

GOLDEN FRIENDS NEWSLETTER

May/June 2019

Happy reading from all the team at Hospitality Action



Helping our people



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Welcome to the Golden Friends Newsletter



Welcome to the May/June edition of the newsletter. With the weather so changeable at the moment we are looking forward to warmer days. It is the summer solstice on 21st June and fingers crossed the year's longest day is bathed in sunshine!

In this edition see page 4-5 for a reminder about all the different parts of the Golden Friends Scheme and have closed a form for you to complete and return if you would like to access anything else.

We have an update on how Veganuary and The Big Garden Birdwatch went and bring you a great offer from Gardeners World which gives 2-for-1 entry to many amazing gardens across the UK.

We look at some upcoming events and campaigns and have a seasonal rhubarb recipe.

Finally don't forget to have a go at the competition on page 18 for a chance to win some M&S gift vouchers.



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HA News - Phil Vickery

Phil Vickery MBE DL, former rugby international and winner of Celebrity Masterchef is HA's newest Patron. Phil will be joining hundreds of other supporters in the upcoming Cotswold Cycle Challenge which takes place on Monday 10th June from the stunning Calcot Manor. We caught up with him to talk food, cycling and how to get motivated.

John Torode said of you 'Phil loves to cook to make people smile'. What made you fall in love with food after a successful rugby career?

I've always had an interest in the food industry, going back to my family and farming so it wasn't a great surprise I was drawn to it. During my rugby career it was about knowledge and learning about health, nutrition and diet. Using this to be a successful sportsman was very important. When Masterchef came up I didn't go on the show to think I was going to win it, I was just really interested in it. I kept thinking, "don't get knocked out first!"



Phil with our IT Director, Neslihan, at last year's cycle challenge

It sounds gushy but I fell in love with food – not that I ever fell out of love with food, I've always enjoyed food, but when surrounded by people who share the same interest and care, enthusiasm, passion. It is all about talking about and being around food.

What attracted you to get involved with Hospitality Action?

I've seen both sides of it. As a Patron of HA, I am very lucky. We go to events that are catered for with amazing food. It comes out, well presented, hot food, lots of flavours and we don't really think where it comes from or the work it takes making it look so good.

But I know from being involved behind the scenes and spending time preparing, understanding the pressures of preparation etc. just how hard it can be. I think the hospitality industry is taken a little bit for granted. We need to think a little more about what we are demanding; we want good food, we want it on time etc, we want it perfect, but remember – there is a lot of work that goes on behind the scenes.

What are the similarities between a professional kitchen and professional sport?

It's all about camaraderie and team work. I recently spent time in Port Isaac at Nathan Outlaw's Fish Kitchen. I saw how the team had a level of professionalism and detail unlike any other, their work ethic and approach was very similar to those that have to be present to succeed in sport. But funnily enough it works both ways, I was recently with the Raging Bull team in Oxford Street, they were all asking questions about food and we just had a great time sharing information and recipe ideas.

Tell us about your transition from Rugby to riding a bike?

I've always ridden a bike. In rugby, more like a static bike for training but also took out a road bike often so it was a natural progression. Plus it's a non-impact sport so it's good for my old joints.

What else do you do to relax?

Exercise & cooking. I'm certainly not a chef, I'm a cook. I love time spent with friends, family, events etc. all coming together over food.

HA News - Back to the Floor 4

Which route are you taking on for the Cotswold ride and what do you think your time will be?

The 40-mile route. I'm not going to commit to a time but it will be faster than last year, I have trained more and feel prepared.

How do you get and keep the motivation to train for an event?

The main motivational requirement is not the event itself, it is getting to the event. For example; the hardest bit about training this morning wasn't the training I did, it was the drive there! Pushing yourself to get out and do it. Once you're there, it is a team spirit and we're all part of it. The motivation is needed to get there and know you are going to try your hardest and finish the cycle.



On Friday 26th April a packed ballroom at London's Dorchester Hotel hosted our fourth Back to the Floor event, in association with Caterer.com, and raised a whopping £130,000 for HA!

The biennial fundraising event challenges senior figures from the hotel industry to 'go back to the floor' taking on silver service and sommelier roles for a gala dinner of colleagues, clients and industry guests. Over 80 industry volunteers served 400 guests, competing in teams to secure the most tips from their intrepid guests who endured more than their fair share of mishaps, breakages and the odd dropped bread roll.

Further entertainment was provided by the London Community Gospel Choir and there was also a raucous auction during which Chef Raymond Blanc OBE took to the stage to promote a lot donated by The Raymond Blanc Cookery School at Belmond Le Manoir aux Quat Saisons which achieved a staggering £10,000 winning bid.

