OURPLACENEWS

The monthly magazine dedicated to help everyone over 50 get the best out of life!

SEPTEMBER 2019

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Winter garden

Creating a posh and pampered indoor greenhouse

Get connected

The mind and body connection with holistic healing

Gems of Gozo

The beautifully serene Mediterranean escape just 6km north of Malta

Proms in the Park

Britain's largest outdoor classical music event

What's on Health & Beauty Money & Work Leisure & Travel Food & Drink Arts, Crafts & Hobbies Home & Garden

OURPLACE

Welcome

Letter from the Editor

Welcome to Our Place - The monthly magazine dedicated to help everyone over 50 get the best out of life!

Every month, we bring you news and features on; Health & Beauty, Money & Work, Leisure & Travel, Food & Drink, Arts, Crafts & Hobbies, Home & Garden, plus... our Charity of the Month!

Our Place was founded with a mission to connect the mature online community to a world of news, features, offers and life changing products they may have missed out on. Bring them all into one place, Our Place.

What makes us special is that we are a vibrant team of all ages, from 21 to 65 who are all passionate about living life to the fullest irrespective of age. We have built strong relationships with some of the best UK age related businesses with the aim of brokering discounted rates for our Over-50s community.

Become a Friend of Our Place and receive our exclusive newsletters. They are a great way of keeping updated with the latest news and promotions. We aim to bring a smile to your face every time you open your inbox by selecting exclusive vouchers and discounts just for you.

We welcome you and hope you enjoy Our Place.

The Editor - Our Place

PS. Do you have an interesting story or article? If so, send us an email by visiting: www.ourplace.co

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Totally Thames 2019

1st - 30th September 2019

London

See London's river Thames brought to life in a month-long season of events along the river's 42-mile (68km) stretch during the annual Totally Thames festival.

Walk along the Thames to see large-scale art installations, free exhibitions and live performances.

Enjoy a concert below river-level or join an archaeological tour of the river's surroundings. See boats of all sizes cruise down the river, or get on the water yourself with water sports and boat parties.

Totally Thames 2019 highlights

- Set foot on historic boats and enjoy family activities as the Classic Boat Festival returns to St Katharine Docks. 7-9 Sept
- Watch the magical spectacle of more than 300 crews rowing the Thames, at the annual Great River Race. 8 Sept
- Learn more about the historic Race for Doggett's Coat and Badge at The World's Oldest Boat Race outdoor exhibition, in Guildhall Yard. 8-24 Sept
- Explore the realms of poetry and hip-hop at the The R.A.P Party aboard the elegant Dixie Queen boat. 12 Sept
- Enjoy classical, vocal and spoken-word performances as part of the Bascule Chamber Concerts, held within Tower Bridge's Victorian interior. 20-23 Sept
- Uncover central European myths and legends during free Mother Danube music and storytelling performances. 24-27 Sep and 29 Sept
- Discover what rivers and waterways mean to people across the world, as gallery@oxo showcases work by young artists with the Rivers of the World exhibition. 29 Aug-9 Sept

London Design Festival

1st - 29th September 2019

Victoria and Albert Museum, London.

Explore a range of creative installations and events celebrating contemporary design during the London Design Festival (LDF).



The annual festival has been showcasing the work of designers, architects, artists and retailers since 2003. During the festival, hundreds of large-scale installations, exhibitions and events pop up in many unique spaces across London, from world-famous museums to small local studios. The V&A is the hub of the London Design Festival, hosting a wide range of activities, from tours and workshops, to installations and exhibitions.

BBC Proms in the Park

Saturday 14th September 2019

Hyde Park, London.

Experience Britain's largest open-air classical music event with BBC Proms in the Park in London's Hyde Park.

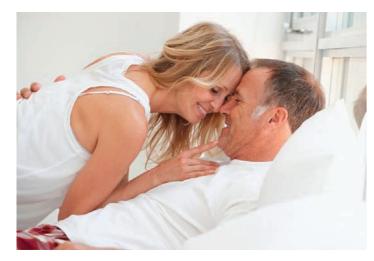


One of the highlights of the BBC Proms calendar, this spectacular annual outdoor concert is full of patriotism and British eccentricity. Taking place on the closing night of the two-month classical music festival, this year's main evening performance culminates with the traditional Last Night finale performed live on stage by the BBC Concert Orchestra. Sing along to the renowned Last Night anthems. Plus, enjoy performances by legendary artists, choirs and well-loved presenters, including Michael Ball, Barry Manilow, Chrissie Hynde, Lighthouse Family and Gabrielle.

Health & Beauty News

Over 50s have sex every few days, go to gigs and watch Game of Thrones

Far from being stuck in a middle-aged rut, today's 50-year-olds are challenging perceptions and living life to the full.



The Mirror reports that the modern 50-something has a gym membership, watches YouTube - and has sex every couple of days, it has emerged.

Researchers who carried out a detailed study also revealed that far from being stuck in a middle-aged rut, today's 50-year-olds are challenging perceptions and living life to the full.

According to the data they can regularly be found having a pint in the local boozer, enjoy eating out once a month and enjoy gigs as much as the younger generation - and one in 10 say their sex lives are better in their sixth decade.

They are also up-to-date with the latest and best TV shows and boxsets - and would much rather watch Game of Thrones than settle down to an episode of EastEnders.

A fifth of those over 50 attend gigs every few months, while the same percentage will watch their favourite music artists at least four times a year

However, while the over 50s are living life to the full, many feel misrepresented by brands.

Around one in four grumble at clothing brands for failing to represent their age group accurately, while a fifth believe the common depiction of middle age in advertising is totally wrong.

The beauty (14 per cent), music (16 per cent) and travel (12 per cent) industries are also among the sectors over 50s believe don't believe represent them very well.

The study was commissioned by TUI UK as part of an on-going programme to fully understand its customer base.

A spokesman said: "We all have an idea of what we perceive over 50s do and think - and this stereotype is often informed by movies, TV and advertising.

"We know there's a whole group of middle-agers who are energised adventurers and this latest study shows middle age is an active and social time of life.

"It's a time where many have fewer responsibilities as children have grown up and flown the nest, as well as having more disposable income than they did when they were younger.

"The lifestyles of over 50s are reflecting this and brands need to learn more about the age group to make sure the image they show of this generation is correct."

However, despite the research demonstrating the over 50's are far from 'old', and if anything are up for a bit of action and adventure, more than 40 per cent believe those under 30 probably consider them to be 'old'.

