

Autumn 2022 edition

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,

It's hard to believe that when I sat down to begin work on the Autumn issue, we were in the midst of a heatwave – the likes of which the UK had never experienced before! The late Spring squally weather very quickly made way for intense heat, so we do hope you managed to keep safe and well during the Summer.

But, we can soon expect greyer skies and a reduction in the amount of natural light. Natural light, as you will read about in this edition, benefits not only our mental health but our physical health also. So do try to get out into the fresh air and bask in the Autumn sunlight as much as you can to boost your Vitamin D levels – which in turn will help bolster your immune system to cope with the inevitable seasonal colds and other illnesses.

Autumn really does provide us with a spectacle of colour. As the leaves begin to change be reminded that nature is preparing to dazzle us with the most stunningly colourful pallet of vibrant reds, purples, russets, golds and yellows. So, when out and about whether taking in the air, joining in with an activity; meeting up with family and friends for a cuppa, remember to look up, and around, and enjoy the beauty of this spectacular season.

We hope you enjoy reading this edition and, until next time, continue to stay safe and keep well.

Cathie



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

Contact details: Cathie Brennan, Scheme Coordinator
Tel: 020 3004 5501 (Monday to Thursday, 10am to 1pm)
For advice, support or to request an application form,
Tel: 0808 802 0282
Address: 62 Britton Street, London EC1M 5UY
Email: GF@hospitalityaction.org.uk

Follow us on twitter.com
@HospAction

Like us on Facebook
www.facebook.com/
HospitalityAction

Instagram
@hospitalityaction

linkedin.com/company/
hospitality-action

News from HA

A message from CEO, Mark Lewis



Welcome to another Golden Friends newsletter. Hopefully you managed to stay cool and hydrated on some of the exceptionally hot days we witnessed this summer. Despite my best efforts to

water my garden regularly, my hostas were burned to a crispy frazzle on the days when the temperature passed 40 degrees.

My fellow team members at Hospitality Action enjoyed some well-deserved holiday time through the summer months. Italy has been a popular destination: Giuliana on the fundraising team travelled to Sicily with friends; while Camilla, who runs our grants and services team, enjoyed a week with her family around the heel of Italy. And I'm off to Capri and Naples in early October.

In the first half of the year, we delivered some huge fundraising projects, including our Back in Business virtual challenge, during which approaching 2000 participants travelled a combined distance of 65,000 miles and raised £180,000. All this fundraising has enabled us to spend approaching £500,000 already, this year, on grants for hospitality families struggling with the steep rise in the cost of living.

We're living through challenging times. And, with energy prices set to rise again in October, things are bound to get worse before they get better so we are delighted to again be able to offer support towards winter fuel bills - more information on this can be found on the back page.

In the meantime, please don't hesitate to reach out if you're struggling to cope financially.

I'll leave you with a photograph of me receiving an honorary degree from the University of West London, back in July. I think I look like something out of a Harry Potter movie!

And as we welcome in the Autumn months, remember: we've got you.



Also in this issue

P2 A message from CEO Mark Lewis

P3 Golden Friends News

P5 Grants and Grant Giving

P6 Fundraising and our Supporters

P8 Benefits of Autumn sunlight

P10 Keeping active and engaged

P12 Seasonal Gardening

P14 What to plant and sow this Autumn

P16 Seasonal recipe

P18 Winter wellness

P20 Competition time!

P22 Autumn factfile

P24 Winter Fuel Grant application

Golden Friends News

Growing the GF Membership

Across the Summer we have welcomed even more new members to our Golden Friends Scheme. Welcome! We hope you all enjoy our regular contact, beginning with this edition of the GF Newsletter, and here at HA we all look forward to getting to know you all in the coming months.



Golden Friends Newsletter format

Over the years thousands of copies of the Golden Friends Newsletter have been distributed in printed format. Digital copies are also available for anyone who would prefer to receive an electronic copy either in addition to or in place of a paper copy. If you would like to request an electronic copy of the Newsletter, please email GF@hospitalityaction.org.uk or complete the reply slip on P4 to ensure you receive your electronic copy in December.

Building Digital Confidence

Many thanks to all those of you who contacted us to say how delighted you were to receive the Digital Confidence Guides, and to share how the advice and guidance has helped you. We are enormously grateful to the Worshipful Company of Innholders for the funding which has made the production of these Guides possible, and we hope that the information and advice offered continues to inspire you to develop your digital skills.



Keeping in touch

Over the Summer months we have become aware of a number of changes in address for members. To ensure you continue to receive your Newsletters and other scheme benefits, please do remember to update us on any contact information changes.



Important information, please read

Christmas gift cards

In recent months we have been advised that gift cards posted out to members in December 2020 are coming to the end of their expiry period, so we urge you to redeem any unspent All4One gift card monies as soon as possible to ensure you do not lose out on this charitable gift as a dormancy fee will be applied to monies unspent beyond the expiry date, and the value of the card will decrease monthly after the expiry date has been reached.

Similarly, if you still have in your possession our charity's Christmas M&S gift cards sent to you in December 2021, please check the expiry date on your gift card and ensure you use the full balance before the card expires.

Funds to cover the cost of membership benefits are donated to the charity. With ever increasing pressure on funds available we would ask you to use the reply slip below to let us know if you would still like to receive a gift card at Christmas and how you would like to receive your newsletter so that we can ensure those who would like to continue to receive these benefits do so. Thank you.



