



Winter 2023 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,

As we move ever closer to the end of another busy and eventful year, thoughts turn to the many people who have given their time selflessly to support not only our charity governance and fundraising initiatives, but also to befriending Golden Friends in need of a regular chat over the phone, especially at this time of year. To everyone who has given their time so generously, thank you!

Sadly, here at Hospitality Action and across the wider hospitality industry, we have been mourning the loss of a dear friend of the charity, former Chair of Trustees William Baxter, who over many years committed his time to help

make the world a better place for so many in our hospitality community. Kindness and compassion were qualities William had in abundance and he will be sorely missed. Read our tribute to William starting on P12.

Wherever you are in the UK, we hope life is treating you kindly and we send compliments of the season to you all.

Until next time, remain safe and well.

Cathie

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

Scheme Co-ordinator: Cathie Brennan

For advice, support or to request a Grant Application form,
Tel: 0808 801 0466

Address: 62 Britton Street, London EC1M 5UY

Email: GF@hospitalityaction.org.uk

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News from HA

A message from CEO, Mark Lewis

Can it really be twelve months since I last wished you all a Happy Christmas? The past year has flown by in a blur, as my wonderful team has worked tirelessly to raise funds and provide support to hospitality people in difficulty.

I hope you've found joy in 2023. Perhaps you've spent summer hours in the garden, enjoyed time with family - or gorged on the Rugby World Cup on TV, as I did.

I managed to escape for a couple of weeks in October to Sardinia, where my wife and I took a cheese-making class. As we stirred warm goat's milk with our hands and extracted handfuls of curds to make Pecorino and ricotta, I felt renewed respect for the many manufacturers who make the ingredients the hospitality sector uses every day.

I expect many of you will have memories of the early morning deliveries of fish and meat, at the restaurants and hotels where you used to work.

We'll be spending Christmas with my niece, Josie, in Bangor, North Wales, where she's an assistant curate at the cathedral. I hope, with all her ecclesiastical duties on the big day, that she doesn't forget to put the turkey in the oven!

Through the festivities, I shall be keeping William Baxter and his family in my thoughts. William was my Chairman at Hospitality Action for five years, and a great friend, so his death in October was a huge shock to me and the whole team at the charity.

Generous and warm-hearted, William taught me a valuable life lesson: live life to the full; and do good to others. The world's a far poorer place without him in it.

I wish you a Happy Christmas, and the whole team at HA looks forward to being in regular touch with you in 2024.



Also in this issue

P3 Your seasonal competition

P4 Important Pension News

P8 Christmas markets

P12 Remembering William Baxter CBE

P14 Winter vaccines

P16 The power of kindness

P18 Gardens in winter

P24 HA's Winter Fuel Grant

Competition Time

We are pleased to announce the winners of our double autumn Dr Who themed wordsearch puzzle.

FIRST PRIZE winners, who each receive a £30 M&S gift card, are:
B. Bresland (Plymouth), C. Sims (Norfolk), J. Paul (Kent), K. Jones (Cheshire), B. Deeming (Preston) K. Hall (Thirsk), R. Savage (Hampshire), G. Szypuse (Notts).

SECOND PRIZE winners, who each receive a £15 M&S gift card, are:
V. Spence (W.Midlands), C. Guilfoyle (Kent), E. Falconer (Aberdeen), S. Pestridge (Hampshire), L. Foakes (Oxon) A. Ireland (Kent), S. Stott (Cleveland), M. McFarlane-Smith (London), J. Webb (W. Midlands) H. King (Gloucester)

Well done everyone!

Why not try your hand at our winter themed wordsearch. Good luck everyone!

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

WINTER
SLEET
SLUSH
SHOVEL
SNOWMAN
FLAKES
FREEZING

NIPPY
HOCKEY
BOOTS
FROSTY
GLOVES
COCOA
COLD

FROSTBITTEN
MUG
IGLOO
FLANNEL
HAT
HOT
SNOW

EARMUFFS
AVALANCHE
WHITE
JANUARY
SCARF
HEART
BOBSLED

MELT
LAYERS
COZY
BLUSTERY
WARM



Grants and Grant Giving

Important State Pension news

Many of you may already be aware of recent news reports that HMRC has begun writing to 100,000s of people – mostly women – who may be missing out on their full state pension entitlement due to an error in their national insurance records. Specifically, this will affect those who took time off work to care for family between 1978 and 2010, as they may be missing what's known as 'home responsibilities protection' (HRP).

If you already receive state pension you may receive a letter from HM Revenue and Customs (HMRC) regarding 'Home Responsibilities Protection' (HRP). Please note, this is **not a scam**, and could significantly increase your pension.

