

The Senior Siren



The **FREE** magazine from the Senior Citizen Liaison Team

Sarah Rochira -
Commissioner for
Older People:

*The importance of
feeling valued, and
singing...even
when you can't!*

"Call Me God"

The story of the CMG:
National Honour of
James Bond

Baking with Iris:
The Glam Valley's
Gran!

Keeping safe
on-line

We show you how

Issue No. 29

Stories, Puzzles, News, Fun Factoids and much more...



The Queen's Award
for Voluntary Service

The MBE for volunteer groups

**BIG SOCIETY
AWARDS**

2013

Welcome to my first edition of the Siren as the new editor.

Mike Wedlock has handed the reins over to me to allow him more time to concentrate on other projects, more specifically our victim support. More on that soon!

I hope you'll like the new look and features but don't be shy about letting us know what you want. We'd love to hear from you with ideas or views (good or bad) as we want you to really enjoy the magazine.

After all, we think of this as YOUR siren and want you to feel a part of it.

We'll be announcing some competitions in upcoming editions so...watch this space!

I wish you a happy, safe and healthy Spring.



Jon

In this edition...

Senior Spotlight: Sarah Rochira - Commissioner for Older People in Wales

"Call Me God" The story of the C.M.G

Lemon Drizzle Cake! The first of our series of baking recipes from Iris

The SCLT Public Presentation Team - Who we are and how to book a talk

The 'Senior Shield' - our new regular feature on crime prevention and safety

"Did you know..?" Fun fact and conversation starters (or stoppers!)

News, Puzzles and our short story, 'The Haunting'





A Day in the Life...

Lee Garrett - Police Community Support Officer and SCLT Volunteer

Lee Garrett, or CO 8044 as he is known when at work with Dyfed–Powys Police in the beautiful rural town of Brecon, tells us about a typical day in his working life. Lee is also one of the SCLT Public Presentation Team volunteers in the area.

First job of the day was to drive to the village hall in Llangorse to meet the people at the Senior's Morning. I had a cuppa and a chat with the ladies and gents about issues in their area and introduced myself to some of the newer members. Social isolation is a real concern and it is even estimated that loneliness can be as damaging to health as smoking 15 cigarettes a day! I always encourage those living alone to join a club or group to keep them mentally and physically active, make new friends and, even discover new interests or hobbies.

With that in mind, I then visited some of the residents in the area who are housebound to make sure that they were safe and well before heading off to the Bristol Pensioner's Group in St. Mary's church in Brecon which, at over 900 years old is significantly older than the group waiting for me! Another cup of tea (and a nice piece of homemade cake) later, we spoke about arranging a presentation from the SCLT presentation team, which I volunteer for in my spare time.

After a quick meeting with Brecon Town Council about upcoming events aimed at safeguarding senior communities I called in on the St. David's Centre Over 50's Luncheon Club. I resisted the offer of another cuppa and cake (got to think of the waistline, you know!) but spoke at length with the group about an emerging 'scam' which we had noticed in the area to ensure that they didn't fall foul of it and would pass the word on to family and friends. I left some copies of the Senior Siren with them, which are always popular and well read!



I called into the Police Station to have a bite to eat and pick up my colleague, Dan Garnell, one of the other PCSO's in the team before making our way out to the Colbren Miner's Institute to the Senior's Group there. Dan and I spent some time talking with them and giving crime prevention advice. We also had some excellent feedback and information about some local crimes, which we fed back to our local neighbourhood policing team Sergeant.

After visiting a few of the residential centres in the area, we spoke with some youth volunteers and finished up our day with foot patrol in the town centre.

As an SCLT volunteer I know how important it is for the senior community to be represented by all the local agencies such as the councils, police and community associations and I see my role as being a go-between for that. I am concerned over the vulnerability of those who, for whatever reason, are socially isolated or alone. I think this is an area we need to concentrate on more to ensure that later life is what it should be; happy, healthy and safe!