I/ we would like to receive the Golden Friends Newsletter (please tick to indicate preference)

By post

By email

By post and by email

Your full name _____

Your address and postcode: _____

Your telephone number: _____

Your email address: _____

I/we would like to continue to receive a Christmas gift card from Hospitality Action (please tick to indicate)

Yes

No

To ensure your preference(s) are updated in time to receive the December edition of the Newsletter, Christmas card and gift card please return to Hospitality Action, 62 Britton Street, London, EC1M 5UY to reach us no later than **Monday, 31st October**. Thank you.

Grants and Grant Giving

Despite all Coronavirus lockdown restrictions having now lifted, allowing the hospitality sector to reopen in full, our Grants and Advisory Team are continuing to receive significantly more applications than prior to the pandemic.



This is largely due to household debts accrued during the pandemic, coupled with the current heightened cost of living putting further pressure on stretched household budgets.

A common theme among recent applications shows significant levels of rent arrears, with associated threats of eviction, and high levels of utility arrears, which are becoming more prevalent following the raising of the Government's 'energy price cap' in April and the further lifting of the price cap expected in October which was announced at the end of August, and we anticipate escalating gas and electricity bills continuing to be a significant problem throughout 2022 and beyond.

In response to the increased levels of household and personal debt affecting our beneficiaries, we have teamed up with PayPlan, an award-winning debt advice organisation that offers free and confidential debt advice. Our Grants Team can make direct referrals to the team at PayPlan, who can help negotiate with creditors and even write-off debts with a range of debt solutions. PayPlan also have a specialist team supporting victims of domestic abuse and a direct referral process to GamCare, a charity supporting individuals with gambling addiction.

Studies have shown that the coronavirus pandemic has resulted in a significant increase in both domestic abuse and online gambling, so our partnership with PayPlan gives us another avenue to help our most vulnerable applicants with expert advice and support.

Throughout the Winter of 2021/22 we awarded 194 Winter Fuel Grants to our Golden Friends and a further 158 to working-age households. Our Winter Fuel Grant scheme will reopen in November this year to help low income households meet their heating and lighting costs (see back page for more information).

However, we would remind Golden Friends that our 'Main Grant' applications are open year-round to offer support with a wide range of needs. Grants towards general household expenditure, mobility equipment and funerals are just a few examples of the support we can consider.

If you are struggling with your day-to-day finances, receive an unexpected bill, or have a specific need related to your health, please do not hesitate to get in touch with our team, as we may be able to invite an application for a grant, or provide some guidance on other resources, including PayPlan, that may be available to you. #We've Got You

Fundraising and our Supporters

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

The Back in Business Tour



In early Summer we challenged the nation to travel 50,000 miles across the virtual globe as part of our Back in Business Tour. The challenge lasted for 11 days and surpassed our wildest dreams. The 1,901 participants travelled more than 65,500 miles and raised over £180,000. A magnificent result.

The Back in Business Tour followed on from the success of last year's To Hell and Back challenge, where over 1,000 participants raised over £180,000. In the year since, hospitality workers have continued to experience unimaginable hardship: mental health has been challenged; businesses have closed and the cost-of-living has soared.

Sponsored by Caterer.com, CH&Co, Ignite and supported by Champagne Taittinger, this year we went even bigger and better by challenging our supporters to travel an epic 50,000 miles to plot a virtual course between some of the most famous hospitality venues and experiences on the planet. All the while raising money for the people whose lives have gone backwards during the pandemic.

The challenge was a roaring success as everyone aimed to reach their personal fundraising targets and beat their team mates. It was great to see such camaraderie, with so many hospitality people working towards the same goal.

Heartfelt thanks everyone who took part and made the event such a success. Special mention to everyone from THE PIGS & Lime Wood hotels, who raised over £50,000 alone. We couldn't have done it without you.



Fundraising dinner at Tom Kerridge's The Bull & Bear

On Monday 27th June Hospitality Action Patron Tom Kerridge was joined by fellow Chefs Simon Rimmer and Sat Bains as they cooked up a storm for a superb fundraising dinner at The Bull & Bear housed in the Stock Exchange Hotel, Manchester. 90 guests were treated to canapes and cocktails on arrival before tucking into a fabulous four course menu.



Highlights from the menu included Simon's absolutely beautiful starter of barbecued carrot, whipped Driftwood goats' cheese, apricot and smoked almond and Tom's chocolate delice, mandarin and salted milk ice cream dessert.

All in all, the evening raised a fantastic £20,000 to support those in the industry who are experiencing hard times.



ASICS London 10K Run

On Sunday 10th July, on a hot summer's day, a team of athletic supporters successfully completed the London 10K in our honour.

The route saw thousands of participants pass by some of the most iconic landmarks across the Capital including the Houses of Parliament and London Eye.

The atmosphere was charged with fun, enthusiasm and determination to beat your personal best. Collectively the team raised over £7,500. A fantastic result!

We are especially proud of our colleagues David, Miles and Barbara, who also took part and raised over £1,000 between them! David has participated in the London 10k five times on our behalf and this year completed the course in 54 minutes 44 seconds.

