

Spectacular Symphony Hall

'World in Union'

Last Night of the Proms 29th November 2011



Gardens in Bloom

Awards Ceremony



ExtraCare's Choirs Record First Album p.22

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

Parasols Parade
across ExtraCare p.3-4

Miles mount up in
Olympic Countdown p.5-6

extralife



Ian Collins

Well sadly the nights are drawing in, but we still have plenty to celebrate at ExtraCare. We had another successful Parasol Parade (old Brolly Walk) this year with many people decorating their parasols and walking for a good cause in local

parks and even the seaside (pages 3-4). Our Olympic programme is well under way and many housing schemes and villages are working towards their target of 1,000 miles in as many innovative ways as they can (pages 5-6).

Catch up with the latest developments in Birmingham, with a new village announced and Shenley Wood's Village starts building work on phase two. (pages 11-14)

In our history section (page 24) we look at how the words we use to describe things, or expressions can be regional. We gathered a few examples from our Central staff, who hail from

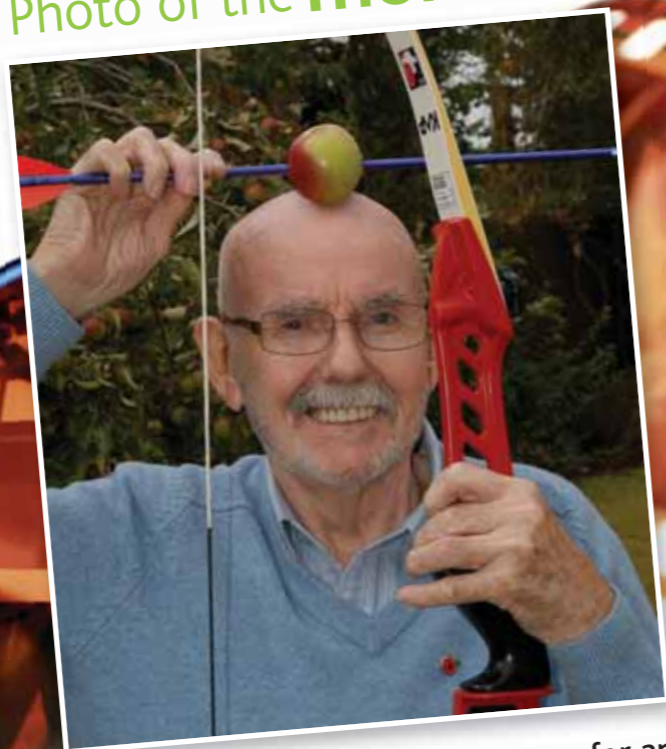
far and wide – Devon to Dundee! So let me know if you have any particular favourites from your region.

Howard looks at how gardening is for everyone, regardless of our physical or mental limitations (pages 19-20) and will tell us about the winners of 'Garden in Bloom' in our December issue. Why not try Geetha Neelakantan's spicy peppers recipe to accompany a curry of your choice (page 21) I can recommend it!

Our picture caption competition was incredibly popular this month, with Keir Pedley sitting at the organ in Blackpool and not all entries came from Beacon Park. So why don't you have a go at this month's competition and the chance of winning £25 Love2shop vouchers.

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

Photo of the month



Brunel Court's Mike Garrity prepares for an archery session in his Olympic Countdown (see page 5)

Front Cover:

New Oscott residents Etiga Wright (Ettie) and Norah Edwards (on the right) prepare to be part of ExtraCare's Choir Master Class in Birmingham (see page 22)

the magazine for **Friends of ExtraCare**



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Another collection of decorated 'Parasols' were paraded across the parks and open spaces to help raise funds for worthy causes

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

Spectacular Umbrellas for ExtraCare's Annual Tradition

Summer is when ExtraCare's residents, staff and Friends take to their local parks or other locations, to support a charitable cause of their choice, by taking part in a 'Parasol Parade'. Each sheltered housing scheme and village put in a lot of effort to decorate their 'parasols' following a given theme.



James Beattie House residents, staff and volunteers prepare for their Parasol Parade

The event is held over a week with a variety of locations and entertainment. This year some of the housing schemes and villages have combined their walk with building up miles for the Olympic Challenge which was launched earlier this year. James Beattie House, Wolverhampton was one

group who did just this, sporting t-shirts with Greek names such as 'Hercules' they gathered their colourful parasols and caused a stir amongst the public in their local park and at one stage were even serenaded by a local busker.

Seaside Antics!

Other housing schemes and villages travelled further afield and took a trip to Llandudno, North Wales. Broadway

Garden's residents and staff dressed in Victorian swimwear, which they made as an activity in their social club. They strolled up and down the promenade much to the delight of other visitors to the seaside town and raised £163 along the way. On their walk they met other ExtraCare residents from Lark Hill. Broadway's Activities Coordinator Lorraine Evans said : "Everyone had a great time and some even had a paddle in the sea. We will be returning next year with our interpretation of an orchestra, Broadway's 'Bathing Belles' will be causing even more of a stir." Berryhill Village also took a trip along the pier at Llandudno on a different day. The residents had a great day which was made more enjoyable by the lovely weather.

Carnival theme for South Yorkshire

Brunswick Gardens Village residents were joined by Seagrave Court sheltered housing scheme, Nottingham, at Rother Valley Country Park, Sheffield. Both housing scheme and village held a competition for the best decorated parasol which ended with joint winners. Brunswick Garden's resident Irene Cotham and Seagraves's



Irene Cotham from Brunswick Gardens, receives first prize for her parasol and outfit at Rother Valley Country Park

Pauline Bagley both picked up an award. Irene said: "I'd been planning it for some time but it didn't take me too long to put it together."

Seagrave Court Manager, Billie Fryer said: "All the umbrellas were brilliant, including Pauline (74) whose parasol had lots of flowers on following a carnival theme. She has lived at Seagrave for more than four years and joins in many of the activities."



Pauline Bagley, Seagrave, collects joint first prize at Brunswick Garden's Parasol Parade

Raindrops falling on their heads

The Parasol Parade's success can sometimes be dependant on our glorious summer weather and for Beacon Park they were unlucky. They shared their event with their near neighbours New Oscott Village, Birmingham. A group of residents dressed for the occasion and

travelled to Lichfield. They walked to the Cathedral, but unfortunately, although not surprisingly, the British weather let them down and they had to abandon their walk due to heavy rain.

