



Your Life

Welcome to Your Life

With local news, residents' real life stories and events for your diary.

Fostering brings rewards after retirement

Caring for your family advice & support

Tracing your family tree

Walks to invigorate your mind & body

Notts travel improvements



Better Broadband for Nottinghamshire

Is your home one of the 56,000
that can now get fibre broadband?

Nottinghamshire County Council is working with BT to extend the fibre broadband network across the county. We're on track to reach 98% of homes and businesses across the county by the end of March 2018.

High speed

High speed fibre broadband can help you and your family do so much more online all at the same time.

• Surf • Talk • Share • Watch • Learn

Want it? Check it now!

Use our online postcode checker to see if your home or business is able to get fibre broadband at: nottinghamshire.gov.uk/broadband

Talk to your Internet Service Provider

If you already have broadband, don't forget to talk to your existing Internet Service Provider to get a new, upgraded package. Special offers mean you may find you even save money with a better service!

 Like us on Facebook www.facebook.com/nottinghamshirebroadband

Talk to your
Internet Service Provider
about special offers on
high speed fibre broadband

Welcome to Your Life

I'm pleased to present this second edition of Your Life magazine, which is produced for Nottinghamshire residents who are approaching or have reached retirement age.

By reading about some of the experiences of our residents we hope this publication inspires you to get the most out of life and take on fresh challenges. Like the retired Mansfield couple who have found real happiness by fostering local children, a digital champion near Newark who enjoys volunteering her time to get others online and a keen walker who relishes getting out in the fresh air with the monthly health walks at Bestwood Country Park.

You can also read about some of the transport improvements we're making across the county to help make travelling from A to B much easier, including the opening of Worksop Bus Station and the first trams finally starting to run just over a month ago.

This edition also includes some improvements following your feedback to last year's magazine, with several new features including a latest news page and a 'pull out' section which gives details of the variety of care options available to you and your loved ones in older life. You can also read about a daughter and her elderly mum who now have greater peace of mind from the new Extra Care housing in Gedling. Extra Care is a fantastic housing scheme which the Council is investing £12.65m in.

This year's budget consultation is your opportunity to let us know what really matters to you and your family and how you'd like us to spend your Council Tax. We're making it even easier for you to complete the consultation this year with a redesigned website and shorter form where you can now just feed back on the budget proposals which are most important to you. We really welcome your thoughts, so to have your say please visit our website or call 0300 500 80 80.

I hope you find this magazine useful and enjoy reading it. We'd love to know what you think of it so please do complete the reader survey by visiting our website.



Alan Rhodes

Alan Rhodes
Leader of Nottinghamshire County Council

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It costs 26p per copy to produce, print and distribute 97,500 Your Life magazines to key locations around the county.

The magazine provides useful information about Council services which affect residents aged over 55 including helpful advice and guidance. There's also a caring for your family supplement featuring real life stories from local people sharing their experiences about health and social care in Nottinghamshire.

Your Life is printed on paper which is sourced from well-managed and sustainable resources conforming to the Forest Stewardship Council's standards.

If you would like to receive Your Life in a different format, please call **0300 500 80 80**.

If you are interested in advertising in Your Life magazine please take a look at the media pack on our website for full details or for other opportunities to promote your business, visit nottinghamshire.gov.uk/advertise

All information is correct at the time of print, September 2015.

Front cover photo: The photo on the front cover was taken at Rufford Abbey Country Park.

Your County News

Superfast broadband goes from strength to strength

Over the last 14 months more than 56,000 homes and businesses can now get access to superfast broadband, thanks to the Better Broadband for Nottinghamshire programme.

The programme, delivered by the County Council in partnership with BT, is on course to ensure 95% of the county has access to fibre broadband by April next year – 12 months ahead of the national target. Fibre broadband is a much quicker and more reliable way to use the internet, meaning multiple people can be online at the same time without affecting speeds.

The County Council is now looking at plans to extend superfast coverage to around 98% of the county by 2018.

The plans would make Nottinghamshire one of the best digitally connected counties in the UK, making the area a more attractive place to live, work and invest.

You can read about Marjorie Goss, one of our Digital Champions on pages 8 and 9. Marjorie is part of the Nottinghamshire Digital Champions Network which was created to help and support both residents and businesses to get online as part of the Better Broadband for Nottinghamshire programme.



Find out more about superfast broadband at nottinghamshire.gov.uk/broadband or call **0300 500 80 80**.

New County Council website launched

The County Council has just launched its new responsive website which will enable you to access Council services from anywhere, via any device, 24 hours a day, seven days a week.

New online transactions will also be available for a range of Council services – these will become available over the coming months.



Visit our new website at: nottinghamshire.gov.uk

Did you know?
43% of people use the County Council website on a mobile device.

Budget Consultation coming soon

The County Council's annual budget consultation will launch later this year. This is your opportunity to let us know what matters to you and your family and how you'd like us to spend your Council Tax.

We're making it even easier for you to complete this year with a shorter form on our redesigned website where you can now just comment on the budget proposals which are most important to you.

Keep up to date with the budget consultation by signing up to receive email bulletins at nottinghamshire.gov.uk/emailme



For more information visit nottinghamshire.gov.uk/budget or call **0300 500 80 80**.

