

Spring edition
2022

With gratitude and appreciation
to our supporter The Worshipful
Company of Innholders for
making this newsletter possible.



Hospitality
Action

Golden Friends Newsletter

Dear Golden Friends,

Welcome to the first edition of the Golden Friends Newsletter in 2022! With Winter almost behind us, we are looking forward to 'Springing into Spring' and preparing for Summer – my two favourite seasons!

January and February proved to be very busy with a high volume of calls with news and updates from many of you, as well as enquiries relating to the Winter Fuel Grant - where many of you shared how, now more than ever, this grant is needed. As one GF explained to me, "without it, I will just have to sit all day wrapped up in blankets".

The image of anyone having to sit wrapped in blankets to keep out the cold is a powerful one, so we are indebted to The Worshipful Company of Innholders for their continued generosity in funding towards this much needed grant.

Despite the busyness of the past few months, I found time to venture out into the garden at the end of January. A bright, crisp Saturday morning as I recall, with an icy wind propelling me into the sunniest spot.

Taking time outdoors helped to shake off the gloom of all those grey Winter days spent indoors. Beneficial on so many levels. But, if like many people, you are "not quite there yet" and are feeling a bit low, remember support is available through the **HA Helpline on 0808 802 0282**. Lines are open 24/7 365 days of the year for any of our Golden Friends who feel they would benefit from talking to someone about anything that is affecting their mental health.

So until next time, keep well and enjoy the unfurling colourful display this season.

Cathie



Mention in the Golden Friends Newsletter does not imply support or recommendation by Hospitality Action

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News from HA

A message from CEO, Mark Lewis

The sun is shining as I write this note, in the garden the bulbs are pushing up through the soil. Spring is on its way.

There's a similar sense of renewal around the hospitality sector. After two bleak years of lockdowns and closures, hotels, restaurants, pubs and bars are once again open for business. The daily Covid statistics augur well, and the restrictions to public life with which we've all (well, almost all ...) had to comply are receding.

In London's Clerkenwell district, where Hospitality Action is headquartered, there are discernibly more people on the streets than there were just a few weeks ago. And, while HA's office is not yet fully staffed every day, members of the team are all enjoying spending time together in person, once again.

Slowly but surely, the country is reawakening.

Of course, hospitality venues aren't out of the woods yet. Many challenges remain - finding staff is one, rising costs another. There are lockdown loans to clear and lost profits to make up.

You'll no doubt also be seeing the costs of living rise, though hopefully you aren't having to make the stark choice between food and fuel that some hospitality families tell us they are facing.

We continue to work hard to award grants to hospitality households left in financial peril by the pandemic. Part of this work focusses on our Winter Fuel Grants – and it's worth reminding you again that these are available to Golden Friends. Turn to P24 for the Winter Fuel Grant application form.

It'll be summer before we know it – the perfect time for catching up with friends and relatives not seen through the pandemic.

Until then, stay warm, stay safe, and, as my dear old gran used to say, 'ne'er cast a clout 'til May is out'.



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Golden Friends News

Royal Mail

Unfortunately, it would appear from calls received that not all of you received our Christmas card and gift, and Christmas and birthday cards posted out in December and others posted in early January are only now beginning to arrive. This, we understand, is due to staff shortages at RM sorting offices at various locations around the country. Hopefully, with restrictions lifted and staff returning to work these issues will lessen as the months pass.



GF Newsletter

In line with the new scheduling for the Golden Friends Newsletter, this Spring edition will be the first of four editions you will receive this year. It might help you to know that the Summer edition is scheduled to arrive with you in early June, and thereafter the Autumn edition and the Winter edition will be delivered to you in early October and in early December respectively.

If we have covered a topic that has helped you, or someone you know, then please do let us know. It's always great to receive feedback and our wonderful sponsors, The Worshipful Company of Innholders, would love to hear what you most enjoy about your Golden Friends Newsletter.

Your Cards and Letters

The team and I would like to say a very big 'thank you' to all those who sent Christmas cards and good wishes. Cards at Christmas and at other times during the year often contain not only words of appreciation for the Newsletter and seasonal gifts, but also updates on how our GFs are getting on, stories about beloved pets, as well as sad news too when a member passes away. We value each and every card, letter and email received from our members.



Grants and Grant Giving

Last year we updated you on the unprecedented number of calls and emails we were receiving in response to requests for financial assistance.

Throughout 2021, our small dedicated team of five people have processed an exceptional number of grants, with over £900,000 awarded in 2021, and not least of these were our annual Winter Fuel Grants.

Applications for this year's Winter Fuel Grant began arriving in November, and it was hoped that we would be able to process Winter Fuel Grants applications in time for the majority of payments to be made by the end of January.

Due to the number of applications the team received, and continue to receive, not all WFG payments were made by the end of January and so some were paid in February, and for later applications payments will continue into March and potentially early April.

Do bear in mind that it can take up to 6-8 weeks to process a single grant application, depending on the volume of applications and whether any supporting evidence is missing or we have a query about your application. If supporting evidence is missing or we do need to have a query answered a member of the Grants team will be in touch with you.

