



East Hunsbury
Parish Council

East Hunsbury Seniors It's Your Newsletter

- KEEPING OUR CLUB CONNECTED -

**COUNCILLOR MAGGIE ALLEN
CHAIRMAN, COMMUNITY
ENGAGEMENT COMMITTEE**

Hello everyone, well, we said goodbye to 2020 and I think it's safe to say this year is already looking much more positive.

Having managed to find a new rescue dog in the middle of the first lockdown and needing to walk regularly to help a back problem, I somehow acquired, I can be seen toddling around the Blacky More area three times a day, which brings the great benefit of bumping into some of our Seniors Club members who live nearby and who are out and about for their exercise and a dollop of fresh air.

What I always notice is that no matter how disappointing things might be for each of us, we still have a really good chat (distanced, of course) and *always* end up laughing together.

Speaking as someone who lives alone – with my beautiful dog of course, this socialising is a vital part of my day and I always feel so much better after a chat with those I meet. Not only do we have the Seniors Club in common, but we are kindred spirits because of our 'mature' status, which gives us a similar outlook on life – even though we are all very different people. We all miss the coffee mornings and look forward to a time when we can do 'something' together, even if it's in a very different format.

I'm a great believer in "there's no such thing as a problem – there are only solutions", so I have to say I do believe better times are ahead.

We just have to go with what's best for us all, look after ourselves and each other and be positive in our thoughts and actions.

Looking forward to springtime, blue skies, blossom, lambs in the fields and much, much better things in store for everyone.

Take good care - Maggie

EAST HUNSBURY PARISH COUNCIL COMMUNITY PROJECTS UPDATE

Hello to all our Seniors. We start this year with this newsletter, to outline projects and ideas which have been researched especially for you.

You will find a mix of information about a variety of subjects, along with the usual quizzes and articles and activities.

Over the past couple of months, a number of you have been in touch to talk about your concerns around SCAMS, via both email and telephone. We have therefore created a special booklet, which includes helpful information from a variety of partners. We hope that this can help you with any concerns that you have.

You will also find details about opportunities to get involved in activities. The rest of the newsletter includes contributions from many people, including our local WI, Library, crafters, bakers, and other seniors.

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I will end this part, with a note about our current Covid-19 situation. Please all still follow Government guidelines relating to keeping yourselves safe.

We know that many of you have started to receive your vaccine injections, which is brilliant news, but we all need to still follow the guidelines, to socially distance, wear our masks, wash our hands.

One final thing – we have a new member of the team, so those of you who call the office may speak to Trudi, who joins us to work on Admin support, and who is now involved in producing this newsletter. We welcome her to the team.

You all know where we are – please get in touch about anything that interests you in the newsletter. We will continue to work to support you and keep you informed.

Best regards for now.

Liz Carroll-Wheat, Community Projects EHPC

STAY ALERT AND STAY SAFE

Now that the new normal is to be spending more, if not all of our time at home – in addition to ensuring we look after ourselves in every possible way, we need to make sure we're staying safe and alert too! There are some awful scams going around and we're here to help you.



In conjunction with Age UK Scams Awareness and Avoiding Scams online guides and information, we have put together a separate and easy to follow booklet for you to keep out while you:

- Answer the phone
- Answer the door
- Receive and send emails
- Receive post

Times are continuing to be incredibly difficult and we are all feeling the strain of keeping on top of things, so let's be alert, aware and 'in the know' of what we can do to continue to look after ourselves. For more information, please visit:



www.ageuk.org.uk

A ZOOMING GOOD TIME FOR ALL

We've all heard about it – but not all of us are doing it!

Seniors *guide*

You don't have to of course, but if you give it a go and start using it – you'll be amazed how easy it can be to keep in touch with your family and friends. Lots of people can do this at the same time so you can chat to groups of people online - all while seeing each other safely. You might want to hold your book club in this way or just chat to people you can't go and see, so we've got a separate guide to help you get Zooming, courtesy of Seniors guide.