Beware of pension scams

New Government legislation now means that people have greater freedom to withdraw money from their pension fund. These changes allow people aged 55+ who are members of defined contribution pension schemes to take their benefits in a variety of different ways, including a mixture of lump sum, annuity pension, income drawdown or continued investment.

Due to these changes a number of companies are trying to take advantage and con people into parting with their savings. The advice from the County Council's Trading Standards team is:

- be wary of callers offering a free pension review service by phone call, email and text message
- before you transfer your benefits make sure you have taken independent financial advice from a fully FCA (Financial Conduct Authority) accredited financial advisor.



Free and impartial advice is available from the Government's Pensions Wise team at: pensionwise.gov.uk

- be wary of investing your pension benefits with companies who cold call you, offering extremely high returns

Reader Survey - your chance to win Aladdin tickets!

We want to make sure future editions of Your Life include what's important to you. To help us with this please visit nottinghamshire.gov.uk/yourlife where you will find a link to our online survey.

By completing the survey and adding your contact details you will also be in with a chance of winning four tickets to see **Aladdin**, the **magical pantomime adventure**, featuring Christopher Biggins, Simon Webbe and Ben Nickless at **Theatre Royal Nottingham at 7.15pm on Tuesday 8 December 2015**.

If you don't have access to the internet you can complete the survey by calling **0300 500 80 80**.

Closing date: Monday 23 November 2015.



Keeping Notts moving

Being able to get out and about and travel easily around our county is a top priority for most of us. That's why we're making improvements to your journey, whether it's maintaining roads, building new bus stations or improving transport in your local community.

Changes to travel pass renewals

Over 150,000 people aged 60+ in Nottinghamshire use County Council concessionary travel passes, making more than 11 million trips every year!

To save the County Council an estimated £30,000 a year the way you can renew your pass has recently changed. Rather than receiving a letter from us six weeks before your pass expires, you'll now need to go online or give us a call to renew one month before your pass is set to expire.

Did you know?

You can use your concessionary travel pass to enjoy free off-peak* travel on local buses anywhere in England?

John Kerry, 68, from Kirkby in Ashfield uses his pass to go shopping in his local town and beyond. "If you do want to go a little bit further afield you have the opportunity to do it," explains John. "I've used mine on the buses when I've been to London."



John with his travel pass

John has held a pass since he retired. "I don't drive anymore," says John. "I used to but stopped due to health problems, so my pass really helps me get out and about. It's also good for the environment and gives you more freedom."

The Nottinghamshire concessionary travel scheme also offers free off-peak* journeys on the Nottingham tram network (NET). *day/time restrictions apply.



Apply for, renew or report lost or stolen concessionary travel passes online at: nottinghamshire.gov.uk/concessionarytravel or call **0300 500 80 80**.

Struggling to use public transport?

To help people who have difficulty using public transport to get out and about, the County Council actively supports community and voluntary transport schemes across Nottinghamshire. These schemes, which can help people get to the shops, health appointments, leisure activities and more, offer minibuses, cars and in some areas specially adapted vehicles to accommodate wheelchairs as alternatives.



To find out more visit nottinghamshire.gov.uk/communitytransport or call **0300 500 80 80**.

Travel News

Dualled A453 opens

The newly-dualled A453, 'Remembrance Way', was officially opened in July. The road's widening has been on our wishlist since the 1970s and both the County Council and the local business community campaigned long and hard for its improvement.



The new £3.2m bus station in Worksop

Worksop Bus Station has arrived

Located on the corner of Watson Road/Newcastle Street in the heart of Worksop and close to the main shopping area and the library, the new bus station features eight bus bays and a fully enclosed building offering protection from the wind and rain. There are also toilets, a baby changing room and a staffed travel information centre. The station is managed by the County Council working in partnership with Bassetlaw District Council.

New Beeston Bus and Tram Interchange

Beeston's new bus and tram interchange is now open. Situated on Styring Street in Beeston, a two-minute walk from High Road, the new interchange replaces the old bus station as an on-street transport hub with two tram stops and six bus bays. The new tram line opened at the end of August.



Fast Track to Notts

Following an announcement by the Government that a £1.1bn scheme to electrify the Midland Main Line Nottingham to London rail route had been "paused", the County Council has teamed up with the Nottingham Post for a campaign calling for improvements. A £200m plan, earmarked by the Government in 2010 to build a more modern track, increase speed limits and upgrade signals, is now being reviewed and the campaign calls for those improvements to be given priority.

Get behind the campaign by signing the petition here: <https://petition.parliament.uk/petitions/106323>

Plans for Gedling Access Road move ahead

Plans for a new 3.8km road and housing development of more than 900 properties in Gedling are continuing to move forward.

The new road, known as Gedling Access Road, will run from Mapperley Plains to the A612 at the Burton Road/Nottingham Road and Trent Valley Way junction. Construction work for the road is due to start in 2017, finishing in 2019.

Earlier this year Keepmoat were appointed by the Homes and Communities Agency as the housing developer for the Chase Farm site and a planning application for the new housing development on the former colliery site will be submitted later this year.

Marjorie's helping to get **Notts online**

Marjorie Goss, 71, from Cromwell near Newark has been using computers since the 1980s and recently became a Nottinghamshire Digital Champion.

