

# life

 **ageUK**  
Love later life

**Wise Words**

**‘We need to be more sensible about how we invade the natural world’**

**David Attenborough**

**LIFE LINES**

**Combatting loneliness with Age UK**

**Running Man**

**Bill Mitchell on tackling an ultra marathon at 71**

**TUNE IN**

**Celebrity chat on The Wireless**

**Together stronger**  
Get fit with friends to boost wellbeing  
**page 34**



# Welcome

We hope this feature-packed issue of *Life* will inspire you to make the most of later life. We've got a fascinating interview with Sir David Attenborough, who is an inspiration to us all. Turn to page 26 to find out more from a broadcasting legend.

We have a brand new Your Life section, with lots of useful information. This issue, we take an in-depth look at staying fit while increasing your social life, and how you can keep your brain in top condition. We also have a new health Q&A section – turn to page 32 to find out this issue's hot topics.

On page 42 *That's Life* star and charity *tour de force* Esther Rantzen tells us about enjoying her grandchildren and her experience of loneliness.

And don't forget to turn to page 18 to discover what celebrities have been saying on The Wireless, Age UK's radio station.

Finally, we would love to hear from you – please get in touch and let us know what you think.



**Ms Nicky Kidner, Editor**

**We are Age UK.** Our network includes Age UK, Age Cymru, Age NI, Age Scotland, Age International and more than 150 local partners.

## We'd love to hear from you

Here's a handy list of numbers where you can reach us.

### Information and advice

0800 678 1601 [www.ageuk.org.uk/guides](http://www.ageuk.org.uk/guides)

### Our shops

0800 023 4736 [www.ageuk.org.uk/shops](http://www.ageuk.org.uk/shops)

### Local contacts

0800 678 1601 [www.ageuk.org.uk/local](http://www.ageuk.org.uk/local)

### To volunteer

0800 023 4736 [www.ageuk.org.uk/volunteering](http://www.ageuk.org.uk/volunteering)

### To donate

0800 023 4736 [www.ageuk.org.uk/life](http://www.ageuk.org.uk/life)

### Age International

0800 032 0699 [www.ageinternational.org.uk](http://www.ageinternational.org.uk)

We're always available on the phone between 9.00am and 5.00pm, some of these numbers are also manned outside those times.

Our shops are usually open during normal opening hours Monday to Friday and some are also open over the weekends. While our shops offer as many Age UK products and services as possible, not every shop offers all of them.

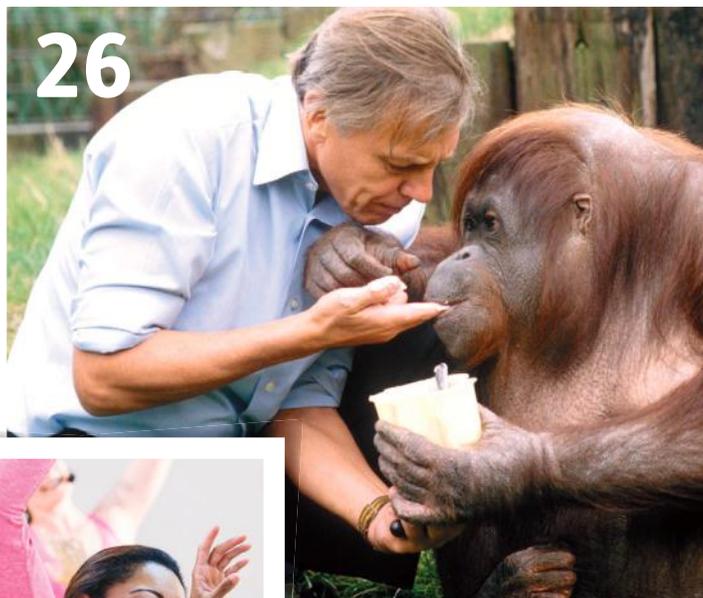
### Write to the Editor

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London WC1H 9NA

### How to order more copies or subscribe

We want you and those around you to enjoy *Age UK Life* and get as much as possible out of your publication. If you'd like to order more copies please call **0800 678 1601**. Or to subscribe to the magazine call **0800 023 4736**. This is all for free and we'll be happy to help you.

Thank you for your support.



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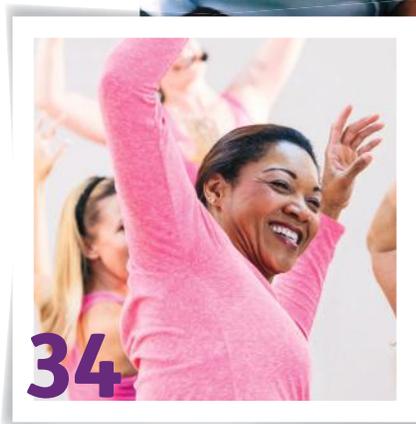
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Get involved digitally and share your experiences with us through social media.



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Charitable services are provided by Age UK (the charity). Commercial products and services are provided by various third party organisations working in association with Age UK's commercial services arms.

# Update

News, events, people and places:  
the latest from Age UK



## CHARITY NEWS

### Independent regulator

A new independent charity regulator has been launched. Esther Jackson, Fundraising & Marketing Director at Age UK, says: 'The launch of the new independent regulator is a welcome step forward. The public rightly expects all charities to adhere to the highest standards of fundraising and a new single independent regulator will help ensure this happens. We hugely value our donors, whose support allows us to continue our vital work. Our priority is to ensure the needs of older people are respected, so we look forward to working together with the new regulator to see what more can be done to offer further protection to vulnerable groups.' Find out more at [www.fundraisingregulator.org.uk](http://www.fundraisingregulator.org.uk)

## FUNDRAISE

### Get knitted!



The Big Knit was set up by innocent and Age UK to raise awareness of the vulnerability of people during winter months, while also raising money to help fund projects to keep people warm. The idea is simple: knit a little hat to fit an innocent smoothie, send it in to innocent and it will adorn one of its smoothies with it. Then, for each one sold innocent donates 25p to Age UK.

Why not give it a go? You can find knitting patterns and inspiring hats on [www.thebigknit.co.uk](http://www.thebigknit.co.uk). Once you've completed them, send them on to innocent – you'll find all the details on its website. If you want to find out more, speak to the Big Knit team at [bigknit@ageuk.org.uk](mailto:bigknit@ageuk.org.uk)



**NEWSFLASH!** Age UK is through to the final round to be Morrisons' chosen charity. If we win,

**NEW  
PARTNERSHIP!**

## SMART THINKING

Age UK is proud to be a co-founder of the Global Council on Brain Health (GCBH), which offers advice on how we can maintain and improve our brain health as we age. Together, we have concluded that a physically active lifestyle can help reduce the risk of conditions such as dementia in later life. And there are two simple ways to keep that grey matter hearty.

- **Lead an active lifestyle:** Avoid the lift, walk to the shops, keep the housework and gardening in check.
- **Take regular exercise:** You don't need to start running marathons (although you can if you like!) – have a look around for something that suits you.

**Turn to page 34 for great ideas on keeping fit while making friends, and page 37 for more tips on looking after your brain.**



 **ageInternational**

## Competition winners

To coincide with the International Day of Older People, Age International exhibited the winning images from its photo competition in St Martin-in-the-Fields during October. They were displayed alongside images of the charity's work in Myanmar, taken by the *Guardian*'s award-winning photographer, David Levene.

The winner of the Amateur category was Andy W Langton, with this stunning portrait of two of the diving women of Jeju in South Korea. Women in their 70s regularly swim to depths of 20 metres for shellfish to support themselves and their families.

To see the winning photos, and find out more, go to [www.ageinternational.org.uk/photos](http://www.ageinternational.org.uk/photos)

### VOLUNTEER NEWS

## The royal treatment

**Barbara Jones, one of our dedicated Age UK volunteers, and her husband Robert woke up on their 60th anniversary in August to an extra special surprise in the post: a card from the Queen! Her Majesty sent a kind message wishing them well for their diamond anniversary. Barbara, who has worked in the Clitheroe Age UK shop for nearly 25 years, will be 85 next April. Congratulations, Barbara and Robert, from everyone here at Age UK!**



**we will be able to help 250,000 more lonely older people. Fingers crossed their staff vote for us!**

## Update



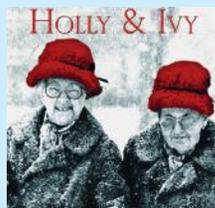
**Raise money by eating cake!**

## Festive fundraising

Could you host an event this festive season to raise money for Age UK? This Christmas, put on your own event for Age UK to raise money to help us support people in later life. From coffee mornings to quiz nights, there are plenty of fun things you can do to help fundraise for us. You could even throw an Age UK party! Have a look on our website for plenty of ideas, but feel free to let your imagination run wild – the more creative you are, the more publicity you could get, and the more people might support you. From festive crocheting to skydiving santas, the world is your oyster. [www.ageuk.org.uk/get-involved/raise-money/fundraising-ideas/](http://www.ageuk.org.uk/get-involved/raise-money/fundraising-ideas/)

### SUPPORT US

## Christmas wrapped up



Stock up on Christmas cards from Age UK this winter, and 58p from every pack will go directly to Age UK to help support people in

later life. There's a fantastic range to choose from, available online and also in your local Age UK shop. Find out more at [www.ageuknewgoodsshop.co.uk](http://www.ageuknewgoodsshop.co.uk)

### BENEFIT NEWS

## Free TV licence

If you're over 75, or live with someone who is, you're entitled to a free TV licence. The thing to remember is that it's not an automatic benefit when you turn 75; if you're eligible, you'll need to apply. The process is simple: Call **0300 790 6131** or visit [www.tvlicensing.co.uk/over75info](http://www.tvlicensing.co.uk/over75info)



**Join us** We have more than 160 local Age UKs/Age Cymru partners. Find out what's on by calling **0800 678 1601** or going to [www.ageuk.org.uk/local](http://www.ageuk.org.uk/local)

# Get up to speed with Windows 10



**FREE  
GUIDE**

## In your FREE guide:

- Find your way around the new-look Windows 10
- Discover great new features to make the most of your computer
- Translate the technical terms with our jargon buster
- Manage your privacy and data settings

The Which? guide to using Windows® 10 is an independent publication and is not affiliated with, nor has it been authorised, sponsored or otherwise approved by Microsoft Corporation

### New to Windows 10? Whether you've bought a brand-new laptop or you're upgrading, we can help you get up and running.

We know it can be daunting to start to use a system you're not used to. That's why our Which? computing experts have written this FREE guide to show you the ropes. It's jam-packed with helpful advice, from how to find your files and browse the web, to tips and tricks to get the most out of your laptop.

#### Find your way around

If you've used Windows before, some parts of Windows 10 will be familiar. But you'll notice a different look and new ways of doing some things. This guide talks you through the first steps, such as how to create a new account and how to access the programs you need.

There's also advice on how to connect all your devices, and a jargon buster so you can get to grips with the technical bits.

