other celebrations are happening at our community centres and clubs: [www.ageuk.org.uk/westsussexbrightonhove/activities-and-events](http://www.ageuk.org.uk/westsussexbrightonhove/activities-and-events)

## Tell us your AUKWSBH stories...

Did we help you or someone you know? Did you work or Volunteer for us? Were you a Trustee or committee member?

### Share your story with us!

Simply email us, call us, or tag us on social media – we would love to arrange an interview with you and hear your story!

@ connect@ageukwsbh.org.uk

0800 019 1310

@ageukwsbh



## Volunteers join us to celebrate our birthday!

Recently, we invited some of our incredible volunteers to join us to celebrate our 65th birthday and to thank them for all the invaluable work they do. We held events in Fishersgate, Bognor Regis, Horsham and Haywards Heath.

We are lucky enough to have over 300 active volunteers, who do a range of vital work to support some of the most vulnerable older people in the community.

As well as birthday cake and celebrations, the events were an opportunity to thank the volunteers for all their hard work throughout the pandemic and beyond. Volunteer Manager, Richard Harris, was on hand to explain the impact our volunteers have – we simply couldn't do without them!

Anyone interested in joining the fantastic team, turn to pages **26 and 27** to find out more!



## 65th Fundraising Appeal

If you would like to run an event, or fundraise for AUKWSBH in any way, please do get in touch with us – we'd love to hear from you.

You can also read more about our 65th birthday fundraising this year by turning to pages 22 - 25.

01903 792 211

fundraising@ageukwsbh.org.uk



Dear Age UK team,

Thanks for an amazing time today at Paddle Round the Pier. It was a really nice day with the Age UK team and volunteers – such lovely people!

Nicky, Brighton Regency Routemaster

# Our history 1957 - today

Back in 1957, West Sussex County Council saw the need for an organisation to focus on the requirements of older people in the county. Now an independent charity, in 2022, we are celebrating our 65th birthday!

The West Sussex Association of Elderly People as it was then known started life with two staff seconded from the council. It wasn't until 1980 that we first employed our own staff and in 1998 we set up a Trading Company. In April 2010 we changed our name to Age UK West Sussex.

On July 1st, 2019, Age UK West Sussex and Age UK Brighton & Hove completed a merger to work together to support our communities across both areas. In 2020 we became bigger and better through our merger with Age UK Horsham District.

Now working together, we are able to share expertise, resources and local knowledge, alongside ensuring a more sustainable future for our charity. Our larger organisation can be run more efficiently and the money saved means more of each donation is able to be directly invested in frontline services.

## Here we focus on the year 1957...

What were we listening to and watching? And some fun firsts from the years news. How much can you remember from the 'happiest year of the last century'?



## Fun firsts from 1957!

- The USSR launched Sputnik I, the world's first artificial Earth satellite.
- The first Premium Bond winners were selected by the computer ERNIE.
- Norwich City Council became the first British local authority to install a computer – an Elliot 405.
- The government unveils plans which will allow women to join the House of Lords for the first time.
- Future members of The Beatles, John Lennon and Paul McCartney, first meet as teenagers at a garden fête in Liverpool.
- The Royal Christmas Message is broadcast on television with the Queen on camera for the first time.

## Hit songs: 1957

**Elvis Presley**

*All Shook Up and Jailhouse Rock!*

**The Crickets**

*That'll Be the Day*

**Tommy Steele**

*Singing the Blues*

**Harry Belafonte**

*Mary's Boy Child*

**Andy Williams**

*Butterfly*

**Paul Anka**

*Diana*



## 1957 declared as Britain's happiest year of the last century!

When was Britain happiest? Historians have argued about that question for years, but a team at Warwick University claim to have cracked it.

***The best year in our modern history, they believe, was 1957.***

So when Harold Macmillan in 1957 declared that Britons had "never had it so good" it appears to have been true as research has revealed that it was the happiest year of the 20th century.

Scientists at the University of Warwick used an algorithm to measure the nation's happiness in every year since 1776, through the use of eight million books, and found that other than a period in the 19th century, the British people have never been happier than they were in 1957.

The algorithm detects the happiness of the country at any time in history by analysing the frequency of positive words such as 'peaceful' and 'enjoyment' compared to negative words such as 'stress' and 'unhappy'. The research found that despite the fact people worked longer hours than they do now and many people did not have central heating, there was a sense amongst the nation in 1957 that things were getting better in the country following the end of the Second World War.

The study also showed a rise in happiness after 1945, then a fall through the nationwide strikes and inflation of 1978's Winter of Discontent, and then a recovery towards the end of the 20th century. But happiness levels have never reached the heights of the 1950s.

Do you agree? Let us know your favourite or happiest year by emailing [connect@ageukwsbh.org.uk](mailto:connect@ageukwsbh.org.uk)



### On the big screen: 1957

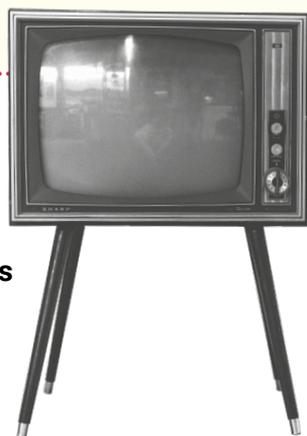


**The Bridge on the River Kwai**  
**Island in the Sun**  
**Jailhouse Rock**  
**12 Angry Men**  
**Old Yeller**

### Top TV:

1957

**This is Your Life**  
**Opportunity Knocks**  
**Take Your Pick**  
**Panorama**  
**Come Dancing**



## Us today

As the Covid-19 vaccination programme allows us to return to a new 'normal,' we are planning to expand what we offer, developing new activities and support options for people at home, in our centres and in the community.

