

GOLDEN FRIENDS NEWSLETTER

July/August 2019

Happy reading from all the team at Hospitality Action

**Hospitality
Action**



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COMPANY

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Also in this issue

- 2-3 HA News
- 4 Pension Credit
- 8-9 Summer Wise
- 12-13 Unusual Festivals
- 14-15 Dates to Remember
- 18 Competition

Welcome to the Golden Friends Newsletter



Welcome to the July/August edition of the Golden Friends Newsletter. Here in London the sun is shining and its getting hot—though I may now have jinxed that! Hope you are enjoying the summer near you.

In this edition we bring some tips on keeping safe in the sun and at the seaside as well as a volunteering opportunity for the summer period.

We also have some breaking news from HA and some great fundraising successes on page 2-3.

Check out for the unusual festivals on pages 12-13 and it would be great to hear from you if you have been to anything similar.

We bring news of some upcoming events in July & August that you may wish to take part in and have updates on TV licences and Pension Credit.

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

15



12-13



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

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HA News - Events



On 17th June seven of Britain's most celebrated chefs hosted an exclusive dining experience in one of London's most renowned hotels, Mandarin Oriental Hyde Park, raising over £32,000 for HA!

Chefs Tom Kerridge, Michel Roux OBE, Gary Usher, Paul Heathcote MBE, Ashley Palmer-Watts, Nigel Haworth and Hospitality Action's Principal Patron, Jason Atherton, all contributed to two bespoke four-course menus, with signature dishes from their respective restaurants.

Highlights included; Ashley Palmer-Watt's signature starter of Meat Fruit (c.1500 see picture); a fish course of Looe Day Boat Turbot with wild garlic, cockle velouté and cauliflower with yoghurt purée by Jason Atherton and a Teardrop of milk chocolate mousse with a caramel and mango filling served with mango sorbet from Michel Roux, OBE of The Waterside Inn.



Our Principle Patron Jason said: "It was such an honour to cook at the Patrons Dinner, and to hear real life stories from fellow hospitality workers was extremely moving. A huge thank you to everyone that attended and to the Mandarin Oriental team for hosting the event. The money raised will allow Hospitality Action to continue helping people who work or have worked in the industry and have fallen on hard times. I feel privileged to be a part of such a worthwhile charity".

For the 5th year running **Le Tour de Cuisine** united the cyclists of our industry determined to peddle and raise much needed funds to help fellow colleagues. Again this year we managed to recruit a team of passionate fundraisers, ready to take on one of four routes through the beautiful Cotswold countryside and boy did they rise up to the challenge!



66 companies signed up teams, many of them newcomers. 229 participants faced the sun and the rain and completed the tour, raising over £54k for Hospitality Action. They were all amazing and we are so proud of what they achieved.

The kitchen brigade at Calcot get a special thank you for getting up at 4am to produce an amazing doughnut wall (see picture above) that was so visually inviting and so very naughty, but what a treat!

HA News - Logo & Website

We've got you.



Last week saw the start of an exciting new chapter in Hospitality Action's 182-year story. HA's Marketing Director, Jeremy, explains what we are doing and why.

After months of listening, researching and collaborating with people all across the industry we're thrilled to share a fresh new look for our beloved charity. Including a new logo, website and marketing materials.

**Hospitality
Action**

It can be summed up in a simple phrase: We've got you.

We live in an age when stigmas and taboos are being challenged – an age in which people are increasingly able to talk about their mental health, and in which we no longer tolerate prejudice, discrimination, bullying or bigotry.

Against this backdrop, we're bringing a more nourishing and friendlier feel to HA. And that phrase, "we've got you", sits at the very heart of it. Think 'safety net' ... think 'we've got your back'.

We are looking for everybody from the industry to fall in love with HA, what we do, who we help, and to discover how everyone can make a difference. That's because we need more people to know that whatever challenge they face - from physical illness or a mental health problem to financial difficulty, family problems to addiction – we're here to get them back on their feet again.

Alrick Edwards.
Concierge Assistant.
We've got you.



Head over to our new website www.hospitalityaction.org.uk and meet Alrick, Peter, Linda, Ollie, Andrea and a whole host of hospitality people who have contributed to help us tell our story.

Pension Credit & TV Licences

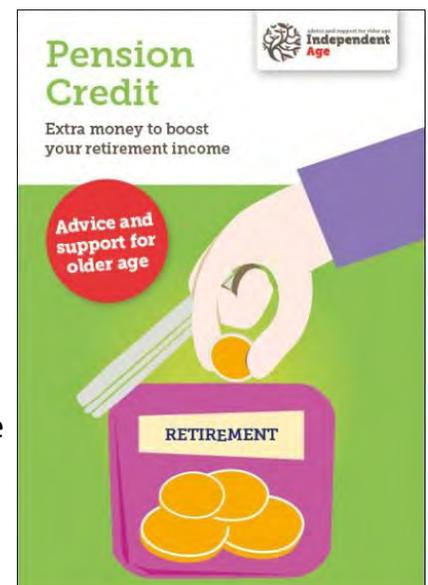
Independent Age have just launched a new campaign about **Pension Credit** to ensure that everyone eligible is claiming.

Government statistics show that over £3.5 billion is not being claimed by eligible pensioners. Independent Age have produced the map opposite to highlight the parts of the UK where this benefit is going unclaimed.

