



Audio Books for Blind and Partially Sighted People

Did you know that anyone living in the Kent County Council area who is blind or partially sighted can borrow audio books for free by post. Applications will be accepted for this service by anyone who has recommendation from the Kent Association for the Blind or a doctor's or ophthalmologist's letter. You can borrow up to 4 books and they are delivered by freepost. Call 03000 411966 for more information.



Swale Seniors Forum

Sittingbourne, Sheppey,
Faversham and surrounding villages

Issue no. 28

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BEFRIENDING GAMES CLUB

Upcoming dates

Friday 6th October
Friday 3rd November
Friday 1st December



They will all be held at: Swale CVS, Central House, Central Avenue, Sittingbourne
10.30am - 12.30pm

Free refreshments and free transport available

Please ensure you confirm your attendance for the next games club by **Monday 2nd October** so we can arrange the necessary transport. **Please call Louise on 01795 473828.**

If any members would prefer the newsletter in a large print version please ring Swale CVS to request this for the future

Contact Us. We always value feedback

You can write to us

SSF, C/O Swale CVS, Central House, Central Avenue, Sittingbourne ME10 4NU

You can telephone Swale CVS on 01795 473828 or E Mail

swaleseniorsforum@hotmail.co.uk

You're never too old to learn something stupid.



OPEN MEETING

The next SSF Open Meeting will be held on

Tuesday 3rd October 2017

At 11.00 am

At Phoenix House, Central Avenue, Sittingbourne



ALL WELCOME
REFRESHMENTS AVAILABLE

Guest Speaker - From Co-op Estate Planning

"All you need to know about inheritance tax, power of attorney and much more"



It was lovely to hear from you with comments on the previous newsletter. We try to provide information that will be both of interest and use to you.

If you have anything you would like included in a newsletter, do feel free to contact us and send in any information or articles that you have to:

Zoe Deveson at swaleseniorsforum@hotmail.co.uk
or telephone on 01795 473828

They begin the evening news with 'Good Evening', then proceed to tell you why it isn't.





Bogus Callers

Most people who call at your home will be genuine. However, occasionally bogus callers or rogue traders may turn up unannounced and try to:

- Trick their way into your home to steal valuables or money
- Sell you services or items you do not want or need
- Carry out unnecessary repairs to your home at inflated prices.

They may work alone or in pairs, and could be male or female. They could pretend to be from the local council, say they work for a water, gas or electric company, or use children to trick their way in to your home.

If you have concerns about anyone calling at your home, **don't open the door.**

A clear conscience is the sign of a fuzzy memory.

**IF IN DOUBT
KEEP THEM OUT**



- Lock your back door and close windows before you answer the door.
- Use a spy hole and chain to check who the caller is before you answer.
- Ask to see the caller's identification, even if they have made an appointment to see you, and call their company yourself (not on a number they provide) to check they are who they say they are.
- Never leave the door open and unattended—close it until you return.
- Ask the caller to return another time when someone can be with you.
- Never agree to have a job carried out if you feel unsure or pressured into it—a genuine caller will not mind coming back at a more convenient time or giving you time to think about an offer.
- Do not hand over large sums of money on demand—it may indicate that you keep large amounts of cash at home.



Where To Get More Mental Health Information

The Mind organisation publicises much information on all aspects of mental health and over 40 booklets are available from their online shop. Here are Mind's quick tips on relaxation.

Pause for thought

Introduce small moments of relaxation into your day. Take a moment to stop and look around, or close your eyes and listen to the sounds you can hear. Mindfulness techniques like this can help you feel calmer and more in the moment.



Try a breathing exercise

Gently breathe in through your nose and out through your mouth, keeping the pace slow and regular. Slowly tense then relax all the muscles in your body, starting at your toes and working up to your head. Afterwards just take some time to be still and focus on how your body feels.

Listen to some music

Your favourite tunes can help you to switch off. Tracks with a slower tempo, or designed with relaxation in mind, might be a good choice.

Try active relaxation

Gentle exercise like yoga, Tai Chi or Pilates, or stroll in the fresh air, can all give you time to unwind your body and mind. Exercise also releases 'feel-good' hormones, which can help reduce depression and anxiety.

Where are you happiest?

A tropical beach? The park on a sunny day? Imagine you're there. Think of the sounds and smells around you, and how you feel. This can bring back nice memories and help you to unwind.

Keep practising

Don't worry if relaxing doesn't come naturally. Set aside some time everyday, or as often as you can, to try relaxing. Find a quiet, warm space where you won't be interrupted, to help keep your mind focused and free from distractions.



The low-down on DVT

Flying long haul isn't the only cause of blood clot dangers.

A guide to decreasing your risk in the air and on the ground.

Most of us associate long flights with an increased risk of deep vein thrombosis (DVT). Did you know, though, that our weight can play a part, too? 'Being overweight, inactive or both, increases the chances of a blood clot developing—and not just when you're in the air.