Our Chief Executive Mark Lewis said, "Back to the Floor is without doubt the jewel in our fundraising crown. Philip Newman-Hall, Danny Pecorelli [of Exclusive Hotels and Venues] and Zoe Jenkins [Dorchester Collection] worked tirelessly to bring together a barnstorming evening of fun, laughs and some fiercely competitive fundraising. I am humbled by the amount of money raised on the night, which beat all previous records and I will never quite recover from the sight of some of the most senior figures in the industry doing the conga for HA! The amount of money raised is transformational, and it will be put to good use to support hospitality workers as they face life's challenges."

Golden Friends

As we are sure you all know, Hospitality Action's Golden Friends scheme is open to anyone who is **60 years and over** and has (or their spouse/partner has) spent at least **5 years** working within the hospitality industry within the UK.

As a Golden Friend you will receive:

- This newsletter every 2 months
- A card and gift on your birthdays
- A card and gift at Christmas
- Invitations to local lunches/afternoon teas in your local area
- Access to our telephone befriending service
- Access to the charity's confidential helpline service which is open 24/7 on 0808 802 2111.



We would like to continue to grow the scheme to reach as many industry retirees as possible. If you know anyone who would like to join the scheme please see the yellow box at the end of page 5 for details on how they can join.

As well as growing the scheme, we also want to ensure that all our existing members get as much as possible from it and so are taking this opportunity to remind everyone about our social events and the Phone Friends service. If you are not already participating in these and would like to please complete the form enclosed with the newsletter, we have included a pre-paid envelope for your reply.

We will also be looking to get your views on the scheme later this year and if there is anything else you would like it to cover. Watch out for a questionnaire which will accompany a newsletter later this year.

Golden Friends social events

A key benefit of being a Golden Friend is the opportunity for you to attend a lunch or afternoon tea in your area to meet up socially with other local Golden Friends who have also dedicated many years to the industry before retiring.

These events are donated to the charity by hotels and restaurants across the UK for the enjoyment of our Golden Friends by way of a 'thank you' from the industry for your years of service, and are completely free to you.

Our aim is to be able to invite every Golden Friend to at least one lunch/afternoon tea every year in areas where we have enough demand. To do this we need to know how many Golden Friends in each region across the UK would like to attend one of these events, so we would be grateful if you could let us know by



Golden Friends

completing the enclosed form indicating if you would like to attend an event if there was one in your area. If this type of event is not for you it would also be really helpful if you could let us know why.

In some areas we have a lot of Golden Friends and so we look to run a number of lunches/teas so that we can ensure that everyone who wants to can attend at least one.



Telephone Befriending Service ('Phone Friends')

The hospitality industry offers a really vibrant and busy working environment and for many people retirement can lead to a big reduction in contact with other people.

Our Phone Friends scheme offers an opportunity to have a regular chat with one of our amazing volunteers, many of whom have, or currently are, working in the hospitality industry. It provides an opportunity to make a new friend and we would look to match you to someone with a shared interest.

With an ever growing number of Golden Friends we want to ensure that everyone who would like a 'Phone Friend' is matched to one of our friendly Phone Friends who will call regularly for a chat over the phone. The frequency of calls is always what works best for both the Golden Friend and the volunteer but is usually at least once a month.

If you do not already have a Phone Friend and would be interested in having one or finding out more please let us know on the enclosed form.

Please also let us know if you would be interested in becoming a Phone Friend.

If you know of anyone who has worked in the industry and is now retired and would like to join the Golden Friends Scheme then the short application form (2 pages) can be found on our website www.hospitalityaction.org.uk/what-we-do/golden-friends/

Alternatively please contact Cathie and we can post out the application form for them to complete. Cathie can be reached at cbrennan@hospitalityaction.org.uk or on 020 3004 5501

Garden Entry & Veggie Discs!

The May 2019 issue of **BBC Gardeners' World Magazine** contains a 2-for-1 entry card and guide for 447 gardens in the UK and Ireland. The card covers entry to gardens such as Hestercombe in the South West; Audley End House in the South East; Warwick Castle in Central England; the Royal Botanic Garden in Edinburgh; Powys Castle & Gardens in Wales; and Mount Usher Gardens in Ireland



The magazine costs £6.25 and the 2-for-1 entry card can be used as many times as you like over the coming year, resulting in a considerable saving on the cost of entry to these gardens. If you cannot find the magazine in your local newsagent (it should be available until 29th May) you can also order a copy online on the Gardeners World website—www.gardenersworld.com until stocks run out.

How to use your 2-for-1 card:

- Check the garden opening times before you set off, to make sure your card is valid on the day of your visit
- Present your entry card at the garden to receive your discount
- Keep your 2019 card in a safe place - you can use it until Friday 10 April, 2020

Vegetable protein disc anyone? It is looking like Veggie burgers are for the chop. And it won't be just bean or mushroom burgers condemned to the food bin of history. Vegan sausages, tofu steaks and soya escalopes could all be axed too, after a vote in the European parliament on revisions to a food-labelling regulation.