They have also produced a Pension Credit guide with details on the benefit and how to claim. Pension Credit tops up your income to a minimum level and can give you a host of other benefits. It's a benefit for people who have reached State Pension age.

The guide looks at what Pension Credit is; who qualifies; what you could get; and how to claim.

You can order your free copy through Independent Age's website www.independentage.org or by calling them on **0800 319 6789**. The advice in the guide applies to England only, though a lot of it will still be relevant to those in the rest of the UK and Independent Age can also offer advice that is specific to other parts of the UK through their helpline.



TV licence fee changes have been announced by the BBC. They are planning to start charging over-75s for their licence fee unless they are receiving Pension Credit. That means it's more important than ever to check you're not missing out on Pension Credit (see article above).

The BBC announced this change following a consultation launched last year after the Government advised that the cost of the free licences would be moving across to the BBC from 2020. 190,000 people took part in the consultation with 52% in favour of abolishing or reforming the free licences. The BBC Chairman, Sir David Clementi said that it has been "a very difficult decision" but that this was the "fairest and best outcome".

The BBC argue that the £745m annual cost of maintaining the status quo would have taken up a fifth of its budget, equal to the total amount it spends on all of BBC Two, BBC Three, BBC Four, the BBC News channel, CBBC and CBeebies. The BBC estimates that the new proposal will cost it £250m a year, requiring some cuts but no channel closures.

TV Licensing have announced that they will be writing to everyone who currently has a free licence in the coming weeks to let them know about the new scheme and reassure them that they remain fully covered under the existing scheme until 31st May 2020.



New Apps

The national anti-poverty charity, Turn2us, launched their Connect app earlier this year, an SMS based app that helps people claim welfare benefits they are entitled to.

If you are trying to claim a certain benefit, but are struggling with the application, they can connect you to a volunteer who will guide you through the process. All communications will be done by text on your phone.



They report that users have seen an immediate improvement to their financial and emotional wellbeing. Every year, at least £17.6bn of means-tested benefits are left unclaimed. This high figure is partially caused by an overly complex and hostile welfare system, perceived stigma of claiming benefits and problems around digital inclusion.

Turn2us built the app to overcome these barriers by connecting people missing out on welfare benefits with trained volunteers who could walk them through the process. The charity estimates that where the claim is successful, users of the Turn2us Connect App will secure an average household uplift of £2,600 a year. Since the app launched in March 2019, beneficiaries of the app have seen their financial situation improve, their anxiety levels reduce and their life satisfaction rates grow:

- Financial situation improves on average from 3.8 to 8.6 out of 10 (+126%)
- Anxiety levels decrease on average from 7.2 to 3.15 out of 10 (-56%)
- Life satisfaction increases on average from 5 to 6.15 out of 10 (+23%)

To register for Turn2us Connect service and be connected to a Digital Buddy complete a form on the Turn2us website - <https://www.turn2us.org.uk/Misc/Connect/Connect-Signup>

GP online services - Sign up to GP online services and you'll be able to use a website or app to:

- book or cancel appointments online with a GP or nurse
- order repeat prescriptions online
- view parts of your GP record, including information about medication, allergies, vaccinations, previous illnesses and test results
- view clinical correspondence such as hospital discharge summaries, outpatient appointment letters and referral letters

The service is free and available to everyone who is registered with a GP. Ask your GP what you need to do to register.

Some local authorities are taking this further. For example, Lewisham in London has just launched a app called ASK NHS GP. The idea of the app is to help patients get the right healthcare they need at the right time. The ASK NHS GP is free to download and features an interactive symptom checker which triages the patient to the most appropriate onward care service (self-care, NHS111, GP appointment or accident and emergency) within appropriate timescales, effectively helping patients to choose the right service.

Ask your GP what is available to you in your area.



RAF Ben Fund & Volunteering



**Royal Air Force
Benevolent Fund**

CELEBRATING 100 YEARS

**1919
2019**

The RAF Benevolent Fund's new campaign aims to get thousands of RAF veterans in need back on the radar, and urges the public to 'Join the search. Change a life'. The RAF Benevolent Fund has launched a nationwide campaign, supported by actor Sir David Jason, encouraging the public to get thousands of RAF veterans and their families 'back on the radar' and, if they need it, accessing support that is rightfully theirs.

Research carried out by the Fund estimates that the RAF Family is made up of 1.4 million people who are serving or who have served in the RAF, whether as a regular or reservist, and their spouses, partners or dependent children. Three quarters of them are aged over 65. The RAF Benevolent Fund is urging the public to consider whether they have friends or family connected to the RAF and, if they're in need of financial or emotional support, to refer them to the Fund and get them back on the radar.

Air Vice-Marshal David Murray, Chief Executive of the RAF Benevolent Fund, said: "We know they're out there. Men and women who once served, or did their National Service in the RAF, and now need our help. No veteran should be left fighting alone, whether that be in the face of financial, emotional or health problems. We have life-changing support available for all members of the RAF Family. "Too many ex-Service people do not seek the support that is rightfully theirs due to misplaced pride, shame or through not knowing support is there. So, in our centenary year we are launching a major campaign to get people to think about who they know who may be eligible for and in need of our support. They may be your friends, neighbours or relatives. They did their duty, now we, as a society, must do ours before it's too late."

The Reading Agency and Libraries Present

SPACE CHASE

Summer Reading Challenge 2019

The Summer Reading Challenge is the UK's biggest free reading for pleasure event for children. It is run by the national charity The Reading Agency in partnership with the UK public library network. The aim of the Challenge is to encourage children to read any six books of their choice from their library during the summer holidays and they are looking for volunteers who can help listen to the children read. For more details contact your local library.