While the pandemic hit our income and stretched our resources the merger remained a priority. There was no better time for us to come together and pool our resources. Our incredible team of staff and volunteers worked tirelessly across West Sussex, Brighton and Hove to be there for people in crisis.

We put ourselves in the best position to respond to people's needs and adapt for the future.

***Together we are stronger.***

# How we can support you...

## If you need information or advice:

We offer support to the over 50s on an incredibly wide range of subjects. A team of advisors and experienced volunteers can help with queries regarding:

- Housing needs and care planning
- Health and social care and advice for carers
- Family and personal matters
- Money advice including welfare benefits
- Leisure and social activities
- Advising on rights

### Do you need any information or advice?

Our Information and Advice Team are here to help with any queries you may have – either supporting you, or someone you may know. We're here to help!

 0800 019 1310

 [info@ageukwsbh.org.uk](mailto:info@ageukwsbh.org.uk)



## Information & Advice hot topics

### This issue: Housing

Our Information & Advice team gets regular calls about housing from people considering their options as they get older. Some would like to stay independent in their own homes for longer, while others require additional support and are looking at sheltered accommodation or assisted living. Here, we give a quick run-down of some of the options available.

#### Staying put!

Making small changes to your home and getting support with everyday tasks can make a big difference and help you stay independent at home for longer. Things like stair lifts, grab rails and kettle tippers can make life easier and safer.

The first step to getting many of these changes made is to get in touch with your local council and ask for a care needs assessment. They will be able to give practical advice and may be able to provide some of the equipment. If you want to stay at home, you might also benefit from some help with cleaning, changing beds and grocery shopping. We have a Home Help service, so get in touch for more info.

#### Sheltered housing

This type of housing – which you can buy or rent – may suit you if you want to live independently but need a bit more support, or if you want to live in a smaller and easier-to-manage home. Sheltered housing tends to offer help from a warden or support staff, 24-hour emergency help through an alarm system, communal areas and social activities for residents.

#### Assisted living

This is 'housing with care' which means you retain independence while you're assisted with tasks such as washing, dressing, going to the toilet or taking medication. You live in a self-contained flat, with your own front door, but staff are usually available up to 24 hours per day to provide personal care and support services. These are tailored to your needs. Domestic help, such as shopping and laundry, and meals may also be provided.

## If you need help at home:

Our Help at Home service specialises in supporting the over 50s in their homes and includes services like:

- **Weekly or fortnightly cleaning including:**
  - Hoovering, dusting and general housework
  - Cleaning of hygiene areas and floors
  - Laundry and ironing
  - Bed making and curtain/net changing
- **Dog walking**
- **Gardening service**
- **Handyperson service** (odd jobs/minor repairs)

### Could you be a Home Help?

If you enjoy helping people and are looking for work in Horsham and rural areas across Sussex then please get in touch with our Help at Home service!

This is a really rewarding role and your help could be vital in assisting an older or vulnerable person to stay at home. We especially need Home Helpers in the more rural areas. We are finding that our customers in these areas can feel isolated and lonely, so seeing a friendly face once a week could really make their day!

If you are interested in becoming a home help please check out our website: [www.ageuk.org.uk/westsussexbrightonhove/get-involved/work-for-us/home-helpers](http://www.ageuk.org.uk/westsussexbrightonhove/get-involved/work-for-us/home-helpers)



### Contact the team:

☎ 01903 726276

@ helpathome@ageukwsbh.org.uk



## If you need emergency care support:

**Our Crisis Care service provides temporary emergency support (in the Brighton and Hove area only) when other services are not available.**

It is a free short term support service available for up to 14 days following an illness, hospital discharge or if you are finding it impossible to cope in a domestic emergency.

The service can help support with various tasks including personal care, shopping for essential items and collecting prescriptions, quick/light meal preparation and 'comfort' calls after an emergency or bereavement.

All Crisis carers are carefully selected, trained and supported. Our Crisis Service is also CQC registered, and was last inspected in June 2022. A rating of 'GOOD' was awarded for all aspects of the service following this inspection.

**For more information call us on:**

☎ 0800 019 1310

Our Crisis Care services are available in the Brighton & Hove area only.

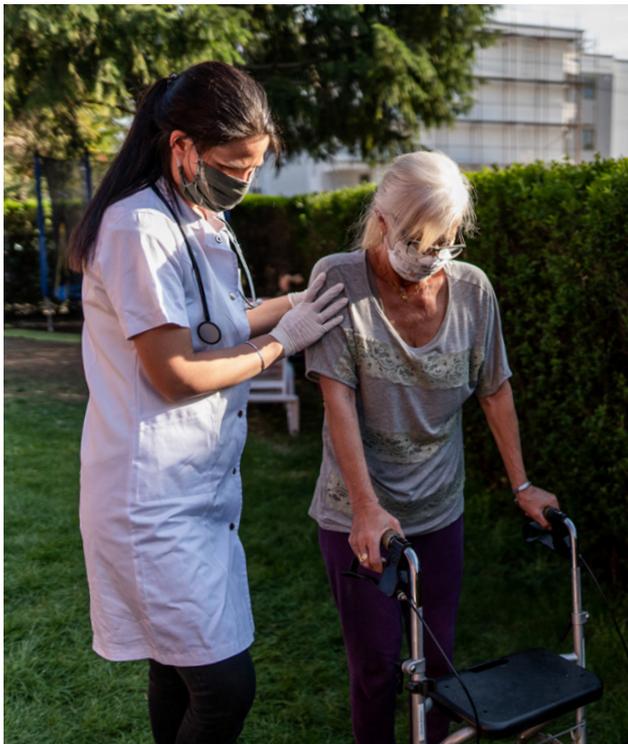
## If you need support at home after hospital