David says: "It has always been a privilege and an honour to raise funds for HA and I was delighted to be joined by Miles and Barbara this time around. I'm a keen runner and have run many marathons over the years too. Lockdown was a great opportunity to push my running even further. I'm already looking forward to my next challenge on behalf of HA and I'm extremely grateful to everyone who has generously donated."



Health & Wellbeing

Benefits of Autumn sunlight

Sunlight has many positive benefits all year round, for both our physical and mental wellbeing - although it is generally easier to reap these benefits in the Spring and Summer months, when the days are lighter and warmer.

Autumn sun facts

1. In the Autumn, the sun is lower in the sky than in the Summer and positioned more towards the Southwest. This means that sometimes there is more sunlight beaming through our windows later in the day.
2. Even though the Autumn sun doesn't feel as hot as in the Summer, it can still cause UV damage, so sun protection is always advisable.
3. Natural light, whatever time of year, is proven to help reduce stress and promote wellness. Spending as little as 10-30 minutes a day outside in natural light can help to aid both physical and mental wellbeing through the production of Vitamin D, and through regulating our circadian rhythms.

Vitamins, Minerals and Nutrients

Exposure to sunlight causes our brain to release the feel-good chemical, serotonin, and also allows our bodies to produce vitamin D.

When ultraviolet rays from the sun hit our skin, sunlight helps our bodies to create Vitamin D, which we need to help us absorb calcium from the intestines, as well as to help strengthen bones, muscles and improve our immune system - which all help to boost our mood and energy levels.

During the Winter months sunlight does not contain enough UVB rays to make it possible for most of us to make sufficient amounts of vitamin D. One way of combating this is to incorporate vitamin rich foods in your diet, or take supplements. If you'd like to know more about vitamins, minerals and nutrients, why we need them and how they work, visit NHS.Uk at <https://www.nhs.uk/conditions/vitamins-and-minerals/>.



SUN



EGGS



TUNA



SALMON



MUSHROOMS



OLIVE OIL



MILK

Exposure to sunlight can also help to reduce the risk of developing ‘metabolic syndrome’ – a medical term for a combination of diabetes, high blood pressure (hypertension), and obesity. This trio of health conditions can put individuals at greater risk of coronary heart disease, stroke and other serious health conditions affecting the blood vessels. For more information on ‘metabolic syndrome’ and advice on ways to manage these conditions, visit <https://www.nhs.uk/conditions/metabolic-syndrome/>

Improving mood

Exposure to sunlight can help to increase the brain’s release of the feel-good hormone, serotonin, which studies have shown to improve mood and help us stay calm. This occurs when sunlight passes through the retina (the thin layer of tissue that lines the back of the eye), triggering the production of serotonin.

It is likely that due to an increase in serotonin levels during the sunnier and warmer months, we tend to feel more motivated to exercise. Getting outside into the fresh air and exposing ourselves to sunlight during the Autumn months, and Winter months also, is equally important for ensuring the production of serotonin to help towards maintaining our mental wellbeing after Spring and Summer have passed into Autumn.



Improving sleep

Our bodies work on 24-hour circadian rhythms. These are the cycles that tell us when to sleep, wake, and eat. The sleep-wake cycle is influenced by external cues, like sunlight, lack of sunlight, and changes in temperature, and can affect how we feel physically and emotionally at various times of the day. At night, fading light triggers the brain to make the hormone, melatonin. Melatonin is the hormone responsible for helping us to sleep and is usually produced in the body in the evening - when the sun goes down - and prepares our bodies for sleep. When we wake up in daylight, our bodies are alert and the production of melatonin stops.

Getting enough sunlight helps us to regulate the circadian rhythms and the production of melatonin to give us a better quality sleep. If you are interested in finding out more about melatonin and the circadian rhythms, visit <https://www.sleepfoundation.org/melatonin> for more information.





