Election 2015
We are all aware by now that the election is looming.

70 Years On
This year marks the 70th anniversary of VE Day and VJ Day.

Annual General Meeting & Care Act Report
Age UK Bedfordshire held their AGM on 20th February.

What You Didn’t Know About...
Dave Hodgson
Home Fire Safety Message

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We would like to hear your stories and views. Please write to:
The Editor, Age UK Bedfordshire, Voice, 78-82 Bromham Road, Bedford MK40 2OH, or visit http://ageukbedfordshire.org.uk.
Over 80 people attended including Rt.Hon. Alistair Burt MP and Prospective Parliamentary Candidates, Patrick Hall Labour, Mahmud Henry Rogers Liberal Democrats, and Nigel Wickens United Kingdom Independence Party who formed a panel to take Questions on the forthcoming Care Act 2015. Other candidates from Labour and UKIP were in attendance as were several Councillors and Portfolio Holders, alongside the Vice Chairman of Central Bedfordshire Council. Most of the attendees were however individuals and representatives from older peoples’ groups and other organisations.

The AGM proceeded with news on how Age UK Bedfordshire had operated during the previous financial year, with some examples of work being undertaken by the staff and volunteers, for older people in the county. This was followed by a short presentation on the Care Act. The main areas of this Act are below.

The Care Act comes into force in April 2015. It changes the way the social care system will work in the future.

One of the biggest changes, is a care cap that means no-one will spend more than £72,000 of their own money on their care needs.

If you need care, or look after someone who does, you will need to know how care is changing.

Ways it may affect people from April 2015:

• You will have a right to a free needs assessment from your council
• All councils will use a new national eligibility criteria to decide whether someone can get help from them
• If you get social care support, you will now have a right to request a personal budget if you’re not offered one
• If your needs assessment shows you don’t qualify for help from the council, they must advise you how the care system works and how to pay for your own care
• You can defer selling your home to pay your care fees until after your death
• If you’re paying for your own care, you can ask the council to arrange your services for you
• If you’re a carer, you have a legal right to a care assessment from the local council
• If you find it difficult to communicate or to understand the issues being discussed, the council must provide an advocate to help you when discussing your care
• The council must provide preventative services that could reduce or delay your need for care

From April 2016 there are more changes and these will be under consultation during 2015.

Areas of note will include:
• Care Accounts to track spend on care
• Cap of £72,000 on care costs
• Top up fees
• Independent complaints process

Karen Perry Chief Executive then took questions from the floor for the panel. Some of the Questions and a very short precis of some of the Answers are detailed here:

Q. What happens to people who are left in the house after the person’s death? If there is a charge upon the estate for care? Spouses or carers for instance? The charge will remain on the property until the surviving person sells or dies. No one will be forced to sell a property to pay fees.

Q. Is the £72,000 cap fixed and for how long? The cap will be reviewed probably annually.

Q. Top up fees? Is there a cap to how much can be charged to clients in top ups? Top up fees are not capped. Clear information on fees must be given.

Q. What covers care costs? Nursing/Social? Care costs are for personal type care. Nursing care is funded under the NHS but living expenses such as hotel type costs are not part of the care cap.

Q. Will the care and other costs be broken down and detailed to the client? All costs will be broken down so the client can see exactly what is funded and charged for.

For the full report of all the questions asked and the full answers, please visit www.ageuk.org.uk/bedfordshire/news-campaigns/care-act-discussion/ or contact the office on 01234 360510 and a copy will be mailed out to you.

Summer Bank Holiday

• Monday 31st
It’s not too late to think about your vote and as a national federation of organisations Age UKs have been campaigning for some time with all MPs and Prospective Parliamentary Candidates on the issues which are relevant for the ageing population. The issues are evidenced by the clients that all the Age UKs see every day. The work that we do here in Bedfordshire provides our organisation with feedback from older people, their carers, and families on the issues that everyone should be thinking about in our community.

The facts speak for themselves:

- 1.6 million older people are living in poverty
- a million older people in the UK haven’t spoken to anyone for a month
- 870,000 older people needing care and support miss out each year
- one older person dies needlessly every seven minutes during the winter - that’s 200 deaths a day that could be prevented
- 1.6 million older people are living in poverty
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Living longer is something to celebrate but politicians need to prepare the UK for our ageing society and support older people to live well, today and tomorrow. We want all parties to take note of the following areas and to make sure that the community of over 50s going forward is placed as a high priority.

Too long now have older people and services for older people been the ‘Cinderella’ services.

Vote for the party who you think will do best for older people on 7th May 2015.