"There's so much information you can get from the internet, whether it's growing a flower, baking a cake, reading the news, doing the shopping or communicating with family and friends. You name it, you can do it online!" says Marjorie. "Some of my friends don't think the internet is relevant to them or they're worried about internet security. A lot of people hear the negatives and not the positives," explains Marjorie. "My motto is 'take care before you share' and with the right training and advice anyone can become reasonably confident about internet security."

Digital Champions, like Marjorie, are local volunteers offering practical advice to those who want to learn more about the internet and how to use it. "I've helped two people get online and many others with their computer problems," says Marjorie.

"I got involved through my parish council. There's always something to learn and some of the Digital

Champion training courses have shown me that I don't have all the answers. I really enjoy sitting with people and helping them achieve their own personal goals."

“
“
You name it,
you can do it
online!”

Marjorie likes to find out what activity is relevant to a person, as she's found once they learn about what's useful to them, like using Skype to talk to their grandchildren, they're willing to go on and learn more.

"I helped two men in their 80s learn how to use Skype, send emails and surf the web safely," Marjorie explains. "I had them skyping and emailing each other whilst sitting at the same table. I also showed them how to send



Marjorie

and save attachments. A couple of years ago I also helped David, our Parish Chairman. I suggested he would find it easier if he got online as it makes life so simple and within three months he said he didn't know how he ever lived without it!"

It's estimated that one in seven people in Nottinghamshire and Derbyshire have never used the internet and around 10.5m people in the UK don't have basic digital skills, meaning they don't know how to send an email or search the web. "Technology has moved

so fast and now everything is shifting online, from making doctor's appointments to getting prescriptions," explains Marjorie. "So it's more important than ever to get access."

Marjorie loves helping people of a similar age, she explains: "We grew up in a time before computers and had to learn everything from scratch, whereas these days you're born into a digital world."

The Digital Champion training courses have been useful to Marjorie too and she's keen to emphasise that you don't need to be an expert to volunteer. "They've given me a bit of a refresher on things I'd learnt a long time ago. I'd really recommend becoming a Digital Champion to other people and volunteering definitely has the feel good factor," says Marjorie.

Become a Digital Champion

The Nottinghamshire Digital Champions Network is part-funded by the D2N2 and Local Enterprise Partnership and was created to support the £31m Better Broadband for Nottinghamshire programme. It will ensure 98% of homes and businesses in the county have access to good quality, fibre broadband by March 2018.

We're looking for Digital Champions, to find out more visit digitalchampionsnetwork.com/nottinghamshire or email ndcn@digitalunite.com

Volunteer with us!

Everyone has a skill that they can give and volunteers are important and valued by the County Council. Volunteering can give you a new outlook on life, help you develop new skills to boost your confidence, meet new people and make a difference to your local community.

Volunteers are needed in many services including libraries, country parks, archives, sport, youth services and more. For further details visit nottinghamshire.gov.uk/volunteering or call **0300 500 80 80**.



Marjorie helps David online

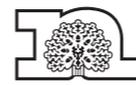


Stay Well

This Winter

- Keep your home warm, at least 18 degrees celsius
- If eligible, make sure you get your FREE flu jab - speak to your doctor or pharmacist
- Make sure you keep taking any prescribed medicines and take them as directed
- If you are prescribed antibiotics, make sure you finish the course
- Keep a supply of cold and flu remedies in the house
- If you start to feel ill, get help from your pharmacy straight away
- A&E is for emergencies only. If your surgery is closed then NHS111 can help you get the right treatment

www.nhs.uk
Facebook: /NHSSouthNotts

Nottinghamshire
County Council

Caring for older family and friends

It can be a difficult time when family members and friends need additional help with everyday tasks, and knowing where to get support and advice can be daunting. To help you find out what kind of care options are available and how they could support you and your loved ones, we've outlined some of the main services below.

Helping yourself

There are lots of local groups and services which provide support:

nottshelpyourself.org.uk – this website brings together a variety of information about support and self-help services for carers in Nottinghamshire. The site is still being developed and new information is being added all the time.

Meals at home – ready-made, tasty and nutritious meals delivered directly to people's homes. This service can also supply 'home from hospital' food packs to help people when they're first discharged from hospital. Visit countyenterprisefoods.co.uk or call **01623 490015**.

Handy person's adaptation service - provides help with essential minor adaptations and small practical jobs to help people live safely and independently. This service is available for people

living in Nottinghamshire (except the city of Nottingham) who are aged 60 and over or disabled.

Support for carers

There's no need to feel alone, there are a variety of services available to help support you if you're caring for someone else:

The carers' hub – offers personalised support and advice for those who look after someone. Find out about support groups for carers, short break accommodation, training, free gym memberships, carers' grants and discounts. Visit carerstrustem.org/hub.html or call **0115 824 8824**.

Carer's information pack - you can also download the *Do you look after someone?* booklet, which describes the range of services available to carers, at nottinghamshire.gov.uk/carers-information-pack

Pull-out and keep

Carer's assessment - if you care for someone, you have a right to ask for a carer's assessment. The assessment will look at the impact that caring has on you and the support you may need. The assessment is about you, and not the person you care for. Email enquiries@nottsc.gov.uk, visit nottinghamshire.gov.uk/carers-assessment or call **0300 500 80 80**.



Extra Care for Agnes

“It makes me and my sisters feel relaxed knowing mum’s safe and secure - it takes a lot of pressure off,” says Linda Beardsmore, 61, from Carlton, whose mum Agnes is a resident at St. Andrew’s House in Mapperley, part of the County Council’s Extra Care scheme.