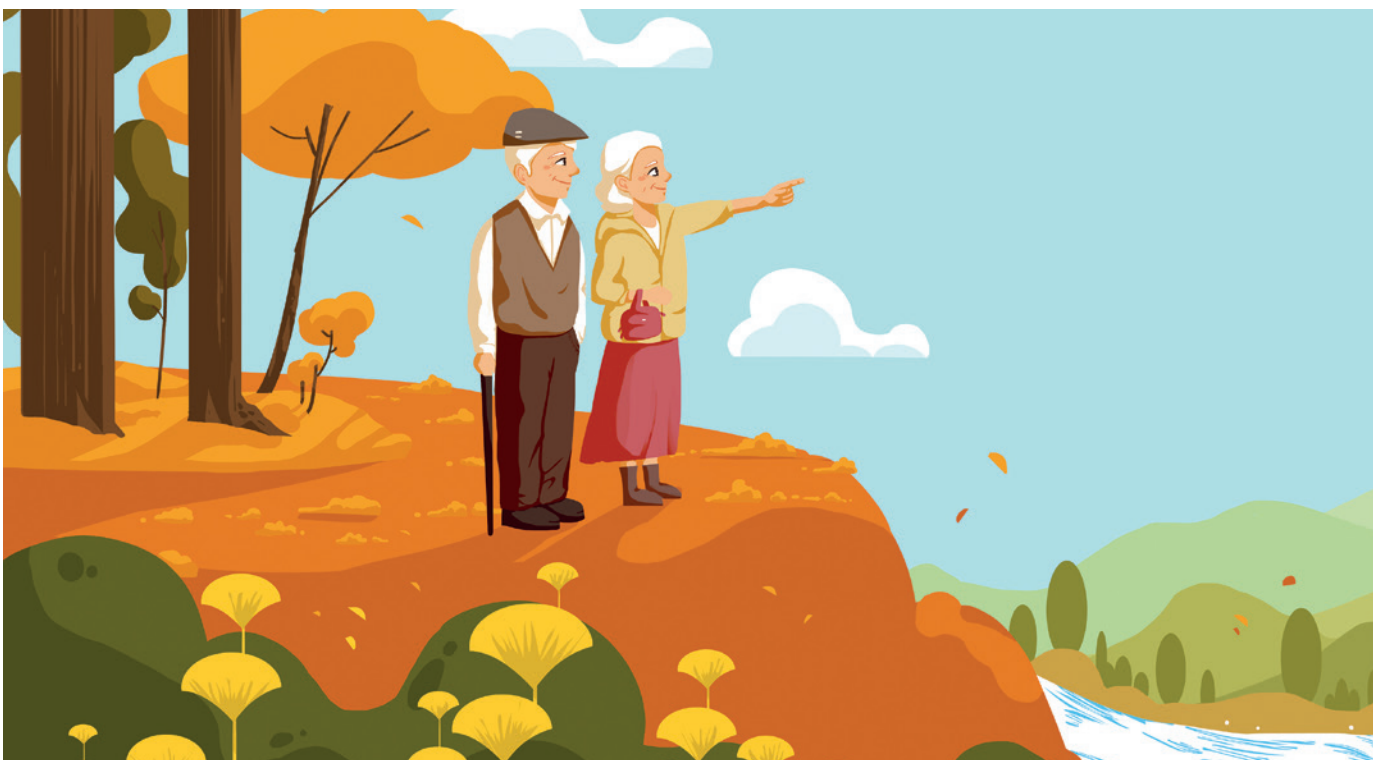
Keeping active and engaged

There's no doubt that when the weather is warm and sunny we are more likely to feel good, feel more sociable and have more energy. This feel good, sociable energy should not be confined to Spring and Summer alone, but harnessed in Autumn, and Winter too.

The late Summer/early Autumn sunshine offers us the perfect excuse to extend the time spent outdoors and help us make the most of the social opportunities the season has to offer, such as joining an outdoor yoga or Tai Chi class in your local park, taking day trips with friends or family, playing a round of golf, or meeting up with family or friends for an al fresco lunch at a nearby cafe. Being more sociable and more active for longer periods helps boost our mental wellbeing.

As well as exposing us to sunlight for an extended period, engaging in activities in natural light also promotes the release of endorphins (feel-good chemicals), that are known to help improve sleep, help us to lose weight, and to ease the pain and stiffness in our joints.

The Autumn sunshine also gives us a chance to extend the time spent in the garden, visiting local parks, relaxing at the beach or visiting other natural spaces to enjoy nature. Research suggests that being exposed to sunlight can help to reduce feelings of stress and anger, increase our energy levels and help build stronger immune systems. All important health benefits ahead of Winter.





If you are feeling inspired to extend your connection with nature throughout the Autumn, why not check out for places of interest to visit on the National Trust and Visit Britain websites at <https://www.nationaltrust.org.uk/days-out> and at <https://www.visitbritain.com/gb/>

Being outside at this time of the year has more benefits for both our mental and physical health than most of us realise. As Summer turns to Autumn, why not spend time outside relaxing in the early Autumn sun connecting with nature or getting ahead in the garden before Spring, enjoying a leisurely walk or shared activity outdoors, such as playing a game of chess with a friend, or just sitting quietly reading a good book.



Whatever you choose to do this Autumn, find time to enjoy the the beauty of the season, and being outside in the fresh air connecting with nature. Winter will be with us soon enough!



Seasonal Gardening

Gardeners are natural optimists, perpetually preparing for each new season. When the temperature starts to drop, and the sun becomes low in the sky and days begin to get shorter you will find people huddled inside but not gardeners – they will still be outside, tidying and snipping and looking forward to what’s coming next.



The nights may be drawing in but there’s a lot you can do now to help your garden survive the advancing autumnal weather, so here are some simple gardening jobs for the season ahead, and remember that these tasks are designed to be completed over Autumn so no rush to finish them all in one go if you have to fit them in around those inevitable rainy days.

Begin with clearing the garden

This involves the slightly laborious task of leaf sweeping and picking up debris that has started to fall as summer sadly comes to an end. Clear any leaves from paths and paving slabs to stop people slipping on them.

Remember to create small piles of debris and twigs throughout your garden to give homes to insect life. These piles needn’t be in places where everyone can see them - a collection of leaves and twigs under the shed will provide a perfect hibernation spot for insects and hedgehogs.

Then prepare the soil and planting

Dig the soil over, feed it with bone meal fertiliser where necessary and prepare it in larger areas for frost to break it down. Clear any dead bedding plants, carry out any needed soil drainage and replace with quality compost or manure for winter bedding. You can also plant wallflowers and pansies for spring display in addition to bare-rooted plants ordered from nurseries, such as peonies and roses.