Letters are being sent out in phases, with those over state pension age (66) being contacted first. The letter is titled "You may be eligible for Home Responsibilities Protection", and will direct you to visit a dedicated Home Responsibilities Protection page on the UK Government website <https://www.gov.uk/home-responsibilities-protection-hrp>.

If you receive the letter you will be advised to check whether you were eligible for HRP between 1978-2010, which you can do online at <https://www.gov.uk/guidance/apply-for-home-responsibilities-protection> (or you can request a paper claim form by calling 0300 200 3500). If you are eligible, you can submit a claim and HMRC will update your national insurance record, which may increase your state pension payments.

For more information about the Home Responsibilities Protection letter, and other official HMRC letters, you can visit <https://www.gov.uk/guidance/check-if-a-letter-youve-received-from-hmrc-is-genuine> or call HMRC on **0300 200 3500**.

Remember: If you are worried that a letter you have received might be a scam, DO NOT act on it until you have confirmed it is authentic by contacting HMRC on 0300 200 3500 or visit the website at the web address listed above.

Golden Friends

Winter Fuel Grant

Applications for HA's Winter Fuel Grant opened on 1st November, and will remain open until 31st March 2024. All applications received to date will be processed together in December and payment, to those who qualify for this grant, will be paid direct to recipients by BACs transfer in January 2024.

If you have submitted the application reply slip printed in the Autumn edition of the newsletter but have not yet submitted a recent full month's bank statement, your application may be delayed as a current full month's bank statement is required to help process each application.

HA's annual Christmas gift card

The charity's annual Christmas mailing will commence w/c 4th December. If you have returned your 'opt in' slip to receive the M&S gift card this year and this fails to arrive, please call the GF Helpline on 0808 801 0466 by 31st January 2024 to report non-delivery.



Support over the holiday period

We know only too well how the holiday period can be a difficult time for many of you. If you need to talk to someone over the holiday period, or need to request an application form for a financial grant, please call our Helpline on **0808 801 0466**. The Helpline is open 24/7 365 days a year.

Calling the Helpline will ensure your message is passed on to the appropriate person on the team as quickly as possible. Do not call the HA mainline number, as this will not be manned 24/7. And, remember, always leave your name and a contact telephone number and, if you have one, an email address when you call.



#wevegotyou



Fundraising and our Supporters

Fundraising Round Up

2023 has been another year full of exciting and energising fundraising events and campaigns. From our Chefs Dinner at Deer Park to the Walk for Wellbeing, we've raised hundreds of thousands of pounds and brought joy to thousands of UK hospitality households. Here are just some of our highlights of the past twelve months.

Chefs' Dinner at Deer Park Country House

Back in March, ahead of International Women's Day, we were proud to host a fabulous fundraising dinner at Deer Park Country House led by an award-winning all-female brigade. Our fabulous chefs were: Olivia Barry of Adelina Yard, Charlotte Vincent of Colson's, the team from Northcote who prepared Lisa Goodwin-Allen's main course, Cindy Challoner of Coleg Gwent, and Elly Wentworth of The Angel. Chef Jude Kereama of Kota Restaurant and Kota Kai, hosted the evening which raised an incredible £20,000.



Summer Challenge

Over the summer, we asked the industry to join together to take part in our annual Summer Challenge. Whether they organised a company-wide sports day, encouraged the team to cycle between sister properties or embraced a five mile run, every mile travelled and pound raised made a difference. Teams who took part included Iconic Luxury Hotels, the Aviator Hotel, Creed Foodservice and Red Carnation Hotels. The challenge was a hit, uniting colleagues and encouraging them to get active while raising over £80,000.



South West Polo Day

After a four-year hiatus, our flagship Charity Polo Day returned to Beaufort Polo Club in September. All 240 guests were in the presence of culinary greatness: Chris Cleghorn of The Olive Tree, Richard Davies of Calcot & Spa, Hywel Jones of Lucknam Park Hotel & Spa, Robert Potter of The Manor House, Elly Wentworth of The Angel, Ricki Weston of Whatley Manor Hotel & Spa and Martin Blake and Michael Topp of The Royal Crescent Hotel & Spa treated guests to a sublime three course meal followed by afternoon cream tea. The day was a great success and raised over £57,000.

William Baxter CBE Golf Day

Prior to his untimely death and for the sixth successive year, William Baxter CBE hosted his fabulous annual golf day in October which saw a group of industry golfers' tee off in aid of Hospitality Action. Seventeen teams joined together at Moor Park Golf Club, including Aramark, CH&CO, Harrison Catering Services and Vacherin. Special thanks to our *host with the most*, Peter Hancock and Ambassador Reena Chotai for their support. The sun was shining as Team Aramark were crowned winners and over £25,000 was raised.



