

Stars in Our Eyes



2011 Results

- **Venue Beacon Park** •
School Court 'Manhattan Medley' Dance
- **Venue Berryhill Village** •
Berryhill's Gladys Ball as Bette Midler 'Wind Beneath My Wings' and
Berryhill Choir with The Ballad of John and Yoko Give Peace a Chance Medley
- **Venue Rose Garden** •
St Oswald's the Worzels
'I've got a brand new combine harvester'
- **Venue Brunswick Gardens** •
Lark Hill's Beryl Russon singing 'Don't laugh at me cause I'm a fool' by Norman Wisdom, and
Brunswick's Brenda Clarke and Berenice Needham with their Twisted words
Comedy Sketch
- **Venue St Crispin** •
St Crispin's Paul Evans and the Curls singing
'Seven little girls sitting on the backseat'
- **Venue The Pavillion** •
Bushfield's Sarah Brightman singing
'Wishing you were somehow here again' from
Phantom of the Opera.



Shadow Chancellor Ed Balls

meets residents at Broadway Gardens, Wolverhampton p.22

Gardens in Bloom

Awards Ceremony



To register your interest call **0870 777 4800**

Royal wedding celebrations
across ExtraCare p.3-4

Talent galore at summer's
'Stars in our eyes' p.5-6

extralife



Ian Collins

Welcome to the latest issue of Extralife. We have had some strange weather this year with one of the driest springs then a mediocre summer, but that hasn't stopped our residents, staff and Friends from sharing their amazing talents at the new regional talent show

'Stars in Our Eyes' where they gave their interpretation of famous performers (pages 5-6). And we look back on some enthusiastic celebrations of the Royal Wedding. In true ExtraCare tradition we had wedding vows renewed and mock weddings on the day with decorations and champagne breakfasts (pages 3-4).

The latest village development, Hagley Road, is now on the way with preliminary work beginning this month (page 11-14). Well into the gardening season Howard Drury gives us more tips and advice to make our housing schemes and villages the best they can be (pages 23-24). Try fundraising manager Steve Burnell's easy tasty meatloaf recipe (page 25). More great residents' stories in 'Down our Way' (pages 29-30).

We have received some very humorous replies for the picture caption but we can only have one winner which could be you, but you have to enter to win. So have a go at this month's with £25 Love2shop vouchers up for grabs.

Feel free to contact me with all your news at: The ExtraCare Charitable Trust, Abbey Park, Humber road, Coventry, CV3 4AQ. Phone me on 02476 506011 or email me at ian.collins@extracare.org.uk

Front Cover:

Visiting Broadway Gardens, Wolverhampton. L-R Ed Balls, Shadow Chancellor of the Exchequer, May Phillips, Resident at Broadway Gardens and Emma Reynolds, MP

In the last issue we covered the development of Resident Associations but due to an oversight we omitted the contact details of the following:

Chair RA Ryfields, Gordon Morris,
66 Ryfields Village

Secretary Mervyn Woodage,
260 Ryfields Village
mervdot@btinternet.com

Chair RA Lovat Fields, Brian Brookman,
177 Lovat Fields
thebrookmans@btinternet.com

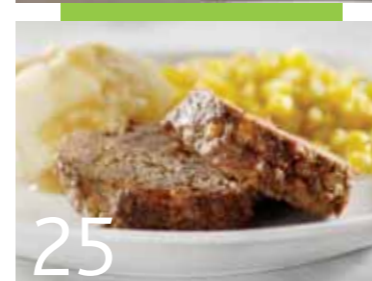
Chair RA The Rose Garden, John Phillips,
103 The Rose Garden
John.hay@gmail.com

Photo of the month



Mr T meets St Crispin resident Jean Everitt at 'Stars in Our Eyes'

the magazine for Friends of ExtraCare



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ExtraCare celebrates Royal Wedding in style

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A simple but tasty meatloaf, either eaten hot or cold, from Fundraising Manager Steve Burnell

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From losing lbs at Brunswick Village to rocking with Elvis at Lark Hill

If you need a copy of this document in large format, in braille or on audio CD, please contact Ian Collins on 02476 506011



ExtraCare's Royal Wedding Celebrations

Camoy's Court and Broadway Gardens both held their own 'Royal Wedding', with a bride and groom (only for the day). In Camoy's it was Doris and Tom, who were resplendent in their wedding outfits supplied by the local ExtraCare Charity shops of Newcastle and Tunstall. In Broadway Gardens it was Eric Taylor and his 'bride' Margaret Smith. All residents and members of the social club received wedding invitations and were treated to a sumptuous wedding breakfast and entertainment.

Real Vows exchanged

Brunswick Gardens went a step further with four couples in the Village renewing their marriage vows on the day, celebrating 96 years of marriage between them. Susan and Peter White have been married for 44 years, Pauline and Vic Gould for 29 years, Irene and Andrew Cottam for ten years and Kath and Keith Morgan-Cresswell for 13 years. The Vicar of St James Church, the Rev David Gough, conducted the service which included a bridesmaid and two flower girls and took place in the Village Hall straight after the other residents had watched the Royal Wedding on television.

Tribute to William

Norma Friar, a resident from St Oswald's Village in Gloucester, wore the most wonderful apron in tribute to William and in respect for his Mum, Princess Diana. Almost every resident currently living at St Oswald's attended the event, Village Activities Facilitator. Scott King, said: "It was our most successful resident event ever!"

Special Guests

Verona Court had a great day with a champagne breakfast and sit down dinner after the wedding. Their scheme was decorated beautifully and staff and volunteers appeared as 'special guests' much to the delight of the residents.

Brunel Court's day started with breakfast club, serving toasted tea cakes, toast, cereals or crumpets at 8:30am. This was in time for the start of the coverage of the day, and by mid morning many residents and family members were gathered around the television enjoying their breakfast and the build up to the wedding and everyone enjoyed a glass of bubbly. Later a Royal High Tea party was held with 'posh sandwiches and cakes' in the afternoon.