Rest assured we will assess every application received (funds permitting) by 31 March 2022 and return any original documents you have sent in as soon as possible.



Help us to Help You

The processing of our annual Winter Fuel Grants applications begins in earnest as soon as the team return to work following the festive break.

From the beginning of January the Grants Team have received a higher than normal volume of calls and emails enquiring whether applications for a Winter Fuel Grant has been received, or to update us verbally on issues relating to applications– unfortunately, taking time out to field calls can actually cause some delay in processing grants.

We do understand that if a grant is not paid out shortly after an application is made to us it can lead to concern, especially in light of the current anxiety around increases in fuel bills, but there is a process which the team must follow to ensure all those eligible receive payment of this grant and we thank you for your patience while the team complete the job of processing the many Winter Fuel Grant applications received so far.

If you would like to leave the Grants team a message about your Winter Fuel Grant application or any other application for financial assistance, you can call the 24/7 helpline on 0808 802 0282 and the helpline team will pass this on but do remember that at times of peak demand it can take 5-7 working days for a response but we will get back to you just as soon as we can.

If you are concerned about your winter fuel bill, we would also advise you check to see if you are eligible for other financial and practical help with heating your home. Other sources of help include:

The Winter Fuel Payment – this is an annual payment to help with heating costs. Eligibility criteria can be found on the Gov.uk website at <https://www.gov.uk/Winter-fuel-payment>

The Cold Weather Payment - extra money for people receiving certain benefits during cold weather. Eligibility criteria can be found on the Gov. uk website at <https://www.gov.uk/cold-weather-payment>

For information on how to reduce your bills and make your home more energy efficient, go to the government's Simple Energy Website at <https://www.simpleenergyadvice.org.uk/>, or call the **Simple Energy Advice helpline** on **0800 444 202**.



Fundraising and our Supporters

Here is an update of a few fundraising events and some of the wonderful things our supporters have been up to recently:

Chefs Dinner

In early November the charity held its first in-person fundraising event in over 18 months at the Rudding Park Hotel, Harrogate, North Yorkshire. We were delighted to bring together 150 guests to enjoy a dinner cooked by five award winning regional chefs, Tommy Banks, Shaun Rankin, James Mackenzie, Matthew Wilkinson and Michael Wignall, in our honour which raised a fantastic £30,000.



Restaurant Association Gala Dinner

The Restaurant Associations Gala Dinner was held on Monday 22nd November, at The Dorchester Hotel in London, celebrating Excellence in Food & Wine Service where Kate Nicholls OBE awarded The Restaurant Association for special services to Hospitality. We were thrilled to be the chosen charity for the event and absolutely gratified to receive over £28,000 raised on the night.

Chefs at Home Cookbook

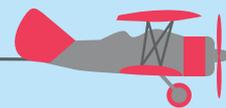
After a terrific start to November, we were so pleased to be able to bring together some wonderful chefs, who all featured in our Chefs at Home cookbook. On Monday 29th November we had over 190 guests attend this dinner held at The Lowry Hotel, Manchester, which raised an incredible £45,000. As well as outstanding food, highlights included a Q&A with chef Tom Kerridge and a bidding war for the prize of a dinner party in the winner's own home cooked by chef, Ellis Barrie.



Hospitality Action's Online Winter Auction & Raffle

We were touched by the generosity of our industry friends who donated 63 prizes, despite the hard times that they've faced, to be auctioned during our Winter Auction. From exclusive trips to the Champagne Taittinger vineyard in France to top chefs cooking for private dinner parties, luxury city, coastal and spa breaks, dinners, lunches, afternoon teas, to mention only a few. An incredible £32,400 was raised thanks to our fabulous auction prize winners and raffle participants.

Thank you



Swimming the Cotswold Way?

On 25th November 2021, Stephanie Whiteley, an HA supporter dived into her local pool and started counting lengths into miles. She has set herself the challenge to swim The Cotswold Way, 102miles in 102 days. Stephanie is honouring the memory of her adored father and her challenge is due to complete on 7th March 2022, exactly a year after the loss of her precious dad. At the halfway mark of her challenge, Stephanie has raised over £3,500 to be split between her chosen charities HA, Oxfordshire Mind and Band of Builders. Go Stephanie!

Invisible Chips in 2021

HA's fundraising campaign Invisible Chips was launched in the summer of 2020 to support those whose livelihoods were disappearing as a direct result of the Covid-19 pandemic. In the November/December 2020 Newsletter we wrote to you about it and were pleased to share how well the campaign took off.

0% fat, 100% charity. Invisible Chips are an amusing and engaging way for diners to show their ongoing support for the industry which has been so devastated by the impact of Covid-19. The idea is that by 'chipping in' the cost of the nation's favourite side dish, diners will be able to do their bit to support the thousands of hospitality workers who are at risk of their livelihoods disappearing and who are still impacted by the challenges faced by hospitality businesses across 2020 and 2021.