More than one in five think young people see them as unadventurous while 19 per cent think they are seen as 'uninteresting'.

It also emerged one fifth of 18 to 29-year-olds believe older people 'never' go out to gigs, and one in 20 think people over 50 simply don't have sex.

According to younger folk, clubbing is also off the menu for those in slightly older age brackets, although more than a fifth of 50-somethings would think nothing of partying until the early hours on a night out.

Those in this age bracket are also more likely to do tech-savvy things like watch YouTube videos on a tablet, than those below 30.

The study, carried out via OnePoll.com also found 16 per cent of 50-somethings regret not changing their career earlier in life, while one in four wish they'd worked harder at staying in shape and doing exercise in their younger years.

In light of the findings, TUI UK is looking for spontaneous middleaged adventurers for their new TUI Tours, including a couple, friends and a solo traveller to challenge perceptions of their age group in a project called 'The Travel Diaries', where they will test out a new, action-packed tour of South Africa, capturing their experience on film

A spokesman said: "I guess you could say we're looking for the next Michael Palin - an adventurous personality who is curious and comfortable on camera.

"They don't need to be film experts, this isn't about making a movie. "We want them to record their real, authentic experiences and 'tell it like it is, from meeting the locals, encountering the wildlife and tasting the food."

(Story source: The Mirror)

Do you have an interesting story about Health & Beauty?
Tell us all about it by visiting: www.ourplace.co



Health & Beauty News

Don't panic! Your local pharmacy has a Brexit plan agreed for you

Brexit is now the talking point it's impossible to avoid. Its impact on groceries, travel, NHS staff shortages and British-Irish border plans form part of the endless daily chatter and news programmes.



Mature Times reports that the potential for the impact on the availability of medicines has been in the spotlight, causing a lot of worry and concern. Here Ade Williams, Lead Pharmacist at Bedminster Pharmacy in Bristol, Pharmacist of the Year 2018, and the Royal Pharmaceutical Society's Patient Champion, tells MT why there's no need to panic:

'The availability of medicines after Brexit is causing many patients concern. Will my medications be available after Brexit? Should I get an extra prescription to allow me to stockpile? Do I need to keep my expired medicines in case of any future shortages? Will I have access to refrigerated insulin after Brexit? All these are daily queries our patients ask the pharmacy team about. We can understand why people are worried: rumours of shortages and fake stories shared via social media feed a frenzy of panic.

'Medicines do go out of stock from time to time - manufacturing process issues and problems sourcing raw materials are usually the cause. Community pharmacies working with prescribers, like GPs and hospital consultants, already work together to resolve these sorts of problems without the patient often ever being aware.

'It is true to say that Brexit - and what form it takes - has supply chain implications on goods such as medicines. UK pharmacists and health service teams, along with our European health colleagues, have long been at work finding solutions to cope with any problems that may emerge.

As friends, it is crucial that we ensure that the health and wellbeing of our populations remain protected by minimising medicine supply disruptions. This work is independent of the much talked about Brexit agreement

'The Government has already instructed all pharmacies on the best ways to help manage stock and availability. The NHS collectively is working to make sure no additional pressure is created by any part of it stockpiling and over-ordering. UK medicine suppliers are holding extra stock ready to send out if required. While it is understandable that patients may be tempted to over-order and stockpile their own supply, this would not be helpful or appropriate: it would only add pressure on the availability of medicines for patients elsewhere.

Experienced

'Many are concerned that things may fall apart, but remember that your Community Pharmacy teams are very experienced at sourcing medications using different suppliers and manufacturers. We also have local plans to help us communicate across the NHS and work with each other. The Government has it in plan to give special powers to pharmacist to recommend and supply the best alternative medication without compromising care, should the need arise. This makes use of our expertise as the most experienced and qualified experts on appropriate and safe use of medicines. Many pharmacists are already independent prescribers so this is not such a big step. Do please remove any expired medications from your home and return to your local pharmacy for safe disposal.

'Pharmacies are committed to making sure none of our patients become a Brexit victim. Never doubt our commitment to take care of you.'

If you at all concerned about your medication, please discuss with your local community pharmacist or your GP.

(Story source: Mature Times)

NEVER leave your dog in a hot car!



Every year, dogs suffer and die when their guardians make the mistake of leaving them in a parked car, even for "just a minute" while they run an errand.

Parked cars are deathtraps for dogs: On a 78-degree day, the temperature inside a parked car can soar to between 100 and 120 degrees in just minutes, and on a 90-degree day, the interior temperature can reach as high as 160 degrees in less than 10 minutes. Animals can sustain brain damage or even die from heatstroke in just 15 minutes. Beating the heat is extra tough for dogs because they can only cool themselves by panting and by sweating through their paw pads. If you see a dog left alone in a hot car, take down the car's colour, model, make, and license plate number. Have the owner paged in the nearest buildings, or call local humane authorities or police. Have someone keep an eye on the dog.

Don't leave the scene until the situation has been resolved.



Get connected: The mind and body connection with holistic healing

People are aware of taking care of their body, even if they don't do it regularly. But this broad subject is one that has been instilled in us since we were little. You shouldn't eat "bad" food and you need to be active.

Everyone will tell you this, there's no secret about it, everyone knows it. However, not everyone practises what they preach, and from acknowledging something to doing it goes a long way.

It also shouldn't come as a surprise to you when I tell you that our mind and body are connected and that one affects the other constantly, and vice-versa. So, if you're here because you want to work on your body or mind, know that you'll be working on both

The Mind-Body Connection: What is this all about?

You've probably heard of holistic health before. Holistic healing considers a person as a whole, body and mind together. It believes that to heal one, you cannot only focus on it, you need to consider every single part of you, and that includes your body and mind.





Health & Beauty Feature

f you're struggling with chronic pain, for example, holistic healing believes you need to embrace and heal your mind too, because when they both come together, you'll liberate yourself from blocks you didn't even realise were there.

Another topic you've also probably heard of before is placebo. Placebo occurs when your mind (and in consequence, your body) is tricked into believing something is helping you, making you feel better, stronger, when in fact, there's no proof it's actually helping.

Imagine being under the weather and taking pills many say don't help, but you believe that they are helping you, therefore you get better. Placebo! Right there for you.

Either you decide to go with holistic healing or call it placebo, the fact is this connection is there. There's no way to deny it. So, now, all there's left to do is find a way or ways that will help you balance your mind and body connection.

What can you do to work on one to heal the other?

