

# Age UK North Craven Newsletter

## INSIDE THIS ISSUE

- Warm & Well
- Local goings on
- Festive fun

## Energy Prices Rising

This winter, it's likely you'll notice your energy bills going up. It's important to know why this is happening and what you can do to stay on top of increasing costs.

### Why are energy prices going up?

Increased global demand has seen the prices of gas increase. This has led some energy supplies to go bust.

As a result, Ofgem, the energy regulator, has increased the energy price cap from 1 October 2021. This means customers have a certain level of protection against the rising energy prices, as energy suppliers will only be able to charge you so much for your energy.

However, bills will go up for lots of households this winter. On average, bills are expected to increase by £139 for the year. For those using a prepayment meter, the average increase will be around £153.

Because of the uncertainty in the market, it might not be advisable, or even possible, to switch energy suppliers for a cheaper tariff this winter.

### What do I do if my energy supplier goes bust?

When an energy supplier goes bust, Ofgem assigns a new supplier to take over your account. You don't need to do anything, your gas and electricity supply will continue regardless of what happens to your supplier.

Your new supplier should provide you with information about what is happening with your account. But this process can take a few weeks.

It's worth keeping hold of or downloading copies of your latest energy bills and take photos of your latest meter readings for reference.

Any customers that were in debt with their previous supplier will still have to repay this and any customers who had been in credit with their supplier should receive a refund.

### Can I get help paying my energy bills?

If you're finding it hard to keep up with energy payments or you're worried you won't be able to afford the energy you need this winter, you might be entitled to financial support.

### Winter Fuel Payment

You could be entitled to an extra £100-£300 this winter depending on how old you are, who you live with and any benefits you receive.

If you're over State Pension age - which is currently 66 years old - and receive the State Pension then you should be paid automatically. Payments are usually made between November and December.



# Changes to Energy Prices

## Winter Fuel Payment

Winter Fuel Payment is an annual payment to help with heating costs. Most payments are made between November and December.

### How much could I get?

If you were born on or before 26 September 1955 you could get between £100 and £300 to help with your bills in the winter of 2021-2022.

However, you'll usually get less if you live with other people who also qualify or if you live in a care home or nursing home.

If you live in a care home or nursing home and receive benefits then you're not entitled to a Winter Fuel Payment.

### Am I eligible to claim Winter Fuel Payment?

You may be eligible for Winter Fuel Payment for winter 2021-2022 if you meet all the following criteria:

- you were born on or before 26 September 1955 (the eligibility birth date changes every financial year).
- you lived in the UK throughout the qualifying week for the financial year of 2021-2022, which is 20-26 September 2021).

### How can I claim Winter Fuel Payment?

However, as well as the eligibility criteria above, you'll also need to:

- receive the State Pension
- receive another social security benefit (this doesn't include Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit).

If you're eligible and receive the necessary benefits, you will receive your Winter Fuel Payment automatically and won't have to make a claim.

If you're eligible but don't receive these benefits or live abroad, you may need to make a claim.

To make a claim, you can call the Winter Fuel Payment helpline on 0800 731 0160. You'll need your National Insurance number and your bank or building society details when making a claim.

**Turn the page for more advice and help regarding help with fuel payments.**

**Call information and advice (01729 823066) for a copy of our [Winter Wrapped up Guide](#) for ways to help stay warmer this winter and for a copy of our [Save Energy Pay Less](#) guide.**

# Warm & Well in North Yorkshire

Warm and Well in North Yorkshire is a partnership project bringing together organisations from the public, private and charity sector with the aim of reducing the number of cold homes, cold people and cold deaths within North Yorkshire. The project is managed by Citizens Advice.

## Who is eligible for help?

- Anyone who is unable to afford their energy bills or worried about heating their home.
- People on low incomes or benefits
- Families with young children
- Anyone with physical or mental health issues.

## Support for individuals

Warm & Well in North Yorkshire offers advice, guidance .

This might include:

- Advice on how to save money on energy costs, switching suppliers, grants and priority service
- Home visits to advise on how to make your home warmer and more energy efficient, or for help with minor repairs
- Access to a Hardship Fund for those in urgent need

## Support for organisations

A range of support is available for frontline workers, organisations, groups and parish councils including:

- Training and awareness on fuel poverty, energy efficiency, and how to apply for the Warm Homes Discounts scheme
- Advice on how to set up winter schemes to keep communities safe
- Campaigns, resources and top tips for providing guidance
- Talks and information sessions

## Getting Help

Anyone can get in touch. Individuals can call the Helpline, or professionals or relatives can get in touch on someone's behalf.