#### Make the most of the new features

Windows 10 has plenty of extra tools to make your life easier. Like Cortana, which lets you talk to your computer to help you get things done, including searching the internet or setting an alarm.

The guide also shows you how to customise some features, such as setting up shortcuts for the programs you use the most.

#### Get your FREE guide

Windows 10 brings some big changes - so now's the time to get on top of them. To get up to speed with the new look and features, call 0800 221 8787 now for your FREE guide.



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## Fundraising

# Rise to the challenge

There are plenty of fun things to do to help us support people in later life

### Prudential RideLondon-Surrey 100 2017

**When:** Sunday 30 July

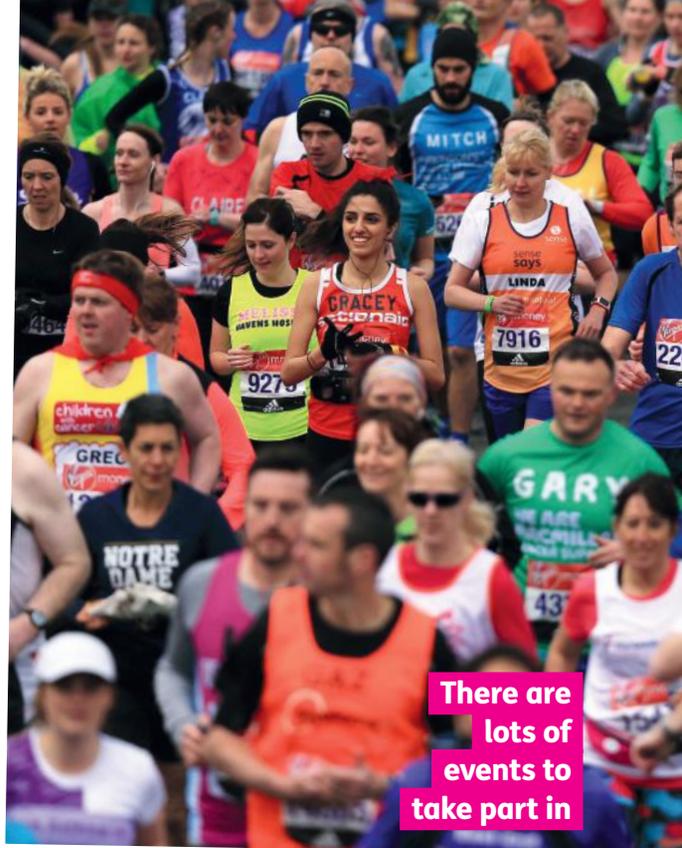
This traffic-free ride is perfect for a range of cycling abilities, so it doesn't matter whether you've just bought your first bike or you're a seasoned cyclist. It follows a scenic, hilly route and finishes in front of Buckingham Palace.

### The Virgin Money London Marathon 2017

**When:** Sunday 23 April

Join this legendary race as a runner for Age UK or Age International. We have guaranteed spaces, and will support you every step of the way. From beginners wanting to take on the challenge of a lifetime to more experienced runners, you can't miss this!

If you'd like to take part in one of these events, email us at: [events@ageuk.org.uk](mailto:events@ageuk.org.uk)



There are lots of events to take part in

## 'I'm not doing THAT!'

Don't worry! You don't have to dress head to foot in Lycra to raise money to support people in later life. Not only can you offer your support by cheering on the runners and cyclists, you can also do your bit from home. From cake sales to country walks, there are plenty of things you can do to support

Age UK in our vital work. For more

ideas, go to:

[www.ageuk.org.uk/](http://www.ageuk.org.uk/get-involved/)

[get-involved/](http://www.ageuk.org.uk/get-involved/)

or call us on

0800 678 1601



## Declutter and donate

A great way to help us raise vital funds to support people in later life is by donating your unwanted items to your local Age UK. Call **0800 023 4736** to find your nearest shop.



# Calling all iPad or Android Tablet owners...

*If you ever find your tablet frustrating, aren't quite sure how to do things or just think you might not be getting all you should from it, read on...*

Tablets are becoming hugely popular. And no wonder - they're lighter and easier to carry around than a PC. You can sit in an armchair & browse the web or video call your family around the world.

They can be easier to use than PCs, too. But there's a catch. In fact, two.

#### Catch number 1:

They're different from PCs. So if you already know how to use a PC, you have to start again.

#### Catch number 2 (the big one!):

There are lots of important features that are "hidden". There's no button for them, saying "click here". And you simply can't work it out. You need to know to slide the screen from the left, or drag the thingy-mebob to the right.

Someone needs to tell you these things - otherwise you wouldn't even know they're there!

**If I ran the world...** these devices would come with a proper manual. Most of the time, though, it's barely a few pages. Even then, it usually

assumes you already know how to use the device!

That's why I've written these books: *iPads One Step at a Time* & *Android Tablets One Step at a Time* (ideal for all Android tablets)

#### Plain English - that's not all...

They explain how to use the device, in plain simple language, with pictures of the screen showing exactly where to tap or slide your fingers. No jargon!

#### Only Half the Story...

That's only half the story, but I don't have room to explain it all here. So I've put together full info on the books - who they're for, what they cover and so on.

What's more, the books also come with a small free gift - no room to explain that here, either!

#### "Better than WHSmith's Best"?

What do other people say? Well...

*"Thank you for producing such a superb book - it is really helping me. I had bought one (a book) in W H Smiths a short while ago &*

*couldn't get on with it at all!" - J.S. and "I am delighted with the new book on tablets, so many things I didn't understand before, being of the 'retired brigade' it's a great help." - Doreen Wadsworth*

#### Don't buy now, do this instead

Anyway, don't buy now. Instead, you can find out the full details about what's covered, who they're ideal for and what you might be missing out on, then decide. Just ask for a free information pack.

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# Marathon man

A quick walk around the block was all it took for **Bill Mitchell** to transform his fitness and his life...

**F**ormer Naval Officer Bill Mitchell, 71, is living testament that you're never too old to do anything, although few of us might decide to take on the same awe-inspiring feats of endurance that he has! Bill recently completed the toughest footrace on earth – the Marathon des Sables, a 156-mile ultra-marathon across the Sahara Desert – becoming the oldest man to complete the challenge, a record previously held by Sir Ranulph Fiennes. He talked to us about what made him first take up running.

## WALK FIRST...

Bill's story started in 2008. 'I decided that in the winter, when it was quiet at work, I would go for a walk. I picked a circular walk to begin with. And on the flat bits I started jogging, and then



**Bill Mitchell is a medal winner and an Age UK hero!**

I tried to jog all the way round, and once I completed that a few times, I thought I'd add a bit more.'

It really was as simple as that, he explains. 'I suddenly got very involved in the running and really got a lot of pleasure out of it.'

Running has been a joyful experience for Bill. 'I started

doing my running at 63 and it's brought an unbelievable amount of respect from other people, enjoyment for myself and it has got me to places I would never have dreamt of going to.'

## THE TOUGH KEEP GOING

Bill quickly went from running around the block to running



Email us with  
your story  
at [contact@  
ageuk.org.uk](mailto:contact@ageuk.org.uk)  
We'd love to hear  
from you!

marathons. He ran his first full marathon at 65, and a whopping 32 in 2015. But his biggest challenge came in April 2016 when he took his place on the start line for the Marathon des Sables.

'On the first day, quite a lot of people dropped out,' he says. 'At the end of it you had probably climbed 2,000ft of dunes – it was really hard going and a lot of people left the race.'

But, he continues pragmatically, there was no question he would join them. 'You're in the desert, on what's considered to be the world's

toughest footrace, so what do you expect? It's the toughest for a good reason.'

### NEVER TOO OLD

Bill is determined to persuade more people to improve their fitness. 'I don't mean go out and run a half marathon this weekend,' he laughs. 'But

there's no stopping you if you just take things in nice bite-sized pieces. So start going for a walk, if you fancy it.'

Bill has a mantra – and it's a good one. 'Never say you're too old, you're not – you just need confidence. *You've* got to make it happen; nobody will make it happen for you.' ●

### Get active!

If Bill's story has inspired you to get out there and take up some exercise, read our tips on staying active in later life. Go to [www.ageuk.org.uk](http://www.ageuk.org.uk) and search for '**staying active**' for lots of great ideas.

# ‘It’s a strange empty feeling’

Loneliness affects millions in the UK. **Florence** and **Roy** explain how Age UK has helped support them



**‘Going to the Age UK group gives you more confidence and a lighter heart’**

*Florence*

**L**oneliness can be a difficult thing to experience – but there is support out there. Loneliness isn’t the same as being alone, as some of us are more content with our own company than others. But it’s a feeling that can creep up on us, particularly after a life-changing event such as a period of illness, for instance, or a bereavement.

Age UK is determined to tackle loneliness head on, as you’ll find out over the page, working hard to befriend people in lonely situations, and persuading people to contact us to see how we can support them.

We spoke to Florence Loat and Roy Warman to find out how loneliness has affected them, and how Age UK has supported them.

## **FLORENCE’S STORY**

Florence met her husband Albie when she was 15, and was married to him for 60 blissful years. When they went to the hospital for Albie to have a small operation, they weren’t prepared for the devastating news. ‘The doctor came in and said, “I can’t do anything for you, your lungs are full of asbestos.”’ Florence pauses. ‘We walked out of that hospital like a pair of zombies. It knocked us for six.’

Albie's last few months were over all too swiftly, and Florence found herself suddenly, awfully alone. 'It was very strange after Albie passed. I went on a couple of holidays on my own and thoroughly enjoyed them. I was enjoying everything. But that was two and a half years ago, and now it's hitting me. The loneliness is suddenly there. It's a strange empty feeling.'

Florence was experiencing a delayed reaction to her change in circumstances, which is very common. Thankfully, she reached out to Age UK.

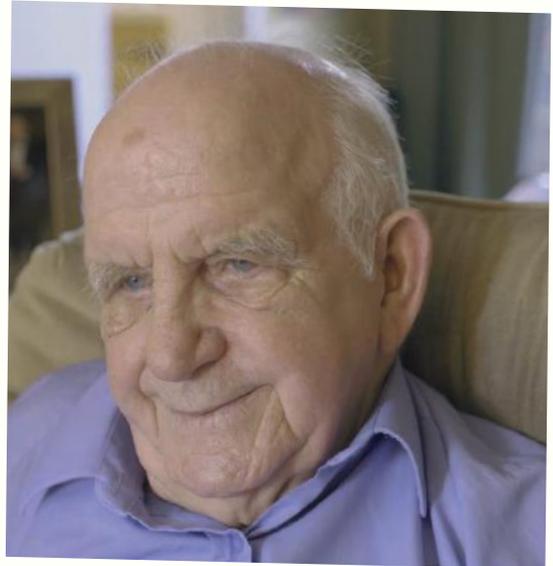
'It was lovely contacting Age UK. I went to a bereavement group. I like to hear how other people feel, if they feel the silly things I do, and I was amazed how much I enjoyed it,' Florence explains. 'Going to the Age UK group gives you more confidence and a lighter heart. The support from Age UK is enormous. If you feel a bit low or miserable, you can pop in and have a cup of tea and there's always someone there to talk to.'