In a move that some MEPs suspect bears the fingerprints of the meat industry, the parliament's agriculture committee recently approved a ban on producers of vegetarian food using nomenclature usually deployed to describe meat.

The protected designations would include steak, sausage, escalope, burger and hamburger, under a revised regulation that passed with 80% approval. The measures will now be voted on by the full parliament after May's European elections, before being put to member states and the European commission. Even if the UK is outside the EU by the time the labelling rule is applied, it is likely Britain would follow Brussels' lead.

The decision to protect meat-related terms and names "exclusively for edible parts of the animals" was firmly opposed by NGOs such as Greenpeace and Birdlife who insisted it presented a blow against sustainable food.

Out—Veggie burgers, quorn sausages, soya escalopes and seitan steaks.

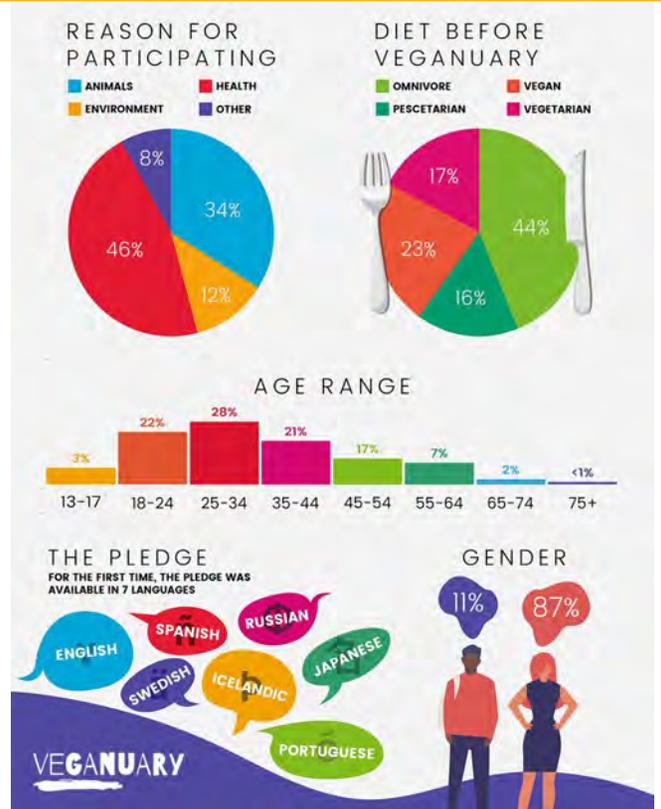
In? - Veggie discs, quorn tubes, soya slices and seitan slabs.

Campaign Updates

Veganuary - This year a record-breaking 250,310 people from 190 countries registered for the month-long vegan pledge. As in previous years, the majority of participants were women (87%). Most participants were meat-eaters (44%) and there were more participants in the 25-34 age range (28%) than any other.

For the first time ever, health became the major driver for people taking part (46%), with animals (34%) and then the environment (12%) cited as reasons for people wanting to eschew animal products for the month.

The campaign was delighted that 77% of people surveyed who said they wouldn't stay vegan, said they were 'very likely' or 'extremely likely' to try veganism again in the future. And right now, 47% say they are committed to remaining vegan!



RSPB Big Garden Birdwatch - This year a whopping 472,758 people took part in the birdwatch and the chart opposite shows the top 10 birds seen across the UK.

The popularity of the Birdwatch has grown year-on-year and it is now the world's largest wildlife survey, with around half a million regularly taking part. It is one of the biggest citizen science events around.

The RSPB advise that the Birdwatch is also not without its oddities and sometimes some very unusual visitors turn up, including an American robin in Putney, a black-throated thrush on the Isle of Bute, and a common rosefinch in Yorkshire. In 2014, a yellow-rumped warbler, which usually spends winter in South America, turned up in a garden in Durham.

Less unusual but no less thrilling was the explosion of waxwings visiting gardens in 2017. Usually found feasting on berries in Scandinavia, these winter visitors come to the UK when there is a lack of food in their native countries. In 2017, waxwings were seen in around 11 times more gardens compared with the couple of years before.



Let's Talk More



Loneliness and isolation are on the rise, with nine million lonely people in the UK, young and old. Over half of British adults feel it's been a long time since they made a connection or a new friend.

Almost half (49%) of UK adults say that their busy lives stop them from connecting with other people. But we can all do something to tackle loneliness. Small moments of connection, like saying hello to someone in your local shopping centre or smiling at someone on the bus, are an important way to tackle loneliness and can make a huge difference to someone's day.

The Campaign to End Loneliness research found that almost 9 in 10 (88%) people agree with them and so have launched the *Let's Talk More* video to encourage people to initiate small moments of connection. Small moments can make a huge difference. The video is part of *Be More Us*, a nationwide movement to inspire connection, tackle loneliness, and bring people together and can be found on their website - www.bemoreus.org.uk

What impact can loneliness have?