The residents at Princethorpe Court, Coventry had a great time at their Royal Wedding party and enjoying a feast fit for a prince and his princess...

St Dominic's also celebrated and a fantastic day was had by all watching the wedding on the television, followed by a roast beef lunch, with entertainment and a buffet high tea in the evening.

School Court VIPs for day

School Court residents Ben and Phyllis Greenhough, Joan Jones, Sally Addison and Joyce Morrison were invited to cut the ribbon at Hednesford town's street party on the day of the Royal Wedding, by Councillor Linda Whitehouse. They were accompanied by their housekeeper Stephanie and the EOP Locksmith Julie. Ben cut the ribbon and after a quick look around the stalls they all returned to watch the wedding on a big screen back at School Court and had an excellent buffet prepared by Chef Karl and other staff.

A day to remember

It was obvious that ExtraCare's residents, staff, volunteers and Friends had a wonderful day joining in the country's celebrations which was a special day for many people. These are just a few of the great events held by ExtraCare and I am sure there were many more throughout our housing schemes and villages.



Photos from Top:

- St Oswald's Norma Friar in her apron with Village Activities Facilitator Scott King
- Brunswick residents and guests after renewing their wedding vows
- Verona Court's 'Special Guests'

Photos from Top:

- Princethorpe Court enjoy the celebrations on the day
- Broadway Gardens' special couple Eric Taylor and his 'bride' Margaret Smith
- Camoy Court's bridal couple Doris and Tom



Summer's 'Stars in our Eyes'

Another year has showcased the amazing talent hidden amongst our residents, staff and Friends during this year's talent event held over six regional events. Over seven hundred people attended the performances of eighty acts.

We have had The Xtra Factor, ExtraCare's Got Talent and this year we had Stars in Our Eyes. A variety of acts were encouraged to show their interpretation of a legendary performing artist through song, dance and music.

New Judges

There was also a change in the judges this year the ever popular 'Simon Cowell' (look-a-like) was

hard work from residents and staff colleagues – brilliant!"

The audiences have been supportive of every act, whatever their ability and they always make people feel special. This year the competition has been fierce and there have been a number of occasions when joint prizes have had to be awarded. Activities Administrator Katie Wells said: "It was my first year of attending our talent events and I



For results of Stars in Our Eyes see back cover!



still there, but other judges were representatives from ExtraCare's Trustees and directors. The only exception was at the Lovat Fields' event when a fourth surprise judge turned up 'Mr T' from the A Team television show (also a very good look-a-like).

Traditions and Events Manager Donna Ball said: "It's always a pleasure to watch such a huge collection of talent from our residents and staff, with a huge mixture of abilities."

There is a large amount of work that goes into costumes and their rehearsals over a number of months. It helps people to keep focused and busy as part of a team."

Everyone's a Winner

Everyone who took part in all the events was a winner. Nick Abbey, ExtraCare's Chief Executive, said: "I was so impressed with the "Stars" events. It takes a lot of nerve to get up on stage in front of a large crowd. The residents not only did that, but also produced an afternoon of top entertainment. And all of it made possible because of a lot of



didn't know what to expect and I was amazed and astounded. At one event I was even moved to tears by one act!

"We are looking at a potential show for later in the year for acts to perform in a one off show, yet to be arranged."



well-being focus

Stroke Awareness



Hayley West is the Fitness Instructor at Lovat Fields Village gym and has been at ExtraCare for just over a year. Before joining ExtraCare she worked in the dance and fitness industry as an operations manager. She has run a team building and

fitness company, specializing in elderly exercise and personal training. She is a tutor and assessor for Personal Training and Lower Back Pain Management courses and strives to build on her knowledge continuously. She said: "This is a vibrant and rewarding position as the gym takes the role of catalyst in the light hearted integration of residents and friends. Every member has their own success story and goals ranging from relearning to walk, prevention of serious disease, mobility, stability and weight loss. Thank you to all the members who put a smile on my face every day and make it a priceless job role within ExtraCare."

A stroke can be devastating, not only for the person who has one but also for their immediate family. A stroke can have a debilitating effect on people or can even be fatal in some cases. Although some people are more at risk than others we all need to be aware of the causes and preventions and how to spot one if it is happening.

What is a stroke?

A stroke is a 'brain attack' caused by a disturbance of the blood supply to the brain.

There are two main types of stroke, which require different types of treatment:

Ischaemic stroke

The most common form of stroke is caused by a clot narrowing or blocking blood vessels so that blood cannot reach a particular area of the brain. This leads to the death of brain cells due to lack of oxygen.

Haemorrhagic stroke

Caused when a weakened blood vessel in the brain bursts. This produces bleeding into the brain, which leads to damage.

What is a TIA?

Transient ischaemic attack (TIA) is also called 'mini-stroke'. It is similar to a stroke and has the same signs, but gets better within 24 hours. However, it could be a warning sign of a more serious stroke.

Why you must act F.A.S.T.

A stroke is a medical emergency that requires immediate medical attention. So recognising the signs of a stroke and calling 999 for an ambulance is crucial. The sooner somebody who is having a

stroke gets urgent medical attention, the better their chances of a good recovery

Use the **F.A.S.T.** test to check if someone has had a stroke

Facial weakness: Can the person smile? Has their mouth or an eye drooped?

Arm weakness: Can the person raise both arms?

Speech problems: Can the person speak clearly and understand what you say?

Time to call 999

What's the risk?

The risk of having a stroke is higher amongst people in certain ethnic groups, including South Asian, African and Caribbean. This is partly because high blood pressure and diabetes are more common in these groups.