Lee's tip:

Be a joiner! Look into local groups or organisations, such the W.I, U3A (University of the 3rd Age) or other local groups.

Having something to look forward to, discover new interests and make new friends can only be a good thing!

Senior Spotlight

Sarah Rochira, our cover interview has had a career that has been dedicated to supporting the needs of the senior community and those with additional needs. She has been the Commissioner for Older People in Wales since 2012 and, before that has worked in the public sector for over 25 years. She has been Director for the RNIB in Wales and has worked within the NHS with responsibilities ranging from Mental Health to Equality and Diversity.

We caught up with Sarah to find out about the person behind the public face...

As a child what career would you have liked to have followed if you hadn't taken the path you did?

I would have loved to have been a singer! I love music of all sorts but the human voice in particular can be so powerful. Music has the power to bring joy to people's lives.

As you were growing up, who were your heroes or role models?

Barbara Castle, a feisty woman in a man's world who broke all the rules to fight for equality for women.

My friend, Sharon always so patient and thoughtful...Kindness personified.

Winston Churchill, after whom my school was named. He stood up for freedom and democracy, and brought a nation together during its time of greatest peril.

If you were Prime Minister for the day, what law would you create and which would you abolish?

I would strengthen the law to ensure those who abuse our most vulnerable can be properly held to account, part of my work as Commissioner at the moment.

I would abolish the law that says you can't vote until you're 18. If you're old enough to join the armed forces, pay tax etc. you should have the right to play an active part in the democratic process.

making Wales
a good place
to grow older
not just for some but
for everyone



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What item would you rescue if your house caught fire?

Pictures of my children...And my cat Snooky!

What advice would you give today's youth?

Respect your elders – hopefully you'll be one yourself one day.

What is your greatest fear?

When I was younger, I was afraid of failure. As I grew older and a little wiser, I realised that if you really want to succeed at something you will, without doubt, fail more than once. The trick is to never give up and realise that the best you can do, is the best there is.

What talent (that you don't possess) would you most like to have?

A great singing voice! Sadly I don't, which is why I never became a singer...it doesn't stop me trying though!

What was the best gift you've ever been given, and why?

A bracelet, with friendship charms, from a friend when I was appointed Commissioner. It reminds me of the importance of having someone you can turn to. I wear it often, particularly when I'm faced with tough challenges.

If you were given a million pounds which you had to spend on something 'unsensible' for yourself, what would it be?

A trip into space...to see the world and the stars from a different perspective

Which 3 people, living or dead, real or fictitious would you invite to your perfect dinner party?

Nigel Slater – My favourite chef...to cook the meal!

Dylan Thomas – So he could recite after dinner poetry.

My Auntie Anne – Just so I could have one more evening with her.

What is the secret of a happy senior life?

According to the older people I've meet across Wales, it's simple: Having someone to love, something to do, something to look forward to, and feeling valued!





Staying Safe ONLINE

Are you a technophobe or a silver surfer? Love them or loathe them we are in an age where computers are now as much a part of our lives as bank cards and mobile phones. Unfortunately this means that criminals are now using computers more than ever to elicit scams and cons as it's an easy way for them to target potential victims with minimal chance of being caught.

However, with some simple safety measures you can keep yourself safe online.

PIN numbers and passwords

When choosing PIN numbers, try to use something memorable but not obvious. For example '1111' or a similar type of PIN is easily guessed and never use your date of birth as this is also easily obtained from details that are readily accessible.

Equally passwords should be something that are unique and difficult to guess. Ideally they should be different for each account or online system you use as, if one of your providers has a security breach you won't then need to change ALL your accounts because they have the same password.

I often recommend using 2 random words together to create a password such as 'road' and 'blue', then add a number and a capital letter so you end up with 'Roadblue4'. Very hard to guess and you'll soon remember such a unique 'word'.

Email scams and hoaxes

I recently had a very convincing looking Email 'from the HMRC' telling me I was eligible for a tax refund! All I needed to do was 'click here' and then (you've guessed it!) enter my bank card details...