**Website:** [www.warmandwell.org.uk/](http://www.warmandwell.org.uk/)

**Tel:** 01609 767 555

**Email:** [wnw@northyorkslca.org.uk](mailto:wnw@northyorkslca.org.uk)



## Are you aware of the risks of carbon monoxide?



### What is carbon monoxide?

Carbon monoxide (CO) is a poisonous gas. It is known as the Silent Killer as you can't see it, taste it or smell it. Around 50 people die every year from carbon monoxide poisoning and 4000 people end up in A&E.

### How is carbon monoxide produced?

Appliances that burn gas, oil, LPG, wood or coal could all potentially produce carbon monoxide if the fuel does not burn properly. This may happen if there is inadequate ventilation or if an appliance has not been fitted properly or is poorly maintained.

### What are the symptoms of carbon monoxide?

At low levels, symptoms include headaches, nausea and dizziness.

At higher levels, CO can lead to breathlessness, collapse or unconsciousness.

### How can you keep yourself safe?

- Get a carbon monoxide alarm certified to BS50291.
- Test your alarm regularly and check the expiry date.
- Get your boiler and other appliances serviced annually.
- Keep chimneys swept.
- Don't block vents.
- Call the National Gas Emergency Service if you suspect CO poisoning – 0800 111 999.

## The Priority Services Register

The Priority Services Register gives you extra help from your energy supplier, or support to keep you safe if there was a power cut or interruption to your gas supply.

You are eligible if your household includes a child under 5 or some one who is a pensioner, disabled, has a medical health condition, is dependent on electricity for medical reasons or has a hearing or visual impairment.

Speak to your energy supplier or call us on 01757 249100 and Community Energy Ambassador's can sign you up.

# Independence & Advice

Age UK North Craven's Information & Advice Service is a free, independent, impartial and confidential service for older people in North Craven.

## What our service offers:

- We can check your income and entitlement to extra benefits.
- We can help you complete complicated application forms.
- We can help you keep yourself and your home warm in winter.
- We offer advice on issues about housing and property.
- We answer and guide you if you are thinking about care choices and how to access more help.

If we are not able to help, we will always try to signpost you to someone who can.

## Topics we can help you with:

- Housing and property issues
- Health
- Leisure and social activities
- Your rights and local services

If we are not able to help, we will always try to signpost you to someone who can.

## How do I access the service?

We want our information and advice service to be convenient and easy to access. Sometimes queries are straight-forward and can be answered by us providing a leaflet or telephone number. Others are more complex and can take several home visits and phone calls.



By phone: We can provide quick answers by phone on **01729 823066** or by email: **[info@ageuknorthcraven.org](mailto:info@ageuknorthcraven.org)**

If there's anything we cannot help with we will do our best to signpost you to some one who can.

There is also the free Age UK National Information and Advice line:

**0800 678 1602.**

(It's open 365 days a year from 8am to 7pm. In 2015/16, Age UK National responded to over 259,000 enquiries)



## Don't Miss out!

Attendance Allowance is available to everyone who needs it and is not means tested. It provides help if you live with disabilities that means that you really need someone to help look after you or your home inside or out.

Many people really should have some help but soldier on and cope. Often people adapt so that they can cope and have got used to their situation.

It does not matter if you actually get extra help, it just matters that you can show you need it. It's paid at different rates and how much you get depends on the level of support you would need.

The money is yours to choose how to spend and doesn't need to be spent on help.

You could get £60.00 or £89.60 a week. For more details contact [Age UK North Craven](#) on **01729 823066**

# Our new Independence & Advice Officer



Tracey Whalley is our new Independence and Advice Officer and joined our team in September. She will be here to help all your Independence and Advice questions, help with forms and allowances/benefits. Here is a little introduction from Tracy about herself:

“I started my career journey by qualifying as a nursery nurse, my career path then led me into working with older people in private & council run residential care homes. I found great reward in my time working for Lancashire County Council in care homes and for Social Services, working with adults with Mental Health Problems within residential & community settings. My passion has always been to help people in any way I can.

I took time away from this sector to help support our family business, when circumstance allowed, I was compelled to return to the vocation that means so much to me and accepted the position of Information & Advice Co-ordinator for Age UK North Craven. I'm very much looking forward to serving the local community and surrounding areas in the Craven district, helping in any way I can to improve people's quality of life.”



## Age UK North Craven's New Minibus

Age UK North Craven welcomes a new member of the family!

We are delighted to announce the safe arrival of a new minibus for our day trips. The minibus has been supplied by Minibus Options Limited in Whaley Bridge and it's purchase has been made possible by funding from North Yorkshire County Council to whom we are most grateful. Also, we would like to thank Craven District Council for allowing us to park on one of their car parks here in Settle.

