

Summer 2025 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,

The sun is shining at last and colourful clothing has finally replaced the drab, dark colours of winter and early spring. Lighter fare is making an appearance at mealtimes too, which contributes to better health and wellness.

One notable health condition that affects a great number of us in older age is stroke, which can have devastating effects and is the focus of our health and wellbeing feature on page 8.

The summer warmth brings so many opportunities for us to get outside into the garden or local green spaces to enjoy the sun, feel the soft breeze and admire the flowers, which are visited throughout the summer by many varieties of pollinators. Pop over to page 18 to learn a little more about the best-known of these – bees and butterflies.

Until we meet again in the autumn, keep well.

Cathie

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

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News from HA

A message from CEO, Mark Lewis

Our Golden Friends scheme co-ordinator, Cathie Brennan, asked me to write a note for the summer newsletter. Her request couldn't have been timelier.



Recently, I presented to members of the Worshipful Company of Innholders – the City of London livery company that has represented hoteliers for 500 years – at a dinner held at the Innholders' Hall.

The Innholders have for many years generously supported the Golden Friends scheme, and I was thrilled to have the chance to thank them formally for their financial support. It's thanks to the Innholders that we are able to publish this newsletter and provide winter fuel grants, birthday and Christmas cards and all the other Golden Friends member benefits we offer.

When I'd spoken, I asked the members present to wave to you via a photographer posted in the gallery of the hall. As you can see, they were very happy to do so!

The Worshipful Company of Innholders received its royal charter from Henry VIII in 1514 and it's steeped in tradition. I was introduced by the Master of the Company, for once not in his ceremonial robes and accoutrements, and on-hand to make sure the event went to plan was the Beadle – a word that always makes me think of Oliver Twist asking for more gruel...

Though we're a new kid on the block compared to the Innholders, Hospitality Action has been offering financial support to hospitality people for 189 years – and here's to many more!

Wishing you all a happy and sunny summer.



Also in this issue

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Golden Friends News

Many of you will by now have received at least one call from one of our dedicated volunteers, who have been calling Golden Friends to check in on them and see if birthday cards and newsletters are being received.

These calls have proved invaluable, not only to reassure us that scheme benefits are reaching you, but also for helping identify if there are support issues we may be able to help with.

Calls are still being made – usually on Fridays – and will continue throughout the summer.

Volunteers will always introduce themselves by name and explain that they are calling on behalf of Hospitality Action's Golden Friends. Volunteers will never ask you to disclose personal or financial information. Please be assured these calls are genuine and not part of a scam, but if you are at all concerned, please either email us at **GF@hospitalityaction.org.uk** or call **020 3004 5501**.



Golden Friends getting creative

In our spring edition we were delighted to share some examples of the creativity of some Golden Friends. Since the publication of that edition, we have received cards, letters and emails with other examples of your creativity! We love to hear about your interests and hobbies, so do please continue to share.

We are grateful to have received two beautiful bookmarks, pictured below, from Miss BD (Lancashire).



Did you know?...

Proposed changes to UK driving laws for over-70s have been making the headlines in recent months. While conversations around these proposals are ongoing, we outline the changes likely to come into effect. So, if you are already aged 70 or about to turn 70, read more on this on pages 22/23.

Health and wellbeing

Advice and Information - occupational therapy



What is occupational therapy?

Occupational therapy is a branch of healthcare that aims to help those who are experiencing difficulties – physical, sensory or cognitive – to regain their independence and improve their quality of life by improving their ability to do everyday tasks.

Occupational therapy is used to treat and manage a wide range of conditions. Occupational therapists work with patients to identify the strengths and difficulties they face in everyday life, such as problems bathing, dressing or getting to the shops, and work with patients to find practical solutions to help them maintain, regain or improve their independence and participation.

Occupational therapy is also used as part of a rehabilitation programme (a treatment programme that helps someone recover from illness or injury), such as after surgery.

How occupational therapy can help you

Occupational therapy can help you with practical tasks if you:

- are physically disabled
- are recovering from an illness or surgery
- have mental health problems
- suffer with or are affected by age-related conditions

Occupational therapy may be used to treat lots of health conditions, such as:

- arthritis
- multiple sclerosis (MS)/Parkinson's disease
- co-ordination disorders
- chronic pain
- chronic fatigue

How occupational therapy can help us in later life

Occupational therapists work with people of all ages. They can look at aspects of your daily life to address issues, such as getting out of bed, or make recommendations to alter your home environment to help you live independently. As key people involved in rehabilitation, occupational therapists provide advice and support to patients looking to regain their independence after:

- a hip fracture
- a severe head injury
- a stroke

Occupational therapy also includes devices and strategies to help with memory and cognitive function. This can be helpful to those affected by and living with conditions such as dementia and Alzheimer's disease.

