

Parasol Parade



Showcase your talents at...

Residents in Bloom

Gardens in Bloom

Awards Ceremony



See pages 3-4 for more Traditions News

To register your interest call: 0870 777 4800



ExtraCare joins Peers and Partners at Lords to protect funding p.11-12

ExtraCare residents
countdown to 2012 Olympics

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Excellent results for ExtraCare
at housing awards ceremony

p.5-6

extralife



Welcome to the second issue of Extralife for 2011.



Ian Collins

As we move into spring and look forward to lighter nights and warmer days there are a lot of exciting things happening across ExtraCare. Although the London Olympics are not happening until 2012, Donna Ball's Activities Team is introducing a fantastic series of events

for everyone to get involved; leading up to the opening ceremony (pages 3-4).

Great news from London as we have excelled in the National Housing Awards coming away with bronze, silver and gold Awards for five of our schemes and villages (pages 5-6). Other ExtraCare residents also

paid a visit to the Capital to meet MPs and others at the House of Lords, to explain what we do well in ExtraCare (page 11).

Continuing with recipes from our Central Team, we have a delicious chicken curry from Leann Hearne, Operations Director, in this issue so enjoy (page 25). Howard Drury has some great advice for all gardeners as we prepare to take to our gardens again (page 23). Don't forget to find out what the residents have been getting up to across ExtraCare's schemes and villages in 'Down your Way' (pages 29 – 30).

Finally the photograph caption competition is back with another winner receiving £25 Love2shop vouchers so have ago at this month's picture.

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:

L-R on the balcony at the House of Lords, Nick Abbey (ExtraCare's Chief Executive), Baroness Julia Neuberger, Charlotte Geyer (Resident at New Oscott Village), Lord Bill Morris and Tom Murtha (Midland Heart's Chief Executive).

Photo of the month



Broadway Gardens residents show their EAC Award, with Jean Nicholls (left) wearing her winning hat (see pages 5 -6)

the magazine for **Friends of ExtraCare**



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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

Countdown to the Olympics



ExtraCare is already preparing for the London Olympics in 2012. The countdown has begun and it's a special opportunity for residents, Friends and staff to be involved in a unique experience. The last time we held the Olympics in England was in 1948 and some residents may remember this. But now ExtraCare is giving everyone a chance to be involved in this special occasion.



Betty McGinlay, Janet Jeffs, Cllr. Derek Zanger, Kitty Wilson and Tim Lee in wheelchair.

Donna Ball, Activities Manager launched the event and said: "It's a perfect opportunity to take advantage and be part of the big story and create our very own ExtraCare Olympic story. It is also important that we link to the Paralympics Games and recognise the needs and abilities of some of our residents."

What is it?

It will be an on going programme of different events, leading up to the opening ceremony benefiting a wide range of residents with many different abilities and skills and will be accessible to everyone. Donna says: "It will be inclusive not exclusive."

There will be three main stages to the programme:

The first will be the exciting and fun activities throughout, which will raise the profile of ExtraCare. It will also give residents a time of their lives experience. It will be similar to the Going 4 Gold scheme where residents collected points to achieve rewards. We want residents and Friends from each scheme to 'travel around the globe', by completing activities to complete 1000 miles. This will count towards the grand total of 25,000 miles (the circumference of the globe at the equator.)

The second will be the 'Torch Carrying' where residents and staff will transport a torch across ExtraCare's schemes and villages in the most innovative way they can, raising funds for the Charity on the way.

In the final event we would like to hold a party on the day of the opening ceremony and invite as many residents as we can.

The countdown has begun. This is being organised through the Activities team who have had training days in January and have now announced the Traditions programme and introduced the new 'Countdown to the Olympics' so if you haven't heard about it contact your member of staff who deals with activities.

How will it work?

Miles will be accumulated by individuals through completing different activities which will help with their Well-being. It could be something like cycling in the gym or even archery where each ring is a distance!

We are looking for residents to be part of an 'Olympic Team' in the villages and schemes to help the activities team to organise these events. Each team will have five residents as part of the team to:

- communicate with the residents
- a researching role
- a collator of mileages achieved by entrants
- an administrator
- a project support resident

They will also help keep a diary of the whole journey with photographs and stories of what they've done up to the opening of the Olympics, similar to the 'Garden in Bloom' books.

What will the residents achieve?

- A sense of well-being and achievement
- Unforgettable memories of a significant event
- A legacy of what they and ExtraCare did during the Olympics in 2012

So we need everyone to become involved and to have a brilliant time leading up to this memorable sporting event. It will benefit everyone.



Jean Lee, Beryl Wilson and Cllr. Derek Zanger Kettering Borough Council. *Picture Courtesy of the Northants Evening Telegraph*

Kettering residents keep fit

Sunley Court have been working with Kettering Borough Council in helping their residents become more active. The KBC lent them a New Age Kurling Kit which they have used as part of the Olympic Challenge. They were also given some pedometers to help them build up their required 1000 miles. Gillian Crosswell, Activities Co-ordinator, said: "Everyone no matter what ability can take part."

DID YOU KNOW?

- The first Olympic Games of the modern era were held in Athens in 1896.
- Because of World War I and World War II, there were no Olympic Games in 1916, 1940, or 1944.
- The five Olympic rings represent the five major regions of the world – Africa, the Americas, Asia, Europe and Oceania.
- There will be 9.6million tickets for sale - 8million for the Olympics and 1.6million for the Paralympics.
- The Olympic Village will have 17,320 beds and provide each athlete with 16sqm floor space

Excellent Results at Housing for Older People Awards



School Court receive Gold Award for the second time (L-R) residents Dorothy Cook, Janet Dyke, Pat Biddulph and Scheme Manager Lynn Bate,



Princethorpe residents Front left Jean Sedgwick, front right resident Joyce Bottrill, looking on rear (L-R) Manager Terry Vernon, Susan Brown and Karen Bennett.



Front left Annie Leek, front right Bill Didlock with (L-R) Debbie Duncan, Violet Garritty, Scheme Manager Jamie Lewis, Betty McInerney and Mike Garritty.