The new minibus will be used primarily for our day trips which have now re-started as we ease out of lockdown and the uncertainty of the last 18 months. Our programme of trips is made possible due to our amazing group of volunteer drivers and couriers who generously give of their time to ensure that a great day out is had by all. If you would like to help us by volunteering, please get in touch.



We are always on the lookout for new and exciting destinations for a day out, so if you have any suggestions for our next round of trips list please let us know.

If you would like to know more about our day trips please contact our Transport Manager, Sandra Kay on our office number, 01729 823066 or send an email to

[skay@ageuknorthcraven.org](mailto:skay@ageuknorthcraven.org)



**Happy travels!**



# Covid-19 Booster Jobs

## Am I eligible for a booster vaccination?

These people are eligible for a coronavirus booster jab:

- People living in residential homes for older adults
- All adults aged 50 years and over
- Health and social care workers
- People aged 16-49 with certain long-term health conditions
- Carers

Those who live with immunosuppressed people



## When will I be offered a booster jab?

The vaccinations will start being offered from 20 September, but you'll need to wait at least 6 months after your second dose to get the booster vaccination.

Not everyone can be offered a booster vaccination at the same time, so it's likely that they'll first offer it to people who received their initial dose of the vaccination early – with care home residents and adults aged 70 and over being offered their booster jab first – but this may vary.

You'll be contacted directly by the NHS with more information on how to book your booster jab.

## Why do we need booster jabs?

Research has shown that the protection the vaccines provide starts to lessen as time goes on. While protection levels still remain high, a precautionary approach is being taken to make sure that people who are more vulnerable to coronavirus still have a high level of protection during the winter.

## Which vaccine will I receive as my booster jab?

Most people will be offered a booster of Pfizer or Moderna vaccines, regardless of which vaccine you had for your first and second jabs.

## What about other winter vaccinations?

You should get the flu jab or other winter vaccinations as soon as they're offered – don't delay them for the coronavirus booster jab.

In some cases you may be offered both flu and coronavirus vaccinations at the same time, this is completely safe and won't change the effectiveness of either vaccine.

# Volunteer Celebration 2021!

Age UK North Craven and North Yorkshire County Council joined forces to throw two volunteer thank you celebrations for those that came together during the pandemic of 2020 and helped their community.

The first was held at Victoria Hall in Settle and the second in Bentham at The Golf Club. Both celebrations were a great success, with volunteers coming together to socialise over afternoon tea and a tippie or two. Raffles were held with offerings of hampers and wine.

A scrumptious buffet was offered all catered for by Amanda Booth which went down a treat with volunteers and staff alike!

The afternoons were topped of by the volunteers being presented with 'Thank you' plaques from Councillor Martin, Chairmen of North Yorkshire County Council.



Settle  
Celebrations



## Playlist for Life — sharing the power of personal music for dementia



Playlist for Life is a UK music and dementia charity. They harness the powerful effects of personal music to help anyone who lives with dementia, their families and carers. Whether it's the music from a first dance, lullabies from childhood or a theme tune from a favourite TV show, music has the ability to take us back in time and remind us of our past, giving you that flashback feeling. Sharing your songs and memories can help people living with dementia to connect with family, friends and carers.

Over two decades of scientific research has shown that listening to a personal playlist can improve the lives of those living with dementia. In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist.

### Personal playlists can:

- reduce anxiety
- improve your mood
- make difficult tasks more manageable
- evoke memories that can help families and carers connect



Get started on a personal playlist today. You don't have to be a technology expert or buy any new equipment to get started. The Playlist for Life website has lots of free information to help you create a playlist: [www.playlistforlife.org.uk](http://www.playlistforlife.org.uk)

On the first Wednesday of every month Playlist for Life run a free Family & friends webinar on Zoom for family members and friends who are interested in making a playlist for a loved one. For more info and to book a place on a Family & friends webinar visit the [webinar booking page \(https://www.playlistforlife.org.uk/book-webinars/\)](https://www.playlistforlife.org.uk/book-webinars/).

# Online Favourites

**Are you getting all the benefits you are entitled to?** Did you know every year it is estimated that up to £3.5bn of Pension Credit and Housing Benefit go unclaimed by older people? Why not try the **Age UK Benefits check calculator** to quickly and easily find out what you could be entitled to? Go to [ageuk.org.uk/information-advice/money-legal/benefits-entitlements](http://ageuk.org.uk/information-advice/money-legal/benefits-entitlements)

**Take a little trip from the comfort of your home.** On [www.heygo.com](http://www.heygo.com) you can watch/join a live tour led by **local guides sharing over 450 places and perspectives all over the world**. You need to use your email address to sign up but it is free to join and you could be exploring Paris's elegant Royal Palaces, Pompeii or Machu Picchu in no time - without the crowds, cost or inconvenience.