Some solutions offered might involve a move to more suitable accommodation, using different techniques or using aids/equipment. Occupational therapists will discuss your individual needs and make recommendations for equipment, such as:

- a walking stick
- a walking frame or wheelchair
- electric can openers or electric toothbrushes
- knives with large handles
- chunky pens
- a non-slip bath mat
- a special keyboard or mouse to help you use a computer
- voice-controlled lights or computer software
- two-handled cups, tap turners and kettle tippers
- bed raisers and hoists or specialist seating





Occupational therapy can mean making adaptations to the home and may involve installing ramps to allow for wheelchair access, fitting a stairlift, installing grab rails on the stairs or beside the bed, providing a raised toilet seat, bath lift or shower seat, reorganising your home to remove trip hazards, or providing visual cues so you can safely move around and reach what you need

Sometimes occupational therapists may use activity grading to help break down an activity into manageable steps. For example, if your goal is to walk to the shops but you have mobility issues, the occupational therapist can help break down the activity into steps that can be practiced over time to help you build your confidence towards achieving your goal.

How can I access occupational therapy?

This depends on your condition and where you live.



Short-term conditions

A short-term condition is one that is likely to improve with time, such as recovery after an operation.

If you require occupational therapy due to a short-term condition, speak to a healthcare professional working with you or your GP so they can make a referral to occupational therapy.

At your assessment, the occupational therapist will discuss with you if you need any equipment or training. This may be provided free of charge by the NHS, but it will depend on what is available from your local health and social care provider.

Long-term conditions

A long-term condition is one that is not likely to improve with time, such as a permanent disability.

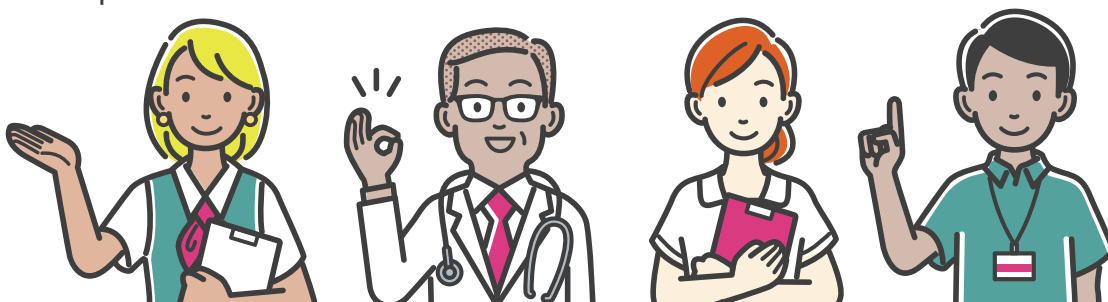
If you suffer from a long-term condition that affects your ability to carry out everyday activities, you may be able to access occupational therapy through your local health and social care provider, who may work with local NHS providers, local authorities and other organisations.

You can contact occupational therapy services for an assessment via your local authority, or you can be referred for an assessment by:

- your GP or consultant (specialist doctor)
- a nurse
- another healthcare professional
- a social care professional

Local authorities use eligibility criteria to decide if someone can receive social care services such as occupational therapy. These criteria are based on legislation called the Care and Support (Eligibility Criteria) Regulations. Each local authority may have slightly different criteria, but all should include the following points:

1. You need help because you have a physical or mental impairment or illness.
2. As a result of this impairment or illness, you're unable to carry out necessary tasks, such as washing yourself, getting dressed or going to the toilet.
3. Being unable to complete these necessary tasks has had a negative impact on your health and wellbeing.



If you feel you are in need of occupational services, further help and advice can be obtained from the Disabled Living Foundation. The DLF is a national charity providing free, impartial advice about all types of home adaptation and the different mobility products available for disabled adults, and older people.

Address: Unit 1, 34 Chatfield Road, Wandsworth, London, SW11 3SE

Telephone: 0207 289 6111 (Monday to Friday 9am to 5pm)

Helpline: 0300 123 3084 Daily living equipment helpline Monday to Friday 9am to 5pm

Website: <https://www.informationnow.org.uk/organisation/disabled-living-foundation/>

Other Website: livingmadeeasy.org.uk/about-us/youreable

Health and wellbeing

According to the Stroke Association, around 100,000 people in the UK suffer a stroke every year. While this can give us all cause for concern, there are ways we can help reduce the risk of stroke.

What is a stroke?