Berryhill residents celebrate receiving their EAC Award (L-R) Cath Snell, Joyce Brough and Village Manager Christine Clayton

The 2011 National Housing for Older People Awards took place at Ascot Racecourse in February and five ExtraCare schemes and villages were amongst the 34 winners nominated by more than 3,500 residents from across the UK, a 64 per cent increase on entries since last year.

This year's awards had some fantastic statistics, which shows the standard of achievement of our entrants; there were 857 nominations, from 402 housing schemes and 162 managing organisations. The 12 categories at the event range from best housing with care by size to best UK rural retirement housing scheme. Nearly 200 residents attended and celebrated the venue's tradition, which included the best hat competition. This was won by Broadway resident Jean Nicholls, who received a £50 prize.

In true award fashion, the residents went up on stage to receive their awards and prize money and had their photographs taken afterwards. A few tears and screams were evident, with Dorothy Cook of School Court earning a particular mention from the host for her jump for joy on the stage. This was School Court's second Gold Award in their category.

Jean Nicholls from Broadway Gardens with her winning hat
Courtesy of Phil Witcombe



Residents' thoughts

ExtraCare sponsored the category the best Housing-with-Care schemes under 30 units. ExtraCare Trustee, Martin Shreeve, was invited to speak on behalf of our residents and staff, explaining why our residents enjoy their time in our schemes and villages. He used some of the quotes the residents' had prepared, including one from Eric Taylor from Broadway Gardens, Wolverhampton who said: "The ExtraCare Charitable Trust enables you to be as independent as you want to be and as dependant as you need to be."

And Steven Smith from the Rose Garden had this short but succinct opinion of his time at ExtraCare: "It's not utopia, but it's damn close."

Berryhill resident Joyce Brough (77), who has lived in Berryhill since it opened in 1998, says moving there was the best thing she had ever done for both herself and her family. "I enjoy taking part in the many activities and I've made lots of new friends," she says.

Successful Schemes

In the UK Housing and Care Scheme categories: **Gold awards were presented to:** School Court in Hednesford, Staffordshire Princethorpe Court in Binley, Coventry,

A Silver awards was presented to Brunel Court in Wombourne, Wolverhampton,

Bronze awards were presented to: Berryhill Retirement Village in Stoke-on-Trent, Broadway Gardens in Bushbury, Wolverhampton

The awards recognised each scheme and village as among the best in their field after information, provided by residents, was voted on.

Leann Hearne, ExtraCare's Operations Director, reports: "We had a fantastic day at the event with all our short listed entrants coming away with an award. So when we tell you we were the only organisation to win more than two awards you will see that we definitely swept the board; we made our presence known."



well-being focus

Loss and Grief

My father passed away just a few months ago and my family is grieving at the moment. It is something that most of us have to face at some time in our lives. The more you loved somebody the more you will grieve. It is comforting to think that 'Tis better to have loved and lost than not to have loved at all.'

(Attributed to Alfred Lord Tennyson)

It is said the only way out of grief is to go through it. It helps to understand what grief is and that how we are behaving is not unusual and that although life will never be the same, with time we learn to accept and move forward.

How long does Grief Last?

If you lose a child that is close to you it is believed to take an average of five years to accept the loss, but each individual case is different.

If an adult has died that you are close to then it will usually take between one and two years.

Stages of Grief

Grief has 7 stages. Some people may spend just a brief moment at a particular stage while others may take much longer.

The seven stages of grief are:

- Shock or Disbelief
- Denial
- Bargaining
- Guilt
- Anger
- Depression
- Acceptance and Hope



Ian Clark is our Well-being Advisor at Reeve Court and has a wealth of experience in dealing with health issues. This month he looks at a topic which will affect all of us at some time – the loss of a loved one and how we deal with it.

Case Study



Maureen (centre) with other residents taking part in a keep-fit session

Maureen's personal experience

In 2000, Bill, Maureen's husband, suffered a stroke that left him without mobility, speech and unable to live without 24 hour support.

In 2005 Maureen moved into Reeve Court village where she says she received half her life back because of the care and support her husband received. Maureen was finally able to become active again joining in activities and volunteering and having some time for herself. In 2007 Bill died of lung cancer only having been diagnosed a few months earlier. Her world fell apart. She would suffer from bouts of anger towards family, periods of depression with much crying, having times of guilt, and disbelief. She says that her grief was made easier through the support she received from family, neighbours, friends and staff at Reeve Court. She can't thank them enough. Maureen still gets upset at times but enjoys an active and sociable lifestyle that living within an ExtraCare scheme or village brings. "The best move she has ever made." she says.

For help and support speak to your Well-being Advisor.

Grief and depression

Even though grief and depression share many of the same characteristics, there are important differences between them. Grief is an entirely natural response to a loss, while depression is an illness.

People who are grieving find that feelings of loss and sadness come and go, but they are still able to enjoy things and look forward to the future.

People who are depressed have a constant feeling of sadness. They do not enjoy anything and have little sense of a positive future.

Ways to get through Grief

- Keep a daily diary of how you have been every day. You will be able to look back and realize that you are improving.
- Having somebody to talk to when needed helps with emotional support. A sympathetic ear is always the best ear.
- New interests, activities, social events and holidays can bring some happiness and make life worthwhile.
- Give yourself time. It is said to be the greatest healer. You will always miss those that are gone but tears will flow less and life will move on as it should.

Meet Cleaver



Jon Cleaver
meets
Jack Dinsdale

“*The Eighth Symphony of a thousand, by Gustav Mahler I learnt, was created after a visit to Niagara Falls; he was inspired when he went on an excursion behind the veil of falling water. When I had the chance to do the same, I saw how he would have been moved. Although damp, it was beautifully intoxicating, colourfully dramatic and powerful.*”

Jack Dinsdale a resident of Lovat Fields was recalling a time when, at the height of his career as a Professor of Mechatronics, he was on one of his 27 world wide tours.

