

Family Members Newsletter



Helping our people

May/June 2014

Dear Family Members,

Welcome to the May/June edition of the Family Members Newsletter. We hope that you find it interesting and enjoy it.

In this edition we are delighted to welcome Ally Felicidadario to the HA team. Ally joins our fundraising team as our Fundraising & Marketing Assistant. You can read more about Ally on page 4.

This edition also includes our usual news and information along with our Family Members page where Mrs Bee shares her 100th birthday celebrations and memories of her past (pages 10 & 11). We really enjoy reading your stories, childhood memories and anecdotes from when you were working within the industry so [please keep sending them in.](#)

On the back page of this issue we are reminding all Family Members that Hospitality Action is working with CarelineUK offering their Emergency Home Alarm to our Family Members at a discounted rate. There is also a grant scheme to assist those who would struggle to afford it.

Happy reading from Jenny and all the team

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Mention in the Family Members Newsletter does not imply support or recommendation by Hospitality Action.

In the coloured strip at the bottom of each page you will find 'fun gardening quotes & jokes', brought to you by www.gardendigest.com.



News 2014 Budget



In the Budget for 2014/15, amongst other measures, the Government has announced major pension reforms.

Age UK have picked out the measures, alongside the changes announced in the autumn, which are most likely to affect people over pension age now and in the near future.



Pensions

State Pension and benefits - new rates from April 2014

The basic State Pension will go up by £2.95 to **£113.10 per week**. At the same time, the standard rate of Pension Credit, which gives pensioners a guaranteed minimum income level, will increase to **£148.35 a week for single people and £226.50 for couples**.

This increase is partly being paid for by a **reduction in Savings Credit** (extra money if you've got some savings or your income is higher than the basic State Pension).

From April 2014 this will be a maximum of £16.80 a week extra if you're single and up to £20.70 if you're a couple.

New State Pension voluntary contributions

A new scheme starting in October 2015 will allow current pensioners and people reaching State Pension age before 6 April 2016 to pay a **new class of voluntary National Insurance (NI) contribution**. This is intended to help people to top up the amount of additional State Pension they receive by a maximum of £25 per week. It will be open for a period of 18 months from October 2015. Age UK recommend that before taking this up you should consider carefully the cost and benefits.

Savings

If you have some savings, from July 2014 you can put **up to £15,000 a year in cash, tax free, in an ISA** savings account, an increase from £5,760.

From January 2015 you'll be able to put your money into a **new Pensioner Bond savings scheme**. This new bond is intended to help older people who have seen the value of their savings drop because of low interest rates. You'll be able to save up to £10,000 in each bond and the rates are likely to be around 2.8% for a one-year bond and 4% for a four-year bond.



"The best way to garden is to put on a wide-brimmed straw hat and some old clothes. And, with a hoe in one hand and a cold drink in the other, tell somebody else where to dig."



News



2014 Budget cont...

Tax changes

Personal allowance

Personal allowance is the amount of income you can receive before you pay tax. For people born after 5 April 1948 this allowance will go up to £10,000 from April 2014 and **rise to £10,500 in April 2015**. Allowances for people born before 6 April 1948 stay frozen this year at £10,500 for people aged up to 74 and £10,660 for people aged 75 and over. As previously announced, from April 2015 a person of any age whose income is too low to use all their personal allowance can **transfer part of their unused allowance to their spouse or civil partner**, as long as they're not a higher or additional rate taxpayer or receiving the Married Couple's Allowance. This means that you could make savings if one of you is not a taxpayer and the other pays basic-rate tax. This change will only benefit married couples and registered civil partners.



Welfare reform

George Osborne announced a **spending cap of £119.5 billion on state benefits** that will come into effect in 2015. The cap will not include State Pensions but will cover other social security benefits including Pension Credit, Attendance Allowance and Winter Fuel Payments.

Council Tax

As previously announced, a new national 50% Council Tax discount will be introduced from April 2014 for an annexe where family members live. This scheme is intended to support extended families living together.