We feel that older people in this society should:

- have opportunities to enjoy life and feel well
- feel safe, comfortable and secure at home
- have enough money
- can participate in society and be valued for their contribution
- have access to quality health and care services

We are all aware by now that the election is looming on 7th May.

Election 2015
This year marks the 70th anniversary of VE Day and also VJ Day. The whole country will celebrate VE Day over a three day weekend from Friday 8th May to Sunday 10th May.

The Government have planned the following programme:

8th May (VE Day)

There will be a day of remembrance with a Service held at the Cenotaph in London. A 2 minute silence will be held at 3pm which will mark the formal broadcast announcement made by Winston Churchill, that the war in Europe had ended. On the Friday evening 100 beacons will be lit across the UK to mark this anniversary.

9th May

Planned to be a Celebration Day, at 11am cathedrals across the country have been invited to ring their bells to mark the occasion. There will be a 1940’s style concert held at Horse Guards Parade in London that evening. This is planned to be shown live on BBC1.

10th May

This marks Thanksgiving, there will be a service in Westminster Abbey and representatives from the Royal family, Government, all the Forces, and all countries who fought alongside Britain, will attend. Following the service servicemen both present and past will parade from the Abbey to Whitehall. In the afternoon there will be a fly past of a number of both modern and 1940’s aircraft including the iconic Hurricane and Spitfire.

Locally there will be an airshow at Shuttleworth on 3rd May in celebration of VE Day. There will be further events across Bedfordshire and the local news and media will broadcast more localised information nearer the weekend. A time to remember those who fought and lost their lives but also a time to celebrate the victory that allows our modern society to exist.
Greenfingere
Grandma

It's such a relief to see the warmer weather of spring and summer with all of the flowers bursting into life. All winter I looked at my garden thinking I really want to get back into growing vegetables this year and I've now made a start! I'll be able to enjoy my produce and share the excess.

I will start the season with tidying, digging and adding compost to the garden. Seedlings can be propagated or sown inside or outside; but watch out for the late frosts and protect any tender plants. I've cut my late-flowering clematis and already it is climbing up the trellis again. Mowing the lawn becomes a routine once again and roses need to be pruned to maintain their shape and health. In late spring cuttings can be taken from shrubs and perennials and half-hardy annuals can be planted outside such as begonias, dahlias and bedding plants. Colourful hanging baskets can be displayed and dead-heading flowers maintains their longevity. I hope you enjoy the spring and summer season and can relax and enjoy the warmer weather.
Physical Activity and Exercise

Physical activity and exercise can help you stay healthy, energetic and independent as you get older.

Many adults aged 65 and over spend on average ten hours or more each day sitting or lying down, making them the most sedentary age group. They’re paying a high price for their inactivity, with higher rates of falls, obesity, heart disease and early death compared with the general population.

As you get older, it becomes even more important for you to remain active if you want to stay healthy and maintain your independence.

If you don’t stay active, all the things you’ve always enjoyed doing and taken for granted may start to become that little bit harder. You may start to get aches and pains that you never had before, and have less energy to go out. You may also be more vulnerable to falling. This can all lead to being less able to look after yourself and doing the things you enjoy.

**Strong Evidence**

There’s strong scientific evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia. If you want to stay pain-free, reduce your risk of mental illness, and be able to go out and stay independent well into old age, you are advised to keep moving. It’s that simple. There are lots of ways you can get active, and it’s not just about exercising.

As people get older and their bodies decline in function, physical activity helps to slow that decline.

If you’ve been inactive for a while, you don’t have to rush into exercising. You can build up activity gradually to reach recommended levels.

You will still be improving your health in the process, and you’ll reduce your risk of falls and other ailments. “The biggest benefits come to those who start from scratch,” says Dr Cavill. “It’s moving from a sedentary lifestyle to a moderately active one that makes the biggest difference to your health.”

Physical activity is anything that gets your body moving. It can include anything from walking to recreational sport. The first thing to bear in mind as you get older is to keep moving. On a basic level, that means making sure you don’t spend hours on end sitting down during the day. This means avoiding long periods of TV viewing, computer use, driving, and sitting to read, talk or listen to music.

In addition to reducing sedentary time, you are advised to do at least 150 minutes (2hrs and 30mins) of moderate-intensity aerobic activity every week. Try to do something every day, preferably in bouts of ten minutes of activity or more. The more you do, the greater the health gains.

One way of achieving your weekly physical activity target is to do 30 minutes on at least five days a week. On at least two days a week, activities should include those that strengthen muscles and bones, such as weight training, carrying heavy loads and heavy gardening.

Daily chores such as shopping, cooking or housework don’t count towards your 150 minutes because the effort isn’t hard enough to raise your heart rate although they do help break up sedentary time.

