



UBS

The Universal Beneficent Society

Newsletter

Dear friends.

Welcome to the new beneficiaries newsletter. Everyone here at **UBS** hopes you had a good Easter and that now with the warmer weather you are able to get out and about a bit and enjoy the Spring sunshine. The last beneficiaries national newsletter was in 2005 and rather oddly called "TITBITS". We thought it was time for a change and have come up with these suggestions:

"CONTACT with UBS"

"UBS NEWS AND VIEWS"

"IN TOUCH with UBS"

"REACHING OUT with UBS"

"NETWORK UBS"

You can vote for your choice of name, please see the attached slip at the end of this newsletter or call Tina at Head Office on 0207 605 4227 or leave a message on her answer phone.

We want you to know that this is your very own newsletter and so we would be pleased to receive contributions for it from you. Do send your stories, poems, articles, hints, recipes and memories to us for publication.

We aim to provide a helpful guide to keep you in touch with all the information that you may find of use to you as well as giving you handy hints and good ideas. What do you need? We would like as much feedback as possible from you, so please let us know what things you feel would be helpful to you.

Kind Regards to
everyone

Tina Dinch

Tina Dinch

National Volunteer Manager

A message from Nick Driver, the Chair of the UBS Committee:



It is fitting that the year, 2007 our one hundred and fiftieth Anniversary, has seen the birth of a new era in the development of the Universal Beneficent Society. I am delighted that our Managing Trustee, Independent Age, has come to our help by making funding available which has enabled us to employ much needed staff. This means we can improve efficiency and expand, not only in the type of financial help we give, but also in our new drive to increase our pastoral outreach.

Michael McGrath and his vibrant, young new team have worked tirelessly to ensure that this growth is achieved without any of our beneficiaries losing the sense of belonging to the **UBS** family which has been such an important feature of our history. They have striven to achieve our aim, even though we have grown in numbers, all members of that family feel secure in the knowledge that our help is always there, whether physically, financially or at the end of the telephone. My heartfelt thanks to all of them, to all who help and support us and my very best wishes to all our beneficiaries.

GARDENING TIPS

Now the weather is getting warmer – we hope! It is time to think about the garden. Here are some helpful tips:

Do not throw out empty egg cartons, paper or plastic – they make excellent seed trays. The plastic ones have a built-in propagator as a bonus.

Buying crock feet for plant pots and tubs to stand on can be expensive. Use the upturned lids from coffee jars – especially the gold coloured ones. These not only look good - but do the job admirably.

Lastly, do not forget your houseplants – they will need feeding and watering as the weather gets warmer.

We have had a wonderful letter from Mr. C who lives in Cannock, Staffs and is, by all accounts, a very keen gardener. He writes: *“I have deliberately set aside an area of the garden, and fenced it off. The area is about 13ft by 13ft so it will take some planning to use it for vegetables and flowers. I have also*

bought two roots of rhubarb! I have put a bucket over it to keep the frost off.... I have some seeds and some seed potatoes, but must get cabbage, onions and runner beans and I hope some sprouts seeds. Mr. C recommends that bargains can be found at the local pound 99p stores for plants, shrubs and bulbs – he has recently bought 45 bulbs for 99p. So worth keeping an eye open for these if you have a store like this near you.”

Good luck with your garden, Mr. C, we hope you have a bumper crop of vegetables and flowers and the frost has not damaged your rhubarb!

Please do send in your gardening tips or description of your garden, or your favourite flowers so we can include them in our next newsletter.

HAPPY GARDENING!!!!

EXERCISES

Life tends to get more difficult as we get older! A very useful booklet called “Easy Exercise for the Older Person” by Monica File, published by Springfield Books has come into the office.

Monica created a couple of exercises that you can do while sitting in your chair, perhaps watching television. Sadly Monica died recently from cancer. Her husband who helped her with the book and her daughter want to continue publishing it as an ongoing tribute to her – they know what a valuable service it provides. Monica was a physiotherapist for 40 years, so she knew what she was talking about.

Bend your fingers as tightly as you can. Make a fist and then stretch your fingers out again making your hand as flat as possible. It is very easy to do and it is so important. Your fingers and hands are made up of so many tiny joints that they can quickly become stiff if you do not exercise them regularly. Next your wrists: move your whole hand up and down, bending from the wrists. Next, make a circle with your hand, just going round and round. Then circling in the other direction. And another one for the fingers: Straighten them and then try to spread them out (in other words separate them). Relax and spread your fingers again.