### ROY'S STORY

Roy also found himself feeling very alone after his wife, Phyllis, died unexpectedly. Six years ago, Roy persuaded Phyllis to go to the doctor about a persistent cough. She was diagnosed with pulmonary fibrosis. 'We were walking to the bus stop, and she said I've got to stop, I'm getting out of breath, and that was it. She went into a nursing home and that's where she died. Her heart just gave out in the end.'

Roy's world came crashing down on him. He and Phyllis hadn't had children and, as Roy explains, 'Nearly all my mates have gone, too.'

Eventually Roy was pragmatic about his situation. 'Fortunately I got in touch with Age UK and it was the best thing I've ever done in my life. The first person I got in touch with was a



## 'I got in touch with Age UK and it was the best thing I've ever done in my life'

Roy

lady called Ruth and I've been speaking to her ever since. She's been like a daughter to me.'

Age UK offered Roy a real lifeline. 'It was like coming across an oasis. Loneliness is one of the hardest things that you will encounter in life. Ever since I rang Age UK I've righted the ship. It just makes me feel good. I couldn't have done it without Ruth.' ●

### Want to find out more?

Turn over to find out how Age UK is helping people like Roy and Florence. ▶

# Friends for life

Loneliness can be shattering. Age UK's befriending service aims to combat it head on

**M**illions of older people like Florence and Roy on the previous pages are facing the ups and downs of life almost entirely alone. They have no one to turn to for the support that can make all the difference when times are tough.

Equally, they often have no one with whom they can share the good things that make life really worth living.

The statistics are shocking. Half of all people aged 75 and over live alone. One in ten people aged 65 or over say they are always or often feel lonely. Half of all older people consider the television their main form of company. The effect of loneliness and isolation can be as harmful to health as smoking 15 cigarettes a day, and is more damaging than obesity.

At Age UK we try to combat loneliness in later life in a number of ways, including befriending.

**‘The effect of loneliness and isolation can be as harmful as smoking 15 cigarettes a day’**



To find out more about Age UK befriending, phone Age UK on **0800 678 1601**

## BEFRIENDING

One of the ways we try to beat loneliness in later life is through our befriending services, where a volunteer regularly visits or speaks to an older person on the phone. Befriending provides people with a vital lifeline to the outside world and often acts as a gateway for other services and support.

Marie is one of our volunteer befrienders who visits a lady in her 90s, and she explains how it has enriched her life. ‘I learn such a lot from her. We recently started chatting about Christmas, and how she didn’t get any presents during the war.’ She goes on to explain, ‘The training’s been excellent. I would highly recommend being a befriender to anyone.’

## CALL IN TIME

Age UK runs a telephone befriending scheme called Call in Time. This works by assigning each older person a befriender, who provides



**Befriending can offer a vital link to services and support**

friendly conversation and companionship on a regular basis over a long period of time. Mel is a volunteer at Call in Time, and she explains: 'You look forward to chatting to your friend. I think when I get to that stage I'll have someone to call me because it saves someone from being lonely. It's a great service.'

Mel is enthusiastic about the programme. 'The beauty of it is that if someone's telling you they're having problems, you can speak to the Call in Time team who can see what additional support might be helpful for your telephone friend. With some people, you really are their only contact.' ●

### **Want to find out more?**

To find out more about Age UK befriending services in your area, phone Age UK Advice on **0800 678 1601**

## **Call in Time**

Sometimes a friendly chat on the phone can make all the difference. Call in Time is for people over 60 who would benefit from the support a telephone friendship could provide. Our free weekly telephone calls can make all the difference to people who are feeling lonely. We work hard to match people with a volunteer who has similar interests and who we think they will get along with, who will then call that person once a week. Many of our members and volunteers build up fantastic friendships over the phone, just like Roy and Ruth on the previous page.

## **Get in touch**

If you think you, or someone you know, could benefit from the Call in Time service, or if you wish to know more about how the service works, please call Age UK on

**0800 434 6105**, or email [callintime@ageuk.org.uk](mailto:callintime@ageuk.org.uk)



# Help is out there

All of us can feel lonely at some time or another. Here are some suggestions that may help

## 1 It's not your fault.

There are lots of reasons why you may be feeling lonely. Sometimes it may be due to a life event, such as bereavement, or a major change in your lifestyle, like retirement. Or there may have been no trigger at all.

**2 Talk.** Try talking to a family member or friend about how you're feeling. If you'd rather not speak to someone you're close to, you may find it helpful to talk to a counsellor or support group. **See our article on page 37.**

**3 Phone Age UK.** Call us on **0800 678 1601**. We're experts in knowing how to respond and can point you in the direction of further help in your area. Perhaps that could be a weekly call from one of our befrienders. Or maybe



**ABOVE** Pick up the phone: we can find support for you

**BELOW** Escape outdoors for some fresh air



**Try talking to a friend about how you feel**

you could pop in to your local Age UK and join us for a cup of tea?

## 4 Look after yourself.

Keeping active and eating a well-balanced diet can affect how we feel. **Turn to page 34** for ideas on keeping fit while widening your social circle. Meeting friends for a stroll each week could make all the difference.

**5 Take your time.** Deciding to pick up the phone to ask for support, or getting out to meet new people can take courage and determination. Be gentle on yourself. With Age UK's support, we can help you take that first step.

**Call us on 0800 678 1601 to find out how we can combat loneliness together**



Find out how you  
can support older  
people with a gift

# Reaching out

As loneliness touches thousands of older people nationwide, you can help reach these people with your support

**N**o one should have no one. And yet 1.2 million older people in the UK are chronically lonely.

For most of us, Christmas is a time of year of laughter and togetherness with family and friends – something that we look forward to. Yet there are millions of older people who have no one to talk to.

Last year Age UK's Good Day Service made over 14,000 calls, some on Christmas Day, to bring

friendship into people's lives. But thousands more older people urgently need our support.

With your help we can reach out to older people who so desperately need a little friendship and support throughout the year. Just £5 could provide an older person with a Good Day Call and show them someone cares.

To donate today, visit [www.ageuk.org.uk/life](http://www.ageuk.org.uk/life) or call 0800 023 4736.

**'Having no one to talk with is something I didn't think would happen to me'** *Jim, 90*

## Your support

Age UK provides a range of services and your gift will go where the need is greatest.

Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798).



# Famous friends

Voices you love, music to sing along to, and dazzling celebrity interviews: it's worth tuning into The Wireless

**T**une in or miss out! The Wireless is Age UK's very own radio station and it's especially for you. With brilliant presenters, such as David Hamilton, Graham Dene and Diana Moran, great music, and topical news shows, you'll never want to turn it off.

One of our favourite spots is *20 Questions With...* where we interrogate celebrities from stage, screen and beyond. Here are just a few of our favourite moments. Make sure you tune in to catch up with all the latest programmes.

## Turn on, tune in

Listen online at [www.thewirelessradio.com](http://www.thewirelessradio.com), on DAB in London, or through the free TuneIn Radio app.



## Zoe Wanamaker

'When I was 18 I'd just left art school and I was working as a Dictaphone typist. Because I'm dyslexic, I couldn't read my own writing back. I cheated on my typing test!'

**'One of my heroes growing up was Laurence Olivier. He was so English and so theatrical and that was very attractive to me.'**

'My favourite destination is Florence. The sense of civilisation that we've lost, which was the most beautiful and creative time: we should enjoy that.'

**'The best thing about getting older is that you can say what you like, and regret it later!'**



## Jamie Cullum

'I love radio. I'm more passionate about it than TV.'

**'There are guitars and ukuleles and pianos strewn all over my house. You can't escape it. It's quite hard being married to me in some ways!'**

'I feel like part of me is missing if I don't play the piano every day.'

**'I don't get stage fright, but before I go on stage I like to feel some nerves. I always want to do my best.'**

'If you make your passions your work, you can fill your life with beautiful things. Take your time, work out what you love, and go out and do it.'



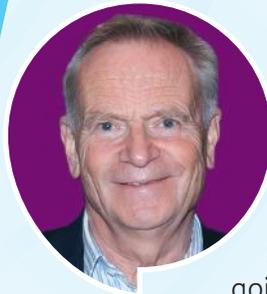
## June Whitfield

‘When I was originally awarded an OBE, I thought “What for?” Being old and energetic, I think! When it became a CBE, I thought “Oh my word, how fantastic,” but I still don’t know what it’s for.’

**‘Learning lines is something that I haven’t had a lot of trouble with. I forget people’s names, I forget their faces. But not lines.’**

‘I’ve always thought, don’t anticipate disaster – look forward instead of back. Take life as it comes. We all get old, there’s not much we can do about it.’

**‘My dad used to say, “Today is the tomorrow I worried about yesterday, and all is well.”’**



## Jeffrey Archer

‘I thought I could conquer the world when I was a child. At four I was going to be Prime Minister and nothing was going to stop me!’

**‘I’ve been surrounded by powerful and strong women and I’ve enjoyed it. I think it strangely farcical that we think we’re as good as they are!’**

‘I am the world’s leading expert in shepherd’s pie – I love it!’

**‘I would say to all men between 50 and 70, if you haven’t been tested for prostate cancer, go and be tested. Do the sensible thing!’**



# Worth a listen

Age UK has picked its favourite radio shows of the upcoming months for you to listen to



**Y**ou'll find something for all tastes if you tune in to The Wireless! Here's a selection of shows that we think you won't want to miss over the autumn and winter period...



## Weekly from October (tune in for specific time)

### Legends of Las Vegas

Cabaret artist Gary Williams has been gracing the airwaves since 1996 when he joined BBC Radio Humberside. On his weekly show on The Wireless, he picks songs from artists who have performed in some of the biggest venues in Vegas. October will include Sammy Davis Jr, Tom Jones, Frank Sinatra and many more of your favourites.

## Over the Christmas period (tune in for times in December)

### Witches Christmas

This charming festive tale, including music, is about three sisters preparing for Christmas, in their cave. Stars featured will include Stephen Fry (above), John Cleese, Jimmy Carr, Sarah Millican, Twiggy and John Bishop.

## 24 December 6-7pm; 25 December 1-2pm and 6-7pm

### The Christmas Carol Concert

Enjoy a medley of festive choral tunes as a backdrop to your Christmas – a favourite show returns from last year.

## 5 December and beyond Christmas request line

Back by popular demand, we encourage listeners to call up and request their favourite Christmas tune! The lines open on 5 December and the number to call is **020 7927 6607**.