**Getting Started**

What you do will depend on your own circumstances, but as a guiding principle, it’s a good idea to do activities that you enjoy.

If you’re already active, you may find it useful to know that you can reap the same health benefits from 75 minutes (1hr and 15mins) of vigorous-intensity aerobic activity, such as running or singles tennis.

As a rule of thumb, 75 minutes of vigorous-intensity aerobic activity can give similar health benefits as 150 minutes of moderate-intensity aerobic activity.

Research shows that it’s never too late to adopt and reap the health benefits from a more active lifestyle.

For example, older adults who are active will reduce their risk of heart disease and stroke to a similar level as younger people who are active.

As a rule of thumb, 75 minutes (1hr and 15mins) of vigorous-intensity aerobic activity can give similar health benefits as 150 minutes of moderate-intensity aerobic activity.

Research shows that it’s never too late to adopt and reap the health benefits from a more active lifestyle.

Examples of moderate-intensity aerobic activities include:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with few hills
- Playing doubles tennis
- Pushing a lawn mower

For more help why not give us a call at our Bedford Office.
Are you over 50?
Age UK* offers a range of tailor-made products and services designed with you in mind

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What You Didn’t Know About…

Dave Hodgson
Mayor of Bedford

Q. Who has been the biggest influence on your life?
My former sixth form tutor, who through debate and discussion encouraged me and others to develop our own ideas and opinions on society, politics and the world around us. Also my Granddad, whose stories on society, politics and the world around us. Also my Granddad, whose stories

Q. Where did you grow up?
I was born on a British armed forces base in Germany. My father was a teacher of forces children, and we moved 21 times by the time I was seven! We moved to Bedford when I was nine years old.

Q. What did you think you were going to be when you grew up?
I always thought I would be a teacher. My father was a teacher in Bedford, while my mother went through teacher training when I was a young teenager. At different stages of childhood I was also convinced I would be an engine driver, a footballer and a rugby player!

Q. How would you like to be remembered?
As someone who got things moving.

Q. If you could wave a wand and make one change on the planet what would it be?
It’s a very significant one, but if the wand really does allow me to make any change, it will be the eradication of hunger.

Q. Do you plan on retiring ever?
I have no current plans to retire, but you might want to ask me that question again on May 8th!

Q. Do you have any favourite one-liner comics like Tim Vine or ‘Peas Please Me’, or ‘Yes Peas’? It’s not an idea we’ve pursued, I’ve decided to sell my Hoover. It’s a very significant one, but if the wand really does allow me to make any change, it will be the eradication of hunger.

Q. If the sky wasn’t blue, what colour do you think it should be?
A glance out of the window is a reminder that it’s also sometimes white or grey! However, it’s always blue with bright sunshine in Bedford, of course!

Q. Which radio station do you listen to most?
Enjoy Radio 2 to unwind.

Q. What do you think is the best sport?
Footballer and a rugby player!

Q. Do you own a sweet/florist/hairdressers/grocer’s what would you call it?
I always thought I would be a teacher. My father was a teacher of forces children, and we moved 21 times by the time I was seven! We moved to Bedford when I was nine years old.

Q. Which book are you currently reading?
Cut Short by Leigh Russell, whom I met at the recent Bedford Short Story Competition awards. She is a crime writer and described her writing as being in a similar style to Ian Rankin, who is one of my favourite authors.

Q. Do you have a sporting hero?
I find the stories of Bedford’s many well-known Olympians down the years to be fascinating and inspiring. I would pick out Bedford’s own London 2012 Gold Medalist Etienne Stott in particular, however, because he has given so much time and energy since his triumph to inspire others, especially children, to take up and to enjoy sports.

Q. If you owned a sweet shop, what would you call it?
‘Give Peas a Chance’, ‘Peas Please Me’, or ‘Yes Peas’. It’s not an idea we’ve pursued, for obvious reasons!

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Sudoku
The Game of Logic
Place each of the digits 1 to 9 in each row, column and 3x3 box. There is only one solution.

<table>
<thead>
<tr>
<th>1</th>
<th>5</th>
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<td>7</td>
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Quick Quiz
Test your knowledge in our to be updated Quick Quiz.

1. Which Van Gogh painting sold for just over $39,000,000 in 1987?
2. Who was the author of Cannery Row and Of Mice and Men?
3. Cilla Black was portrayed by which actress in a recent BBC drama?
4. Who played the lead role in Lawrence of Arabia?
5. The San Andreas Fault lies in which country?
6. What is the longest river in Ireland?
7. Which British athlete won the men’s 100m at the 1992 Olympic Games?
8. As of 1st April 2015, who was the No.1 ranked British female tennis player?
9. In World War II, Operation Market Garden took place in which two countries?
10. Queen Victoria came to the throne in which year?
11. Which chemical element has the symbol Cu?
12. Who is the current Chief Medical Officer in the UK?