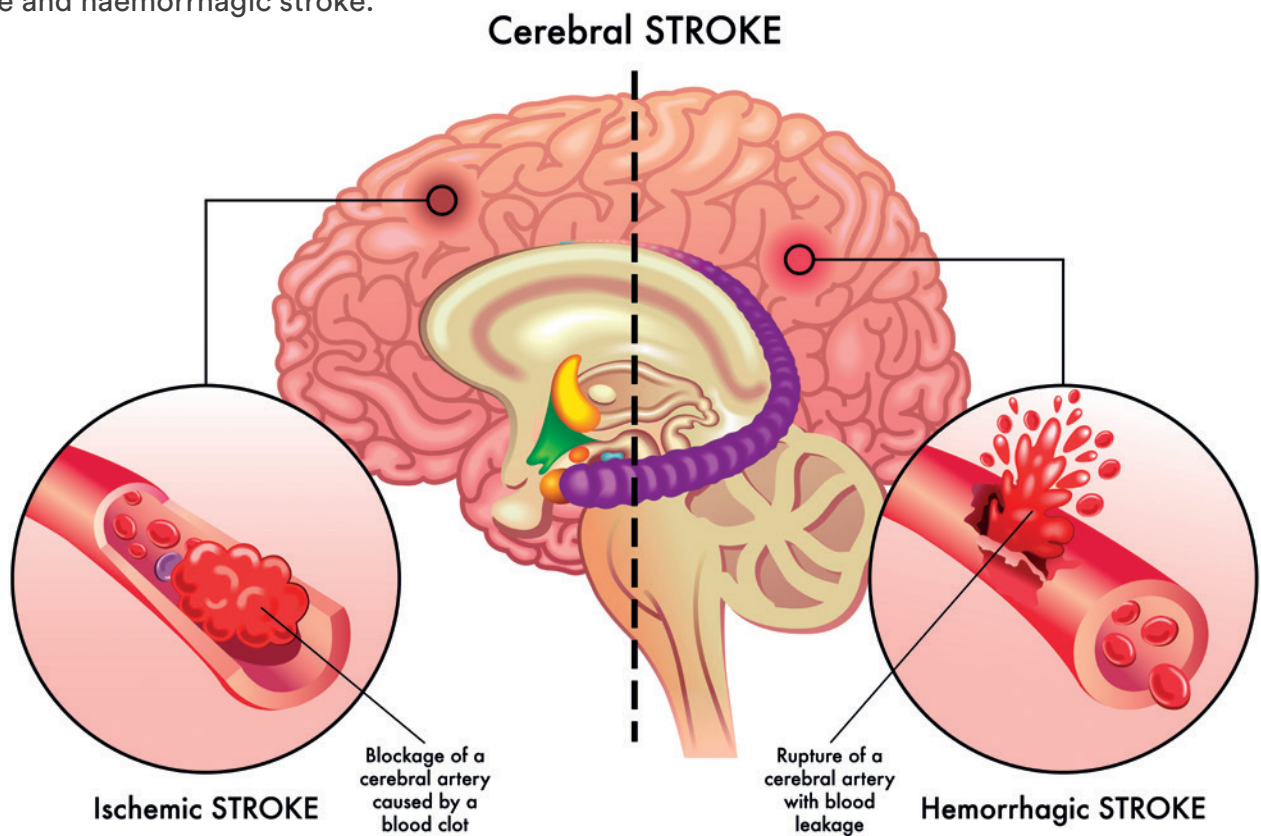
A stroke is when blood flow to the brain is disrupted, either because of a blood clot or a burst blood vessel.

A lack of blood flow interrupts the flow of oxygen to the brain, causing brain cells to begin to die, lasting brain damage, long-term disability and, if not treated quickly, in some cases, death.

The two main types of strokes are ischemic stroke and haemorrhagic stroke.

Haemorrhagic stroke

Haemorrhagic strokes occur when a blood vessel ruptures, causing a bleed in the brain and permanently damaging the surrounding brain cells.



Ischemic stroke

This is the most common type of stroke. It occurs when a blood vessel in the brain becomes narrowed or a blood clot forms, causing a blockage.

Sometimes, if the blockage is only temporary, it may result in a transient ischemic attack or 'TIA', more commonly referred to as a 'mini stroke'.

TIAs are often associated with the person being confused or having slurred speech for a short time before they start to feel well again.

What are the symptoms and warning signs of a stroke?

The warning signs of a stroke can happen suddenly and include:

- Facial weakness – where one side of the face droops, making it difficult to smile.
- Arm weakness – making it difficult to fully lift both arms and keep them raised due to weakness or numbness in one arm.
- Speech problems – words are slurred or the person can sound confused.

Other symptoms of stroke can include:

- Severe headache
- Weakness or numbness down one side of the body
- Blurred vision or loss of sight in one or both eyes
- Difficulty speaking or putting words together
- Feeling dizzy or falling over
- Confusion or memory loss
- Feeling nauseous or being sick.