**Are you worried about coming home after hospital?** Will you be going into hospital soon? Are you worried about being alone and coping when you return home? Do you have a friend or relative who is being discharged from hospital and will they be able to manage for those first few weeks?

Our Support at Home after Hospital (SaHaH) service is available for vulnerable adults with low level support needs.

You can have an over the phone assessment or we can visit you to make sure you are safe within your first week home from hospital. We can arrange for one of our volunteer co-ordinators to visit for up to 6 weeks following your discharge from hospital. We will support you to regain your confidence and independence.

There is no charge for this service as it is supported by West Sussex County Council.



### Contact the team

Call us now to book this free service. Or visit our website to find out more about our Support at Home after Hospital service.

 0800 019 1310



## Long term care and the Carewise Scheme

Choosing long-term care could be one of the most expensive decisions you make.

West Sussex residents could expect to pay up to £1500 per week for their care (actual cost will vary depending on the provider and your needs). Good financial planning is vital to ensure the funding is in place for as long as it's needed.

Carewise, set up by West Sussex County Council, Age UK West Sussex, West Sussex Partners in Care and the Society of Later Life Advisers (SOLLA) is designed to help people through this financial minefield. It provides information and advice about care and support options, guiding you to the most suitable way of paying for long-term care.

There is also access to the general money advice service at AUKWSBH – providing advice in a range of areas including pensions, benefits, managing debt and budgeting.

### Book your consultation:

Your first consultation with a care fees specialist is FREE, and they will explain the cost of any further advice. For more information on the Carewise scheme and to arrange your consultation, visit the Carewise website or get in touch.

 Adults' CarePoint – 01243 642121

 socialcare@westsussex.gov.uk

 www.carewiseadvice.com

 carewise  
WEST SUSSEX | Care Funding Advice

 SOLLA  
Society of Later  
Life Advisers

## If you need support for someone living with dementia:



### At Daybreak we believe that with the best care and support, people can live well with dementia and in older age.

We aim to help people maintain their skills and independence in a social and friendly environment, while allowing carers a relaxing break. Our social days involve group activities, stimulating games, a delicious lunch, and all refreshments. We are also on hand to offer information for carers and point you in the right direction for other services and activities.

We offer a service with activities planned around the needs of the individual, for those living with dementia and frail older people. In addition, our extra carer services are set up with trained staff to support clients who may have additional needs, for example helping with medication administration, eating, and drinking and supporting personal care needs.

Daybreak runs at the following locations, but please contact us on 01903 792 015 for the most up to date info.



**Bognor Regis** – The Laburnum Centre

**Littlehampton** – The Woodlands Centre

**Haywards Heath** – The Age UK Haywards Heath Centre

**Burgess Hill** – The MSVA Cherry Tree Centre

**Horsham** – The Age UK Centre

**Storrington** – The Trinity Centre

**Crawley** – The Tilgate Community Centre

**We also have other dementia services currently being provided in West Sussex:**

**Bognor Regis** – The Holy Cross Church Hall

**Crawley** – The Friary (Southgate) and The Tilgate Community Centre

**Rustington** – The Samuel Wickens Centre

To discuss membership for Daybreak, please contact **Charlie Rayner** on:

☎ 07904 977 251 or 01903 792 015

@ daybreak@ageukwestsussex.org.uk

**Please get in touch to find out how we can help you and your loved ones who may be living with dementia.**



## Tapestry Day Club

Tapestry Day Club are a not-for-profit social enterprise offering support across West Sussex villages and communities.

They host days out for those experiencing social isolation and symptoms associated with early dementia and provide critical respite for their carers.

The day offers a fun, socially stimulating, warm and friendly experience – all in the comfort and safety of our fully vetted and trained hosts' own homes – a more intimate environment for our guests to share companionship and memories.

The day includes transport in a private car, a home cooked two-course lunch, refreshments and optional activities. To find out more or get involved, contact Tapestry Day Club.



☎ 01403 791 020

@ support@tapestrydayclub.co.uk

🖱 www.tapestrydayclub.co.uk

# Cost of living...

## How we can support you

With the cost of living having an impact on everyone's bills, it's important to understand what help is available and what cost of living payments you're eligible for.

From paying energy bills to what other financial support is available we've created a one-stop shop to answer your questions and point you in the right direction.

### Worried about energy bills?

If you're finding it hard to keep up with energy payments or you're worried you won't be able to afford the energy you need this winter, you might be entitled to financial support.

#### Warm Home Discount

This is a one-off payment to help with the cost of energy over winter. It's usually added as credit to your electricity bill. This winter (2022-23), it's rising from £140 to £150. It's likely you're entitled to this if you or your partner receive the Guarantee Credit part of Pension Credit.