Look Wild uses a **free nature identification app** that will **name plants and animals for you and record them** at the same time. Just download the app, get outside

and upload your photos. You can find out more about the project and download the app at [www.nationalparks.uk/look-wild](http://www.nationalparks.uk/look-wild).

**Virtual Tours of the Yorkshire Dales** Can't visit some of your favourite places in real life? Then why not check them out via a virtual tour? There are loads of free ones online. Welcome to Yorkshire has some including Stump Cross Caverns, the Yorkshire Wildlife Park and Clifford's Tower in York: [Virtual Tours - Yorkshire Days In | Welcome to Yorkshire](#)

Thrive website – **using gardening to change lives**. Loads of free gardening guides online and a free weekly 'Gardening Club' email with tips and guides. [Home - Thrive](#)



# What's going on?

## Movement to Music With Gillian Walton

A relaxing chair based exercise group focused on stretching and movement– Important at any age!

Half an hour chair based exercises followed by refreshments and time to socialise with others.

£3.00 per session.

**Where:** The Place, Settle (Opposite the Ruchee)

**When:** 2nd & 4th Wednesday of the month at 2pm.



For more information or to express your interest in joining please contact **Caroline Wilson** on 01729 823066 or email:

[cwilson@ageuknorthcraven.org](mailto:cwilson@ageuknorthcraven.org)



## Ingleton Walking Football

Walking Football on all new floodlit 3g Astro surface, Ingleton Community Centre, every Wednesday 7.30pm – 8.45

Only £1

For more details contact Sam

07791 386 869



## Sunflower Group

*For people living with memory loss.*

You are invited to come along to our informal coffee and chat sessions which will be held at The Place in Settle on the 3<sup>rd</sup> Wednesday in the month, 1:30 until 3pm.

The aim of the sessions is to provide a space for people living with dementia (and partners/ loved ones ) to meet up in a warm friendly atmosphere to chat and get to know each other.

For more information please contact **Julie** on 01729 823066 or [jdavies@ageuknorthcraven.org](mailto:jdavies@ageuknorthcraven.org) or just turn up.



# Shopping Shuttle Service

The shopping shuttles (including door to door pick up and drop off).

**Shuttles to be available are as follows:**

- **Settle**– Running Tuesday and Friday mornings, door to door local pick ups for about an hours shopping.
- **Kirkby Lonsdale**– This twice monthly shopping shuttle arranges door to door pick ups from Austwick through to Kirkby Lonsdale (Booths or market place). About an hour of shopping time to pick up your essentials followed by door to door drop offs afterwards.

To book or enquire about more information please contact **Sandra**, our Transport Manager, on **01729 823066** .



# Settle Walking Football

Come along to Walking Football. Age UK North Craven in association with Settle United AFC.

- Starting Thursday 18th November
- Thursday evenings 7pm-8pm
- £3.00 per session
- Held at Giggleswick School all weather pitch.



For any queries contact **Bryan Atkinson** on **07837608614**

For more information please call **Caroline Wilson**

**01729 823066**

Email [cwilson@ageuknorthcraven.org](mailto:cwilson@ageuknorthcraven.org)



# Walking Rugby

Sessions take place every Friday at North Ribblesdale RUFC, Grove Park Gardens in Settle and are £3.00 per session.

Everyone is welcome to join whether you have played before or have never picked up a rugby ball at all! With a professional coach to break down the game and give one to one help and a group full of cheery and friendly members you'll be playing in no time!

Spectators are welcome and there are opportunities for refreshments and socialising after the main event itself.

Walking Rugby will continue into winter but a week by week approach is being adopted coming into the colder months for weather consideration.

For more information please contact [Caroline Wilson](mailto:cwilson@ageuknorthcraven.org) on **01729 823066**

# DIGITAL DROP IN



Every Monday from 2pm—4.30pm at  
the Friends Meeting House, Kirkgate, Settle

(opposite the Victoria Hall, small meeting room round the back)

- Want to learn how to get more out of being online? Bring your device or just come along for a chat, and together let's make technology work for you.



- Anyone welcome.

- All you need to do is bring yourself, your device( if you have one) and turn up ready to learn!

