



Sheila Pollard has a new great granddaughter!



Hailie was born 9th June weighing 6lb 11oz.

A Brave Story from one of our volunteers, Mel Hunter:

11 years ago, 10th of June 2009, I walked into the operating theatre ready for my brain tumour operation from which I was not expected to survive. But **I did!** I also went through aggressive chemotherapy; many operations connected to this over the years; physiotherapy; hydrotherapy; optometry support and devices to help with my now double vision; used lots of medications including morphine, and there are some medications I will now need for life.

On my birthday in 2010 I was ill health retired, I understood why but I still felt a huge sense of loss and questioned what I would do now. It was at a time when I was in a wheelchair, had adapted to needing help to be showered, dressed, fed and to do basic things like going to the toilet. But I have now learnt to appreciate my life all over again and although my career, status, and, financial independence came to an end it was so enlightening to see life with a fresh view.

People tell me I'm amazing and inspirational, but I don't *feel* it. It's an uphill journey, and there are still down days. But I am enjoying life on the whole, stopping at times to sit and enjoy the view and taking time to appreciate where I have come from to give me the much-needed boost to keep going. We now have a saying in my family, "When is best? Now is best!"

I'm currently celebrating 11 years and looking forward to enjoying every minute, whatever that may look like.

Clever Animals by Delma:

- 1) A horse that counts by striking his foot
- 2) A horse who could open the stable door and go walk about
- 3) A Scottie dog, called Max, who would pick gooseberries off the bush and eat them
- 4) A dog, called Cindy, would go to the butchers for a bone if someone left the gate open

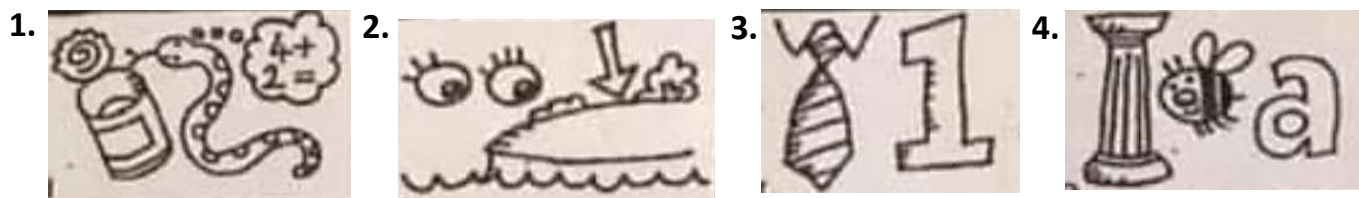
5 Pieces of Advice You Would Give Your Younger Selves:

1. Adrienne Cole would tell her younger self not to be so anxious and not to worry about things so much.
2. Margaret Townend would tell her younger self to stay out of trouble and stay safe.
3. Allan Bucknall would tell his younger self to choose your friends wisely and value them.
4. Ruth Hoar's advice to her younger self would be to live life without prejudice.
5. Sheila Pollard's advice to her younger self would be to appreciate her health!

Next Week's Question: What's your favourite food or meal?

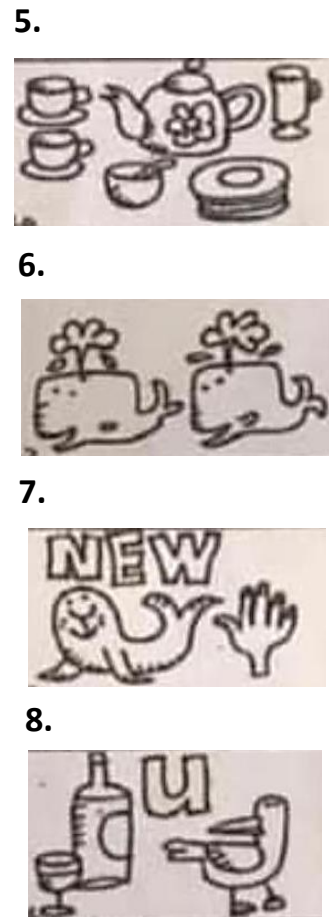


Rebus Puzzle: These Pictures all Depict Names of Countries



Sudoku Puzzle:

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



Last Week's Quiz Answers:

1. 4 days
2. Marlon Brando
3. A frog!
4. A Beard Tax
5. When I'm 64

This Week's Rebus Puzzle Answers:

1. Canada
2. Iceland
3. Thailand
4. Columbia
5. China
6. Wales
7. New Zealand
8. Portugal

Age UK Wiltshire Sunflower



↑
11"

This Week's Sudoku Answers:

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