#### Winter Fuel Payment

You could be entitled to an annual one-off payment of £100-£300 depending on how old you are, who you live with and any benefits you receive. This year (2022-23), eligible households will get an extra £300 top-up to help with the cost of living.

#### State Pension

If you're over State Pension age – which is currently 66 years old – and receive the State Pension then you should be paid automatically. Payments are usually made between November and December.

We will be holding some 'Winter Ready' information sessions in September and October – follow us on our socials for dates and times @ageukwsbh



### Top tips for reducing your bills



#### Keep an eye on your lights

Turn lights off when you leave a room, but not at the expense of your safety. Keep stairs and other areas well lit to reduce the risk of falls. Also – by changing from traditional light bulbs to LED bulbs, you could save between **£3 and £6 a year per bulb**.



#### Appliances around the home

Switch appliances off when they're not in use rather than leaving them on standby. This can save around £30 a year. It's also important to defrost your freezer every six months to ensure it runs efficiently.



#### Cut down your water bill

You can reduce your bills by showering instead of taking a bath, or doing the washing up in a bowl rather than under running water. In addition, make sure to fix any dripping taps. A dripping tap could cost an extra £15 per year!



#### Around the home

Make sure doors and windows are draught-proofed to avoid loss of heat, and consider double glazing if you haven't already. It reduces heat loss and could save you up to £80 per year. Also – if you have no loft insulation, installing 270mm of new insulation could save around £135 a year. Most homes have some loft insulation but not enough. Topping up your loft insulation will make your home warmer and save you money.

## What other financial support is available?

The Government has announced measures to help with rising energy costs.

### Money off energy bills

All electricity customers will get £400 off their energy bills between October 2022 and April 2023. This is a grant, not a loan – so you don't have to pay this money back through future bills. If you're a pre-payment customer, you will receive a voucher or have the money applied as credit to your meter.

### Council Tax rebate

Depending on the Council Tax band of property, you may be entitled to a non-repayable £150 from your council. Contact your local council for more information.

### Household Support Fund

This is a payment to help those considered most in need with the rising cost of food, energy and water bills. Each local council decide their own eligibility criteria – though money should be specifically set aside for older people. Contact your council to find out more.

### One-off payments

This year (2022-23), you may also be entitled to one or more lump-sum payments. These are:

- a £300 Pensioner Cost of Living Payment for households that receive the Winter Fuel Payment. This is a top-up to your Winter Fuel Payment in November/December.
- a £650 Cost of Living Payment for households on means-tested benefits, such as Pension Credit and Universal Credit.
- a £150 Disability Cost of Living Payment for those receiving disability benefits, such as Attendance Allowance.

None of these payments are taxable and they won't count towards the benefit cap or affect your benefit entitlement.

## Can I get support from my energy supplier?

If you're finding it difficult to keep up with energy bills or you owe money to your energy supplier, your supplier has a duty to help. Check with your supplier to see what support you might be entitled to.



## Not receiving benefits?

If you're not currently claiming means-tested benefits, such as Pension Credit, it's worth putting in a claim as soon as possible as you maybe entitled. To find out more speak to our advisors.

## Not sure what you're entitled to?

We can help you work out if you think you are missing out on any money. Give our friendly team of advisors a call!

## We can help support you, please get in touch

If you need some more information about how you can save money on your bills we've got you covered. Contact one of our advisors for information on how to save energy, keeping warm in the winter and help with heating costs.

Information is also available on the government website here:  
[www.gov.uk/guidance/cost-of-living-payment](http://www.gov.uk/guidance/cost-of-living-payment)

☎ 0800 019 1310

@ info@ageukwsbh.org.uk

# Sharing the love

We're always delighted when we receive such lovely feedback from our customers, so here's a few of the comments we've received recently for you to read...



I just wanted to thank you again for arranging for your Information & Advice team to contact my Aunt.

She did not catch the very kind person's name, but she was very pleased and interested to talk with her and looks forward to receiving more info in the post. I'd like to take you up on your offer, also, for me to receive your online Connect magazine in addition to my aunt receiving a paper copy.

JEREMY QUIN MP



HOUSE OF COMMONS  
LONDON SW1A 0AA

Congratulations to all the team at Age UK West Sussex, Brighton and Hove for reaching your 65th anniversary.

This is an excellent achievement and I am delighted to read that you will be celebrating the 65th Roadshow Tour with various stops around Sussex. I do hope to see the Birthday Party Bus in Horsham.

Congratulations once again.

Jeremy Quin  
MP for Horsham

Dear Connect,

I today discovered your most informative magazine... I am 61 and a full time carer of an older gentleman. It would definitely be beneficial for articles to be read out to the person in my care.

A most excellent publication.

