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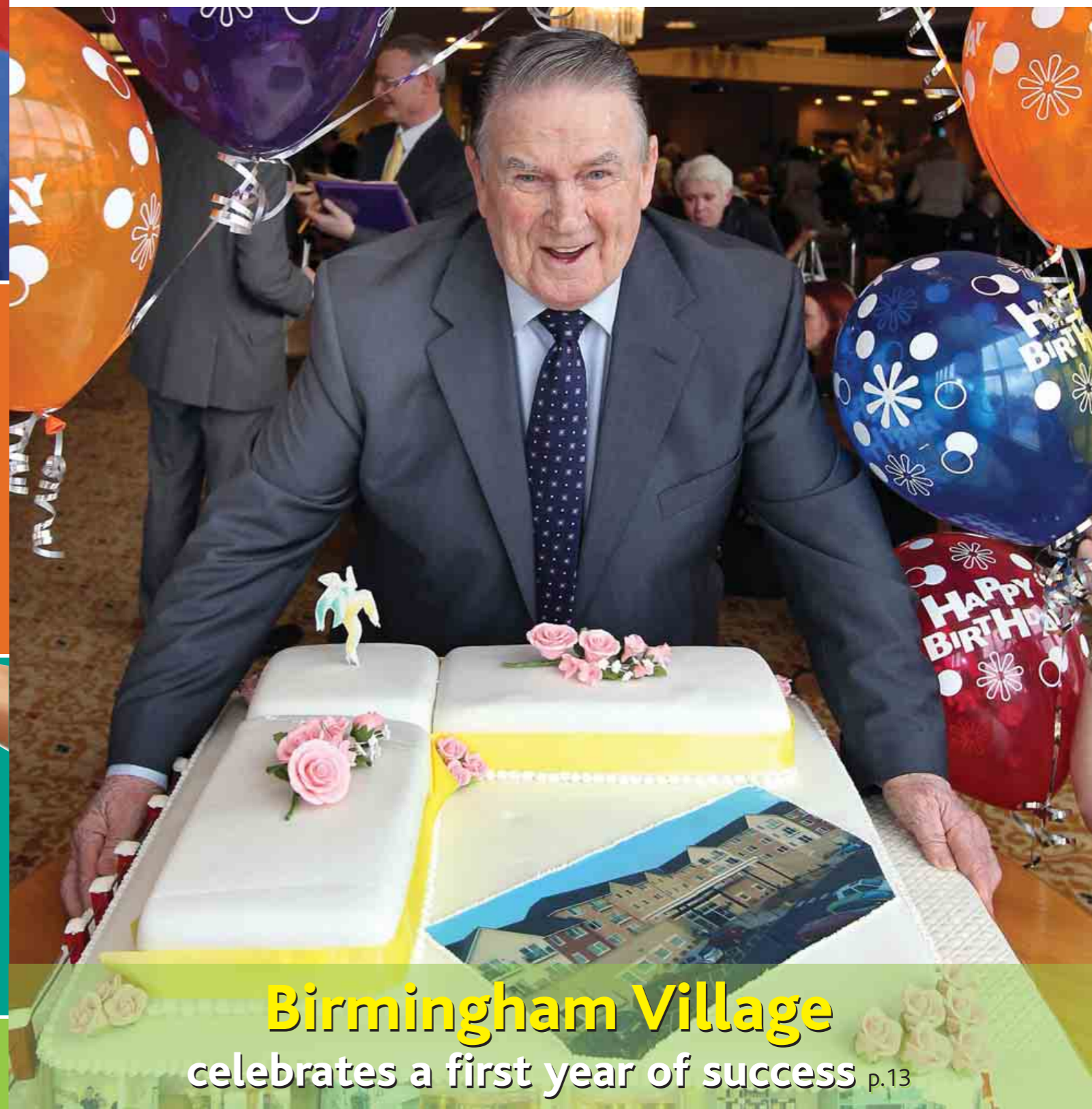


Gardens in Bloom

Awards Ceremony



To register your interest call
0870 777 4800



Birmingham Village

celebrates a first year of success p.13

Top Tradition at Blackpool's
Tower Ballroom p.3-4

A Royal visit
to St Oswald's Village p.14

extralife



Ian Collins

Welcome to the latest issue of Extralife and I can't believe we are almost halfway through the year. Our residents tried a new Tradition in April with nearly four hundred taking over the Tower Ballroom, Blackpool for a day of dancing and

entertainment (pages 3-4). ExtraCare's Operations Director, Leann Hearne explains about Resident Associations across ExtraCare (pages 5-6).

The Duke of Gloucester officially opened St Oswald's Village just before Easter meeting residents and staff, including their oldest resident Mrs Sue Waterhouse (page 11). With this spell of fantastic weather gardening expert Howard Drury

explains how to get the best out of our plants for the summer and Garden in Bloom (pages 23-24). Another delicious recipe from one of our Central Team, Melanie Howard, Head of Statutory Funding with a vegan ginger cake (sampled by the editor) (page 25). So many great stories from around our schemes and villages in 'Down our Way'. Our residents certainly know how to have fun! (pages 29-30).

Another great response to our humorous picture caption, so why don't you have a go at this month's, you might win the £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

Front Cover:

Resident Arthur McCullagh, with the huge birthday cake he made, assisted by a team of trainees, for New Oscott's first birthday celebration

Photo of the month



TV's Simon Jack (centre) joined New Oscott Village for BBC's Breakfast Show. Filming also included residents on live slots across the national network over an eight hour period.

the magazine for **Friends of ExtraCare**



In this issue

03 Top of the World

Residents take a spin around the Tower Ballroom in Blackpool

05 ExtraCare and its Resident Associations

Operations director Leann Hearne talks about Resident Associations across ExtraCare

07 Health and Well-being

Wolverhampton's Well-being Advisor Sue Hazelhurst looks at healthy eating

09 Meet Cleaver

Jon meets Willowbrook resident Kathleen Hawkins

11 Village News

Duke of Gloucester officially opens St Oswald's Village

19 Fundraising

Comic Relief funding for intergenerational project at Lovat Fields

21 Gardening

Howard gets us ready for summer planting

25 This Month's Recipe

Try a delicious vegan ginger cake from Central's Melanie Howard

30 Down Our Way

From Rosewood's new Facebook page, to St Patrick celebrations at Sunley Court

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

Top of the Tower

Close on 400 residents, staff and Friends from many of our schemes and villages, attended a 'Come Dance with Me' event at the famous Blackpool Tower Ballroom.



Residents and staff warm up before dancing in the famous Tower Ballroom

Most used the occasion to enjoy a three day break in the seaside resort and organiser Donna Ball reports the response to what could become a new ExtraCare tradition, was fantastic.