Lovat Fields residents walked to the Willen Pagoda at Willen Lake, Milton Keynes, using the theme of 'The Musicals'. They also experienced inclement weather, but it didn't stop them. One resident dressed as a nun from the 'Sound of Music' while another had a multicoloured parasol from 'Joseph and his coat of many colours'. The showers didn't put them off and they even joined in a rendition of 'Singing in the rain' with resident Jan Cook seen to be swinging around various lampposts! On their return to the Village they were entertained by the group 'Days Gone By' and also the Animal Man.

This is a popular Tradition and a lot of effort is put in by residents, staff and volunteers over the week and a lot of fun is had while raising funds for worthy causes whether it is for ExtraCare's residents or outside causes.



Photos from Top:

- Imperial Court residents and staff walk around their grounds as part of their Parasol Parade.
- New Oscott and Beacon Park residents and staff outside Lichfield Cathedral, before the rain put an end to their Parade!
- Residents and staff from Broadway Gardens enjoying the beach in Llandudno
- Lovat Fields walkers prepare for their walk to the Willen Pagoda another rainy event!



ExtraCare's

Olympic Countdown

Earlier in the year the Olympic Countdown was launched throughout ExtraCare. Each housing scheme or village had a target of **1,000 miles to reach through different activities**. Everyone is trying hard to achieve their goals by having the best fun they can.

On a visit to their local park with their Activities Coordinator PJ, Nottingham's Seagrave Court residents, known as the 'Olympic Walkers' were determined to 'clock up some miles' towards their 1,000 mile target. Between them they managed twenty miles. They also tried out the outdoor equipment which caused local visitors to the park to wonder why older people were getting so active. PJ said:

“ Everyone had a great time and so far we have managed to complete 500 miles with other events residents have taken part in ”



In Wolverhampton Brunel Court held an archery day where residents who came added to their miles for the Olympic challenge.



Residents from Seagrave Court try out equipment in local park.

1,000 MILE SEAGRAVE TARGET

Table Tennis and Golf for Hereford

Volunteers, residents, staff and Friends of the Rose Garden, Hereford, have had a number of events to collect their miles. The latest two were a table tennis tournament and a golf day. The first one came from an idea from resident Tony Archer. It was a close fought tournament with the final between Village Activities Coordinator Lynn Mullderigg and John Warren (resident), with John winning 14-21. Another group of residents enjoyed a golf afternoon on their local 9 hole course. Staff and residents enjoyed being caddies and did a great job advising other residents on which club to use!!! One of the residents Barbara Sherwood used to be Ladies Golf Captain for Hereford. She said:



Boules at Bournemouth

Another housing scheme to take advantage of the seaside to collect their Olympic miles was Sunley Court, who incorporated their annual summer holiday with a trip to the beaches in Weymouth and Bournemouth. They tried to play a game of boules at Weymouth, where some of the Olympic sailing events take place, but the beach was too busy. So they went to Bournemouth to complete a successful game much to the amusement of other people on the beach who gave them a round of applause on completion of the game.

“ I found the walk hard work, but it was worth it as it helped us achieve 16 miles towards our Olympic Challenge target. ”

St Crispin Pedal Power

St Crispin Village hired a 'Smoothie' bike with a pedometer and the residents and staff pedalled towards their 'Olympic' miles and made gorgeous smoothies in the process. So keeping fit and healthy at the same time!

500 MILES SO FAR

We're getting there

All the housing schemes and villages are well on the way to the 1,000 miles they require, using as many different ways as they can to reach this target.

Donna Ball, Tradition and Events Manager, said:

“ I am really pleased that everyone has embraced this challenge and is having so much fun along the way. I am amazed at some of the many different ways each housing scheme or village is using to reach their target. ”



well-being focus

Biography



Anne Donaldson is the Well-being Advisor at St Oswald's in Gloucester. She originally trained as a nurse and midwife in the 1970s and has had a varied career working both in the NHS and in the private sector. Anne is also a practising complementary therapist.

St Oswald's Well-being Advisor, Anne Donaldson, looks at Hypertension (abnormally high blood pressure or the psychological condition accompanying it.)

More information is available from the British Heart Foundation.

**Helpline number:
0300 330 3311**

What is Blood Pressure?

Blood Pressure is pressure of blood in the arteries. Some pressure is required to keep the blood flowing. High blood pressure develops if the walls of the larger arteries lose their natural elasticity and become rigid and the smaller blood vessels become narrower. The pressure in the arteries varies with heart beat.

How is it measured?

Blood pressure is measured using a machine with a cuff, which is placed around the upper arm and is inflated. The cuff is then slowly deflated while a nurse or doctor listens to the pulse with a stethoscope to get a reading. It may also be taken with a digital machine.

Why two numbers

The highest number is the pressure with the contraction of the heart. This is called Systolic,

The lower reading is the pressure when the heart is resting between beats called the Diastolic.

What is normal?

There is no dividing line between normal and abnormal but the British hypertension target is to have a blood pressure below 140/90.

High blood pressure or Hypertension is very common - one in three adults in the UK has a high blood pressure and about two in three people over 65 have it.

Signs and Symptoms

Most people with a high blood pressure do not have any symptoms and it often goes undiagnosed. The only way of knowing for certain is to have your blood pressure checked. Your Well-being Advisor can do this for you.



Why is it important?

To avoid heart disease, strokes and shorten life expectancy. A reading between 130 to 139 systolic and a diastolic between 85-90 is considered the upper end of normal.

What causes high blood pressure?

A number of lifestyle factors can cause hypertension:

- being overweight
- not doing enough exercise
- drinking too much alcohol
- too much salt in the diet
- long term stress
- smoking
- unhealthy diet with not enough fruit and vegetables

Hereditary factors - if your parents had high blood pressure you have a greater chance of developing it also.

Treatment

If it is only slightly raised lifestyle changes can be enough to lower the levels. These include:

- losing weight
- more exercise
- improved diet
- stopping smoking
- reducing alcohol intake
- reducing salt intake
- relaxation and meditation

If these changes alone do not lower the blood pressure then medication is prescribed. Most people require two or more medicines to lower their blood pressure.