The Challenge offers children and families an enjoyable activity in the six-week summer break from school when reading skills and confidence can dip, commonly known as the 'summer slide'. Reading for fun is important because: Currently, 1 in 5 children in England cannot read well by the age of 11; We know that reading for fun improves literacy; Reading for pleasure is more important to children's academic success than their parents' level of education or socio-economic status; & Embedding a love of reading in children can help their wellbeing later in life. 19% of adult readers say that reading stops them feeling lonely.

The Summer Reading Challenge gets around 700,000 children into libraries each year to keep up their reading skills and confidence during the long holidays.

Tenant Fees Act



The Tenant Fees Act came into force on 1 June 2019, restricting the payments landlords or letting agents require from tenants in the private rented sector. The Tenant Fees Act bans most letting fees and caps tenancy deposits paid by tenants in the private rented sector in England, offering protections against additional fees to tenants. The ban on tenant fees applies to new or renewed tenancy agreements signed on or after 1 June 2019.

The aim of the Act is to reduce the costs that tenants can face at the outset, and throughout, a tenancy. Tenants will be able to see at a glance what a given property will cost them in the advertised rent with no hidden costs. From 1 June 2019, the only payments that landlords or letting agents can charge to tenants are:

- Rent.
- A refundable tenancy deposit capped at no more than 5 weeks' rent where the total annual rent is less than £50,000, or 6 weeks' rent where the total annual rent is £50,000 or above.
- A refundable holding deposit (to reserve a property) capped at no more than 1 week's rent.
- Payments associated with early termination of the tenancy, when requested by the tenant.
- Payments in respect of utilities, communication services, TV licence and Council Tax.
- A default fee for late payment of rent and replacement of a lost key/security device giving access to the housing, where required under a tenancy agreement.

Local enforcement authorities have primary responsibility for enforcing this legislation. The Tenant Fees Act created an independent lead enforcement authority to provide advice and information to local authorities on the Act.

If you are having any issues with your rented accommodation then Shelter can help

Shelter helps millions of people every year struggling with bad housing or homelessness through advice, support and legal services. You can contact their expert housing advisers online, by telephone or in person.

- Face-to-face services - their website www.shelter.org.uk shows where these services are available.
- Online advice - expert information about everything from reclaiming your deposit to applying as homeless, and you can talk to an adviser over webchat.
- Free National helpline - **0808 800 4444** - open 365 days a year and is often the first port of call for people facing a housing crisis.
- Legal support - they have a team of solicitors providing free legal advice and can attend court to help people who've lost their homes or are facing eviction.

Summer Wise

While summer may lift our spirits, temperatures can become dangerously hot. Anyone can be affected by the heat but you may be especially at risk if you're living with a long-term health condition or on some medications.

Independent Age have produced a new guide, Summer Wise, which offers practical tips to help you cope in hot weather including how to look after yourself, keeping your home cool, how to spot the signs of heat-related illness and what to do if someone becomes unwell.

Independent Age spoke to older people about the experiences when producing the guide and their quotes appear throughout it. To get your own free copy of the guide you can call Independent Age's helpline on **0800 319 6789** or download it from their website www.independentage.org/publications. The guide covers:

Looking after Yourself

- Drink enough fluids
- Keep cool
- Dress for the weather
- Protect your skin and eyes
- Sunlight and vitamin
- Your medication

Planning Ahead—check the weather forecast so you can plan ahead. The Met Office has a warning system if a heatwave is likely and you can listen out for warnings on the TV and radio. The guide contains a very helpful checklist that we have reproduced for you on page 9.

If you're living in a care home—the care home should have a plan for dealing with hot weather and heatwaves and you can ask for a copy.

Your health in hot weather—issues to watch out for include:

- Dehydration
- Heat exhaustion
- Heatstroke
- Getting help



Getting Help

If you're worried about any health problems or you feel unwell, always contact your GP. You can also call NHS 111. They can take the details of your symptoms and advise on what to do next: whether to call 999 immediately, book an appointment with your GP or visit a pharmacist in your own time.

It's also a good idea to tell friends, family or a neighbour if you're feeling unwell. Try to stay in touch with people even if you can't go out much. And keep an eye on friends, relatives or neighbours who may be less able to look after themselves.

Summer Wise - Checklist

Checklist to help you prepare

- Make sure you've got enough supplies of food, water and any medication you need.
- Arrange extra support if you need it – for example, to help with shopping if it's too hot to go out.
- Check that your fridge and freezer are working properly.
- Make sure that any fans and air-conditioning are working.
- Check that you can open windows and vents so you can safely ventilate your home. Make sure there's no security risk. See our **Home security** guide for more details.
- Check that you can turn off your central heating.
- Consider getting some plants – these can help cool the air.
- Keep a thermometer in a commonly-used room, out of direct sunlight.



Seaside Safety Tips



Whether you're hitting the surf, walking the coastal path, setting sail or feeling the sand between your toes, the British seaside is full of salty, sandy adventure. Here are some top tips from the RNLI on how to have fun, stay safe, and be adventure smart along our epic coasts this summer.