The Walk for Wellbeing

On an unseasonably warm autumn day, teams and individuals from some of the country's top hospitality businesses walked 20km routes in six cities across the UK. The aim was to highlight awareness of mental health in the industry and raise crucial funds. In London alone 350 participants undertook eight laps of Battersea Park while in Manchester the 20km route passed two water parks, the River Mersey and sections of the Trans Pennine trail. Over £100,000 was raised and a fantastic day was had by all.



A Winter Chefs' Dinner

On one unforgettable night in November, we gathered a stellar line-up of chefs to cook up a storm at our final fundraising dinner of the year. Our Winter Chefs' Gala Dinner took place at Nobu London Portman Square on Monday 6th November where we assembled a culinary line-up for the ages.

Three of our chef patrons, Jason Atherton, Atul Kochhar, and Vivek Singh, were joined by four of the prime movers on the London restaurant scene: Tom Booton, Adam Handling, Anna Haugh, and Ben Murphy; along with one of the world's pre-eminent pastry chefs, Claire Clark MBE. Between the gastronomic pyrotechnics, we brought to life the crucial work we do day in, day out, to support hospitality people in crisis and raised a staggering £85,000.

Spirit of Hospitality atlantic row

This winter, spare a thought for Chris Mitchell and Robbie Laidlaw from Genuine Dinning, are embarking on the world's toughest row. Set to take a minimum of 40 days, the courageous duo will row 3,000 miles west from the Canary Islands to the Caribbean. Their heroic efforts are to raise crucial funds for our work. Best of luck Chris and Robbie.

Heartfelt thanks to everyone supported our 2023 fundraising. We can't wait to do it all over again next year!

Christmas Markets

Christkindlesmarkt, Christkindlimarkt, and Weihnachtsmarkt describe street markets associated with the celebration of Christmas during the four weeks of Advent. Although originating in Germany, Christmas markets are now held annually in dozens of cities around the world and typically feature open-air stalls selling seasonal gifts and treats and hot beverages. Ornate light displays, sweet sugary smells, the scent of roasting chestnuts and the joyful sounds of traditional Christmas music evoke nostalgia and are often an appealing accompaniment to the whole festive ambience.

History

While Christmas markets claim mainly German origin dating back to the Middle Ages, the first recording of winter open-air street markets was in 1296 when Emperor Albrecht I granted permission for these open-air markets in Vienna to allow citizens to stock up on essential items for the winter months.

This trend fitted with the beginning of Christmas practices such as the tradition of putting up a tree to celebrate the holiday, which is reported to have started in Germany in the 16th century with the first recorded Christmas tree appearing in written record in the German city of Mainz in 1527.

Despite the timing of these festivities, the fairs weren't directly connected to Christmas and did not appear to be religious in nature. These eventually found popularity in German-speaking parts of Italy, Switzerland and France.

Traditions

During the medieval era, the giving of gifts was more closely associated with December 6, Saint Nicholas' Day, than Christmas. As the patron saint of children, Nicholas was believed to reward good behaviour with gifts. Christmas, on the other hand, marked the end of Advent, a period of fasting and religious reflection, and the beginning of 12 days of celebration.

As gift-giving became synonymous with Christmas, some members of society objected to the increasingly indulgent nature of the holiday. In the 17th century, English Puritans argued that Christmas had turned into an excuse to party and drink to excess.

Commercialisation

Despite puritanical criticisms of the Yuletide season, Christmas markets began to gain popularity across Europe in the 17th and early 18th centuries. Much like today, the Christmas market was a place to buy meat, baked goods and other types of produce. Markets were often positioned near to churches and acted as meeting places for all classes of society, from the nobility to agricultural workers as well as foreign travellers.

As Christmas markets became ever more popular, regulations began to be introduced to control how many stalls could be accommodated, where stalls were to be situated as well as the length of time Christmas markets could operate. In 1750 Berlin decreed its Christmas market could operate between December 11 and January 6 and saw its market grow from roughly 50 stalls in 1650 to about 600 by 1840.





A police order from 1869 in the city of Frankfurt stipulated that the city's Christmas market could only run from December 5 to January 1, and no sales could be made during mass on December 25 and 26 or January 1, and only Christmas objects such as children's toys, Christmas trees, nativity scenes, gingerbread and confectionery could be sold.