Kind regards, Graham, Brighton

## Games Up, a poem by Connect reader Thea

Autumn is here a joy to behold  
Grey and wet and bloody cold.  
A Health check is due it's free cos I'm old.  
Me Doctor's prescribed a walk or two  
He says t'will do wonders for me and for you  
Keeping us fit and out of his Surgery too  
But me feets playing up giving me gip  
Not to mention me dodgy right hip  
Me knees won't unbend if I lean down too far  
Nevertheless.....  
I makes me way out  
Trying to forget this could trigger me gout  
I grit me teeth. Yes! a couple falls out.  
The wind won't stop blowing I've a pain in me ear  
Thank goodness I've spotted a Hostelry near  
All pain forgot I break into a trot  
Sit meself down for a chat and a beer.  
'What's this then' Dr Doolittle's voice I hear  
'Ooh Doctor' I says 'I've walked all this way  
After leavin' me house. Now I've come over queer  
Over done it I reckons so stopped off here'.  
Dr gives me a look takes me arm and says kindly  
'I'll take you home then how far do you live?'  
My face all red I knocks back me beer  
Avoiding his eyes I mutters ' quite near.....  
Not too far.....The Barman pipes up  
He leans on the bar and says with a leer  
'S'right Mate he lives in that cottage  
The one with the thatch next door to here.

# Quick questions with...

*Helen Rice*

CEO of Age UK West Sussex, Brighton & Hove



Starting with this special edition of Connect, we are introducing a people focus feature dedicated to our staff, supporters, partners and friends. For our birthday edition we introduce Helen, our CEO...

## ***What do you think are the main challenges facing older people today?***

The challenge is the diversity of need. We are all individuals with our own issues and we want to be here for everyone. However, I am increasingly concerned by how cruel issues related to loneliness can be and how criminals prey on those who are more vulnerable through increasingly complex scams. We must come together as one community to ensure no one is alone and that all people have the information and advice they need to live long happy lives.

## ***What are you most proud of, work wise, since joining AUKWSBH?***

I'm proud every day of the incredible staff and volunteer teams tireless commitment to our work – however, our Covid19 response will stay with me my whole career. We were one of the only agencies who continued to be active in the community, engage with individuals at this frightening time of unknown risk providing doorstep support and expert interventions for those who were suffering due to carer breakdown and ensuring no one was forgotten at this the most petrifying time for older people.

## ***What are you most looking forward to during the AUKWSBH's 65th birthday year?***

The chance to be with as many of our older people as I can.

## ***We provide services to 15,000 older people...***

...and it is a real challenge to find the time to ensure that I can meet with and listen to our customers as regularly as I would like but I have made a commitment to spend as much time as I can with the people we serve as my top priority this year.. and I can't wait!

## ***Which of the AUKWSBH activities would you most like to join in with?***

I'm a jazz and blues singer, although I don't get a chance to sing like I used to so would love to join in with any performances or choir activities. I also love to dance... and take part in book clubs and quizzes so I know we would have plenty to keep me busy!

## ***What's your idea of a perfect weekend?***

I'd spend Saturday morning sea swimming and eating breakfast with friends on the beach in Shoreham and Lancing... I'd spend Saturday afternoon walking in Bluebell Woods with my family and dog Super Bob!

And Sunday in Brighton enjoying the Brighton Fringe festival or other art related activity with my son Isaac who is 10. We love a silent disco around the lanes!

## ***Where in the world would you most like to visit and why?***

Costa Rica – but pleased to say we are about to go... It's been rearranged 3 times but we are at last going for new year.

# Community news across our localities!

## Bognor Regis



### AUKWSBH float wins 1st prize at Bognor Carnival!

We had a fabulous time at the Bognor Regis Carnival. Our float won Best Senior and Overall Winner. Well done to everyone who helped create our brilliant float!



### A visit from Sussex Police!

Sussex Police have paid our Bognor Regis Centre members a visit recently to talk to them about scam prevention at the Laburnum Centre. The members were really engaged and asked plenty of questions.

## Horsham



### Thank you Londis

A big thank you to Londis at Merryfield Drive who put us forward for some funding to host a community coffee morning. It was great to meet the PCSO, the Link Alarm team and the neighbourhood wardens, who all attended.

## Haywards Heath



### Having fun at Haywards Heath

Members of our Haywards Heath centre had a great time at one of their recent community events and were all smiles!

# Brighton & Hove



## Carers Week celebrations

Parul, our Director of People, attended the Carers Week celebrations held at St Augustine's church in Brighton. The event aimed to show carers what support they could provide and allowed AUKWSBH the opportunity to talk about our services.

## Doing 'Good'!

It was with huge celebrations that AUKWSBH Crisis Response Team successfully maintained our 'GOOD' rating at our most recent CQC inspections in June. The team continue to provide outstanding care and support to our clients.

Thanks goes out to the wider AUKWSBH community for giving expert advice and support to our crisis clients in times of need.



# Chichester

## Community connections

Richard (our Volunteer Manager) and Maryse (our Chichester Community Agent) were at Chichester Farmers Market in June to chat with residents about the AUKWSBH services we offer. Our Community Agents work with older people who may be feeling lonely or socially isolated and helps connect them with services and activities that help reduce this.

## A digital day out!

We also held a Virtual Day Trip for local residents to Horsham Park in partnership with Whistlestop Arts, at the East Wittering Reform Church.

We will be holding more Virtual Day Trips in the future so please get in touch to show your interest by calling **0800 019 1310**.



# Crawley

## Happy Birthday David!

David celebrated his 80th at the Can-Do Club.



## 2022 Jubilee Celebrations across our Sussex centres!



**We had a fabulous time celebrating the Platinum Jubilee back in June.**  
It was wonderful to be able to have a party again and see all your fabulous faces! From Cream Teas and coffee mornings, to bingo and raffles – thank you to all the staff, volunteers and everyone who came along and made the celebrations so special!