- **Choose a lifeguarded beach.**

Beach bag, swimsuit, towel and suncream at the ready. RNLI lifeguards patrol 40 award-winning beaches across the United Kingdom, the Republic of Ireland, the Channel Islands and the Isle of Man, as well as on some inland waterways. RNLI are on hand to keep you safe in and out of the water. They monitor the sea conditions, offer safety advice and keep an eye on you, your family and friends having fun on the beach.

- **Flags**

The safest place to swim or bodyboard is in between the red and yellow flags



Black and white chequered flags mean that the area is safe for watercraft such as kayaks or surfboards.



A red flag means danger – do not enter the water.



- **Check tide times** before you set off. Parts of the U.K have some of the highest tidal ranges in the world. Some of our stretches of golden sands with their dramatic coves and inlets can seem like vast playgrounds, and a walk of discovery to a tidal island can feel like something out of the Famous Five, but remember, the tide can come in surprisingly quickly. Don't get caught out. Always check tide times before you set off, seek local information about where you're heading, look out for safety signage and let someone know when to expect you back.

- **Be prepared.** Whether you're a sandcastle builder, surfer or sailor, keep your energy levels up by carrying a supply of food and drink. If you're making a day of it mix together sand, sea and sausages with a beach barbeque, or enjoy the taste of the seaside at some of the local fish & chip restaurants and street food pop ups that are so popular during the summer months! Sunburn or sunstroke can also ruin your day. Pack the sun cream, sun hat and sunglasses and seek shade particularly during the hottest part of the day. And please don't forget to take away your litter.

Seaside Safety Tips

- **Sunburn** can ruin your holiday and increase the risk of skin cancer in later life. Please, keep safe this Summer and follow the Ss of sun safety:
 - Sunscreen** – apply a SPF 30+ broad-spectrum waterproof sunscreen every 2 hours
 - Sun hat** – slap on a broad-brimmed hat that shades your face, neck and ears
 - Sunglasses** – wear wrap-around sunglasses with UV protection to shield your eyes
 - Shoulders** – slip on a T-shirt or UV protective suit for children and remember to keep your shoulders covered
 - Shade** – seek shade, particularly during the hottest time of the day between 11am and 3pm when UV penetration is at its strongest
 - Slurp** – drink lots of water so that you stay hydrated during your time in the sun.
- Our coasts can be so spectacularly beautiful and rich in **wildlife**. Exploring the seashore is fantastic fun for all the family. You can find a new world of wildlife in shallow pools among boulders and sands. While most creatures are harmless, weeverfish, jellyfish and sea anemones are common finds that will cause a painful injury, so please remember to look and not touch. Ask a lifeguard if you're not sure.
- **Know your limits**. Powerful breaking waves have the potential to bring out the big kid in all of us. They are one of the most exciting and impressive features of our coastline. Always stay mindful of your own limits and experience, waves can easily knock you off your feet. Be aware of rips which are the strong currents running out to sea. Did you know a rip current can move at 4.5mph? That's faster than an Olympic swimmer. When the sea conditions are rough, enjoy the power of the water and waves from a safe and respectful distance.
- **Think about weather conditions and gear**. The British seaside always looks ready for an adventure no matter what the weather, but even if the sun is shining, the sea around the coast is always much colder than it looks. If you're planning on enjoying the water, check the sea and weather conditions – including water temperature – before heading out. Wear a wetsuit, lifejacket or buoyancy aid if appropriate for the activity you are doing (for kayaking, boating etc.) and don't forget to carry the appropriate means of calling for help.
- **Respect the water**: If you fall unexpectedly into cold water, fight your instinct to thrash around or swim hard. It's best to relax and float on your back to catch your breath. Once the cold water shock has passed, call for help, find something buoyant to hold on to, or swim for safety if you're able to.

How to call for help

If you get into difficulty it's tempting to try and swim to safety but you should always stay with your kit as it will keep you afloat and make you easier to find in an emergency.

A whistle is a simple and effective method of calling for help when close to shore. When venturing further offshore carry a suitable means of calling for help, such as a waterproof and fully charged VHF radio, phone in a waterproof pouch or flares.

Don't forget the international distress signal of hand waving and shouting for help.

Unusual Festivals from around the world

Festivals typically evoke a sense of fun and celebration, with parades, feasting, dancing and music. Some communities, however, celebrate their festivals in weird (but no less fun) and wonderful ways – from throwing a massive food fight in town, to chasing after cheese wheels down a slope. Here are five bizarre and unusual festivals from around the world.

Muddy Mess

Getting down and dirty in the mud might not sound like everyone's idea of fun, but the annual **Boryeong Mud Festival** in South Korea, some 200 kilometres south of Seoul, proves otherwise. A staple summer activity in Boryeong since the late 1990s, the annual event was originally started as a way to market the region's mud products (purportedly beneficial for health and beauty). Today, the festival attracts over two million visitors to the town and is usually held over two weeks in July. Large amounts of mud are transported from the town's mudflats to Daecheon beach, where visitors can get into mud fights, take part in competitive games, enjoy local delicacies and buy mud-based products.



Tomato Fight

The town of Bunol in Spain takes the term 'food fight' to a whole new level with **La Tomatina**, an annual festival where participants throw tomatoes at each other. The tradition apparently dates back to 1945, when a group of rowdy young boys upended a vegetable cart at a local parade, causing people to pelt one another with tomatoes. There were attempts by the authorities to ban the practice in the 1950s, but this was met by local protests, and they eventually relented. Today, the fight takes place on the last weekend of August and usually lasts for an hour. At the end of the fight, fire trucks hose the street clean.