Inevitably, the passage of time and changing tastes directly impacted on Christmas markets. Aside from religious constraints and local regulations, during the 19th century Christmas markets had to compete with department stores, who could offer cheaper and more readily accessible mass-produced goods versus the homemade wares sold at outdoor stalls.

Although by the end of the 19th century the popularity of Christmas markets began to decline, the emergence of the Nazi regime in the 1930s and its appropriation of German greatness as a propaganda symbol helped to revive interest in the annual tradition of these markets in parts of Europe.

In 1933 the Nazis mandated that Christmas markets remained true to their name by only selling approved items specifically related to the holiday, such as Christmas tree decorations, toys, gingerbread and advent wreaths. Inevitably, Germany's Christmas markets wound down during World War II but experienced a resurgence after the end of the war. In large part this was due to the rise of consumerism.

By the late 1960s and 1970s, markets began opening as early as the last weekend in November. Today, Germany hosts around 3,000 Christmas markets annually and Christmas markets have grown in popularity worldwide.

While each market is unique, what continues to tie them together is the unique character and atmosphere of each individual market as well as an underlying fascination with the traditions of the past.



Seasonal recipe



Nutrition per serving: kcal:708 protein:7.1g
saturates:28.9g sugars:51.5g carbs:59.7g fibre:2g fat:48.2g
Ready to serve in 20 minutes Serves up to 8 people

Trifle

Who doesn't love a trifle? A great accompaniment to round off the festive meal and a little lighter than traditional Christmas pudding. Packed with layers of madeira cake, mixed berries, mascarpone, custard, cherry conserve and a splash of sherry – what's not to love!

Ready to serve in 20 minutes

Serves up to 8 people

You will need:

- 500g pack frozen mixed berry, we used summer berry mix, defrosted
- 150g red cherry jam
- 300-350g madeira cake, cut into roughly 3cm cubes
- 500ml tub custard
- 250g tub mascarpone
- 5 tbsp caster sugar
- 400ml double cream
- 3 tbsp sherry
- Grated chocolate or fresh fruit to decorate



How to prepare

First

Mix the berries and cherry jam together, and spoon into your trifle bowl. Scatter over the madeira cake and push down a little into the berries.

Then

Put the custard, mascarpone and 3 tbsps sugar in a bowl together and beat until smooth, then add to the trifle. Put the double cream, remaining 2 tbsps sugar and sherry in a bowl and beat until soft peaks form. Cling film both the trifle bowl and cream and chill until ready to serve. You can do this up to 24 hours in advance.

Finally

To serve, spoon the sherry cream all over the trifle, then decorate the top with grated chocolate.



Hospitality Action remembers William Baxter CBE

In mid-October, Hospitality Action sadly learned of the death of a dear friend, Trustee and former Chair of Trustees, William Baxter, who died suddenly aged 63.

Tributes paid across the food service industry remembered William as a much-loved and pioneering entrepreneur who shaped the landscape of the foodservice sector. Staff and fellow Trustees remember William, not only for his many achievements, but also for his infectious charm and engaging personality, his joyful approach to the causes dear to his heart and his drive to make life better for all those who serve the industry he loved.

In his 13 years as Chair of Trustees, William Baxter oversaw strong growth in charitable grant-giving, with approaching £10m awarded to beneficiaries during his tenure. Under his guidance, the charity’s benevolence touched many thousands of hospitality households.

In particular, he was the catalyst for the development of the charity’s Employee Assistance Programme, launched in 2012, which now offers protection to over 200,000 hospitality workers across more than 500 industry wide companies.

William Baxter joined Hospitality Action as a Trustee in 2007 before taking over as Chair of Trustees in 2010 and held the position until June 2023 when the baton was passed to Jonathan Raggett, Chief Executive of Red Carnation Hotels.

He was honoured with the Lifetime Achievement Award at the 2014 Cateys, one of numerous accolades won during a hugely successful career, which included a CBE in 2010.

The entire Hospitality Action family will miss William Baxter’s infectious charm, good humour and his kindness.

William Baxter’s beginnings in hospitality had been relatively humble. A stint as a pot washer was followed by a period of study in hotel and catering before he joined P&O’s Sutcliffe Catering as an assistant manager. From there, by the age of 23, he had risen to area manager with responsibility for 17 sites in London’s West End.

Thanks to William Baxter’s strong leadership as Chair of the charity, Hospitality Action was able to successfully navigate through the global pandemic and emerge from it all the stronger. He dedicated an enormous amount of time and energy to his role at Hospitality Action and was instrumental in transforming the way the charity is funded and how it helps those in need.