- Loneliness is seen by many as one of the largest health concerns we face.
- Loneliness, living alone and poor social connections are as bad for your health as smoking 15 cigarettes a day
- Loneliness is worse for you than obesity
- Lonely people are more likely to suffer from dementia, heart disease and depression
- Loneliness is likely to increase your risk of death by 29%
- There is also a significant economic impact. Research commissioned by Eden Project initiative The Big Lunch found that disconnected communities could be costing the UK economy £32 billion every year.

It is Loneliness Awareness Week from 17-21 June and the Big Lunch is on 1-2 June, so there will be a lot of publicity in the coming weeks encouraging people to start a conversation - who knows who may start a conversation with you. If you are worried about starting the conversation yourself we have brought you some top tips from Be More Us on the next page.

Be More Us

Talking to new people might be a bit out of your comfort zone at first but after a while it will feel like the most natural thing in the world.

Go at your own pace, and start small to build up your confidence. Research shows that even people who are reserved or shy find interacting with strangers has a positive impact on their mood.



If you're worried about taking the plunge and chatting to new people, here are some hints and tips which will help.

Start small - Small gestures such as smiling or just saying good morning to people you pass in the street are a good place to start.

Ask open questions - 'How are you?' is a good opening line but, in reality, it's almost a closed question as most people will answer 'fine, thanks'. Instead, try asking for advice or an opinion, commenting on the weather, or sharing something you might have in common.

Look approachable - Nonverbal communication makes up a minimum of 60% of our communication, so smile, uncross your arms and lean in. That also means making yourself approachable by putting the phone down and taking out the headphones

Get out there - Going to evening classes, attending a workshop, learning a new sport or volunteering can open up opportunities to meet new like-minded people.

Challenge yourself - Set yourself goals for talking to new people every week, for example at your bus stop or train station, learning the name of the shop assistant at your local newsagent or having a conversation with a neighbour.

What if people don't want to have a chat? - Not everyone you start a conversation with is going to talk back. And that's fine!

We all value our quiet time. We all lead busy lives. Some people will not be up for a chat. It's important to respect that and not take it personally.

Look for non-verbal cues that make you think a person is open to having a conversation – if they make eye-contact or acknowledge you – that should give you some indication as to whether they want to chat.

It's important that you respect a person's decision not to talk back to you and only talk to people who feel comfortable doing so. Don't take it personally. But on the whole you'll find most people – despite some initial awkwardness – love a good chat.

Rare 50p coins

Which? Has found that a 50p design featuring the Royal Shield of Arms, which was released two years ago, is currently the second rarest 50p coin in circulation behind the 2009 Kew Gardens.

Designs that are produced annually are sometimes overlooked in rankings of rare coins, in favour of 'commemorative' pieces – yet less than two million of the Royal Shield of Arms were minted in the year 2017.

What is the rarest 50p coin?

The 2009 Kew Gardens 50p coin remains the rarest of all coins with just 210,000 in circulation. But if you include definitive coins – meaning those produced annually – then the second rarest 50p design is the 2017 Royal Shield of Arms.

This coin was originally designed by Matthew Dent following a public competition. According to coin collecting site Change Checker, the Royal Shield of Arms has been issued every year since 2008 apart from 2009, 2010, 2011 and 2016. The 2017 version is by far and away the rarest, with just 1.8 million minted, in comparison to 10.3 million in 2013, 49 million in 2014 and 39.3 million in 2015. The third rarest coin in circulation remains the Sir Isaac Newton 50p, which has a release of just 1.8m.

Definitive vs commemorative coins

The Royal Mint issues 'definitive' coins every year based on demand. The same design is produced annually, with just the year changing. These types of coins are sometimes ignored by collectors but in cases such as the Royal Shield of Arms 2017, they can also be extremely rare.

By contrast, commemorative coins are released to mark a particular occasions, person or event, so tend to be a one-off design. Often, these coins are first released as collector's editions by the Royal Mint, with some versions then entering general circulation. Special 50p have been released this year celebrating the anniversary of The Gruffalo, the famous kids' book Peter Rabbit and the deceased British professor Stephen Hawking.

How does mintage affect a coins value?

Mintage figures can have a massive impact on the coin's value in the market. Generally, the harder the coin is for collectors to find, the more they are likely to pay for the coin. This can partly be determined by mintage, but also the popularity of the design. As the 2012 Olympic coins drop out of circulation by getting lost or snatched up in collections, their value has been increasing, with the football and wrestling designs particularly popular. Though rarity does not always reflect a coins value, it also depends on whether it resonates with collectors.

Which? warn would be collectors to be cautious and advise that some sellers will list coins at an inflated price, or bid on their own product to make it look like there's a bigger demand. Remember that coins are only worth whatever a buyer is willing to pay for them – even if you've found a rare coin, you may not be able to sell it on for a profit.