Contact for more info:

Age UK North Craven on 01729 823066 or [info@ageuknorthcraven.org.uk](mailto:info@ageuknorthcraven.org.uk)  
Settle Hub on 07977 040329 or [hub@settlecommunityandbusinesshub.org.uk](mailto:hub@settlecommunityandbusinesshub.org.uk)



## Strong & Steady Classes

### Langcliffe

Mondays at Langcliffe Village Institute 11.45am – 12.45pm £6.00 per class (usually paid in advance for a block number of classes)

For further details please contact Kirsten Civil on 07415332556  
email [kckd@btinternet.com](mailto:kckd@btinternet.com)

### Long Preston

Tuesdays in Long Preston Methodist Church. Helping Hands Community Group  
1.30 – 2.30pm £4.00 per class includes refreshments.

For further details please contact Annette Metcalfe on 01729 840096  
email [annettemetcalfe911@gmail.com](mailto:annettemetcalfe911@gmail.com)

### Hellifield

Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month at the Wesley Centre Church  
3.00 – 4.00pm £3.00 per class.

For further information please contact [Pauline Wright on 07931511652](mailto:Pauline Wright on 07931511652)  
email [paulinewright2009@live.co.uk](mailto:paulinewright2009@live.co.uk)

## Digital Drop in update Nov 2021

We're settling in nicely to our new home in the meeting room at the back of the Settle Quaker Meeting House. It's a great venue with a lovely atmosphere, a kitchen so we can offer tea and coffee and it is wheelchair accessible via Ashfield car park. WiFi is also available so that people can connect their devices to the internet.

We are lucky to have some wonderful helpers who come along and volunteer their time, enthusiasm and experience to help people make sense of the wonderful world of the internet and digital technology. Gary, Richard and Harry are there most weeks, with Pat and Miles coming along whenever they can.

Some people attend regularly and never run out of things they want to learn! Some people pop in from time to time (they know where we are when they do have a query) and some people have had one off help with a specific issue.

People come along with all sorts of questions and things they want to learn. Nobody can know everything there is to know about the internet and devices, so we offer support that helps you work out the best way for you to do things, and if we don't know how to help you, we will try and refer you to someone who will.

We've had queries about using WhatsApp, iPad basics, what sort of phone or tablet should someone get, taking and organising photos, emailing friends and family, using the NHS app, and help applying for things online such as a new GHIC insurance for Europe and a passport renewal.

Some feedback from attendees has included "Excellent problem solving. Thank you", "The support here is superb" and "A very helpful confidence building place to come".

The Digital Drop in is free to attend though voluntary donations are welcome and at busy times we appreciate your patience while we try and get round everybody. If you'd like to find out more or come along, contact **Sophie Wild, Digital Inclusion Officer on 01729 823066** or [swild@ageuknorthcraven.org](mailto:swild@ageuknorthcraven.org).

If you can't come to the digital drop ins but need some help to access or use the internet, there is lots of other support available. See our **website** for more information [www.ageuk.org.uk/northcraven/services/it-support-getting-online/](http://www.ageuk.org.uk/northcraven/services/it-support-getting-online/).

## Age UK North Craven Cheapside Charity Shop

Age UK North Craven is opening on **Wednesday's** for a **full day** of shopping. *No more half day closing!!!*

As well as more time to shop we also have our donation bins out for longer too, so why not come down and grab a bargain or drop off donations to help our cause.

Our opening hours are from **10am-4pm**  
Monday's to Saturdays and **12noon - 4pm** on  
Sundays.



### Hellifield Pop up Pantry

Opened on the 8<sup>th</sup> October 21 and is open every Friday 2-3pm at the Wesley Methodist Chapel and Centre on Haw Grove Hellifield.

For more information please get in touch with Pauline Wright 07931511652 or [paulinewright2009@live.co.uk](mailto:paulinewright2009@live.co.uk)

### Ingleton Age Concern

#### "Sing up"

Ingleton Methodist Church on the 2nd Monday of the month running from 1.30pm-2.15pm.

"Sing Up" starts on Monday 8th November at the Ingleton Methodist Church.  
£1 donation is asked.

Contact Joyce Park on 07500800041 for more information

### Wolftracks Wanderers

Age UK North Craven are working in conjunction with Jo Wulf to offer a range of walking opportunities, including Nordic walking.

Lost your fitness? Wish you were getting out a bit more? You're not alone! Come and join in for an easy going guided walk.  
Easy pace, easy paths around Settle and Giggleswick. Great for physical and mental health.

**Lead by Jo Wulf**– Mountain Leader, Nordic Walking Coach and Outdoor First Aider

**£5.00 per person**

For information and bookings contact Jo Wulf on **07966981985** or email to [jowulf@wolftracks.co.uk](mailto:jowulf@wolftracks.co.uk)



Guided Walks & Navigation courses



Come and join us at

#### The Welcome Mat



A new meeting point in the community for social gathering with friendly faces, good Hellifield company, activities and a cuppa.