Jack was born on Christmas Day 1937 son of Jack and Winifred Dinsdale. Jack senior was an engineer working on munitions in London. His name came to the attention of the then Prime Minister Winston Churchill. “It was about the time of the famous Dam Busters attack on the Ruhr Valley; there had been some problems with dispensing the bomb due to the severe cold weather. My father was contacted and summoned to the War Office by Churchill, after a lengthy meeting he was given the task of correcting the fault, which he did and the raid was able to go ahead.” Jack recalled.

Jack attended Holmewood Infants School in North London, then to Belmont Mill Hill School, until the age of 18. He won a State Scholarship to Trinity College Cambridge, where he graduated with a degree in mechanical sciences in 1959. He joined Elliott Brothers at Borehamwood where he pioneered circuitry for guided navigation systems. Jack told how he had been inspired to become involved in electronics by a neighbour. “He was an amateur radio enthusiast who invited me round. I soon became interested in the electronics side of the radios and it continued from there.”

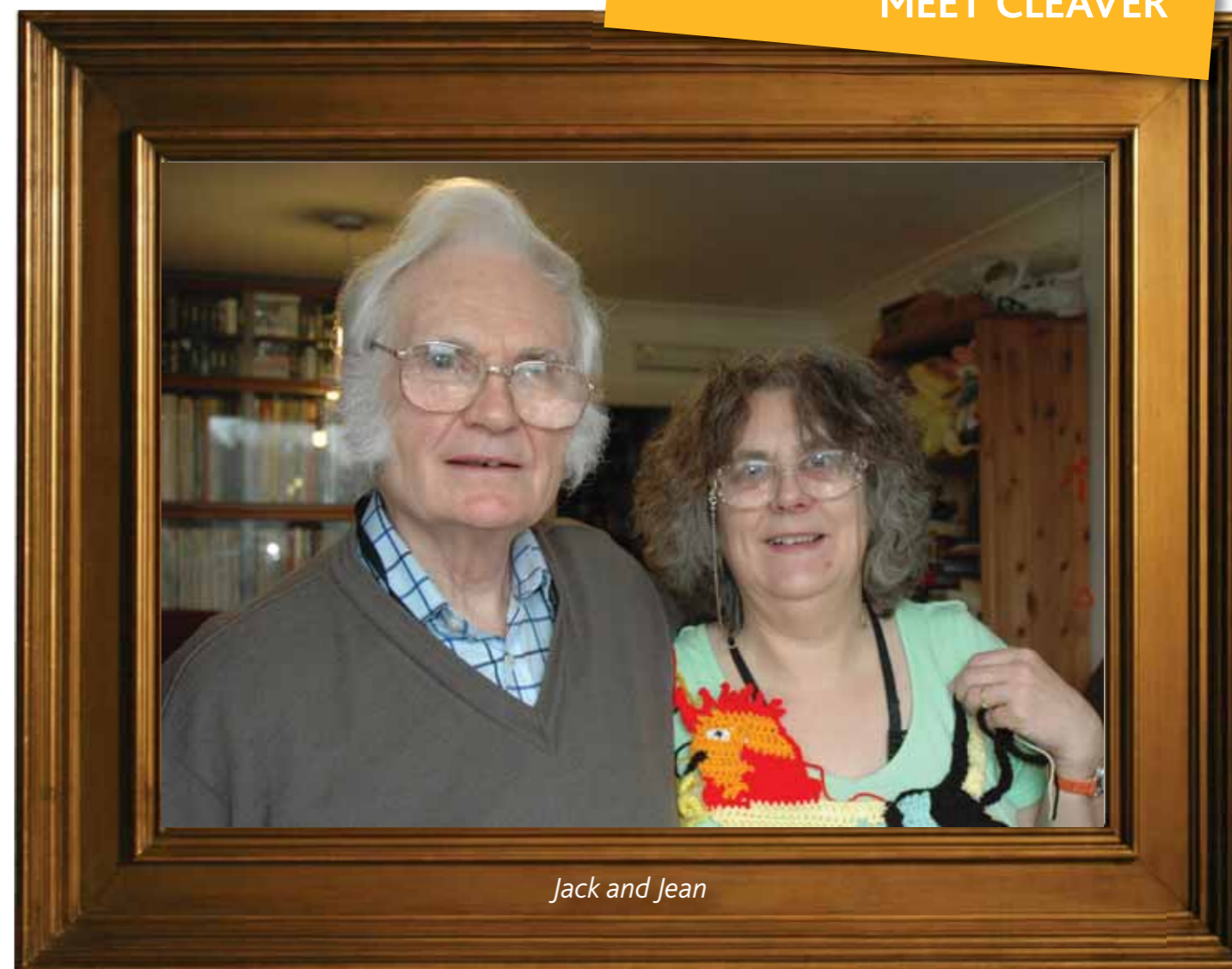
Important Invention

Jack Dinsdale was to become a household name in the field of electronics in 1959 when he invented the transformerless semiconductor amplifier, which was used in the famous Cranfield Rock turntable in 1982, and is still a prized possession of audio enthusiasts today.

In 1967 Jack was invited by Cranfield to set up the first Campus Company, he said: “I set up the company called the Cranfield Unit for Precision Engineering, being responsible for all aspects of electronics, control and instrumentation.”

“*To grow old disgracefully*”

Jack lost 12 weeks from work, when in 1975 he contracted acute viral meningitis that turned to encephalitis. When he returned to work at Cranfield he agreed to move to the academic side, where he started the Department for the designs of machine systems.



Jack and Jean

Future wife Jean joined Cranfield in 1985 becoming Jack’s secretary, helping with organising his busy programme of international courses and conferences across the world. In 1989 Jack was appointed NCR Professor of Mechatronics at Dundee University, Jean also accompanied him. By this time the two had become close and in April 1991 they married, at Gretna Green. Jean said: “Although we didn’t actually elope, the thought of getting married at Gretna appealed to us.” However, fate dealt a cruel card when Jack fell ill with a severe fever confining him to bed. “Jack was too ill to be moved to hospital,” says Jean. “So he stayed in bed while I went walking in the fog; some honeymoon.”