## Jubilee Art Competition

The members of the Haywards Heath Centre and our online Art Club all worked hard to produce some lovely pieces to celebrate the Jubilee.

The winning artwork, by Roy – one of our Art Club members, was given away as a raffle prize. It was framed and awarded by Helen Rice, to our raffle prize winner at our Gala Lunch event at Lamb House at the end of May. Pictured are;

1. All the fantastic artwork by our members
2. Roy, our Art Club member and winner!
3. Helen with Mary, the winner of our luxury hamper kindly supplied by Flint and Co and...
4. Helen with Adele, another Art Club member and her wonderful painting.

## Burgess Hill



## Would you like to hold an event, meeting or group?

Kings Weald Community Centre is ready to welcome your parties, meetings and groups, if you would like to hire one of our fabulous spaces please get in touch by emailing [kings.weald@ageukwsbh.org.uk](mailto:kings.weald@ageukwsbh.org.uk)

## Want to know what's going on in your area?

We'd love you to join us at one of our centres! For more information, please visit the [Activities and Events](#) section on our website, or follow us on social media. We look forward to seeing you soon!

[www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)

[f](#) [t](#) [@ageukwsbh](#)

# An Urgent Appeal

**Over the last 65 years we have been at the forefront of supporting local older people by providing essential services and activities to improve health and wellbeing, and reducing the damaging effects of poverty, loneliness and isolation.**

Demand for our services is high and now more than ever we need to continue providing our vital support. The Covid-19 pandemic and now the cost of living crisis are having a devastating impact on older people, with many experiencing a further decline in their wellbeing as they face difficulty making ends meet and find themselves feeling even more isolated and heartbreakingly lonely.

**“We are really struggling financially as by the time we have paid for our mortgage, energy suppliers and medical items not available on the NHS, there is little left for food.”**

We want to ensure everyone has access to the services that will help them feel happier, healthier and connected to their community.

By providing regular contact with our staff and volunteers, whether it's a friendly chat, help with building confidence, connecting older people to activities and services, or support from our teams to access financial and wellbeing help, we want to be there for all local older people, whatever their needs.

**“I could not believe how quickly you were able to put support in for my dad when we were in desperate need and for this I will always be grateful.**

Your support is amazing you certainly made a huge difference to our lives even if it was for a short time.” **Lyn, whose Father we supported.**



## Help us support older people through the cost of living crisis

Your donations ensure that we can be there for everyone who needs us. Can you help, by donating whatever you can afford, to our special 65th Appeal?

 Visit our donation website  
[ageukwsbh.enthuse.com/cf/65years](http://ageukwsbh.enthuse.com/cf/65years)

 Call 01903 792 211

 Send a cheque to us  
Urgent Appeal,  
Suite 2, Anchor Springs,  
Littlehampton, BN17 6BP  
Made payable to Age UK  
West Sussex Brighton & Hove

 Scan the QR code to donate  
Use your phone or tablet to donate...  
Just open the camera and hover over the code to open the donation link.



**Please donate whatever you can afford to our appeal today and help us support older people through the cost of living crisis and beyond.**

## How your money helps older people

Without donations from our supporters, we wouldn't have been able to achieve so much to reduce isolation, loneliness and poverty over the years. And now we are asking for your help so we can continue to support those most in need during these increasingly challenging times.



**Thank you for your support**

## Friends mean the world to us!

### Could you become a Friend of AUKWSBH by giving us a regular gift?

By setting up a regular donation of £6.50 per month (or whatever you can afford) – you could help us to provide regular support to an older person who is feeling isolated and lonely or needs essential information and advice.

### Regular donations help us to plan ahead more effectively...

...knowing what we will have available to fund our services and allowing us to direct that income where it is needed most. As well as knowing your donation is making a real difference to your local community, by becoming a Friend of AUKWSBH you will also receive a special pin badge as a thank you.

We are proud to have been there for local older people for 65 years. With your support, we can be around to help for another 65 years.

To set up your regular gift, simply complete and return the Direct Debit form enclosed with this magazine or download a copy by visiting [www.ageukwsbh.org.uk/get-involved](http://www.ageukwsbh.org.uk/get-involved).

Alternatively, you can call us on **01903 792211** and we can send you a form.



# Join in with #challenge65

*Can you challenge yourself to raise funds for our 65th birthday? The idea is simple – pick any kind of challenge that involves the number 65.*

Whether it's cycling 65 kilometres, walking 65 miles, baking 65 cupcakes (and selling them!), giving something up for 65 days or simply aiming to raise £65, the choice is yours!

If you want any further information or you'd like to join us for Challenge 65 please email the Fundraising team on:

[fundraising@ageukwsbh.org.uk](mailto:fundraising@ageukwsbh.org.uk)

And if you don't fancy taking on a challenge yourself, why not sponsor someone instead? Visit our fundraising site:

[ageukwsbh.enthouse.com/cf/65years](http://ageukwsbh.enthouse.com/cf/65years) and take a look at how our fantastic supporters are getting involved to raise vital funds for our work!

And here's some of our amazing supporters who have already taken up a #Challenge65 for us this year...

## Leave a lasting legacy

Leaving us a gift in your Will is a wonderful way to ensure that vital support will be available for those most in need. Legacies give us the opportunity to make a big difference to local older people, helping those feeling lonely, isolated and vulnerable to live well and love later life.