The sales of Invisible Chips have been growing ever since and we are delighted to say that at the end of last year Invisible Chips won the Charity Times Digital Fundraising Campaign of the Year and also ACO (Association of Charitable Organisations) Campaign of the Year 2021.

We feel honoured that our campaign has been recognised by not only our industry but also the whole sector. This is a huge achievement for our small but mighty charity.

In 2021 Invisible Chips raised over £100,000 with stockists across restaurants, hotels, bars and cafes, all getting behind the campaign encouraging the benefits of our 0% fat and 100% charity chips.

With lockdowns impacting venues last year, many of our stockists transferred their Invisible Chips to take away menus, order at home dinner kits or online shops to keep the campaign going. Yet again showing the flexibility and resilience of our industry.

During 2022 we will be continuing to push forward with our Invisible Chips campaign, allowing customers to buy a portion within hospitality venues across the country, far and wide, to help us to continue to support the most vulnerable people in our industry.



Information and Advice

Scam alert – medical scams affecting older people

Being the victim of a crime can be very frightening, especially when the victims of crime are vulnerable. It is for this reason that criminals look to defraud older people, many of whom are isolated or living with long term medical conditions. Here are some of the ways in which criminals are looking to exploit older and medically vulnerable people:

Medical alert systems scam

Older people are increasingly being targeted by criminals who tell them that they have been identified as someone who might be entitled to a 'free' medical alert alarm from Medical Alert Systems. Once the criminal hooks the person into the benefits of this type of alarm only then will the additional costs of the whole system start to be introduced.

The criminals know the names of the people they are calling and attempts to promote the offer as beneficial for vulnerable adults who are at risk of falls. Whilst not all calls of this type are bogus, this is a potential scam and one to be aware of.

If in doubt, ask who 'referred' you to the company and take the person's details and offer to call them back. This will give you time to check if the company is genuine and decide whether this is a service you are interested in. If you decide to call back, remember, there will always be a cost for any medical alert system of this type so it would be wise to ask about the costs involved so that you can make an informed decision.



Covid-19 doorstep scam

Opportunists and criminals have attempted to take advantage of older people who are continuing to self-isolate. These criminals call door to door claiming to be carrying out Coronavirus testing on behalf of the NHS or your GP. The NHS are not commissioning door to door testing. This is a scam, and you should close your door and call the police immediately to report this type of activity in your area.



Covid Pass scam

Criminals are also attempting to use eligibility for the NHS Covid Pass scheme to frighten older people into disclosing their financial details and personal information over the phone, via text and email. Criminals claim to be from the NHS, and offer fake vaccine certificates for sale.



Remember, the NHS Covid Pass is free.

The NHS, when they contact you, will never ask for payment or other financial details and will never issue fines or penalties relating to a Covid pass. If you receive a call, text message or email from the 'NHS' and you are asked to disclose financial details or to pay for something, this is a scam. End the call and/or delete the text/email.

Track and trace scam

One of the more recent medical scams involves callers contacting older people saying they are from NHS Track & Trace and claiming you have been in contact with someone suffering from Covid and you are advised to take a test, which they say will be sent out to you. The criminal will say that to process the 'order' for the test you will need to disclose your personal financial details.

Again, NHS testing is free. This is a scam and you should end the call immediately.

Remember, if you do need a test that needs to be sent out to you because you are unable to attend a test site, this service is free. The NHS will never ask for bank details or payments, details of any other accounts, such as social media, or ask you to set up a password or PIN number over the phone or ask you to call a premium rate number, such as those starting 09 or 087.

What to do if you think, or you have, fallen victim to these or other similar scams:

Identity or cyber fraud - report the details of the fraud to **Action Fraud** by calling **0300 123 2040** Monday to Friday 8am - 8pm or by visiting their website at <https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime>





Your Garden in Spring

Spring is such an uplifting time of year, when buds erupt into full bloom and the display of bright colours gives us so much to be thankful for, not least enjoying the current season and looking forward to even brighter and warmer days of Summer.

As the sun begins to shine and the weather outside begins to warm, we are reminded that it's time to get back out in the garden. With plenty to do, here are our top tips for gardening during Spring:

Tips for March

-  Repair and maintain garden tools, ready for the months ahead.
-  Make a start on planting summer flowering bulbs.
-  Sow hardy annuals straight into the soil.
-  Protect vulnerable, or new, plants from morning frost and new shoots from slugs.
-  Sow vegetables (carrots, spinach, salad leaves, early peas, broad beans, parsnips, radishes, potatoes), but only as soon as the Winter chill has passed.
-  Give your lawn its first cut of the year. Remember to keep your mower blades set at maximum height for the first mow of the season. Then, lower the blade height and continue to mow once a week to ensure a healthy and vibrant lawn by June.



Tips for April

- * Dead-head fading daffodils but remember to leave the foliage intact to die back naturally. This will help bulbs to produce a better display next year.
- * Spring clean your greenhouse.
- * Continue to fill bird feeders as birds will be building their nests in preparation for laying their eggs.
- * Prepare for planting! If the ground isn't too wet start by digging a 5cm deep layer of rotted manure, compost or green waste into your flowerbeds and borders.
- * Remove ivy growing on vertical surfaces and in borders as this can harbour snails.
- * Make sure to weed 'little and often' to keep weeding under control.
- * Apply a high-nitrogen fertiliser to any bare patches on the lawn to repair the lawn before summer.