Certainly people interviewed on the day agreed with her. Margaret Taylor, a Friend from St Oswald's Village, Gloucester, reported that she had just returned from a Canaries cruise and her trip to Blackpool was just as enjoyable.

After a dance warm up led by Win and Pete Mawby from St Crispin Village, Northampton, who substituted ExtraCare's Helen Waite, who sadly had injured her leg. The morning was spent training under the watchful eyes of members from Blackpool's The Fever Dance Company.

Win and Pete went on to take the quickstep award and came third in two other categories and reported that only a few weeks ago they were dancing in the streets of Buenos Aires when their Antarctic cruise ship docked at the Argentina capital.

Says Peter: "It's amazing really. One week we were dancing in South America and a few weeks later in Blackpool's Tower Ballroom."

What a variety

The eleven dance competitions included two chas, two rumbas, a quickstep, foxtrot, a square tango, waltz, barn dance, saunter together and a wheelchair waltz.

Dot Bailey of St Crispin Village will already be well known to our readers because of her musical skills. Not only has she been a singer at a Birmingham Symphony Hall concert but she has assisted in organising successful choir events.

She's never been involved in dancing since her school days yet won three of the competitions, two with Paul Knight, who recently joined New Oscott Village, Birmingham, as the Activities Facilitator, and a third with her Village friend Barbara Denny.

Another winner was Linda Garner from Reeve Court, St Helens, who, despite having Parkinson's disease, still enjoys dancing and on this occasion won an award dancing the cha cha with Paul Knight.

Many Memories

The last time Linda was dancing in the Tower Ballroom was a couple of years ago when she went with a party from the Village and she has written a poem about how she enjoys the hobby. She also remembers being taken to the ballroom by her parents when she was about 12 years old and the legendary Reginald Dixon was at the organ.

Two other residents who remembered dancing there even earlier were Jean Wood and Enid Keep from Yates Court. They were on holidays with their parents in Blackpool during the 1930s.

And Agnes Thwaite, (98), who was probably the oldest at the event, recalls a holiday in Blackpool in 1953 with her family, when they saw Alma Cogan and Dickie Valentine performing in the Tower Ballroom.

A Gala Finish

At the gala evening, everyone was welcomed with a complimentary drink and started the night dancing to the organ. Later they were entertained with a fabulous performance from The Fever Dance Company.

They were also able to dance to the music of the Blackpool Tower Orchestra and listen to guest singer Anne Nolan. Finally they rounded off the evening dancing to music played on the famous Wurlitzer organ with Phil Kelsall. Earlier in the afternoon, ExtraCare's Keir Pedley even took over to show off his skills on the keyboards.

It was certainly a great success with many people looking forward to a similar event next year.

Photos from Top:

- Taking a spin around the floor at Blackpool
- Phil Kelsall entertained residents on the renowned Wurlitzer organ
- Win and Peter Mawby residents from St Crispin Village, lead a dance warm up
- Wheelchair residents enjoy an afternoon Waltz



Resident Associations



Beacon Park's
Resident Association



Lovat Fields Resident Association group
with Manager Steve Neal (far right)



Leann Hearne,
Operations Director

Our residents get involved in choosing lots of things that may affect the way their village or scheme is run, such as the activities programme or the restaurant options. But we would like residents to be more involved in the decisions that

ExtraCare makes which affect the strategic direction we are taking. That is why we have started the Residents Forum – a pilot scheme that we are running for a year to see if it is useful for ExtraCare and our residents. Each scheme and village has nominated a resident to attend the meetings, which are being held every few months. Residents set the agenda, choosing topics they would like to know more about or would like to have more involvement in. We are also asking the Forum to look at ExtraCare policies and help approve any new ones.

Communications

If the pilot is approved by the Board of Trustees, we plan to hold elections to choose the resident nominees going forward. Once the Resident Forum is set up, we will have a communications plan with our Resident Associations, to improve the information highway between ExtraCare and all of our residents. That way, Resident Associations can bring subjects to the Forum for discussion and the Forum nominee can take information back to the Resident Association to be shared with the scheme or village.

Changes with Support for Resident Associations

That is why we are announcing some changes to support the Resident Associations across ExtraCare. We want to encourage the set up of the Associations as well as improve the way we work with existing Associations. We have listened to the criticisms of our approach in the past and we hope the new approach will be welcomed.

We are launching a pack to help Resident Associations set up; this will include a Constitution template, sample Terms of Reference, Voting guidelines and other useful information. We will also include a sum of £200 to help the Associations start up! These suggestions are in response to ideas put forward by our existing Resident Associations, and we thank you for your help and guidance.

To help the new system to get off to a flying start, our existing Resident Associations have agreed to let themselves be known, in case any of you would like to contact them for guidance and support. Of course, if you would like to know more about the new Information Pack, please contact Leann Hearne Operations Director, or your scheme or village Manager. Leann says: "We look forward to better communication across ExtraCare and welcome any ideas and suggestions you may have."

Leann Hearne, Operations Director
leann.hearne@extracare.org.uk
Tel: 02476 507900

Current Resident Associations Contact Details

Chair RA St Crispin, Michael Bray
271 St Crispin Village

Chair RA Lark Hill, Marcus Pegg
marcuspegg@btinternet.com

Chair RA Reeve Court, Les Garner
34 Reeve Court
lgw@garner387.freemove.co.uk

Secretary, Jack Graves
236 Reeve Court
jax.casa@btinternet.com

Chair RA Sunley Court, Janet Jeffs
38 Sunley Court

Chair RA Beacon Park, Hazel Hill
C/o Beacon Park Village



well-being focus

Healthy Eating

Healthy eating means enjoying your food and having a good variety. If you eat well you are likely to feel healthier, stay active for longer and protect yourself against illness. Eating regular meals is also a good habit as this helps to prevent feeling tired, depressed and cold.

The two key points to a healthy diet are:

1 Eating the right amount of food for how active you are

2 Eating a range of foods to make sure you are getting a balanced diet (see the Eatwell Plate)

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Well-being Advisor **Sue Hazlehurst** looks at healthy eating and the benefits to us all.

Here are some tips to help you make healthier choices:

- Always include starchy foods such as bread, cereals, rice, pasta and potatoes at each meal. Choose wholegrain varieties to increase fibre and fill you up
- Eat lots of fruit and vegetables. Try to eat at least five portions per day in a variety of colours to aid getting different nutrients. Use fresh, frozen, tinned, dried or juiced, they all count.
- Eat more fish. Include at least one portion of oily fish a week such as salmon, mackerel, or sardines.
- Reduce the amount of saturated fat and sugar. Both contain lots of healthy calories which we don't need. Saturated fat can increase the amount of cholesterol in the blood stream, increasing the risk of heart disease. Foods like pies, cheese, butter, cakes and biscuits are rich in bad fats. Try using olive oil, sunflower oil, oily fish and nuts which contain unsaturated fats. These will aid in reducing cholesterol together with high fibre foods
- Reduce your salt intake. We should only eat 6grms a day and 75% of salt we eat is already in the food we buy, so always read the labels. Too much salt can raise our blood pressure.
- Keep active and try to maintain a healthy weight. Ask your Well-being Advisor or your Fitness Instructor for advice.
- Drink plenty of water. Try to drink six to eight glasses daily. Stay within recommended alcohol limits. Weekly they are 14 units for women and 21 units for men.
- Don't skip breakfast. It's the most important meal of the day and it gives us the energy we need to face the day.