There are also lifestyle factors that may increase the risk of having a stroke. They include:

- Smoking
- Being overweight
- Lack of exercise
- Poor diet
- Exceeding the recommended daily alcohol limit. The NHS recommends women should not regularly drink more than 2-3 units a day and men should not regularly drink more than 3-4 units a day.

Leading a healthy, active lifestyle is vital to help reduce your risk of having a stroke. Check with your Well-being Advisor for further help and work with your fitness instructor on how to complete an exercise plan to suit your needs.

Case Study



Ken Richardson

Ken Richardson, a resident at Lovat Fields, used to be an active footballer before he became a referee but he then suffered a stroke which left him with a lack of mobility to his right side and severe problems with his speech.

He moved into ExtraCare three years ago. Ken has worked closely with the fitness instructor Hayley and eventually made some great improvements to his fitness, speech and general well-being. With visits to the gym and his own determination he managed recently to walk to the restaurant unaided. Although he has had a recent setback he is determined to continue his improvements. For anyone who has met Ken they will know this is not an idle threat. He is the first to admit it is hard work but feels he must persevere to continue to improve his quality of life.

ExtraCare has a number of residents who have made improvements to their well-being through the advice given from both Fitness Instructors and Well-being Advisors and the individual's own belief they can improve.





Meet Cleaver

Jon Cleaver interviews **Ron Liggins**

“ *I watched in awe as 1,400 tons of bombs released by American bombers rained down on the ancient Monastery at Monte Cassino, until it was no more. It was February 15 1944.”*

Resident **Ron Liggins** of Sunley Court was recalling the Battle of Monte Cassino in February 1944 when British and American forces were trying to drive the German Army into surrender.

Kettering Born

Ron was born in 1923 at Kettering the son of Fred and Win Liggins. Fred had a general store. Ron attended the Kettering Parish Church School leaving aged 14 and taking a job at KC Clothing as a trainee cutter.

Conscript

Aged 18 Ron was called up to join the Northamptonshire Regiment; it was 1942 and war time. After initial training at Norwich, he was posted to the 70th Northamptonshire Regiment, joining at Newquay in Cornwall. It was not long before Ron was off to Algeria. It was now 1943. He said: "It was quiet here as the North African campaign had finished. Our destination was to Italy via Tunisia and Sicily, during which time I contracted malaria which lasted three months."

War Years

Ron and his group joined with the 5th Northampton Battalion bound for Italy where they would be involved in the notorious battle of Monte Cassino and where Ron witnessed the destruction of the Monastery founded in AD 524. "The Americans and New Zealanders were having big problems pushing the Germans back. It proved to be one of the longest battles lasting between four - five months." Ron recalled. It was here that he was injured in the shoulder by shrapnel. "There were three of us



Ron and Eileen on wedding day.

together," he continued, "we had been told to dig in, my two mates decided to have a smoke before picking up their spades to dig. I had started digging and had got down a couple of feet and was bending over in the hole, when I heard a screaming shell, it landed close by. The lads either side of me were killed, the shrapnel sprayed into my shoulder."

Demob

Ron's wound would not heal very well, until he was advised to go swimming in the sea. Within a week the wound was healing well. Ron was demobbed in 1944. He had met Eileen when they were both sixteen. Ron played the accordion and formed a dance band. Eileen joined him as a singer, she had written to him while serving his country. On his

Ron and Eileen now.



return to civilian life they renewed their friendship getting married in 1948. They had two sons Geoffrey and David.

Mayoral Role

Ron became involved with the Ratepayers Association as a non political member working for the local community. Then in 1969 Ron and Eileen became Mayor and Mayoress of Kettering. Ron became the first non political Mayor and the youngest to be elected, at 45. Eileen said: "This was a wonderful time which will stay with me for ever. We met so many wonderful people; the highlight was being invited to a Garden Party at Buckingham Palace." At the reorganisation of local government in 1973, Ron decided to call it a day. He said: "I thought I have done my bit and I have enjoyed it."

Moving to Sunley Court

Eileen and Ron had always lived in Kettering almost next door to Sunley Court. Eileen said: "We used to visit another former Mayor of Kettering who was a resident Bob Denby and he loved it. Our bungalow was becoming too much for us and Ron was not enjoying the best of health, so we applied for a flat." Ron and Eileen moved into Sunley Court in October

Would you like to Meet Cleaver?

Do you have a story to tell? If yes, then Jon Cleaver would like to hear from you.

Tel: 024 76 506011 Fax: 024 76 506299 Email: jon.cleaver@extracare.org.uk



Ron and Eileen on Mayoral Duty.

2009. "We are so happy and contented here," Eileen said "The staff are wonderful; in fact I think our life has been enhanced considerably by the move." Ron and Eileen celebrated their 63rd wedding anniversary in June. Eileen said: "Ron and I have had a wonderful life, we have been fortunate in that we have been able to work things out together throughout everything." Eileen said: "We love the entertainments put on and I sing sometimes, which I still enjoy." What ambitions do Ron and Eileen have? Both together they said: "To keep as well and healthy as possible." You can't get better than that.

Hagley Road Village

Construction in October



A new artist's impression



Model detail

ExtraCare's third Birmingham Village, Hagley Road, begins construction this October.



Unveiling a new Model: Housing Cabinet Member Cllr John Lines (left) with ExtraCare Partnership Director John Payne.

The announcement came as construction and house building group Galliford Try was awarded a £29m contract to start work on the 240-home Village in Harborne. The Village will open to first residents in early 2014.

A new village model and artist's impression shows how care has been taken to preserve local architectural style

along Hagley Road, with a traditional street facade that replaces a number of derelict buildings. The model also features a circular village centre, a community-based health and leisure facility that will be open to village residents and local older people.

In total, 30% of the seven-acre site will be developed leaving the remaining land as green space with the majority of trees retained.