A New Future

Jack took early retirement in 1999 and both he and Jean moved to Yorkshire where they cared for Jean’s elderly parents until they passed away. They then moved to Milton Keynes so that they could be near their children. It was here they found out about Lovat Fields Village being built applied and were accepted. In July 2007 they moved into their flat.

Both Jack and Jean are involved in activities. “We were so lucky to get an apartment at Lovat Fields” says Jean. “It has everything we could wish for.” Jean is a member of the knitting group, and cares for four garden plots among other things. Jack paints in oils and watercolour and is secretary of the woodwork group; he also loves classical music. What ambition now. “To grow old disgracefully” says Jack, with a smile a mile wide.

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

Partnerships



Peers and partners back call to protect funding and choice



(l-r) Nick Abbey (Chief Executive, ExtraCare), Baroness Julia Neuberger, Charlotte Geyer (New Oscott Village resident), Lord Bill Morris and Tom Murtha (Chief Executive, Midland Heart)



Charlotte Geyer of New Oscott Village spoke with passion on behalf of older people



St Crispin Manager, Sara Reading, in the Village Street: Baroness Neuberger: "...a place with magical quality."

ExtraCare and long-term housing partner, Midland Heart, have called on the coalition government to protect vital funding streams and back future housing and care choices for older people.

Their call was supported by Baroness Julia Neuberger and Lord Morris of Handsworth at a high profile House of Lords reception attended by peers, MPs and influential policymakers.

Both peers underlined the importance of ring-fenced funding that ensures older people can benefit from high quality housing and services.

Lord Morris urged the government to protect local authority care funding, powerful financial support from the Homes and Communities Agency and Department of Health, and lifeline benefits such as Attendance Allowance.

He said: "The number of older people in our society is growing and so will the demand on housing and care. People should have choices that promise a

quality of life which they can look forward to with optimism as they grow older.

"If vital funding streams are lost, older people will suffer the harsh reality of the consequences. Housing, independent living and the right level of care all add up to good quality of life."

The urgency for action is clear following the recent findings of a Supporting People survey carried out by the Association of Adult Social Services.

The survey, covering 70 local authorities, found 82% of local authority commissioners said that 'little or no protection' would be given to their supported housing programmes when budgets are set this year. As the money is not ring-fenced, councils may have to divert funding to other areas.

Baroness Neuberger said policy change was also needed to harness untapped resources locked-up in older people's housing equity, which could be used to deliver quality services that people value.

The Baroness recently visited St Crispin Village in Northampton, the partnership's 270 home mixed-tenure scheme which offers an award-winning well-being service, on-site care and over 40 activities per week to its residents.

"Mixed-tenure, extra-care schemes such as St Crispin Village can provide better homes, improved community facilities and assessed care that is tailored to meet individual needs. Such schemes offer a creative environment where personal fulfilment and community participation are a part of everyday life," said the Baroness.

"I met residents living at the Village and you get the impression that this is a place where older people have fun. It is a place with magical quality."

The Baroness's words were further endorsed by a village resident, Charlotte Geyer, who spoke with passion about her fulfilled 'new life' after she moved to the recently-opened New Oscott Village in Birmingham.

After the event, Nick Abbey, Chief Executive of The ExtraCare Charitable Trust, commented: "ExtraCare is a strong, secure charity and we are well-placed to maintain the quality of the services we deliver for residents in our current and proposed schemes and villages.

"However, we are all aware of the challenges ahead and in this harsh funding climate we must continue to remind policymakers of the importance of our partnership's valuable work and the vital role it plays in creating a secure and fulfilled future for the residents who choose to live with us."

Hagley Road Village to start this year



ExtraCare Partnership Director, John Payne (left), and Birmingham Cabinet Member for Housing, Councillor John Lines, celebrate planning permission on the Village's site

ExtraCare's bold vision to build a third Birmingham village got the go-ahead recently as planning consent was awarded for a 240-home scheme off Hagley Road in Harborne.

The scheme is being developed in partnership with Birmingham City Council and could begin construction in Autumn 2011 for completion in Spring 2014. It will occupy seven acres of land, previously owned by Birmingham-based property developer Calthorpe Estates, between 322- 336 Hagley Road.

Providing one and two bedroom apartments for rent and sale, the Village's affordable homes will be available to local residents aged 55 to 95-plus including rental tenants with only a limited state pension.

The Village will provide up to 80 full-time local jobs and a further 200 construction jobs during its development.

Village homes will surround a community-based health and leisure centre with landscaped gardens and tree-lined walkways. The centre will provide a social meeting point where residents and visitors from the wider community can share skills, interests and social events. 18 facilities will include a gym, IT centre, greenhouse, restaurant, craft room and village hall.

Dedicated, assessed care will be delivered to a third of the Village community by ExtraCare's NVQ or nurse-qualified staff team, potentially offering couples a 'home together' for life. Preventative healthcare and advice will be delivered by ExtraCare's Well-being Service, while residents who develop dementia will be supported by the Charity's Enriched Opportunities Programme.



The frontage of the new Village will retain the style and character of the local area

“ We are dedicated to providing our older residents with more housing choice than ever before and to support them in leading independent, fulfilling lives. **”**

Planning consent for the Village followed an extensive local consultation process as the Village requires the replacement of six properties, four of which have been disused for nearly 14 years.

Three public events were held during 2010 involving 770 people. One event included an electronic survey where all 120 respondents agreed the site's existing buildings should make way for a community-based village. 97% of respondents also stated that the Charity's Village plan was preferable to the construction of office buildings, commercial housing, a retail development or a food outlet.

985 households have subsequently registered an interest in applying for a place in the new Village.

Councillor John Lines, Birmingham City Council Cabinet Member for Housing, comments: "This is wonderful news for our older people in Birmingham and I'm delighted that we can start construction later this year, which will create hundreds of jobs for local people."