Energy

George Osborne previously announced that the Government will **reduce energy bills by £50 per household**. This will be done by changing the way the Warm Homes Discount is paid for, slowing down the Energy Companies Obligation (ECO) scheme and reducing charges made for the pipes and wires that bring you your energy. In his Budget speech he also announced a freeze in carbon taxes. This is likely to save households up to £15 a year on energy bills.



Fuel duty

If you drive, you'll be happy that the Government has again delayed a planned increase in fuel duty. The planned September 2014 increase of 2 pence a litre will not take place.

www.ageuk.org.uk

Why do potatoes make good detectives?
Because they keep their eyes peeled.



HA News

Ally Feliciario joins Hospitality Action

HOSPITALITY

Action

FAMILY MEMBER
SCHEME

Helping our people

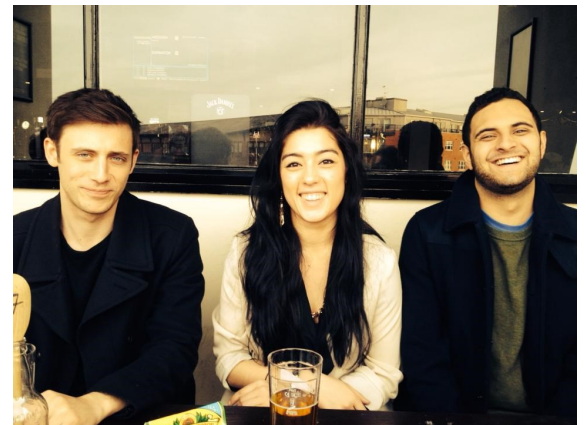
I was absolutely thrilled when Astrid called to say I'd got the job. I couldn't believe my luck especially since Hospitality Action has such a fantastic reputation in both the charity and the hospitality world.

I graduated from Kings College London in July 2013 with a BA in Classics. Though I knew Latin wasn't something for me to use in my career path, I enjoyed it nevertheless and learnt more from the Romans than I ever thought imaginable.



I always wanted to go into charity work since I wanted to have a role that had purpose to it and one that would make a difference to people's lives. I've had many volunteering roles, from a café assistant for the Salvation Army in the Falkland Islands to a domestic violence helpline worker for the National Domestic Violence helpline so I feel that my heart has always belonged to charitable work.

When I'm not at work I feel that time is well spent with friends, playing poker (only for pennies though!) or reading a good old classic. I love the great outdoors but only as long as there's a pub somewhere in the middle of it and a car to drive me home! I do love having London on my doorstep and I use all my spare minutes admiring lovely buildings, museums or just watching the world pass by.



When I feel the need to get out of London I travel up to Llandudno in North Wales to visit my lovely grandparents who always spoil me when I get there! I enjoy going back to North Wales as I grew up around its beautiful beaches, strong sea air and great castles which I think spurred my love for history, architecture and the Welsh of course!

I'm looking forward to my future ahead with Hospitality Action and hope that with the fantastic team here I can help make a difference for as many people as possible.

Ally

Gardening requires lots of water... most of it in the form of perspiration.



How to attract wildlife to your garden



Here are a few simple things you can do to attract lots of different types of wildlife to your garden.



Green fingers

Use plants that provide food and shelter. Fragrant flowers like buddleia, lavender, dandelions or bluebells will attract butterflies and bees, and fruit trees and shrubs are a favourite for mammals and birds.

Get creative

Make a log pile with unwanted pieces of wood; this creates a perfect habitat for insects and shelter for other animals. Alternatively, a rock pile has similar benefits with many animals making the gaps and cracks their home. Both of these are great, simple options as they don't need any maintaining and can be left untouched for years.



Go organic

Avoid using pesticides, because they can be harmful to various animals and interrupt the food chain. Birds and hedgehogs eat pests so they will be controlled naturally.

Provide a source of water

If you haven't got a bird bath or small pond, a washing-up bowl set into the ground will be just as efficient and beneficial.