Be Active!



Your body is screaming for activity and it really wants you to do your best by it. Being active means going out on a stroll, going shopping, walking your pet, going up the stairs - there are so many different ways of being active and people still get stuck with the idea of just going to the gym for an hour or two.

Your body will thank you for the time you spend moving it and your mind will reflect those same feelings. Have you heard of the happy hormones, also called endorphins?

Yeah, they're very much real! Being active leads to a happier mind. While you're working on your body, you're healing your mind. What else could you ask for?

Be Mindful!

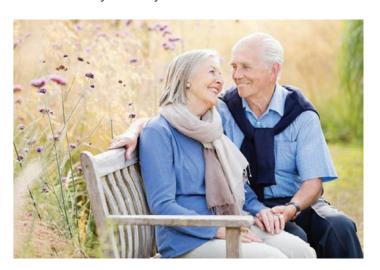
Practising mindfulness and working on your mental health will, undoubtedly, help you deal with your body and any issues it might be facing.

When we feel calm and at peace in our own mind, our body gets the message and it lets itself relax too. Just 5 minutes of being with yourself, mindful of your body and mind, every day will help you feel a lot lighter in the long run.

If you don't know where to start, download an app or two, so you can have the guidance you'll need at the beginning. You can also follow videos on YouTube; there are so many available with different approaches - just take your pick.

Slow Down...

Whatever it is you're doing, it's ok to slow down. Give your body and mind the time to catch up. Healing is a process that is different to everyone and you cannot rush it.



Working on one part of yourself will help the other, it'll help heal it, but you need time to reset everything. Don't rush it, it'll happen.

You now probably have a few ideas of what to do and what works best in your life, but I strongly recommend trying out yoga. It's the perfect balance of our mind and body connection.

We work on our body but at the same, on our mind. It helps you slow down, be more mindful and also take care of your body, all at once.

It's a simple activity that might look difficult at first, but I promise it's not, and most importantly, it'll help you on your journey.

So, what now?

Now, you have time. Take the time you and your body need to adjust to something new. There are no deadlines; you are the one making the rules.

Whatever it is you decide to do or start with, it's something that will work for you only. Take a deep breath and go, you're almost there!

(Article source: Choice)

6



Money & Work News

'There is a great deal of positive energy at camp, and you have a constant feeling that you are doing something so valuable, which is why I find myself volunteering more and more each year.' Adds Mike.

'Volunteering with Over The Wall also works very well with retired

For example, I have volunteered for other charities in the past, and often they require long term commitments, and so you find yourself signing up for regular days, but with Over The Wall it's a short burst of time, so you volunteer for just a few days then camp ends."

Being at camp as an older person

'Being an older volunteer actually works very well for me. I feel I'm able to bring my life experiences to this role, and it's also important the children have contact with people from various backgrounds.' says Mike.

'Also, at camp, everyone looks after each other which is what makes it so special. So, if my knees start creaking, people are sympathetic. If there are certain activities that are more physical than others, there are always other options.

For example, there may be campers that have mobility or strength issues and therefore they're unable to participate in the more physical activities. These children need to be supported too.

The volunteers must mirror the campers needs and therefore it is easy to fit in. I often help with art and crafts - which I'm hopeless at!

However, I once built a clay Stonehenge model with a camper and we were both very proud of it. It's all about getting stuck in and not worrying too much.

The magic of camp

call 02392 477110.

'For me, camp is about feeling young again.' says Mike. 'It allows you to see the world through new eyes, which really is quite something. Everyone looks after each other and because of that, anything becomes possible.

'I always remember being in Sainsbury's on a dreary Monday morning, straight after volunteering at camp. It was all very quiet and gloomy.

I had this huge urge to start singing Over The Wall camp songs to cheer everyone up! I wanted to make everyone smile by bringing the camp spirit to everyone around me, but I didn't quite have the courage!

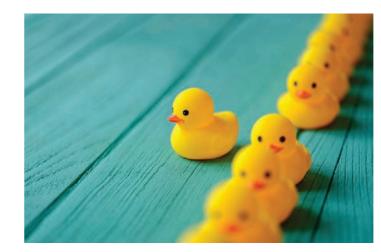
'I volunteer at camp because it feels like anything's possible. You lose your inhibitions and feel young again. Seeing children with serious illnesses overcome their health challenges and have fun, is a very inspiring thing to witness. Seeing how they cope and actually helping them to be as independent as they can be, feels like a gift."

To find out more about how you can help go to www.otw.org.uk/ or

capital' as their primary reason for failure.

Succession planning for businesses

Identify what you would like to happen with your business assets in your own Will and protect staff and shares in the enterprise you have sacrificed so much time on.



50 Connect reports that in previous news, we talked about the serious issues that could occur when a business doesn't have its own 'Will' or protection in place, effectively wiping out the investment which is your business, which would almost certainly have gone to your beneficiaries free of Inheritance Tax.

Having worked so hard away from the family for all those years, to see the asset crumble due to lack of financial planning, seems very unnecessary.

There are some very important areas to protect that will allow the asset you have built to move freely to your family.

Protecting in the event of death for loans, protecting key employees, and protecting the shares in your business are great starting points.

I'll come to these in a moment, but you should also put in place a decision of what you would like to happen with your business asset in vour own Will.

The more you share with your team and bank manager the better.

Bank managers have many accounts to look at, and a business which shows where protection is in place, what the desires of the owner(s) are, and where the team is fully prepared and understands their responsibilities, is always likely to tick that manager's box and take his risk awav.

Furthermore, creditors and customers will know the business is organised and in a good financial position and will stick by it, allowing the family to deal with the tragedy they are faced with.

According to the Office of National Statistics, 90% of businesses that fail had cash flow issues, and in 2016, 60% gave 'access to

Money & Work News

Loan protection is very straightforward. Look at the term of the loan and the amount that needs covering, and insure yourself for that

If there are a range of partners and you want to keep costs down, you could insure for a share of the loan, but it's better to have it repaid in full.

You can have the insurance as a decreasing option to reduce with the loan as it drops which cuts costs significantly, as the amount you are insured by decreases as you become older (and more costly to insure).

The loss of a key person is also significant, yet more than half of businesses did not have it in a recent survey.

The main reasons given for not taking it out were that businesses had not considered it; had not gotten round to it; or that cost was

If you picture the scenario of the loss of a key person, the cost now is really pretty insignificant. A key person is someone whose leadership, skills, contacts, knowledge or experience, is vital to the

There are variations of how you calculate the amount to be insured, and an Independent Financial Adviser can help with that, but often it can be 5-10 times their salary.