Wordsearch
Which One is Missing?
Can you find which fruit is missing from the list below?
APPLE PEAR BANANA PEACH ORANGE GRAPES KIWI LEMON

Share Your Voice With Us...
We are looking to publish a selection of articles where readers write into the magazine with their thoughts, views on topics raised in the magazine or support they have received from Age UK Bedfordshire. Please write to: The Editor, Age UK Bedfordshire, Voice, 78-82 Bromham Rd, Bedford MK40 2DH or Email: voice@ageukbedfordshire.org.uk.

Remember the next edition will be available from late Autumn 2015 so if you have any stories, events going on or photographs please send them in.

1 5 9
5 6 2
3 8 1 7 5
2 9 3 8 6
3 8 1 9
7 3 8
1 6 3
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Ingredients
For the mashed potatoes
- 1kg/2lb 4oz potatoes, peeled and diced
- 50g/2oz butter
- 100g/3½oz crème fraîche
- 3 tbsp warm milk
- pinch salt and white pepper

For the filling
- 500ml/1 pint milk
- 250g/9oz smoked haddock
- 200g/7oz cod loin
- 1 onion
- 1 bay leaf
- 3 cloves
- 2 leeks, washed and diced
- 50g/2oz butter, plus 25g/1oz for dotting on top of the pie
- 1 tbsp olive oil
- 3 tbsp flour
- salt and white pepper
- 100g/3½oz raw king prawns
- 50g/2oz frozen peas
- 1 tbsp finely chopped parsley
- 1 lemon, zest only

Method
One
Preheat the oven to 190°C/375°F/Gas 5.

Two
Cut the potatoes into 5cm/2in chunks and boil until soft. Drain and mash with the butter, crème fraîche and warm milk. Season with salt and white pepper. Set aside and keep warm.

Three
Heat the milk in a large pan, add the smoked haddock and cod. Cut the onion into half, make an incision in one of the halves and insert the bay leaf. Push the cloves into the same

Three
Heat the milk in a large pan, add the smoked haddock and cod. Cut the onion half and place this into the pan with the milk and fish. Bring the milk up to the boil. Reduce the heat and simmer gently for 6-7 minutes.

Four
Meanwhile, finely chop the remaining half onion and the leeks. Heat the butter with the olive oil in a small frying pan and gently fry the onion and the leeks for 4-5 minutes to soften, but not brown.

Five
Remove the fish from the pan, and set aside to cool slightly. Keep the milk in the pan.

Six
Add the flour to the leeks and try something nice today!
www.sugar-spice-cafe.com

Eleven
Spoon the fish mixture into the bottom of the overproof dish. Sprinkle fresh chopped parsley and grated lemon zest over the top.

Twelve
Carefully top with the cooled mashed potato. Use a fork to spread the mash over the pie and create a rough texture on top. Dot the pie with the remaining half of the butter and place in the oven for 25-30 minutes, or until golden-brown and bubbling.

Try something nice today!
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Buying a Parrot

One day a man goes to a pet shop to buy a parrot. The assistant takes the man to the parrot section and asks the man to choose one. The man asks, “How much is the yellow one?” The assistant says, “£2,000.” The man is shocked and asks the assistant why it’s so expensive. The assistant explains, “This parrot is a very special one. He knows typewriting and can type really fast.”

“What about the green one?” the man asks. The assistant says, “He costs £5,000 because he knows typewriting and can answer incoming telephone calls and takes notes.”

“What about the red one?” the man asks. The assistant says, “That one’s £10,000.”

The man says, “What does HE do?”

The assistant says, “I don’t know, but the other two call him boss.”

Good Cluck!

Little Girl: “Why does your son say, ‘Cluck, cluck, cluck?’”
Mother: “Because he thinks he’s a chicken.”
Little Girl: “Why don’t you tell him he’s not a chicken?”
Mother: “We need the eggs.”

Answers & Solutions
from Page 20

Two Old Friends

Two elderly ladies had been friends since their 30s. Now in their 80s, they still get together a couple of times a week to play cards. One day they were playing gin rummy and one of them said, “You know, we’ve been friends for many years and, please don’t get mad, but for the life of me, I can’t remember your name. Please tell me what it is.”

Her friend glared at her. She continued to glare and stare at her for at least three minutes. Finally, she said, “How soon do you need to know?”

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Emergency Denture repair service

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Hours of Business

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