## How to tune in

- 1 Online: [www.thewirelessradio.com](http://www.thewirelessradio.com)
- 2 **DAB Radio:** In the London area press autotune, reset or scan to update your digital channels. Scroll through to 'T' or 'W' for The Wireless from Age UK and select as instructed by your manual
- 3 **The TuneIn app:** Download the free TuneIn radio app on your smartphone or tablet, search for 'The Wireless' and select The Wireless, Radio for Grown-ups from the search results. Then just press play.

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Last year we helped 1000s of people ensure that they were still getting the most out of their investment. For whilst the sun may still shine, and the location’s still great, your needs and that of your loved ones will inevitably change over time. Our Timeshare Health Check helps you assess if your property is still right for you – and if it isn’t, we offer straight talking and totally independent advice on what to do next. To find out more and to claim your **FREE** guide call **TODAY!**

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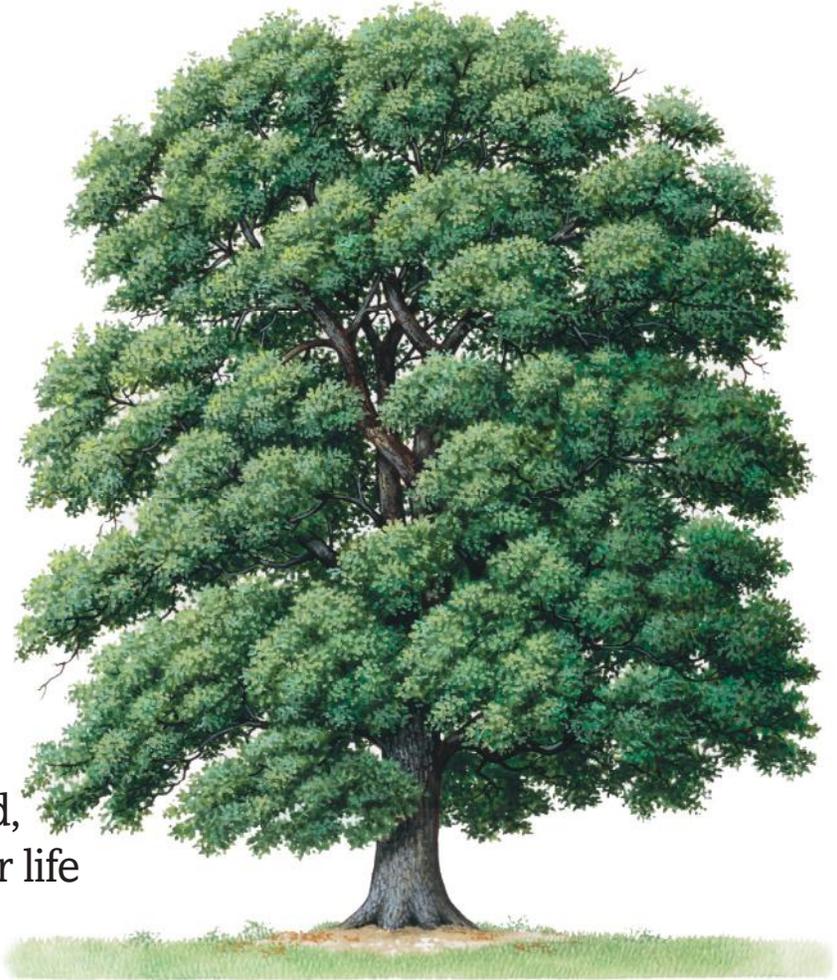
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# Deep roots

**Liz Kidner** had always wanted to research her family tree. When she did, she got the surprise of her life



**M**any people put off drawing up a family tree because the prospect seems like such an arduous task, but, as Liz Kidner discovered,

a few simple steps can lead to incredible discoveries.

Liz became interested in drawing up her family tree when a friend showed her the progress he'd made finding out about his family tree on a website. She'd always had an interest in finding out a bit more about her family, as her father had been married before meeting her mother and Liz knew that she had a half-sister out there somewhere.

Liz explains: 'My husband put a few details into the website, and within six weeks we had an email to tell us that

someone else was looking at exactly the same family tree, and would we like to get in touch with them? Of course, the answer was yes!'

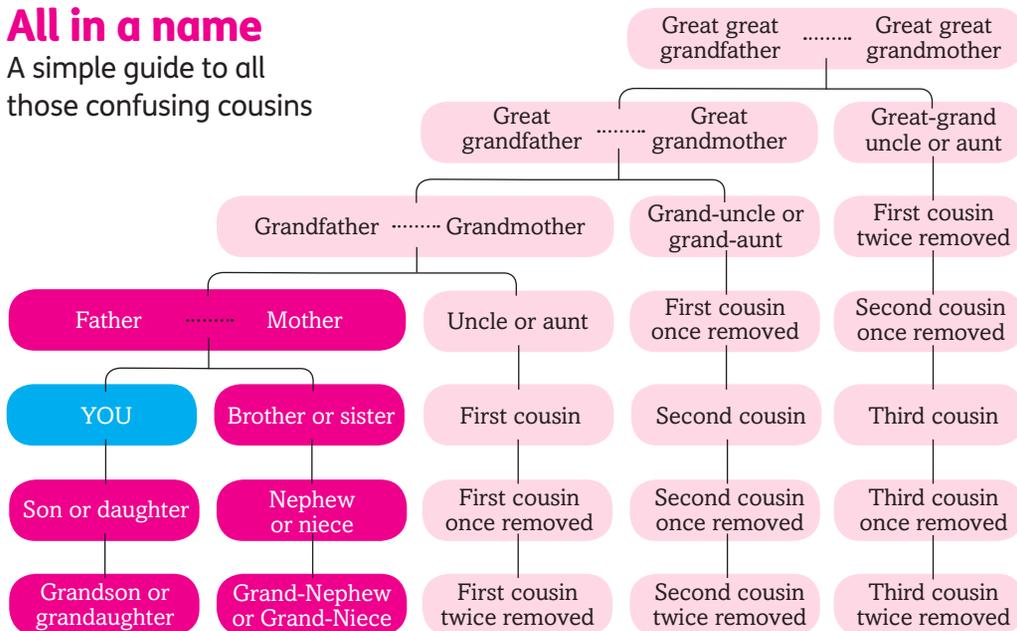
Liz and her husband waited with bated breath for the reply, and eventually Sue got in touch. 'Sue told me that she believed she was my half-sister,' says Liz. 'I was elated and totally blown away! It had all happened so quickly.'

The additional surprise was that this wasn't the sister she'd been told about: Sue came from another partner that Liz's father, a squadron leader in the RAF, had during the war



## All in a name

A simple guide to all those confusing cousins



before marrying her mother in 1951. ‘After Sue and I spoke on the phone we planned to meet and began to piece it all together. It didn’t matter a jot that she wasn’t the half-sister I was looking for!’

### SOUL SISTERS

There were more surprises in store for Liz, as Sue revealed she had a brother: Sue had a lot more family than she thought. ‘Sue couldn’t have come into my life at a better time,’ says Liz. ‘In Sue, I have found a “soul sister”’; we have so much in common and we both have the gift of the gab!’

The timing was right on another, significant, level too. ‘My mother had just been diagnosed with dementia,’ says Liz. ‘It has been a welcome distraction to have this wonderful new woman in my life.’

Liz explains that she won’t be telling her mother about the new family connections. ‘I don’t think I have the right

to complicate her memories of Dad, who she had 21 wonderful years with.’

Sue and Liz have still to track down their missing half-sister, but they’re elated to have found each other.

‘We may have another half-sister out there somewhere, but we are so happy to have found each other!’

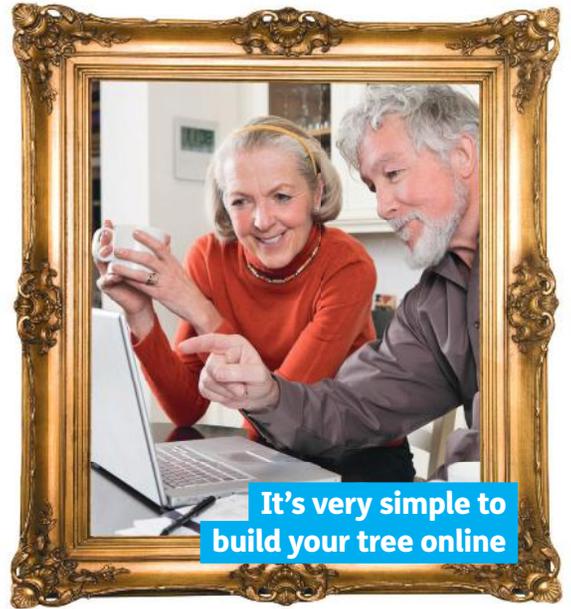
### Branching out

Drawing up a family tree is easy to do and can be so rewarding, both for you and for future generations. Turn over for a quick guide on getting started.

# Start your family tree

There are a few golden rules to bear in mind before you get started on your family tree

- 1 Write down everything you know.** Names, dates and places. Sketch out the tree so far – you'll know more than you think.
- 2 Speak to your family.** The most important step of the lot. You may not remember your great-grandparents' names, but a cousin might.
- 3 Look for clues.** Birth, marriage and death certificates – even photographs: they often have dates written on the back.
- 4 Begin your tree.** Either draw it out on a large piece of paper using 'm' to indicate marriage, and 'b' before date of birth. Or...
- 5 Start an online family tree.** These are very simple to start and can often link you



to people who may be researching another branch of your tree.

- 6 Keep digging.** Try census records and parish registers to fill in any gaps, and join a local family history society. Go to [www.ageuk.org.uk](http://www.ageuk.org.uk) and search for 'family tree' to find out more.

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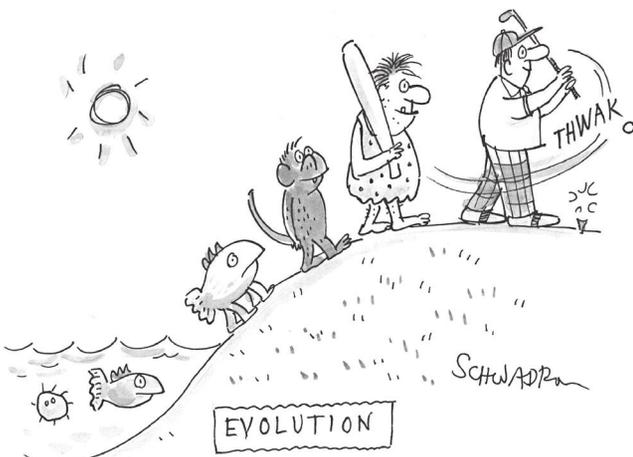
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**'No matter how many times we film lions capturing wildebeest, it's still an astonishing sight'**

# On the wild side

**David Attenborough** is an Age UK hero: at 90, he is just as passionate about the natural world as he's always been

## Animal magic

**Beaver:** The focus of a lecture by Archibald Belaney that inspired young Attenborough.



**Komodo dragon:** *Zoo Quest*, fronted by Attenborough in 1956, featured the first footage of this reptile.



**No human being, in half a dozen lifetimes, could see all there is to see of the world.** There is always something new. However, that's not to say it's only if something is new will it interest me. No matter how many times we film lions capturing wildebeest, it's still an astonishing sight, and no matter how long you look at a hummingbird suspended in mid-air, it's still amazing.