If you are considering leaving a legacy, you may be interested in attending one of our Make A Will sessions, taking place this Autumn.

A qualified solicitor will help you write your Will or amend an existing Will in return for a donation to AUKWSBH.

By giving us a gift in your Will, you can be part of something special. To find out more, please get in touch.

☎ 0800 019 1310

@ [info@ageukwsbh.org.uk](mailto:info@ageukwsbh.org.uk)



## A big Bognor thank you!

**A huge congratulations to Team AUKWSBH on completing the Bognor 10k, at the end of May.**

It was a wonderful day, and after 3 years since they were able to hold the event, well worth waiting for.

Our team of 13 runners took part on a beautiful late Spring Sunday, running and walking through Bognor and along its wonderful seafront, dazzled by the sea and the crowds of supporters, clocking up many miles and thousands of steps between them.

**A BIG shout out, well done, and thank you to:**

Bob, Joseph, Michael, Helen, Gill, Gary, Jeni, John, Rob, Michael, Janet, Julie, and Mark a fabulous mixture of volunteers, staff, and some older people who we provide support to, who raised a fabulous £650!





# Flying high for Age UK!

*Richard Cook, our Catering Manager, jumped out of a plane for AUKWSBH's #challenge65!*

We wanted to say a huge THANK YOU to everyone who sponsored Richard's skydive challenge, with your help he managed to raise more than his fundraising target. The money will help support the services we provide for older people in our community.

And well done and thank you to Richard for taking on this incredible challenge for us. You're a star! Once his feet were firmly back on the ground he said:

"It was amazing and terrifying at the same time - such an adrenaline rush. Getting up there in the plane was the scariest bit but once I was out, wow! I think I might want to do it again!! Thank you to everyone who has supported me and helped me to smash my fundraising target for Age UK West Sussex Brighton & Hove."

If you want to see how Richard got on with his skydive, head to our Instagram page @ageukwsbh and check out the video of the day.

## How to support Richard

Richard's sponsorship page is still open, so there's still time to support him, if you haven't had chance yet!

 [ageukwsbh.enthuse.com/pf/skydive65](https://ageukwsbh.enthuse.com/pf/skydive65)



# A day in the life of our... Volunteer Management Team

**Our Volunteer Management Team, Richard Harris and Fiona Sabine, are busy bees so we were delighted to catch up with them recently and find out what they get up to...**

Volunteers are part of the lifeblood of Age UK West Sussex, Brighton & Hove. With over 320 volunteers on our books at the moment, you'd be right in thinking it's a full time job managing and recruiting them.

Richard Harris is our Volunteer Manager and Fiona Sabine our Volunteer Administrator. To give you an idea of what they get up to and how vital our volunteers are, we thought we'd ask them about their typical day in the office.

## Richard and Fiona's day



**9.00am**  
Get the kettle on!

We check in on our emails first thing and respond to those which can be immediately actioned. We might have queries about initial checks or training, receive online applications or character references and get requests to change volunteering roles or hours.



**10.00am**  
Planning the day

We get together to discuss a plan of action and our priorities for the day. For the new volunteers who are going through induction, we check where they are in the process. Has their DBS police check been submitted? Have they begun the online training? Is there anyone who needs support to complete the training modules? We try and ensure anyone who needs help at any stage knows they can contact us.



**10.30am**  
Check in with our centres

We check in with the development managers at each of our centres locally to discuss any new volunteer support they need. They may need a kitchen assistant, or someone to help with administration. We make a note of all the roles that are required then start spreading the word to try and get them filled.

Local Councils have volunteer leads who we work closely with and are often able to help us find suitable candidates. We also write up and list our roles on websites like [charityjob.co.uk](http://charityjob.co.uk) or [doit.org](http://doit.org).



**2.00pm**  
DBS checking and party planning!

After a bit of lunch and fresh air Fiona might check our database, charitylog, to ensure volunteer records are up to date and to see which of our volunteers might need a new DBS soon. Richard is planning a volunteer party... the idea is to get the team together to celebrate and to thank as many people, in person, for the work they do to support older people in our community.

After that, more admin; matching volunteers to roles and assessing how we can best use the skills and experience of new recruits.



### 4.00pm

#### Organising our welcome packs

Checking in on emails again and organising some welcome packs for distribution. At the moment, we're looking for more volunteers to help people who have been in hospital (the Support at Home After Hospital service). We've also got a new volunteer role called the Community Neighbour Volunteer, that person might help deliver medication, check in on an isolated older person, help them attend medical appointments or ensure they have the food they need in the house. It's a really varied role and so rewarding – we're enjoying getting people signed up for that.



### 4.30pm

#### Planning to meet our volunteers

Richard plans our schedule for visiting our different centres. We try and go to each centre every two months and invite local volunteers to drop by and see us if they have any questions, or just want to say hello.

Both of us would probably be described as a 'people person' we love meeting and getting to know new people so these roles are perfect.

We get to know our volunteers, understand their skills and background and we're able to get them connected so they can be an active part of our charity. We're keen to meet as many of the team as possible, to thank them for their time and effort.



### 5.00pm

#### Logging off!

Check the diary for tomorrow and log off!

# Volunteers... we need you!

If you are interested in the work we do, we'd love to hear from you.

We welcome a diverse range of volunteers from all backgrounds, abilities and ages. If you have some spare time and would like to make a difference to older people in our community then please get in touch! Many activities that we run would not be possible without the support of our volunteers.