The firm simply insures the key person, with the benefit paid to the company, allowing cash flow and financial security and time to think, hire, and deal with the dip in productivity.

The final cover is that of business share protection. The company might have a number of directors and each director has shares that have a value.

That value is important to both the company and the deceased director's immediate family. In the event of death, each director would want their family to be paid off and the company would want to be able to do that.

So, the firm or director insures each director for the value of the shares and couples that with a legal agreement which states that if either party asks to sell or buy the shares, the other is obliged to sell

As the company has the money from the payout on death, they buy the shares from the beneficiaries who might otherwise not have been able to be paid.

(Story source: 50 Connect)

Do you have an interesting story about Money and Work? Tell us all about it by visiting: www.ourplace.co

Volunteering at any age can be fun!

This is the story of Mike, and how he helps national children's charity, Over The Wall, by volunteering at their summer camps for seriously ill children.



Mature Times reports that founded in 1999 by Hollywood legend. Paul Newman, the charity provides free residential camps for children but is reliant on volunteers like Mike to make sure each and every camp runs smoothly.

Mike's story

Since retiring, 65-year-old Paediatrician, Mike Miller has volunteered at many of Over The Wall's camps.

He had heard of the charity through his work then met a member of the volunteer recruitment team in 2013 at a regional paediatric meeting.

The mixture of emotional support and physical activities were inspiring. Thinking of the future, being an active helper at camp seemed like fun and would allow Mike to continue to contribute to children's care.

'I remember thinking camp sounded fantastic,' says Mike, 'so I asked one of the Over The Wall nurses, "am I too old to volunteer?"

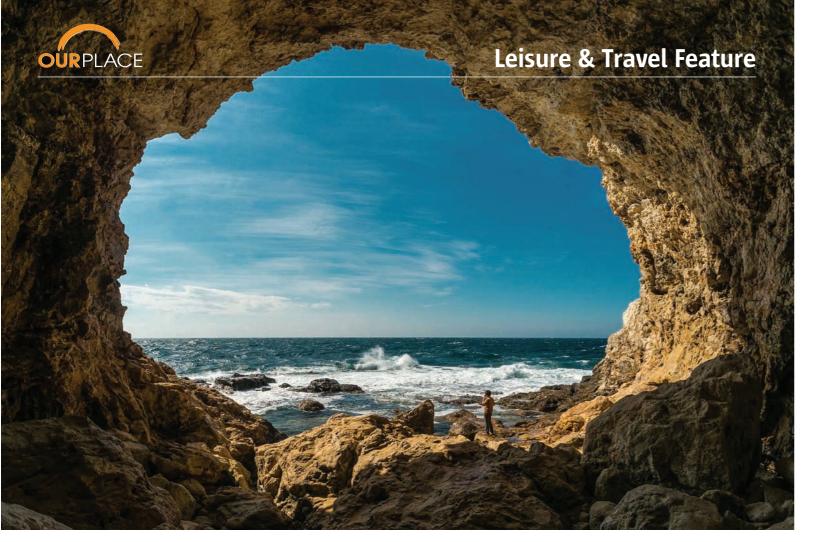
To which she replied, "of course not - providing you are relatively fit, can interact with children and you enjoy having fun - you'll love

'And of course, I did.'

After his first experience of a week-long health camp in 2015, Mike signed up the following year for two more camps.

This year he has registered to volunteer at three - Midlands Health Challenge Camp, South Family Camp and a Children's Heart Fund Surgery Camp.

(Story source: Mature Times)



Gems of Gozo: The beautifully serene Mediterranean escape just 6km north of Malta.

Gozo lies 6 kilometres northwest of Malta and is a very special island with lots of hidden gems. The island has its own pace of life, it's very serene, peaceful, very low key, relaxed and not too busy unlike Malta which is very busy during July.

From the minute you board the ferry in Malta, (Cirkewwa) which is easy to get to from the airport via cab your holiday truly begins as you travel across the beautiful sea past Comino into the port of Mgarr in Gozo.

Accommodation is plentiful depending on what you need and prices are affordable from B&B's to villas. Everywhere on the island is easy to get to and there are bus services if you don't have a car. Victoria is the main city on the island and it is rich in history hosting the beautiful Citadel which is worth a visit during the day but also at night as it has amazing views all over the island.





Leisure & Travel Feature

We stayed in Xghara which is a picturesque village near to the northern shores and has everything you need with bakeries, butchers, fruit shops and a bustling square with restaurants and bars to sit out at night with the locals.

We hired a jeep which was fun to drive around the island and to do a bit of off-road (got lost) driving and was ideal to keep us cool. You can hire a car direct from the airport at Malta and the open top jeep was great fun and gave the holiday an adventure feel. Plus, the company we hired it from who were excellent arranging airport pick-ups and transfers so it's very easy and relaxed.

Our villa called Pergola Farmhouses was fabulous. It had a pool with stunning views over across the valleys and you could see the Citadel at night and the sea at Marsalform. Spotless, spacious for a family of five it was very comfortable with everything we needed, and we had a very appreciated welcome pack and lovely owners onsite. Highly recommend staying here and it is easy to get into Xghara and Marsalform but you do need a car in Gozo for ease.

At the bottom of one of the valleys leading from Xghara is Ramla Bay that has the most amazing rich golden sand. It is a beautiful spot especially in the late afternoon and has plenty of cafes,water sports and sun beds, ice creams and parking.

If you are looking for a beach holiday this island isn't really a beach type location. You can find them, like Qbajjar Bay Beach but they aren't sandy, but pebbly and the beautiful clear sea is easy to get into but you just have to be a little more adventurous. Gozo is more about swimming in beautiful bays, jumping off rocks and finding quiet coves to enjoy. There really is so much to write about so a few highlights below...

Food

The food on the island is fabulous, with a Sicilian influence, seafood is abundant, the local dish is rabbit and there is plenty to choose from.

Perched on the top of an inlet is il'Kantra Lido Bar & Restaurant was magnificent with amazing views and delicious food. Scallops, pistachio tuna, seafood fritti, and caponata was the best I've ever had. So much food I'd suggest doing a mixture of starters as they are fabulous and good portion sizes.

Marsalform Bay has lots of restaurants with a great choice of cafes and bars and is lively in the evening with music and promenade cafés.