Time is of the essence when these symptoms happen. The NHS advice is to call 999 immediately.



The long-term effects of stroke depend on which area of the brain is damaged and to what extent. The most common types of disability after stroke are changes to speech, learning and understanding, and weakness or paralysis down one side of the body.

What can increase your risk of having a stroke?

While anyone can have a stroke, there are several factors that can increase your risk:

1. Irregular heartbeat

Having an irregular heartbeat, called atrial fibrillation, increases your risk of stroke. This is because when your heart beats irregularly, there's more chance for blood to pool and form into clots, which can block blood flow.



2. Age

Age increases the risk of stroke. This is largely because our arteries tend to harden and narrow with age, which makes them more likely to create blockages.



3. High blood pressure

High blood pressure, known as hypertension, is a risk factor for various health conditions, including stroke. High blood pressure can damage artery walls throughout the body, including those in the brain, making them more prone to rupture or blockage. It can also damage blood vessels, causing them to become harder and narrower. This is known as atherosclerosis.



4. High cholesterol

Cholesterol is a fatty substance that circulates in the blood. While we need some cholesterol to stay healthy and support digestion, high cholesterol increases our risk of stroke. When cholesterol builds up in the blood vessels, it can form plaques that obstruct the flow of blood to the brain.



5. Diabetes

Diabetes makes us twice as likely to suffer a stroke. This is because high blood sugar levels can damage blood vessels which can cause blood clots and blockages that may interrupt blood flow to the brain.

7. Weight

Being overweight can increase cholesterol levels, raise blood pressure and make us more susceptible to heart disease and type 2 diabetes. Carrying excess weight around our midsection can increase our risk factor still further.



6. Smoking

Smokers are around three times more likely to suffer a stroke than non-smokers. Smoking reduces oxygen levels in the blood and increases the risk of high blood pressure, which can trigger atrial fibrillation (irregular heartbeat), significantly increasing the risk of stroke.



For further and more detailed information on strokes and how to reduce your risk, visit the Stroke Association website at <https://www.stroke.org.uk/stroke/support> or call the Stroke Support Helpline on **0303 3033 100**

Ways to reduce the risk of having a stroke

Research shows that taking steps to address major risk factors for stroke can make a difference:

Take steps to lower cholesterol and blood pressure

There are several ways to lower cholesterol and blood pressure and even small decreases can help to reduce the risk of stroke.

- Choose a higher-fibre breakfast cereal, such as plain wholewheat biscuits (like Weetabix) or plain shredded whole grain (like Shredded Wheat), or porridge, as oats are also good.
- Go for wholemeal or granary breads or higher-fibre white bread.
- Eat potatoes with their skins on.
- Include plenty of vegetables with meals.
- Have fresh or dried fruit or fruit canned in natural juice for dessert.



Exercise regularly and take steps to improve your diet

Getting regular exercise and eating a healthy, balanced diet are among the most effective things you can do to reduce your risk of stroke. Staying active and eating a healthy diet is linked with lower blood pressure, cholesterol and blood sugar levels.

Moderate your alcohol intake

Limiting alcohol intake can reduce that risk.

Quit smoking

Quitting smoking dramatically reduces the risk of stroke. And the good news is that your risk begins to reduce as soon as you quit.



Take steps to regulate blood sugar levels and manage diabetes

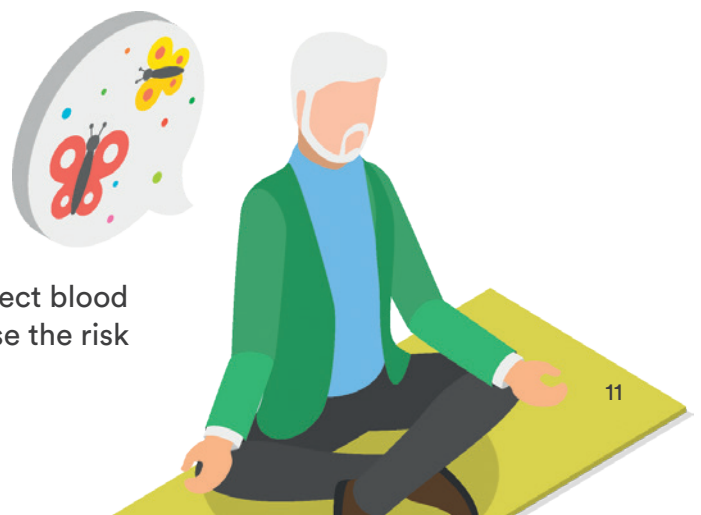
Regulating carbohydrate intake can help keep blood sugar under control.