Need For Speed

Each year in spring, the quiet, picturesque village of Brockworth in Gloucester, England is transformed into an extreme sports venue. The **Cooper's Hill Cheese-Rolling and Wake** is an annual festival held on the Spring Bank Holiday, and sees participants rolling and tripping their way down Cooper Hill in the hopes of catching a cheese wheel (Cheese rolling was traditionally used as a way to determine grazing rights for villagers in the area since the 19th century). The first person to either catch the cheese wheel or make their way past the finish line, wins the cheese. Despite the festival's risky nature (injuries are common), that hasn't stopped participants from all over the world from attempting to tumble their way to victory.



Unusual Festivals from around the world

Flipping Pancakes

For half a millennia, the womenfolk of Olney in Buckinghamshire have been participating in what is thought to be the world's oldest Pancake Race. Held on Shrove Tuesday (also known as Pancake Day), the race sees participants, dressed as traditional housewives, making a 415-yard (about 380-metre) dash from the Olney Market Place to the Parish Church while flipping a pancake in a frying pan. While no one knows when and how exactly the tradition started (legend has it that a housewife, hearing the church bell ringing, dashed to the church still clutching her frying pan with a pancake in it), one has to give it up for the townsfolk, who have kept the practice alive for over 500 years. Any woman over the age of 18 who has lived in town for more than three months can compete in the race.



Give Me Buns

Held on the island of Cheung Chau in Hong Kong, the **Cheung Chau Bun Festival** was traditionally held by local villagers to pray for safety against pirate attacks, although today, the festival is more about showcasing Chinese culture. What makes the event special is 'bun snatching', where participants scale three giant bamboo towers covered in buns. It is believed that the first to reach the top (no mean feat, requiring excellent grappling skills and upper body strength) and remove the buns would 'win' good fortune for their family for the rest of the year.

Another notable highlight at the festival is the float parade, featuring young children dressed in elaborate Chinese costumes and balanced on poles, seemingly 'floating' on the air.



Attended an unusual festival?

We would love to hear from you if you have attended or participated in any of the above festivals, or any other unusual festivals/events.

If you let us know what you did and if you have any pictures from the trip then we can feature them in a future edition.

Send your stories to head office:

GF Newsletter, Hospitality Action, 62 Britton Street, London, EC1M 5UY

Dates to Remember

Talk To Us is the annual awareness-raising campaign from the Samaritans and runs for the whole of July. This year they are challenging the UK to become better listeners by sharing expert tips.

SHUSH Active Listening Tips:

- Show your care
- Have patience
- Use open questions
- Say it back
- Have courage



Samaritans branches are also holding events throughout the UK and Ireland to raise awareness of the services they offer in their local communities. Visit your local branch website to see what they're doing. The Samaritans can be reached anytime day or night on **116 123** or www.samaritans.org.

The Festival of Archaeology is running between 13th-28th July 2019 and is coordinated by the Council for British Archaeology. The fortnight showcases the very best of archaeology for everyone. Explore the local archaeology of your area, watch experts at work, & experience the excitement of archaeology on a dig. Enjoy farm & woodland-themed activities, talks & tours on the latest discoveries and expert-led walks. Experience life in the past with living history, warfare demonstrations, food tasting & mosaic making. Learn about the technology behind archaeology & have a go at geophysical & topographic surveys, or take part in mini-excavations. Have a look at their website for details of what is going on in your area—<https://new.archaeologyuk.org/festival-of-archaeology/>



National Picnic Month is through July and encourages you to get out and celebrate the warm summer days and find your love and wonder of the outdoors again while enjoying some great food!

Throughout the recorded history of civilization, there has always been something special about leaving the stuffy confines of your home and eating a meal outdoors. We know there's a beautiful world out there waiting for us to visit it, and when summer comes around we're reminded just how much time we've been locked inside.



The word 'picnic' is thought to have first been used by Tony Willis in 1692, and from that point forward everyone from the working class to the upper crust have been fascinated with taking their repast outside under the sky.

Picnics have been used for many things throughout the centuries, from a simply family gathering spent enjoying the outdoors, to a peaceful protest as in the Pan-European Picnic, which was held on the Hungarian/Austrian border in 1989.

Dates to Remember

The most notable, and largest, picnic ever held spanned 600 miles, crossing France from coast to coast and celebrated the millennium's first Bastille Day in 2000. Such a diverse resume for such a simple concept. Picnic Month celebrates the history of this activity and the way it has been used to bring families, countries, and all humanity together.

National Marine Week runs from **27th of July to the 11th of August**. It is The Wildlife Trusts' nationwide celebration of all things marine. Despite the name, it lasts 15 fun-filled days to allow for the variation in tide times around the country. During this time, Wildlife Trusts all around the UK put on a jam-packed programme of events and activities... including inland! Giving you a chance to celebrate the wonderful wildlife found in the seas around the UK, and our relationship with this incredible habitat that surrounds us.

Wildlife Trusts around the UK will be holding sea-themed events, from snorkelling through the waters of Wembury Bay in Devon, to exploring the rock pools of Yorkshire's Boggle Hole on a seashore safari, or even picnicking with a porpoise on the clifftops of North Wales.



No matter where you are in the UK, there's plenty to celebrate: our seas are home to over half of all our wildlife (more than 30,000 species), contribute to flood management and water purification, and provide the oxygen for every other breath you take! And remember, in the UK you're never more than 70 miles from the sea. Learn more about events and how you can get involved on the National Marine Week page on the Wildlife Trusts website <https://www.wildlifetrusts.org/get-involved/campaign/national-marine-week>.