“Mum likes it because she’s getting care when she needs it day or night yet still has her own independence, knowing that the flat is hers,” explains Linda.

St. Andrew’s House is owned by Gedling Homes and the 32 state-of-the-art one and two bedroomed Extra Care apartments have been developed in partnership between the County Council and Gedling Homes. St. Andrew’s House, which won an award in 2015 for its innovative design, opened in June this year following extensive redevelopment.

“Since the refurbishment the flats are amazing!” explains Linda. “The design has all been thought out brilliantly. Mum has a one bedroom flat with an en-suite bathroom that has a connecting door to the hall and a really big living room with a lovely little kitchen just off it. She needs to use a walking frame but there’s so much space for her to move around.”

There’s also a handy range of services for residents, including a hair salon and therapy room, a restaurant, a library, a dining room, shared lounge area and a laundry room.

“The food is excellent,” says Linda, “and the tenants all socialise together. They sit and chat in the communal lounge over a cup of tea and they also play bingo together, which mum loves. The social side of it is so nice.”

Extra Care is an extension to traditional sheltered housing where older people can live as independently as possible in their own home with the reassurance that care staff are on-site for 24 hours a day, seven days a week. Agincare, the County Council’s local care provider, offer on-site care support and all apartments have an emergency on-call facility.

“The care mum’s given is second to none,” says Linda. “The staff at Gedling Homes are brilliant with her and the Agincare employees are so caring. It gives us 100% peace of mind knowing she’s cared for and safe. She always has company now which means a lot to the elderly.”

Agnes, 88, is really happy too, she adds, “It’s beautiful. I’m here for good!”

Investing in Extra Care

There are now nine existing Extra Care schemes in Nottinghamshire and the County Council is investing in the creation of even more of these popular developments across the county, including planned new facilities opening early 2016 in Hucknall, in partnership with Ashfield District Council, and in Mansfield, working with Mansfield District Council.



Find out more about Extra Care at: nottinghamshire.gov.uk/extracare or call **0300 500 80 80**. For more information about St. Andrew’s House, contact Gedling Homes on **0115 905 1515** or email enquiries@gedlinghomes.co.uk

“The care mum’s given is second to none.”



Agnes in her kitchen



Linda with her mum Agnes

Joined up services support Victor

Victor Baines, 73, recently received support from the 'SCOPES' team following an operation to remove a malignant tumour in his windpipe last year.

"Nothing was too much trouble for them, they really helped take a lot of pressure off my wife and me during a difficult time," says Victor.

Run by Nottingham University Hospitals Trust the SCOPES (Systematic Care for Older People in Elective Surgery) programme brings together, clinicians, therapists and County Council social care staff to assess patients' needs



at the earliest possible stage in their cancer treatment. This ensures the appropriate care and support is in place once the patient is ready to leave hospital.

"One of the SCOPES workers assessed me before I went in for my operation and planned out the care package I'd need afterwards. They put everything in place, from the equipment I needed to my weekly nurse visit, ready for when I came out of hospital the week after. I had a worker there to meet me at every follow-up hospital appointment too."

By putting health and social care staff together it's improving the service to cancer patients aged over 70 at Nottingham's Queen's Medical Centre and City Hospital. Patients are given more intensive

help and support to increase their confidence, improve their quality of life before and after their treatment, and help regain their independence, reducing the need for longer term support.

The project is supported by the Nottingham Hospitals Charity and has helped over 150 patients with upper gastro-intestinal cancer since March last year. It will be developed further by additional funding from Macmillan Cancer Support allowing patients with lower gastro-intestinal cancer to be supported too.

Victor, who had suffered from lung cancer earlier in life, says: "When I first got cancer I felt stranded after the first operation – it's so different now. I can still pick up the phone to the team and they're always willing to help. I can't praise them enough."



To find out more about health and social care, visit nottinghamshire.gov.uk/adultsocialcare or call **0300 500 80 80**.

Victor at home

Assistive technology is changing lives

Jean Crookes, 75, from North Leverton has early onset dementia and her daughter Alison Brewer, 50, was worried after discovering her mum had forgotten to take her pills.



"We get a week's worth of pills from the doctor and I've visited mum in the past and found the entire tray under old newspapers," says Alison. "It was a real worry as you just don't know if she's taken them."

After approaching the County Council for help, Jean was given an automatic dispenser which beeps when it's time to take her medication. "It has an alarm that goes off every four hours and doesn't stop until mum picks it up and takes out the next round of tablets," explains Alison. "There's no ignoring it," says Jean. "It bleeps at you until you've taken them!"

This kind of dispenser is just one of the ways the County Council is using equipment to help older and disabled people stay living at home. Other technologies on offer include sensors that alert carers if a person wanders due to dementia, falls or has an epileptic seizure, or if there's a fire or flood in their home. The scheme is set to save the County Council £1.5m over the next three years.

As well as these technologies, the County Council may also use a special assistive technology system as part of the social care assessment for people with dementia. This can help better understand if people's activities at home are a cause for concern. The system uses sensors in the home (not cameras) to provide information about the person's daily routine, such as what time they get up and go to bed, and whether they leave home at an unusual time, like during the night.