Case Study



Residents join in Diabetes awareness day at Broadway Gardens

Diabetes Awareness Day

As part of the healthy eating programme one of the events held at Broadway Gardens, encompassing healthy lifestyle and eating was a Diabetes awareness day.

Resident Jan Ruscoe says: "The event was very informative but lots of fun at the same time. Jean Nicholls says: "The event was really well attended, but we also enjoy weekly groups where we discuss different topics as well." As part of the day Hilda Walton (93) and May Phillips (92) were competing to make the most smoothies for their teams, by using a special bicycle connected to a blender, the faster they cycled the quicker they made a smoothie. They said: "You are never too old to have fun and keep healthy."

More information on following websites:

- Eatwell.gov.uk
- Food.gov.uk
- Salt.gov.uk
- adviceleaflets@helptheaged.org.uk or www.helptheaged.org.uk

Further information can be found from the following leaflets

- Eat well by Food Standard Agency
- The Eatwell Plate by Food Standard Agency
- The little book of salt by Food Standard Agency
- Maintaining a healthy diet by Help the Aged

Meet Cleaver



Jon Cleaver meets Kathleen Hawkins

“ I loved it in Zimbabwe, but when overnight, Leader Robert Mugabe, devalued and changed the monetary system to the American Dollar, I lost all my hard earned money and had to leave my farm.”

Reminiscing

Kathleen Hawkins 93, a resident at Willowbrook was recalling how she had to leave Zimbabwe where she had lived all her life.

Kathleen was born in 1916 one of two sisters to William and Kate Brown at Bulawayo in what was then Southern Rhodesia. “Father was a missionary at the London Missionary Society,” Kathleen recalled. Her first schooling was from a lady from the Civil Servants quarters in a district of the Mission at Inyathi. She said: “I went to nursery school with my sister Peggy on a donkey cart and we had to cross over the river.”



Photos L-R: Kathleen in uniform, Kathleen at Willowbrook and Kathleen as nursing sister

MEET CLEAVER

Off to Boarding School

After a year the two sisters were put into boarding school at Bulawayo. In 1929 their father sent them to London to further their education at an inter-denominational all girls' school in Kent, Walthamstow Hall at Seven Oaks, and was a home for the daughters of Christian missionaries. They remained until 1934 before returning to Rhodesia.

Looking for work

Originally Kathleen wanted to be a concert pianist. She decided she wanted to be a nurse. “I was always particular about cleanliness of my hands, washing them all the time. My mother said: “I think you will end up in nursing,” Kathleen recalled. She applied for the nursing profession but was told she would have to wait until she was 19 and that she would have to return to England to study. Fortunately Kathleen was told she could do her training in Rhodesia. She was interviewed about starting her training and was posted to Bulawayo at the Memorial Hospital as an RSN, which took four years.

A move to South Africa

In 1938 Kathleen was on the move again this time to South Africa. She said: “I wanted to train as a specialist sister in the operating theatre and I started at the Addington Hospital in Durbin.” The war was on and a new maternity ward in Durbin had to be turned into an injured soldier's hospital. Kathleen was given position as head of unit for injured soldiers. She said: “British soldiers were the highest casualties, many also had tuberculosis, over 1300 were sent back to the UK.”

Joining the army

Kathleen then joined the army. She said: “I applied to join the South African Military Nursing Service and was posted to Soweto for 17 months.” She had wanted to go to the Middle East. She says: “I went on a luxury Danish liner with 70 other passengers. When we arrived at Port Said we were told we had been chased by a German U boat.” She ended up 65 miles from the nearest town in the desert.



Kathleen with Marieke, who has written a book “Lozikeyi Dlodlo Queen of the Ndbele” having consulted Kathleen whose parents knew the Queen and had pictures. Marieke came to Willowbrook recently.

Egypt

She joined the South African Hospital just outside Cairo, caring for South African soldiers with war injuries, before moving on to the Pretoria Hospital. She was in Egypt for two years. During this time she was able to visit the Aswan Dam which had only just been built. She said: “It was the most beautiful place.” The next move was to Dari a fishing port in Italy.

Getting Married

Kathleen met Donald Hawkins an old friend, and they married in March 1947. They had two children David and Jennifer. Donald died aged 99. Kathleen was beginning to lose her sight and would need care. In 2008 the British government said that anyone with a British passport over the age of 70 could apply for repatriation. Kathleen did, and was brought over to Crawley by the Red Cross in 2008.

Willowbrook

The Red Cross contacted Willowbrook in Coventry and found a place for her. On December 6 2008 Kathleen moved into Willowbrook. She said: “It is beautiful here I am so happy, the food you could not better at a top hotel and I am so well cared for.” Kathleen loves to listen to the talking book and classical music. Who is her favourite singer? “Vera Lynn.” She quips.

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 E-mail: jon.cleaver@extracare.org.uk

Community celebrates at Newtown Village



The community met to bury the time capsule

Birmingham resident, Sylvia Dacres, joined community members to bury a ceremonial time capsule on the construction site of Pannel Croft Village.

The 180-home affordable retirement scheme opens in the Newtown area of the City during Spring 2013. The £22m Village represents a major investment in the well-being of Newtown's older people and forms a part of the area's ambitious regeneration programme for housing, schools and sports facilities.

With over 200 households already registered for the scheme, partners are confident that the Village's 80% rental and 20% purchase homes will be taken up soon after applications open next year.

Sylvia Dacres, who helped development partners and children from nearby St Chad's Catholic Primary School bury the capsule, said: "Many of the people from my community would not have thought about a place like Pannel Croft and it is pleasing that ExtraCare is interested in addressing cultural aspects when the new Village is inhabited."

Village homes will surround a community-based Village Centre with a wide range of facilities including a gym, restaurant, craft room and woodwork area. Assessed care will be available in the Village for those who need support – up to an equivalent level found in a nursing home.

The Village is providing over 50 ExtraCare jobs locally and an additional 36 funded trainee and apprenticeship roles on the construction site with community regeneration specialists Frank Haslam Milan (FHM).

In addition to Birmingham City Council and ExtraCare, other partners who have contributed to the scheme's development are Urban Living (£2.4m), The Homes and Communities Agency (£6.4m) and The Department of Health (£3.2m).