And, always plan changes to your plant scheme

Create spaces for new trees and shrubs and also transplant items to fit your new garden design. Make sure to keep weeds and grass away from the perimeter of where the new plants will be growing as this will help them to grow faster.

Hard work and then...bliss!



September marks the end of Summer and the beginning of Autumn – the time when harvesting is in full swing and gardens/allotments begin to empty. But, Autumn is also a season where there is still a lot of sowing and planting to be done to make the most of the garden during Winter, and through to Spring.

Preparing for Spring

Autumn is not just a time for planting fruit and vegetables, but also a good time to begin planting Spring flowering bulbs like crocuses and daffodils, and for sowing hardy annual seeds too to ensure the garden has a vibrant splash of colour next Spring.

The risk of frost in October means that there is a need to think carefully about what to sow and plant.

Bare Root Planting

October signals the beginning of the bare root planting season. Bare root fruit trees, such as apple, pear and plum, are in their dormant state at this time of the year, and can survive being dug up and transported without needing a pot. Although you can plant potted trees all year round, bare root fruit trees are cheaper to buy, grow more quickly, and adapt better to their new conditions than their potted counterparts.

Sowing Seeds

When planning when to sow seeds, we tend to think of Springtime. But, sowing seeds in Autumn can help us get ahead and can allow seedlings an extra six months of growth time. This will help produce bigger flowers and stronger stems come springtime.

Working out what fruit, vegetables, and flowers, to sow at this time of year can be a bit of a headache, so we hope you find our seasonal sowing and planting list useful. And, once you've decided what you want to sow/ plant for more helpful information why not visit the Royal Horticultural Society (RHS)'s website at <https://www.rhs.org.uk/advice/grow-your-own/>.



Your guide to what to plant and sow this Autumn

Fruit and Vegetables

	Sow outdoors	Sow indoors	Plant outdoors
September	<p>Salad leaves Spinach</p>	<p>Cress Coriander Lettuces Mustard Salad leaves</p>	<p>Coriander Garlic Onions Spring cabbages</p>
October	<p>Onions Salad leaves Spinach</p>	<p>Cress Mustard Salad leaves Winter lettuce</p>	<p>Asparagus Bare root fruit trees (apples, pears, and plums) Blueberries Garlic Kale Onions Rhubarb Shallots Spring cabbages Strawberries Winter lettuces</p>
November	<p>Broad beans</p>	<p>Cress Mustard Winter lettuce</p>	<p>Asparagus Bare root fruit trees (like apples, pears, and plums) Blackberries Blueberries Garlic Onions Raspberries Rhubarb Shallots Spring cabbages Strawberries</p>





Flowers

September

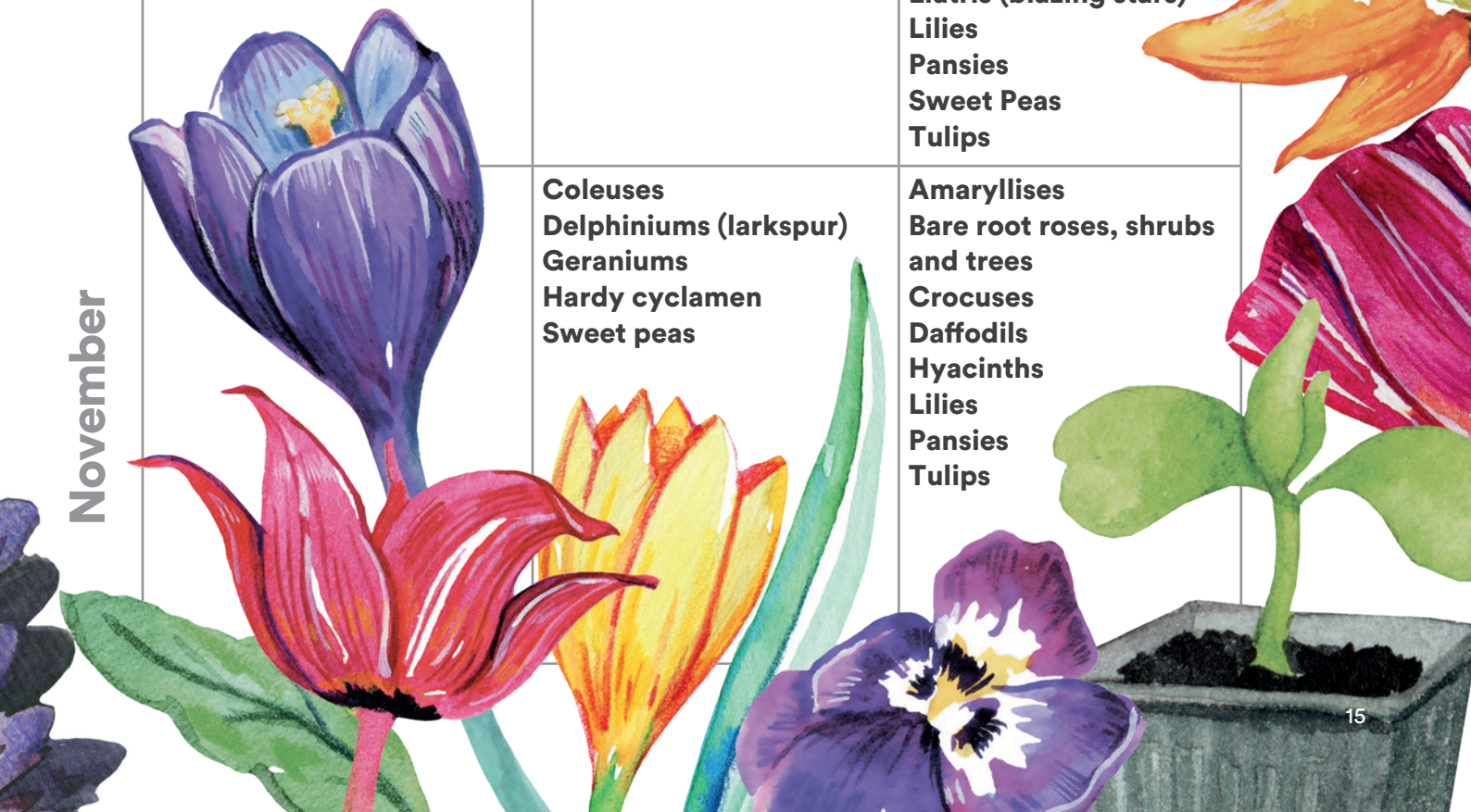
Sow outdoors	Sow indoors	Plant outdoors
Candytufts (Iberises) Marigolds (Calendulas) Cornflowers Gypsophila Poppies Red clovers Wildflowers	Delphiniums (Larkspur) Forget-me-nots (Myosotises) Hollyhocks Salvia (sage) Scabioues	Alliums Amaryllises Clematis Crocuses Daffodils Foxgloves Hyacinths Tulips