Partnership Director for The ExtraCare Charitable Trust, John Payne, adds: "This Village will transform a gateway route into the heart of Birmingham, regenerating a disused area of land with an impressive community-based scheme that reflects the style and character of the local neighbourhood. Above all, it is an inspirational housing project which has the interests of local older people and their families at its heart."

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



Pannel Croft Village

An ExtraCare Village



The new Village



Site works in February 2011

Construction work on the 180 home Village is underway for completion by Spring 2013.

We have been holding extensive meetings with local community groups across Newtown to consider the views and wishes of potential residents and their families in relation to Village lifestyle.

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.

Milton Keynes



Milton Keynes Partnership

Visit the Shenley Wood Show Homes!

With only a year to go before Shenley Wood Village opens to its first residents, contractors Willmott Dixon, are putting the finishing touches on two show homes which will be open to the public from April this year. This is your chance to get a first glimpse of the spacious and comfortable new homes.



Roof lights will bathe the Village in natural light



Construction – less than a year to go

Elsewhere, in the Village Centre, internal walls and a large roof light is nearing completion. This glazed roof will shed natural light across the main street and into the varied complex of health and leisure facilities which will form the Village's exciting social hub.

According to Sales Manager, David Fellows, the first purchase and part-purchase properties will be offered to new residents this month (March 2011) but the application process will remain open throughout the year. Applications for rental homes are also welcome with allocations being made during the spring and summer.

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.

Meanwhile, ExtraCare's qualified staff team will be recruited locally to provide care in the Village, even for people with high level needs who may otherwise need to consider moving to a nursing home.

Comments David Fellows: "Applications are open and we're thrilled by the response - we're trying to offer as many routes and choices to ensure local older people feel able to apply. The show homes give a real sense of village living and I would encourage potential residents and their families to visit as part of their application enquiry."

For purchase and rental applications or to visit the new show homes, please phone 01908 340 800.

(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 phone 01908 254447 to do this).



Arthur and Vera – two of the many Friends joining site celebrations with the builders last year

Join the Friends

Arthur and Vera Morton are already part of a 110-strong Village Friends Group and are establishing a newsletter - a year before the Village opens. Other emerging clubs are likely to include card making, photography, walking, dance and local history.

"The Club is helpful," says Arthur. "I come here to get a feel for ExtraCare, help influence the new Village and support the community". Vera adds: "We come most weeks and meet new people; there's a strong social bond already – and it's so welcoming."

Dates

- 29th March, 1-3pm
- 12th-19th April 1-3pm
- 3rd, 10th, 17th & 24th May 1-3pm
- 7th, 14th & 21st June 1-3pm

Typical activities:

- 'Come and Try It' sessions (starting 29th March) could include: arts and crafts, belly dancing, tai chi, flower arranging, rare breeds display

Regulars:

- Quizzes and afternoon entertainment
- Village questions and answers
- Refreshments
- Raffle and prizes

Charge per session: £2 (including refreshments)

To check times and the location in Shenley Wood please phone the Village Team on 01908 340 800.

Or email: helen.waite@extricare.org.uk

Five hour Cycleathon raises over £500



Residents, Friends and staff are supporting the Village fundraising

Over 40 residents, Friends and staff at MK's Lovat Fields Village took part in a massive 'cycleathon' riding exercise bikes set up along the Village's main street. Pedalling over 300 miles during the five hour relay race, cyclists raised over £500 in funds, some of which will support Shenley Wood Village.

Taking part were members of the ExtraHope Team, a social group of volunteers who are passionate about supporting older people in Milton Keynes and are raising funds for health and leisure facilities in the new Village – for all the community's benefit.

To join or support the group or the Shenley Wood Village Appeal, please contact: Ann Allen on 07825171546. ann.allen@extricare.org.uk.

To join Lovat Fields Gym, please phone: 01908 351 397. gym.lovatfields@extricare.org.uk

Volunteers are vital



ExtraCare shop in Broadmarsh, Nottingham
Inset: The two Sarahs who volunteer in the Kettering shop

Volunteers are a vital part of the ExtraCare way of life, whether in schemes, villages or our Charity Shops. One way our volunteers can help is by supporting one of our shops in their own scheme or village. A great example of this was seen at Lovat Fields towards the end of last year with some sterling work carried out by residents Rosemary and Maurice Lindars and their friend Bob Roberts.

It has almost become a tradition that in the run up to Christmas they were found daily at their 'pitch' near the coffee shop, trying to sell cards for the Bletchley ExtraCare Charity Shop. They said: "We were reminded many times, that what with the postage and cut-backs, people were going easy on the number of cards they were sending."

Never-the-less having experienced all of this and with a lot of determination and dedication they achieved a fantastic total of £864 and for the first time sold out of all the cards supplied by the shop. This was a great effort on their part but they also received tremendous support from those who bought the cards.

If you feel you could support your local Charity Shop contact Norma Ellison, Shops Administrator at Central on 02476 7650 6011

Win a £25 High Street Voucher
Closing Date: Tuesday 3rd May 2011



Caption: _____

Photo Caption Winner for January

The Bubbly Champagne lifestyle has gone to my head at ExtraCare

Mrs Winifred B Rogers, Hednesford



To enter please send your caption by Tuesday 3rd May 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



ExtraCare sponsors Pride in Milton Keynes Award night

For the third year running ExtraCare sponsored the Older Achiever Award at the Pride in Milton Keynes awards.



(L-R) Celebrity Adam Woodyatt presenting Ted Brown his award with Capital Appeals Manager Ann Allen

The evening was a huge success with over 500 people in attendance. There were many heart warming stories from the child of courage to the peoples' choice. With eleven different awards representing a range of categories. This year it was won by Ted Brown. Ted is over 80 years old, but is still a power lifting master, achieving seven world and over 28 British titles in his career despite his tiny frame.

It all started in 1962 when he moved to Bletchley and he won his first competition in 1970. He is a national referee and he is also a Master of Ceremonies when not competing.