In June, William stepped back from his role as Chair of Trustees. After his death, his successor Jonathan Raggett said:

“An entrepreneur, an industry standout, and a friend, who illuminated the path of inspiration for everyone he met. William’s remarkable journey extended far beyond boardrooms; he was a friend and counsel to so many, whose presence we’ll sorely miss.”

Whilst I was honoured to take on the role of Chair of Trustees in June this year, after William stepped down, it is still a daunting job to come after someone who has done such fantastic work.

His legacy is one of enduring kindness, selflessness, and a commitment to making the world a better place.



We are grateful to The Caterer magazine for their help with this tribute.

Health and Wellbeing

Winter Wellness – vaccine news

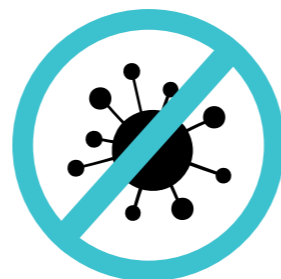
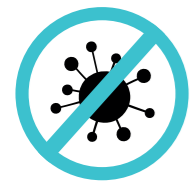
It's important for us all to remember that exposure to cold temperatures during the winter months increases blood pressure, and thereby the risk of diseases such as heart failure, kidney disease and stroke. Exposure to cold temperatures can also affect the respiratory system, by reducing the lungs' ability to fight off infection which can lead to bronchitis and pneumonia.

Last year, health authorities across the country faced the 'twindemic' of flu and Covid with high occupancy in hospitals. To encourage take-up of this year's winter flu and Covid booster vaccines, and to reduce the impact of the latest Covid variant impacting vulnerable groups this winter, regional health authorities began promoting information at the end of the summer to ensure details on eligibility. This was to enable ease of access to appointments for this winter's vaccines.

Residents of care homes and those housebound were to be the first to receive or be invited to receive the vaccine, followed by those most at risk clinically and then other eligible groups:

- residents or staff members in care homes
- those aged 65 years and over
- those at clinical risk
- those aged up to 64 years with immunosuppression
- those aged up to 64 providing care

ROLL
UP
YOUR
SLEEVE



With the winter vaccine programme now in full swing, eligible groups should all now have received an invitation, either by letter, text message or via regional NHS Apps to book their appointment to have the vaccination for the added protection these two vaccines offer, especially during winter.

Concerns raised by the UK Health Security Agency about the risk to vulnerable groups from the latest variant of Covid-19 - JN.1 - has superseded concerns raised by UKSHA in the summer following detection of the BA.2.86 variant. JN.1, UKSHA are reporting, has already spread to at least 12 countries across Europe.

Remember, the immunity from vaccines wanes over time so it is advisable to have these boosters annually. Also, even if you have never received the winter flu or COVID-19 vaccine, as long as you fall into one of the eligible groups listed above, you can still receive these free vaccines.

To check if you, or someone in your household, is eligible to receive the free winter flu and Covid booster vaccines, or for advice on how to book an appointment, or how to find a community pharmacy near you offering vaccinations, visit your regional health service website at either:

<https://www.nhsinform.scot/winter-vaccines/>

<https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/>

<https://phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/>

<https://www.nidirect.gov.uk/articles/get-covid-19-vaccination-northern-ireland>

GET YOUR
SHOT
TODAY
TO KEEP
COVID
AND FLU
AWAY

Keep well this winter!



Health and Wellbeing

Mental Wellness – the power of kindness



KINDNESS CHANGES EVERYTHING

What do we mean by kindness?

Kindness is behaviour marked by acts of selflessness, generosity, consideration, rendering assistance, or concern for others, without expectation of praise or reward in return.

Kindness and wellbeing

Simple acts of kindness such as a smile, a kind word, or an unexpected good deed not only have an impact on the recipient, but on ourselves too and can help to make the world a happier place.

Being kind to others can boost our happiness levels because it increases serotonin and dopamine – the neurotransmitters that create the feeling of satisfaction. Kindness also increases our sense of connection to others.

Changing our mindset

With news reports focusing these days on the concerning topic of world events, it's easy to allow negative thoughts to creep in and create anxieties that can easily lead to depression, especially over the winter months when we are less likely to venture out into the cold to maintain those all important social connections.

But, despite the concerns and anxieties many of us may be feeling at the moment, kindness and generosity can be seen all around in the many random good deeds done by so many people, such as in the uplifting story of a florist in Wales who, earlier this year wanted to shine the spotlight on Mental Health Awareness Month, began leaving bouquets of flowers around her local town to bring a little cheer to the lives of those who discovered them. Or the pizza takeaway owner in Scotland who last winter offered everyone in Edinburgh a free pizza for no other reason than to 'cheer people up'.