Take steps to reduce stress

Stress can affect blood sugar levels. This is because when we are stressed, our bodies release the hormones glucagon and cortisol, both of which cause blood sugar levels to rise.

Get good quality sleep

Poor sleeping habits and a lack of rest can affect blood sugar levels and insulin sensitivity and increase the risk of developing type 2 diabetes.



Volunteers - our hidden heroes

This edition of our newsletter gives us another opportunity to show our appreciation for the amazing work carried out by our volunteers – our patrons, trustees, ambassadors and committee members, as well as those supporting our Golden Friends.

As relationships with our corporate supporters continue to blossom, their employees have been offering their time to volunteer with us to make calls to Golden Friends to find out how you are all doing, to update contact details and to identify any specific support needs.

Employees from Apex Hotels in Scotland have been busily engaged in making regular telephone befriending calls to Golden Friends, while their colleagues in London have been preparing cards to send as well as making weekly check-in calls.



We are enormously grateful to each and every person who has given their time to volunteer with us and we thank you all for the many ways you have impacted the lives of so many people, including our Golden Friends!



Introducing Lyndsey Nicholls, front office manager, Apex Hotels Edinburgh

After Lyndsey offered to become one of our corporate telephone befriending volunteers, she was matched with one of our Golden Friends and has been enjoying regular chats.

Can you tell us what inspired you to volunteer with Golden Friends?

I am very passionate about giving back and am an active member of our Apex Gives Back committee. When I heard of this opportunity, I was keen to get involved and help make a difference to a member of the Hospitality Action community. The impact a 30-minute call can make, not only on my day but also my Golden Friend's day, is very rewarding and fulfilling – it is rare to have the opportunity to just shoot the breeze with somebody and the time just flies by.

What has been the best part of getting to know your Golden Friend?

Meeting and beginning a friendship with my Golden Friend was easy. It was so interesting to hear about her experience of working in the hospitality industry and to discover her take on the position the industry is in just now. My Golden Friend also provides me with guidance and wisdom when we discuss the challenges of managing a team. I believe I have been very well-matched with my Golden Friend – it is amazing how many things we have in common after topics just naturally come up in our chats.

What surprised you most about the befriending experience?

Just how natural the experience has been – sometimes when meeting a new person there can be awkward moments and a feeling that a friendship is being forced, but this is not the case with the befriending calls. I feel that my Golden Friend and I are on the same page and that we both put in as much as each other to get the most out of our chats.



How did you build a connection with your Golden Friend?

We both recognise the importance and the benefits we can each take from our telephone calls. In the first instance our connection was hospitality – and that will always be at the heart of our calls – but just by getting to know each other we have both found even more common topics to chat about and hear about each other's experiences.

How do you feel this experience has made a difference to you – and to your Golden Friend?

I always look forward to our calls and I feel a sense of pride knowing I am making a positive impact. I feel very grateful to Apex Hotels for allowing me the opportunity to become a befriender. The opportunity also fuels my passion for the hospitality industry and highlights the timeless consistency of the basic of hospitality – looking after people.





Meet Penelope Owbridge

Penelope has been volunteering by preparing mail, personalising birthday cards and making weekly calls to Golden Friends to talk them through our membership questionnaire.

What motivated you to support Hospitality Action?

After Covid, my restaurant became involved with Hospitality Action by selling 'Invisible chips' on our menu. This 'side dish' is a direct donation and a valuable talking point for the team to engage with guests about the charity's work and the challenges faced by individuals in the industry. Since then I wanted to become more directly involved, so I jumped at the chance to be a regular volunteer.

How did you become involved with the Golden Friends scheme?

I reached out to Hospitality Action through an industry friend who works in corporate fundraising events. I spoke with Cathie, who introduced me to Golden Friends, and I saw that there was an opportunity to make a meaningful contribution by getting involved with the community of members.

What do you do in your volunteer role?

Anyone who has met me knows I don't mind a chat! As our members would know from the last newsletter, instead of sending out a questionnaire in the mail we are aiming to call our Golden Friends instead. By reaching out personally we get to check in with them and see how they are, making sure the Golden Friends scheme engages members' needs and just generally have a lovely natter! I also write the odd birthday card and do a wee bit of office admin – I find the shredder and the franking machine oddly satisfying!



What would you say is the most satisfying aspect of your work as a volunteer?

Making sure the Golden Friends feel seen and heard. I also am the recipient of lots of lovely 'thank yous' to the Hospitality Action team for all their hard work, which is also quite nice! For anyone I have spoken with, it has been a genuine pleasure to get to know them a little and for them to share your stories with me. For anyone else, I hope we speak soon!