While this was yet another hoax, such as the ones from 'your bank' be it Barclays, NatWest etc. saying that your account has been suspended and you need to re-enter your details to 'reactivate' it.

Be assured, you will **NEVER** be contacted by any HM Gov. agency in this way and neither they, nor any bank or building society will **EVER** Email or phone you asking for bank card details. So if you see any Email that is purporting to be from your bank etc. that asks for this. It will **ALWAYS** be a hoax. Simply delete the Email or contact your bank (using the number on your bank card) if you are unsure.



Email hoaxes are by far the most common online scams and many people sadly, fall victim to them. However, if you think that you've been scammed, either by Email or by any other method, here is what to do:

Dont panic!

This may be easier said than done but the sooner you act the more likely you are to minimise the impact of the scam.

Contact your bank or building society straight away

If you are a victim of fraud or identity theft then your bank or building society are there to help and, fraudulent transactions are usually refunded to the victim as soon as the bank becomes aware and will cancel any further transactions, reissue bank cards and ensure that you get back to normal as quickly and painlessly as possible.

On the back of your bank card there will be a 24hr helpline number. Either use this number, the number from the telephone directory, or the banks own website. Never use any number in an Email.

Safety ABC

Always keeps passwords etc. secure

Be cautious

Check before giving details

For more info go to www.getsafeonline.org



Baking with Iris



Our very own (Welsh) Mary Berry! Iris Carpenter, the 'Glam Valley's Gran' will be tempting us with mouth-watering fool-proof recipes. This time it's her 'Luscious Lemon Drizzle Cake'...get that kettle on!!

Ingredients

- 4oz / 115gm Margarine
- 6oz / 170gm Self raising flour
- 6oz / 170gm Caster sugar
- Grated rind and juice of 1 large lemon
- 2 Large eggs
- 3 Rounded tablespoons of Golden Syrup
- 2 Tablespoons milk (approx)
- Icing sugar (for coating)



Method

- * Pre heat oven to Gas Mark 4 / 175 C / 350 F
- * Prepare a 2lb (1kg) loaf tin; grease and line with greaseproof paper.
- * Place all ingredients except the icing sugar and lemon juice in a mixing bowl and mix together well until smooth.
- * Turn into the loaf tin and bake in the oven for 45 mins, then remove and leave in the tin
- * Put lemon juice in small saucepan and gently heat, add sufficient icing sugar to make a thin sauce
- * While still warm prick the cake all over then spoon the icing sugar / lemon juice mixture over the surface
- * When cooled, turn out and enjoy!!





Senior Citizen Liaison Team



Public Presentation Team

Our multiple award-winning Public Presentation Team (PPT) has been around for some time now and would love to come and give a presentation to your group or organisation!



Perhaps you've already seen one of our talks or are thinking of having an informative and entertaining presentation to a group you are part of. We have several themes that you can choose from, including Cyber Crime, Scams and Frauds, Senior Driving Safety and are developing more all the time.

We are currently working with Alzheimer's UK to produce crime prevention and senior safety presentations that are tailored for groups with members who have dementia or other conditions that may limit their abilities to make some decisions. Our intention is to safeguard the most vulnerable of our senior communities and will work with the expert groups to do just that.

Our presentations are always intended to be fun as well as informative, we include our audiences and are always happy to join in the debates and questions and answers that our talks stimulate.

Our presentations can be 'event' presentations which are often 'after-dinner' speaking occasions, our 'edutainment' talks which are around 50 minutes to an hour with lively Q & A sessions afterwards, or shorter, more fun 'standard' talks which can be around 30 minutes long and are perfect for morning clubs or groups that want simpler presentations.

All of our talks are (of course) completely free of charge. We never endorse any products or services and ensure that our information is up to date and is supported by the Police, local authorities and other relevant organisations.



If you'd like to book, or discuss our presentations, please get in touch.