Case Study



St Oswald's Well-being Advisor Anne Donaldson takes a resident's blood pressure.

Sue (64) has had hypertension since pregnancy in her twenties. She has been on blood pressure lowering medication since she was in her forties. When she moved to St Oswald's Village in October 2010 her blood pressure was unstable and she was taking four different medications to lower it.

After Christmas Sue decided to go on a diet and since then has lost two stone in weight (approx.12kg). She joined the gym and exercised regularly as well as dancing and swimming.

She attended the Well-being healthy lifestyle group and regularly attended the weekly Well-being relaxation group. By April 2011 she was down to three different medications and by the summer her medication was cut further to two different drugs. Sue had taken steps to improve her health and well-being and consequently has reduced her medication. Her perseverance has paid off and her blood pressure is now stable and lower than it has been for some 15 years.



Meet Cleaver

Jon Cleaver interviews **Betty Woods**

“ I have always loved painting and drawing and when I used to baby sit for my cousin I would take my paints and study. It became my way of life and my trade working in the pottery industry.”

The start

Betty Woods (85), a resident of St Dominic's Court, was recalling how being an artist has been the love of her life. She was born in 1924, the daughter of Florence and Fredrick Wood in Burslem, Stoke, where she has lived all her life. Betty started school at Hilltop infants before going on to Park Road Junior School. She left school aged 14 joining Johnson's of Hanley, where she studied her craft as a hand painter. She later went on to work for the renowned pottery designer Susie Cooper, one of the few to obtain the coveted Royal Seal of Approval. She was a prolific ceramics designer, even influencing Wedgwood designs.

Love of painting

Betty said: "I always did sketching at school, it was my favourite lesson, then I started painting and it seemed a natural thing to do." Betty had a natural flair which was to seal her future as a paintress. She said: "I loved images of insects, birds and flowers and decided I would concentrate on this aspect of wild life." She started her initial training at Johnson's. After her studies Betty started hand painting on cups, saucers and plates. Her work was beautiful; it was not long before she was put to work on painting the gold lines round the rims of ceramics, a skill that requires an ultra steady hand. Betty said: "It was a time when good pottery was at a peak, particularly with the rich."

Working with Susie Cooper

During the war, pottery was restricted in its output until 1945. Although a massive fire at the Crown Works of Susie Cooper destroyed much of her lithographs in 1942, she managed to re-open in



One of Betty's hand paintings.

1945. Because of restrictions on materials and supplies and the loss of the lithographs, Susie Cooper returned to the pre-war method of hand painting, re-introducing, aerograph techniques and graffito, the art of scratching and image onto pottery. Betty was taken on and was involved with Susie on repairing pottery, as well as creating new and interesting designs. Betty also had a short period with Claris Cliff, "I did not stay too long as they did not pay very much." Betty recalled. In 1992 Betty retired but wanted to continue with her art so she joined advanced art classes at college.

Retirement

The tutor at Burslem Technical College is a lecturer in pottery decoration, Terry Abbotts, who said: "The classes are for senior students and mostly ladies. When Betty joined, I noticed that once she started



Betty with friends Terry and Sylvia Abbotts.

mixing the colours precisely and her handling of a pallet knife she had to be a professional." In April 2010 Betty returned to her roots in Hanley which is now owned by pottery designer Emma Bridgewater. With a steady hand and a good eye, Betty painted free hand on a piece of their modern pottery using the same style and brushstrokes she had mastered years ago. Betty said: "It is sad in some ways that technology has taken the human skill of hand painting and decoration away and replaced it with ready made transfers and stamps. It is the end of a wonderful era."

Move to St Dominic's Court

Betty never married and has always lived on her own. In later life she found it difficult coping and social services became concerned. In 2002 they found Betty a flat at St Dominic's Court and she moved in. Fortunately Betty has two good friends Terry and Sylvia Abbotts who visit regularly. Terry said: "Betty is a wonderful lady who belongs to our church; she always puts other people first." When Betty moved into St Dominic's Terry and Sylvia lost



Betty at the age of 3 years.

touch. Terry said: "I approached the church to find out what had happened to Betty; I was informed that she had moved into St Dominic's, so we were able to renew the contact." Since moving Betty has been ill but is now recovering. She said: "The staff are wonderful I could not wish for better. I attend the ceramics classes, but my biggest regret is not continuing with my piano lessons, I would love to be able to play now." What ambition does Betty have? "To see the sea," she replies with a big grin.

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

Shaftmoor Lane Village Announced



An artist's impression of the new Village

ExtraCare has announced proposals to develop a further Birmingham Village on a 5.8 acre site in Shaftmoor Lane, Acocks Green, as part of the City's five-village development programme.

A detailed planning application is expected to be submitted this month and the £43m Village could open by 2015.

Proposals show that the Village will provide 278 one and two-bedroom apartments which are available for affordable rent and purchase. Homes will surround a community-based Village Centre with up to 18 health and leisure facilities which will be accessible to residents and local older people, their families and volunteers.

A third of Village residents may have significant care needs which will be supported by a dedicated village staff team, in some cases extending to 24-hour care.

The Village forms part of a local masterplan to redevelop the former Lucas Works Factory site on Shaftmoor Lane. Set up by Shaftmoor Properties Limited Partnership (SPLP), proposals also include a new Morrison's supermarket and the development of 120 family homes.

Nick Abbey, ExtraCare's Chief Executive, comments:

"This proposal demonstrates our Charity's ongoing commitment to develop at least five villages within the City. We know there is a significant demand for good quality, affordable homes where older people can cherish their independence in a community setting, enjoy activities and know that care is available if they need it. We hope to announce plans for another Village later this year."



An artist's impression of the new Village

New Friends at Community Workshop

65 potential residents, interested in Pannel Croft Village, joined a community workshop in Newtown recently.

The group met up with ExtraCare staff, including Commissioning Manager Paul Bradford and Community Relations Worker Ian Jennings, to ensure that everyone's cultural interests would be considered when the second Birmingham village opens in 2013.

Happy to consider themselves a newly-formed 'Friends' group, participants discussed a whole range of village topics including care and support, catering, hair and beauty, activities and shopping!

A number of officers from the police's nearby Rapid Response Centre were also present to answer questions about security. Sue Harrison, from nearby Aston, said that security was a particularly important issue for her and a reason that she wants to move to the Village.