Following a triple bypass and a massive stomach haemorrhage in 1999, he still continues with his philosophy "Do what you can, while you can, as there will come a time when you can't".

Congratulations to Ted and highly commended Neville Billington.

www2.miltonkeynecstoday.o.uk/prideinmk2010/



Dan Cameron (right) from the Navigation Inn is the first winner in Chef's competition

Top local Chefs Compete at Lovat Fields



Lovat Fields hosted the inaugural Milton Keynes Chefs' competition, where three chefs from Local restaurants and hotels produced a two course meal for an audience of 55, who voted for the best chef. Three more heats will lead to a final. In the heats there will be demonstrations from a

Barista on how to make the best coffee, other people will show how to make a cocktail and there will be wine sampling. These four events will help raise money for Shenley Woods the second village in Milton Keynes and also raise the profile of ExtraCare within the local community.



De Vere Academy of Hospitality

De Vere Hotels have opened their third Hospitality Academy in Milton Keynes where young adults can study for NVQs in cooking skills and front of house.

Lovat Fields will be a work placement for these students, providing opportunities to gain experience in reception, housekeeping, waiting on tables and chefs' skills. This new partnership will potentially provide a pool of relief staff. There is also the opportunity for these students to work on functions such as the Chefs' competition at Lovat, providing quality support for fundraising functions in the future. It can also be replicated in other villages and schemes working with other academies around the country.

If you are interested in supporting the fundraising for the new Village in Milton Keynes, Shenley Woods, please contact Anne Allen at ann.allen@extracare.org.uk or on 07825 171546



Young adults from the De Vere Academy used the Chef's event to practice their skills

How
Comic Relief
is helping
ExtraCare

For the first time and due to a successful application, we have been awarded £30,000 from Comic Relief.

The award is over three years to run an intergenerational project in Milton Keynes. Residents and Friends from Lovat Fields, Friends from the new village and students from Oakgrove and Hazeley schools will be working together across a range of interests. There will be a link with local hospital radio, allowing residents and Friends to provide content for a wider audience.

Initial projects will include setting up a garden at one of the schools, a history project on and around the political changes during the Second World War and a reminiscence group. Also there will be a project on technological changes that have occurred during the last 70 years, and a group will record both video and audio programmes on the other projects and life in a village.



Gardening with Howard Drury

What to do well

It is very apparent that schemes that spend a little more on better quality compost and invest in fertiliser to regularly feed their plants get the best results. I also see people buying tiny plug plants to grow on and plant out either in beds or containers when all danger of frost is past. This is a great way of raising your own plants but do choose your plants carefully. Naturally you only select the best quality plants, but what should you choose in the first place? In recent years I have talked on Captains' days about low maintenance gardening, something that is very important to all of us. Watering is always one of the biggest moans and while a number of schemes have managed to finance self watering systems, some schemes and villages simply do not lend themselves to these sorts of projects.

Here we have to choose sensible containers and suitable plants that require less water such as begonias and geraniums.

Summer bedding or not!

You could move away from summer bedding displays to low maintenance herbaceous plants. I know there are several schemes and villages that are not happy about the mass plantings of shrubs around buildings. In some cases staff and residents have come together and found appropriate funding to get rid of these plantings and replace them with much more colourful low maintenance herbaceous plants. I recall Rosewood Court found an incredible online bargain offering smaller herbaceous plants in a very good value package, so it's worth searching the magazines and Internet for good buys.

Time to repair and replace

It is the time of year when we look around our grounds and realise just how many plants have been killed by the adverse weather over the last few months. However we should look on it as a window of opportunity to re-plant with much more colourful low maintenance subjects. I know some of this work will be the responsibility of the contractor but I understand that quite a few residents are sad to see their own plants or those purchased by the gardening groups that have perished, do not despair this is the time to put it all right.

How to improve

I will be giving hints and ideas at Garden Captains' days; however it is important that we spread the word about how we can enhance the grounds around outbuildings. We need those members of the gardening team who attend Captains' days to help spread the information about Garden in Bloom throughout the village or scheme. Remember that Garden in Bloom is open to everyone, be it an individual or just a small group of residents, but it would be so much better if entire schemes and villages banded together to strive to make their site the best.



Garden in Bloom Winners at Beacon Park

IT and Gardening

I hope to have a Twitter website soon where you can tweet the latest news, also a Facebook website where we can put a lot more detailed information. And coming soon a Flickr website, which can house pictures of gardens as they progress throughout the year, along with pictures of winners some of which have already been posted on my own Flickr website. Just watch this space and get on the Internet. Remember this year Garden in Bloom results day will be held at Beacon Park, Lichfield, on 11th October. Entries cover everything from a single pot plant to the entire scheme or village. Just go to the ExtraCare section of my website and you'll find all the latest information as it is updated www.thedrurys.com



Residents from Lark Hill pick up a prize at Garden in Bloom

Exciting times ahead...

This is a time of year when many of us get the gardening bug, especially after such a long cold winter, and seeing garden centres full of tiny plug plants is an added sign of encouragement. We also have Garden Captains' days at this time of the year where I try to impart some of the latest gardening news along with details about our 2011 Garden in Bloom competition. This year I will be talking about 'square foot gardening,' This brings many advantages and enables a lot of us to grow our own vegetables in a very small area. I will be demonstrating how a raised bed 4' x 4' can provide a vast amount of food over a long period that you would have thought came from a much larger plot. I'll also be putting details and plans of this concept under the ExtraCare section of my website www.thedrurys.com



A Garden Captains' day at Dobbies Garden Centre in Mancetter



Making life affordable

As a Charity 'creating better lives for older people' we believe it is vital that we are able to help residents meet their costs and access the financial support they deserve.



If I receive care, can I get any disability allowances?

If you are in receipt of a care package from level one to level five you should be in receipt of a disability benefit, of either attendance allowance or disability living allowance. Disability benefits are payable regardless of income or savings, none mean-tested and not taxable.

What happens if I currently pay my own weekly care costs and my savings falls below £23,250?