Email: enquiries@sclt.us

Phone: Ash (in SW England): **07788 236804**

Jon (in S Wales):

Puzzles



ACROSS

- 1 Space
- 4 Angels' illuminants
- 9 Total
- 12 Past
- 13 Vote into office
- 14 Gorilla
- 15 Moon, for instance
- 17 Youngster
- 18 CDs' forerunners
- 19 Winter weasel
- 21 Easter egg container
- 24 Golf props
- 25 "The — Daba Honey-moon"
- 26 Water barrier
- 28 Vaults
- 31 On pension (Abbr.)
- 33 In medias —
- 35 Tragic
- 36 Speaks unclearly
- 38 Guy's counterpart
- 40 Away from WSW
- 41 Regretted
- 43 Maestro, e.g.
- 45 Wisconsin, the — State
- 47 Slight amount
- 48 Genetic messenger

1	2	3		4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31	32	33	34	35
36	37	38	39	40	41	42	43	44	45	46	47
48	49	50	51	52	53	54	55	56	57	58	59

- 49 Duke Ellington classic
- 54 Whatever number
- 55 "Excavating for —"
- 56 Trouble
- 57 More (Sp.)
- 58 Subsided
- 59 Ram's mate
- DOWN**
- 1 Petrol
- 2 Khan title
- 3 Cauldron
- 4 Lent a hand
- 5 Outstanding athlete
- 6 Islander's neckwear
- 7 Group of
- 8 Cordwood measures
- 9 Content
- 10 "Once — a time, ..."
- 11 Apportion (out)
- 16 Wapiti
- 20 Anthropologist Margaret
- 21 Behind — (in jail)
- 22 First victim
- 23 Halves of weekends
- 27 "Little Women" woman
- 29 Sea eagle
- 30 Prognosticator
- 32 Pharmaceutical
- 34 Cracker type
- 37 Teeter-totter
- 39 Tilted
- 42 Pulitzer Prize category
- 44 Find 9-Across
- 45 "Dracula" author Stoker
- 46 Actress Paquin
- 50 Can material
- 51 Have bills
- 52 Depressed
- 53 Shelter wire

Answers on Page 18



Who am I?

1, I was born in Mon Repos in Corfu in 1921

2, I was exiled with my parents as an infant and educated in France

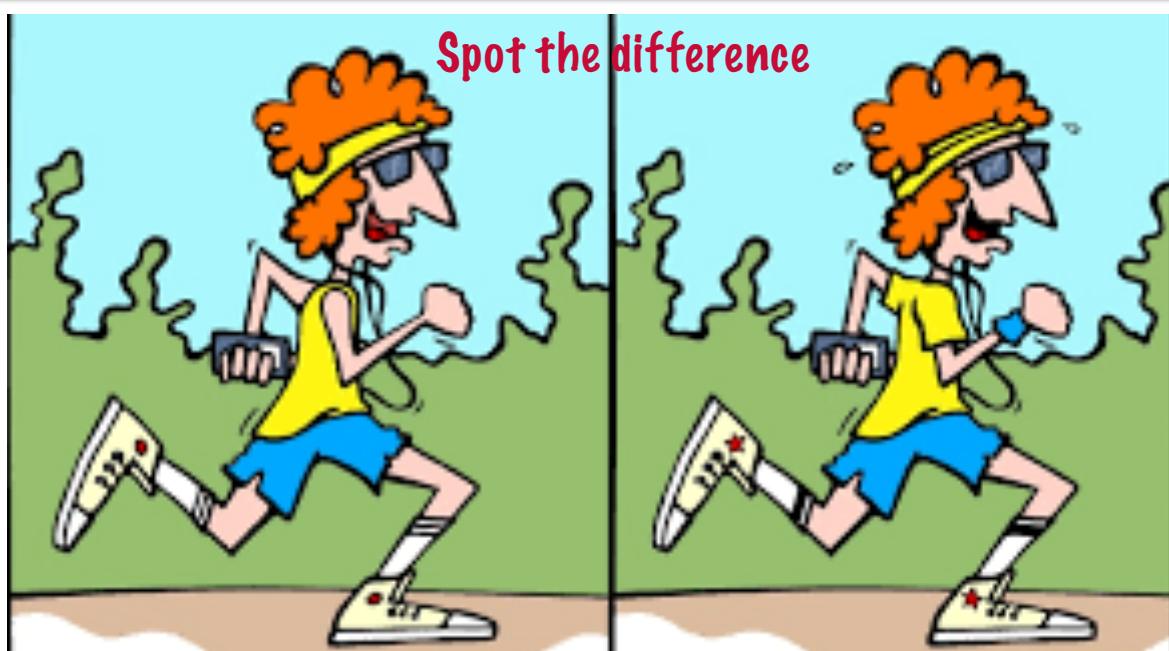
3, I joined the British Royal Navy in 1939 and served on HMS CHEQUERS and HMS MAGPIE