Our favourite place to eat here was il-Kartell which is positioned on the bay to enjoy the sunsets and the seafood pescatore (risotto) was so good I had it twice and the calamari, home-made ravioli is divine. We went three times and it didn't disappoint once. For wine lovers, Gozo has its own wines which are definitely worth sampling and good value for money.

Other local favourites were the Dvenue in Xghara, with Daniel and his wife who are so welcoming, and the food is always fabulous whether you have pasta, seafood or perfectly cooked steaks and the specials menu constantly changes.

Besides restaurants there are fabulous places to buy bread from local bakeries and the Gozitano Agricultural Village with a supermarket and greengrocers and Vini e Capricci by Abraham's wine a wonderful shop with a delicatessen stocked with homemade pasta, with cured meats, cheeses oil its own wine cellars. It's a beautiful and stylist space to enjoy a cheeky coffee with some chocolates and make the most of the air-conditioning.

We really tried to buy local when in Gozo to support the islands bakeries, fish shops, greengrocers etc rather than buying in big supermarkets.

Gozo Sunsets

If you head over to the west coast of the island, to the The Azure Window, also known as the Dwejra Window the sunsets are truly spectacular. There's a little inlet where you can go and swim during the day, out through the caves and they run little boat rides out to where The Azure Window once was, which has sadly crumbled away but there is still an impressive limestone coastline to enjoy.

Water sports / boat hire

There are boat trips you can do from the port at Mgarr, self-drive or charter boats. The best way to see this beautiful island is to charter your own boat with a skipper for 4 to 6 hours and sail around

We went out with friends twice with Frank in his boat the Barossa and it was a real highlight of the holiday. The water is crystal clear, so beautiful to swim in and the coast line is majestic with inlets and coves to swim in. The sea is crystal clear, clean and a perfect temperature to swim in.

Water sports, jet skis are great fun. You can take the jet skis out for 20 minutes in Xlendi which is enough time and there are canoe tours you can do around the coves and bays which is a fun way to explore the island from the sea. There is scuba-diving, pedlos and kayak hire also available around the island.

History / Festivals

Each village has its own stunning church and they are all very beautiful. There is Ta'Pinu, a national shrine near the beautiful village of Gharb that sits majestically and can be seen as drive around the island. Each village has its own festival which takes places throughout the summer and the villages are decorated with banners and there is music, and fireworks, parades with locals coming to celebrate in their finest clothing.

There is something quite magical about this island that draws you back. Although only a small island (14 kilometres x 7.25 kilometres), after three visits I will definitely be back as I still feel the island has much more to offer.

(Article source: 50 Connect)

Arts, Crafts & Hobbies Feature

Proms in the Park: Britain's largest

outdoor classical music event

unable to snare tickets to the Royal Albert Hall.

Held in nearby Hyde Park, the BBC Proms in the Park has its own

line-up - which typically includes well known pop stars and

Grammy award winning singers as well as classical musicians

and tenors. They join Proms in the Park favourites the BBC

Concert Orchestra and Michael Ball as presenter - who took over

Held on the same night as the Last Night of the Proms, Proms in

the Park is Britain's largest outdoor classical music event and offers

a rousing alternative finale to two months of the BBC Proms for those

Arts, Crafts & Hobbies Feature

Proms in the Park 2019

hosted by Michael Ball.

Other artists include American singer-songwriter and founding member of The Pretenders Chrissie Hynde, English-Italian singersongwriter Jack Savoretti, iconic East London-born RnB and soul singer Gabrielle and star operatic soprano Aida Garifullina.

In addition to a number of solo artists, this year's line-up will feature a very special duo in the shape of 90s British pop giants

The famous Hyde Park stage will also host Rock Choir, who return for the second year running, as well as the BBC Concert Orchestra under conductor Richard Balcombe.

With a career spanning more than 50 years, Grammy Award winning Barry Manilow has recorded and released 47 Top 40 singles, including 12 numbers ones, some of which he will bring to Hyde Park for a live performance alongside the BBC Concert



Proms in the Park favourites, the 60-piece BBC Concert Orchestra, conducted by Richard Balcombe, will again perform all the traditional Last Night anthems live on the Hyde Park stage.

Forty thousand voices will join them for the mass singalong as the evening brings to a spectacular close two months of musicmaking.

Broadcast live on BBC Radio 2

Join in the Last Night of the Proms celebrations in Hyde Park,

The legendary Barry Manilow will headline this year's concert.

Lighthouse Family.

Orchestra.

Proms in the Park 2019 Performers

 Barry Manilow singer Chrissie Hynde singer Jack Savoretti singer Lighthouse Family singer Gabrielle singer Aida Garifullina soprano Michael Ball presenter

 BBC Concert Orchestra · Richard Balcombe conductor



About Hyde Park

Technically two different parks, Hyde Park and Kensington Gardens are in practical terms one huge, merging expanse.

The 'split' dates back to 1728 when Queen Caroline, wife of George II, took almost 300 acres from Hyde Park to form Kensington Gardens. The 350 acres that remained has become one of London's best-loved parks.

Almost every kind of outdoor pursuit takes place within its lush green landscape. Horse riding, rollerblading, bowls, putting and tennis are all catered for while informal games of cricket, rounders and frizbee spring up on the area to the south of the park known as The Sports Field.

A number of famous London attractions are also housed within this central space. Hyde Park boasts Speakers' Corner, the Princess of Wales Memorial Fountain and the Serpentine Boating Lake - another feature owed to Queen Caroline who started a new landscaping trend by designing this natural-looking lake.

Today the water is a hive of activity in the summer months, doubling up as a lido and boating lake with its very own solar powered boat plus two cafes - The Lido Cafe and Serpentine Bar & Kitchen - on the water's edge. Hyde Park's central location means it attracts a diverse crowd, making it one of the most buzzing, fun green spaces in London.

A full diary of events including free guided walks, concerts and children's entertainment complete the picture.

Sunbathing and swimming, horse-riding and rollerblading, ducks, deckchairs and monuments.

(Article source: Various)

from Sir Terry Wogan four years ago. Hyde Park is a great place to enjoy five hours of evening

About Proms in the Park

Go organic for Organic September!

This September sees the return of Organic September, an initiative by the Soil Association to encourage the whole nation to try organic.



Mature Times reports that throughout the month, shops, farms and producers are inviting everyone to join them and experience what it means to be organic and why organic is food as it should be.

Shops across the country will be showcasing how easy it is to shop and cook with organic ingredients along with the wealth of choice available.