We are currently looking for volunteers to help fill these roles:

- Doorstep support and deliveries
- Dementia Daybreak services
- Gardening
- Kitchen assistant
- Attendance Allowance form filler
- Community support volunteer
- Volunteer hall assistant
- Community group volunteer leaders
- Centre group volunteer leaders
- Activity assistants
- Receptionists
- Walking football volunteer
- First point of contact community navigator



## Find out more about volunteering...

Contact Richard, our Volunteer Manager to find out more about our roles, or to join our amazing army of volunteers

Richard says:

"As well as the satisfaction of knowing you are giving something back it can provide you with a feel good factor, adding to life's many achievements, and will really make a difference to those whose lives you enrich."

 07841 662564

 richard.harris@ageukwsbh.org.uk

# Take a break!

Why not grab a cuppa, put your feet up and have some fun with our brain-teasing puzzles!

## Born in 1957...

Can you unscramble the names of these 15 celebrities that were born in 1957?

1. THIEK WHEGNIC (TV Presenter)
2. TOIMTHY LLPSA (Actor)
3. RBYAN BONROS (Footballer)
4. KNIC OYBNHR (Writer)
5. ADLINE IDEYALWS (Actor)
6. OJ BADRN (Comedian)
7. ISD IIOCSVU (Musician)
8. NADNY BKARE (Music Journalist)
9. CMRA LNOADM (Musician)
10. LUPA TRMENO (Comedian)
11. SETVE SDAIV (Snooker Player)
12. EHTSPEN FRY (Comedian)
13. YEANJ LTRIVLO (Ice Skater)
14. WNDA NRHFCE (Comedian)
15. DNONY MONSDO (Musician)

## Want more puzzles?

We have a range of activity sheets available to anyone who needs them! If you are in need of some fun activities to pass the time, please visit our website, where you can download them and print off:  
[www.ageuk.org.uk/westsussexbrightonhove/about-us/connect-magazine](http://www.ageuk.org.uk/westsussexbrightonhove/about-us/connect-magazine)

## Born in 1957 answers

1. Keith Chegwin, 2. Timothy Spall, 3. Bryan Robson,
4. Nick Hornby, 5. Daniel Day-Lewis, 6. Jo Brand,
7. Sid Vicious, 8. Danny Baker, 9. Marc Almond,
10. Paul Merton, 11. Steve Davis, 12. Stephen Fry,
13. Jayne Torvill, 14. Dawn French, 15. Donny Osmond

## Word Scramble answers

1. beach, 2. umbrella, 3. sunshine, 4. barbecue, 5. swimming,
6. flowers, 7. sunglasses, 8. sandals, 9. garden, 10. sunscreen



## Beginner Sudoku

		6						
	3	8	7	2		6	5	9
9					1	3		
	2	3			7			
8		9	4		5	2		1
			9			4	7	
		7	1					4
3	6	1		4	8	7	9	
						8		

## Advanced Sudoku

	1	4	6	8				
7			1				9	
8				7			5	
	9							6
2	7						8	9
3							1	
	5			9				3
	3				6			8
				3	1	2	4	

## Word Scramble!

Can you unscramble these 10 words all related to the outdoors?

1. *bheac*

2. *mllrubea*

3. *nheinuss*

4. *uberbae*

5. *immngswi*

6. *oswfrle*

7. *sslugsasen*

8. *nsalsda*

9. *ernadg*

10. *recenssun*

## This season's recipe: Classic Victoria Sponge

Named after Queen Victoria, this British cake is simplicity at its best; sweet strawberry jam and mouth watering soft cream, sandwiched between two light sponge cakes and a dusting of icing sugar. Now, put the kettle on and help yourself to a slice or two!

### Ingredients (Serves 8)

- 160g unsalted butter, softened
- 160g self-raising flour, sifted
- 160g caster sugar
- 3 large eggs, lightly beaten
- 1 teaspoon vanilla extract
- 100ml double cream
- 125g strawberry jam
- Icing sugar, for dusting

### Method

1. Pre-heat the oven to gas 3, 170°C, fan 150°C. Grease and line 2 x 8 inch (20cm) cake tins with baking paper.
2. In a large mixing bowl, cream together the butter, vanilla extract and sugar using an electric hand held whisk until light and fluffy. Add the lightly beaten egg a tablespoon at a time, beating well between additions, until fully incorporated. Fold the flour in using a large metal spoon and spoon the batter evenly into the two prepared cake tins.
3. Bake for 25-30 minutes until springy to the touch and a cake tester comes out clean when inserted into the centre of the cakes. Remove and allow the tins to cool on a wire rack for 5 minutes before turning out and peeling away the baking paper.
4. Whip the cream as the cakes cool, then spread the bottom half of the cake with the cream in an even layer. Spread the strawberry jam evenly and carefully on top of the cream. Sandwich the cake with the other half of the cake and transfer it carefully to a serving plate. Dust with the icing sugar and serve.

### We'd love to hear your recipes!

Email us at [connect@ageukwsbh.org.uk](mailto:connect@ageukwsbh.org.uk)



# We'd love your support

Our goal is to inspire and enable people in our communities to love later life. You can help AUKWSBH in so many ways



Donate



Volunteer



Fundraise



 [www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)

 0800 019 1310

 [info@ageukwsbh.org.uk](mailto:info@ageukwsbh.org.uk)

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