If you feel the guide isn't useful for you and would prefer some training, we can arrange this for you and host our own Zoom meeting with some of you to see how you get on and offer any help we can? Let us know by emailing: admin@easthunsburyparishcouncil.gov.uk

GET ACTIVE



Tai Chi Senior Sessions

Sadly, due to restrictions, our regular sessions are on hold. We will keep everyone updated and Jeff our lovely tutor says.... keep practicing team! Keep doing the stretching and breathing exercises and following the videos.

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We will restart our classes as soon as we can. Liz will keep you updated.

Walking routes for all the family: one of the things which we can still do, is to head outside to our local parks and open spaces. The Parish Council has been working with a local walk coordinator, Julia Doherty, of the Adventure Geeks to create 3 different walks for you. Please refer to the separate attachment and our website, for more information.

In addition to the above, you can also find attached to this newsletter, a helpful guide from Age UK once again providing a step by step guide to give you **15 More Ways To Move More At Home**. Are you ready to take on the challenge and 'Get Active'? Enjoy!

SUPPORTING INDEPENDENCE PROGRAMME

The Supporting Independence Programme provides up to 12 weeks of one-to-one support for those of us who may have slowed a little, are feeling less confident getting around or who need someone to help on a regular basis. This could be supporting you to increase your levels of physical activity, support with your general health and daily living or providing emotional, social or nutritional support and advice. Support is currently delivered over the phone.



The assessment can be completed by anyone living in Northamptonshire or completed on someone else's behalf to see if they would be eligible for independence support.

For further information and to access the online assessment form, please visit the **Supporting Independence Programme**.
<https://www.northamptonshire.gov.uk/councilservices/health/pages/supporting-independence.aspx>

READY, STEADY, COOK

theWI
INSPIRING WOMEN

Our friends at East Hunsbury W.I. have come up with another fabulous recipe for us to try out.

This time it's something savoury - vegetarian/vegan and gluten-free! It's a Cornish Briam - serve it as a side or main course.



Thanks to Val and Ollie from the W.I. for the suggestion. We do like recommendations from the ladies.

You can find this delicious dish recipe separate to the Newsletter for you to keep in the kitchen.

GLUTEN FREE BAKES WITH CALEB SLATER

Once again, the talented Caleb (our Youth Winner 2020 East Hunsbury Bake-Off), has very kindly provided this tasty treat for us all to try. This time it's a Raspberry Bakewell Cake. Once again, this is separate to the Newsletter. Enjoy!

Anyone with a favourite recipe to share – please feel free to post a copy to us or email it to: admin@easthunsburyparishcouncil.gov.uk

Happy cooking and baking!

GET CRAFTY AND CREATIVE

Pauline Boler, one of creative Seniors, is this time sharing how to make a beautiful folded box, from paper.



Something for us to have a go at whilst at home.

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There are only a few materials needed and we have seen Pauline make these at Crafty Sessions at the library (we look forward to when we can restart those!).

Have a go – you can send us a photo of your creation if you like! Please email them to: admin@easthunsburyparishcouncil.gov.uk
Enjoy!

Knitting Crew Update

A huge thank you to those of you who have joined the Knitting Crew.

At the moment, we are making mini hats for charity (Innocent Smoothie Bottles) and crocheting and knitting hearts for the Covid patients and families at Northampton General Hospital.



Please keep going – more are needed.

If anyone wants to join in – please contact Liz at the office and she will supply patterns for hats and hearts.

The money raised helps fund lunches, classes, befriending services, and other support services offered by local Age UK centres. Liz will arrange to pick up hats from anyone who is knitting and get them to Age UK.

We have been asked to make pairs of hearts (in pink or red preferably) – knitted or crochet.



Liz has patterns for these.

A pair of hearts is used for each Covid patient.

One is kept by the patient and the matching one is given to their family, to keep them connected. Once made, we can arrange to collect them from you, and deliver to NGH.

Please contact Liz for patterns:
01604 708429 or email:
community@easthunsburyparishcouncil.gov.uk

LET'S GET QUIZZICAL

Well have we got some corkers of quizzes to keep you busy and entertained!



As ever, we have the photogenic wonders from the lovely Rob to get your minds thinking with a clever 'Clock It! Spot the Difference', together with two quizzes Trudi has used from her monthly Candis magazine subscription.

These are attached separately for you to enjoy! Answers can be provided in the next newsletter!

For those of you wondering how well you did on the last newsletter quizzes – please see separately how well you did!