Councillor John Lines, Cabinet Member for Housing, said: "As well as this Village, we are building a new



An impression of Pannel Croft Village



Guests met for lunch and speeches

school, new council housing and with the success of the nearby Crocodile Works development, we are proud of the changes in Newtown."

David Rhead, Area Manager for the HCA Midlands, said: "Pannel Croft is an important part of the wider regeneration of Newtown, where our joint investment has generated good momentum to enable The ExtraCare Charitable Trust to commit to delivering this important scheme for local people."

Nick Abbey, Chief Executive, The ExtraCare Charitable Trust, said: "Planning has recently been awarded for a third village in Hagley Road and we expect to announce proposals for further Birmingham villages as the year continues."

If you are over the age of 55, living in Birmingham and would like to register your interest in the Village or get involved in community meetings, please phone 0870 777 4800.

Applications open in 2012.

smilebirmingham

APPEAL

CHANGING THE FACE OF OLD AGE

Fundraising for the Village Centre

Pannel Village Centre will provide a social hub for local older people – especially those who suffer isolation or have limited means. This Village Centre requires £2m funding through ExtraCare's Smile Appeal – an appeal which is helping to fund five ExtraCare Village Centres, regenerating older peoples' involvement in community life across the City.

For more information about The Smile Appeal, please contact Alison Whittingham on 024 76 506011. alison.whittingham@extracare.org.uk

Other Birmingham Villages

An impression of the Hagley Road Village



Pannel Croft is the second of five proposed villages across the City, a £200m development partnership between Birmingham City Council and The ExtraCare Charitable Trust. The first 260-home Village, New Oscott (developed with Midland Heart), opened in March 2010 and is now oversubscribed.

A third 241-home village, off Hagley Road in Harborne, received planning permission in January 2011 and construction begins in Autumn 2011 for opening in Spring 2014.

To register your interest in applying for a place at Hagley Road Village, please phone 0870 777 4800

New Oscott's first birthday

Birmingham's first retirement village, New Oscott, celebrated its first birthday in March with a busy week of activities.



Above - Residents, partners and staff celebrate, unveiling a new fountain

Below - Bella, oldest resident, with Village Manager Angela



On the Friday, an impressive water feature was unveiled in the grounds, and a huge birthday cake made by resident Arthur McCullagh, assisted by his team of trainees, was cut by the Village's oldest resident, 97 years-old Bella Shevlin.

Bella moved into the Village from hospital six months ago in a wheelchair because she was unable to move her legs. She says: "Now I am in the gym four times a week and, with the help of gym instructor Rachael Smith, walking again. You don't expect to get a new life at my age, but in this place I have."

Village Manager Angela Warrender describes the first year as exciting, very rewarding and challenging. She comments: "I feel very privileged that in my career I have had the opportunity to open one of the largest villages in the country."

Visitors during the week were introduced to many of the Village's services including the 49 resident-led weekly activity groups, the 185 member fitness gym and the thriving volunteer programme where residents and visitors of all ages help to run the Village's health and leisure facilities.

They were also able to discover ExtraCare's award-winning Well-being service which reports a 15.2% overall improvement in residents' health scores.

During the week, residents Lilian and Lesley Jinks celebrated their diamond wedding and renewed their vows. Lilian wore a dress for the occasion provided by the local ExtraCare charity shop.

On the Saturday, it was residents' party night when the West Midlands Light Orchestra performed a thrilling programme and brought the celebrations to a rousing climax.

Duke of Gloucester officially opens St Oswald's

His Royal Highness The Duke of Gloucester officially opened Gloucester's first retirement village recently visiting the home of oldest resident, Mrs Sue Waterhouse, who is 100 years old.



Before unveiling a plaque to mark the occasion, the Duke was taken on a tour of the £29m flagship village by Manager, John Cullen, who presented him to Mrs Waterhouse and other Village residents.

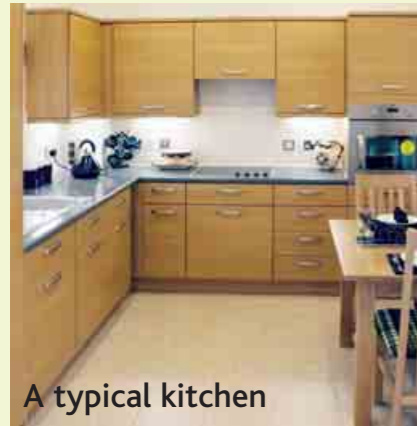
During the visit, the Duke saw some of the 18 leisure and health facilities and heard about residents' achievements during the Village's opening year.

The Duke meets oldest resident, Sue Waterhouse

Village Manager John Cullen said: "The Duke took tremendous interest in our Village. He showed a real interest in our residents, volunteers and staff and everyone felt this and really appreciated it. It was a great day for St Oswald's."



First View of Village Homes



A typical kitchen



Partners and community
officially open the show homes



A typical bedroom

costs, the homes will offer villagers affordable, high-quality housing.

18 facilities in the Village Centre will include a gym, restaurant, craft centre, greenhouse and IT suite with opportunities for residents to pursue activities and skills which may include painting, singing, craft, horse riding and abseiling. Linked to the wider community through visiting families, affordable club membership and volunteers, the Centre will also be home to ExtraCare's national award-winning Well-being Service.

Approximately one third of Shenley Wood's residents will need assessed care with on-site, qualified staff available to deliver services in residents' own homes. Residents who require specialist support with dementia care will also be able to access the Charity's award-winning Enriched Opportunities Programme.

Support the Appeal

The ExtraCare Charitable Trust has established the £1m Shenley Wood Village Appeal to fund the Village Centre which will provide affordable social and active opportunities for up to 500 older residents, families and community members - many of whom may have little social contact and are frail with limited means. These facilities are being provided through charitable funds raised by the ExtraCare appeal.

For more information, please contact Ann Allen at ExtraCare on 07825 171 546. ann.allen@extracare.org.uk

Village fundraising volunteer Brian Hobbs joined the Mayor of Milton Keynes, Councillor Debbie Brock, to cut a ribbon and open the fabulous, brand new show homes at Shenley Wood - ExtraCare's second Milton Keynes Village.

Affordable rent and purchase homes are now on show and with applications now open there's been early demand, with over 150 of the Village's 300 properties already reserved.

The one and two-bedroomed apartments on show are typical of the new homes which will be available to over 400 local older people when the Village, which is being built in two phases, is completed.

With 225 purchase options available (priced from £78,750 for a 50% part-purchase one-bedroom apartment), 75 rent-only properties, and access to specialist benefits advice to support housing and care

Applications

The emerging Village



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 phone **01908 340 800** – the team will be happy to help.

(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).

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.