**I used to have pythons, chameleons, monkeys, stick insects, tropical fish and hanging parrots.** We used to go on expeditions in the 1950s to collect animals for the zoo – and I used to bring back maybe 150 of them. Sometimes I'd find a sick animal or perhaps the zoo didn't want it and I had a bond with it so I'd keep it at home! Things change though, and the zoo doesn't collect animals in the way it did then. Also,

it's legislation now that you can't have exotic pets – it's true, monkeys shouldn't be pets. The only reason I had them was because they were on their way to London Zoo and were kept in the correct way.

**One of the most curious creatures of all the curiosities that I've filmed is the greenfly.** There could hardly be a commoner creature – for anyone who has a garden – than a greenfly, and yet the female greenfly can produce young without a male and, while she is producing that young, that baby within her already has a baby developing. So you have three generations all at the same time. That is why you can suddenly have tens of thousands of greenflies in your garden.

There is also a frog that you can freeze solid, all the way through, until it's as hard as a ball, and yet it will come back to life. We still don't know a lot about it, but it's quite interesting ►

► to those people who think you could freeze someone and bring them back in another century.

**I've lived close to Richmond Park for six years.** It's the biggest park in London, and the biggest slab of wildlife in London too. Then there's the river and Kew Gardens, which is one of the finest botanical gardens in the world. And it's close to Central London, with its theatres and great restaurants. It suits me very well.

**Since I started making television programmes there are three times as many human beings on earth.** And we all want houses to live in and we want schools for our children and roads to travel upon. And most of these things have to come from the natural world. We need to recognise what the problem is, and then we can be more sensible about how we invade the natural world, and do it more economically, so we can look after the people who are born onto this planet. Unless we do that, we will spoil the entire world.

**Science is proceeding at an extraordinary pace.** I mean, if you felt the story of life was in a book and

**'We haven't lost a major species in my lifetime, but there are a number that are very rare'**

**Butterfly:** *Euptychia attenboroughi* is one of at least 15 species and fossils named after him.



**Lyrebird:** A clip featuring this bird's mimicry skills came top in a 2006 'Favourite Attenborough Moment' TV poll.



you've got to read to chapter 25 and then you've learnt it, how boring would that be? It's continuous discovery and exciting revelation.

**I relax on trips with books.** I'm currently reading a biography of an extraordinary Newcastle wood engraver called Thomas Bewick, who was a very important figure in ornithology in the 19th century. I used to take a lot of music with me, but I don't do that so much now. I also think rather more than I used to. Sometimes it feels you're almost afraid to think these days, as there are so many things to divert you. I often see younger people wearing headphones and I think, 'When do they think?' How can you be alone with your thoughts and work things out if you've constantly got rhythms going into your head or you're always

David Attenborough  
is well known for  
his passion for the  
natural world



**‘I would have liked to have seen a marsupial wolf or the dodo’**



looking at your iPad? When do you have time to think or to talk to other people?

**If I have to fly, I always leave the house with a slight ‘here we go again’ feeling.** I don’t get on an airplane with the excitement of sitting in a seat for another 14 hours. The best you can do is to shut your eyes and pretend it’s not happening and wait for it to be over. But soon enough I’ll be out there watching meerkats coming out of their burrows as the sun comes up over the Kalahari Desert, and I think, how can I be so lucky?

**I was never much of a diver.** I can dive in tanks and so on. When you dive alongside really good divers, you realise how inadequate you are, and I don’t dive much now – I snorkel.

**We haven’t lost a major species in my lifetime, but there are a number that are very rare and some that have been reduced to a handful.**

There’s a bird in New Zealand called the kakapo, which is a flightless giant parrot; I think we were down to just three females. Because people care, that immediate danger has gone, but it’s still a very rare bird. I would have liked to have seen a marsupial wolf or the dodo, but that’s just me being inquisitive. ●

## Listen in

Discover more dazzling celebrity soundbites on Age UK’s radio station, The Wireless. Tune in on DAB in London or through the free TuneIn radio app. Turn to **page 18** to find out more.

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- 32 Your Questions**  
Your health questions answered by our wellbeing expert
- 34 Your Fitness for life**  
Getting fit can be fun! Find out how you can meet friends and increase your energy at the same time
- 37 Your Mind matters**  
Find out how talking treatments can offer support during challenging times
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## Sheelagh Donovan

Age UK's health information specialist gets to the heart of your concerns

### We want to hear from you!

If there are any issues you'd like covered, please email [contact@ageuk.org.uk](mailto:contact@ageuk.org.uk)

This issue we look at dementia, keeping warm and incontinence issues

Turn to page 40 for a full list of Age UK's free information guides

# Q&A

## Healthy concern



### 'My husband has been diagnosed with dementia. What can I do to help him at home?'

Angie S, Bradford

**A** Dealing with a dementia diagnosis can be difficult, but there are ways to make life easier for you both at home.

Depending on the extent of your husband's illness, there are various reminder gadgets available. These can play reminders to pick up keys or lock the front door, for example.



Dementia can affect the way a person views the world, so contrasting colours can help make things more visible – bedclothes that contrast with the floor can make the bed more visible, and the same goes for toilet seats, towels and soap.

Labelling frequently used kitchen items, like tea and coffee, helps too. Label cupboards as well or you may prefer to have clear, glass-fronted cupboards or open shelving so your husband can see easily what's on them.

To give you peace of mind, a personal alarm will help you feel reassured that support

is available if your husband has a fall and you're not around. Pressing the button connects the wearer to a contact centre where staff can summon help.

For more tips take a look at Age UK's guide *At Home with Dementia*. For a free copy, call **0800 678 1601** or download it at [www.ageuk.org.uk](http://www.ageuk.org.uk).

### 'The winter is harder each year. What can I do to stay warm and well?'

Bea M, Stoke on Trent

**A** Make sure you're not missing any benefits. Contact your local Age UK to



**Eating a healthy, balanced diet will help keep your immune system up**

arrange a benefits check or use our benefits calculator at [www.ageuk.org.uk/benefitscheck](http://www.ageuk.org.uk/benefitscheck). At home, keep your main living room heated to 70°F (21°C) and the other rooms you spend most time in to at least 64°F (18°C). When you're outside, several thin layers of clothing will keep you warmer than one thick layer, and wrapping a scarf around your face will help you warm the air you breathe.

Cold weather can make you more vulnerable to some illnesses. If you haven't had a flu jab yet, get one as soon as possible. It's free to people aged 65 and over, and to carers and people with certain health conditions.

Our free guide, *Winter Wrapped Up*, has lots more information on how to stay warm and well this winter. Call **0800 678 1601** to request a copy or download it from [www.ageuk.org.uk](http://www.ageuk.org.uk)

**'I don't like going out much because I'm scared of being caught short. I'm so embarrassed.'**

*Mrs W, St Ives*

**A** Many people don't talk about bladder and bowel problems or seek any help, either out of embarrassment or because they think nothing can be done. But bladder and

bowel problems are more common than you may think. More than three million people over 65 in the UK suffer from urinary incontinence. But bladder and bowel problems aren't an inevitable part of getting older and if you're experiencing problems you should speak to a health professional.

There are some minor lifestyle changes you could try that might help when you first experience symptoms. These include keeping as active and mobile as you can, eating plenty of fibre-rich foods to try and avoid constipation, and trying to identify any drinks that could be making your bladder symptoms worse.

If you have a bladder or bowel problem then talking about it with a health professional is the best first step you can take. A health professional can assess your symptoms, identify the cause and discuss what treatment or exercises may help tackle your continence problems. The important thing is not to feel that you have to cope alone.

Age UK's website and our guide *Bladder and bowel problems* include helpful information, including a checklist of questions a healthcare professional might ask you. Order a free copy by calling **0800 678 1601** or visit [www.ageuk.org.uk](http://www.ageuk.org.uk)

# Together stronger

Make new friends while keeping fit – it's the perfect recipe for wellbeing

**S**taying active can help to improve our physical and mental health, but studies show that maintaining social bonds is equally as important. Wellness coach Sarah Miles says: 'After retirement, it's easy to get stuck in a rut, but trying new activities is proven to boost brain power. Combining physical activity with meeting new people provides a double whammy that can boost our wellbeing and social lives.' Here are some ideas on how to get started.

## STRICTLY FOR FUN

You don't have to be Darcey Bussell to get your dancing shoes on: there are classes for all abilities. Zumba and line dancing are perfect to



go to alone or in a group, while most ballroom dancing classes offer readymade partners. Jacqui Riden from Portishead says: 'I've been going to Scottish dancing for years and I love it. I started going with two friends, but I've met so many lovely people there that I often go on my own. Afterwards, we tend to head to a café for coffee and cake to put all the calories back on!'

Don't be embarrassed about making mistakes – it's all part of the fun and can help break the ice. If Ed Balls can do it, so can we!

## WALK THIS WAY

Walking team sports are fantastic fun and a great way of keeping fit. They're also a brilliant opportunity to meet new friends as most of these clubs have a social element, including team drinks and gatherings.

Walking football is growing in popularity and has been recommended by doctors as a way to





### LIKE TO HIKE

Getting out into the countryside and experiencing nature first-hand can also boost wellbeing. Joining a walking group is the perfect way to keep in touch with your surroundings and get in tune with the changing seasons.

Ian Harris from Somerset joined a walking group through his local branch of the University of the Third Age: 'We usually stop for a pub lunch when hiking, so it's a good way to get fresh air, see the countryside and sample some real ale.'

Organisations such as the Ramblers always welcome new faces and run regular walks led by local experts, so why not swap the gym for the great outdoors?

### BOWLED OVER

Crown Green or Lawn bowls can be played by people of all ages and abilities, and is a fantastic way for people with physical disabilities or mobility problems to keep fit.

It's mainly played outdoors on a grass surface between two players. The aim of the game is to get your ball as close to the target ball – or 'jack' – as possible.

Chris Green from Newcastle says: 'I'd always dismissed bowls as an "old people's sport", but a friend kept asking me to give it a go. It was surprisingly competitive and I loved the camaraderie – I was instantly hooked.' ●

help men combat depression. You can also try walking versions of basketball and netball.

Gloria Lewis from Edinburgh says: 'I have happy memories of scoring goals in netball at school, so when I found a walking netball class near me, I thought "Why not?" I go every week and can feel how much my fitness has improved. It's great getting together with the girls.'