These single acts of kindness may not seem significant but it should not be underestimated how uplifting each individual random act made not only the giver but the receiver feel.

Taking steps to develop and maintain a sense of positivity helps us to help to reset our mindset away from focusing on our daily worries and helps us see the good in situations and in people too.

The world is full of good people who perform random acts of kindness and good deeds every day without expectation of appreciation for their efforts. But, if you can't find a kind person in a moment when you need one, resolve to become one. In a world where you can choose to be anything, choose to be kind.

Showing kindness towards others doesn't have to cost money or take a lot of time. It could start with a call to a friend you haven't spoken to in a while, or check in on a housebound neighbour, provide a listening ear to someone who needs to talk, cooking a meal or walking a dog for someone who is recovering from illness, or donating a small amount time or money towards a cause close to your heart.

Here at Hospitality Action we are blessed to have so many amazing supporters, whose kindness and generosity benefits our hospitality family in so many ways. Their selfless commitment to helping make the world a much better place is testament to the power of kindness towards others to help alleviate distress and make positive change in individual lives.

Kind words and good deeds may be forgotten over time, but what will remain is how these acts of kindness make someone else feel. What greater reward is there?



The winter garden

Winter is characterised by short days, cold temperatures above and below ground, and overcast skies – a time when we look to spend more time indoors keeping warm and conserving our energy. By contrast plants, roots and underground structures, while lying dormant, use the energy built up during spring and summer to survive the harsh winter months.

Now that summer is behind us, and lawn mowers have been traded in for leaf rakes, do you ever wonder how our garden trees, plants and lawns survive the harshness of the winter months?

The science bit

Plants, as we know, use a process called photosynthesis to convert sunlight into energy, which plants use to push out new growth. As there is, naturally in winter, less sunlight to photosynthesize, plants isolate some of this energy during the dormant winter months because the colder temperatures can easily damage young leaves and buds.

This process triggers a hormonal response in a plant's metabolism and slows new growth. Plants can then focus their energy below-ground, building strong root systems.



Dormancy and the chilling period

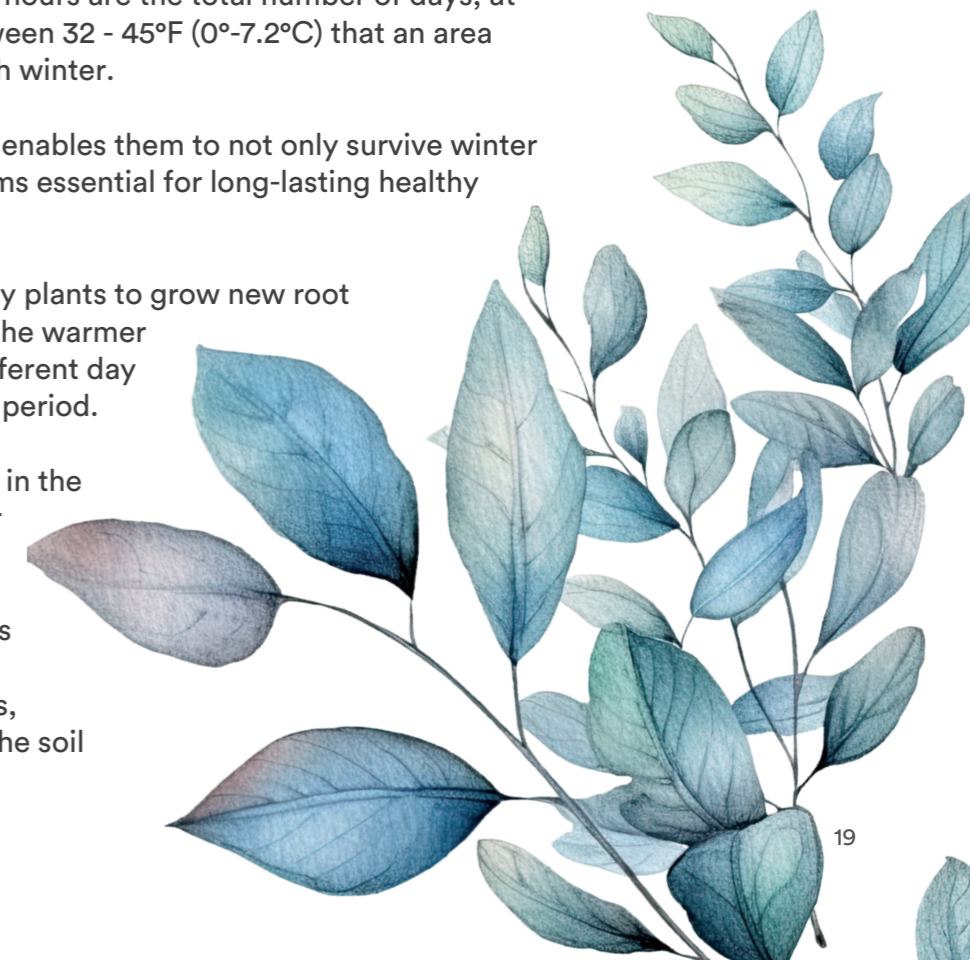
During winter, and while under the winter snow and ice, darker days trigger plants to become dormant, and spring bulbs experience a chilling period. This period of dormancy is controlled by a hormone called Absciscic acid (ABA), which inhibits new leaf and stem growth. Without the ABA hormone, plants would continue to push out new shoots above the surface during the winter chill and plants would perish.