October

Candytufts (Iberises) Marigolds (Calendulas) Cornflowers Nigellas (love-in-a-mists) Poppies	Coleuses Delphiniums (larkspur) Sweet peas	Alliums Amaryllises Bare root trees and shrubs (like witch hazel and wintersweet) Bare root roses Clematis Crocuses Daffodils Foxgloves Hyacinths Liatris (blazing stars) Lilies Pansies Sweet Peas Tulips
--	---	---

November

Coleuses Delphiniums (larkspur) Geraniums Hardy cyclamen Sweet peas	Amaryllises Bare root roses, shrubs and trees Crocuses Daffodils Hyacinths Lilies Pansies Tulips
--	---



Seasonal vegetable recipe

Mushroom tartlets

Why not try your hand at making these delicious mushroom tartlets. The perfect light appetiser.

Preparation time: 30 mins

Cooking time: 30 mins

Difficulty rating: Easy!

Serves: 4

What you are going to need

- 375g block of all-butter puff pastry
- flour, for dusting
- 25g of butter
- 300g of mixed wild mushrooms or just one type, cleaned and sliced
- 25g of parmesan (or vegetarian alternative), finely grated
- small handful of parsley leaves, finely chopped
- 1 clove of garlic, finely chopped
- 1 egg, beaten



Method

First

Roll the pastry out on a floured surface and cut out 4 circles, around 15cm wide. Leave to chill in the fridge on a lined baking tray.



Then

Heat oven to 200C/fan 180C/gas 6. Heat a large frying pan until hot, then add the butter and fry the mushrooms for 5 mins until there is no liquid left in the pan. Season, then take off the heat and mix mushrooms with the Parmesan, parsley and garlic.

Finally

Score a 1cm border around the edge of each tart, then spoon the mushrooms into the centre circle. Brush the edge with beaten egg, then bake the tarts for 20 mins until puffed up and golden. Serve immediately.



Shopping in Season

Autumn fruit and vegetable goodness

Behind the familiar fruit and vegetables displayed in our local supermarket all year round are very distinctive seasonal fruits and vegetables that we can enjoy in abundance and which help create a healthy diet.

Seasonal food is not only fresher and therefore tends to be tastier and more nutritious. Additionally, eating seasonal fruits and vegetables is also good for us as they contain the nutrients, minerals and trace elements that our bodies need at particular times of the year, especially in the Autumn/Winter months.

When out shopping for groceries this Autumn, look out for these seasonal fruits and vegetables:

	Fruit	Vegetables
September	Blackberries, Damsons, Pears, Plums, Raspberries, Rhubarb, Strawberries	Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celery, Courgettes, Chicory, Chillies, Cucumber, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Onions, Parsnips, Peas, Peppers, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms
October	Apples, Blackberries, Elderberries, Pears	Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celery, Celery, Chestnuts, Chicory, Chillies, Courgette, Cucumber, Kale, Leeks, Lettuce, Marrow, Onions, Parsnips, Peas, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Spinach, Spring Greens, Spring Onions, Summer Squash, Swede, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, Winter Squash
November	Apples, Cranberries, Elderberries, Pears	Beetroot, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celery, Celery, Chestnuts, Chicory, Jerusalem Artichokes, Kale, Leeks, Onions, Parsnips, Potatoes, Pumpkin, Swede, Swiss Chard, Turnips, Watercress, Wild Mushrooms, Winter Squash



For more about seasonal foods (meat, fish, fruits and vegetables) visit www.eattheseasons.co.uk

Health and Wellbeing

Getting ready for Winter wellness

As Autumn approaches, and although seasonal flu will often get better on its own, the best time to have a flu jab is in the Autumn when flu starts to spread. But, don't worry if you can't get a flu jab early in the season as you can still have the flu jab well into Winter.