Tips for May

- * Use a water butt to collect rain water. This will prove invaluable in the long run.
- * Plant up containers with perennials rather than annuals. Because they come back year after year it's a really economic option, and you can transplant them later into the garden if you want.
- * Remove moss and weeds from paths and terraces.
- * If you haven't done so already, mow the lawn.
- * Give evergreen hedges a trim to get them looking neat and tidy. Make sure you check the hedge for any nesting birds before you go straight in and start chopping!
- * Keep on top of snails and slugs before they get the chance to wreak havoc on your young garden plants.



Wage War on Weeds

Warmer weather encourages the growth of weeds, so now is the time to get to work to prevent weeds from getting the upper hand in your garden throughout Spring and into the Summer.

Roguish wild plants like dandelions, groundsel and stinging nettles are despised by gardeners as these steal nutrients from the soil, rob their neighbours of light and play host to garden pests that wreak havoc on our prized vegetables and flowerbeds.

Get to know the different weed species

Rather than reaching for an expensive weed killer, it is far more effective to get to know the different types of weeds you are likely to find in your garden and to understand what makes them tick so that you can find the best control method.

Annuals like chickweed, groundsel and fat hen wake early in Spring, develop quickly, flower and then produce seeds and then die all within a year.

Chickweed will reappear for several generations and can be a real problem in vegetable plots. With this particular weed it is best to adopt a 'no-dig' strategy and leave cultivating to the earthworm. Cover bare soil with newspaper or with black plastic and plant through slits in the material, then mulch.

Stick to the old adage, 'pull when wet and hoe when dry'.

Biennials, such as shepherd's purse, hairy bittercress, teasels and ragwort, spread their life cycle of two seasons. First they produce a rosette of leaves and underground roots, which sits dormant over Winter. The following season they produce flowers and before dying away they set seeds ready to germinate the following Spring.



These weeds tend to colonise borders where permanent plants flourish and where the soil is rarely cultivated. Chop out the weed and cover the soil with a thick mulch or bark to control further growth.

Nettles, bindweed, dock and couch grass start life as seed and keep growing throughout Winter. Their searching underground stems easily invade across neighbourhood gardens.

To defeat perennial weeds, dig out and burn all traces of their roots. Cutting their heads off works too, as without flowers to produce these weeds cannot spread far.

For persistent plants like nettles, ground elder and horsetail, you will need great patience to remove them. To do this you will need to cut these plants down and dig out new shoots every two or three weeks over several years to weaken their stronghold.

Japanese knotweed was introduced to Britain in 1825 and, at the time, was considered to be an outstanding garden plant. Today, it is better known as a pernicious weed that is virtually impossible to eradicate.

To weaken this plant, the best approach is to dig the plants out and cut back the emerging growth every two to three weeks over several years. Then cover the 'clean' soil with a landscape mulching fabric to weaken any new shoots that require light to thrive and survive.



Health and Wellbeing – Preventing Falls

The most common cause of serious injury in older age

Falls, causing pain, distress and loss of confidence, seriously threaten the health, wellbeing and independence of older people.

Falls, generally, are a huge concern for a significant number of us as we get older. Although we may not want to admit it, the stiffening in our joints as we age causes subtle changes in our mobility which increase over time, so little wonder that a huge concern for many of us is the risk of falling, especially when this could lead to serious injury.

The most common cause of injury resulting from a fall are hip fractures which require emergency surgery and long stays in hospital to recover balance and muscle strength through targeted physiotherapy. Unfortunately, the trauma resulting from a fall can result in death, especially in those over the age of 75, a sobering thought for the day!

Despite having serious consequences, falls in later life are often dismissed as an inevitable part of growing older, but in reality many falls can be prevented. There are some simple things we can do to improve balance and strength, from exercising daily to looking after our foot health.

Consider these five simple steps to help prevent a fall impacting you:

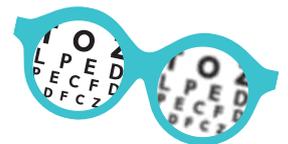
1. Do daily balance exercises to improve balance. As we get older, our muscle strength and balance reduces, which can lead us to become unstable on our feet. Exercises designed to improve muscle strength and balance can help to reduce the risk of a fall.

You may recall that in our Spring/Summer 2021 edition we featured some exercises to help improve and maintain fitness levels on Ps10-12. On P11 the 'single leg stands' looked at exercises aimed at improving balance and bone strength. You might find it helpful to review these exercises.

2. Combining different medications can cause dizziness and impact on your balance. Make sure you visit your GP regularly to review your medications and discuss any side effects you may be experiencing. These regular visits will help your GP to know if the medications you have been prescribed are right for you and, if not, your prescription can be changed.