During construction, the Village will provide over 200 construction jobs and 10 trainee roles, with further staff being recruited when 350 local residents move in.

John Payne, Partnership Director for The ExtraCare Charitable Trust, said:

"Our first Birmingham village, New Oscott, which opened last year, employs around 90 local staff. The second, Pannel Croft in Newtown, is expected to recruit around 30 village jobs before it opens in 2013; already, up to 40 local training and apprenticeship roles are employed on the construction site."

He added: "Over a 1,000 local households have registered their interest in the Hagley Road scheme, so we remain fully committed to our promise of developing a fourth and fifth village within the City - we expect to announce more details on the first of these shortly."

If you are over the age of 55, live in Birmingham (or have a strong local connection with the City) and would like to register your interest in Hagley Road Village, please call: 0870 777 4800.

Pannel Croft

Building a Community



Foundations are laid and the Village is emerging



At the Sri Dasmesh Sikh Temple in Lozells Aston: l- r Paul Bradford, Avtar Singh Ghundale, Manohar Singh, Ian Jennings

Construction work on ExtraCare's second Birmingham Village, Pannel Croft in Newtown, is progressing with pace; foundations are laid and the main structure is already emerging - for completion by Spring 2013 when the Village opens.

But a different, much more engaging kind of development is also taking place...

ExtraCare's Ian Jennings and Paul Bradford, with the support of Melissa Shervington from local consultancy "Engage", are learning about different cultures which exist near the Village, with a view to considering how ExtraCare might best adapt its services to meet the community's needs.

Between them they have met more than 450 local people.

Paul says: "We want to gather thoughts and views around cultural and religious interests so that we can best accommodate peoples' wishes as we plan the Village Centre.

"The majority of people we have met are from an African Caribbean culture but we've also met with Sikh and Bangladeshi elders, Irish and Somali people. All the groups, without exception, have been extremely hospitable."

Recently, Paul and Ian spent a Sunday morning at a local Sikh Temple. "We were made so welcome," says Paul, "and were able to share questions and

answers about the Village with over 100 people representing all age groups. It was inspiring."

Ian comments: "I have found that if you are genuinely interested you can build understanding and make shared plans that have been carefully considered; we've covered wide ranging topics including village design, activities and skills, food, care needs, language and faith. I hope that this valuable learning will help us build a strong village community."

A Village Community Workshop Day is being planned on August 19th. For more information, please contact Ian Jennings on: 0772 055 3667. ian.jennings@extracare.org.uk

If you are over the age of 55, living in Newtown or Birmingham or have a strong local connection with the City, you can register your interest in the Village. Please call 0870 777 4800. The application process will start in 2012.

Join the Friends

A Warm Welcome Awaits

At Shenley Wood Village, new Manager Martyn Dawes, reports...

“ I am amazed at just how much has been achieved on the Village site. The scaffolding is starting to come down and balconies are going up. Each time I look it seems something else has changed. The 184 first phase Village apartments have been made watertight, a third of them have been plastered and work on the winter garden roof light will start shortly – we’re on track to open the first phase and Village Centre by Spring 2012.

Interest in the Village has far exceeded our initial expectations, so please call us if you would like to apply for a home. As the building progresses we focus our attention on our growing number of Village Friends. Already we are planning our own Village Olympic Countdown, including a 30-mile North Bucks Way walk with Friends and supporters – in aid of Village appeal funds. Do call us on 01908 340 800 if you would like to join in.

I want this Village to be an integral part of the local neighbourhood, and not an isolated island, so inclusion is important for this vibrant and diverse community. Whether you are planning to live at the Village, or just visit us, we’ll all make you very welcome.”



Martyn with new team members Noreen Vincent (left) and Marie Frame (right)



Balconies are being installed



The Village

Please call us on 01908 340 800, if you would like to:

Apply for a purchase or rental home at Shenley Wood, or would like to visit the new show homes. (Please note: If you’re seeking to rent a home you will also need to meet Milton Keynes Council’s housing criteria and register on their housing list. Please also phone 01908 254 447 to do this).

Apply and have care needs. ExtraCare’s qualified staff team will be recruited locally to provide care in the Village even for people with high level care needs, maybe using a wheelchair, or whom might otherwise need to consider a nursing home. If you can’t get around easily, we may be able to come and see you or arrange care support for you to visit the Village.

Apply and are concerned about costs. ExtraCare’s benefits team is on site to support purchase or rental applicants who may be concerned about the costs of moving to the new Village. Village living should be affordable for anyone in receipt of a minimum state pension with limited savings.

Or just drop in and visit the Village Show Homes on Wednesdays between 10am and 1pm. Address: Shenley Wood Village, Chalkdell Drive MK5 6LB.

Quick Facts

300 spacious homes for affordable rent, part-purchase and sale. Eighteen fabulous health and leisure facilities for residents and the community to enjoy, including a restaurant, bar, gym, craft room, greenhouse and woodwork shop.

Care available for those with assessed needs - delivered by ExtraCare’s on-site staff team. An award-winning Well-being Service, with dementia support available too.



Friends enjoying their summer tea dance

Helen Waite, Commissioning Activity Facilitator, reports a fantastic response from the Village Friends Group:

“There’s certainly plenty of variety; during the summer our activities include painting, photography, music, drama, creative writing, art and crafts, local history, tai chi and singing - please come and join us, everyone’s welcome.”

Helen reveals that short mat bowls, curling, keep-fit, pilates, yoga and dance classes could soon be organised too.

Weekly meetings are social, active and welcoming for all older people across Milton Keynes. Attendance for a small charge (£2) includes refreshments. Specific activities/trips are available on a pay-as-you-go basis.

Most of the activities are held in the Presentation Suite at the Village, but Shenley Friends meetings take place weekly in the nearby Medbourne Pavilion.