Many spring-flowering bulbs such as Tulips, Daffodils, and Dahlias need a chilling period of 12-14 weeks to flower. Chill hours are the total number of days, at or below a certain temperature, between 32 - 45°F (0°-7.2°C) that an area consistently receives on average each winter.

Dormancy in plants is important as it enables them to not only survive winter weather but grow healthy root systems essential for long-lasting healthy plants and blooms.

This enforced period of rest is used by plants to grow new root systems essential for new growth in the warmer months. Every plant species has a different day length trigger and a different chilling period.

The cold temperatures allow glucose in the plant's cells to be broken into smaller molecules which has the effect of lowering the freeze temperature to prevent damage. Once the soil begins to warm up, and plants have reached their optimal number of chilling hours, shoots will begin to appear through the soil and flowering will soon follow.



Frost

Frost, as we know, is a thin layer of ice on a solid surface, which forms from water vapour that deposits onto a freezing surface and is formed when the air contains more water vapour than it can normally hold at a specific temperature.

Plants respond to cold temperatures by activating metabolic changes that protect fluid in their living cells from cold and freezing conditions. They do this by accumulating sugars which helps to act as an anti-freeze to decrease the temperature at which ice forms and can damage plant cells - similar to the effect of putting salt on roads.



Trees

Trees use the colder temperatures and defoliation to expand their root system in winter. Many deciduous trees lay dormant during this period to allow them to regenerate so that they return healthy again in the spring. Their tough woody bark and ability to hibernate by insulating the fluid contained in its cells - in the same way that water pipes are lagged to prevent freezing - make them especially resilient to colder temperatures.

Other plants even 'superfreeze' cells' liquid when below freezing point has been reached to protect the contents of their cells. To be able to do this, plants need to experience several days of cold weather before the actual freeze. Without these days of cold temperatures, even hardy plants can become damaged by sudden autumn frosts.



Soil

During winter, as moisture trapped in the soil freezes and then thaws repeatedly, soil expands and retracts. Known as 'heaving', this process has the effect of slowly 'churning' the soil - quite literally pushing the soil apart and breaking it down. The opposite happens in spring when the ice in the soil thaws and causes the soil to retract again.

Grass

Reduced sunlight, increased moisture and lower temperatures all impact on the conditions needed for growing healthy grass. For grass seed to germinate and established grass to grow, soil temperature needs to be at least 8-10 degrees Celsius or higher.

In December and early January, temperatures can drop below freezing and as the air temperature drops, so too does the soil temperature, leading to the slowing of grass growth. By mid-winter grass is almost dormant and hibernating until the weather begins to improve.

However, the build-up of moisture in lawns due to rain, snow and ice, can create ideal conditions for winter borne lawn diseases to develop, leaving grass yellow and sparse in places and exposing patches of soil. While snow is not normally an issue for lawns, fungal diseases can occur when snow is allowed to sit on the lawn for too long, so to protect the integrity of your lawn, clear snow as quickly as possible after it settles.

Rest assured, that while it may appear that there is nothing going on in your garden during the winter months, enduring heavy rain and freezing temperatures is all part of the natural process for your garden plants, trees and lawn grass and all will be busy working hard throughout the season to regenerate and return to life again in the spring.



Historical Seasonal Fact File

Many interesting events have taken place during the winter months throughout history. Here we list a few that you may find interesting:

02

Dec. 1697

Sir Christopher Wren's St Paul's Cathedral is opened in London



12

Dec. 1955

British engineer Christopher Cockerell patented a new kind of vehicle, the "hovercraft".

23

Dec. 1922

The world's first regular entertainment radio broadcasts are transmitted by the British Broadcasting Corporation (BBC).