Organic September has been perfectly timed to see some of Britain's most popular everyday fruits and vegetables coming into season: apples, blackberries, pears and plums; beetroots, carrots, field mushrooms, kale, leeks, lettuce, potatoes, pumpkin and squashes, sweetcorn, tomatoes and watercress.

However, it is not only fruit and vegetables that are organic, it's the full shopping basket. This year alone, over one thousand new products were awarded Soil Association Certification including Adobe Malbec reserve 2017, Asda British cheddar, Clipper Fair Trade decaffeinated tea, Booja Booja Honeycomb caramel truffles, Jelly's elderflower vodka and The Authentic Bread Company's mini Earl Grey hot cross buns.

Having a Soil Association accreditation means whenever you see the organic symbol on a product you can be sure that what you buy has been produced to the very highest standards. It means fewer pesticides, no artificial additives or preservatives, the highest standards of animal welfare and no genetically modified ingredients.

Organic has a fully traceable supply chain right back to the farm. It's inspected at every stage of the process, meaning you really can know what's in your food and how it has been produced.

Clare McDermott, from Soil Association Certification, the UK's leading organic certification body said: 'Small changes can make a huge difference.

Choosing organic means helping protect our vital wildlife and reducing your exposure to potentially harmful pesticides and chemicals. Demand for more organic food means more organic farms. More organic farms mean more wildlife and more animals raised to the highest welfare standards.'

During September, there are numerous events happening up and down the country making it easy for anyone and everyone to try organic, with great offers in stores and online, new products launching and lots of fresh products in season to try.

So, why not go organic for Organic September - it could well help improve your health as well as the health of the environment and could be just the beginning of a new organic you.

Highlights of Organic September include:

- 8-9th September: Go! Organic Festival, Battersea Park, London.
- 15th September: Organic September Saturday, a day dedicated to indie retailers, where independent retailers will open their doors and offer samples, tastings and talks to showcase their organic fare
- · 22nd September: Daylesford Harvest Festival.
- Organic "Open Gate" Sunday will take place on Sunday 23rd September.

(Story source: Mature Times)

Food for thought... what's going on?

Wherever you live, whatever you do, whatever you like to read, and whatever you like to eat there's not a day goes by without headlines about the seeming inexorable march of veganism, vegans and vegan food.

Mature Times reports that let me say before I go any further that I'm not anti-vegan - I respect an individual's right to make a lifestyle choice - period.

What I'm referring to is the increasing "noise" that we have seen over recent months extolling the virtues of a Vegan lifestyle. Am I being sensitive or is this just clever marketing or is the world actually beginning to change?

It's not just veganism that seems to be constantly in the news, its food in general. There seems to have been a rapid rise in the focus on food allergies over the last 20 years, It seems like every other person is dairy free, gluten free, has a nut allergy or some other food related allergy that "must" be catered for.

Better information

And of course that's quite right - those who have allergies that cause serious illness (or even prove fatal) need to be able to protect themselves from inadvertently consuming food stuffs that contain the allergens that can have serious consequences for their health.





As a society we are now better informed about the food that we eat, what it does to our bodies when we have ingested it, how it is produced, how sustainable it is, and how damaging (or otherwise) its production is to the environment.

Rearing animals for food is a contentious issue and one that has received much media coverage recently. Many scientists have pointed out that rearing animals' takes a lot of energy and the resultant emission are detrimental to the environment. So it should come as no surprise that an estimated third of Britons have either stopped eating meat altogether or reduced their intake considerably.

There is a sea change taking place in our eating habits and it is estimated that as many as one in eight of the population see themselves either vegetarian or vegan. But where things are really changing is that around one in five of us identify as being "flexitarian", which means that essentially they consume mainly a vegetable based diet but that occasionally they will supplement their diet with some meat or fish.

Add these two figures together and it shows that approaching an astonishing 30% of the UK population admits to either having given up on meat completely or have reduced their consumption of it considerably.

Is there a link?

Many people who choose a vegan or vegetarian diet don't just do it because it's a trendy thing to do, they do it because of their ethical principles and concern for the environment: many see it as contributing to the fight against climate change.

Animal farming, whether they are farmed for meat or for other products such as milk, is a very intensive process and a considerable amount of carbon dioxide is produced in doing so reducing the consumption of meat and dairy products is therefore seen by many as a positive way of reducing CO2 emissions.

And the movement is growing. The Vegan Society now estimate that there are around 540,000 vegans in the UK, of which two thirds are women, up from a figure of just 150,000 in 2006. There are believed to be a further 360,000 people who describe themselves as "lifestyle vegans", people who commit to only using or buying cosmetics and clothes that are free from animal products.

Meanwhile an estimated 5.7% of the population describe themselves as "vegetarian", which in numbers terms equates to around 3 million people in the UK.

So how does this help the climate?

If the demand for meat and dairy products declines it stands to reason that the number of animals that are required to produce that food would also decline. If the number of animals that are reared for the food chain declines, then without doubt the amount of greenhouse gas emissions would also decline. Clearly if you are a non or low meat eater then this is a win-win situation. In fact it is estimated that the food consumed by a meat eater contributes twice as much, in terms of greenhouse gas emissions, to global warming than a vegan, whilst that consumed by a vegetarian is estimated to account for some 30% less emissions in its production.

Now I'm not for one minute advocating that we all become vegan, or vegetarian, overnight, but what the evidence is showing is that our continued reliance on eating meat is a big contributor to greenhouse gas emissions. A little adjustment to our diets can not only help us consume less meat, which is proven to be good for your health, but it can also help the environment as well.

Now there's food for thought!

(Story source: Mature Times)

Is it safe to eat food you've dropped on the floor?

Some people say if you drop something on the floor and pick it up in less than five seconds it's ok to eat, but is it safe?

BBC News reports that food safety expert Professor Anthony Hilton from Aston University says the "five-second rule" for eating things dropped on the floor is usually correct. He says that if food is not on the floor for very long it won't have time to pick up harmful bugs, so unless it's got dirt on it you can actually see it should be okay to eat.

It does depend on what type of food is dropped and on to which type of surface. It's worse to eat food dropped on smooth floor surfaces like tiles, rather than from carpets, as more potentially harmful bacteria are transferred when things fall on them. Also if something is sticky, like jam or ice cream, it will pick up more dirt. Lots of people do it, scientists asked people what they thought and 87% of people admitted they would eat, or had eaten, food from the floor. But the best way to avoid getting bacteria on your food is not to drop it in the first place!