3. Have your eyesight and hearing tested regularly, at least every six months. Macular degeneration, glaucoma and cataracts increase with age so it's important that these are detected at an early stage.



4. The risk of hearing loss increases with age too. Hearing loss can severely affect your balance. Visit your GP if you notice changes in your hearing that affect your day-to-day living or social life. The problem may be a simple case of the build-up of ear wax or an ear infection which can be easily treated but it is always advisable to get problems that develop with your hearing checked as soon as possible.

5. Check your home for potential trip hazards to make your home a safer place.



Although it may seem obvious, it's easy to overlook simple ways we can all help to prevent falls in the home:

- **Declutter.** Remove all clutter, such as stacks of old newspapers and magazines, especially from hallways and staircases.
- **Identify trip hazards.** Look around the rooms in your home, including the hallway, and look for loose carpet, slippery rugs, loose floorboards or steps that are set at different heights.
- **Installing grab bars and handrails.** Installing grab rails at the front door, on stairs and in bathrooms can help to help to prevent injury from falls.
- **Avoid loose fitting clothing.** Opt for better-fitting and properly hemmed clothing that doesn't drag on the floor or have loose fitting sleeves that can catch on door and cupboard handles.
- **Install good lighting in your home.** Inadequate lighting is a major hazard. Install brighter light bulbs where needed, particularly in stairways and narrow hallways, and consider adding night-lights in bedrooms and bathrooms for better guidance around your home at night.
- **Check footwear.** Wear comfortable, well-fitting shoes. Loose ill-fitting shoes or slippers can be a major hazard. Non-slip socks with grips on the soles of the feet can work well when indoors.
- **Choose the right shoes.** Make sure your shoes (and slippers) fit well and don't have a tendency to slip off. Problems with your feet or shoes can affect your balance and increase your risk of tripping or falling. Talk to your GP, practice nurse and podiatrist about any foot health problems you notice.
- **Use non-slip mats.** Consider putting non-slip mats in the bath or in the shower, as well on floors in the kitchen and bathrooms. Porch tiles can be extremely dangerous when wet so invest in a good quality rubber door mat for your porch.
- **Take care when moving.** Avoid trying to move too quickly from a standing or seated position. And take a moment to pause when attempting to go up or down the stairs.



Competition Time

Congratulations to our Winter edition first and second prize winners! First prize winner, **Theodora Cartie** (Bristol), who receives a £20 gift card, and to Second prize winner(s), **Carol Summers (Devon)**, Robert Dapson (Ringwood), **Gwenllian Stafford** (Monmouthshire), **Alan Sweeting** (Cumbran), **Leonora Penamante** (London), **Thomas Jones** (Surrey), **Lesley Fairweather** (Cornwall), **Martin Ward** (Cheshire), **Maureen Almond** (Cambs), **Janet Bartlett** (Bristol) and **Elizabeth Kennedy** (Devon) who each receive a £10 gift card. Congratulations everyone!

To get you in the mood shrug off those Winter aches and pains, why not try your hand at finding the 30 hidden words relating to Pilates. Good luck!

ALIGNMENT

BALANCE

BENT KNEE CIRCLE

BICEP CURL

BODY PLACEMENT

BREATHING

CAT STRETCH

C-CURVE

CENTRING

CIRCLES

CONTROL

CORE

DOUBLE LEG STRETCH

EXERCISE

EXHALE

FEEDBACK

FITNESS

FOCUS

HOLISTIC

KNEE FOLDS

LEG SLIDE

LENGTHEN

MOVEMENT

PIVOT

POSTURE

ROLLING DOWN

SHELL STRETCH

SHOULDER SHRUGS

SIDE BICYCLE

TOP LEG LIFT

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

Entries should be returned to us marked 'GF competitions', Hospitality Action, 62 Britton Street, London, EC1M 5UY to reach us no later than Monday 18th April 2022.

Good luck everyone!

Your full name _____

Your address _____

Health and Wellbeing – Keeping Hydrated

Regardless of the weather, it is important to keep fully hydrated.

Why do we need to keep hydrated?

Our bodies are made up of roughly 60% water which is needed to enable the brain and body to function effectively.

Our bodies use water in our cells, organs, and tissues to help regulate our body temperature and to maintain all of our bodily functions. Being properly hydrated is also important to help some medications to work effectively.

Because we lose water through sweating, breathing, and digestion, it is important to rehydrate our bodies by both drinking plenty of fluids as well as eating foods that contain water.

How does dehydration affect us?

Being dehydrated can have serious health implications for the elderly, especially on those living with Dementia.

Being dehydrated can increase UTI's (Urinary Tract Infections), and can impair our ability to think clearly as well as cause changes in our mood, cause dizziness which in turn can increase the instances of falls. In severe cases, dehydration can lead to us being hospitalised and can lower the effective function of organs in the body such as the kidneys.

What are the signs of dehydration?