Don't waste

Cut up fruit that is too ripe and leave it in your garden instead of throwing it away. This will attract animals.



Have a 'wild corner'

Leave part of your garden uncut, this will provide shelter and a varied habitat for many animals and instead of worrying about maintenance; you can sit back and watch it flourish.



Make a home

Buy or make a nesting box for birds or even bats to nest in. Make sure you put it in a sheltered place and high enough so it's out of reach of cats.

Build a bee hotel

A bundle of hollow stems or bamboo shoots can be tied together and hung to create a perfect environment for bees and keep them returning year after year.



Use climbing plants

You can encourage climbers like ivy or jasmine to grow on garden walls as somewhere for birds to nest and to provide pollen for bees, butterflies and insects.



www.ageuk.org.uk



My wife's a water sign. I'm an earth sign.
Together we make mud.



Community Christmas

HOSPITALITY

Action

FAMILY MEMBER
SCHEME

Helping our people

As we prepare for what we hope will be a beautifully warm and dry summer the last thing we want to be thinking about is Christmas but at Community Christmas preparations have already started for Christmas 2014.



Hospitality Action has teamed up with Community Christmas to try to ensure that no elderly person should be alone on Christmas Day unless they want to be.

Throughout the year there are a number of special days when being with the people you love is at the heart of the celebration and Christmas Day is one which conjures up images of families gathered together. But what happens if that is just not possible?

Community Christmas has recognised that, as family life and society has changed, an increasing number of elderly people are finding themselves alone and isolated on Christmas Day.

Community Christmas 'believes that no elderly person in the UK should be alone on Christmas Day, unless they want to be', and has set about helping communities, families, individuals and organisations to convert this belief into a reality through a variety of practical solutions across the country.

Caroline Billington, founder of Community Christmas, helps promote existing events. The organisation also provides comprehensive guidance and support for any individual or organisation that may like to organise a Christmas lunch within their own local community. Estimates vary from just under 250,000 to in excess of 500,000 elderly people spending Christmas alone. Attending a Christmas lunch may be the start of something that provides them with a wider social life throughout the following year.

Community Christmas is looking for more communities to come together and share companionship on Christmas Day. Conversations provide a chance to make new friends that last all year.

If you would like to help organise a lunch in your area or offer your skills as a retired chef, cook, driver or any of the other ideas on the next page, or if you would like to find out if there is an event in your area to attend, contact Jenny [020 3004 5508](tel:02030045508).



What do you get if you divide the circumference
of a pumpkin by its diameter?
Pumpkin pi.



Community Christmas



What kind of event could I set up?

A **Christmas Day Lunch event** – using a local hall, cooking fresh food, bringing guests to the venue and even providing some entertainment.



Gather together a **group to visit a local pub**, restaurant, or hotel group. They will be responsible for the cooking and entertainment but you may still need volunteer drivers and companions.

What does Community Christmas do?

- Motivating individuals and organisations to do more in their communities
- Helping those that want to set up new events through the provision of guidance notes and phone support
- Providing a 'one stop shop' web presence for all services available on Christmas Day so that they are easily found by the elderly, and those who care about them
- Creating and coordinating enquiries from offered venues, chefs, organisers, volunteers and the elderly to bring those offering help together with those in need of support



How do I find out what is going on near me/the person I am concerned about?

The postcode search facility on the Community Christmas website will tell you of services that they know of and that have agreed to be listed. Most events continue year on year and Community Christmas update their website in early autumn.

Not listed

If nothing is listed then you could check with your local Volunteer Centre and local churches could also be contacted (one will generally know what they are doing between them all). If you do find something in your area that isn't listed please put them in touch with Community Christmas so they can include them on their database for future enquiries and on their website if they wish it www.communitychristmas.org.uk.