Home & Garden News

The environment surrounding your home will help influence a happy retirement

With the hot weather, and how we can get out and about to enjoy it, on everyone's minds, it's interesting to learn that the great outdoors is a clear priority for our retirees when choosing a retirement property to call their home.



50 Plus reports that Retirement Homesearch (RHS) surveyed around 1,000 over 50s across the UK to establish their priorities for choosing a retirement property, and a massive 93% rated the surrounding environment as important or very important.

Laura Fisher, Sales Manager for RHS said: "A sea view is always a winner and something we are asked to look for all the time.

Our coastal hot spots are Torquay, Herne Bay, Grange-over-Sands, Cromer and the Isle of Wight.

On the Isle of Wight we have the stunning Briary Court (pictured above) where residents are treated to spectacular sea-views and an indoor swimming pool."

But a sea view comes with a price tag, and typically commands an £40k additional asking price - even though the development, flat and area is identical.

"It's not just that sea view that attracts all the attention," Laura explains. "Any view really sells and we have some stunning developments overlooking rivers and green open spaces that are also in high demand."

The opportunity to get out and about and active is also a big appeal.

"Common criteria we are asked to consider is good bus routes, being close to shops and amenities and an active social life within the development," Laura says.

"Many of our development's Social Committees organise days out or events focused around the development's communal areas and this is of great appeal to buyers who may be feeling isolated or lonely in the current big family home where they now live alone."

And why is the great outdoors so important to older people's wellbeing? Dr Barbara Humberstone Professor Emeritus, Sociology of Sport and Outdoor Education, Buckinghamshire New University shared some insights with us.

"There is now considerable research that tells us that it is not only exercise, but also the environment in which we live that influences the way we feel; both mental wellbeing and physical health.

Fresh air and accessibility to suitably designed landscapes can provide for a happy and healthy life-style.

"Green spaces (areas of trees, plants and flowers) are uplifting - and if a garden offers raised flower/vegetable beds, those with impaired mobility can actively garden, if they wish, meaning the space will provide even greater benefits.

"Beyond the garden, there is a world of healthy stimuli; from town-centre markets and museums, to forests and lakes.

The sedate occupations associated with the retirees of stereotype needn't be the limits of today's older folk.

We see now clearer than ever the benefits of even gentle exercise, but we also see ever more examples of the elderly engaging in more intensive activities.

While accommodating mobility issues and minimising risk, there are still many ways that we can and should make the outside world accessible as we age.

"Keeping mobile as we age is so important, as recent research shows. Significantly, current medical research has identified the strong connection between physical activity and maintaining a healthy brain - that is, the more physically active we are, the less likely we are to develop memory loss, and it may even delay or ameliorate Alzheimer's disease.

"Walking in a beautiful green space is recommended. Ponds and waterways provide a sense of nature and add to the benefits of the environment by stimulating all our senses.

"Given that we now see that these issues can add quality, and potentially even years to our lives, it would be wonderful to see future retirement developments taking their outside offering further and using it as a major selling point."

(Story source: 50 Plus)

Do you have an interesting story about your Home and Garden?
Tell us all about it by visiting: www.ourplace.co



With Home Exchange, you can take advantage of a guaranteed cash buyer and not have the worry of being caught up in a chain.

Home & Garden News

Another option is the Selling Made Easy service, where Churchill can work with your estate agents to ensure that your property is being well marketed.

The Senior Move Partnership are also on hand in order to guide you through the process of downsizing, when moving house is more than just packing your boxes. Home Exchange.

When the time comes to move to your new retirement home, Churchill have a wealth of advisors and consultants available who you can seek advice from, helping you to feel relaxed and look forward to your new lifestyle.

Moving into your new home

When everything is finalised and you have your moving date set, next comes the hassle of actually moving.

However, Churchill can help you to move without the hassle. Caroline Haswell, Regional Marketing Manager for Churchill, says:

"Making a move in later life can be daunting - there are a number of things to consider and moving a lifetime of memories can seem like a big task.

Our range of moving services is designed to reduce some of this stress and make it as easy and enjoyable as possible to move into your dream apartment.

We can provide help and support every step of the way."

When it comes to moving house, it's never a simple process and this can make the event of moving into your brand new home stressful.

Finding a service that can help you to pack and unpack, and move you and your belongings to your new home is the key to alleviating that pressure, giving you more time to look forward to your new lifestyle.

At Churchill, help is at hand every step of the way, with experienced Sales Executives there to guide you, and a partnership with Britannia Movers International, moving house has never been more convenient and efficient.

To learn more about how you can easily move into a brand new retirement apartment with Churchill Retirement Living, you can download the "Ultimate Mover's Guide" which includes plenty of information to help answer your questions and details the best ways to sell your home and buy your dream new retirement property, or search the various retirement homes on their website.

(Story source: 50 Plus)

Moving made easy with Churchill Retirement Living

Moving house can be an intimidating prospect for anyone at any stage of their life; especially around retirement age, and the process of buying a new property only adds more stress.



50 Plus reports that Churchill Retirement Living, a privately owned, family-run, British company, specialising exclusively in the development of attractive one and two bedroom retirement apartments in the UK, will guide you through what you can do to make buying and selling your home and moving into your new apartment easy.

Buying and selling your home

Moving into your new retirement apartment is meant to be the next exciting chapter in your life, however, with so much furniture and other bits and pieces, it can feel like one big headache.

However, Suzanne Revell, Sales and Marketing Director, explains how Churchill can help make the buying and selling process that much easier:

"One option which simplifies the whole process of buying and selling your house is our Home Exchange service, which means you don't have to find a buyer or pay any estate agency fees.

With Home Exchange, we ensure that your move is without the hassle, allowing you to focus on your dream apartment and your future."

Churchill offers a number of services that help make buying and selling your home that much easier.

Whilst the housing market is unstable, Churchill can take away the associated stresses and strains that come with selling your home.

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Winter garden: Creating a posh and pampered indoor greenhouse

London designer Rose Uniacke reveals how she rescued an indoor garden offering advice on creating your own winter garden.

Famous for her glamorously minimalist interiors, Rose Uniacke rescued an unloved indoor gallery in her nineteenth-century mansion, creating a light-filled conservatory that evokes an era when Victorian plant hunters roamed the globe in search of the exotic.

The Georgian Revival—style villa that London interior designer and antiques dealer Rose and her husband, film producer David Heyman, bought in 2007 had fallen on unfortunate times.