Please call 01908 340 800 and ask ExtraCare's Benefits Team if you have concerns.

ExtraCare's qualified staff team will be recruited locally to provide care in the Village even for people with high level needs, maybe using a wheelchair, who would otherwise need to consider a nursing home. If you can't get around easily, we can come see you or arrange care support for you to visit the Village?

Just call 01908 340 800.

Join the Friends

Join the Friends and become involved in the village lifestyle as a potential resident, volunteer or community member.



Regular meetings are social active and welcoming for all older people across Milton Keynes.

Attendance is £2 per session.

Dates and Times

24th May, 7th June, 14th June,
21st June, 28th June

All sessions run from 1 to 3pm

Location

Medbourne Sports Pavilion,
Pascal Drive, MK5 6LS

Activities

Singing, entertainment, interest groups, village questions and answers, meet ExtraCare residents, raffle and prizes.

**To check location and times -
phone 01908 340 800**

Residents renew wedding vows at **New Oscott** fashion show



New Oscott residents, Lil and Les Jinks, celebrated their Diamond wedding anniversary at a fashion show in the Village

Working closely with New Oscott Village our charity shops held a Fashion Show in April. Two residents Lil and Les Jinks just happened to be celebrating their Diamond wedding anniversary and were hoping to get a blessing from another resident Reverend Edward Furness. But Village Manager Angie Warrender had other ideas.

The fashion show was looking for a finale and they just happened to have a wedding dress in the show. So she persuaded the couple to take part and instead of them receiving a blessing they had new rings and renewed their wedding vows instead. Lil wore a wedding dress and carried a bouquet and Les was in a smart suit. She remembers the day sixty years ago and said: "It was raining on the day and my veil ended up like a piece of rag."

There was no problem in the Village this time and they had a fantastic day. They were holding celebrations with their family later in the week.

Other schemes and villages are developing partnerships between the shops and themselves. Some hold collections of donations, table top sales, fashion shows and some volunteers from villages help to sell Christmas cards. The event held at New Oscott was a great success with a number of items from the fashion show being sold to village members. These events help to understand how both schemes and villages can help shops and visa versa.

Shop's Director Alison Whittingham said: "This was a really fun event and the residents that took part in the fashion show really threw themselves into the role of a supermodel, receiving rapturous applause from their fellow residents. It is events like these and collaborative working between schemes, villages and shops that shows the true strength of ExtraCare."

Win a £25 High Street Voucher
Closing Date: Tuesday 5th July



Caption: _____

Photo Caption Winner for March

*"You get his phone
I'll get his wallet!"*

Mr Michael Joseph, Ryfields Village, Warrington



To enter please send your caption by Tuesday 5th July 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



Final of Chef's competition held at Lovat Fields Village



Dan Cameron, the winning chef, receives his award from Milton Keynes Mayor, Debbie Brock

Earlier in the year Lovat Fields Village hosted a 'Masterchef' style competition for three local chefs, to help raise money for the Village.

As part of this event young people waited on residents and guests as part of the De Vere Academy of Hospitality. Each chef produced a three course meal for over seventy five guests who chose the winner, Dan Cameron from the

Navigation Inn. But it was a close competition and thoroughly enjoyed by all in attendance. The theme was glamour and many people dressed for the occasion. The competition raised funds whilst showcasing the high standards of chefs in the Milton Keynes area. This would not have been possible without our sponsors Jarvis Butchers, Costa Coffee, Milton Keynes Chamber of Commerce and De Vere Academy of Hospitality.

There are more events planned for the future to help with raising funds for the new Village, Shenley Wood.

They are:

- **Fashion Show at Lovat Fields Sunday 22nd May**
- **Antiques Valuation at Lovat Fields Friday 17th June**
- **ExtraCare Golf Day at Woburn Tuesday 4th October**
- **Race Night at Lovat Fields Friday 21st October**
- **Buy a Brick**

Intergenerational Project receives Comic Relief Funding

Lovat Fields residents joined local schoolchildren at the Village to celebrate news they were to receive £30,000 over three years from Comic Relief.



This is towards a project in partnership with the local football club MK Dons Sports Educations Trust. The idea is to help young and older people to work closely together on a number of different projects, which will involve a variety of technologies. One of these is to

set up a link with a local hospital radio station allowing broadcasts to be made by residents, with the help from students at The Hazeley and Oakgrove schools.

The process will be two-way with residents sharing their skills and knowledge with those of the students. One example of this was when they were invited to experience 'short mat bowls' in the Village Hall, along with members of the MK Dons Football Club. Members of the Village bowling team were soon passing on their knowledge of how to stand in the right position and what was the best technique to successfully send a bowl along the mat and reach the jack at the other end. By the end of the session a number of students were becoming quite proficient at bowls. At the end of the afternoon a few even swapped numbers to arrange a future game.

Ann Allen, Capital Appeals manager said: "This is exactly the sort of thing the project will do by breaking down barriers and stereotypes both generations will be able to share something the other will want to learn, whether it's how to play bowls or how to 'Tweet'. Both sides will come away with a new skill whilst having fun at the same time."

Building Better Lives your permanent legacy to this project

The fundraising team has come up with an unusual idea to help raise funds for the next Milton Keynes Village, Shenley Wood.

The idea is for supporters of the Village to 'Buy a Brick'. The special bricks will be part of an area of wall dedicated to village supporters. These top quality clay bricks will complement their surroundings and will be professionally engraved with an inscription of your choice in gold lettering, for ease of reading and cleaning.

You can be part of the legacy by having an inscribed brick to enshrine a date, family name, anniversary, a unique special gift, club or association – whatever is important to you. They will be a permanent part of Shenley Wood Village, Milton Keynes. A cost of £50 per brick will help us to build a lasting community now and in the future.

We also have a double sized brick available at £95 so please tell us if you would like one of these.

Help us lay the foundations for brighter futures.

We can maximize the benefit of this promotion by ordering in bulk and consolidate deliveries, so your earliest response would be gratefully appreciated. The commemorative bricks will be assembled on completion of Shenley Wood Village.

For further details, please contact Ann Allen at ExtraCare on 07825 171 546. ann.allen@extracare.org.uk



Residents donate money towards new gym equipment



Fitness Instructor Richard Danks (left) with residents Dr Dan Thomas and his wife Jacky and the Power Plate they donated money towards.

Two residents of The Rose Garden in Hereford have been so impressed with the gym facilities and the training on offer, that they have donated more than £3,000 towards half the cost of the latest piece of gym equipment. The other half was raised by the fundraising team at their Coventry office, with donations from charitable trusts.

Retired scientist Dr Dan Thomas (77) and his wife Jacky (74) use the gym regularly and when they were able to sample a borrowed Power Plate, which offers flexibility and toning of the body, they immediately made their offer.