This special system can help the Council, family members and other professionals to identify any risks and ensure the right equipment and support is provided to help minimise those risks, enabling people to remain independent at home for as long as possible.

Incorporating these technologies into people's lives may seem like a small change but it can have a huge

impact. As Alison comments, "It's been a godsend and has lifted a lot of pressure from us as we know mum's taking her tablets. I've been telling everyone how wonderful this pill dispenser is!"



Find out more at nottinghamshire.gov.uk/assistivetechology or call **0300 500 80 80**.



Jean with her daughter Alison

Being clear on cancer could **save your life**

Joyce Bennett, 68, from Balderton was first diagnosed with breast cancer in 1988, aged 41. "I was fit and healthy – running every week and eating well," says Joyce. "I found a thickening in my breast, rather than a lump. I went to my doctor and within three weeks I'd had all of the tests. Treatment, including radiotherapy, started a fortnight later."

Joyce was diagnosed for a second time in August 2011, following a routine screening. "I hadn't felt anything but I got a recall letter. I had a biopsy which confirmed it was cancer again," says Joyce. "I had a mastectomy, followed by breast reconstruction at the same time. You don't have to do that but with the support of my consultant and husband, I made an informed decision to do it. It was a pretty small area so I didn't need chemotherapy or radiotherapy afterwards. I had some lymph nodes removed but thankfully the cancer hadn't spread to them."

"The first time round, my two teenage daughters were going through exams and college so I just got on with it," explains Joyce. "The second time it completely knocked me off my feet, but I have some really good friends and family who have been amazing, as has the support group. I was also allocated a named breast care nurse and I could go and see her or talk to her over the phone. She was a big help and we still keep in touch now."

Joyce's experiences led her to become a founder member of the Newark Breast Cancer Support Group she mentions, one of



Joyce is keen to help others

“ If you notice something's different, go and get it checked immediately.

several groups in Nottinghamshire. "The first time I had breast cancer it was very different from today with little support, which made me feel very alone," says Joyce. "I couldn't talk to anyone else in the same situation as me. So when I saw the support group I thought I'd get involved because I didn't want anyone else to feel like I did."

The group was set up in 1996 and today there are around 20 people involved. "We meet once a month at the Aura Commerce and Technology Centre in Newark," explains Joyce. "We do all sorts, sit and chat, have visits from guest speakers and go on group outings. We laugh and talk a lot

and we listen. We also have lots of support locally, which is fantastic.

"Everyone is different, and we all come for different reasons. One lady comes and brings her mum, another one brings her daughter and a couple of others bring a friend. They're all affected even if they're not patients."

As part of her recovery Joyce is receiving follow up treatment. She can't stress enough the importance of women being aware of any changes and discussing these with their GP as well as attending screening appointments. "Do it because it could save your life," says

Joyce. "You hear a lot about mammograms being painful. They don't hurt. They're not comfortable, but they last for seconds." Joyce's advice to all women is "if you notice something's different, go and get it checked immediately."

One in three women who get breast cancer are over 70, so don't assume you're past it.

BE CLEAR ON CANCER

Be breast aware

Breast cancer is the most common cancer in England, with around 41,200 women being diagnosed with the disease each year.

One in three women who get breast cancer are over 70, so don't assume you're past it.

A lump is not the only sign of breast cancer. Other possible signs include a lump in the armpit, nipple changes,

changes to the skin of the breast, changes to breast shape or size. If you have any of these symptoms, you should contact your doctor straight away.

The earlier breast cancer is diagnosed the higher the chances of survival and the more treatment options are available. More than 90% of all women diagnosed with the earliest stage breast cancer survive the disease for at least five years. This figure is around 15% for women diagnosed with the most advanced stage of the disease.

All women aged 50 to 70 are invited for a breast screening every three years. Women aged 70 or over are entitled to NHS breast screening – they just need to make their own appointment.

For further information about the signs and symptoms of breast cancer, please visit **nhs.uk/breastcancer70** or call Cancer Research UK's information nurses on freephone **0808 800 40 40.**

Keep **warm and well** this winter

One of the best ways of keeping well during winter is to stay warm. Having a cold home can significantly impact on our health and can lead to some serious health problems like heart attacks, strokes and pneumonia.

If you can, look after elderly friends and neighbours. Check they're safe and well through the winter. Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold weather.

Make sure both your own and the houses of elderly friends and relatives are warm enough by following these simple tips:

- set heating to come on before you get up and switch off before bed
- use a thermometer to check the temperature. Main living rooms should be between 18 - 21C (64 - 70F) and the rest of the house should be at a minimum of 16C (61F)
- make sure that heating, radiators and boilers are serviced and in working order to reduce the risk of breakdown in cold weather

- have at least one warm meal each day and drink warm drinks - if you have difficulty with cooking our meals service may be able to help you
- stay warm in bed with socks, thermal underwear and a hat
- avoid going out in bad weather. If you must go out, wrap up well in plenty of layers, and wear a hat, scarf, gloves and shoes with a good grip.



Find out more at:
nottinghamshire.gov.uk/keepwarm or call
0300 500 80 80.



Protect yourself against flu

The best way to avoid catching and spreading flu is by having the vaccination in the autumn before the flu season starts.

Speak to your GP or practice nurse to book a vaccination appointment and get the best possible protection. The flu jab is free for everyone aged 65 or more.

For more information visit nhs.uk/flu



Changed your energy tariff lately?