What would you say to someone who is thinking about volunteering for Hospitality Action?

Get involved! Hospitality to me is generosity of spirit and creating memorable moments and experiences for other people while asking for nothing in return. But sometimes our people need a little hospitality too. Our community is diverse and widespread – you don't have to be in London to volunteer. Get in touch and see how you can make a meaningful impact, not just for guests but for each other.





Virginia Masser, an experienced general manager in hotels and clubs

What motivated you to support Hospitality Action?

It's a great charity that really supports our industry employees present and past, and I was keen to help with the work it does.

How did you become involved with the Golden Friends scheme?

Golden Friends is a wonderful way to keep in touch with retired people who have given so much to our industry. Hospitality Action put a message out on LinkedIn asking for volunteers, I had a lovely call with Cathie and then I started volunteering. It was great to become involved.

What do you do in your volunteer role?

I make 'check-in' calls to our Golden Friends and I write cards that are sent to Golden Friends on their birthdays. I'm happy to do anything else that's needed to support the team.

What would you say is the most satisfying aspect of your work as a volunteer?

It's lovely when you call people and they're delighted that you rang. The call can break up their day and brings a smile to many. If I was them, I'd be delighted to know my contribution had not been forgotten and that someone cares. It's also sad when someone tells you they have no support network. Hospitality Action reaches out to those who need it most.



What would you say to someone who is thinking about volunteering for Hospitality Action?

Help wherever you can. We are a people industry, which is so often forgotten these days, and Hospitality Action really supports those values by looking after our employees, present and past. You can volunteer from wherever you are – just call and see how you can help.





Summer pudding – a quintessentially British dessert

Summer pudding is a mix of lightly poached soft summer fruits set in a pudding basin lined with berry juice-soaked white bread.

It is a fun to make and versatile dessert that can be made with slightly stale slices of madeira or pound cake if you are not a fan of soggy bread.

The idea of a summer pudding dates back to the 19th century, with early recipes describing a hot pudding consisting of currants and sugar steamed in a basin lined with bread.



Kcal	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
248	1g	0g	57g	43g	9g	6g	0.45g



You will need:

- 500g raspberries
- 300g strawberries
- 250g blackberries
- 100g redcurrants (or 1.25kg/2lb 12oz mixed berries and currants)
- 175g golden caster sugar
- 7 slices day-old, medium-cut square white bread



How to prepare

1. Wash the fruit and dry gently using kitchen paper.
2. Put the sugar and 3tbsp of water into a large pan. Heat gently until the sugar dissolves, stirring occasionally.
3. Bring the water and sugar to the boil for 1 minute, and then add the fruit, except the strawberries.
4. Cook for 3 minutes over a low heat, stirring 2-3 times. At this point the fruit will be softened, mostly intact, and you should have dark red juice.
5. Place a sieve over a bowl and tip the fruit and juice into the sieve to drain.
6. Line a 1.25-litre basin with clingfilm – it will help when turning out the pudding later. Do this by overlapping two pieces of clingfilm in the middle of the bowl (this is easier than using one piece). Let the edges overhang the top of the bowl by about 15cm.
7. Cut the crusts off the bread. Cut 4 pieces of bread in half, at an angle, to give 2 lopsided rectangles per piece. Cut 2 slices into 4 triangles, and leave the final piece whole.
8. To build the pudding, dip the pieces of bread into the juice for a few seconds, just to coat. Use the uncut slice of bread to line the bottom of the basin.
9. Dip the uneven rectangular pieces of bread one at a time and press around the sides so that they fit together neatly, alternately placing wide and narrow ends up.
10. Combine the strawberries with the softened fruit and spoon them into the bowl – keep any leftover juice for serving.
11. Dip the bread triangles into the juice and place on top, trimming any overhang with kitchen scissors.
12. Fold the clingfilm over the top of the basin and loosely seal.
13. (Put a side plate on top of the basin and weight it down with tin cans. Chill for 6 hrs or overnight).
14. To serve, unfold the clingfilm and place a serving plate upside-down on top of the basin and flip it over.

Serve with leftover juice, any extra berries and cream.



Summer garden – pollinators

Three-fourths of the world's flowering plants and about 35% of the world's food crops depend on animal pollinators to reproduce.

Whilst there are many different species of pollinators, bees and butterflies are perhaps the best-known of these visitors to our gardens and the ones that play a vital role in nature by enabling many flowering plants to reproduce.

Bees

Bees visit the flowers in our gardens to collect nectar and pollen – food for themselves and their larvae. By moving from flower to flower, bees are pollinators of many garden and wild plants.