24

Dec. 1508

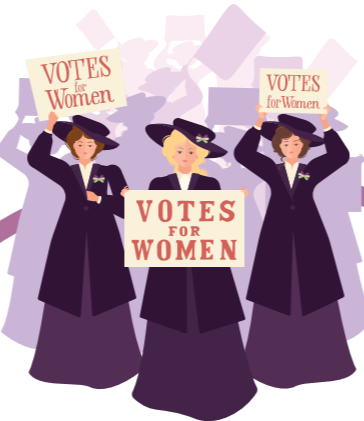
London houses receive piped water again, for the first time in over a thousand years, since the Romans left town!



10

Jan. 1918

The House of Lords gives its approval to the Representation of the People Bill, which gives woman over the age of 30 the right to vote.



03

Jan. 1924

English explorer Howard Carter discovered the tomb of Tutankhamun in the Valley of the Kings, near Luxor, Egypt.

01

Jan. 1622

Saw the Catholic Church adopted 1st January as the beginning of the New Year (instead of 25th March).

27

Dec. 1831

The Royal Navy vessel HMS Beagle sets sail from Devonport, the official naturalist onboard is recent BA graduate Charles Darwin.



21

Jan. 1846

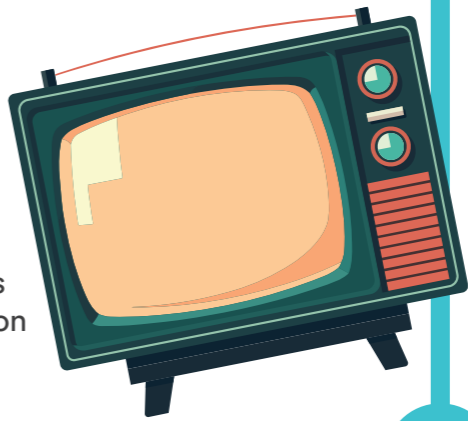
The first edition of the Daily News, edited by Charles Dickens is published in London.



27

Jan. 1926

Inventor John Logie Baird demonstrates his new television machine to members of the Royal Institution in London.



28

Jan. 1807

London becomes the first city in the world to be lit by gas lights.

05

Feb. 1958

Parking meters first appear on the streets of London's exclusive Mayfair district.



23

Feb. 1863

Lake Victoria, in Africa, was declared to be the source of the River Nile by British explorers John Speke and J A Grant.

16

Feb. 1659

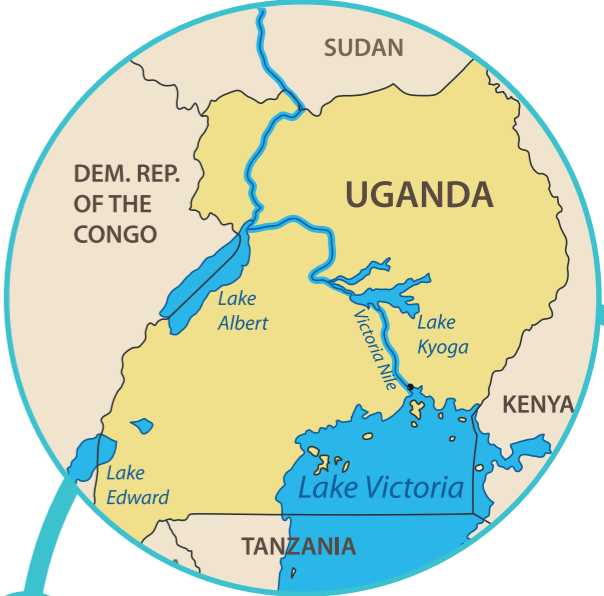
A cheque is used for the first time in Britain as Mr Nicholas Vanacker settles a debt.



15

Feb. 1971

The new system of decimalisation replaces 'pounds, shillings and pence' in the UK.



HA's Winter Fuel Grant

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, opened on 1 November and will remain open until 31 March 2024. To apply, simply complete and return the cut-off slip below along with a recent full month's copy of bank statements for all accounts you hold.

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 2024.

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 £213.85/week (single) or £307.45/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, if you do not provide a recent statement for your bank account(s) when you apply this will delay your application.

The Winter Fuel Grant is again kindly sponsored by the Worshipful Company of Innholders.



The Winter Fuel Grant is again kindly sponsored by the Worshipful Company of Innholders. 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 **5th January 2024**.

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 or 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 £213.85/week (single) or £307.45/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).
- ☐ I/we have enclosed a full month's bank statement or all accounts I/we hold'.

Name (BLOCK CAPITALS) _____ Signature _____

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

Address _____

Post Code _____

Telephone number _____ Email _____ Date _____