If you haven't changed your energy tariff in the last two years switching energy providers could make a big difference to your gas and electricity bills.

Switch online at:
climatenottinghamshire.org.uk
or call **0800 410 1143.**

VEOLIA

Recycling tours

FREE

Ever wondered what happens to your Recycling once it's collected?

Visit the Nottinghamshire Materials Recovery Facility in Mansfield for tours and activities for adult groups, schools and community groups.

For further information please email:
nottsenquiries@veolia.co.uk
or call **0203 567 4392**

working with

Nottinghamshire County Council

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or Email - first4support@ashfieldhomes.co.uk



Couple's retirement leads to **fostering joy**

Sue and Lawrence Benfield, 67 and 70, from Mansfield have been approved support foster carers for almost ten years. They first started thinking seriously about fostering when they were planning for retirement.

"We started fostering when our daughters had just finished university. We had considered it before when they were teenagers but it wasn't to be. I look back now and I'm glad we waited - it's been a really good retirement plan," says Sue. "It's one of the best things we've ever done," adds Lawrence.

As support foster carers, Sue and Lawrence provide a break to full time foster carers.

"It's very rewarding and the children give you a different perspective on your daily life, they're really good fun," says Lawrence. "They love spending time with Sue because she gets them involved with the cooking. We have a lovely garden with lots of fruit and vegetables and we are able to show them where everything grows. We go and pick some fruit and then Sue shows them how to make jam which they then have on their toast for breakfast."

"Fortunately we're quite fit and the children certainly get us out and about to all sorts of places we wouldn't have been without them" explains Lawrence. "Although we're older, the children slow down with us. We're just honest about what we can and can't do," adds Sue.

Over the years Sue and Lawrence have fostered 13 children, aged from one and a half to 16.

"They're all such different characters and bring different challenges and rewards. It's just fabulous," says Lawrence.

"We once cared for three siblings that were all under five. They really needed some help because they hadn't been nurtured as well as they could have been but they were just adorable. We did lots of things with them and by the time they left they could do puzzles, read a little and so much more. They were with us for about two and a half years, so it was a long time," says Sue.

"All three of them were adopted together," explains Lawrence "and they sent us a letter to tell us how they were all getting on. It's wonderful to hear that they're having the opportunity to get a good life."

“It's one of the best things we've ever done.

"The support we've received from the County Council and our supervising social workers has been absolutely excellent," says Sue. "The financial allowances are helpful but I don't think it's about the money. It's not about having a big house either. It's about the people, that's what's important and I think lots of retired people could be really good at fostering."

More foster carers needed in Notts

There are 600 children and young people in Nottinghamshire who need a loving foster home.

The County Council always needs more foster carers.

Could you help?

Often people think there's an upper age limit. There isn't as long as you're fit, healthy and have plenty of energy. The most important thing is that you can provide a stable and loving home environment which will really make a difference to a child's future.



If you think you've got what it takes to foster we'd love to hear from you, visit nottinghamshire.gov.uk/fostering or call **01623 520260**.

Help and support

The County Council offers excellent support and advice for foster carers including:

- social worker support during the assessment process and afterwards
- financial allowances to cover everyday expenditure, travel arrangements, activities and celebrations
- support groups
- ongoing training and development.



Sue and Lawrence in their vegetable garden

Liz's search through the Archives

Liz Stewart-Smith from Edwinstowe has always been interested in history and first visited Nottinghamshire Archives over 30 years ago researching her family.

"Back then the Archives were based on High Pavement and it was mostly books and documents," says Liz.

"At the time I was researching a family connection under the name Rainbow," explains Liz. "The Rainbows in my family come from Buckinghamshire, but I was keen to see if there was a Nottinghamshire link so I searched the IGI (International Genealogical Index) and the local parish registers and discovered a Mr Thomas Rainbow from Treswell. This was long before Google searches, back when you

had to look through the name index cards at the Archives."

Liz discovered that her distant relative Thomas had been a clergyman during the Restoration when thousands of ministers were ejected from the Church of England once Charles II came to the throne. All clergymen had to swear on the new Communion Prayer Book but Thomas refused as he said it was against his conscience. His wife strongly urged him to conform so he could keep his living but he was insistent. He fell ill a few days later when he was forced to read it and sadly died shortly after, leaving his wife and children.

"It was such a sad story but I admire him for sticking to his principles. I wonder whether I would've been so brave," says Liz.

When researching a good few years ago Liz had to travel to London to manually search through indexes and resources. She says it's a lot easier these days, "It's a bit like a treasure hunt and it's always so exciting to find something!"

Nottinghamshire Archives reopened in April this year following a £2.5m investment project to extend the building and preserve the county's rich documentary heritage for future generations. "Since the refurbishment the building is much brighter, more modern and for this century," says Liz. "It's changed so much, far more is online and it looks really welcoming. There has also been lots of events and tours, which have been really well attended.

"You also get lots of people researching their family history. You can sit and have a cup of coffee and I almost always strike up an interesting conversation with someone.

When you discover something exciting you really want to share it with other people! It's a hobby I'd certainly recommend and the staff are always very friendly, helpful and willing to give advice."

The new Archives building can accommodate thousands of additional historic documents, adding to the four million already cared for, and includes specialist storage for photographs and digital media, an improved computer suite for accessing digital heritage and free public Wi-Fi. There's also a fascinating display of graphics that adorn the building's walls and lockers (see photo below) reflecting the people, events and famous firms of Nottinghamshire through the ages.