### Get started

**Dancing:** [www.dance.org](http://www.dance.org); [www.exercisemovedance.org](http://www.exercisemovedance.org)

**Walking groups:** [www.ramblers.org.uk](http://www.ramblers.org.uk); [www.u3a.org.uk](http://www.u3a.org.uk)

**Walking team sports:** [www.walkingfootballunited.co.uk](http://www.walkingfootballunited.co.uk);  
[www.englandnetball.co.uk](http://www.englandnetball.co.uk)

**Crown Green Bowls:** [www.bcgba.org.uk](http://www.bcgba.org.uk)

**Support for getting active:** [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)



# 7 tasty winter dishes for £23.<sup>25</sup> delivered right to your door.



## QUALITY, HOME DELIVERED READY MEALS

The colder months are made for comfort food and our ready meals & desserts make it easy to enjoy your favourites at home with no fuss. For example, our "Mini Meals" are the ideal size for smaller appetites and we offer a choice of more than 70 delicious recipes.

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As always, Oakhouse Foods deliver direct to your door, just as we have been doing for the last 22 years.

**We deliver nationwide, so why not call us today to order this best-selling selection of light meals quoting code P106A**



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FOR ONLY  
£23.<sup>25</sup>

Includes delivery

- ✓ Minced Lamb Hotpot
- ✓ Sausages with Red Onion Gravy
- ✓ Beef Stew with Bubble & Squeak
- ✓ Lamb, Redcurrant & Cranberry Hotpot
- ✓ Chicken Casserole & Dumpling
- ✓ Savoury Minced Mash
- ✓ Chicken & Mushroom Hotpot

For your FREE brochure call  
**0333 433 0601**  
or visit [oakhousefoods.co.uk/ageuk](http://oakhousefoods.co.uk/ageuk)

**Oakhouse**  
— *foods* —

# It's good to talk

Later life can bring rest, relaxation and fulfilment, but also real challenges. Talking treatments can help you get through a difficult time



## Get moving!

Age UK is a co-founder of the Global Council on Brain Health (GCBH), an independent international collaboration of experts offering advice on maintaining and improving brain health as we age. A recent review

has concluded that a physically active lifestyle can help reduce the risk of cognitive decline in later life. To keep your brain healthy, GCBH advises regular physical activity and exercise every week. Start by walking up and down the stairs a couple of times a day, or lifting a can of beans while you watch TV. See more ideas on page 34. Talk to your GP if you haven't been exercising regularly, or if you have a condition that restricts your movement.

If you've been feeling down or anxious, talk to your GP. Find out more at [www.iapt.nhs.uk/services](http://www.iapt.nhs.uk/services)

**A**s we get older many of us face illness, disability or the loss of friends and family. Retirement and stopping working may also lead to feelings of unhappiness, anxiety and stress.

A quarter of older people will experience anxiety or feel low at some point in our life, but that doesn't mean we're weaker or less able to cope.

### TREATMENT

Talking treatments involve chatting to someone who is trained to help manage our thoughts and feelings and how they affect our mood.

Older people are far less likely to be users of talking treatments. This might be because there has been a stigma attached to seeing

a 'therapist' or getting 'counselling'. But taking steps to feel better is, in fact, the most important thing you can do to treat a mental health problem.

### WHERE DO I GO?

Talking treatments are available **free** to all of us through the NHS. Take the first step and ask your GP today. You can find local talking treatment services near you on the NHS website.

[www.iapt.nhs.uk/services](http://www.iapt.nhs.uk/services) ●



# Clear sight

Age UK and RNIB have joined up to campaign for better eye care support

**S**ight loss can happen at any age, but it is more common as we get older. Just over two million of us aged 65 and over in the UK are living with sight loss of some kind – see the guide on the right. Because we're all living longer, the number of people needing support for sight loss is set to rise.

## JOINING FORCES

We discovered that cuts in care services mean that many older people with sight loss are not getting the help they need. Last year, Age UK and RNIB sent a report to MPs calling for better access, more training and faster support.

## HELP IS OUT THERE

It's important that we don't take our eye health for granted. Have regular check-ups so that eye issues can be detected and treated. Go to [www.ageuk.org.uk](http://www.ageuk.org.uk) and search for 'Eye health' to find lots of information on check ups and dealing with sight loss. ●



## Common sight issues



**Age-related macular degeneration (AMD):** Deterioration of the macula affects central vision.



**Diabetic retinopathy:** High blood sugar levels damage cells on the retina.



**Cataracts:** The lens in the eye becomes cloudy so vision becomes blurred.



**Glaucoma:** Damage to the optic nerve leads to impaired vision.



**Uncorrected refractive error:** Blurred vision resulting from near- or far-sightedness or astigmatism.

## Local support

Check with your local Age UK about support and services available in your area. Phone **0800 678 1601** to find out more.

# Your *letters*

Your news, views and stories

What do you think of this issue? We'd love to hear your thoughts!

## Star letter



### Active retirement

Many people approach retirement with no idea of what they're going to do. When I retired I became the weekend marina manager on the inland waterways network. I also continued as a National Trust volunteer room steward and helped Age UK reorganise their information literature store.

I'm always keen to explore new avenues of interest. At 86 it might seem pointless to take on anything new, but who knows what might crop up! **Bill Connor**



### How accommodating

My wife and I enjoy visiting places in the UK. My wife is wheelchair dependent, so we book accommodation that offers the correct facilities. Most places we've stayed in have made an effort to accommodate all visitors, but with varying success. I always leave comments about the facilities on TripAdvisor or Facebook. Maybe we should offer our services as amateur experts, to test local facilities? Don't just sit there, let's do something! **Howard Brayton**

**Nicky says:** *It's great to hear how diverse life can be after retirement! And we agree, speaking up definitely makes a difference. If you'd like to find out what's going on near you, please call **0800 678 1601**, or pop into your local Age UK.*

## Get in touch

Write to Nicky at: **Age UK Life, 4th Floor Tavis House, 1-6 Tavistock Square, London WC1H 9NA**. Or email **contact@ageuk.org.uk**. We would love to hear from you!

## How's your Life?

Tell us what you think about your *Life* magazine

**I loved the article on singing and dementia – I hope to find a group near us for my mother.**

*David Willis, Cheltenham*

**I thought your Pam St Clement interview was very inspiring!**

*Malcolm Jones, Newport*



# Support & Advice

All of Age UK's free advice guides: turn to the highlighted pages to find out more

## Home & Care

Adapting your home

Advice for carers

**At home with dementia p32**

Care homes

Care home checklist

Getting help at home

Home safety checker

Housing options

Internet security

In the driving seat

Protecting yourself

Staying safe: personal security

## Money matters

Attendance Allowance

Avoiding scams

Carer's Allowance

Council Tax Support

Dealing with debt

Equity release

How to be an executor

Lesbian, gay, bisexual

or transgender

More money in your pocket

Pension Credit

Powers of attorney

Save energy, pay less

State Pension

When someone dies

Wills and estate planning

## Health & Wellbeing

Bereavement

Before you go

**Bladder and bowel problems p33**

Caring for someone with dementia

Your hospital stay

Healthy eating

Healthy living

Living with

early-stage dementia

Staying cool in a heatwave

Staying steady

**Winter wrapped up p32**

Your mind matters



## Save energy, pay less

Your guide to help keep costs down

Useful money-saving tips, plus help on how to understand your energy bills and advice on switching supplier to get the best price for your utilities.

## How to get your free guides

All the Age UK information guides are free to download from [www.ageuk.org.uk/publications](http://www.ageuk.org.uk/publications) or you can call **0800 678 1601** to arrange for a hard copy to be posted to you.



# Esther Rantzen

The founder of ChildLine and Silver Line talks loneliness, loyalty and living life to the full

**I've been working** with ChildLine since 1986 so I know about the power of the telephone and how it can transform lives.

**My husband died** in 2000 and ten years later I moved into a two-bedroom flat and it was the first time I had lived on my own. And I didn't like it. No matter how busy my day was, I was coming back to a dark flat, with no one to talk to, and I was a bit shocked. I wrote about it in a national newspaper and I got inundated with responses.

**I realised there** was a stigma: people feel ashamed of telling anyone they're lonely. And I suddenly had that light bulb moment: could the answer be another helpline? And that's how Silver Line came about.

**Age UK** performs an invaluable service – it's a terrific charity, it's brilliant.

**I have always** loved communication and talking to audiences; I loved listening to people's stories.



Esther presented  
*That's Life* for 21 years

I suppose I've always been solution focussed. You have to leave people better off than you find them.

**My ambition is** to be at my grandson's 21st birthday. He's

three. I want to help him cut the cake and raise a glass to his health.

**I'm not going** to retire, I'm going to prioritise. The time I spend with my children and grandchildren is much more precious for me. ●

## Support lines

For advice, support and friendship, please call Age UK on **0800 678 1601** or visit **www.ageuk.org.uk**

For 24-hour information and support, call Silver Line: **0800 4 70 80 90**

# Should've gone to Specsavers but couldn't?

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Everyone can now benefit from Specsavers' value and choice, even if they are unable to visit a high street optician unaccompanied. With Specsavers Healthcall, eligible customers can have a full eye test at home, or in a care home, conducted by one of our home-visiting opticians. What's more, should they need glasses, they'll be able to choose from hundreds of styles and take advantage of the same offers that they'd find in our stores.

**To find out if you're eligible for a free  
home visit call 0800 652 6707 or  
go to [specsavers.co.uk/home-eye-tests](https://www.specsavers.co.uk/home-eye-tests)**



## Age UK Weekly Lottery

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*Welcome to the Age UK Weekly Lottery. Join today and you could win some fantastic cash prizes!*

- ✓ **£25,000** Quarterly Superdraw Jackpot
- ✓ Guaranteed **1,000** winners every week
- ✓ Guaranteed **5,000** winners every 3 months
- ✓ **Just £1** a week to enter

Over  
**£1 million**  
prize money  
every year



Playing our Lottery supports Age UK's charitable work

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☎ **Call FREE on 0800 849 8198** and quote **"LIFE15"**

💻 Or visit **[www.ageuk.org.uk/lottery](http://www.ageuk.org.uk/lottery)**

✉ You will then be sent a confirmation letter within 14 days showing your unique personal number(s) and the date of your first draw.

**For full terms and conditions please visit [www.ageuk.org.uk/lotteryrules](http://www.ageuk.org.uk/lotteryrules)**

**Promoter:** The Age UK Weekly Lottery is promoted and administered by Age UK Enterprises Limited, a member of the Age UK Group. Responsible Person: Rajeev Arya (Age UK Enterprises Limited). £1 per entry. Must be 18 or over to play via the website. Age UK Enterprises Limited is licensed and regulated by the Gambling Commission. License number 004887. Website: [www.gamblingcommission.gov.uk](http://www.gamblingcommission.gov.uk). Age UK Enterprises Limited is the commercial arm of Age UK (charity no. 1128267) and donates its net profits to that charity. Age UK Enterprises Limited is registered in England and Wales no. 3156159. Registered address: Tavistock House, 1-6 Tavistock Square, London WC1H 9NA. The Age UK Group includes the charity and its group of companies who work with local Age UKs and National Partners (Age Cymru, Age Scotland and Age NI).