Resident, Kwok Hing Fung, commented: "This Village would offer me better views. I like the quietness of the site and the fact that all the amenities will be in one place."

Another potential resident, Stan Griffiths, said that he was looking forward to learning more as the Village develops. "I'm just down the road and it looks great," he said.

"People are quite genuinely interested," said Ian Jennings, who has been talking to local community groups about the development for several months. "There's quite a good vibe. We had a real level of excitement and buzz about the whole thing."

Paul Bradford said: "We were very thankful to Stuart, the local Pertemps Manager and his team, especially Colin the caretaker and Liz, the chef for all their help and support."



Viewing the model (l-r): Kwok Hing Fung, Ian Jennings, Colin Walsh and Sue Harrison.

The first show apartments for Pannel Croft Village are expected to be open in early December.

If you would like to find out more about the Village plans at future meetings, please call Ian Jennings on: 0772 055 3667. ian.jennings@extracare.org.uk

Register for a Home

If you are over the age of 55, living in Birmingham or have a local connection, and would like to register your interest for a home, please call us.

- **New Oscott Village**, Erdington, opened 2010. T: 0121 377 5000.
- **Pannel Croft Village**, Newtown, under construction - opens Spring 2013. T: 0870 777 4800.
- **Hagley Road Village**, Harborne, under construction - opens 2014. T: 0870 777 4800.
- **Village Number Four**, opens 2014-15 - to be announced.
- **Shaftmoor Lane Village**, opens 2015-16. A consultation event is expected to take place next year. T: 0870 777 4800.

Milton Keynes



Village's Second Building Phase Underway!



Iain Stewart MP (left) will join staff, residents and Friends on the final leg of the Bucks Way hike.

As the first 184 homes and Village Centre at Shenley Wood prepare to open next Spring, work on the final 116 apartments (Phase 2) is now well underway.

Village Manager, Martyn Dawes, reports that phase two foundations are in place with the superstructure now starting to appear. "We're on target to have these up and running with all work complete, by Spring 2013," says Martyn.

Meanwhile, future residents and Village Friends have been choosing names for the Village's streets and facilities. 'Woodland settings' is the theme, so collective imaginations have been at work; the Village Shop will be called 'Forget-me-Not', 'Busy Bees' is the newly-named craft room and the woodwork shop is, of course, 'The Woodpecker'.

ExtraCare's recruitment team has also been busy, running events to seek local staff who can work in various roles, including care and support, well-being, activities, fitness, maintenance and village management. Plans are in place to ensure a professional staff team is in place, fully-trained, by early 2012.

Activities-wise, the Village is already fully committed to ExtraCare's 2012 Olympic

Challenge (see page 5) with residents and staff teaming up to take part in their North Bucks Way Walk on 26th September. Supported by village contractor Willmott Dixon, and the MK Dons, the walk is hoping to raise £1000 towards village activities and facilities.

Local MP Iain Stewart, who is also joining residents for the last leg of their 35 mile hike, comments: "This Village will offer a range of activities which will help local older people remain independent and healthy. I'm delighted to take part in a charity walk which is supporting its development."

Martyn adds: "The walk is just one of many activities already established through our Friends Meetings. We also have fledgling groups representing creative writing, bowls, 'dancercise', tai chi, bridge, gardening, singing and a holiday club. This Village is coming alive!"

To apply for a place at Shenley Wood Village, call 01908 340 800



Do you know someone who needs care?

A third of residents living at Shenley Wood Village may be in receipt of care support. This could include personal help with simple domestic tasks through to a 24-hour service which includes palliative care or support with dementia.

- ExtraCare's qualified staff team can provide professional expertise and support, backed up by an award-winning health and well-being service.
- The Village facilities and homes will be fully accessible for people using a wheelchair or mobility scooter.
- ExtraCare's benefits team is on site to advise care applicants who may be concerned about costs. Village living should be affordable for anyone in receipt of a minimum state pension with limited savings.

Do you know someone with high level care needs, who might otherwise need to consider a nursing home?

You can contact our Head of Support, Noreen Vincent, for confidential advice on T: 01908 340 800. Or meet the Village Care Team on The ExtraCare Stand at MK's United Generations Event: Friday, 30th September, 10am to 3pm at Stadium MK, Stadium Way West, MK1 1ST.

Join the Friends



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

Meetings are now held opposite the National Badminton Centre in Milton Keynes at:

Heron's Lodge, Bradwell Road, Loughton MK8 9AA.

1.30 - 3.30pm

Tuesday 20th September

Tuesday 27th September

Other events:

Village Barbecue: Tuesday 27th September, 4.30pm, Shenley Wood Village, Chalkdell Drive, MK5 6LB. Join us for a barbecue and entertainment as we welcome back our Olympic Walkers from their sponsored hike (see page opposite).

United Generations Event: Friday, 30th September, 10am to 3pm at Stadium MK, Stadium Way West, Milton Keynes, MK1 1ST. Visit the ExtraCare Stand. (See page 17 Fundraising) for more information.

For Friends enquiries, please contact Helen on: 0783 737 3364. Helen.waite@extracare.org.uk

Historical paintings donated to town museum

Staff in ExtraCare's charity shop in Gold Street, Kettering, made an amazing discovery during some building work. They found five pictures, which are believed to be over a 100 years old, in their attic. The paintings were of members of the Temperance Society – a group of tee-total local dignitaries set up in Victorian Times. The shop is rented from the present society.

The staff have decided to donate the pictures to the local museum which will be putting on an exhibition with the paintings early next year.

Deputy Manager Vanessa Camara said:

“We didn't want the paintings to be taken out of Kettering or to be separated from each other.”



Members of staff and volunteers from the Kettering shop show the paintings which have been donated to Kettering Manor House Museum. Picture courtesy of Northamptonshire Evening Telegraph.

CHARITY SHOPS

Donations gratefully received

ExtraCare's Wellingborough Charity shop enjoyed the benefits of a 'swap-shop' afternoon held at Rosewood Court and organised by Activities Coordinators Megan Neilan and Rosemary Jones.

Residents, relatives and friends were invited to a tea party in the afternoon and invited to bring along donations, which they could swap for other items from the shop. If they did not find any items they liked they swapped them for a tea and cake. In all they managed to collect twenty bags of donations for the shop.