4, I married my 3rd cousin on 20th November 1947

5, I'm well known for my love of carriage driving

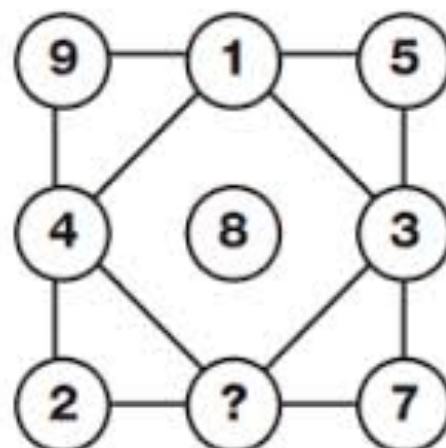
6, I am the Colonel-in-Chief of the Royal Canadian Regiment

7, I am Baron Greenwich or Greenwich in the County of London



		6	2	4		3
	3					9
2						7
5			8			2
		1			6	
	2			3		7
	5					3
	9					8
	1		6	2	5	

Which letter replaces the question mark?





SCLT News

In February, Ash Jones (right) was invited to deliver a keynote speech at the national 'Prepare to Care' conference held in Plymouth. Ash was among distinguished speakers including Dame Esther Rantzen. Ash said; "It was a real privilege to be asked to speak at such a prestigious and important event. Many members of the audience were from the legal and political professions who will be influential in bringing about change to how the senior community is supported in the future."



In March, at an event at Church House in Westminster, our Senior Minorities Outreach Team were national finalists in the Improvement and Efficiency Social Enterprise awards (the iESE awards) and won the silver award for their work.

SCLT trustee, Rachael Jones accepted the award and said; "It's fantastic that the work of the team has been recognised with this award. A big part of the outreach project is to make sure that those groups who may be harder to reach and therefore more at risk of victimisation are fully supported and protected. This award shows that what we are doing is working!"

If you are interested in us speaking at an event which you or your group are organising, please get in touch with us. We have an article on our Public Presentation Team on page 9 and full contact details for the charity on page 18.



Did you know...? fun factoids to impress

British law states that it is still perfectly legal to kill a Scotsman who enters the city of York...provided he is carrying a bow and arrow!

At St. Chad's church in Shrewsbury, you will find the headstone of Ebenezer Scrooge! However, it isn't real, it's actually a prop left behind after the filming of the 1984 film 'A Christmas Carol'

The last prisoners to be held in the Tower of London were Ronnie and Reggie Kray! They were held there for 4 days in 1952

Great Britain is the only country in the world that doesn't print its name on its postage stamps!

When you look at the stone face on the outside of a church, it is only a 'Gargoyle' if it is also a water spout, otherwise it is actually a 'Grotesque'

Wherever you are in Britain, you are never more than 74.5 miles from the sea!