To celebrate the purchase, Village Activities Facilitator Lynn Mulderrig decorated the equipment with ribbons which Jacky and Dan cut as residents and staff looked on. "On behalf of residents and staff, I thanked Jacky and Dan for their kind contribution," says Lynn, who added that Bucks Fizz was served to celebrate the occasion.

Dan, who suffers from Parkinson's and has also had a brain tumour removed in 2006, uses the gym and the Power Plate five days a week under the watchful eye of Fitness Instructor Richard Danks who has provided him with a tailored and integrated programme which has already improved his balance, control and posture.

The couple were both born in the same nursing home and first met at a Coronation night ball in 1953. "We danced together and have been together ever since," says Jacky who adds that living at The Rose Garden has offered them a new lease of life. "It's perfect for older people, offering independence and interesting activities, the chance to make new friends and care if it's needed," she says.



Gardening with Howard Drury



Summer Planting

The dry start to the year looks as though it might carry on right into early summer and then I suppose as judging Garden in Bloom gets underway the heavens will be perpetually open and our gardens flooded! The warm weather in April means that many of our bedding plants are literally bursting the pots and trays, in anticipation of being planted. I would advise you to only plant when the ground is moist prior to planting. Also apply a general slow release fertiliser a good seven to ten days prior to any planting and watered in before hand. One of my old favourites is Fish Blood and Bonemeal. When judging Garden in Bloom one of my very few criticisms is that some schemes do not invest sufficiently in plant foods and this often leads to poor quality results in spite of lots of hard work. In a normal season we would begin putting out the hardier bedding plants, like Marigolds and Antirrhinums, around the middle of

May and finish with the more tender Begonias, Salvias and Busy Lizzies being planted in late May or early June.

Show time

The month of May also sees the start of the 'flower show' season at Malvern, closely followed by the Chelsea flower show and our local Gardeners World Live at the NEC, in June. I would recommend both Malvern and the NEC are well worth a visit, with easy access and good facilities for all. (Go to the Royal Horticultural Society's website www.rhs.org.uk to book your tickets. One of the secrets of the shows is to time your events and horticultural practices to get the very best results. One secret I can reveal is the removing of flowers when planting out Antirrhinums, Marigolds, Geraniums and Salvias. It is thought that any bedding plant going into the ground or container with open flowers will

GARDENING

be less reluctant to grow and more intent on flowering and in turn making seed without making a good healthy plant so I tend to pick off any open flowers.

Garden Pests!

To help sort out slugs and snails I recommend putting down slug pellets, or watering surrounding plants with liquid Slugit a few days prior to planting. It is a very good way of using a slug killer based on drying out their slime trails without actually putting down slug pellets. These can raise questions about their safety with birds and other wildlife such as hedgehogs. You can always apply the liquid slug killer to the foliage of newly established summer bedding plants. Once established they will need regular feeding, deadheading and any dead leaves removed on a regular basis.

Grow and enjoy

I hope many of you will try growing vegetables in smaller spaces, as outlined at Garden Captain days in March. I will try to visit as many schemes and villages as possible for those who have raised questions about gardening.

My work with ExtraCare has now made it into newspapers and magazines, as more and more people begin to realise how important gardening is in keeping us fit, able and sociable as we get older. I'm hoping in the next few months to take photographs to illustrate just how brilliant and marvellous an effort many of you put in to making Garden in Bloom the success it has become over the years. You never know your picture could be turning up in a national newspaper, a gardening column, as part of one of my lectures or even in the next Extralife magazine so let's get busy and get gardening now – it could be you!

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.



LADY FORESTER

ExtraCare's £250,000 support in Much Wenlock



From left: Steve Whiffen, Company Secretary and Martin Shreeve, Trustee, of ExtraCare and Mark Laws chairman of Much Wenlock Forester Charitable Trust.

ExtraCare has made a contribution of £250,000 to the Much Wenlock community following its sale of the Lady Forester Community Nursing Home to Shropshire-based English Care.

The aims of the new Much Wenlock Forester Charitable Trust will be to relieve financial hardship, sickness and poor health amongst local elderly people.

Presenting the cheque, Martin Shreeve, Trustee for ExtraCare commented: "ExtraCare provided ongoing care for older people at the Lady Forester Community Nursing Home for fourteen years. Following the successful sale of the scheme to English Care last year, the Charity still wished to recognise and support the town's ongoing commitment to local older people and is now delighted to make a £250,000 to this valuable and worthwhile new Trust."

2010 Liz Taylor Memorial Awards



Winners of Liz Taylor Awards enjoy a special lunch at New Oscott Village.

(L-R) Marion Grey, Audrey Gisbourne, Trish Griffiths, Nick Abbey, ExtraCare's Chief Executive, Louise Frazer (centre), Vernon Taylor, Marie Merrey and Janet McGhee

The Liz Taylor Memorial Awards are made to people nominated by ExtraCare's residents, for exceptional service in some way and having consistently demonstrated the values of ExtraCare. The final six were judged by a panel, which included Vernon Taylor (Liz's husband) and senior ExtraCare staff.

The winning £1000 prize was awarded to Louise Fraser a Team Leader from Willowbrook in Coventry, with five others receiving a cash prize of £200. They were invited to a lunch to celebrate at New Oscott Village, where they met the panel and each other.

Louise has been with ExtraCare since 2001 and is due to receive her 10 year service award soon. Willowbrook manager Mary Saint said: "Louise has worked closely with many people as their 'Key worker' and will always find the time to go that extra mile. She has dealt with some things that a person of more mature years would find difficult and thoroughly deserves her award."

The others

Janet McGhee and Marie Merrey are from James Beattie House. Janet is a Resident Support Worker who has worked days and nights for five years and Marie has been there for eight years. She started as a Team Leader with no qualifications, but has since gained NVQs and is able to support people to live as independently as possible.

Marion Grey has worked with ExtraCare for 13 years and started as a Team Leader at Sunley Court but since 2003 has been a Well-being Advisor at Imperial Court, Sunley Court and Rosewood Court; she has a passion for Well-being and feels privileged to have her three roles.

Trish Griffiths has been a Team Leader at School Court for five years. She takes annual trips to Gambia in West Africa where she assists in schools and an orphanage. School Court residents help to provide pens and pencils and also knit blankets for the children there.

Audrey Gisborne is a volunteer at Yates Court and although she is 78 and has helped at the scheme for eleven years, she doesn't feel ready yet to move in. She has a busy time working with the Social Club on Fridays and helping to organise many of the other activities.



Welfare Benefits Team

Welfare Benefits Team

Paul Greensmith 0792 081 1482
Natalie James 0787 655 5765
Ian Birkin 0787 564 6804
Paul Kay 0772 055 3657

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

Dear Resident

By now many of you should have received your uprated benefit or pension amounts as well as changes in your weekly charges.