In the evening everyone enjoyed a fashion show; which was to make people aware of the local ExtraCare Charity Shop and the need for donations. They borrowed a range of outfits from the shop and they were modelled by the residents.

Activities Coordinator Rosemary said:

“It was a great get together and helped people become aware of the importance of vital donations needed by our shops.”

CAPTION COMPETITION!



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

Caption: _____

Photo Caption Winner for March

"All these keys and not one lock"

Mr Deryk Martin, Imperial Court, Rushden



To enter please send your caption by Friday 25th November 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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Please tick this box if you do not wish to receive details of other services available from ExtraCare

Milton Keynes hosts a United Generations Event

FRIDAY 30TH
SEPTEMBER 2011
10am – 3pm
STADIUM MK,
STADIUM WAY WEST,
MILTON KEYNES
MK1 1ST



ExtraCare will be part of a popular event held at the MK Dons Stadium for over 55s in late September, promoting positive approaches to life as an older person in Milton Keynes. This includes healthy lifestyles, staying safe, volunteering, socialising. It will also showcase the intergenerational work being carried out in Lovat Fields Village. They are working closely with two local secondary schools with both pupils and residents, swapping their own experiences and expertise.

The event will be a great opportunity for ExtraCare to promote what we do well in the area, helping our current fundraising appeal for the new Shenley Wood Village. It will help the local business community to become more aware of what we are doing in their area.

ExtraCare residents and members of ExtraHope (a Friends fundraising group) will be showing some of the things available to older people in Milton Keynes, along with the pupils who have been working on the project at Lovat Fields, in partnership with MK Dons Sports Education Trust.

Community walk supports ExtraCare's Princethorpe Court

Earlier this year members of Coventry's Hindu community, from the BAPS Shri Swaminarayan Mandir in Stoke Heath, took part in their annual fundraising 10km walk for charity held in the Memorial Park, Coventry. One hundred walkers helped to raise money for national charity Age UK and also ExtraCare.



(l to r) Ansuya Chohan (BAPS Women's Forum, volunteer), Sandie Ball (Activities Coordinator, Princethorpe Court), Betty Kelly (resident, Princethorpe Court), Steve Burnell (ExtraCare Trust Fundraising Manager), Pravin Karia (Temple Coordinator).

This year, the theme was helping older people and £20,000 was raised nationally for Age UK, with £501 being raised locally for ExtraCare. **Steve Burnell, ExtraCare's Trusts Fundraising Manager, said:**

"We are delighted with this support from BAPS Charities. The funds raised will be used to help our work at Princethorpe Court and have been put towards the purchase of a video magnifier."

Princethorpe's Activities Coordinator, Sandie Ball, resident Betty Kelly and Steve Burnell were invited to a presentation at the temple and afterwards joined members of BAPS for a meal. Sandie and Betty had also been at the Memorial Park when the walk took place.

What's happening?



As part of the day television personality Angela Rippon will give a talk on how she has stayed so active and healthy. Other activities throughout the day will include an ExtraCare choir, exercise demonstrations from Lovat Fields Fitness Instructor and residents, a chance to receive free Welfare Benefits advice from the Benefits Team, and well-being assessments.

Countdown to the Olympics Walk

ExtraHope are planning a walk to raise funds for Shenley Woods, Milton Keynes's second Village. The walkers have a combined age of 1,000 and are aiming to raise a £1,000. The event takes place at the end of September along the North Bucks Way, over two days and nearly 30 miles. The walk starts in the Chilterns, near Wendover and finishes on the second day at Shenley Woods.

**If interested in sponsoring walkers contact Village Manager Martyn Dawes
Tel: 01908 340800**

Lovat Fields holds a second Race Night



Last year's event went so well they are having another on the 22nd September. The Race Night is held in the Village Hall with refreshments provided and a series of race films are shown with people placing bets on the outcome. Last year the night was sponsored by Shoosmiths an established national law firm with offices in Northampton and they will be doing the same this year. Money raised will be for the ExtraHope appeal for the new Village Shenley Woods.



Gardening with Howard Drury



Volunteers have become extremely important in housing schemes with older residents.



Gardening for everyone

By the time you read this I will have completed my marathon judging allowing me to judge just who has won what in our legendary 'Garden in Bloom' competition. I have to say that this year my photos look poor and in some cases the results of your flowers, fruits and vegetables are not as good as in the past, but don't panic it is not your fault. It's the appalling season we've had and we all need to learn lessons, especially on feeding and watering. And do remember not to grow the common Busy Lizzie next year as many of you have fallen foul of the new uncontrollable downy mildew disease which has attacked them at virtually every scheme and village.

Gardening knows no bounds

I have been privileged to hear many extraordinary real human stories this year across ExtraCare. We all know the benefits of gardening and I have extolled these in this column in the past, such as keeping residents fit mentally and physically and by socialising. However some of you have gone to incredible lengths and overcome immense difficulties this year to reach new standards. I've met residents who spend literally 23 hours a day on oxygen and then struggle out into their garden to achieve marvellous results. I've met people who garden from wheelchairs yet their plot is as good as any able-bodied person's plot. I've met partially sighted people and even people who are wheelchair-users who still managed to garden.

I've also come across some heart rendering examples of what ExtraCare's socialising is all about. I've met residents with terrible problems and in some cases possibly only a short while to live due to terminal illnesses yet they still try to garden and perhaps even more importantly people have rallied around them to ensure that their garden is maintained to the highest standard they have always achieved when

much fitter and younger. I've also come across instances of terrible family problems, multiple members of the family ill yet gardening has managed to give them something to look forward to during their difficult times.

Staff must not go unmentioned. Some recently appointed Garden Captains have gone to extraordinary lengths to motivate an increasing number of people into gardening. In one case almost a quarter of residents in their housing scheme are now part of the gardening team. Also so great has been the influence of the Garden Captain that in two instances residents living with dementia, who would normally never be seen outside their apartments, have ventured out for the first time in several years to help gardening teams water plants and pick tomatoes.

Everyone can help

The role of volunteers has become extremely important in housing schemes with older residents and I have been inspired by a number of volunteers who come forward, in some cases with the gardening experience, and others with just a willingness to help.