1. Confusion/inability think clearly
2. Dry lips
3. Headaches
4. Dizziness (leading to risk of falls)
5. Urine that is dark in colour and has a strong smell
6. General weakness



The importance of hydration in kidney function

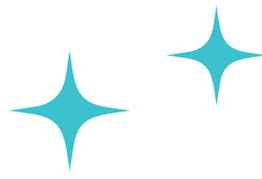
It is recommended that we drink up to 8 glasses or water a day to keep ourselves hydrated. Doing so will ensure our urine remains a pale yellow colour. The colour of urine is important as it shows us if our kidneys are functioning well.

If your urine is dark in colour, it is definitely time to drink more. If your urine is very dark, then your kidney function may be becoming compromised and you could be at risk of developing a UTI (Urinary Tract Infection). If this is the case, increase the amount of water you drink as well as ensure you are drinking fluids throughout the day.

As a general rule, always try to start and end your day by drinking a large glass of water. By drinking plenty of liquids throughout the day you will be helping to keep yourself hydrated as well as keeping your kidneys functioning well.

Health and Wellbeing

Springing into Spring!



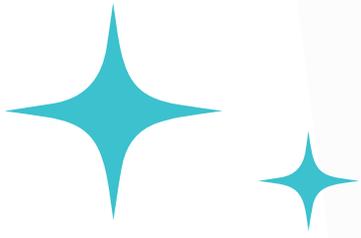
After the dark, cold days of Winter, it's finally happening, flowers are peaking through the soil and grass turning green. Days are growing longer and the sun is shining a little brighter. It's Spring! Spring has always represented a time to start over so for many of us, with an annual ritual - the Spring Cleaning. A chance to declutter and say goodbye to our unwanted stuff - to organise our homes to make them neat and tidy.

Spring cleaning can actually bring about other, unexpected benefits when it comes to our mental health. Did you know that studies have shown that there is a connection between Spring cleaning/decluttering and our mental wellbeing?

Ways in which Spring cleaning/decluttering benefits mental health:

- Reduces anxiety and depression – the tolerance for clutter varies from person to person. Generally, when we are surrounded by clutter, we become more irritable, anxious and frustrated. This not only impacts on us but on those around us as well. Psychological research has shown that when our homes are clean and well organised, we feel better too. When stress affects the brain, the rest of the body suffers consequences as well. The physical activity of cleaning (moving, bending, scrubbing, dusting, sweeping, vacuuming) produces endorphins which reduce stress levels, improve our ability to sleep, and boost our overall mood.
- Promotes good general health – individual cleaning tasks such as vacuuming, ironing and gardening are physical activities that not only help us to keep moving but help us to burn between 150 and 300 calories an hour! Results from psychological studies conducted in the US showed that participants who kept their homes clean and tidy were much healthier and more active than those who didn't.
- Allows us to become more focused - Spring provides us with an opportunity to not only declutter physically but also declutter mentally too by getting rid of negativity, past regrets, and anything else that is the cause of mental stress. When we visually see what we have and have an organizational system in place, we become more relaxed and can focus more clearly on what we actually need to concentrate on day to day as we are less distracted by the chaos around us.
- The great thing about Spring cleaning is that it isn't just the opportunity to get rid of all the stuff accumulated over the course of a year, or many years, but by engaging in this time-honoured annual tradition you will be helping to improve your thoughts processes and mental wellbeing in ways you may have never even expected!





Traditions of Spring Cleaning

Different cultures have different traditions for thorough domestic cleaning, and the Spring clean-up can start anywhere from 1st of March and continue all the way until the end of April.

Traditionally, the biggest housekeeping task of the year took place in the Spring because the Winter left every room in every home coated with a layer of soot and grime from the lamps that were lit with whale oil or kerosene which created vast amounts of dust, dirt, and soot that then needed to be cleaned away. This task usually happened to coincide with the first warm and sunny day after Winter when heavy drapes were thrown back to let in the light exposing the grime that had built up in the home during the Winter months, and when dust was visibly noticeable in the shafts of bright light streaming through the windows.

But while we're dusting, hoovering and polishing every surface in our homes this Spring we should be mindful that we are participating in a tradition that is not only rooted in religious and cultural traditions, but possibly linked to biology too.

In reality, Spring cleaning can be attributed more to human biology than anything else as, as a species, our behaviour is bound to the cycle of the seasons. Although humans don't need to hibernate like bears, we are less active and motivated during the cold Winter months.

Also, due to the lack of sunlight during the drab Winter days, our brain produces larger amounts of melatonin (a chemical responsible for making us sleepier) so we literally don't have the energy to deep clean during colder months. But, once the days start to get longer, we begin to feel more energized as the body's natural production of melatonin subsides.



Religious and Cultural Origins of Spring Cleaning



In the Jewish custom, Spring cleaning is linked to Passover in March or April, which marks the liberation of Jews from slavery in Egypt. Before the start of the holiday, a general cleaning takes place in order to remove any yeast bread, or chametz, from the home. (Egyptian slaves were fed unleavened bread, which the Jews later adopted as a symbol of their survival. Thus, having any leaven or bread made with yeast, even crumbs, in the house is considered ungrateful).