Alongside the annual winter flu jab, those over 65 are also eligible for the pneumococcal vaccine, which will help protect you from pneumonia.

Flu vaccination is important because:

- more people are likely to get flu this winter as fewer people will have had time to build up their natural immunity to it during the COVID-19 pandemic
- if you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill
- getting vaccinated against flu and having your COVID-19 vaccines will provide you with protection for both these and other serious illnesses

If you have already had COVID-19, it is safe to have the flu vaccine as it will still be effective at helping to prevent flu.

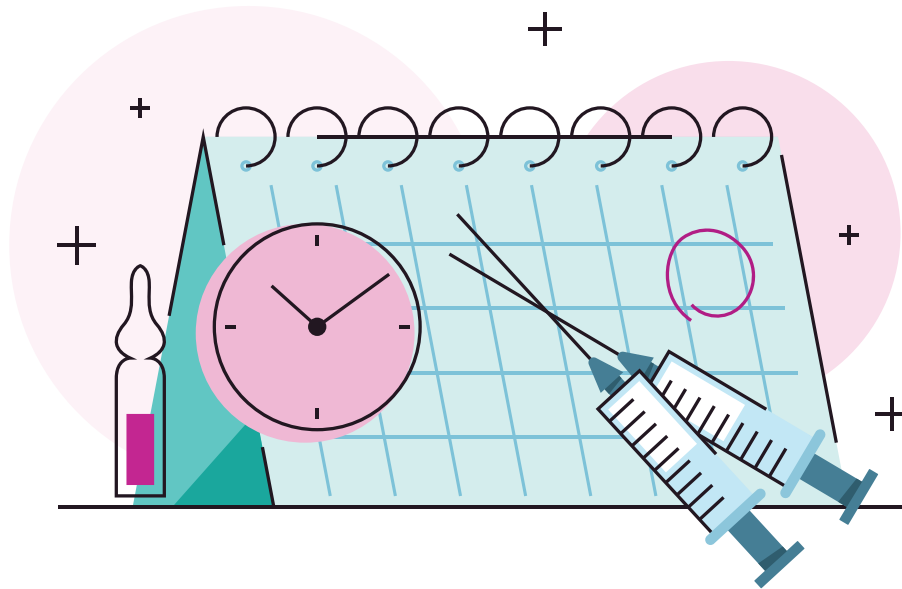
You can have the NHS flu vaccine at:

- your GP surgery
- a local pharmacy offering the service
- at hospital if offered an appointment

If you do not have your flu vaccine at your GP surgery, you do not have to tell the surgery. This will be done for you.

To find a local pharmacy that offers the NHS flu vaccine service, visit your regional nhs service - see P19 for details.





Both GP surgeries and pharmacies get the flu vaccine in batches. If you cannot get an appointment straight away, ask if you can book an appointment for when more vaccines are available. Remember, flu vaccines are offered free on the NHS to anyone with a serious long-term health condition, including:

- respiratory conditions, such as asthma (needing steroid inhaler or tablets), chronic obstructive pulmonary disease (COPD), including emphysema and bronchitis
- diabetes
- heart conditions, such as coronary heart disease or heart failure
- being very overweight – a body mass index (BMI) of 40 or above
- chronic kidney disease
- liver disease, such as hepatitis
- neurological conditions, such as Parkinson’s disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
- a learning disability
- problems with your spleen, for example, sickle cell disease, or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or taking medicines such as steroid tablets or chemotherapy

Talk to your doctor if you have a long-term condition that is not in one of these groups. Your GP would want to offer you the flu vaccine if they think you are at risk of serious problems if you get flu.

For more information on regional flu vaccine programmes visit, either:

England: <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

Scotland: <https://www.nhsinform.scot/flu-vaccine>

Wales: <https://phw.nhs.wales/topics/immunisation-and-vaccines/flu-vaccine/>

Northern Ireland: <https://www.nidirect.gov.uk/articles/flu-vaccine>

Autumn Competition

Well done to all those who submitted entries for the Summer Wordsearch competition, and congratulations to our First and Second Prize winners, who will each be receiving a gift card in the post very soon.

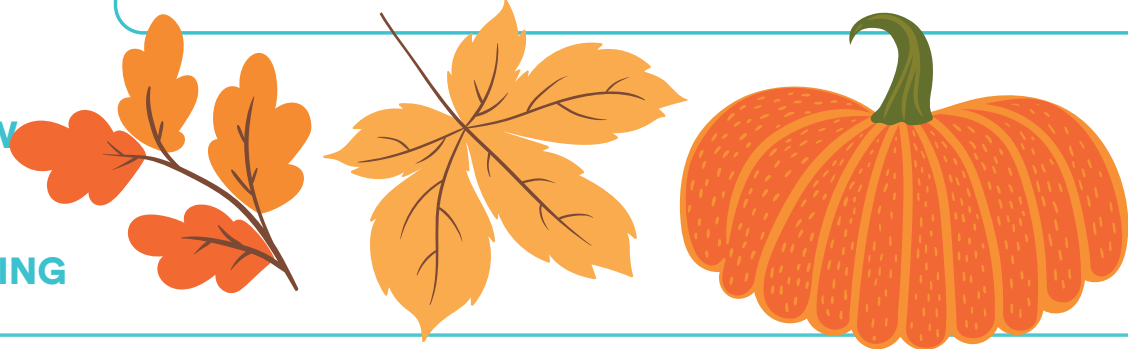


Why not try your hand to see if you can find all 26 words in the grid below. Good luck!