You may be eligible to receive help from social services, who may be able to meet some of your care costs if you receive a care package from Level 2 to level 5.

What happens if we have joint savings and one of us needs care, can we still get help with the costs?

If you have joint savings of £46,500 or less and one of you receives an ExtraCare care package between level two to level five, your social services department should only take into account 50% of your savings when it makes an assessment of its contribution towards the cost of your care.

What happens if I am struggling to meet my costs?

Please contact one of our welfare benefits advisors immediately. It's much better we know early. Our advisors can support you in searching for additional benefits or put you in touch with appropriate advisors or counsellors who can help.

If you feel that you may be eligible to receive additional help from social services with your support costs of level two or above please do not hesitate to contact your scheme or village manager who will be able to assist you.

Debt Case Study Mr & Mrs M



Mr & Mrs M were due to move into an ExtraCare village in April 2010 and based on their financial circumstances they should receive

maximum rent and council rebate. Consequently all eligible benefit claim forms were forwarded to reflect this.

Prior to their move in date Mr M fell and suffered a broken hip and Mrs M had a stroke. Both were hospitalised for treatment and therapy.

In the course of events Mr & Mrs M received correspondence from the council tax department asking for additional information to support their claim.

The couple were unable to respond and their family did not manage to visit the apartment as a consequence of the immediate health concerns for their parents.

When the Family eventually visited the apartment Mr & Mrs M had received a court summons notice for £1217.76 for the full amount of council tax for the year and were due to go to court within weeks.

What happened?



The family made an immediate appointment with the Welfare Benefit Advisor, in view of the seriousness of the situation, and sought advice and support in this matter as they did not wish to notify, or burden their parents

with this concern.

First priority for the Welfare Benefit Advisor was to ask for an immediate suspension of further recovery action, in order to liaise with the council tax recovery team and their acting solicitor, on behalf of Mr & Mrs M.

Based on the mitigating circumstances the recovery action and court date were suspended, pending further action by the Welfare Benefit Advisor.

In due course the Welfare Benefits Advisor ensured that the outstanding amount of £1217.76 was not payable as forecast, a revised council tax demand was forwarded to Mr & Mrs M informing them of the correct decision of nil to pay [maximum rebate]

The Welfare Benefits Team do not offer specialised debt advice and should anyone need specialised support then we would refer them to outside agencies such as Age Concern, Citizens Advice Bureau, or Welfare Rights.

If you need help dealing with debt you should not hesitate to ask for assistance from our Benefits Advisors. Regular Benefits Advice surgeries are held at all schemes and villages and your Manager will have the date of the next surgery where you live.

Paul Kay, Welfare Benefits Advisor



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

◀ ExtraCare's Benefits Team Advisor, Ian Birkin, giving advice to Village supporters



This month we have a delicious, healthy chicken curry from Operations Director **Leann Hearne**.



Ingredients

- 400g butternut squash peeled and deseeded
- 3 free-range boneless chicken breasts
- 1 red and 1 yellow pepper, deseeded
- 100g green beans
- 2tbsp medium curry or balti paste
- 1 medium onion, peeled halved and sliced
- 400ml can reduced coconut milk
- 1tbsp cornflour mixed with 2 tbsp of cold water

Method

- Cut the squash into roughly 2cm chunks and the chicken and peppers into 3cm chunks. Cut the beans in half. Put curry paste in a large non-stick saucepan. Add the onion and squash and cook over a medium heat for 2-3 minutes stirring occasionally
- Pour over the coconut milk and half fill the can with cold water pour into pan and bring to a simmer. Cook the onion and squash for 5 minutes, stirring occasionally
- Add the chicken, peppers and beans. Return to a simmer and cook for a further 8-10 minutes or until the chicken is cooked through and the vegetables are tender, stirring occasionally
- Stir the cornflour into the curry sauce. Cook for 1-2 minutes more, stirring until thickened. Serve hot with a little freshly chopped coriander
- Serve with cooked rice

Creamy Chicken Curry

Serves 4 people



St Oswald's Village
An ExtraCare Village

Dear Friends,

Here I am, in the new ExtraCare Village in Gloucester and enjoying life - but then I always did, so what's new?

While I could never easily be mistaken for a wallflower, I was inclined to be quiet (as if!), quite happy with my own company. Now I thoroughly enjoy my involvement in Village activities, chatter and the badinage (the latter it seems to me is just a fancy word for insults) gets the adrenalin flowing. It was the village community aspect of the move which really appealed to me, and it doesn't disappoint.

I never had any doubts ahead of the move, but when explaining ExtraCare to outsiders they mostly glazed over and muttered: "Sounds interesting, but I'm not ready for that yet" (I think "that" being an old folk's home).

Well I'm not ready for "that" either and "that" is what I haven't got! Though I am retired I am reasonably fit with more or less a complete set of faculties and almost an entire working brain: in short a person in full working order with two of everything down the side and one of everything down the middle. It does seem a difficult concept to get over to people, independent living in a community setting.

Have I done the right thing? Undoubtedly. The main problem it seems to me was coming to terms with moving into a smaller place. Have you any idea what can be accumulated by a casual magpie, have a word with my wife (who simply doesn't understand how important it can be to keep that piece of string or odd nail).

I freely concede that it might not suit everybody; though if we all wait until we think we are ready there is a real danger that we shall miss the best part of the experience - Involvement. If the ExtraCare opportunity comes your way, snap it up (but don't let your wife do the packing!)

Kind Regards

'Old Spot', Gloucester





Gardening Safety First!

Spring is around the corner and we are all looking forward to getting outside in the fresh air, after one of the coldest winters for a long time.

As Howard Drury is always saying gardening is a great pastime and helps people keep healthy, but we all need to be careful. According to the Royal Society for the Prevention of Accidents (RoSPA), nearly 300,000 people are hurt each year in their gardens, seriously enough to go to hospital.