Honeybee – Many of the honeybees we see buzzing around live in bee hives. They live in one big nest and have a worker caste that performs the task of collecting nectar and pollen, while the queen usually stays in the hive to lay eggs. Worker bees are around 12mm-14mm long.

The Honeybee is a social bee that lives in colonies of up to 60,000. Honeybees are the only insects that produce honey. Most colonies are maintained by beekeepers, although 'feral' colonies can be found in hollow trees and cavities in buildings.



Buff-tailed bumblebee – This is the common bumblebee. Buff-tailed bumblebees make communal nests, often in old rodent burrows, with a single queen and workers who do the job of collecting pollen and nectar.

Common Carder bumblebee – This bee has a ginger thorax and striped banding on its abdomen. Males have longer antennae than females. Common Carder bumblebees are a familiar sight in parks and gardens between the months of June and October. This species usually creates its nest above ground, often in long grass and tangles of vegetation. Therefore, you can help by leaving some areas of long grass in your garden.

There are around 24 species of bumblebee in Britain. At the peak of summer, a bumblebee nest will be home to between 50 and 400 worker bees.



Common wasp – Like honeybees and bumblebees, wasps are social insects who make large communal nests with one queen and many workers. The nests are made from wood pulp and are complex structures. Common wasps are important pollinators and also eat numerous insects that gardeners consider as pests.

Wasps will not sting humans unless they are threatened, although in the autumn they seek out sweet things like fruit, which may bring them into contact with humans more frequently.



Ways to encourage bees and other pollinators



1. Fill your gardens and outside space with a range of nectar- and pollen-rich plants.
2. Allow lawn weeds to flower by mowing less often. This will provide valuable recourse from areas usually free of flowering plants.
3. Bees and other pollinators sometimes need to drink. Having a shallow margin of a pond or a dish filled with stones or marbles and water will provide a safe source of water.
4. Avoid pesticides. Accepting the presence of some 'pests' can help create a natural balance in the garden and provide larval food for pollinators; for example, aphids are food for many species of hoverfly larvae. Consider using short-persistent organic products in place of harsh chemical products. Accepting some holes in leaves and the presence of aphid prey can help boost pollinator numbers.
5. Provide nest sites for wild bees. Some solitary bees nest in the ground, either in bare soil or short turf, and will find their own nest sites. It will help the bees if you are tolerant of the small mounds of soil deposited by female bees excavating their nest tunnels.



Butterflies



Butterflies and moths are insects that form the insect order Lepidoptera. There is no consistent way of telling butterflies and moths apart. Butterflies fly all day and belong to eight families of Lepidoptera and most moths fly at night – however, there are several colourful moth species that fly by day.

There are 59 butterfly species in Britain, plus up to 30 others that come here as occasional or regular visitors from Europe and North Africa. When caterpillars are fully fed, they crawl away to sheltered places where they pupate and later emerge as adult butterflies or moths.

Small Tortoiseshell – These common butterflies with a wingspan of 50mm-56mm can often be seen into the autumn and until the weather begins to cool, when they will hibernate. The caterpillars are frequently found feeding on nettles in the summer. The butterflies feed on nectar from many species of flower.



Red Admiral – Has a wingspan 67mm-72mm. Red Admirals are highly migratory butterflies and ride on air currents to travel long distances. Like the Small Tortoiseshell and Peacock butterflies, the caterpillars also feed on nettles. They rarely breed in Britain. They arrive in early summer from southern Europe and make their way northwards, and then fly back down south in the autumn, with some hibernating in southern Britain.



Meadow Brown butterfly – This butterfly is common and widespread throughout Britain and has a wingspan of around 50mm-55mm. They can thrive in many habitats, including parks and gardens. Even on dull days, they can be seen flying low over vegetation, sometimes in large numbers. It is still one of our most widespread butterfly species, but many colonies have been lost in recent decades.



Holly Blue butterfly (male) – This small blue butterfly can usually be spotted in parks, gardens, meadows and woodlands during the spring and summer months. It looks like the Common Blue butterfly but is larger with a wingspan of 26mm-35mm and tends to fly high over bushes and trees, whereas other blue species fly low to the ground.



Large White butterfly (female) – This is a large, strong butterfly with a wingspan of about 63mm-70mm. Unlike the females, the male butterflies do not have black spots on their forewings. This butterfly is unpopular with some vegetable growers, as they love to nibble cabbage leaves and Brussel sprouts. For this reason, they are often called Cabbage White butterflies.



How to encourage butterflies

To see butterflies in your garden, you need to entice them with the right flowers. Adult butterflies feed on nectar, which they take from a wide variety of wild and garden flowers, particularly those growing in warm, sheltered places. Butterflies can be encouraged by growing a range of flowers from March until the frosty weather ends the butterfly season in October-November.