Good Luck everyone!

WHO DO WE THINK WE ARE? UPDATE

You'll all remember the fun we had when we started this project in the happier times of being able to meet at our Coffee Mornings and catch up face to face – well, we'd like to continue the theme and won't let another lockdown stop us!



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We got to know ‘who was from where’ and ‘guessed the baby’ with some wonderful photos that you shared with the group and now want to know even more about you all, leading us nicely to a new section called ‘**A journey down Memory Lane**’.

We’d love for you to share:

- **Your first childhood memory**
- **Your childhood dreams and ambitions**
- **Your first experience of school**
- **Photos that prompt a special memory (you can either scan and email them into us, or send them to us at the office?)**

In the future, we can arrange to pick them up from you and scan them in at the Library and return to you.

As we go forward we will ask you about other memories and stories – for instance:

- Your first job/best job
- Favourite Music/Song/Bands
- Favourite Films
- Favourite Holiday Destination

Please don’t answer us about these right now though – we want you to keep something back!

You can choose to share this information in a number of ways during lockdown: by emailing us with your answers that we can share with you all in the next edition newsletter (admin@easthunsburyparishcouncil.gov.uk), or using the information as a conversation starter with friends and family, or for those technical wizards among you, you can share this via a ZOOM meeting with your friends and have fun reminiscing about the ‘good old days’. Information on ‘A Step-by-Step Guide to a Zoom Meeting’ is attached.

COLOURING TO CREATE CALM



It’s always great to find something we can all do that’s both fun and also beneficial in some way.

The colouring templates you are receiving with your newsletter are called Mandalas – a word from ancient Sanskrit, meaning *circle* or *enclosure of sacred space*. You’ll find we’ve also supplied a pack of coloured pencils for you to use.

Colouring-in designs like these has been proved to be relaxing, and can actually reduce anxiety – something we could all do with just now!

See how you get on and do let us know if you feel this little art project helps you in any way.

MEET THE SENIOR - ROB BOLER

Rob is one of our club members, who also volunteers as our photographer. He has captured lots of great photos of community events for us, over the past couple of years.

He has kindly volunteered to be our first **MEET THE SENIOR** with 10 questions to find out a bit more about him and his hobby. All will be revealed in a separate attachment to the newsletter.



NEXT TIME: Meet another Senior! If you have an interest and fancy being interviewed with 10 quick-fire questions – please get in touch with Liz by emailing: community@easthunsburyparishcouncil.gov.uk

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BOOK REVIEW WITH BEN EAST HUNSBURY LIBRARY

We may be stuck indoors again but what better escape in these difficult times that between the pages of a good book!



We've been receiving plenty of new releases at Hunsbury Library recently, that have filled our shelves to the brim. Here's a look at some of the best books gracing our shelves...

Be pulled back through time in Sue Monk Kidd's **The Book of Longings**, an evocative novel about a rebellious young woman who writes secret narratives about the neglected and silenced women around her.

Or fly half a world away in Kate Grenville's **A Room Made of Leaves**, for a tale of resilience, courage and desire in an unknown continent.

Perhaps you wish to lose yourself in the new standalone novel from the acclaimed Elena Ferrante, **The Lying Life of Adults**, a gripping coming of age novel that will soon make its leap to the small screen.

If you're looking for something a little darker, then do we have some great thrillers for you! New releases are in from all the big names in crime writing; James Patterson, Ann Cleeves, Clive Cussler and many more – perfect for fans of high octane action and feverish page-turning reads.

If the outer reaches of space or mysterious fantasy lands are more your thing, we have new adventures from Mark Lawrence, Jodi Taylor and Christina Dalcher waiting to be unravelled.

Fiction isn't the only thing we have in vast quantities – we're practically overflowing with

insightful memoirs and curious true stories with

our latest non-fiction reads. Whether it's the highly anticipated **A Promised Land** by Barack Obama or Hilary Mantel's appropriately-titled collection of essays **Mantel Pieces**, there's always something that'll suit.

Our library building is closed while the lockdown persists but you can still order books for collection via our Select & Collect service.

Drop us an email at

hunslib@firstforwellbeing.co.uk or ring

0300 126 1000 to enquire!