If nothing is listed in your area then please contact Community Christmas so that they can tell you if they know of any unlisted events or of someone else thinking about setting something up. They will also be maintaining a waiting list so that if something comes to their attention in future they will be able to let you know. Tel: [0844 854 9251](tel:08448549251) (calls cost 5p per minute – subject to your carrier), Email: help@communitychristmas.org.uk.

Gardening is a matter of your enthusiasm holding up until your back gets used to it.



Family Members Page



Mrs Bee, a very special, sociable and much loved lady celebrates her 100th birthday.

Rene was born in Gillingham in 1914 to Frederick and Emma. She had an older brother Jack. The family were moved at the start of the 1st World War to Rosyth where her father worked in the Dockyard. In the mid-20s they returned to Gillingham and Frederick to Chatham Dockyard and Rene to Napier Road School in Gillingham.

On leaving school Rene went to work as a cashier in Herne Bay sending some of her earnings home so her brother could continue with further education. Getting very itchy feet, she spread her wings and went to London where she worked for the Maples family. They had a house in London and in Lincolnshire.



While working in Lincoln Rene met William Bee (her Billy). They were married at St Barnabas church in Gillingham in 1938, daughter Suzanne was born in Gillingham, and shortly after the birth, Bill was moved to Swindon, Wiltshire to work on aircrafts. The war years were an anxious time with a lot of time spent in an air-raid shelter, the whole area surrounded by barrage balloons.

Rene's brother was captured by the Japanese while working in Singapore and spent the entire war years in captivity.

Rene's second daughter Glenys was born in 1943 and in 1945 the family moved back to Gillingham. In 1954 an announcement was heard on the BBC radio for William Bee to contact his father who was seriously ill. The BBC used to make announcements to help relatives who had lost contact with each other.

A weed is a plant that has mastered every survival skill
except for learning how to grow in rows.

Family Members

Page Continued



The family moved back to Lincolnshire to live with him. When they arrived the house had no running water and only the sitting room had electricity with the washhouse and toilet in an outhouse.



They ran a small holding while both working at Petwood Hotel, which is famous for its association with the airmen the Dam Busters; it now has a bar named in their honour. Rene was very happy living in Lincolnshire, a member of the W.I. and a very keen and good whist player. They had a caravan in Skegness and loved the time spent there with their dogs.

Rene & Bill retired to a bungalow in Woodhall Spa and had a few years there before Bill's health declined. A decision was made to return to Kent close to their two daughters. Rene joined in Paddock Wood life, enjoying whist and dancing.

Rene will celebrate her century with the residents at Capel Grange on the day (two other residents share her birthday). They have a duo called Unique coming to sing and a lovely tea to include family and friends. On the following Sunday Rene will be enjoying a buffet lunch with her children, grandchildren, family and friends. We will share some pictures in the next edition of Rene's special day. Great granddaughter Kirsty is also preparing a book of photos of her life so far.

By Susan Hill, Mrs Bee's daughter



Everyone has these on their face?
Tulips.



Garden tips for May & June



With the bulbs fading and the herbaceous border growing in leaps and bounds, it is now clear that summer is approaching (we hope). Sowing and planting out bedding can begin and it's also time to get back into the lawn mowing regime.

Top 10 jobs for May

1. Watch out for late frosts.
2. Protect tender plants.
3. Earth up potatoes, and promptly plant any still remaining.
4. Open greenhouse vents and doors on warm days.
5. Mow lawns weekly.
6. Plant out summer bedding at the end of the month (except in cold areas).
7. Collect rainwater and investigate ways to recycle water for irrigation.
8. Check for nesting birds before clipping hedges.
9. Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs.
10. Watch out for viburnum beetle and lily beetle grubs.



June 21 is the longest day of the year, and the extra light and warmth encourages the garden to put on an exuberant burst of growth. But this extra light and warmth also mean weeds will sprout up from seemingly nowhere. Keep on top of them by hoeing regularly in dry conditions. Herbaceous borders are reaching their early summer peak and the kitchen garden is becoming productive.