I have seen as many as three generations of one family helping maintain the resident's garden or containers, showing just what teamwork gardening can bring about. In other cases local businesses have actively got involved in Garden in Bloom, in fact gardening knows no boundaries and this year has proved it beyond any doubt.

Gardening does however have seasons and this season has been difficult and my only criticism is that some of you will have lost marks where there has been insufficient watering and very often insufficient feeding and I'll try and rectify this on garden Captains Days next year.

The results from Garden in Bloom will be posted on my website following the presentations which is on 11th October and I do look forward to meeting many of you there. If you're not one of the gardening team already then do please make the effort to join in no matter how old or young you are and no matter how fit or less able. Remember gardening knows no boundaries be it age, or ability.

My website is www.thedrurys.com

Debt Counselling Service

- Do you have debt concerns?
- Is it affecting your well-being and affordability?
- Don't have enough spare income to enjoy your Village or housing scheme facilities?

Then help is on hand.

The Welfare Benefits Team now provide a debt counselling advice service to assist residents with their debt and affordability concerns.

Case Study

Mrs B, a resident of one of our housing schemes approached her Manager with her concerns and was put in touch with a Welfare Benefit Advisor. After meeting with the resident they were able to deal with her creditor on her behalf. **They reduced her monthly payment from £65.00 to £14.00** with interest frozen and her disability benefit of £49.30 per week ignored as income by the creditor. As a consequence Mrs B was more than able to afford her repayments and still leave a good weekly disposable income to enjoy her residency.

If you are affected by debt and need help please do not hesitate to contact your Manager or a member of the Welfare Benefits Team who cover your village or housing scheme for confidential advice and help.

Natalie James 0787 655 5765
Paul Kay 0772 055 3657
Ian Birkin 0787 564 6804
Paul Greensmith 0792 081 1482
 or email:
welfare.benefits@extracare.org.uk

Spicy Green Pepper (a side dish)

Ingredients

Four Green Peppers

75g/3oz of chick pea flour

Turmeric – a pinch of (this has ancient anti-bacterial properties and is used for this purpose as opposed to use for flavouring/aroma)

Garam masala – a teaspoon

Salt to taste

Chilli powder to taste

Oil for frying

All the ingredients are an approximation – Indian cooking is very much a blend of spices depending on your own taste.

This dish was passed to me from my paternal uncle who is a fervent cook!



Geetha is and Internal Auditor in ExtraCare's Central office and has been with us for just a year. She was an auditor 15 years ago and then became finance manager, project manager and auditor again. She has always loved cooking

because she loves eating!!! She also loves her garden too and cooks/preserves a lot of the produce that she grows. Her cooking is greatly influenced by her Indian background, British upbringing and Italian holidays! She lives with four chickens, three children, two fish, one cat and her hubby!!!

Method

- De-seed and chop peppers to small centimetre pieces
- Heat oil in frying pan
- Add chopped peppers into hot oil and turn the heat down to minimum.
- Add turmeric, garam masala, chilli powder and salt.
- Turn the heat up a little and fry for a few minutes.
- Turn heat down
- Add the chick pea flour into sieve and sieve directly and evenly into the frying pan.
- Turn the heat up to a gentle heat
- Stir the chick pea flour and peppers together to ensure that they don't catch on the bottom of the frying pan.
- Cook gently for another ten minutes

Enjoy with nan bread and a curry of your choice!



A Perfect Day

Nearly 300 residents, Friends and staff from ExtraCare's Choirs met at a fantastic venue in Birmingham, the Sapphire Conference and Banqueting Suite, to record their first album. They all took part in a Master Class which came from an idea from residents at last year's Choir Festival.

Choir singing has become a popular activity across our housing schemes and villages with the numbers of people taking part expanding. They are becoming more professional with their own Choir Masters and practice on a regular basis, performing at a number of different venues and events.



Richard Mason conducts the ExtraCare choirs at the choir master class day

Never too old!

The Choir, with a combined age of 25,000, is potentially the oldest choir in Britain. They have been rehearsing long and hard to make this a 'Perfect Day'. This is one of the songs being recorded, from the artist Lou Read. The album is an eclectic mix of modern and traditional songs. A mixture of rehearsals and recording overseen by Richard Mason, Director of Music at Aldridge School in Walsall was the order of the day.

Lily May Penny (93) from James Beattie House said: *"I thought it was a most interesting day I didn't realise there was so much needed to record a few songs."*

Harry Kent (91) from Yates Court in Evesham was one of the enthusiastic participants. *"I still like to sing but I get halfway through the songs and forget the rest of them most of the time!"* he said, adding that he was fine on the day because he had the words in front of him.

Donna Ball, Activities Manager, said: *"Today was different from the Festival of Choirs, where the choirs performed for each other; now they have had a chance to record their own efforts. The residents have worked very hard throughout the year with their rehearsals and I look forward to hearing the results."*

The CD will soon be available to purchase and the money used for activities across ExtraCare.

For further details contact Katie Wells on 02476 506011 or email katie.wells@extracare.org.uk

Scalds & burns

As the weather becomes colder and we spend more time in doors it is a time to remember some of the accidents that can occur in our homes. Older people are four to five times more likely to die from burns and scalds than the population as a whole. The main sources of heat include radiators, electric fires and cookers. Make sure you:

- Use a coiled kettle flex or a cordless kettle.
- Use spout-filling or jug kettles.
- Boil only the water you need.
- Try not to carry hot liquids further than necessary.
- Water at the point of delivery to the bath should be no more than 46°C to help prevent scalding.
- Fit a thermostatic mixing valve.
- When running a bath, turn the cold water on first.
- Always use rear hot plates on cookers first.
- Turn panhandles away from the front of the cooker.
- Ensure that hot water bottles don't show signs of wear.

For more information go to:
www.wales.gov.uk/hcwswebsite/healthchallenge

Click on individuals/accidents and injuries/home safety for older people

HISTORY



The English language is forever changing as new words appear in dictionaries, but some words and expressions have been with us for years. Many of these are regional in their use. We have asked staff in Central office for examples of these.

One which had a variety of names was what we call a small piece of bread, so is it a cob, batch, roll, or a bun?

Here are some of the expressions and words from our staff in Central.