In Christian custom, Catholic custom dictate that the Church altar, along with all its surroundings, is thoroughly wiped on Maundy Thursday, the day before Good Friday. The Greek Orthodox Church encourages Spring cleaning in the first day of Lent, known as Clean Monday. This corresponds to the Julian New Year on April 1st.

Cleaning altars may not be the exact definition of Spring cleaning, but it is understandable why it could have led to annual domestic cleaning throughout Christian communities.

In Iran, the holiday Norwruz, or Persian New Year, coincides with the first day of Spring. The 13-day celebration traditionally involves cleaning (or “shaking the house”), buying new clothes, and spending time with family and friends. Although known as an Iranian tradition, Spring cleaning dates back to more than 3000 years B.C.

In northern parts of Europe, where the climate is continental and quite damp, the custom of Spring cleaning had a purely practical application. Late Winter to early Spring was the best time to dust the home thoroughly because the weather is usually warm enough to let fresh air in and chilly enough to keep out any insect infestation.

The Chinese celebrate the holiday of Ninyabaat prior to the Chinese New Year. Festivities usually start on the 28th day of the 12th month of the Lunar calendar and the essence of this tradition encourages cleaning to rid the home bad luck and misfortune. Traditional Buddhist and Taoist homeowners honour statues and altars prior to the Chinese New Year. Old altar ornaments are either thoroughly wiped or replaced with fresh decorations.

Whatever the origins or the motivations that propel most of us towards the annual Spring clean of our homes, let's be thankful that we no longer have to scrub coal soot off the living room walls, beat carpets and drapes in the yard, or run a mountain of wet washing through an old-fashioned mangle. How many of us remember using one of those contraptions, or perhaps you remember your mother using one?

For those of you who enjoy Spring cleaning your home, remember that as well as the benefit of gaining a clean and organised home, there are physical and mental health benefits too!





Delicious Spring Recipe

Springtime One Pot Chicken

Why not add a twist to this Sunday roast by adding whole spring onions, radishes and a creamy mascarpone sauce with tarragon and lemon?

Ingredients

- 1 ½kg whole chicken
- 250g mascarpone cheese
- ½ small lemon, juiced and zested
- small bunch of tarragon, chopped finely
- 3 tbsp olive oil
- 800g new potatoes, halved
- 1 garlic bulb, halved
- 200g radishes, halved
- ½ bunch of spring onions, trimmed
- 150ml chicken stock
- 200g frozen defrosted peas
- 100g shredded spring greens

Method

Heat the oven to 200C/180C fan/gas 6. Place the chicken in a large roasting tin or oven proof dish large enough to allow space around the chicken

Blend 2 tbsp of the mascarpone cheese with the lemon zest, 1 tbsp of the tarragon and some seasoning. Pull the chicken skin away from the chicken breast meat by working your hand beneath the skin to separate skin from meat, then spread the mixture of blended mascarpone beneath the skin in a thin layer. Spoon another 3 tbsp of mascarpone into the

cavity of the chicken - to melt in with the meat juices as it roasts to enrich the sauce later on. Rub 2 tbsp olive oil into the skin, season well with sea salt, then loosely tie the legs together with butcher's string. Roast in the oven for 20 mins.

Place the potatoes and the garlic around the chicken, then drizzle another 1 tbsp of oil over the chicken and vegetables, and return to the oven to cook for another 30 mins.

Add the radishes and whole spring onions into the dish and toss together with the potatoes and remaining mascarpone (about 150g) with the stock in a jug until there are no lumps, then pour into the tin/dish and allow to bubble on

the hob for few minutes, stirring continuously to coat the potatoes and veg. Squeeze over some lemon juice and season.

Stir in the peas, spring greens and the remaining tarragon, and allow to bubble on the hob for a few more minutes until bright green. Place the chicken in the middle of the decorative serving dish ready to serve.

Enjoy!



Awareness days 2022

National Feet Week - March 7th to 13th

National Feet Week aims to encourage people of all ages to prioritise foot health. Whilst the majority of us will automatically book regular check-ups at the dentist or optician, we seldom consider the benefits of an annual foot examination. Older people generally develop problems with their feet, such as fungal nail infections, corns, hard skin and falling arches. A regular podiatry appointment can give feet a whole new lease of life and it should not be underestimated how heavenly healthy feet can feel with a bit of extra tender loving care.



Crufts 2022 - March 10th to 12th (NEC, Birmingham)

As the official awards ceremony of the Kennel Club, Crufts is the world's biggest dog show which showcases the world's best dogs across every breed. From races and agility courses to processions and examinations, our furry friends are put through their paces and are awarded for their prowess.

The dog names alone are some of the most mind-boggling creations known to man. For example, "Bumblecorn Cats Nightmare", "Whinchat Viking Flagship" and "Afterglow Miami Ink". So long as their monikers are under 24 characters, pretty much anything's fair game!

Whether you're a dog owner or not, this experience is one that's worth enjoying, even just on TV. For more information and 'fun facts', why not visit <https://www.crufts.org.uk/whats-on/>



Compost week - March 14th to 20th

Something for all you gardeners out there - Compost Week UK – aimed at celebrating the benefits of composting and encouraging the UK gardeners to be right-royal-rotters!