Top 10 jobs for June

1. Hoe borders regularly to keep down weeds.
2. Be water-wise, especially in drought-affected areas.
3. Pinch out sideshoots on tomatoes.
4. Harvest lettuce, radish, other salads and early potatoes.
5. Cut lawns at least once a week.
6. Plant out summer bedding.
7. Stake tall or floppy plants.
8. Prune many spring-flowering shrubs.
9. Shade greenhouses to keep them cool and prevent scorch.
10. Position summer hanging baskets and containers outside.



Gardening is a kind of disease. It infects you, you cannot escape it. When you go visiting, your eyes rove about the garden; you interrupt the serious cocktail drinking because of an irresistible impulse to get up and pull a weed.

Humorous Quote on Gardening by www.howtogardenadvice.com

www.rhs.org.uk

A toddler was found chewing on a slug. After the initial disgust the parent said, "Well, what does it taste like?" "Worms," was the reply.

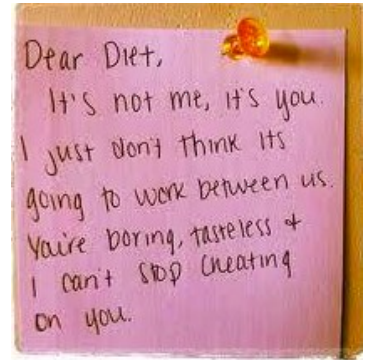


Calendar days for May & June



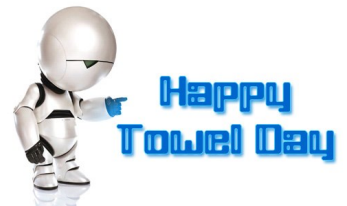
International No Diet Day

The International No Diet Day (INDD) is celebrated on May 06, 2014. It is an annual celebration of body acceptance and diversity. This day is also dedicated to promoting a healthy lifestyle and raising awareness of the dangers and futility of dieting for those who do not need to. International No Diet Day was created by Mary Evans Young in 1992; Mary is the director of the British group "Diet Breakers". After personally experiencing anorexia, she worked to help people appreciate themselves for who they are, and to appreciate the body they have.



Towel Day

Towel Day is celebrated every 25th of May as a tribute by fans of the late author Douglas Adams. On this day, fans carry a towel with them to demonstrate their love for the books and the author. The commemoration was first held in 2001, two weeks after Adams' death on May 11. The towel is a reference to Adams's popular science fiction comedy series The Hitchhiker's Guide to the Galaxy "A towel," it says, "is about the most massively useful thing an interstellar hitchhiker can have..."



Donald Duck Day

Donald Duck Day is observed on June 9th 2014. It's the official birthday of Donald Duck, the funny animal cartoon character of Walt Disney. Donald Duck first appeared in the 1934 cartoon "The Wise Little Hen", which was part of the Silly Symphonies series of theatrical cartoon shorts. The film's release date of June 9th is officially recognized by the Walt Disney Company as Donald's birthday despite a couple of contradictions (In The Three Caballeros (1944) Donald's birthday is Friday the 13th, a reference to his seemingly congenital bad luck. In Donald's Happy Birthday (1949) Donald's birthday is March 13th which was a Friday in 1931.) Donald is thought to be one of the most popular Disney characters most famous for his semi-intelligible speech and his mischievous and irritable personality. Donald's two dominant personality traits are his short temper and his positive outlook on life. The origins of Donald Duck's name was said to have been inspired by Australian cricket legend Donald Bradman. In 1932 Bradman and the Australian team were touring North America and he made the news after being dismissed for a duck against New York West Indians. Walt Disney was in the process of creating a "friend" for Mickey Mouse when he read about Bradman's dismissal in the papers and decided to name the new character "Donald Duck".



www.cute-calendar.com

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.



Competition time

Our competition for this edition are
riddles to ponder



Work out at least five out of eight answers to the
following riddles for a chance to win.