It is important to check any benefit decision letters to make sure the weekly income used is correct.

In some instances private or occupational pensions have not been taken into account or are not the correct amount used in calculation and consequently it could lead to an overpayment in benefit income especially for housing and council tax awards.

For peace of mind and to avoid any potential overpayment in benefits please check your income against the benefit decision letters. Should there be any missing or incorrect income details please contact the Benefits Provider or if you need assistance you should not hesitate to contact a member of the Benefits Team based at our Central Office on **02476 506011**.

In addition should you have any concerns about money issues or would like to know if you may be entitled to benefit income to assist your living costs please contact the Benefits Team. We provide regular Benefits Advice Surgeries at your scheme or village. The Manager will have details of our next visit.

Even if you were not entitled to benefit income in the past you may have experienced a change in circumstances in health, bereavement, loss of income so if in any doubt it is best to check.

We look forward to hearing from you.

Paul Kay
Welfare Benefits Advisor



This month's recipe is a delicious vegan ginger cake (tasted by the Editor) and is from Central's **Melanie Howard**. She is Head of Statutory Funding and has been at ExtraCare for ten years. She lives in Derbyshire with her partner David, two horses and two cats and another on the way! Melanie says: "This cake is suitable for vegans and people on milk-free diets and has been handed down through many generations of vegans!"

Ingredients

- 4 fl oz sunflower oil
- 4½ oz dark muscavado sugar
- 7 fl oz golden syrup
- 8 oz plain flour
- 4 teaspoons ground ginger
- 1 teaspoon bicarbonate of soda
- 4 fl oz Soya milk
- 1 tablespoon vinegar (any kind apart from spicy)
- Tin foil
- Rice paper (optional)

Method

- Preheat the oven to 180°C or 350°F or gas mark 4.
- Grease a 9 inch cake tin. I've also found it useful to line the bottom of the tin with rice paper, but this isn't essential.
- Put the oil, sugar and syrup into a mixing bowl and mix together using a wooden spoon.
- Add the remaining ingredients and mix together thoroughly.
- Bake for 45-50 mins.
- Test whether the cake is ready by inserting a thin knife into the cake. If it comes out clean, the cake is ready, otherwise bake for a few more minutes (if you do this you may need to cover with foil to prevent burning).
- Allow to cool on a wire rack, whilst you make a pot of tea. Lock the door to ensure you don't have to share, curl up with the cat and enjoy in front of your favourite DVD.



Vegan Ginger Cake

as recommended by David and my cats

CHINESE NIGHT celebrations

An evening of Chinese entertainment was organized recently by Village Activities Facilitator Josh Boardman. He said: "It took me over a month to organize working closely with the Chinese community from Liverpool's China Town and Liverpool University." This was seen by Josh as a great way of promoting Supporting People and Equality and Diversity at Reeve Court.



Traditional Chinese Dragon performing at Reeve Court

Over sixty residents and Friends attended the evening which was completely different to anything else that has happened in the Village. It all began with a traditional Dragon Dance and included some amazing demonstrations of Tai Chi and Kung Fu from Master Tsang. The residents were invited to have a go at both, under his supervision.

Young people from different local groups performed traditional Chinese dances and

music which were organized by

'Wing' who also gave information and historical fact to support the acts. The evening was completed with a delicious Chinese meal provided by the catering staff of Reeve Court.

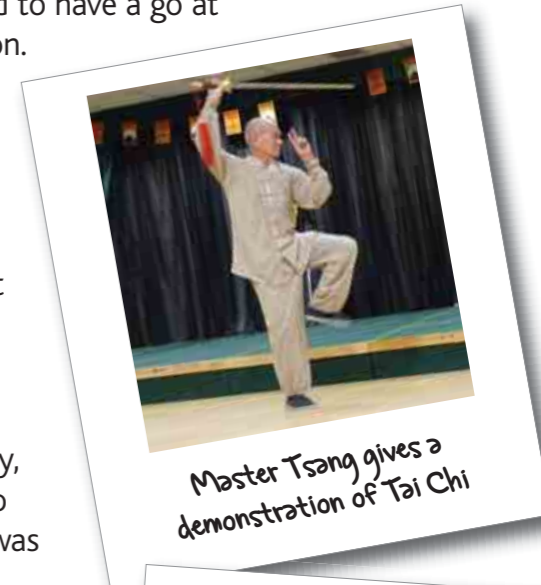
Chinese resident, To Wong, who speaks very little English, has found it a struggle to join in with the Reeve Court community, after her husband Kam passed away. She invited her family to the Chinese night and they all thoroughly enjoyed it and to was able to converse with the Tai Chi masters in Chinese.

Resident snaps event

A special mention must be given to resident Joyce Edgley who has recently joined a camera club and is a very keen photographer. She has taken many photographs for Reeves Court Village events, including the ones for the Chinese evening.



She said: "What a variety of events, dragon dancing & kung fu to lilting harp music & tai chi, the Chinese night was brilliant."



Master Tsang gives a demonstration of Tai Chi



Members of the Chinese community performing traditional dances



Summer Safety

We are moving into the time when the weather becomes warmer and if we are not careful we can end up with unwanted illnesses such as sun stroke or sunburn so lets stay cool this summer!

Always seek out the shade

The sun is at its most dangerous between 11am and 3pm. Find shade under umbrellas, trees or canopies.

Use sunscreen and cover up

If you can't avoid being out in the sun, apply sunscreen (factor 15 and higher) and wear a t-shirt, hat and sunglasses.

Increase your fluid intake

Recommended daily intake of fluid is 2.5 litres or 8 glasses a day and include a range of different fluids. Remember older people are more prone to the effects of heat.

Don't do too much

If you are taking physical exercise, you need to drink half a litre of fluid at least half an hour beforehand and continue to replenish your fluids after exercising.

Be careful with outdoor eating

Warm summer weather is a perfect breeding ground for bacteria, so keep hot foods hot and cold foods cold until you are ready to eat them.

Be sensible with alcohol

Hot weather speeds up the effects of alcohol and will lead to dehydration so make sure that you alternate alcoholic drinks with water or fruit juice.

MISSION IMPOSSIBLE

A double marathon effort



ExtraCare's Chief Executive, Nick Abbey (left) with head of IT Rowland Sandys.

Our Chief Executive, Nick Abbey, and Head of IT Rowland Sandys ran in the Virgin London Marathon on April 17, to raise money for their chosen charities.

Nick was competing in his tenth London Marathon and has raised nearly £80,000 for Crisis, the charity for single homeless people, over this period.

Wanting to do something to keep fit, he said: "I had not been running before, but the London Marathon inspired me to act. I contacted Crisis who were able to give me a Golden Bond Ticket to enter, providing I could raise at least £1,200 for them." Nick raised £10,000 on his first run in 2002.