So here are some top tips:

- Be aware of uneven surfaces, loose slabs and unravelled hosepipes to avoid tripping
- Don't go in the garden if it is icy and slippery (late frosts)
- Don't stand on a stool or other things which are on uneven ground
- Don't leave any garden tools lying around that may cause trips – tidy up
- Don't lift anything too heavy – always ask for help - two is always better than one!
- Don't use old tools that could be dangerous
- Don't garden without suitable clothing – sturdy boots and gloves
- Don't leave chemicals unattended if there are children giving you a helping hand!
- Remember gardening is fun and will benefit you if you are careful



HISTORY



Ron Joughlin with his medal in his apartment at Ryfields Village

A Hero from the past at Ryfields Village

Ron Joughlin from Ryfields is a Second World War hero.

He was awarded the Distinguished Flying Cross for his exploits on a bombing raid in November 1944, as they attacked and breached the Mittelland Canal, which connects Germany to France. The German press at the time described it as being 'one of the greatest strikes against Germany of the war.' Ron gained his D.F.C. after completing two tours of duty, and was also considered for the Guy Gibson dam buster attack on the Ruhr Valley in May 1943.

Ron always felt confident he would return from his flying missions unscathed. "You're signing up to do a job, you have to get on with it," he says. Notified of the award, Ron should have received his Medal at Buckingham Palace from King George; unfortunately the King was by this time seriously ill. He received his medal through the post. Ron said: "I remember being disappointed, but feeling honoured." Ron (88) is a true hero, whose dedication and devotion to duty, has given us the freedoms we cherish today.

MISSION IMPOSSIBLE

STREET DANCE

at School Court!



'School Court Tearaways Street Dance Crew' showing 'real attitude'

Debra Pagett Bunce, Principal of DJ Dance Academy, was invited to teach dance at School Court last year, but was surprised and amazed at her new pupils. She came up with an idea to teach a street dance routine taught in the correct way using specific, tailored choreography to suit the residents. Her 'crew' ranged in age from 71 to 88. They were enthusiastic and were soon known as the 'School Court Tearaways Street Dance Crew'. They made their first public performance at an ExtraCare's Got Talent session last year, performing to the strains of Sweet Dreams by Beyonce with real 'attitude' which ended with a standing ovation.

Debra thought their recognition should go further so she wrote a letter to a national magazine 'Dance Today' and it became the Star Letter. As Debra said: "The moral of this story is to let age be no barrier. I admire the courage and commitment of my 'crew' a glowing example of how to attack the passing of the years with 'no fear'."

They are still performing with a new dance routine, which they are going to showcase at the celebrations for School Court's recent success at the National Awards for the Elderly (EAC) winning their second Gold Award for their category.

Keep Fit at the Rose Garden



Resident Dan Thomas (right) tries the treadmill with Fitness Instructor Richard Danks



Residents Ann Basford (left) and Muriel Emery enjoy the facilities at the Rose Garden

The Rose Garden recently relaunched its Health and Fitness Club and membership got a welcome boost after a well attended awareness afternoon at the Hereford scheme.

Fitness Instructor Richard Danks said: "The gym was overflowing with mature visitors from the city, meeting residents who use the gym on a regular basis."

"Everyone seemed impressed with the cost of joining the club (£12 a month) and its excellent facilities, including a Power Plate, which offers

flexibility and toning of the body. This was donated for the day and with the support of gym members and the Fund raising Team in Central we have now been able to purchase one" says Richard.

He also explained how he could set up a programme for them to satisfy their needs and achieve their health and fitness goals for 2011. Membership has already increased by 10% and there are still people requesting information.

Among the resident members was Dan Thomas (78) who suffers from Parkinson's and diabetes but goes to the gym five days a week and has benefited from a tailored and integrated programme which has improved his balance, control and posture.

And the oldest member, Ann Basford (92), who reports that she goes to the gym at least twice a week and also does line dancing. "I'm sure this helps to keep me fit. I'm a great believer in exercise and often tell people that if your legs ache, use them," she says.

Remember if you want to improve your lifestyle contact your Fitness Instructor or Well-being Advisor.

Surprise visit for Broadway Gardens Residents

Wolverhampton Wanderers Mascot Wolfie joined residents and staff at Broadway Gardens recently, to help increase their membership for the weekly £1,000 jackpot played across ExtraCare's schemes and villages.

The Goalden Gate Superdraw was set up by Midlands Sporting Association five years ago (see January issue of Extralife) and is based at the Wanderers Football Stadium. From the recent promotion by Wolfie, twenty six new members have joined making 28 members overall.

Fun Captain Lorraine Evans said: "We are very pleased to have new members; we are looking to spend some money on a new garden project for the 2011 garden competition."

If you would like more information about joining the Goalden Gate Lottery please contact Ian Collins on 07476 509008 or email ian.collins@extracare.org.uk



Wolverhampton Wanderers Mascot Wolfie, joined residents and staff at Broadway Gardens

Picture courtesy of the Wolverhampton Express and Star



Lark Hill Bowls Club meet for their first presentation evening

Bowled over with success

Amongst our schemes and villages we offer a range of activities for all abilities. In Lark Hill Village Short Mat Bowls is one which is now flourishing. A beginner's class meets on Monday mornings and an enthusiastic group benefits from the help and guidance given by residents Barrie Nightingale and Ron Grewcock. The Lark Hill Bowling Club operates a pairs league programme and knock-out competitions in both singles and pairs.

The first Lark Hill bowls trophy presentation event was held at the end of 2010 with forty one in attendance. Village Manager, Ian Finnie presented the trophies at this inaugural event. The Club Competition Singles Cup went to new player Ron Grewcock who said: "It is 'rags to riches' for me. I hadn't played bowls before coming to Lark Hill and now it's my name on the first Singles Trophy." The Pair's trophy was collected by Keith and Kath Clifford who also received the Pairs League trophy.

The runner-up in the singles was Pat Saxby the Club Treasurer and the runners-up in both the Pairs Competition and League were John Ball and John Radford.

Kath Clifford is the Competition Secretary and made the arrangements for the evening which included a very good and substantial buffet provided by the Lark Hill restaurant.