Ways to help butterflies

1. Leave fallen fruit under fruit trees. In late summer the Red Admiral and Painted Lady butterflies will feed on fruit juices in fallen over-ripe pears, plums and apples.
2. Avoid the use of pesticides as insecticides will kill butterflies and caterpillars.

3. Choose varieties of flowers that bloom from early spring to late autumn, and don't forget to provide a small patch of nettles, thistles or ivy where the butterflies can lay eggs and caterpillars can hatch.

The most important thing we can do to help pollinators is increase the number of safe places where they can survive over the winter – and that means leaving gardens a bit messy!



Information and advice

Proposed changes to driving laws for the over-70s

While according to government data, the number of drivers involved in road accidents decreases with age, the rate of collisions per billion vehicle miles travelled increases for drivers aged 76 and above, with the highest rate seen in drivers aged between 86 and older.

This means that although the number of drivers aged over 70 involved in road accidents is relatively low, their accident rate per miles driven is higher when compared to younger drivers.

Motoring data also reveals that although motorists over the age of 70 are less likely to be involved in road accidents due to speed, they are 38% more likely to be involved in accidents where the most common contributory factor based on age, involving a fatal or serious collision, is 'driver failed to look properly' followed by 'driver failed to judge another person's path or speed'.

Currently, when drivers reach the age of 70, their driving licence expires. However, this doesn't necessarily mean they have to stop driving, as there is no legal age at which older drivers must stop driving.

Older drivers can decide to continue driving as long as they don't have medical conditions that may affect their ability to drive safely.

To continue driving after the age of 70, older drivers do not need to retake their driving test, but they must do two things:

- Renew their licence and renew it every three years thereafter. Renewal is free of charge.
- Make a health declaration that they can read a car number plate from 20 metres away/that they have an adequate field of vision.

Whilst many over-70s drive because to maintain their independence, some drive out of necessity because public transport options are limited in their area.





The proposed changes

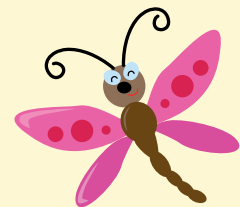
The government has announced a plan to improve road safety, which could include proposals for new driving laws for drivers over 70. Discussions are ongoing around the proposed six key changes:

- 1. Driving test assessments.** There is increasing pressure to implement more frequent driving assessments for older drivers to ensure they remain safe on the roads. These will involve reviewing driving skills, plus a review of medical issues. The details around these changes are currently being discussed.
- 2. Changes to car tax.** From April 2025, Vehicle Excise Duty rates for petrol and diesel vehicles increased. The cost of keeping a car is also set to increase.
- 3. Eyesight test.** Data highlights that around 10% of drivers over the age of 70 suffer inadequate eyesight. New rules being considered would require drivers over 70 to have regular and compulsory eyesight tests.
- 4. Cognitive ability testing.** Drivers aged 70 and over would be required to have regular cognitive assessments, because it is recognised that mental sharpness fades with age.
- 5. Fit-to-drive test.** Rather than just ticking the box to say they are fit and healthy to drive, over 70s would be required to undertake a practical assessment whenever they renew their licence.
- 6. Car insurance.** Elderly drivers often face soaring car insurance premiums and in some cases are unfairly being denied access to reasonably priced insurance. New rules would mean that older drivers would be provided with viable alternatives.

If you are turning 70 soon or have a partner or family member or friend who is, it is important to be aware and understand the impact of any proposed changes for you.

The government website <https://www.gov.uk> will publish changes to driving laws in due course.

Competition Time!



Congratulation to our Spring wordsearch FIRST PRIZE winners, **Miss S Sair (London)** and **Mrs J Answer (South Yorkshire)**, who win £30 worth of M&S gift cards. Our SECOND PRIZE winners, **Mrs S Turnbull (Aberdeenshire)** and **Mrs T Christou (London)**, will receive M&S gift cards worth £15.

Our seasonal wordsearch below hides 24 minibeasts for you to find. Entries need to reach us by **FRIDAY 18th JULY**. Good luck!

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

ANT
APHID
BEDBUG
BEETLE
BUMBLEBEE

BUTTERFLY
CATERPILLAR
COCKROACH
CRICKET
DRAGONFLY

EARWIG
FLEA
GRASSHOPPER
HORNET
KATYDID

LADYBUG
LOCUST
LOUSE
MOSQUITO
MOTH

SILVERFISH
TERMITE
WASP
WEEVIL



Entries should be marked GF competition, Hospitality Action, 62 Britton Street, London, EC1M 5UY and returned to us no later than FRIDAY 18TH JULY.

Your full name _____

Your address _____

Your telephone number _____