Rowland entered his first London Marathon in 2006 to help raise money for The British Heart Foundation. "It came as a big shock to lose my mother when I was so young," Rowland said. "I realised how important health and well-being are and wanted to start raising money for The British Heart Foundation." Rowland started running in small local marathons before entering the London Marathon. He hopes to raise at least £1,000. Two members of staff, Haley West Lovat Fields, and Sharon Pearce Ryfields Village also entered marathons. Hayley ran the London Marathon and Sharon the New York marathon, raising funds for their individual charities.

HISTORY

up, up and away!



Imperial Court resident, Ruby Waterer, enjoys her first flight in a hot air balloon

The first manned balloon flight was nearly 228 years ago when the Montgolfier brothers balloon was launched from the centre of Paris and flew for a period of 20 minutes. The birth of hot air ballooning!!! ExtraCare residents have always been as adventurous and age has never been a barrier, as Ruby's story explains.

Ruby's big balloon adventure

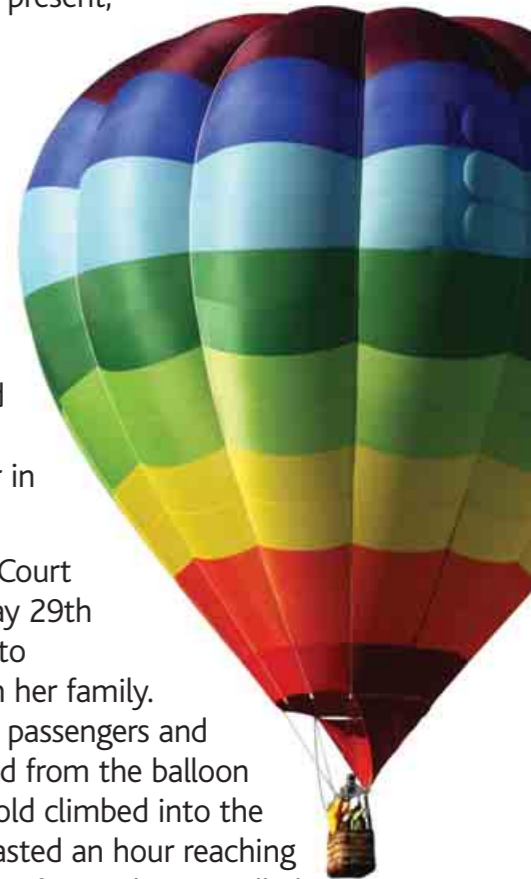
Imperial Court resident, Ruby Waterer, had a life long ambition, a trip in a hot air balloon. She made several attempts but was thwarted at every turn from poor weather conditions to breaking her arm. But Ruby would not give up.

Last Christmas Ruby received what appeared to be an empty box as a present, however when she opened it, to her surprise a balloon popped out. Confronted with this mystery Ruby phoned her daughters, Pauline and Carol who explained they had arranged a hot air balloon trip for her in the New Year.

Ruby left Imperial Court at 06.15 on Tuesday 29th March for the trip to Northampton with her family. She was one of 14 passengers and with a helping hand from the balloon crew, this 83 year old climbed into the basket. The flight lasted an hour reaching heights of over 1000 feet. Ruby marvelled at the sights below her feet and could see for miles. She said: "It felt like the balloon was not moving and the only sound to be heard was the roar of the four burners."

The balloon finally landed safely close to Pittsford reservoir in Northampton and her trip of a lifetime was concluded with a glass of champagne and a certificate of completion.

Ruby also raised over £250 towards 'Arthritis Research' which was donated in recognition of her achievement from family, friends and residents.



Well done Ruby!!

Olympic overs!



Rachael Heyhoe-Flint OBE (front left) helps Broadway residents and staff launch their Olympic Events

ExtraCare's Countdown to the Olympics is well under way with many schemes and villages already beginning to add miles to their total of 1000.

Residents, staff and social club members at Broadway Gardens began their Countdown with a cricket match, which was witnessed by former England ladies cricket captain Rachael Heyhoe-Flint OBE. She had been invited to launch their events by Team Leader Lorraine Evans who was a former pupil of Rachels. The cricket which involved most of the residents and ExtraCare Trustee Martin Shreeve (who took on the role of wicket keeper) was just the beginning of many more exciting events to occur, from horse riding to sailing.

Rachael was impressed and said: "I had a wonderful time and I wish everyone the best with their future events."

They even had a go at boxing, well at least sparring with some local professional boxers, Carlton Brookes, Dan Jackson and Sean Cooper.

Manager Jenny Jackson said: "Everyone had a great time and they are all looking forward to the next events."

There are many residents and staff taking part with much enthusiasm in completing a wide variety of innovative events to complete their miles. So we wish them all the best in their efforts in promoting the Olympics in a positive and active way helping them to keep fit and become involved in what will be a memorable event.



Rosewood Court launches Facebook page at high tea event

Rosewood Court combined two events on a special day one to celebrate 'Mothers' Day' the other to launch their new Facebook page. Residents, staff and family gathered together for a delicious high tea celebration.

Residents Betty and Gordon Chantry were joined by their two daughters and daughter Claire said: "It was such an enjoyable afternoon full of love and care for our families. Mum and Dad really appreciated all the care and attention. Just like Tea at the Ritz!!"

Megan Neilan, Activities Coordinator, said: "We thought it was an ideal opportunity to get residents and family together to launch the page and to inform all the relatives that they would be able to keep up to date with all the events at Rosewood Court." Megan explained they monitor the page closely and remain in control of who is viewing it. Residents can use it in their computer lessons, but only when Megan is there, to ensure



Residents Gordon and Betty Chantry are joined by their daughters on 'Mothers Day' at Rosewood Court

that the security settings remain tight. It's proven to be a big hit so far and so simple to manage.

Since the launch the staff have seen a great response on the site and their Friends list is growing along with the addition of relatives, who think it is a brilliant idea. Rosewood also officially opened their new computer area and asked one of their long serving volunteers to cut the ribbon.

St Patrick's Day celebrations at Sunley Court

Over thirty staff and residents of Sunley Court got together to celebrate St Patrick's Day in March. They began with entertainment by 'Shindiggery', a local husband and wife duo, who played fifteen instruments between them. They performed a selection of popular Irish songs and music which got the feet tapping and some residents taking to the floor during the jigs and reels. Resident Janet Jeffs said: "It was a great day and they played some lovely music."

After the entertainment everyone retired to the dining room where tables were decorated with Irish flags and miniature shamrocks and they were served 'Glens of Antrim' Irish stew and soda bread followed by green jellies and finished with authentic Irish tea. The evening finished with Irish Volunteer, Eileen Stronge who spoke of her life in Ireland and even taught them a few words of Gaelic.



Sunley Court residents and staff enjoy celebrations