Fake Reviews on Amazon

Amazon's customer review system is being undermined by a flood of "fake" five-star reviews for products from unfamiliar brands, a new investigation by the consumer group Which? claims.

Which? analysed the listings of hundreds of popular tech products in 14 online categories including headphones, dashcams, fitness trackers and smartwatches, checking for tell-tale signs of suspicious reviews.



Of the hundreds of products analysed, many have a raft of five star customer ratings and thousands of glowing reviews, and many of these are from unverified purchasers – all tell-tale signs of 'fake' reviews. They found:

- 'Unknown' brands dominating search results for popular tech
- Tens of thousands of positive, unverified reviews
- Hundreds of five-star, unverified reviews arriving on a product in a single day.
- Products loaded with positive reviews for different items.

97% of shoppers rely on online customer reviews to help make a purchase, according to a survey Which? conducted in September 2018 of more than 2,000 adults. The CMA estimates that £23 billion a year of UK consumer spending is potentially influenced by online reviews.

Online customer reviews are of such concern that the British Standards Institute (BSI) has created a voluntary standard that it wants businesses to adopt to ensure that people aren't misled. This lays out how businesses should moderate and display reviews, how they should deal with fake reviews, and what information they should provide to consumers. Guidelines include:

- Verifying that reviews come from genuine consumers.
- Ensuring reviews reflect the balance of comments received.
- Giving regular users and moderators the option to 'flag' inappropriate content or fake reviews.
- A recommendation that review administrators keep a record of all illicit reviews, and documents attached to the reviews, for at least one year from the removal date.

Which? have these top tips to spotting a fake review:

- Take extra care when shopping for a brand you don't know- 'unknown' brands are significantly more likely to be affected by fake reviews.
- Be suspicious of large numbers of reviews—if you see hundreds or even thousands of reviews be suspicious, especially if they are largely positive.
- Look for repetition—if you see repetitive phrases in reviews or the same reviewer name appear more than once than the product has likely been targeted by fake reviews.
- Filter to check for unverified versus verified reviews.
- Check seller profiles.

Walk This May Poster

20 TIPS TO ADD 20 MINUTES OF WALKING TO YOUR DAY

WALK THIS MAY



LIVING
STREETS

NATIONAL
WALKING
MONTH

GO FOR A
**LUNCHTIME
WALK**  #TRY20

TAKE A
ONE
OR TWO
MINUTE
**WALKING
BREAK**  #TRY20
EACH HOUR 

WALK TO OR
FROM WORK
◀ ▶ #TRY20

TAKE A
ROMANTIC
PROMENADE
#TRY20 


TAKE THE
FAMILY ON
A WALKING
ADVENTURE
#TRY20

TAKE
THE
STAIRS  #TRY20

GO FOR
A WALK
ON A
RAINY DAY  #TRY20

LUNCH AL
FRESCO,
NOT AL DESKO
#TRY20



WALK TO A
GREEN AND
TRANQUIL
SPACE  #TRY20

GET SNAP
HAPPY ON
YOUR
WALK  #TRY20

MEET A
FRIEND
HALFWAY  #TRY20

INVITE THE
NEIGHBOURS
FOR A
WALK 

#TRY20

TAKE THE
LONG
CUT  #TRY20



HOP
OFF
AND
WALK  #TRY20

WALK THE
KIDS TO
SCHOOL #TRY20

WALK
IN YOUR
HAPPY
SHOES  #TRY20



WALK TO THE
LOCAL SHOPS  #TRY20



PARK AND STRIDE  #TRY20 

GO ON A
SCAVENGER
HUNT #TRY20

TRY A NEW
ROUTE  #TRY20

Hedgehog Preservation

Founded in 1982 the British Hedgehog Preservation Society offers help and advice to those with sick, injured or orphaned hedgehogs and maintains a list of rehabilitators in the UK. Hedgehog Awareness Week runs from **5th – 11th May** 2019 and hedgehoggy events are being organised all around the country! The week aims to highlight the problems hedgehogs face and how you can help them.



This year the Charity is asking people to make a space for hedgehogs to live in their garden, this could be in the form of a log pile or wild area (that will also provide a buffet of creepy crawlies) or a more formal hedgehog home.

The Society has a free downloadable plan for building a hedgehog home on their website - www.britishhedgehogs.org.uk/hedgehog-homes.

There are many other simple things you can all do to help hedgehogs:

- Make sure there are CD case sized gaps in boundary fences and walls to allow easy passage.
- Move piles of rubbish to a new site before burning it.
- Check areas carefully before mowing or strimming.
- Ensure netting is kept at a safe height.
- Check compost heaps before digging the fork in.
- Stop or reduce the amount of pesticides and poisons used.
- Cover drains or deep holes.
- Ensure there is an easy route out of ponds & pools.