**From Monday 6th September**

**And every 1st and 3rd Monday of each month at the Wesley Centre on Haw Grove. £2.50.**

Covid guidelines, so best to book or contact Pauline on 850802

Join us at 2.30-4pm

**You're sure of a warm welcome!**

### LONG PRESTON CAKE & COFFEE

Helping Hands Community Group

Long Preston Village Hall every 4<sup>th</sup> Thursday of the month .

1.30 – 3.30pm.

Free entry.

For more details contact Annette Metcalfe on 01729 840096

Email [annetmetcalfe911@gmail.com](mailto:annetmetcalfe911@gmail.com)

# Age UK North Craven Classifieds Ads

- **Lunch Club Volunteers**—To help in the kitchen and front of house, helping members to settle in. Providing a welcoming atmosphere, ensuring premises used are prepared for the activity and left appropriately at the end of the session etc.
- **Couriers**—Looking for help with volunteering for our scheduled bus trips with drivers and couriers. Ideally for the following: Thursday Shopping Shuttle to Kirkby Lonsdale (1st & 3rd Thursdays of the month), Day trips and holiday cover.
- **Car Scheme Drivers**— To help take older people to and from their health related appointments. Expenses are repaid back at 45p per mile.
- **Second Time Around Shop Volunteers** Help with day to day running of the shops. Needed Wednesday Mornings especially.
- **Cheapside Age UK North Craven Volunteers**— Helping with the day to day running of the shop, till work, stocking rails. Needed Wednesday and Saturdays.
- **Ebay Volunteers**— Age UK North Craven is looking for volunteers to help with Ebay. This could be researching items to be listed, creating listings or helping to pack and prepare orders.
- **Valuer** -We are looking for some one with spare time who is interested in valuing antiques and has good knowledge of dating and pricing pieces. The volunteering opportunity is able to be fit around your spare time, and would be more an 'as and when' schedule.

For more information on any of the volunteer roles above please call **Age UK North Craven** and ask to speak to **Barbara Harrison** our **volunteer coordinator**:

**Tel: 01729 823066**

**Email: [bharrison@ageuknorthcraven.org](mailto:bharrison@ageuknorthcraven.org)**

If you wish to volunteer in any other areas of **Age UK North Craven**, please feel free to get in touch and enquire about how you might be able to help today!



# Allotment Corner

Our Age UK North Craven Allotment, drop in times have changed to 12.30pm-3.30pm due to the darker nights



## Winter Veg Patch

Broccoli, Brussels sprouts, cabbages, kale, leeks and parsnips are hardy vegetables and will stand through the winter. Leafy crops such as chard, parsley and rocket should also over-winter with a little protection.

Other crops such as carrots, onions, turnips and winter squash can also be grown to enjoy in winter if stored correctly.

## Winter Gardening Do's and Don'ts

### Do's

**Continue to plant** — as long as the ground is soft enough to dig a hole.

**Add mulch.** It will help keep root temperatures stable.

**Add compost.** It supplies organic nutrients to the soil (but no more than three inches thick).

**Water.** Watering in advance of a predicted freeze helps plants, especially potted plants and annuals, make it through a hard freeze because it allows plants to take up moisture before the ground is frozen and prevents water from reaching the root zone. Be sure to hydrate above-ground shoots as well as the roots.

**Give container plants extra protection.** Cover with frost cloth or other heat retentive blankets and move pots and other containers close to the foundation of the house or under eaves.

**Bring in houseplants.** Spray both sides of the

leaves with an insecticidal soap and water thoroughly with an insecticidal drench that is safe for people and pets to kill hitchhiking critters. Position plants indoors where they will receive indirect, bright light for at least five hours a day. Be sure to keep them away from drafts and heating vents and water sparingly because most houseplants do not actively grow in winter.

### Don'ts

**Fertilize.** This is a time for garden plants to go dormant and rest. Forcing them to start new growth before the ground warms in the spring not only interrupts this period when they are rejuvenating but ice storms and temperatures below freezing or even hard frosts will kill tender new growth.

**Skip your regular watering cycle.** During dry periods when the ground isn't frozen or covered with snow, a once-a-week deep watering is beneficial. New plantings especially need to be watered in.

**Worry about bulb foliage.** Leaves of daffodils and

# Recipe Corner

## Winter Stew

Enjoy a complete nutritious meal all cooked in one pot with this warming stew. The meat provides protein to help the body grow and repair; the potatoes provide carbohydrates to give energy and fibre, and vitamins and minerals from the vegetables help protect from winter germs.

A slow cooker is very handy for stews, and you can prepare the ingredients in the morning and leave it to cook all day. This can also be cooked in the oven.