National Allotment Week runs from 12th—18th August this year. This year's campaign theme is "Shared Harvest" celebrating the fact that plot-holders share their crops with family, friends, colleagues and worthy causes, including food banks. Each plot in the UK can benefit up to 8 people!



National Allotments Week

A National Allotment Society initiative

The National Allotment Society runs the campaign and will be promoting allotment open days and events during the week on their website - <https://www.nsalg.org.uk/news-events-campaigns/national-allotments-week/>

National Allotments Week started in 2002 as a way of raising awareness of allotments and the role they play in helping people to live healthier lifestyles, grow their own food, develop friendships and bolster communities. The campaign week is still thriving 17 years later and interest in growing your own fruit and vegetables has never been stronger since the WW2 Grow for Victory campaign.

Allotments have many benefits, including bringing people together and uniting them through their shared love of low-cost, healthy fresh fruit and vegetables, physical exercise and social interaction.

www.awarenessdays.com

www.daysoftheyear.com

Eid Mubarak!

The Muslim festival of Eid al-Fitr marks the end of the month of Ramadan, when Muslims fast every day from sunrise until sunset. There are two Eids in the Islamic calendar and each one marks a significant moment for almost two billion Muslims around the world. Eid al-Fitr comes first in the Muslim calendar and is celebrated on the first day of the month of Shawwal. This is followed, a little over two months later, by Eid al-Adha, often referred to as the 'feast of sacrifice' on the 11th day of the month of Dhul Hijjah, to mark the end of the days set aside for performing the Hajj pilgrimage in Makkah.

In 2019, Eid al-Fitr was celebrated on 3-4 June and Eid al-Adha is expected to fall around 10 August. The dates for each Eid remain uncertain because the Islamic calendar is an actual lunar calendar that relies on the real cycles of the moon and therefore, a sighting of the new moon must be confirmed to determine the start of each month.

According to Islamic recorded traditions (*hadith*), these two Eids became a part of the Islamic religious practice after the Prophet Muhammad migrated from Makkah to Madinah in the year 622 CE. It is believed the very first recorded Eid was celebrated in 624 CE by the Prophet Muhammad following the battle of Badar, which took place in the month of Ramadan. The battle is seen as a pivotal moment in the early history and survival of Islam. Muslims around the world mark the days of Eid al-Fitr by taking part in a host of individual and communal acts. Eid al-Fitr can last up to three days for many Muslims, but most people focus their celebrations on the first day after Ramadan. Muslims normally begin this day by ensuring they are clean and in a state of purity. They do this by bathing and wearing either new or clean clothes.

The Food Of Eid

As it is the first time in a month Muslims will be eating in the daytime, most will cook special food to mark the day and eat together with family and friends. These foods can differ around the world depending on regional tastes. For example, Muslims in China like to make savoury *kewaps* (long, thin mincemeat patties grilled on skewers) and sweet *sangze* noodles, while Muslims in the Indian subcontinent might make savoury snacks like *samosas* (triangular pastries stuffed with lightly spiced vegetables or meat) or sweets like *gelebia* (deep-fried syrup swirls) and for the main meal, a large *biryani* of slow-cooked meat in flavoured rice is very popular.



Dishes like the *biryani* are often central to the family meal most Muslims will have at some point on Eid. In some cultures, this is the main ritual of the day, with everyone arriving at the home of the main family matriarch or patriarch to sit down collectively to eat. See opposite page for a vegetable biryani recipe.

Other Eid Traditions

- Some Muslims have very specific clothing they like to wear on the day, like in Malaysia, where *baju raya* are items of clothing with significant features like the number of buttons, five representing the five pillars of Islam and one, the oneness of Allah.
- Many visit the graves of relatives on Eid.
- Eid is explicitly seen as a time for forgiveness.
- Eid is also a time when Muslims are explicitly generous. As a result, Muslims around the world are increasingly buying each other gifts for the festival. In some cultures, this might be actual presents purchased in advance and presented on the day. In many, this takes the form of giving money to children, who call these monetary Eid gifts "Eiddy".
- Increasingly, authorities around the world arrange large-scale events to complement the day and encourage Muslims to celebrate together as a community.

Spiced Vegetable Biryani

Ingredients

- 2 tbsp vegetable oil
- 1 small cauliflower, broken into small florets
- 2 large sweet potatoes, peeled and cubed
- 1 large onion, sliced
- 1 litre hot vegetable stock
- 3 tbsp hot curry paste (Madras is good)
- 1 red chilli, seeded and finely chopped
- large pinch of saffron strands
- 2 tsp mustard seed (black or white)
- 500g basmati rice
- 140g trimmed green bean, halved
- 2 lemons, juice only
- a handful of fresh coriander leaves
- 50g packet salted roasted cashew nuts



poppadums and raita, to serve

Method

Preheat the oven to 220C/gas 7/fan 200C. Pour the oil into a large roasting tin or ovenproof dish and put in the oven for a couple of minutes to heat through.

Add all the vegetables to the tin, except the beans, stirring to coat them in the hot oil. Season with salt and pepper and return to the oven for 15 minutes until beginning to brown.

While the vegetables are roasting, stir together the stock, curry paste, chilli, saffron and mustard seeds.