To check locations and times, phone Helen on 0783 737 3364. helen.waite@extracare.org.uk

Access more Friends news through the Shenley Wood Page of: www.extracare.org.uk

ExtraCare's Latest Location: www.extracare.org.uk

ExtraCare has launched a brand new website, an on-line hub which better represents the Charity's wide range of activities, aspirations and achievements. With facts, pictures, videos, case studies and comment, it's our aim to present the complete picture of everything we do.



You can visit www.extracare.org.uk to find out more about:

Our Communities

Information about new villages in Birmingham and Milton Keynes.

A description of our existing housing schemes and villages with facts, quality ratings, location maps and resident viewpoints.

Information about our activities programme, care services and award-winning well-being and dementia support.

About Us

Facts about our charity with an introduction to our trustees and directors.

Information about our partners, reports and policies, research documents and awards.

Latest News and Press

News about our inspirational communities and residents, recent coverage in the press and archive copies of Extralife Magazine.

How to Help Us

Information about our appeals, company support, legacies and volunteer opportunities.

Our Shops

Location maps and contact details for over 60 charity shops.

Information on donating and re-cycling goods, and how you can volunteer.

Work for Us

Live adverts for current staff vacancies.

Testimonials from staff, case studies, rewards and benefits. Our training and development opportunities.

We hope you enjoy visiting our new on-line location. We value everybody's contribution in helping us improve, so please use the feedback button on the home page – and help us develop www.extracare.org.uk further still.

Benefits Team Availability

ExtraCare's Benefits Team has four Benefit Advisors, each having our own area of responsibility. The service we provide is free and confidential. Below is a list of the areas we cover and the frequency in which we visit, should you require our assistance quickly you may contact us by phone and we all have scope to visit more urgently if necessary.



Natalie James
0787 655 5765



Paul Kay
0772 055 3657



Ian Birkin
0787 564 6804



Paul Greensmith
0792 081 1482

■ **Natalie James (0787 655 5765)**

Fortnightly - Beacon Park, Berryhill

Once every 8 weeks - Rose Garden, Humber Court, Princethorpe Court, Willowbrook, Camoys Court, St Dominics Court, Terryspring, Yates Court, Verona Court, Bushfield Court, James Beattie House, Broadway Gardens, Chillcott Gardens, School Court, Brunel Court

■ **Paul Kay (0772 055 3657)**

Fortnightly - Brunswick Gardens, Lark Hill, St Crispin, Lovat Fields, New Oscott

Once every 8 weeks - Imperial Court, Rosewood Court, Sunley Court, Seagrave Court

■ **Ian Birkin (0787 564 6804)**

Fortnightly - Lead at Shenley Wood, Lark Hill

■ **Paul Greensmith (0792 081 1482)**

Lead at St Oswalds (will take on lead at Pannel Croft)

Once every 8 weeks - Ryfields and Reeve Court

Weekly - outreach service at New Oscott

or email:
welfare.benefits@extracare.org.uk

'Find a Charity Shop' incentive scheme



An ExtraCare Charity Shop

You could earn up to £1,000 (subject to tax and NI) if you recommend a shop to us that we subsequently open and it trades profitably.

To help increase our charity shop numbers we have introduced an incentive scheme to all permanent charity employees and registered volunteers and we now want to open up the incentive scheme to residents and friends. Have you seen a shop that you think would make a good ExtraCare Charity shop? Do you have contacts, friends, relatives in the commercial property world that could help us find a property? If so we want to know about it.

What we are looking for

- A shop that is about 1000sq ft
- It must have a high footfall with other shops such as a food shop or post office. It could be a new supermarket development or an extension to an existing supermarket with additional retail units. (Planning permission is useful information too)
- No more than 5 existing charity shops

What you need to do

If you find a shop that meets the above criteria you should notify the charity shop team, providing them with the following:

- The location of the shop
- The details of the property agent marketing the shop (usually on the 'To Let' board)
- Your name and contact details
- The charity shop team will arrange a viewing of the property and will assess the viability. If a property is deemed viable and is progressed, the person responsible for the recommendation will receive £500 once the lease is complete. (This can take 3-6 months).

- A second £500 is payable once the shop has traded profitably for at least 6 months of its first 9 months trading

Points to note

- All shop openings are subject to approval by the Board of ExtraCare Shops Ltd.
- In the case of multiple recommendations, the first recommendation received will be the only one considered for the incentive scheme.
- If the recommended unit has already been identified by the charity shop team, it will not be liable for the incentive.

Details should be either emailed or sent in writing as follows:

Email: alison.whittingham@extracare.org.uk

Mail: Alison Whittingham,
The ExtraCare Charitable Trust,
Abbey Park,
Humber Road,
Coventry CV3 4AQ

Win a £25 High Street Voucher
Closing Date: Friday 30th September



Caption: _____

Photo Caption Winner for March

"I wish I had bought a dishwasher"

Mrs Joan Spreckley,
Rosewood Court



To enter please send your caption by Friday 30th September 2011 with the coupon below to:
The Editor, Extralife, c/o The ExtraCare Charitable Trust, Abbey Park, Humber Road, Coventry CV3 4AQ

Full Name _____

Address _____

Postcode _____

Telephone _____

Winners will be chosen from correct entries received by post. No correspondence will be entered into and the Editor's decision is final. Please tick this box if you do not wish to receive details of other services available from ExtraCare

extralife

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Date of Birth _____

Telephone _____

Email _____

How to Pay

I enclose a cheque for £10.00 made payable to **The ExtraCare Charitable Trust**

Send this form with your payment to:
Extralife Subscriptions, HCL,
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Our fundraising successes

Over recent months the Fundraising Team has been busy raising money for a variety of projects in ExtraCare's housing schemes and villages. These have included equipment to support the health and well-being of our residents, as well as funding to assist the Enriched Opportunities Programme to expand its work. Here are a few of the Team's successes.