SAFE AND SURE:

“Message in a Bottle Scheme”:
You record your relevant medication needs and medical details, for example if you are a diabetic, on a form that fits into an airtight plastic container. This ‘bottle’ is stored in the fridge and the special stickers provided are put on the inside of your front door and on the door of your fridge so the emergency services can find your details quickly and easily.

If you think this would be useful for you please ask for one from your GP or local chemist, they should be free – if you have difficulty, please contact us at Head office or your Regional Development Officer nearest to you where you live (Glasgow, London, Merseyside, Tyndside).

You may think about contacting your local Social Services Department for an “Assessment of Needs” in terms of your mobility, if you feel that you are finding it harder now to do some of the things that you used to. Standing in the kitchen while preparing your meals for example.

Please do think about asking for help, this way you can remain independent for longer and not be in pain or discomfort. There are some nifty mobility aids available now, which will cost you nothing.

Our sister charity the Florence Nightingale Aid in Sickness Trust (FNAIST) can also help with more comfortable chairs, recliners, perching stools and other things that can help make your life easier. If it is to do with medical condition, please get in touch with us at Head Office if you need help or would like more information.

COOKERY CORNER:

We know how difficult it is to eat well, when you are on your own. It is difficult to motivate yourself to get up and cook when it is just for you. But why not try this healthy soup, it is quick, easy to do, and best of all, it is good for you.

Broccoli Soup:

One large onion

A head of broccoli, broken up into florets

Vegetable stock cube – dissolved in 1 pint of water.

Oil or butter

Salt and pepper

Gently fry the onion in a little oil or butter over a low heat until it is soft.

Then add the broccoli florets, stir them around a bit till they are all coated with the butter or oil. Then, keeping the heat low, add the vegetable stock,

Put the lid on and simmer until the broccoli is soft. Season to taste

When the broccoli is soft, transfer in batches to a blender and whiz till smooth, or if you do not have a blender, just mash it up in the saucepan with a potato masher.

Handy Tip: If you double the quantities, you could put some in the freezer for another day.

Quick and Nutritious Meals for One:

1. Chop up a carrot and a stick of celery into a pot of cottage cheese, add some grated cheese and you have a quick salad.
2. Spread a layer of pickle on slice of bread, top with some cheese slices and pop under the grill
3. Chop up some tomatoes, fry very gently in frying pan for a good 15 minutes, then add a can of chick peas, season well, add some Worcester sauce, pile onto buttered toast or eat with jacket potato
4. Add some corned beef into mashed potato, either boil a couple of potatoes or use instant powdered mash, season well, add a few drops of Worcester Sauce, then form into small cakes and gently fry. You might like to add a fried egg to make them extra nutritious.
5. Into a pot of plain yoghurt, slice one apple, add some raisins and dates, and then add a teaspoon of honey, to keep you sweet!
6. It is important to keep up your intake of Vitamin D as much as possible, so try and include some oily fish at least once a week. Sardines on toast make a super meal or why not open a tin of tuna fish, chop up a small onion into it, season well with salt, pepper and a squirt of lemon, then pile onto buttered toast.

7. Try and limit your intake of cakes, biscuits fatty foods, tea, coffee and fizzy drinks as much as possible. The caffeine in tea and coffee keeps you awake.
8. Drink water – it is free – and so good for you.

Do you have any more recipes or food tips? Please send them in, so we can include them in our next newsletter.

Tips for the Month

1. Did you know? Adding one tablespoon of salt to washing powder prevents colours running into white areas.
2. Dropped a raw egg? Sprinkle salt on it – after a few minutes the egg white will coagulate – easier to wipe it up!
3. To remove ink from a white shirt – rub toothpaste on mark with toothbrush or nailbrush – leave for a few minutes, rinse then wash as normal.
4. Thermos flask smelly? Add one tablespoon of vinegar, and one teaspoon of salt, shake, then rinse thoroughly.

YOUR LETTERS:

And here are some extracts from the many letters that we have received from you this year.

“May God bless you all for all the help you give us. The Christmas hamper was a blessing.”

“May I take this late opportunity to say a great big ‘thank you’ for my latest cheque and the extra bonus. Your help and dedication has restored my faith in human nature and made my life more tolerable.”