**Serves 4**

**Preparation time 15 minutes**

**Cooking time 5-7 hours or 2-3 hours in the oven**

### Ingredients:

340g/12oz cubed meat, such as stewing beef, lamb or chicken.

1 onion

2 potatoes cut into chunks

2 carrots sliced

1 parsnip or swede chopped

2 stock cubes: beef. Lamb or chicken

2 tbsps. Of gravy granules or cornflour to thicken

500ml/20fl oz water, add more if required during cooking

Dried mixed herbs, chilli powder and/or pepper

to taste as required.

### Method:

Place the meat and vegetables in the slow cooker, or an oven proof casserole dish with lid.

Add the stock cubes to the boiling water and stir until dissolved. Add gravy granules or cornflour to thicken slightly.

Pour the mixture into the pot and then add more boiling water so that all the meat and vegetables are covered.

Season as required, for an even warmer taste add ground black pepper or a little chilli powder.

Turn on the slow cooker and leave for 5-7 hours, or put the covered casserole dish in the oven for 2-3 hours at gas mark 6/200°C/400°F.

Stir occasionally and add more water and thickening granules or cornflour as required checking that the meat is tender and the vegetables are cooked through before serving.

## Gluhwein

Fill your kitchen with the delicious scent of red wine, brandy, orange and spices in gluhwein. It's the perfect grown-up drink to help you warm up on wintery days



- 3 slices fresh ginger (peeled)
- 150ml brandy, rum, amaretto or schnapps

### Method

Put the orange slices, wine, sugar, cloves, cinnamon, star anise and ginger in a large pan. Warm gently for 10-15 mins, being careful not to let the mixture boil.

Add the alcohol, pour into glasses and serve warm.



### Ingredients

- 1 orange, halved and sliced
- 1 bottle red wine
- 200g caster sugar
- 5 cloves
- 1 cinnamon stick
- 2 star anise



# CHRISTMAS WORD SEARCH



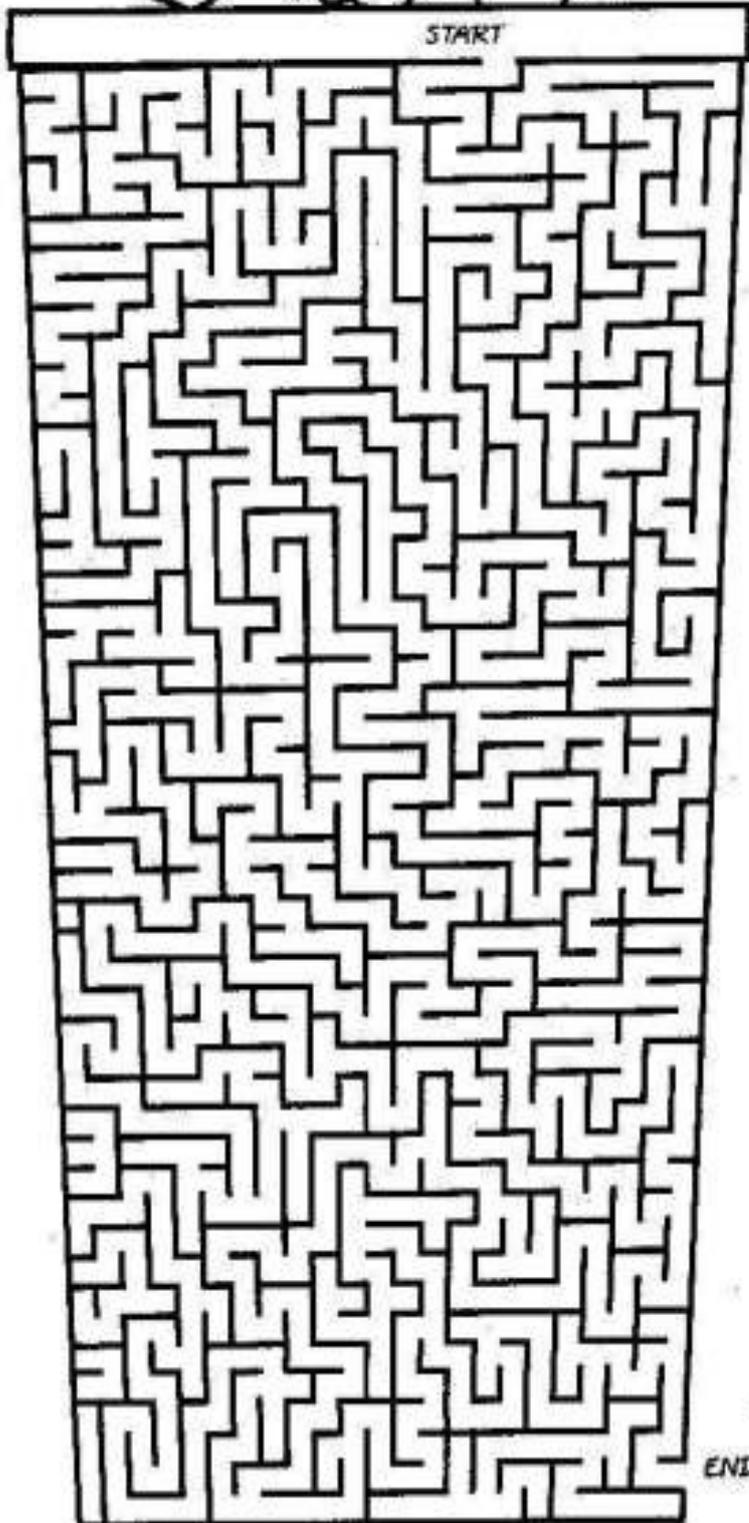
O P R I N L I G G Q Q R G L U N H Z E F  
 C H Z Q E J A O R E I N D E E R I R L Q  
 M B M O L S Z T V W U P O B N D T T V V  
 N H N J O L L Y N U Y E N M I H C C E U  
 X P M N P P S F I A G K A C L Y V H S Z  
 D L A E H X C E L B S F P G C E T Q E G  
 Z O M N T H E D A Y S G N I T E E R G M  
 S D Z I R V T Q P S G S B W C C P W V Q  
 P U I Z O V A J A E O R U A C F S O G S  
 G R E H N X R L B P Y N N N H R S O I L  
 B N Z C S T B H J O M D P I M O A B V M  
 Y M I S T L E T O E Y R D E E S M C I U  
 G O C N O R L D K C O Q O N R T T W N B  
 W K Y Q C Z E J A G O V T D R Y S D G Q  
 L O R T K L C N I C G P N R Y L I N X S  
 J N X J I R E F B A V A P J E H R D C Z  
 X L W O N H T A E R W V I I L E H A Y E  
 W L R D G Z G Y L D J C G N X E C M B O  
 M Y A D I L O H L S U H J A W N Z A M J  
 I X P D B T V H S K M W S E L D N A C U