From East Midlands

'**Black over Bill's Mothers'**
or '**Black as your Grandfathers'**
= to mean it's very likely to rain heavily.

A Derbyshire and perhaps East Midland word is **nesh** = to mean you are soft in relation to coping with cold weather.

Nottingham expression "**Keep conk!**" – conk was a local word for **nose** = to mean keep a look out!

A forward roll (as in gymnastics) is a **rolli polli** but in the West Midlands it's called a **gambol**

From Australia

Take a captain cook = to take a look

From Scotland

Round by the middens = down by the bins

Ankle biter = child

A few more from Dundee, Scotland

Piece = Sandwich

What have you got on your **piece** today?

Dome = Press stud

I can't get the **dome** done up on my coat.

Juice = Fizzy Pop

Can I have some **juice** please, Irn Bru would be nice.

Tansad = Push Chair

Is that your baby in the **tansad**?

Doad = Piece

Can you pass me that **doad** of bread?

Snib = Latch

(as in Yale lock) Can you lock the **snib**?

From Rotherham

Playing cards "**Eee, I've got a hand like a foot**" = to mean that they had a bad hand of cards.

And a Sheffield expression "**Art tha mashing?**" = to mean "are you making the tea?"

From Bristol

"**Fine words butter no parsnips**" = to mean that intentions/promises are worthless without actions to back them up.

If you have any expressions or words particular to your area...

please contact the Editor on:

**02476 506011 or
ian.collins@extracare.org.uk**

Tell me what housing scheme or village or where you live. We can put some in the next issue of the magazine.

MISSION IMPOSSIBLE

Married Twice!!



Resident Wilf Clegg (far right) in his role as best man at the Sunley Court post wedding reception with newly married couple Mr and Mrs Trimarco

Sunley Court's Manager Jayne Trimarco (nee Brown) enjoyed getting married in the summer so much she did it again, with a post wedding reception at her housing scheme.

A special day was organised by the staff so that the residents could celebrate Jayne's special day. Some of the residents played a key role in this. George Keene was Jayne's 'dad' and Wilf Clegg was the 'best man'. Other residents dressed for the occasion and resident Janet Jeffs, who attended the first wedding, said: "*The party we had at Sunley Court was fantastic, residents got to see the wedding video and we had a full celebration afterwards with wedding cake, wine and a top table no less!!*"

The official wedding had been held in June at St Peter's Church Rushden with over 200 guests in a marquee. The theme was country/vintage and her Sunley Court resident's choir sang songs from Sister Act (film) as part of the entertainment. Jayne remembers both weddings with fondness and said: "*We loved sharing our special day with our friends at Sunley which is like a second home to us.*"

Well-being showcased in Birmingham Event



Well-being Advisor, Marion Grey (centre) with two mascots, at the event held in Birmingham

ExtraCare staff took the opportunity to share good practice at a Well-being event held in Handsworth Park, Birmingham this summer. It was the third year of the event and was organised by Nishkam Aid a local Sikh group, to promote community cohesion. Ian Jennings, ExtraCare's Community Relations Worker, who will be based in our Pannel Croft Village, said: "We had a great opportunity to inform people about the new village, Pannel Croft and also about our other Village New Oscott, also some of the ExtraCare services we provide and what independent living means to the people of Birmingham."

Based around peoples' well-being this event was a great chance for two of our Well-being Advisors, Marion Grey and Aileen Fyfe, to explain what we offer our residents and potential residents. As part of their role they carried out express Well-being checks and gave other health advice, including advice on some illnesses, which are more common

in some ethnic minority groups. The EOP[®] Locksmith Aileen Fyfe from New Oscott Village, was also able to explain the role of the Enriched Opportunities Programme[®] in dementia care.

As part of the day a variety of entertainment was provided for the people. This included Aston Villa Football Club coaching sessions and West Bromwich Albion Football Club delivering penalty shoot-outs. Birchfield Harriers offered taster sessions in athletics while the Army and the RAF were also present on the day.

One of our Well-being Advisors, Marion Grey, was called upon to assist with a Mascot (see picture), who was suffering from overheating due to their costume. This sort of thing shows the importance of our skilled staff and the role they play at ExtraCare. Marion and Aileen Fyfe were also interviewed by a local radio station and a specialist Asian Television programme and had a further chance to explain what ExtraCare do so well.

A visit to Edgbaston



(l to r) residents Joe O'Connor and Don Osborne, Abrim Hussein Aziz, residents Sheila and Ray Guy, ExtraCare Editor Ian Collins

Residents from New Oscott Village in Birmingham, James Beattie House, Brunel Court and Broadway Gardens in Wolverhampton and St Crispin Village Northampton, were given complimentary tickets for Edgbaston, home of Warwickshire County Cricket Club, to see two games of cricket in August. One against Surrey, and the other against Northampton.

The tickets were donated to ExtraCare by Abra Hussein Aziz, who used to be a member of the ExtraCare cricket team. Ibz, as he is known, is working with under privileged children and has set up two cricket teams playing in the Coventry 40 over league. He said: "I always enjoyed playing for ExtraCare, because it was a friendly group of people who just enjoyed picking up the bat or bowling."

Ibz was concerned that many children were on the streets or in the parks who could end up in trouble, so he contacted Coventry Council for a grant to help set up a cricket club for them. He named them the Knightriders two years ago and now they play in a Coventry Cricket league.

The club is affiliated to Warwickshire County Cricket Club, which donated the tickets for Ibz to distribute. He said: "I was inspired by the ExtraCare philosophy and wanted to show my appreciation for allowing me to join their team."

Fashion Show helps to raise funds



Members of the audience enjoy the fashion show

Terryspring's EOP[®] Locksmith, Maggie Hudspeth, organised a fashion show during their dementia awareness week, to help raise funds for the Enriched Opportunities Programme[®] (EOP). Any money raised during the

evening helped fund the specialist service that supports residents with dementia. The Enriched Opportunities Programme[®] is a result of an award-winning joint research project between ExtraCare and The University of Bradford's Dementia Unit. Terryspring's programme offers residents tailored activities and is supported by Maggie Hudspeth and the other members of the Terryspring team.

Maggie said: "We wanted to raise the awareness of dementia and the importance of providing stimulating activities and interests which can be enjoyed by people who have the condition. People with dementia need to be valued as individuals and as part of the communities in which they live."