Resident Jean Anderson uses the Thera Vital to keep fit



Thera Vital

The Thera Vital is designed to greatly improve the mobility of people. It is a powered exerciser that is easy to use for the older person and to be managed by the fitness instructor. It enhances strength, stability, muscle power, cardiovascular performance and reduces the consequences of lack of mobility, such as poor circulation. It can equally be well used by older people who are more mobile.

A number of residents who use the equipment on a regular basis following an individually tailored programme from the fitness instructor have shown signs of improvement in their health and fitness.

Case Study

Resident Jean Anderson (77) from Imperial Court has Rheumatoid Osteoarthritis and asthma. She has been working closely with the fitness instructor Ken using the Thera Vital as part of an individually tailored programme to help her improve her mobility and circulation. Jean is now seeing improvements in mobility to her legs and upper body, in particular her arms and shoulders. She is also now having less pain in her legs and is sleeping better at night.

Violet is amazed she can read again by using the Video Magnifier



Video Magnifier

A video magnifier is a piece of equipment which magnifies an image onto a screen similar to that of a television. It assists people with sight difficulties to carry out everyday activities such as reading, writing, completing crossword puzzles, painting and viewing pictures. So far we have raised £35,000 to purchase 17 of these.

Case Study

Linda Bate has lived at St Oswald's Village since November 2010 and for the last four years has been unable to read anything due to sight problems. So when the video magnifier arrived at the Rose Garden she was delighted. Linda said: "When the carer took me down to use the machine there were tears in my eyes as I could read for the first time in a very long time. I can now use it to read all my bills, statements or anything that takes my interest it is a fantastic benefit for everyone." said Linda. The magnifiers are easy to use and will benefit many of our residents and Friends who have problems with their sight.

Another resident who has found it very helpful is Violet Mellor from School Court who has a high degree of macular degeneration. She was shown how to use it and was so amazed that she can see to read again that she is encouraging others to use it too. Violet has been a resident at School Court since 1998 and was one of the first volunteers here before that. Her sister Daisy also lives here.

The EOP Locksmiths with John Killick



Poetry Therapy for the Enriched Opportunities Programme

Several of the EOP Locksmiths have used music and dance therapy as part of their work in the Enriched Opportunities Programme. It is widely accepted that the arts can play a very important part in supporting the well-being of people who have dementia. The arts can often assist people to express their feelings, thoughts and emotions. Now, thanks to a grant from a Charitable Trust, the EOP Locksmiths are looking at incorporating poetry into their work.

John Killick, a poet renowned for his work with people who live with dementia, recently ran a workshop at Brunswick Gardens for some of the EOP Locksmiths. This will be followed by 1-1 mentoring and a further workshop later in the year. He showed them a technique for helping people to produce a group poem, something which they hope to put into practice in their own housing schemes and villages. Watch this space for some of the results!



Gardening with Howard Drury



Over 8000 pirates gather at Penzance to break world record



Record Attempt

Andrea and I are going in to the Guinness Book of Records, as 'Pirates of Penzance'! By the way there were another 8732 of us that helped to set a new world record of 8734 for the most pirates in one place, hugely outstripping Hastings' previous record of just over 6000. Everyone dressed up, and had come from literally all round the world yet the community spirit was fantastic. Everyone talked to everyone, and we all had a great time. I met the representatives from Hastings who were already planning their next year's attempt to beat Penzance. At the same time the local Pirates of Penzance had already got Facebook and YouTube organised for their counter attempt - what a spirit! I am so glad my sister lives in Penzance!

ExtraCare Spirit

It is this same spirit of competition yet friendly rivalry that makes our 'Garden in Bloom' competition what it is. I've already begun my visits and will be making at least one to your scheme or village. There is something about that pirate atmosphere that emerged last year when we announced the 2010 results at Beacon Park Village and there is something about the same nervous anticipation when I visit schemes and villages in an attempt to fairly mark everybody's effort.

So how can you get one of those top awards? Firstly do exactly as they did in Penzance and get everyone in your scheme involved, whether it is staff, residents, family or even volunteers. Like the Pirates draw in everybody you know and enthuse with them, and encourage them to help in the tasks that might make your scheme a winner. There will always be a few people that need real encouragement and when I come around and see the magnificent efforts put in I shall be scoring accordingly. So make sure every single person in

your location is like those pirates, 100% behind 'Garden in Bloom.'

Those of you who struggle around, very frequently with watering cans, will score higher than those on automatic watering systems. Those of you that go to the trouble of deadheading to encourage more flowering on plants like fuchsias will score more points. Those of you who regularly feed your plants in order to produce lots of lovely lush foliage and masses of top quality blooms will score more than those of you that just simply water. I'm also after the stories of the immense efforts some residents go to in order to make their scheme better, not just for themselves or other residents and families but for the wider community in the area. I know some of you will actually be entering regional and national competitions and I wish each and every one of you the very best in these prestigious, yet tough competitions.

Keep Enthusiastic

It's not just about gardening. It's about the spirit of the competition which is so like the spirit of the Pirates of Penzance. So no matter how able or less able you are, you have to get involved! It might even mean a day out to Lichfield to hear just how well your scheme or village has done in this competition. I'm looking for those stories just like those pirates, some of whom were much less able yet had managed to turn their electric wheelchairs into a miniature pirate ship complete with mast and sails. I know that pirate spirit already exists at schemes like School Court and Yates Court where I am literally welcomed as though I were royalty. Everybody at these two schemes is in it for the fun and that's what 'Gardening in Bloom' is all about. So like the Pirates of Penzance I know some of you will go to extraordinary lengths to produce magnificent displays and let's hope that we can set some world records showing just how important and successful 'Garden in Bloom' is as we get older.