“Thank you so much for your help during the year, and the fantastic hamper received recently. God bless you all, it makes my life that much more pleasant.”

“Thank you so much for the wonderful food parcel recently from your goodselves. In all my life I have never received such a wonderful and unexpected gift.”

“What a box it is. How do you manage for all us old people to give so much! Absolutely wonderful and all these goodies, it will indeed add good cheer to my Xmas.”

Keep them coming.....we love hearing from you.

HEALTH MATTERS

Remember that if you are on income support you and your partner get free:

- NHS prescriptions
- NHS dental treatment
- NHS sight tests
- NHS wigs and fabric supports

You also get:

- A voucher towards the cost of glasses or contact lenses
- Refunds of necessary travel costs to receive NHS treatment under the care of a consultant

For a full list of medical conditions that entitle you to free NHS prescriptions call 0845 8501166 or call text phone 0870 010 2870 if you have speech or hearing difficulties.

You may be entitled to help with your travelling costs if:

- You attend a hospital, or other place, to receive NHS treatment. This includes tests and check ups.
- In the opinion of your doctor, you need someone to travel with you, your companion's travel costs are added to your travel costs and it is your income that counts

If you are not sure what travel costs you can get help with, ask the hospital before you travel. There is a very useful booklet that sets out all the help you can get with health costs. Please let us know if you would like a copy and we will send you one.

The British Red Cross runs a scheme for people who have been discharged from hospital. Once you get back home they send a carer round to check that all is well. They will do basic shopping for you and collect prescriptions, and generally provide support for up to six weeks after you have left hospital. You should check with your local British Red Cross as this service is not available nationwide.

If you have to go into hospital or perhaps if you are already, please do get in touch with us and we will see if there is anything we can do to provide you with some extra support.

Medication

For many of you, taking lots of different medicines can be part of your daily life. Not something you enjoy probably, but a necessity.

Sometimes all the different medicines can be confusing and to make sure that you are getting the best from your medication it is always worth talking to your GP. Before your next visit to your GP here are a few pointers which you might find useful:

Before you Go:

- Make a list of the questions you want to ask
- Take a note of all the medicines you currently take
- Do not be afraid to take notes
- If you are unsure what the doctor has said, ask him/her to explain
- The amount of medication you need and the dosage can change depending on lifestyle changes, weight loss and any exercise. If your medication does not seem to be working, or if you are experiencing side effects, tell your Doctor

At home:

- Keep an updated list of your medicines on the fridge or door of your medical cabinet
 - Give a copy to your family or carer
 - Use a pill organiser, or a reminder chart so you can easily see that you have or have not taken your pills
 - Always order your repeat medicines in plenty of time. Most pharmacies have a “Repeat Prescription Collection Service”. It is easy and convenient and will save you trips to your doctor. Just ask for details at your local Pharmacy
 - If you get your repeat prescription and it looks wrong e.g. different coloured tablets, please check with your pharmacy or GP
-

TV WATCH

If you need to replace your old television and maybe get a Freeview box this is a charity that can help.

The national charity called “Wireless for the Bedridden” provides televisions and/or radios. They aim to provide a brand new

television or radio from a major national company on a full maintenance contract at no cost. And where necessary, they will also pay the first annual license fee. If you think you are eligible for a new television or radio, please get in touch with us at Head Office.

HEATING

Thousands of you in rural areas are struggling to meet the cost of oil needed to heat your homes, following colossal price rises over the past year.

One and a half million households in the UK have no access to the gas network and rely on deliveries of heating oil.

And, of course, in the recent Budget, heating costs have risen again.

People over 60 who have no working heating can apply for a new scheme which provides £300 to help pay for a replacement boiler. Under the Government funded “Warm Front Rebate Scheme”, homeowners and private tenants could qualify for £300 towards the repair of a broken system, or the cost of a replacement. This scheme applies to gas, electric, oil or solid fuel installations and repairs. To find out whether or not you qualify please call the helpline free on 0800 316 2808.

The important thing to remember is do not get cold. Do not turn your heating off, it is very important to keep warm. Your local council can give advice on insulating your home more efficiently and we can supply extra bedding, slippers, warm woollen scarves and gloves. Just let us know what you need.