Divided into apartments, it had an ugly staircase, fire-door partitions - and an odd domed gallery in the centre of the main floor.

But Uniacke (who trained as a furniture restorer, gilder, and specialist in paint and lacquer finishes before opening her eponymous shop on London's premiere antiques row on Pimlico Road) was up for the challenge.



Known for the serenely restrained interiors she creates for clients including Victoria and David Beckham and perfumer Jo Malone, Uniacke hired Belgian minimalist architect Vincent Van Duysen to reimagine the space.

And thus was born the luxuriously rustic conservatory that Uniacke calls the Winter Garden. The first step in transforming the gallery was to remove an inferior 1970s glass roof from the classical domed ceiling. "Suddenly the ceiling seemed vastly higher," says Uniacke. "It radically changed the feel of the space. The proportions of the room became fabulous."

Discovering that the original wooden rafters were still in place, she had them wire-brushed clean and left them exposed. Layers of plaster were stripped from the walls, revealing beautiful bare brick that Uniacke left raw. She furnished the space with a mix of antiques from her shop.

To choose plants for the indoor garden, Uniacke brought in Tom Stuart-Smith, London's landscape designer of the moment. Stuart-Smith - who also designed an outdoor garden space on a walled terrace along one side of the house - was "in charge of shape and planting and the mechanics," says Uniacke.

Stuart-Smith wanted to make the space as relaxed and informal as possible, given its grand scale. "All the planting was scattered around with apparent abandon in a variety of containers," he says. A mix of orchids, tropical plants, and climbing vines creates a room that Uniacke calls "totally unexpected."



The heart of the matter

The garden conservatory is where Uniacke and her family entertain, eat together, read, and arrange flowers. The glass in the doors was specially made to copy the wavy, imperfect panes found in old Georgian houses. "It's essential to make all the details interesting," says Uniacke.

Elements of style

Most of the furnishings came from Uniacke's shop or were discovered in her travels (she found the terra-cotta floor tiles in a reclamation yard in France). Stuart-Smith supplemented the collection with terra-cotta from Italian Terrace, a British company whose designs are handmade in Italy. A Carrara marble fountain is inscribed "The Gift of CC Walker Esq. 1885." Says Uniacke, "The sound of water makes all the difference." For a less formal look, the fountain was deliberately set off-center.

Dining out, indoors

A vintage French steel conservatory table is the site of frequent family meals. Uniacke calls the table, with its patina of green paint, a "wonderful workhorse." Patinated bronze chairs, designed by a Swiss sculptor and furniture designer, date from the 1950s. A dwarf palm (Phoenix roebelenii) lends a tropical air, as does the small-leafed Ficus pumila (creeping fig) climbing the wall between the doors.



Secret garden

Uniacke also has an outdoor garden, a walled terrace along one side of the house. Because it was very low and disconnected from the house, Stuart-Smith lifted the level by 3 feet. He paved the floor with old York stone (sandstone quarried in Yorkshire) and flanked the doorway with two euphorbia shrubs. Euphorbia x pasteurii is a "new-ish variety," with yellow, honey-scented flowers in late spring.

A layered look

A mix of different planters and types of foliage gives this space an informal air. A mature olive tree thrives in a deep terra-cotta pot. Against the brick wall, Stuart-Smith planted camellias, southern magnolia, and evergreen Eriobotrya shrubs to create solid texture and enclose the space with greenery.

Gardenista, edited by Michelle Slatalla and with images from Mathew Williams, is a hardback garden design manual inspiration and expert advice: there are in-depth tours, step-by-step guides and easy-to-implement design ideas. The book is available on Amazon for further garden landscaping inspiration.

(Article source: 50 Connect)



Cat Hospice - Giving palliative care to sick cats

Cat Hospice is a small charity dedicated to cats living with FIV and is named after one of it's first residents, 'Strompus' - a pretty little long-haired feral cat, who sadly died on Christmas Eve in 2011.





Feline Immunodeficiency Virus (FIV) is similar to HIV / Aids in humans, in that it effects the immune system. With careful healthcare, these cats can live happy and healthy lives, so we feel that it should not automatically result in a death sentence. Most of our FIV cats are feral but some, like Tom, pictured above, are friendly pets who have just got into a bit of bother. Domestic cats with FIV can be rehomed in some circumstances. Tom (who came from Watford) went to live as a companion to another FIV positive cat in the North East. All our FIV cats are neutered, microchipped, wormed and vaccinated.

There are many cats in our care who live in our Cat Hospice who are very sick. Cats just like these...

'Tiger'



Tiger was abandoned on the street of a busy market town when his owners moved house. Frightened and hungry, he found his way to the home of a lady who fed him until we were able to take him in. Tiger was terribly matted and extremely thin, and he had to be fully shaved because of how matted his coat was.

After some time and a lot of love, we got him well and happy and a lovely coat. His health wasn't to last however, as some time later he developed lymph cancer, and needed a course of Chemotherapy. It was a difficult time for him, as the chemotherapy did take it out of him and make him sleep a lot. After two weeks of treatment, when he stopped taking them, his condition improved drastically, and he was in remission. This was 3 years ago now. Tiger's health will always be a problem, as he is a fragile boy, but he fought cancer and won. He has to remain at the rescue in a flat on site because of his sensitive nature and possible future vet costs. He loves relaxing on a comfy bed and still plays with toys even at his advanced age.

Cat Hospice needs help to care for all these other cats:

'Kiska'. This little FIV positive girl came from the same feral colony as Strompus.

'Wilton'. This rather handsome young chap came from a factory site in the North East, thanks to the Cat Orphanage. As he is FIV positive, we were happy to care for him at our Cat Hospice.

'Gillan'. Long haired tabby female Gillan is a feral cat living with FIV.

'Secret'. Secret is about 3 years old and is one of our domestic FIV boys.

'Whiskers'. Whiskers is a friendly boy who is living with FIV.

As you can see, all of these beautiful cats have their own unique character. They all need looking after so Cat Hospice can give them the best possible care through their final years of life.











Kiska

Wilton

Gillan

Secret

Whiskers

To donate to Cat Hospice, please write to: Raisemore, Unit 1, Alton Road Industrial Estate, Ross-on-Wye HR9 5NB

Not yet made your Will? Already have a Will, but is it enough? Get yours checked now. FARPLACE ANIMAL RESCUE have arranged a free Will making service at no cost to you or the charity.

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