Please visit my updated and improved website for a full list of jobs news and tips each month, you can also follow me on twitter, facebook and I now post my pictures to flickr see www.thedrurys.com for more.

Shadow Chancellor visits Broadway Gardens



Ed Balls tries out cricket with residents at Broadway Gardens

Ed Balls, Shadow Chancellor of the Exchequer, dropped in to Broadway Gardens on a recent visit to Wolverhampton, accompanied by local MP Emma Reynolds. They toured the housing scheme, meeting residents and staff.

Afterwards he commented: "You all feel so positive about your lives and this shows in your community spirit"

During the tour he talked to many of the residents, staff and day-care visitors about the variety of activities available at Broadway and even participated in an impromptu game of cricket and basketball.

Manager Jenny Jackson said: "He was fascinated by everything on offer and it changed his perception of sheltered housing."

May Phillips, who has lived in Broadway since 2006, said: "He seems a really nice man."

The tour prompted a second visit to another ExtraCare sheltered housing scheme in Coventry, this time by the Shadow Health Secretary.

Humber Court re-living Coventry Past



Residents at reminiscence group (L-R) Barbara Hickey, John O'Connor, Mary Harbour, Barbara Stanley, Olive Glenn, Mabel Gardner, Rita Stove and Betty Evans

Coventry is a City with an interesting past, holding Parliamentary Sessions in St Mary's Hall. During the Wars of the Roses, the Royal Court was moved to Coventry, which was recognised as the second capital. Parliament was held in Coventry, 1456-1459. Mary Queen of Scots was held overnight at St Mary's Hall in November 1569, before going on to the Tower of London.

Residents at Humber Court have started a reminiscence group organised by retired engineer Martin Hall, a volunteer who meets the residents to learn about Coventry's past. An accomplished artist, Martin has painted a mural of Coventry Cathedral's destruction that happened on the night of the blitz on November 15 1940 and the coat of arms of Coventry, in the area designated, named 'Coventry' our City our 'Memories.'

Residents are collating pictures and memorabilia from their youth and recording their working environments along with old newspaper cuttings which are posted on the walls. Martin has

compiled a video of Coventry showing some of the places discussed and how they are today and has shown it to the residents.

What they did

One meeting revealed that two residents owned chip shops and were able to add further historical memories to the discussion. Rose Harridence had an old fashioned market stall on Coventry Market and Ada York worked at one of Coventry's longest serving market stall holders 'Whatsize' who were still on the market in recent times. Mary Harbour was a tracer at the long gone Massey Ferguson tractor plant and Tina Guest, another resident, ran two public houses in Coventry the Devonshire Arms and the Black Prince.

Many of the old industries have disappeared including the GEC, car firms such as Humber, Chrysler, Standard Motors and motorcycle companies including the famous Triumph Motor Cycles.

Humber Court Manager Marion Cooper said: "By sharing their experiences and times of Coventry of old, many previously unknown facts have come to light and that makes the exercise worthwhile and interesting."



Lynn Cobine (left) with residents Dorothy Price and John Hewlett who attend the group

Living History

Another group of residents at Lovat Fields Village are recruiting new members. They gather every week on a Wednesday to learn about their past. Lynn Cobine a qualified archivist started the group as she is passionate about living history. The idea is to discover genealogy and use this to research members of their family who they would like more information on. Lynn has found a number of free websites that they can use. She is also encouraging residents to record their own history for the future.

The sessions begin with people sharing what they have found out about their relatives, which can lead to discussions about events in the past from childhood memories to work and life experiences. Some people have brought in artefacts or photographs as a stimulus for discussion. The second half of the session is held in the IT suite where they use the free websites to research basic information such as a birth certificates or death certificates which can provide them with further information to help with their search.

Lynn is hoping to get peoples stories recorded and even to turn one into a play, which could be performed at the village. She said: "It is important that individuals record their own history for future generations who will learn from their own families what it was like to live in a certain period of time."



Recipe provided by Fundraising Trusts Development Manager **Steve Burnell** who works in our Central office

Meatloaf

Ingredients

- 500g lean minced meat
- 1 onion - finely chopped
- 1 cup/4ozs of grated Cheddar cheese
- 1 cup/4ozs of cream crackers – crushed small
- 1 cup/8ozs of tomato juice
- 2 teaspoons of Worcestershire sauce
- 1 beaten egg

Method

- Line a 2lb loaf tin with tin foil
- Mix all ingredients together in a large bowl
- Press them into the lined loaf tin
- Bake 180°C / Gas 4 for 50 – 60 minutes.
- Allow to stand 10 minutes, and then turn onto a dish.
- Delicious served either hot or cold.



Lovat Fields' Knitting Circle meets the Duchess of Bedford



The Knitting Circle ladies with manager of Lovat Fields, Steve Neal, just before their departure to Woburn Abbey.

A group of ladies at Lovat Fields have been very busy knitting and selling their products to raise money for a local cause. Their efforts raised £500

which is a tremendous achievement by a very small group of residents. The money was donated to the Acute Stroke Unit at Milton Keynes Hospital. In recognition of their efforts



Gloria Warrillow presenting the cheque to The Duchess.

the Duchess of Bedford invited them to present the cheque to her personally at Woburn Abbey, as this charity is of particular relevance to the family.

The group left Lovat Fields, led by their Group Leader, Gloria Warrillow, to meet the Duchess at the Abbey. Her Grace joined the ladies for coffee and cakes, after which they presented her with the cheque. In addition, the oldest resident at Lovat Fields, 97 year old Molly, had crocheted a doll's pram cover and pillow case, which the Duchess was very pleased to accept for her young daughter. The Group were then conducted on a grand tour of the beautiful rooms in the Abbey. It was a magical day and a wonderful example of Lovat Fields' involvement with the wider community.



eat safe this summer!