The night was well attended by residents, staff and friends and they were joined by the Mayor of Redditch Councillor Anita Clayton and local police Inspector Ian Joseph and his wife. Members of staff took on the role of the 'models' and moved up and down the 'catwalk' like professionals.



Residents, staff, the Mayor of Redditch (centre) and local police inspector Ian Joseph (front left) before the fashion show at Terryspring

Beside the seaside... at Lichfield Beacon Park Village!



Resident Tom Manders(right) enjoys the seaside at Beacon Park Village with Kier Pedley, Village Activities Facilitator

Residents and staff from Beacon Park Village in Lichfield have recently spent five days at the seaside...without even leaving the area!

In fact, according to Activities Facilitator Keir Pedley, the Village was transformed into a miniature Blackpool. "We hired lots of equipment to turn the village into a holiday camp and most of our residents dressed as though they were on holiday at the famous seaside resort," says Keir.

Among the many activities was a Punch and Judy show at the end of the 'pier', loads of candy floss, regular bingo sessions, a cheese and wine party on the prom, cut-out figures and, on the Tuesday, which was a family fun day, they were entertained by a clown.

The week ended with a colourful seaside presentation based on the TV show 'Backstage Blackpool'. The entertainers were vocalist Carol Kay and comedian Laye D'Johns who are both spending the summer season at the resort.



Enid Pett with one of the entertainers at Beacon Park

Also during the week they held a knobbly knees competition and this was won by resident Pearl Spooner who said: "I was thrilled to win the competition and I enjoyed all the events I went to. It was a wonderful week."

Pearl (72) moved into Beacon Park with her husband Harry in 2009. "We love it here and enjoy all the events we attend," she says.

A 'Golden Rufus'

for Olwyn Douglas after 20 years dedication to volunteering at Camoys Court.

The Start

Olwyn (78) started visiting Camoys Court as a volunteer in 1986 as a parish visitor on behalf of Christchurch at Cobridge, where she is a member. She was also once interviewed on the BBC Songs of Praise programme by Tim Rice. Olwyn said: "When I first came to Camoys there weren't as many residents as there are now." She started on a Sunday morning to give communion and a 'songs of praise' session in the afternoon. Olwyn then progressed to helping with the library and she still takes residents for hospital appointments and helps with their shopping.

The Reward

Olwyn said "I absolutely love working here and have made some very nice friends." She continued: "I will keep coming as long as I can. I have given up many of the activities I was responsible for at Church, but I have never wanted to give up my volunteering."

Friends

Olwyn has a friend Mildred Ray, who is now a resident. Mildred said: "We met each other 56 years ago at ante-natal classes when we were both having our children." Unfortunately Olwyn's daughter Gillian died of leukaemia at a young age. Mildred continued: Olwyn is a special lady and a dear friend, no matter what is going on in her life, she will always put her self out for others." Olwyn's husband Ivan died 14 years ago, but she has a son Stephen.

Presentation

The Lord Mayor of Stoke-on-Trent, Councillor Terry Follows and the Lady Mayoress, Mrs Jacqueline Pearson joined the celebrations at Camoys. Regional Manager Louis Bradish said: "We couldn't do half the things we do without the help and support of people like Olwyn." Olwyn said: "I've had the time of my life."



Olwyn (centre) with the Lord Mayor and Lady Mayoress show a special cake made for the occasion

Lark Hill Village

flies the flag for Nottingham

Lark Hill Village's gardening club has worked hard to make the Village an asset to the area of Clifton. They have been given a Green Flag Community Award for their open space. They are one of only ten communities in the Nottingham area to receive this prestigious award which allows them to fly the flag over the Village.

They have developed a clean open space at the back of the Village which includes a man made pond. This has become home to a wide variety of animals and insects, including a group of baby ducks. The inclusion of reeds and insect nests, have helped other wildlife to move back in to the area. There have been sightings of pheasants, hares and different birds of prey. They even have swifts nesting at the front of the Village, using mud from the pond to create nests under the eaves of the Village. The planting of lavender has encouraged bees to collect pollen. The villagers are looking into having their own bee hives to be located in an appropriate place in the Village.

Lark Hill residents Sue Wilson and Sue Thompson are instrumental in organising the gardening club and all its efforts. They entered last year's East Midland in Bloom and were told about the Green Flag Community Award competition, entries for which are facilitated by Nottingham City Council Parks Department. Residents have worked hard around the Village and even have raised beds to provide a variety of vegetables, some of which are used in the kitchens at Lark Hill.



Outside Lark Hill with replica Green Flag resident Sue Wilson (left), Ian Finnie, Village Manager and resident Sue Thompson



In Lark Hill's greenhouse, resident Sue Thompson, Manager Ian Finnie and resident Sue Wilson

Residents construct Olympic Stadium



Residents, social club members and staff (l-r front) May Phillips, Betty Cartwright, Matt Parkes (centre) Jean Nicholls and Barbara Roberts (back) staff Maria Parkes and Lorraine Evans with Broadway's own Olympic stadium.

Nearly twenty residents and social club members from Broadway Gardens, relived some old memories when they spent a day building a model of an Olympic stadium using LEGO® and DUPLO® bricks.

The bricks and accessories to complete their task, were supplied as a gesture of goodwill by Matt Parkes, the UK and Ireland's Head of Sales for LEGO® Education, who is also the son of social club support worker Maria. Residents and social club members were given the task of recreating an Olympic stadium of their own style. They were shown how to construct the seating to surround the centre of the stadium, and then it was up to them what they made.

Individuals created a collection of activities such as a swimming pool, tennis match, shot put event and the various concession stands, commentary boxes

and other things needed to run an Olympic event. Matt said: "It's shown me that no matter what age you are you can still have innovative and creative minds and we are never too old to stop learning by playing!"

It brought back memories for some of the residents and social club members of times playing with children and grandchildren, for others like Euriel Stephens it was their first time. He created a centre stand and a tennis match and said he had a brilliant day. The achievement at the end of the day was evident on everyone's face they had truly had an amazing time.

Lorraine Evans Activities Coordinator said: "We had an opportunity for our residents and social club members to do something different for our countdown to the Olympics and it worked, everyone who took part became focused on the task but had fun at the same time."