- ACORN
- APPLE
- AUTUMN
- CHESTNUTS
- CHILLY
- CIDER
- COBWEB
- FALL
- FOOTBALL
- GOURD
- HALLOWEEN
- HARVEST
- HAYBALE
- HAYRIDE
- LEAVES
- MAIZE
- NOVEMBER
- NUTS
- OCTOBER
- PUMPKIN
- QUILT
- RAKE
- SCARECROW
- SEPTEMBER
- SLEET
- THANKSGIVING



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



Entries should be returned to us marked 'GF competitions', Hospitality Action, 62 Britton Street, London, EC1M 5UY to reach us no later than Monday 24th October 2022.

Good luck everyone!

Your full name _____

Your address _____



Wonderous, colourful Autumn



Like Spring, Autumn is a season notable for its splendid display of riotous colour.

The chemical which makes tree leaves green is called Chlorophyll. As Chlorophyll declines, other chemicals become more prominent in the leaves. It is these chemicals, such as flavonoids, carotenoids and anthocyanins which are the pigments that exist in plants that are responsible for the vibrant ambers, reds and yellows that provide the chemistry of riotous colour in Autumn. Some of these same pigments give carrots and egg yolks their colours too!

The shorter days are a sign to trees to begin to prepare for Winter. The first sign of this transformation taking place is the 'turning of the leaves'. As the days shorten, the trees begin to close down their food production systems and reduce the amount of Chlorophyll in their leaves as, during Winter, there is not enough light for photosynthesis to occur.



As a rule, the **Autumn equinox** falls on either 22nd or 23rd September, but not always. Because the Gregorian calendar is not quite in perfect symmetry with the Earth's orbit, the Autumn equinox will only occasionally fall on September 24th. This last happened in 1931 and will next happen in 2303.

Until 1500, Autumn was called "**harvest**" in Britain.

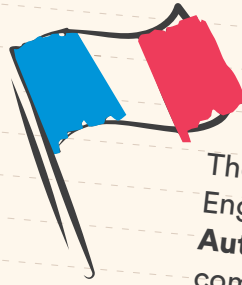


In Australia and New Zealand, Autumn officially **begins on 1 March** and **ends on 31 May**.

Studies in the United States found that people born during the Autumn months are **more likely to live to 100 years**.



Autumn



The word autumn entered English from the French **Automne** and didn't become common usage until the 18th century.

No film with **Autumn** in its title has ever won an Oscar; all the other seasons have.



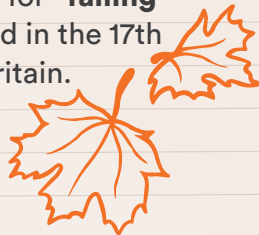


In Autumn, birds prepare for winter migration. One of the longest migrations is the 11,000 mile journey by the Arctic Tern to spend their winter along the coasts of the tropics and the southern hemisphere in areas including Africa, South America and South-east Asia.

fact file

The full moon closest to the Autumn equinox is a "harvest moon".

Fall is not an exclusively US term. The word "fall" – short for "**falling of the leaf**" – was used in the 17th century throughout Britain.



Carving vegetables into candlelit faces originated hundreds of years ago in Ireland, as part of **Samhain**, the Celtic festival, marking the end of the harvest season and the start of Winter, but **the Irish used turnips**. In time, this festival became linked to the Christian All Saints and All Souls traditions. When Irish immigrants arrived in America and discovered pumpkins, they used these to carry on their traditions and a new holiday - **Halloween was born!**



And, finally

The famous Keats quotation from his poem "To Autumn", was inspired by a walk in the water meadows behind Winchester College – a walk he only took to escape the racket of his landlady's daughter practising her violin.



HA's Winter Fuel Grant

We are delighted to open applications for our annual Winter Fuel Grant; a one-off payment of £200 per household to help Golden Friends on low incomes with money towards their winter fuel bills. Applications can be submitted from 1 November 2022. To apply, 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 and your grant will be released in January 2023.

To qualify for a Winter Fuel Grant you must:

- live in your own home (owned or rented) - 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 £192.60/week (single) or £288.70/week (couple), OR receive an income-related benefit, such as Pension Credit or Universal Credit.
- 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.

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.



Applications for the Winter Fuel Grant can be accepted from 1 November 2022 until 31st March 2023. You will be notified once your application has been assessed and, if you qualify for a Winter Fuel Grant, the award will be paid into your bank account no earlier than 27th January 2023.



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 Grants Team, 62 Britton Street, London, EC1M 5UY**

- I/we live in our own home (owned or rented - 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 £192.60/week (single) or £288.70/week (couple), OR receive an income-related benefit, such as Pension Credit or Universal Credit.
- I/we have savings below £5,000 (single)/£8,000 (couple).

Name (BLOCK CAPITALS) _____ Signature _____

Spouse/Partner Name (BLOCK CAPITALS) _____ Spouse/Partner Signature _____

Address _____ Post Code _____

Telephone number _____ Email _____ Date _____