So, what can we do to help reduce the danger and keep well, whether we're home or away? Firstly and most importantly, recognise the warning signs. The most common symptoms of DVT are pain, swelling and tenderness.

Your travel protection plan

Plane, train, coach, car... Top tips for any journey that's six hours or more

- Travel in non-restrictive clothing
- Drink plenty of water (and give alcohol a miss)
- Take regular short walking breaks if you can
- Boost blood flow with these easy exercises (where it makes sense):

SITTING Lift one foot off the ground and slowly circle it, first clockwise, then anti-clockwise. Repeat with the other foot.

STANDING Lift one leg, bring your knee towards your chest and, if you can, rise onto the ball of your other foot. Repeat with the other leg.

Do you get bitten by Mosquitos?

Mosquitos are attracted to sweat but are repelled by lemon. So, when you shower or take a bath add a few drops of lemon juice to your shower gel and shampoo. It is surprisingly effective!



I used to be indecisive. Now I'm not so sure.



CHECK CALLER ID—Check for expiry date, is it still valid? Look at photo - does it match the person? Has it been stuck on? Call company using number from directory to check they are a member of staff.

SECURE YOUR HOME—use spy hole and door chain to see whose calling. Don't keep large sums of cash in house. Don't leave valuables on display by window. Only use trusted companies to carry out work.

REPORT BOGUS CALLERS

- If you have a bogus caller at your door call **999**. To give information about possible bogus callers call police on **101**

Reducing Fuel Bills

Are you concerned at the amount of your gas and electricity bills?

If so here are some things that may help you reduce your bills over the winter months.

- Move furniture away from radiators so that heat can circulate
- Close curtains at dusk to reduce draughts and heat loss through windows
- Shut doors to keep heat in
- Stop draughts from windows and doors by draught proofing
- A shower uses less hot water than a bath.
- Replace light bulbs with energy efficient ones. Over its lifetime an energy saving bulb can reduce your lighting costs by up to £100 and can last 12 times longer.
- Don't leave TV's, DVD players etc on standby and turn them off at the plug
- Boil only the amount of water you actually need in the kettle

Money can't buy happiness, but it sure makes misery easier to live with.





Maureen's Tip - Chocolate Biscuits

Once you've opened them, store chocolate biscuits in the freezer. They will stay fresh and crisp!

(Louise's tip - once open, eat the lot!!!)



Here, courtesy of The War Cry is a simple, tasty recipe ideal for a meal at anytime of year.

Creamy mushroom and bacon pasta bake

- 500g fusilli pasta
- 150g frozen peas
- 50g butter
- 300g closed cup mushrooms
- 200g bacon rashers, chopped
- 50g plain flour
- 500ml milk
- 150g Cheddar cheese, grated



Cook the pasta and peas according to the packet instructions.

Preheat the oven to 200C/ 400F/ Gas Mark 6. Heat 20g butter in a saucepan, then fry the mushrooms for 2 minutes. Set aside on a plate. Fry the bacon in the same pan for 4 minutes, then set aside.

Melt the remaining butter in the pan, then stir in the flour. Gradually add in the milk stirring all the time. Increase the heat and continue to cook until the sauce thickens. Stir in 120g of cheese.

Spoon the pasta, peas, mushrooms and bacon into a large ovenproof dish. Pour the sauce over the top.

Sprinkle the remaining cheese over the top. Cook in the oven for 10 minutes until golden

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad



Do You Care Who Inherits Your Estate?

Arranging your Will and LPAs will ensure your wishes are made clear. A will is a legal document that allows you to state what should happen to your assets when you die. Without a will, there is no guarantee your wishes will be carried out, or that your estate will go to those intended. In spite of this, according to research by the Office of the Public Guardian, an estimated 60 per cent of UK adults don't have one in place.

PEACE OF MIND

Whatever your circumstances, it's important to make arrangements for the future. Preparing a will can give you and your family peace of mind, helping to ensure your assets are protected and your loved ones are taken care of when you're gone. A will is relatively straight forward to arrange and can make a difficult and emotional time that bit easier for your family.

Another important part of planning for later life is setting up a Lasting Power of Attorney (LPA). An LPA allows you to appoint the people you trust the most to make important decisions on your behalf when you are no longer able to. Without an LPA, your loved ones must apply to the Court of Protection for permission to manage your affairs— a lengthy and costly process.

There are two types of LPA: property and financial affairs and health and welfare. The first covers your finances, such as dealing with the bank/ utility providers or collecting benefits on your behalf. It also covers your property and what will happen to it. The second can only be used when you're unable to make your own decisions. It covers choices about your medical care, treatment and care type.

If you are interested in these matters why not come along to our Open Meeting on 3 October at 11am at Phoenix House when our Guest

Speaker will give you much more practical and

easy to follow information.

To book a place, telephone Zoe on 01795 473828



Where there's a will, there are relatives.