- |            |          |           |            |
|------------|----------|-----------|------------|
| BELLS      | RUDOLPH  | ELVES     | JOY        |
| CANDLES    | SANTA    | FROSTY    | MERRY      |
| CANDY CANE | SEASON   | GIFT      | MISTLETOE  |
| CARDS      | SLEIGH   | GIVING    | NOEL       |
| CELEBRATE  | STOCKING | GREETINGS | NORTH POLE |
| CHIMNEY    | TREE     | HOLIDAY   | REINDEER   |
| CHRISTMAS  | WREATH   | JOLLY     |            |





Help Santa find his way down the chimney to your Christmas tree.



From all of us at Age UK North Craven, have a very Merry Christmas and a Happy New Year!



## Julie's Jokes

Time to take a moment and enjoy some jokes and funny quotes for your amusement. These have been compiled by our happy, smiley joking Julie.

'Last night I slept like a log. I woke up in the fireplace'

**Tommy Cooper**

'I did 25 minutes running on the spot this morning- I caught my brace on the banister'

**Kenn Dodd**



- What is the best Christmas present in the world? A broken drum, you just can't beat it!
- What did Adam say the day before Christmas? "It's Christmas, Eve!"
- What did the stamp say to the Christmas card? Stick with me and we'll go places!
- Why are Christmas trees so bad at sewing? They always drop their needles!

Oh did you hear about the shrimp that went to the prawn's cocktails party?-He pulled a muscle!

What's the longest word in the dictionary?- SMILES. There's a mile between the first and last letter'

**Unknown Author**

## Age UK North Craven Christmas opening

Age UK North Craven will be closed over Christmas from the 24th December until the 3rd January 2022.

**Get in touch:** Age UK North Craven, Cheapside, Settle, BD24 9EW.

t :01729 823066 e info@ageuknorthcraven.org

**Facebook:** @Age UK North Craven

**www.ageuknorthcraven.org** Registered Charity No. 1141867

## *Useful*

### *Numbers*

**NHS Helpline**

**NHS ring 111**

**Townhead Surgery**

**01729 822611**

**Ingleton Surgery**

**015242 61202**

**Benefits Agency**

**0345 606 0265**

**Airedale Hospital**

**01535 652511**

**Skipton General**

**01756 792233**

**North Yorkshire CC**

**01609 780780**

**Age UK advice**

**0800 678 1602**

**Craven D Council**

**01756 700600**

**Citizens Advice**

**0344 411 1444**