Quick Tips

- Hedgehogs like to eat meaty cat or dog food or complete cat biscuits. The only drink that should be offered is water.
- Hedgehogs shouldn't sunbathe and so if you see one doing this it is in need of help.
- If you see a hedgehog that looks 'drunk' this also means it is in difficulty and needs help.
- Not all hedgehogs have fleas and if they do their fleas are host specific and so whilst they might jump onto a cat or dog they won't infest them.
- Hedgehogs are nocturnal, which means they shouldn't really be seen out in daylight hours. Some of the exceptions to this are pregnant females gathering nesting materials just before she gives birth, or a new 'Mum' taking a break from the nest to get food and water while her young sleep.

What to do if you find a hedgehog you are concerned about

Please use gardening gloves to collect it up, bring it indoors and put it in a high sided cardboard box with an old towel or fleece in the bottom for the hedgehog to hide under. Fill a hot water bottle so that when it is wrapped in a towel there is a nice gentle heat coming through and put that in the bottom of the box with the hedgehog, ensuring it has room to get off the bottle should it get too warm. Make sure the bottle is always kept warm (if allowed to go cold it will chill the hedgehog and do more harm than good). If the hedgehog is bleeding please do not add a hot water bottle as this will make it bleed more quickly. Put the box somewhere quiet. Offer meaty cat or dog food and fresh water then call The Hedgehog Preservation Society as soon as possible on **01584 890 801** for further advice and the numbers of local contacts.

Dates to Remember

National Walking Month which is throughout May is an annual celebration of walking and streets. Living Streets coordinate this campaign and are marking their 90th anniversary this year. They are inviting everyone to join their campaign to make streets fitter for walking for everyone, whether they are aged nine or 90. As well as getting people to add more walking to their daily routine, be it at work, to school, or around your neighbourhood. See their 20 Tips Poster on page 12.



Make May Purple is run by the National Stroke Association and they are asking people to Make May Purple to raise awareness. Stroke strikes every five minutes in the UK. It can happen to anyone, of any age, at any time. It's vital to know how to spot the warning signs of a stroke in yourself or someone else. Using the FAST test is the best way to do this.

Signs of stroke

- **Face:** Can the person smile? Has their face fallen on one side?
- **Arms:** Can the person raise both arms and keep them there?
- **Speech problems:** Can the person speak clearly and understand what you say? Is their speech slurred?
- **Time:** If you see any of these three signs, it's time to call 999.



There is no way of knowing if symptoms will pass or get better when they first start, so you need to seek immediate medical help. A stroke is a medical emergency. Always dial **999**. The quicker the person arrives at a specialist stroke unit, the quicker they will receive appropriate treatment.

National Limerick Day is observed annually on 12 May and celebrates the birthday of English artist, illustrator, author and poet Edward Lear (12 May 1812 – 29 Jan 1888). Lear is known mostly for his literary nonsense in poetry, prose and limericks. National Limerick Day also celebrates the limerick poem. Limerick poems were popularized by Edward Lear's book "Book of Nonsense" in 1846.



A limerick is a very short, humorous, nonsense poem. Within a limerick, there are five lines. The first two lines rhyme with the fifth line and the third and fourth line rhyme together. The Limerick also has a particular rhythm which is officially described as anapestic trimeter.

THERE WAS A YOUNG LADY

By Edward Lear

There was a Young Lady whose chin
Resembled the point of a pin;
So she had it made sharp, and purchased a harp,
And played several tunes with her chin.

Dates to Remember

National Vegetarian Week runs from 13-19 May this year and we feature their poster on the back page that shows 50 veggie things to do in May. If you fancy giving it a go they have created a website especially for the week full of delicious looking recipes—though as a vegetarian myself I could be biased!



National Growing for Wellbeing Week is 3-9 June and celebrates the magic that growing your own produce can do for your wellbeing, both physically and mentally. There is strong evidence highlighting the health benefits of gardening and GYO in particular, including improved confidence, communication, concentration and ultimately self-belief. It's not just gardening – It's improving mental health, experiencing better physical health, connecting with others, acquiring new skills, and enjoying the great outdoors.



The Big Lunch this year is on 1 –2 June. It is a very simple idea from the Eden Project. The aim is to get as many people as possible across the whole of the UK to have lunch with their neighbours annually in June in a simple act of community, friendship and fun. One day a year when, for a few glorious hours, cars stop, shyness stops, gloom lifts and the UK comes together in the street to meet, greet, share, swap, sing, play and laugh for no reason other than that we all need to.



Since it began in 2009, The Big Lunch — the UK's annual get together for neighbours — has grown ten-fold and each year gets bigger and better. Look out for events that are being held in your area.

National Fish and Chip Day (NF&CD) was launched in 2015 to celebrate the nation's favourite dish. This year it is on the 7 June. It is about giving fish and chips the recognition it deserves and helping to secure its position as the nation's favourite dish. National Fish & Chip Day 2019 is set to be even bigger than last year as it brings together everyone involved in creating this iconic British dish; from Fish & Chip shops, pub chains, restaurants, retailers, to the fisherman and farmers who provide the sustainable and natural ingredients needed to create this family favourite.