HOLIDAYS

Springtime and thoughts turn to holidays. When was the last time you went away? If you have not had a holiday for at least three years, can get on and off a coach OK and can take care of yourself, you may be entitled to a free holiday.

The National Benevolent Fund for the Aged provides free holidays to people over 60.

We have a list here in the office of dates and destinations for this year, so if you feel this is something you would like to take up, please get in touch with us.

Have you got memories of your holidays when you were a child? Perhaps a favourite seaside holiday or farm holiday. Write and tell us about them.

PUZZLES

Keep your mind active with our word search collection book.

We have got some large print puzzle books to give away. Please get in touch with us – first come, first served.

S	A	L	A	D	S	W	G
P	U	P	O	T	S	E	A
R	O	N	U	E	S	E	R
I	A	N	S	E	D	D	D
N	K	O	D	H	R	S	E
G	R	A	S	S	I	J	N
H	O	E	O	O	B	N	W
S	F	Z	W	H	O	S	E

BIRDS	HOSE	SALAD
FORK	NUTS	SOW
GARDEN	POND	SPRING
GRASS	POTS	SUNSHINE
HOE	ROSES	WEEDS

FORTHCOMING FUNDRAISING EVENTS

In London: Elizabeth Street Party Belgravia, London

11th June 2008 - 6pm-11pm

It will be a lovely evening with celebrity guests, plenty of entertainment for both young and old, plus a fantastic raffle. **For more information, contact Kate on 0207 605 4494.**



“Doitforcharity” 5K run Regents Park, London. 11th May 2008

We have a small team running for UBS at this exciting new event. There are 3,000 people expected at this event to raise vital funds for many worthy charities. I am sure you wish the UBS all the best and the sun will shine for them!

Please contact Kate on 0207 605 4494 for further details.

On Merseyside: The Wirral Coastal Walk

We have a small team walking for UBS in this excellent “Wirral Walk”. Sunday 18th May 2008, I am sure that you will wish them all well and the weather will be kind!

Strawberry Tea Summer get together

St Anthony’s of Padua Parish Hall
on 2nd July 2008

Live music, raffle, a special quiz plus a buffet lunch.



For more information on Merseyside events, please contact Siân on 0151 513 3837.

We all have a number of days collecting at shopping centres and London Underground stations, should you see a fundraiser at one of these, please stop and say hello!

MEMORIES

We mentioned your memories at the start of this newsletter and we would be interested to hear from you with any that you would like to share with us. Remembrance Sunday, VE Day for example and you may well have interesting stories to tell of your experiences during the War.

Were you a Land Girl, perhaps?

Where were you stationed?

What kind of war work did you do?

Did you experience the London Blitz?

Do you still keep in touch with friends that you made during the War?

Send any photos to us (we will send them back to you) with your stories and we will feature them in each edition of the newsletter, with your permission of course.

PET CORNER

One of our telephone buddy volunteers, Shan has a dog, known to many as simply Mr. Brown. Charlie is a three-year-old tricolour King Charles Cavalier, with a penchant for car rides and long walks in the park (moonlit and otherwise). Charlie is very affectionate and loves the company of humans and dogs alike. He displays the seduction tactics of Pepe Le Pew, a born romantic, and has had a weakness for Pugs since his first puppy love (pun intended) – unrequited though, as she thought he was a little immature!



Charlie

Charlie hails from South Wales but has made London his home since he was a few months old. He can sniff out any park in London miles away. Squirrels and roasted chickens really bring out the hound in him, although squirrels are strictly for chasing alone! Beneath the bravado of Mr. Brown lies a gentle and intelligent dog whose philosophy in life is that any time spent not having fun – or tummy tickles – is not well spent.

Hazel, one of our Head Office volunteers, says “This is my Grandson’s dog, Blue and he is ten months old. He is a Staffordshire terrier and he is a ‘rescue dog’. Nobody wanted him because he had a hair lip and cleft palate. He has a very good temperament; he just wants to be loved. In the family home there is another rescue dog and two cats so he has lots of company and playmates.”



Shay and Blue



Max

Here is my budgerigar, Max. He is about 8 years old now, and very friendly. As soon as it is daylight he starts chattering and does not stop. The only time he is quiet is when he is eating!!! But he is good company, he never argues with you!

We would like to hear about your pets. Who do you have as your faithful companion? What is his or her name? Do write and tell us.