1. I come one in a minute,
Twice in a moment,
But never in a thousand years.

2. I always run, but never walk.
I have a bed, but I don't sleep.
I have a mouth, but I don't eat.

3. When you put this in a heavy
wooden box, the box will
become lighter.

4. You hear my sound,
You feel me when I move,
But see me you never will.

5. I follow you all day long,
But when the night or rain comes,
I am all gone.

6. The more I dry,
The wetter I get.

7. I am very heavy,
But backwards, I'm not.

8. A cowboy rides into town on Friday.
He stays two days, then leaves on
Saturday. How can this be?

Don't forget to put your name and address on your entry!!!

Get your entry to us (with your name and address) by Monday 15th April for a chance to win £20 in M&S vouchers.

We also have six 'Roobarb the Chef' magnetic jotter pads as runner up prizes. All correct entries will be placed in a hat and the winners drawn at random.

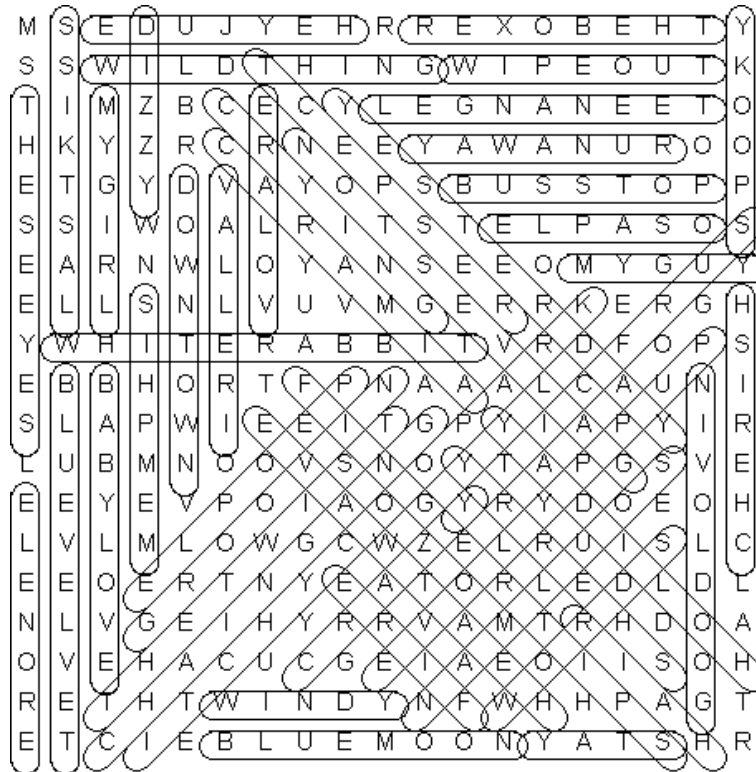
A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.



Competition Winners



Please find below the answers to the last edition's
Word search competition



And the winners are...

1st Prize

Mrs McAnany from Newcastle upon Tyne

Runner up winners

**Ms J Rostern from Bury
Mrs J Perry from Stoke-on-Trent
Mrs G Kemp from London**

**Mrs M Browning from Devon
Mrs S White from Powys
Mrs C Edwards from Shropshire**

**Keep an eye out for the postman as your prizes
are winging their way to you!!**

Why don't you ever iron a four-leaf clover?
You might press your luck.



Competition winner, Where I worked...



Last edition's competition winner Mrs McAnany, shares some memories answering where have you worked in the past?

I was asked at the interview, "What do you expect to get from the company" and the cheeky girl I was said "Your job but I don't mind waiting". I became Catering Manager and six years later I was promoted to District Manager.



I received my gold service watch in London from Lord Forte at the Café Royal. I was the first woman to receive the Alan Tilley award which is presented to the unsung heroes of Gardner Merchant, those members of staff who have given many years of loyal service.

I had lunch with Princess Anne, Sir Rocco Forte and Sir Gary Hawkes at Kenley, where I presented the charity cheque for Barnardo's to Princess Anne. We all had a wonderful time when my manager Marie Sanders received the top award at the Savoy Hotel in London for the best restaurant in the country; we also had the best waitress and chef.