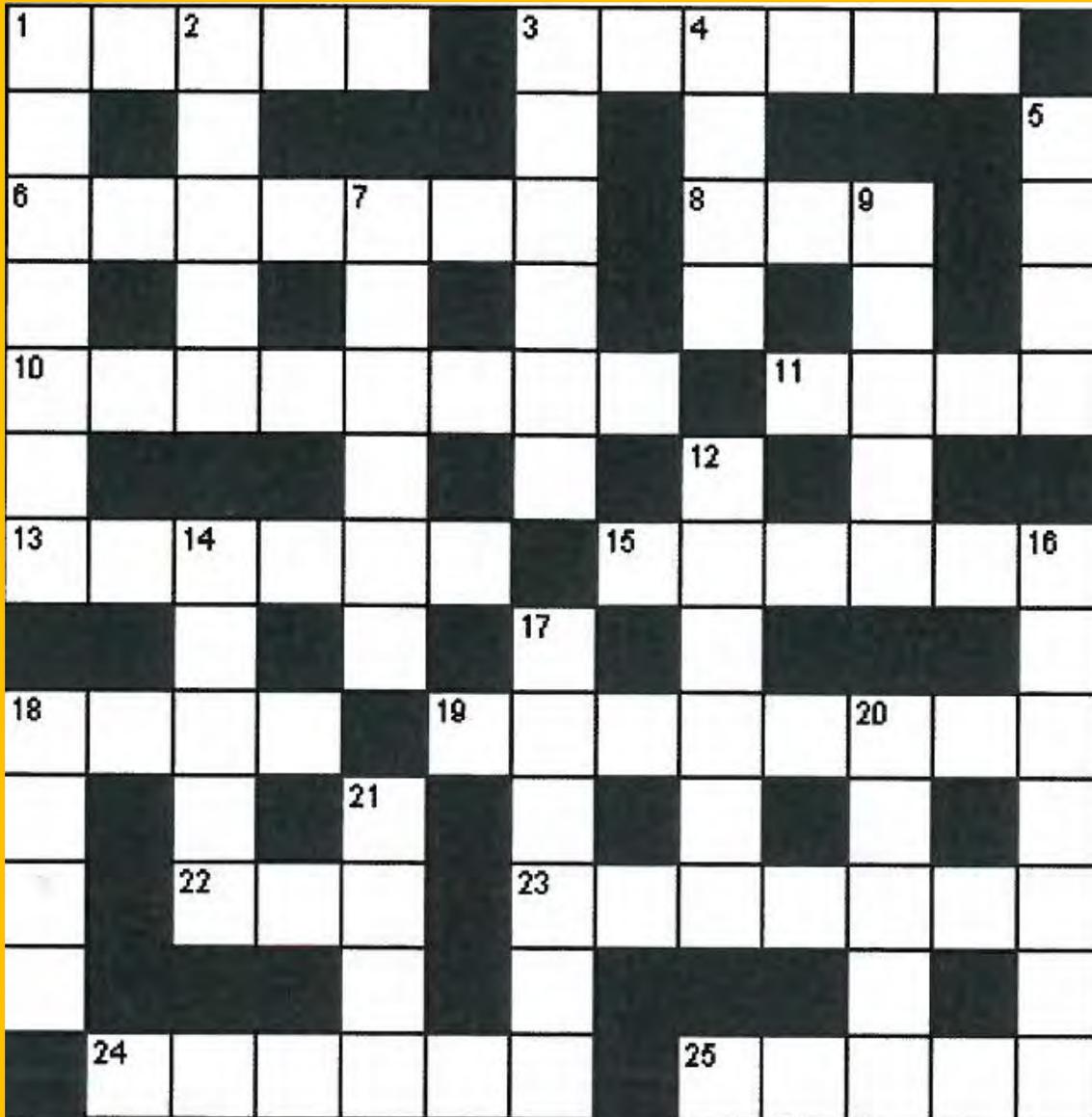
Mix the rice and green beans with the vegetables in the tin, then pour over the stock mixture.

Lower the oven to 190C/gas 5/fan 190C. Cover the dish tightly with foil and bake for 30 minutes until the rice is tender and the liquid has been absorbed.

Stir in the lemon juice and check the seasoning, then scatter over the coriander and cashew nuts.

Serve with a pile of poppadums and a bowl of raita.

Competition - Crossword



Across

1. Fruit (5)
3. Retail food seller (6)
6. Italian rice (7)
8. Consume (5)
10. Type of lobster (8)
11. Used to season and preserve food (4)
13. Sampled (6)
15. Pestle and ____ (6)
18. Aromatic leaves (4)
19. Thick syrup (8)
22. Cereal grass (3)
23. Pear-shaped tropical fruit (7)
24. Type of cake (6)
25. Very thin pancake (5)

Down

1. Downy fruit (7)
2. Shaped and dried dough (5)
3. Game bird (6)
4. Kitchen appliance (4)
5. Open pastry with fruit filling (4)
7. Sticky candy (6)
9. Heated bread (5)
12. Edible tuber (6)
14. Sweetener (5)
16. Cooked meat or fish coated in egg and breadcrumbs and fried (7)
17. Thick soup (6)
18. Cook slowly in liquid (4)
20. Large edible ray (5)
21. Vegetable (4)

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Name _____

Address _____

Postcode _____

Please Meet...



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

What is your favourite film & why? The BBC production of Pride and Prejudice. I've always really enjoyed books and films from this period. I am also really enjoying the Queen Victoria mini series.