Find out more about the Archives at: nottinghamshire.gov.uk/archives or call 0115 958 1634.



Photo: National Civil War Centre/Sam Kirkby

National Civil War Centre opens in Newark

If you're interested in local history you might enjoy a visit to the National Civil War Centre in Newark. This £5.4m centre, which opened in May and is supported by the County Council, tells the story of the brutal 17th century clash between Crown and Parliament in compelling new detail.

Newark has a significant past and was a vital town during the Civil Wars because of its location. It was a Royalist stronghold which came under siege three times until the King surrendered the

town in 1646. In recent years historians gained a unique insight into the town's experience with the discovery of a treasure trove of previously unexamined papers in local archives.

This amazing new material is on display together with state-of-the-art technology and hundreds of previously unseen relics, creating a unique museum experience.

For more information visit nationalcivilwarcentre.com or call 01636 655765.



Archivist Alexa Rees helping Liz

What's on?

Events and activities in Nottinghamshire
October 2015 – January 2016

-  Festive Season
-  Arts & Heritage
-  Family Fun
-  Getting Active
- (W)** Suitable for individuals who use a wheelchair

Sherwood Through the Ages

 **Saturday 3 – Sunday 4 October**
11am – 4pm

Sherwood Forest Country Park
FREE

Sherwood Forest has a long history as a working woodland. Meet some of the characters who shaped its past and present. This interactive living history experience is for all the family.

Hucknall's Sporting Heroes

 **Saturday 3 October**
2pm – 3pm

Hucknall Library
FREE

From Byron to Ben Caunt, join Ken Robinson for this fascinating talk on Hucknall's sporting legends. No booking necessary, just drop in. **(W)**

Midland Kite Flyers – One Sky, One World

 **Sunday 11 October**
10am – 4pm

Rufford Abbey Country Park
FREE

Watch expert kite fliers in the grounds of the abbey. Pick up some great tips and make your own kite for £2. Weather dependent. **(W)**

Live Jazz – Stuart McCallum

 **Tuesday 13 October**
Worksop Library
(01909 535353)

Wednesday 14 October
Southwell Library
(01636 812148)

Thursday 15 October
West Bridgford Library
(0115 981 6506)

£10 / £8 concessions

All performances start at 7.30pm. Stuart uses three different acoustic guitars to reimagine and re-sculpt some well-known jazz standards.



Booking strongly advised, call the library. Adult only event. **(W)**

1915: Worksop Men Remembered

 **Wednesday 4 November - Wednesday 2 December**
10am – 4pm

Worksop Library
FREE

Looking back 100 years, our First World War exhibition, including information and photographs, remembers local servicemen who died in 1915. **(W)**

Anne Frank + You

 **Friday 6 – Thursday 26 November**
10am – 4pm

Mansfield Central Library
FREE

A thought provoking exhibition drawing on themes from Anne Frank's diary and bringing her messages into the 21st century. A powerful journey of self-exploration for visitors. **(W)**



Anne Frank

Disaster in the Dardanelles

 **Wednesday 18 November**
2pm

Worksop Library
FREE

This fascinating talk explores the Churchill-inspired 1915 campaign on the Dardanelles and at Gallipoli, and reveals more about the local men involved. Booking essential, call the library on **01909 535353**. **(W)**

Santa's Grotto

 **Saturday 21 November – Wednesday 23 December**
11am – 4pm

Ruford Mill at Rufford Abbey Country Park
£5 per child

Visit Santa in his traditional Victorian-style grotto and spread some Christmas magic to younger children. This is a very popular event, so please arrive early! **(W)**

St. Nicholas' Yuletide Grotto

 **Saturday 28 November – Sunday 20 December**
11am – 4pm

Sherwood Forest Country Park
£5 per child

Meet St. Nicholas in his medieval-style grotto, amongst the veteran oaks of Sherwood Forest. St. Nicholas is a popular chap, so it's best to arrive early! **(W)**

Live Jazz – Me and Mr Jones

 **Tuesday 8 December**
Worksop Library
(01909 535353)

Wednesday 9 December
Southwell Library
(01636 812148)

Thursday 10 December
West Bridgford Library
(0115 981 6506)

£10 / £8 concessions

All performances start at 7.30pm. Booking strongly advised, call the library. **(W)**

Sparkling Sherwood

 **Friday 11, Saturday 12 & Sunday 13 December**
6pm, 6.15pm, 6.30pm, 6.45pm & 7pm (timed tickets)

Sherwood Forest Country Park
£3 per person

See Sherwood's ancient oak trees in a whole new light – a truly magical experience to treasure. Tickets are limited and must be bought in advance, call **01623 823202** to book.

Christmas Diary Readings

 **Friday 11 December**
2.30 – 3.30pm

Nottinghamshire Archives
£4

Join us for a selection of festive readings from diaries held at Nottinghamshire Archives, enjoy with a cup of tea and a mince pie. Booking essential, call **0115 958 1634**. **(W)**

Boxing Day Walk

 **Saturday 26 December**
11.30am – 1pm

Sherwood Forest Country Park
£3 Adults, £1.50 children

Breathe in some fresh air and enjoy a gentle stroll after all the festivities! Booking advised, call **01623 823202**.