Fathers Day is on the 16th June this year. It is a celebration honouring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. Many countries celebrate it on the third Sunday of June, though it is also celebrated widely on other days by many other countries.



www.awarenessdays.com

www.nationaldaycalendar.com

Rhubarb

Field-grown rhubarb is said to have more flavour than forced rhubarb available earlier in the year, so now is the time to make the most of it. Rhubarb grows well in cooler climates so when in season, it can be found all over the UK.



Rhubarb has a reputation for being tart and sour. Don't let this put you off, it makes great desserts; just a sprinkle of sugar is sure to give the right amount of sweetness. Rhubarb goes well with warming spices such as cinnamon and ginger. It's perfect in comforting desserts like crumble and bread and butter pudding. Other great combinations such as orange and strawberry are suited to summery dishes like rhubarb fool or trifle.

The recipe opposite is courtesy of Sam the Head Chef at the Vegetarian Society's cookery school. She loves this recipe as it adds a new twist to a classic; bursts of soft pink rhubarb through the rich caramelised apples. She advises that it's easy to make and is deeply satisfying on chilly spring evenings.

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What is Rhubarb?

- Rhubarb (genus *Rheum*) belongs to the plant family Polygonaceae. Contrary to popular belief, Rhubarb is a vegetable, not a fruit, being a close relative of garden Sorrel.
- The stalks of rhubarb though tart are edible, the leaves are toxic and never should be eaten.
- Rhubarb is 95% water. It contains no fat, sodium or cholesterol.
- Rhubarb contains a fair source of potassium. The crisp, sour stalks are rich in vitamin C, dietary fibre and calcium.
- The calcium in rhubarb combines with oxalic acid making it hard for the body to absorb.

Choosing and Using Rhubarb

- The telling sign of fresh rhubarb is not only its bright colour; the rhubarb stalks should be firm and upright, the leaves a pale yellow and never black.
- As with all local, seasonal foods, rhubarb is best eaten fresh.
- Also, avoid storing rhubarb for too long. If it's not possible to eat the rhubarb straight away, only top and tail the stalks, cut the rhubarb stalks into small pieces and poach gently, three or four minutes, in a little sugared water. Cool and freeze. This simple rhubarb compote can be used in pies and crumbles, folded into a custard and whipped cream or in many other recipes.
- Early spring rhubarb doesn't need peeling, only trim and wash.
- Outdoor rhubarb should only need a wipe for cleaning, however, if it is old or thick, it may need peeling by simply stripping back the outer layer.
- In sweet dishes, early rhubarb will not need much sugar to sweeten. However, outdoor rhubarb can be very tart and will need more. Replacing sugar with honey works well too.

Deep Dish Apple & Rhubarb Pie

Ingredients

FOR THE FILLING:

- 750g apples, cored, peeled and sliced
- 100g rhubarb, sliced
- 1 tsp lemon zest
- 1 tsp orange zest
- 1 tbsp lemon juice
- 2 tbsp orange juice
- 1 tbsp plain flour
- 20g sugar
- ½ tsp salt
- ½ tsp nutmeg
- ½ tsp allspice

FOR THE PASTRY:

- 250g plain flour
- 110g vegan margarine
- Pinch of salt
- 2-3 tbsp cold water
- 10g sugar
- 3 tbsp soya milk



Sam has made this using vegan alternatives to margarine and milk—you can of course substitute these for dairy based alternatives.

Serve with or without sparklers!

Method

- Place the flour, butter and salt into a food processor and blend for 10 seconds, then add the water and blend until a ball of pastry is formed. This should only take a matter of seconds. Cover with cling film and place into the fridge till chilled
- Roll out the pastry and line a greased deep pie dish. Reserve some pastry for the lid.
- Combine all of the filling ingredients in a large bowl then spoon into the pie dish.
- Roll out the remaining pastry and place it loosely over the top of the pie. Use the back of a fork to crimp down the edges.
- Brush the pastry with the soya milk and dust with sugar then bake for 1 hour 15 minutes at 180C/gas mark 4 or until golden brown.



Enjoy warm or cold and with the dairy or non-dairy topping of your choice.

Competition - Wild Flowers Word Search



- | | | |
|------------|------------|------------|
| ACRE | EYEBRIGHT | PETAL |
| ANTHER | GOURD | REGION |
| ARUM | GROWING | ROSE |
| BEE BALM | HERB | SEDGE |
| BELLADONNA | HILLTOP | SEEDS |
| BLUET | HOPS | SPIDERWORT |
| BONESET | HYSSOP | STALK |
| BRACT | INTERMIXED | TALES |
| CACTUS | IRIS | TWINING |
| CALLA | LAMBS EARS | UNDERFOOT |
| CLUMP | LIANA | WATER LILY |
| DAISY | MAY APPLE | WAYSIDE |
| DANDLEION | MILKWORT | WEED |
| DISPLAYS | NETTLE | WHITE |
| DOGBANE | NORDIC | WILD OAT |
| DOMAIN | ONIONS | YARD |
| EDENIC | OVERRUN | |

www.whenwewordsearch.com

Name _____

Address _____

Postcode _____

Please Meet...