VOLUNTEERS

Siân, our **UBS** Regional Development Officer in Merseyside has worked hard with her local school, involving the students with our beneficiaries. This has been very successful for all concerned and the students often use the experience to help them with future career pathways. **UBS** beneficiaries have been helped by students visiting them and helping at the events Siân has planned through the year.

A round up of events last year included a “Victorian Afternoon” in March, which was hosted by Liverpool College Sixth Form Performing Arts students, who were keen to be involved in the anniversary celebrations. A wonderful time was enjoyed by some of our beneficiaries who were entertained by fabulous singing and drama recitals, performed by talented students, dressed in Victorian style!



Dora - One of our student volunteers in Victorian style

Student Volunteers - Here are some quotes from their letters:

“I enjoyed my time at the Xmas party. It was good to see so many smiles from the people who took part. It was a pleasure to help and to take part in such an event that helped others.”

“Singing to the beneficiaries was an enjoyable and rewarding experience and I would happily participate in such an event again.”

“I feel really lucky to have had the opportunity to sing to such a warm and appreciative audience.”

“Visiting the beneficiaries is always so much fun and we really feel we’ve learnt a lot from them.”

Siân has created a scheme where students receive certificates to show that they have helped us, which are presented to them, in front of their school. This is a great idea, which again will help them with their chosen career pathways.

We have been lucky enough to have an increased amount of volunteers who would like to offer to help us. For example we have telephone buddies that can telephone you regularly and chat to you, if you feel a bit down – it can sometimes really help to have someone to talk to. If you would like to find our more – please contact Head Office.

We also have volunteer pen friends around the UK who would like to write chatty letters to you, if you would like a pen-friend, please contact me (Tina) I will be happy to find one for you.

CAN YOU PLEASE HELP US?

As some of you may remember the **UBS** newsletter used to be called “Titbits”. We are very proud to be able to relaunch this newsletter and we aim to send it to all our beneficiaries in the **UBS** family through the year. We did think that it deserves a new name and we would like you to vote for the one that you think is the most suitable. Please cut out and use the form below and send it to us with your choice of name for the next edition, we will then call this newsletter the name that gets the most votes.

(Please tick which one you prefer)

“CONTACT WITH UBS”

“IN TOUCH WITH UBS”

“UBS NEWS AND VIEWS”

“REACHING OUT WITH UBS”

“UBS NETWORK”

Please return to:

UBS

Avonmore Road
London W14 8RL

Or

Telephone 0207 605 4227 to Tina, stating your choice.

If you need any information or other help about any topic that is mentioned in this newsletter – please do contact us at Head Office on 0207 605 4200 – we look forward to speaking to you. Please do leave a message, along with your contact number if you get an answer phone, we will call you back as soon as we can.

Thank You – we look forward to hearing from you soon.

President

The Right Hon.
The Earl of Yarborough

Vice-President

Elizabeth Cockburn

UBS Committee

Nicholas Driver (Chairman)
Jill Cawthorne, MBE
Sue Douthwaite
Rosalind Fishburn
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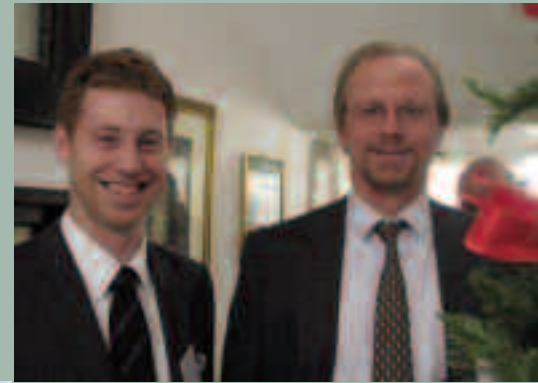
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Hazel and Karen
UBS Head Office volunteers



Michael McGrath, UBS Manager
and The Earl of Yarborough



Paramjit Sangha
Beneficiaries Administrator
Head Office



Tina Dinch
National Volunteer Manager
Head Office



Janet Wilkinson, Regional
Development Officer, Tyneside
and
Siân Burgess, Regional
Development Officer, Merseyside



Kate Shrager
National Fundraising Officer
Head Office



Joyce Nicol, Regional Development
Officer, Glasgow with Volunteers



Vanessa Stableford, Regional
Development Officer, London