I was for many years a member of the committee at Newcastle Catering College and volunteered at the People's Kitchen where we prepared food for the homeless.



In my spare time and after I retired I continued my voluntary work for charities and was able to have a very special treat in my life when meeting Mother Teresa on two occasions in London. I have worked for 34 years for her cause. A few years ago I received the Paul Harris award from The Rotarians in Gateshead. When I retired I became a Pensioner Contact for a number of years.

Mrs McAnany

God made rainy days, so gardeners could get the housework done.



Please meet...



The 1st prize winner of last edition's Sudoku quiz is Mrs McAnany. She lives in Newcastle upon Tyne and was kind enough to answer some questions as part of our regular 'Desert Island Discs' feature.

What is your favourite film?

I enjoy almost all Fred Astaire & Ginger Rogers films. I love Ballroom Dance and they were tops as far as I am concerned.

What is your favourite food?

Special Corned Beef Pie - same pastry, only add a tub of Cottage Cheese to the filling. Also Super Apple Pie - line base with marmalade then add apple.

What is your favourite memory?

The day of my wedding and flying off to Paris after the reception. The following year holding my baby.



What is your favourite song?

'Sunshine of your Smile'. My granny was a singer and she used to sing this to our family. Saturday nights were sing-a-long nights with a mouth organ and a fiddle as our instruments.

Is there one place in the world you would like to visit?

Switzerland.

Where have you worked in the past?

Answered on p.14.

How long have you been part of Hospitality Action's FM Scheme?

I have been with Hospitality Action for about 19 years.

Farmers are real experts, they are often outstanding in their fields.

Home Emergency Personal Alarms



Help at the push of a button

Living as independently as possible in our homes is important to all of us. For those who may feel vulnerable in their own home a personal emergency alarm can provide reassurance that help is at hand whenever it's needed. The alarm includes a small pendant worn around the neck or wrist which can be pressed to call for assistance at anytime 24 hours a day, 365 days of the year.

Hospitality Action's Family Members now have access to such a service at a special discounted price from CarelineUK, one of the leading providers of personal alarm response services, giving you the reassurance that you, or a loved one, can get help when it's needed most.

CarelineUK has been in operation for 25 years and is staffed by a highly experienced team who collectively handle over two million calls a year. They work with many local authorities, housing associations and charities including The Royal British Legion, Stroke Association and Advantage (Age Concern). They are accredited by the industry body for personal alarm services, the Telecare Service Association (TSA), and by British Standards.

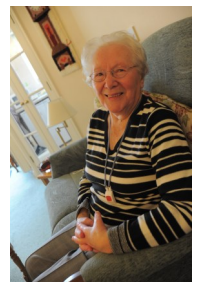
Discounts for HA's Family Members

Hospitality Action's Family Members can purchase a personal alarm and monitoring service at the following discounted prices. A key safe and installation service can also be provided if required.

- Personal alarm and monitoring costs: £195.00 inc VAT* in the first year (a saving of £41.06 on the standard price).
- Ongoing monitoring costs: £78.00 inc VAT* per year—£1.50 weekly (a saving of £17.23 on the standard price).
- Personal alarm installation service: £90.00 inc VAT*.
- Key Safe £64.80 inc VAT.

*Eligible customers can claim VAT exemption.

You must have a BT line connection to have the alarm installed.



The year 1 fee is payable in advance by credit card or cheque and ongoing monitoring can then either be paid on renewal as a lump sum by credit card or in regular instalments by standing order. **To take advantage of this offer please call [0845 434 5440](tel:08454345440) pressing Option 1 and quote 'HOSPITALITY ACTION' to the operator.**

If you live alone and feel you would benefit from a home personal alarm but cannot afford one, Hospitality Action might be able to assist with a grant. For more information contact our grants team on [020 3004 5500](tel:02030045500).

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