The 1st prize winner of the last Golden Friends competition is Ms Sayce who lives in Hampshire and was kind enough to answer some questions as part of our 'Desert Island Discs' feature.

What is your favourite film & why? The Greatest Showman - I got it as a present at Christmas and absolutely loved it. I watch it at least weekly and never get bored of it.

What is your favourite song & why? 'Dance with my Father' by Luther Vandross. This song means a lot as it was my father's favourite.

What is your favourite food/recipe? Any Italian food. I love pasta - lasagne and spaghetti bolognese especially. I love cooking and will often make spaghetti bolognese for dinner, I like to add chopped peppers to the sauce—its lovely!

What is your favourite memory? Going to Butlins as a child with my family. We would visit places like Minehead and Bognor and the holidays were such fun and very memorable.

Is there one place in the world you would like to visit & why? Jamaica (Ochos Rios) - I went many years ago and had such a fantastic time that it's somewhere I would like to visit again. I'd go back tomorrow if I could!

What do you enjoy most about the GF Newsletter? I've found the newsletter really interesting, some great articles in here and I'm really impressed with it.

Where have you worked in the past? I have worked in many roles including staff catering, silver service and kitchen assistant - my most rewarding role was helping to prepare meals on wheels for elderly people in the area.

How long have you been a Golden Friend? I've only just joined.

Answers

- Vorgons are described in the Hitchhikers Guide to the Galaxy as not actually evil, but bad tempered, bureaucratic, officious and callous.
- Jane Bennett is described as 'the only plain one in the family' by Jane Austin.
- La Belle Sauvage is a Canoe.
- Daisy Buchanan is the object of Jay Gatsby's affections.
- Oasis is the virtual world in Ready Player One.
- Jack Reacher is the hero of the thriller Never Go Back.
- Peter Rabbit lives in a sand bank beneath the root of a very big fir tree.

1st Prize Winner

Sharon Sayce

2nd Prize Winners

Mr I McDonald
Mr J Pervez
Ms S Hibbert
Mr K Powell

This edition's competition is a Word Search (see opposite page).

**Get your entry to us
(with your name and address) by
Monday 10th June
for your chance to win.**

All correct entries will be placed in a 'hat' and the winners will be picked at random.

Prizes

**1st Prize £20 M&S Voucher
2nd Prizes - 4x £10 M&S Vouchers**

National Vegetarian Week Poster

50 veggie things to do in May

LOVE
NATIONAL
VEGETARIAN
WEEK
13 to 19 MAY 2019



01 Hold a bake sale



02 Colour in a National Vegetarian Week poster



03 Ask your canteen to go veggie for the day



04 Add a frame to your Facebook profile picture



05 Donate veggie food to a food bank



06 Wear green for a day



07 Take a selfie with a poster at a local landmark



08 Have some vegan ice cream



09 Try Jackfruit



10 Share a photo of your veggie shopping



11 Head outdoors for a veggie picnic



12 Enjoy a veggie pie



13 Pamper yourself with a face mask



14 Buy local fresh fruit and veg



15 Grab something veggie to go



16 Order veggie when you eat out



17 Plan a week of veggie meals



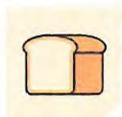
18 Stay up to date with all things veggie



19 Treat yourself to the new BOSH! cookbook



20 Play with your food



21 Bake some bread



22 Spice up your spud



23 Go veggie!



24 Cook a veggie meal for your friends



25 Take on the burger taste test



26 Play the Veggie Lotto



27 Host a bring-and-share lunch



28 Make a BOSH! recipe



29 Host a curry club



30 Raise some money



31 Become a member



32 Make a simple swap



33 Get together for a veggie roast dinner



34 Ask your workplace or university to sign up to #DefaultVeg



35 Discover your inner chef on a cookery course



36 Share some veggie sweets



37 Order a tofu dish from your local Chinese takeaway



38 Milk an almond! Not really, but you could try some almond milk



39 Try a veggie or vegan full English



40 Grow some chillies or herbs



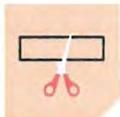
41 Have a veggie packed lunch



42 Have a plant-based BBQ



43 Design a veggie school dinner



44 Get creative



45 Share why veggie food is good for the planet



46 Make a cheap veggie meal



47 Get inventive with your leftovers



48 Take our plant-based protein pop quiz



49 Text donate



50 Power your workout... plant-style!

Check out www.nationalvegetarianweek.org for more information on each activity and vouchers, downloads, and recipes to make the most of it all.