Compost is nutrient-rich material that can transform soil and give plants a dramatic boost. It is created from decomposed organic matter, with help from bacteria, fungus, insects, and other organisms.

Composting is a natural process, transforming household waste into nutrient-rich food for the garden or allotment. Visit <https://www.daviddomoney.com/compost/> for more information on all things compost. [#CompostWeekUK](https://www.daviddomoney.com/compost/)





Bowel Cancer Awareness Month - April 1st to 29th

April's Bowel Cancer Awareness Month is an annual event set aside to increase awareness of bowel cancer and raise funds towards treating this condition. It is driven by various charitable organisations including the Beating Bowel Cancer and Bowel Cancer UK, who have merged with the aim of ensuring there will be no victim of Bowel Cancer by 2050.

Bowel Cancer is the UK's second biggest killer. This shouldn't be the case since it is treatable and curable, especially when diagnosed at an early stage. Early diagnosis for Bowel Cancer and any other type of cancer saves lives.

If this is a cause dear to your heart, you can get involved helping to raise awareness of the disease and, if affected yourself, you can also share your story to help support those facing bowel cancers.

<https://www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month/>

Parkinson's Awareness Month - April 1st to 29th

Every April, the Parkinson's Foundation engages the global Parkinson's community to help raise awareness about this disease and how the Foundation helps make lives better for people with PD.



This year, the theme is Start a Conversation; a call to action that urges people to talk about Parkinson's with their loved ones, friends, neighbours, care team and community. The theme also reflects the speech bubble in the Foundation's signature P logo.

Download the easy-to-use tools from our Parkinson's Awareness Month Toolkit on the PD website at <http://parkinson.org/parkinsonsawarenessmonth> to find out more about how to start the 'conversation', The How to Start a Conversation guide will tell you everything you need to know about how to participate and use the tools provided. **#StartAConversation**

National Pet Month - April 1st to May 3rd



National Pet Month (NPM) celebrates and raises awareness of responsible pet ownership through educational campaigns and resources and shares the many benefits of pet ownership, something dear to the heart of many of our members.

During the campaign month fundraisers and events will be held in support of the UK's many phenomenal pet welfare organisations and charities. These will be many and varied and can be individual or larger events, virtual or in-person! If you have a passion for your pets and would like to know more about this campaign, visit <https://www.nationalpetmonth.org.uk/>

HA's Winter Fuel Grant

There is still time to apply for the Winter Fuel Grant, a one-off payment of £165 per household to help Golden Friends on low incomes with money towards paying their winter fuel bills.

If you are **not** in receipt of a regular grant from Hospitality Action you can apply for a Winter Fuel Grant from November annually. To do so, simply complete and return the cut-off slip below. **PLEASE NOTE:** If you are currently in receipt of a regular bi-monthly grant from Hospitality Action you **do not** need to apply for the Winter Fuel Grant as you are automatically eligible for this grant.

To qualify for the grant you must satisfy the following criteria:

- Live in your own home (not a nursing home/residential care home or with family) and be responsible for paying the fuel bill.
- Have no non-dependant members of your family living with you (other than your spouse/partner).
- Have a total weekly income of no more than £187.10/week (single) or £280.30/week (couple).
- Have limited savings—below £5,000 if you are single and below £8,000 if you are a couple

If you meet all of the above criteria and would like to apply for this grant please complete and return the cut off slip below and send with a recent full month's bank statement/s showing all your income and any savings.

If you qualify for the Winter Fuel Grant we will then arrange for payment to be credited to your bank account as soon as your application has been approved, for you to use towards your next fuel bill. If your account cannot accept an electronic payment we will contact you to discuss options for payment.

If you fall outside the qualifying criteria detailed above you can still apply for the Winter Fuel Grant but you will need to request our full Winter Fuel Grant application form by calling the 24/7 helpline on **0808 802 0282**.

Applications for the Winter Fuel Grant can be accepted from November 2021 until 31st March 2022 or until this fund is exhausted.

Please note that we will be unable to process your request for this grant if you do not send in your recent bank statement/s from all of your bank accounts.

The Winter Fuel Grant is again kindly sponsored by the Worshipful Company of Innholders.



Please tick each of the statements below to confirm your eligibility and complete your name and address in the section below. Send this slip, together with a recent full month's bank statement to: **Hospitality Action, 62 Britton Street, London, EC1M 5UY**

- I/we live in our own home (not a nursing home/residential care home/with family) and pay the fuel bill.
- I/we have no non-dependant members of our family living with us (other than my spouse/partner).
- I/we have a total weekly income of no more than £187.10 (single)/£280.30 (couple)/week.
- I/we have savings below £5,000 (single)/£8,000 (couple).
- I/we have not received a Winter Fuel Grant from another charity (not the DWP Winter Fuel Payment)

Name (BLOCK CAPITALS) _____ Signature _____

Address _____

Post Code _____ Telephone number _____

Email _____ Date _____