## Age UK Stairlifts



Buying this product supports Age UK's charitable work

# Price match guarantee

- Safe, reliable and easy to use
- 14-day money back guarantee\*
- 2 year warranty\*
- Free, no-obligation quotation



**FREEPHONE** 7 days a week

**0800 620 0224**

[www.ageukmobility.co.uk](http://www.ageukmobility.co.uk)

**Age UK Stairlifts are provided by Handicare Accessibility Ltd, in association with Age UK Trading CIC.**

Handicare will raise a minimum of £1.2 million during 2016/2017 for Age UK (registered charity no.1128267) through the promotion and sale of independent living products. \*Terms apply. Call for information.

## Age UK Easy Bathing



Buying this product supports Age UK's charitable work

# Love your bathroom again

- Dedicated project manager for you
- Every bathroom is tailor made
- Walk-in baths and easy-access showers
- Lifetime guarantee\*

**FREEPHONE** 7 days a week

**0800 620 0216**

[www.ageukmobility.co.uk](http://www.ageukmobility.co.uk)



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Handicare will raise a minimum of £1.2 million during 2016/17 for Age UK (registered charity no. 1128267) through the promotion and sale of independent living products. \*Terms apply. Call for information.

# Always My Daughter

## DIAMOND BANGLE



Timeless heart-within-a-heart clasp design.



Actual size is approximately 7" (17.5cm) in circumference.

ALSO AVAILABLE  
FOR YOUR  
GRANDDAUGHTER:



Beautifully designed, and engraved  
with a heartfelt message.

From the moment you first held her in your arms, she's filled your heart with that very special love only a parent can feel. Now you can show that love with an elegant silver-and-gold-plated bangle. Presenting... **Always My Daughter Diamond Bangle**, available exclusively from Danbury Mint.

Exquisitely designed with a sparkling diamond **Always My Daughter Diamond Bangle** features a delicate two heart design. The larger "Parent" heart is lavishly plated with sterling silver.

For a gorgeous contrast, the smaller "Daughter" heart is bathed in brilliant 14ct gold. At the centre of the heart flashes a dazzling diamond – the ultimate expression of never-ending love. Inscribed on the inside of the bangle is the loving sentiment "*Wherever life takes you, you will always be my daughter.*" Your bangle will arrive in an elegant presentation case - yours free of charge.

A great gift; order today!

This beautiful bangle can be yours for £69 (plus £4.50 postage and handling), payable in three monthly instalments of £23 (plus p&h). Your satisfaction is guaranteed. If you or your daughter are not delighted, simply return it within 90 days for a FULL refund – including our postage and handling charge! Don't delay – order today! Call now on **0344 557 1000**, go to **www.danburymint.co.uk/xxxx** or return your order form today.

*Danbury Mint*  
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Danbury Mint, Davis Road, Chessington KT9 1SE.

Telephone orders on 0344 557 1000

Order online at [www.danburymint.co.uk/xxxx](http://www.danburymint.co.uk/xxxx)

### Always My Daughter Diamond Bangle

Please reserve the following bangle(s) for me, as described in this offer. My satisfaction is guaranteed.

- Always My Daughter Diamond Bangle (ref. AMDDB)  
 Granddaughter I Love You Diamond Bangle (ref. AMGDB)

Please charge my credit /debit card in monthly instalments.

Card No.  Mastercard  Visa/Delta

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Card expiry date \_\_\_\_\_ Signature \_\_\_\_\_

I will pay by cheque or postal order.

We'll invoice you for the first instalment.

SEND NO MONEY NOW

Mr/Mrs/Miss \_\_\_\_\_ (please print clearly)

Address \_\_\_\_\_

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Overseas orders pay £28 per instalment – credit card only. When you order more than one item, each may be dispatched separately. A division of NIB, Inc. If you do not wish to receive mailings from other carefully selected companies, please advise us.

MASTER

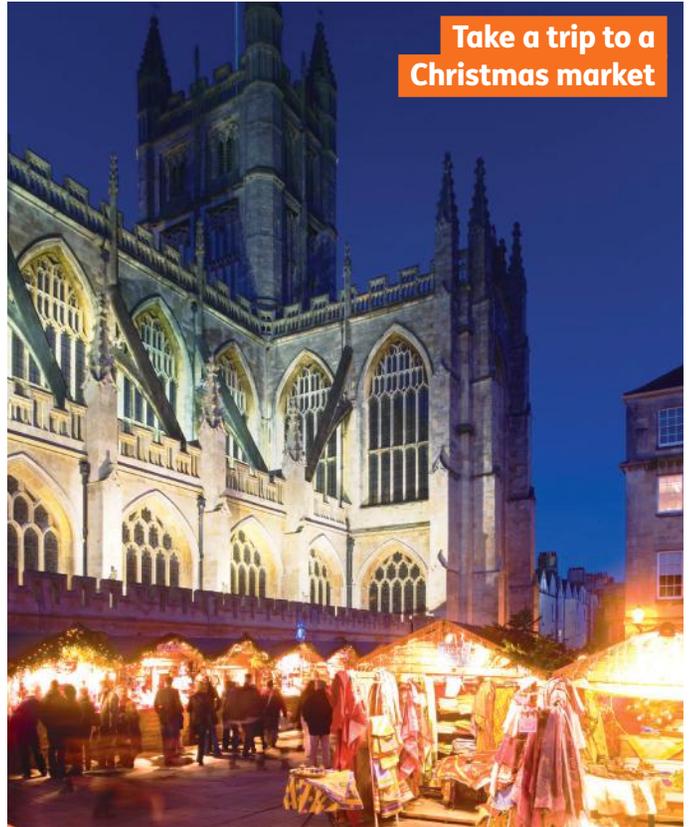
# Great British Breaks

Be inspired with this free guide to British breaks from **Silver Travel Advisor**

**A** change is as good as a rest, and even a short trip away can bring a sense of wellbeing and give us a chance to enjoy fresh air and some new scenery. Many of us enjoy getting away for a break and you don't need to go far when there is so much on offer here in Britain throughout the year.

## SOMETHING FOR EVERYONE

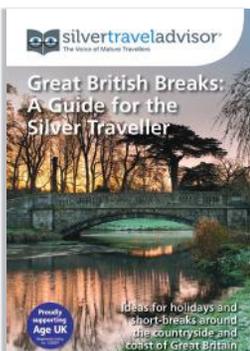
Whether you are looking to enjoy a few days in the countryside, a traditional seaside holiday, a coach tour, or perhaps a Christmas market or



Take a trip to a Christmas market

festive break, we have carefully researched what's on offer to bring you information and advice on a wide range of holidays, all well-suited to older people.

Whether you are travelling on your own for the first time or as a couple; with grandchildren or looking for places suitable for wheelchairs or mobility scooters – we have suggestions, tips and ideas for everyone.



## FREE Great British Breaks mini guide

For your free 12-page mini guide to breaks in Britain, email [service@silvertraveladvisor.com](mailto:service@silvertraveladvisor.com) with your name and address, or write to **Silver Travel Advisor c/o Age UK, Tavis House, 1-6 Tavistock Square, London WC1N**

*This information is brought to you by Silver Travel Advisor. Age UK does not have a commercial partnership with any of the companies featured in this guide.*

# Loud and clear

## With the right advice and hearing aid, loss of hearing doesn't have to be a problem

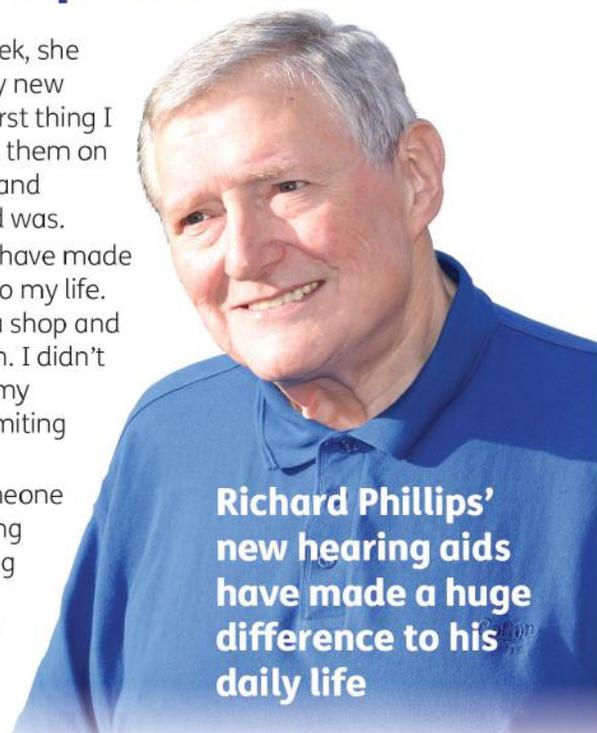
**THE ABILITY** to hear is something we can take for granted, so when it gets worse it can affect our confidence. Quite often hearing loss is gradual and it might take years before it is an issue. This was the case with Richard Phillips. 'It was four or five years before I thought about a hearing aid,' he says. 'I was missing parts of sentences, clarity of sound and I had trouble with background noise. I felt very isolated.'

'I contacted Age UK Hearing Aids because I didn't have much success with my first hearing aid. I made an enquiry and Mumtaz, an audiologist, arrived within a week. She carried out lots of tests and showed me the hearing aids I could buy.'

'After another week, she came back with my new hearing aids. The first thing I noticed when I put them on was how different and amazing the sound was.'

'The hearing aids have made a huge difference to my life. I can now go into a shop and hold a conversation. I didn't realise how much my hearing loss was limiting me.'

'My advice to someone experiencing hearing loss and considering getting an Age UK hearing aid is, stop thinking about it and just do it!'



**Richard Phillips' new hearing aids have made a huge difference to his daily life**

### All you need for better hearing

Age UK Trading CIC and UK Hearing Care have teamed up to offer the service Age UK Hearing Aids. The service provides a clear and effective approach to testing for hearing difficulties, which helps make choosing a suitable hearing aid easier. The free, no-obligation hearing assessment can take place in the comfort of your own home or at a location close to you.



Should you purchase a hearing system, you will enjoy the satisfaction of knowing that you are helping to support Age UK's charitable work.