New Year Walk

 **Sunday 3 January**
10.30am – 1pm

Sherwood Forest Country Park
£3 Adults, £1.50 children

Kick start the New Year with a stroll through the forest, looking at the woodland and enjoying its history. Booking advised, call **01623 823202**.

Costa Book Awards Shortlist Evening

 **Thursday 21 January**
7.30pm

West Bridgford Library
£4

In the run-up to the announcement of the Costa Book of the Year, our panel will discuss this year's awards, live on stage. An entertaining evening for book lovers! Booking strongly advised, call **0115 981 6506**. **(W)**

Walk this way

Anna Burrows, 64, has been coming to Bestwood Country Park's Wednesday Health Walks for the past year. "I really enjoy them," says Anna. "It's lovely meeting different people and the walks are a nice pace and not too long."

Taking place on most third Wednesdays of the month, these free, 90 minute guided walks are a great opportunity to get active and meet like-minded people.

"I've got a dodgy hip," says Anna, "so I'm trying to keep as active as I can, putting off the inevitable hip replacement. I'm trying to do gentle, rather than great big long walks and I find that these are really beneficial."

Regular walking is a great way to keep fit and can have some real health benefits, helping to reduce the risk of heart disease, strokes, some cancers and diabetes. It can lower blood pressure and keeps bones healthy and strong, reducing the risk of osteoporosis. It's also good for minds as well as bodies and can help us cope with depression, stress and anxiety.

The Bestwood walks started around 12 years ago and are led by Sue McDonald, the Council's community liaison officer for country parks.

"I recently did the Dawn Chorus walk with Sue here and it was marvellous," says Anna. "She just seems to know everything about the plants and wildlife – you couldn't have a better leader."

"I'd really recommend the walks to other people. I've now been on a lot of these walks without Sue because I know the way around, so it's brilliant. In fact, the other week I brought my grandchildren here."

"I absolutely love Bestwood Country Park. I think we're so lucky having it in Nottinghamshire," adds Anna.

Wednesday Health Walks are taking place at Bestwood Country Park from 10.30am - 12noon on the following dates: 21 October, 18 November and 16 December 2015.

Check our website (link below) later in the year for the dates in 2016.

To find out more about being active in Nottinghamshire's country parks, visit nottinghamshire.gov.uk/countryparks or call **0300 500 80 80**.



Anna (pictured left) with friends at Bestwood Country Park

“I've got a dodgy hip so I'm trying to keep as active as I can.**”**



Please put as many of the items from the 'Yes please' list below in your recycling bin at home. Unfortunately not everything is recyclable so please leave everything on the 'No thanks' list out of your recycling bin.

✓ Yes please

Please remember your recyclable material should be clean, dry, empty and loose. Please **do not** put your recyclable items in plastic carrier bags.

Paper

- ✓ Newspapers
- ✓ Envelopes
- ✓ Junk mail
- ✓ Magazines and catalogues

Cardboard

- ✓ Cereal boxes
- ✓ Egg boxes
- ✓ Cardboard tubes

Tins and cans

- ✓ Food tins
- ✓ Drinks cans
- ✓ Aerosol cans

Plastics

- ✓ Drinks bottles (e.g. pop, squash, milk)*
- ✓ Shower gel and shampoo bottles*
- ✓ Cleaning product bottles*
- ✓ Yoghurt pots*
- ✓ Margarine tubs*

***Please take your lids off and put them in your general waste bin.**

✗ No thanks

These items are not suitable to go in your kerbside recycling bin.

Plastics

- ✗ Plastic bags
- ✗ Food trays
- ✗ Fruit and veg punnets
- ✗ Juice cartons
- ✗ Polystyrene
- ✗ Bubble wrap
- ✗ Bottle lids
- ✗ Plastic containers
- ✗ Food pouches
- ✗ Toys
- ✗ Coat hangers
- ✗ Plant pots

Other items

- ✗ Glass bottles and jars**
- ✗ Garden waste**
- ✗ Clothing and shoes**
- ✗ Electrical items**
- ✗ Nappies

This is not an extensive list, please see the website for more information www.areyoubinmart.co.uk

**** Your local District/Borough Council may provide other facilities for recycling this item, and it is accepted at all Nottinghamshire Recycling Centres.**





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in West Bridgford



Artists Impression

Over
60's



Typical lounge

Some of the benefits and features

- Homeowners' lounge
- Beautiful landscaped gardens
- House Manager
- Convenient location close to amenities
- Camera entry system
- Car parking on-site*

RETIREMENT LIVING

Wilford Lane, West Bridgford, NG2 7QZ
1 and 2 bedroom retirement apartments
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Artists Impression

Over
70's



On-site restaurant

Some of the benefits and features

- On-site table restaurant
- Homeowners' lounge overlooking the river
- Domestic assistance every week
- Beautiful landscaped gardens
- 24 hour emergency call system
- Estates team on-site 24 hours per day
- Idyllic riverside location

ASSISTED LIVING

Wilford Lane, West Bridgford, NG2 7QZ
1 and 2 bedroom retirement apartments
mccarthyandstone.co.uk/westbridgfordal



Register your interest and be the first to receive details as they are announced.

Call us on **0800 310 0688**^ today or visit our website for more information

^Charges may apply for mobile phone users. *Additional charges apply.