What is your favourite song & why? 'Bluemoon' is my absolute favourite song of all time. It gave me chills when I first heard it and it still brings out such feelings in me to this day.

What is your favourite food/recipe? Apple crumble with ice cream in the summer or custard in the winter.

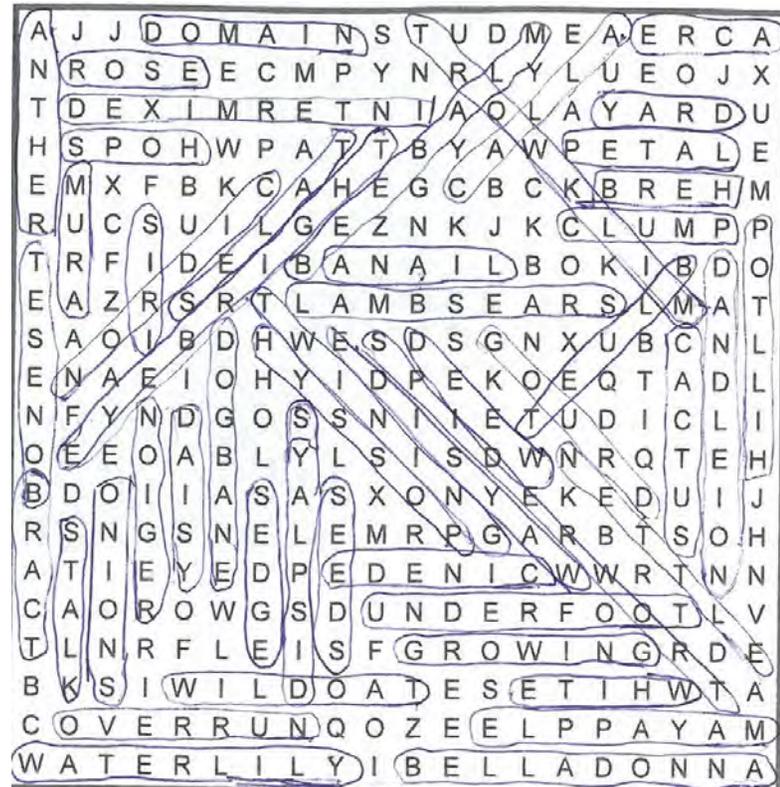
What is your favourite memory? It was just after the war had ended and everyone was happy & celebrating. We were just at that age where its 'too old for toys, too young for boys'. Going out with all my friends we would sing and dance walking through the streets feeling on top of the world.

Is there one place in the world you would like to visit & why? New Zealand has always been a dream holiday destination of mine. It looks so green, lush and sunny – I love gardening and being outdoors and the scenery in New Zealand looks spectacular.

Where have you worked in the past? I worked in hospitality for many years and loved my different roles for different reasons. One of the best memories I have was involved with outdoor catering and we catered an outdoor silver service tea for 1,000 OAPs. We were all dressed in black dresses with the white frilly aprons and white lace gloves .

How long have you been a Golden Friend?
I've been part of the scheme for around 18 years.

Answers



1st Prize Winner

Mrs Singleton, Derbyshire

2nd Prize Winners

Mrs Potts – Tyne & Wear

Mrs Fletcher – Gloucestershire

Mrs Salmon – Essex

Mr Thompson – Lincolnshire

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

Get your entry to us
(with your name and address) by
Monday 12th August
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

Get the Feel-Good Factor

Known as the 'happy chemical', serotonin is a neurotransmitter which plays a big part in a healthy mood balance. Serotonin also influences your sleep cycle, sensitivity to pain, tendency to crave comfort foods and how your body regulates blood pressure.

1. Go for a lunchtime walk

Sunlight hitting your retina triggers your body to synthesise serotonin. Even better if you can walk in nature – 'Vitamin N' is fundamental to mental and spiritual health



2. Increase your heart rate

30 mins a day
Aerobic exercise has been shown to have the strongest link with serotonin synthesis in the brain – think 'runner's high'



3. Focus on good thoughts

Remembering positive events has been shown to boost serotonin production



10. Have your 5 a day, 8 if you can

Vitamin C helps the conversion of tryptophan to serotonin – top up your levels with plenty of plant foods such as peppers, kiwis and broccoli



9. Avoid 'diet' drinks

The artificial sweetener aspartame contains about 50% phenylalanine which has been shown to deplete serotonin



8. Include fermented foods such as sauerkraut, kimchi and kefir

Did you know that 90% of the serotonin is located in your digestive tract? Your gut bacteria regulate serotonin synthesis



7. Lose the booze (or cut down)

Alcohol is a depressant and regular use can disturb the metabolism of brain serotonin



6. ...Alongside complex carbs

Oats, sweet potatoes, beans, brown rice are great mood boosters but beware refined high sugar carbs. They boost serotonin so well that they can become a dangerous 'go-to' when under stress or stopping smoking



10 
serotonin
boosting
  
habits

4. Aim to include oily fish at least 3 times a week, and sprinkle seeds on meals

Omega 3 fats improve serotonin receptor sensitivity



5. Include good sources of protein

Especially those high in tryptophan, an amino acid which gets synthesised into serotonin – seeds, wild salmon, meat, eggs (keep the yolks), beans



With the weather so wonderful at the moment here is a reminder of some top tips on boosting your serotonin, courtesy of Super Wellness.