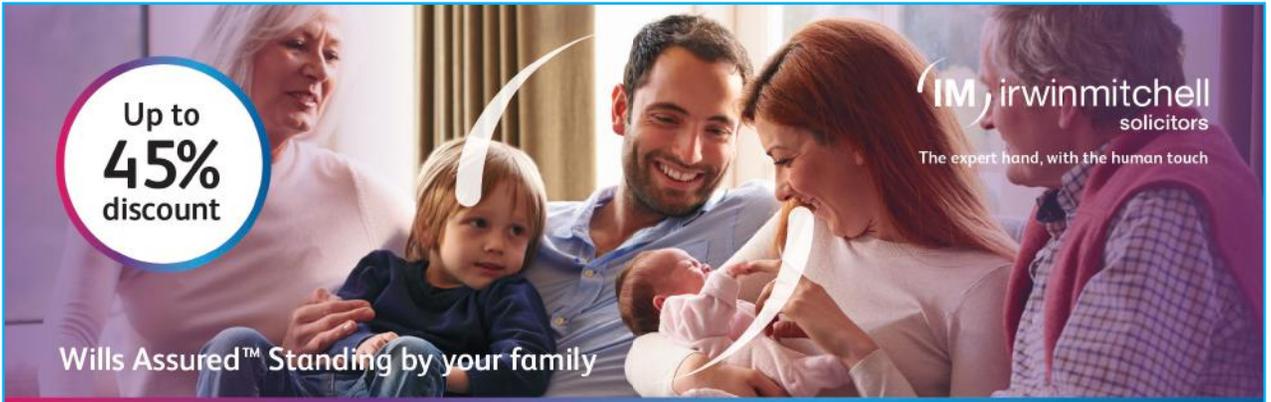
### FIND OUT MORE...

To order your FREE Hearing Advice Guide or to arrange a FREE, no-obligation hearing assessment call **0800 204 4500** or visit [www.ageukhearingaids.co.uk](http://www.ageukhearingaids.co.uk)



Age UK Hearing Aids are provided by UK Hearing Care working in association with Age UK Trading CIC

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- ☑ Estate Administration fees reduced by 15%\*\*



\*For a limited period to the end of December 2016, Wills Assured clients are entitled to **50% off instructions received for a Lasting Power of Attorney.**

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\*\*The Wills Assured package is only available if you chose Irwin Mitchell as your Executor in your Will. You are under no obligation to appoint Irwin Mitchell as your Executor if you do not wish to do so when writing or updating your Will. If you call the above number, you will be dealing with Irwin Mitchell, a Limited Liability Partnership registered in England and Wales (OC343897) authorized and regulated by the Solicitors Regulation Authority.

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# THE WIRELESS

FROM AGE UK

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.....

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**To find out what's coming up on The Wireless turn to page 20**



# 5 Star home insurance you can count on from just £146\*

\* 10% of new customers  
paid this or less

## See how Age UK Home Insurance compares

ADDITIONAL FEES	Age UK	RIAS	Tesco Bank
No instalment charge (0% APR Representative)	✓	✗	✗
No adjustment fee	✓	✗	✗
No cancellation fee	✓	✗	✗

Information sourced on 28th September 2016 for  
new online policies from Defaqto Matrix

See how much you could save  
Call **0800 028 2917<sup>†</sup>**  
**www.ageukinsurance.com**

Or pop into your local Age UK<sup>‡</sup>. Lines open 8am to 8pm  
Monday to Friday and 9am to 5pm Saturday.



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- ✓ Pay monthly at no extra cost  
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Buying Age UK Home Insurance supports Age UK's charitable work



"Age UK Home Insurance provides one of  
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Age UK Home Insurance is administered by Ageas Retail Limited. Brought to you by Age UK Enterprises Limited.

\*10% of all new customers, who bought an Age UK Home Insurance Buildings & Contents policy between February 2016 and July 2016, paid £146 (includes 9.5% insurance premium tax) or less. The premium you pay will depend on individual circumstances, the cover chosen and optional extras selected. †If you call the 0800 number, you will be dealing with either an Age UK office or Ageas Retail Limited. ‡Not all Age UKs offer all products. Please check (by telephoning your local office) before arranging a visit. \*\*Excluding £1,000 for subsidence (reducing to £100 for properties under 10 years old) and £245 for escaping water. ^Ageas Insurance Limited (the main insurer) - Winner of Insurer Claims Initiative of the Year - Insurance Times Awards 2016.

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H6751V1SEP16



 justretirement  
solutions

## Looking after the home you love with equity release

If you're a homeowner aged 55 or over, equity release could provide you with a tax-free lump sum, which could be the perfect solution for making improvements to your home so you can enjoy a more comfortable retirement.



### Make kitchen or bathroom improvements

If you struggle with mobility, making improvements to your kitchen or bathroom can help you navigate your house more safely.



### Make your home warmer

From getting a new boiler to installing double glazing or better carpets, these home improvements can help you reduce energy bills and make your home more comfortable.



### Update your garden

Enjoy your garden throughout the year by creating raised beds to reduce maintenance and provide easier access so you can make the most of your outdoor space.

It is worth exploring all your financial options first when considering equity release to help with home improvements, as it isn't right for everyone. It may affect your entitlement to state benefits and will reduce the value of your estate.

### Expert no obligation advice

The Age UK Equity Release Advice Service is provided by Just Retirement Solutions Limited. The service comes with no obligation, so if you decide not to go ahead there is nothing to pay. You will be charged an advice and arrangement fee of £675 if you decide to purchase an equity release plan that Just Retirement Solutions recommends.

\*The call centre opening hours are 9am – 5pm, Monday – Friday, excluding Bank Holidays. Calls may be recorded for training purposes. Calls to 03 numbers cost no more than a national rate call to 01 or 02 numbers.

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ER6097V20CT16



**“The service was brilliant, very good. The chap who came to see us was very helpful, lovely and really helpful.”**

Mrs H, Sittingbourne



To find out more about equity release and order your free guide call

**03300 377 192\***  
quoting code **AgeER64**

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One of the UK's most popular cultural tours! – One of the UK's most popular cultural tours!



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- ✦ 7 nights in selected 4- and 5-star hotels (nat. category) 7x generous breakfast buffet **£400<sup>1</sup>**
- ✦ Round trip in our modern, air-conditioned coach with qualified, English-speaking guides **£100<sup>1</sup>**
- ✦ Fascinating cultural tour featuring ancient advanced culture, holy apostles & world-famous crusaders. Spectacular range of excursions + admissions (as per itinerary), incl. **£140<sup>1</sup>**
  - Nicosia
  - Famagusta
  - Ancient Salamis
  - Bellapais
  - Miniature Park
  - Kyrenia
  - Ancient Soli
  - Gecitköy Dam
  - St. Mamas Church
- ✦ 24-hour emergency medical service

Total price per person **£949<sup>1</sup>**

Your saving per person **-£800<sup>1</sup>**

Your special rate per person from only **£149<sup>\*</sup>**

## Including a spectacular range of excursions:

- **Nicosia:** the last divided capital in Europe with an **Ottoman caravanserai** (admission included) & the impressive **Selimiye Mosque** (admission included)
- **Famagusta:** leisure time in the picturesque town
- **Ancient Salamis** (admission included): excavation site of an ancient Roman town including the historical ruins of the gymnasium and thermal baths
- **Monastery of St. Barnabas** (admission included): apostle, martyr and Cyprian national saint
- **St. Nicholas' Cathedral** (admission included): now known as the **Lala Mustafa Pascha Mosque**. One of the most outstanding Gothic buildings in Cyprus
- **Craftsmanship** in a traditional carpet-weaving factory
- **Bellapais Monastery** (admission included): a masterpiece of Gothic architecture. Breath-taking location in the **Pentadaktylos Mountains** with a fabulous view of Kyrenia
- **Miniature Park** (admission included): Cyprus' 15 most important highlights in miniature format
- **St. Mamas Church** (admission included): a beautiful church which is home to some fascinating frescoes

- **Kyrenia:** a gorgeous coastal town with an **old harbour**, an impressive **fortress** (admission included) & **historic shipwreck** now housing a museum (admission included)
- **Artisanal tradition** in a jewellery and leather factory
- **Gecitköy Dam:** tour & information on the project to combat the scarcity of water in Cyprus
- **Ancient Soli** (admission included): impressive ancient excavation site incl. basilica and theatre



Your **SAVING** per person

**£800<sup>1</sup>**

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As a customer of **LIFE MAGAZINE**, you benefit from extremely attractive special rates for optional extras:

**Gourmet package:** This package includes half-board, i.e. sumptuous buffet every evening with international specialities: only £99 per person instead of **£129<sup>1</sup>** (bookable upon arrival).

We recommend securing your gourmet package when you arrive. The individual hotels on the tours are located in idyllic natural settings and therefore a little outside the towns.

Flight Dates	January 2017 (17–31.01)	February 2017 (07–14.02) #	February 2017 (18–28.02) #	March 2017 (04–14.03)	March 2017 (18–28.03)	April 2017 (01–25.04) #	May 2017 (02–30.05)	June 2017 (01)
Seasonal price p.p.	£0	£40	£70	£90	£120	£150	£180	£200

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Airports	Birmingham	London Gatwick	Manchester
Airport fees p.p.	<del>£90</del> £0	<del>£40</del> £0	<del>£50</del> £0
Departure day	Thu, Sat	Tue	Thu, Sat

A visa is not required for entering Northern Cyprus. On arrival at the border a 90-day visa is automatically issued free of charge. A valid passport or personal ID card is required and must be valid for the entire duration of your stay. You are recommended to ensure that your personal ID card or passport is valid for another 6 months after entry. Additional information available at: <http://mfa.gov.ct/triconular-info/visa-regulations/>

A deposit of 20% of the tour price is payable upon receipt of written booking confirmation. The remaining amount must be paid 80 days before departure. The price applies from 17 to 31 January 2017, for other travel periods, seasonal price increases apply as listed in the flight schedule. # Holiday price increase p.p.: £49. This tour is exclusively available for individual travellers and is valid only for the booker plus accompanying adults. The travel conditions of RSD Travel Limited apply. These can be requested from the travel hotline or viewed at Subject to misprints and changes. The photos show typical examples of what you can expect from our hotels. This trip requires a minimum number of 15 participants per travel date.

<sup>1</sup> Price example was calculated on 09 September 2016 for the travel dates 24 January to 31 January 2017. Flight from London Gatwick to Ercan and Ercan to London Gatwick on [www.turkishairlines.com](http://www.turkishairlines.com), transfers airport – hotel – airport on [www.holidaytransfers.com](http://www.holidaytransfers.com), Grecian Bay Hotel and Hilton Park Nicosia on [www.booking.com](http://www.booking.com), coach tour on [www.nbktouristic.com](http://www.nbktouristic.com), excursions on [www.explorekyrenia.com](http://www.explorekyrenia.com). The comparative price for the Culture and Dinner package is based on the standard prices of our Turkish partner ([www.nbktouristic.com](http://www.nbktouristic.com)).

<sup>2</sup> RSD Travel Ltd. and RSD Reise Service Deutschland GmbH belong to a European group of tour operators that organises tours for customers from a number of European countries. The survey focused on tourists who travelled with RSD in March 2014. These comments were made by customers who have travelled with our group of companies.

The air holidays shown are protected by the Civil Aviation Authority. All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. When you pay, you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: [www.atol.org.uk/ATOLCertificate](http://www.atol.org.uk/ATOLCertificate). Our ATOL number is 10396. Please see our terms and conditions for more information. Single room surcharge: £199 per person (subject to availability)

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Call **0800 323 4865** now, absolutely free, to secure your preferred travel dates.

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