If you'd like to stay up to date with the library, be sure to like our Facebook page.

IN NEED OF A HANDY MAN?

Keeping with information from Age UK, did you know they offer a fantastic 'Handyperson Services' initiative for people who need extra help with small practical jobs in and around the home?



A handyperson is usually a charged-for service and the cost will vary dependent on the work being undertaken. These are the sorts of jobs they can usually help with:

- **Small repairs** - putting up curtain rails, shelves and pictures
- **Safety measures** - fitting smoke alarms, carbon monoxide detectors and grab rails
- **Home security** - door and window locks, door chains and door viewers
- **Energy efficiency checks** - installing draught excluders, radiator heat reflectors and energy efficient lightbulbs

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To find out if your local Age UK offers handyperson services near you, please visit:

<https://www.ageuk.org.uk/services/in-your-area/handyperson-services/>

Or call the Age UK Advice Line on 0800 678 1602.

CALLING ALL HOBBY EXPERTS TO SHARE HANDY HINTS!

Are there any budding gardeners out there willing and able to share their wisdom on how we can start to think about looking after our gardens?



With Spring approaching (it will be here before we know it!), not only is it an opportunity to get outside and enjoy some fresh air, we can think about pruning, planting, mowing and weeding to get our gardens in order so we can enjoy the long-awaited summer months ahead!

Perhaps if gardening isn't your thing, but you know plenty about something else that you'd like to share – please get in touch with Trudi at: admin@easthunsburyparishcouncil.gov.uk

Note: The Library staff are now looking out for volunteers to help them with some gardening in the Spring time, so again, if you'd like to offer your help, please email Trudi. Thank you.

NORTHANTS FIFTY+ NETWORK

Have you heard about these or perhaps already have a copy and subscribe to their magazine?



If not, here's more information about them.

Purpose of the Network: The aims are to enable over 50's to:

- Have a voice and be listened to through consultation and engagement opportunities.
- Influence statutory organisations, public bodies and voluntary sector organisations on how their services are developed and delivered and be engaged in creating opportunities for change.
- Participate in local, county, regional, national and international initiatives for older people.
- To share information both within the organisation and within the community.
- Promote and encourage participation in activities.

You can sign up for 'free' online by completing an online registration form: <https://northantsfiftyplus.org.uk/register/>

Or you can pick up a copy of their magazine in the library here, your local supermarket, newsagents, doctors surgeries and pharmacies/chemists.

You can also pay £5 to receive 4 issues by post or read them online at: [Northants 50+ Issue 29 - Autumn Winter 2020 \(nnebooks.co.uk\)](http://nnebooks.co.uk)

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NEWSLETTER RECEIPT PREFERENCE

Please can we ask you to think about how you would prefer to receive this newsletter going forward.



Either by mail delivery
or via email?
The choice is yours!



Community Projects Officer:

Liz Carroll-Wheat

Email:

community@easthunsburyparishcouncil.gov.uk

Administration Officer:

Trudi Sadler

Email:

admin@easthunsburyparishcouncil.gov.uk

Please confirm your preference by emailing admin@easthunsburyparishcouncil.gov.uk no later than **Monday 8th March 2021** and we will make a note of this. Thank you so much.

YOUR CONTACT DETAILS

Thank you for providing us with any changes to your personal contact details; address, home telephone number, mobile numbers and emergency contacts.

If there have been any recent changes, please do let Trudi know so we can ensure our records are kept up to date. Thank you so much.

OUR CONTACT DETAILS

Here's a reminder of our contact details for you to keep safe and to hand:

Clerk: Mrs Caroline Holgate

Hunsbury Library

Overslade Close

East Hunsbury

Northamptonshire

NN4 0RZ

Tel: 01604 708429

Email: clerk@easthunsburyparishcouncil.gov.uk

We hope you have enjoyed reading this newsletter and found the content useful to you, together with the separate attachments helpful, informative and entertaining?

Please do share any ideas you may have for future Newsletters with Trudi and respond to any of the 'asks' within this edition, if you're interested and happy to get involved.

admin@easthunsburyparishcouncil.gov.uk

Issue 2 of your newsletter will be with you prior to Easter!

Thank you and take good care of yourselves.