We are now in the middle of the summer and the barbeque season is upon us; even if you don't have a barbeque you may find yourself being invited to one. It is a healthy way of eating provided everything is cooked properly. Food poisoning is usually mild, and most people get better within a week. But sometimes it can be more severe, even deadly, so it's important to take the risks seriously. Older people and those with weakened immune systems are particularly vulnerable to food poisoning.

Two of the main risks from barbeque food are

Undercooked meat.

Spreading germs from raw meat onto cooked food ready to eat.

- When you're cooking any kind of meat on a barbecue, such as poultry (chicken or turkey), pork, steak, burgers or sausages, make sure:
- The coals are glowing red with a powdery grey surface before you start cooking, as this means that they're hot enough.
- Frozen meat is properly thawed before you cook it.
- You turn the meat regularly and move it around the barbecue to cook it evenly.

Remember that meat is safe to eat only when:

- It is piping hot in the centre.
- There is no pink meat visible.
- Any juices are clear.
- If you attend someone else's barbeque you should make sure the last three items apply to your food.
- Remember barbeques are a fun way to eat but stay safe!



Berryhill Resident attends the Allied Health Professionals' Forum in London



Connie prepares reports for her next meeting in London

Connie Trafford (88), has been a resident at Berryhill for eight years and is a member of the Allied Health Professionals' Forum which takes place in London every two months. It is made up of different representatives with a variety of health issues and members of the Allied Health profession.

Connie herself is a wheelchair user and stays in her chair whilst at the meetings. The Forum gathers information from National Health Patients and their experiences of visits to hospitals. The committee discusses the best and worse practices they come across. Employees from the National Health Service also attend. The purpose of the Forum is to bring the needs of the patient to the attention of the allied health professionals, so that they can offer patients a better service.

What are allied health professionals?

The allied health professions (AHPs) are a diverse group of statutory-registered practitioners who deliver high quality care to patients across a wide range of care pathways and in a variety of settings. More than 84,000 allied health professionals work in the NHS in England. Significant and increasing numbers work in other public services including social care and education, and in the private and voluntary sectors. Allied health professionals are graduates (with the exception of paramedics) with specific and scientific training. (Department of Health)

How can you help?

Our residents are being asked to pass on their stories and experiences, both good and bad about their experiences of a visit or stay in hospitals only, so that the professionals can judge how best to improve their service to the patient. Any stories can be passed onto Connie at Berryhill Village.

All these stories are collated and forwarded to the appropriate Government department to help with the improvements required to make this health service successful.

Connie believes at her age this gives her an interest and she said: "It is something that I feel is worthwhile for all people who may have to use the NHS at some time."

Elderly Residents now more aware of abuse



Front Lilly Penny, left Gladys Thompson, Liz Williams, Team Leader and Activities Coordinator, Manager, Julie Hogan and Dorothy Pritchard.

A recent abuse awareness day at James Beattie House has resulted in residents and members of the housing scheme's Social Club being more aware of the various forms of abuse which can be suffered by older people.

Manager, Julie Hogan, and Team Leader and Activities Coordinator Liz Williams, said it was felt that although residents often read about abuse they were not aware that it can come in different forms.

Says Liz: "With the help of a quiz, re-enactments, talks and other activities, we were able to explain that abuse was not just physical but could also be financial and psychological."

She stressed that ExtraCare residents were unlikely to suffer any form of abuse because of the care, support and advice available in the Charity's villages and schemes.

"After the awareness day our residents will be able to recognize any type of abuse they could encounter outside the scheme and discuss it with a member of our staff," says Liz.

Resident Lily Penny, who has lived at the scheme since 2004 and although in her nineties still leads an active life there, says the awareness day made you realize how the various forms of abuse can affect you. And Lesley Southall (88), who moved in to James Beattie House with his wife in February, said it was reassuring to know that help would be available in the home if they experienced abuse of any kind.

Lark Hill rocks to Elvis



'Elvis' and the Diamond show girls, with resident volunteer John Scott (far right)

Lark Hill residents experienced a great night of entertainment when 'Elvis was in the house' reputed to be one of the best Elvis impersonators in Europe.

He was accompanied by the Diamond show girls. He performed such greats as Love me Tender, causing quite a stir amongst the female members of the audience. The evening also included a casino comprising of Black Jack, Roulette and Anchor which was run by resident volunteer Chris Kesteven, Silvia & Dennis Parker.

The nights hosted by John Scott, resident volunteer who has experience in hosting events in his last job as the steward of Ruddington Grange Golf Club. Steve Britton, Village Activities Facilitator, said: "These nights are becoming the norm with no less than two events per month. I don't have activity assistance and it would be almost impossible to provide such a high standard in these events without them."



Brunswick's 'Biggest Loser', some of the contestants. Photo courtesy Peter Wolstenholme

Sheffield residents shed pounds!

Residents from Sheffield's Brunswick Village have been learning about weight management with help from the fitness instructor Lyndsey Sadler.

Like the television programme of the same name, Lyndsey was looking for 'Brunswick's Biggest Loser.' The six week event was open to everyone, residents, gym members and staff. There was a winning team and an individual winner who lost the most weight.

Four teams took part with each team consisting of ten members. A weekly weigh in took place and week by week all weight lost was added up. At the end of the six weeks 'Blue Team' were the winners losing a total of two stones seven pounds. The individual winner "Brunswick's Biggest Loser" was gym member, Alvin Booth, who lost a total of one stone three pounds, a great achievement.

The aim of the programme was to help people to lose weight safely and effectively. Some of the things covered were:-

The food pyramid, food diaries, diet & exercise myths, A-Z of nutrition and exercise, carbohydrates, fats & protein, a guest speaker and food labels and how to read them

Both the Well-being Advisor and the fitness instructors are there to help you to live a healthy lifestyle in your housing scheme or village.