In 2011 only 4 Clives and 13 Trevors were born in the UK

Margaret Thatcher (in her career before politics) was part of the team that invented Mr Whippy ice cream

The town that is officially the centre of Britain is 'Cotton-in-the-Elms' in Derbyshire

James Bond's code number 007 was inspired by Ian Fleming's bus route from Canterbury to London

'Big Ben' is actually the name of the bell. The tower is Elizabeth Tower, the name changed from St Stephen's Tower to celebrate the Queen's jubilee



The Haunting

By Janus Stark

The storm blew with a rage that felt to the traveller as if he had angered the very elements and they were determined to sweep him from the face of the earth. The rain became a thousand needles, each seeking entry under his collar and brim of his sodden hat intent on piercing his skin and drowning his already diminished spirit.

Why had he asked the coachman to drop him at the crossroads three hours ago? Of course, then the evening had been cool and inviting, a perfect opportunity to take a pleasant stroll the short mile back to 'The Golden Goose' where he was lodging, to arrive with an appetite piqued for supper.

Somehow he had lost his way, stepped from the track to observe some flora or curve of a dwarf oak. He cursed his curiosity and pulled his inadequate great coat around him closely, setting his head against the storm, as he stumbled and tripped through the trees that closed in on him.

His annoyance segued into fear. What if he was so lost he would never find his way, he would surely perish if he were forced to spend much more time in this drenching, clamouring downpour.

As this dread entered his thoughts, he caught sight of a flicker in the distance...a light! Yes, yes it was a light. The traveller forged ahead with renewed strength and within a short piece, came upon a clearing. Within the clearing was a house, not just any house but a manor. Even in his state of relief he appreciated the graceful architecture of the manse. Certainly it was of a style that had been out of fashion for many years but it appeared as a beacon of comfort and elegance in contrast to the night he was prisoner to.

He could see light pouring from every window, music drifting towards him, it was then that he realised that the tempest had calmed, although the night had become frigid and he shivered in his watery garb.

As he approached the house he realised that a ball was taking place, he could see figures dancing and whirling in flickering candle light. He heard laughter and the low drone of happy conversation.

He could see no carriages at the front of the manor but was mindful that it would be inappropriate for him in his present state, misanthropic and uninvited to knock upon the

main door. He stumbled to the side of the property and found the servant's entrance. A few moments after ringing the bell the door was answered by an immaculately dressed butler. The traveller was immediately struck by the old fashioned style of the man's uniform but then thought that the ball must be fancy dress and the butler was dressed in keeping with the evening's code.

The butler saw his dishevelled and desperate condition and ushered him in, sitting him down in front of the kitchen range which was emitting a warm and welcome glow. The traveller sank into a semi stupor as the servant helped him out of his soaking clothing and wrapped him in warm towels, set his wet garments in front of the range to dry and gave the visitor hot, sweet tea, bread and cheese. After a few minutes the weary man dozed, coming to a startling wakefulness a time later.

He was greeted by the butler holding his dry, pressed clothes but could tell he had been sleeping for some time as the noise of the upstairs party was gone, replaced by a silence and coolness in the air that encouraged the traveller to quickly dress in his original garb.

As the butler led him to the door and gave him directions to his inn, which was only a short distance thence, the man noticed that the decorations of the house seemed much less opulent than he had first thought. However, he was eager to be at his lodgings and warm bed and turned to the butler to offer his thanks for his kindness and salvation from the night's torments.

Although the butler protested politely, the traveller pressed a gold coin into the palm of the butler before bidding him farewell and setting off to the inn.

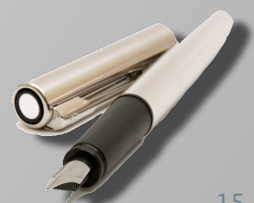
Within the next tolling of the village church's bell, the traveller was in his bed, falling into a fitful sleep.

At the breaking of his fast the following morning the man recounted his tale of rescue to the landlord. As he spoke he saw the colour drain from his host's face. When pressed the inn keeper took the traveller's arm and said;

"Sir, you must have dreamt this. For, you see the manor of which you speak is not there. There was such a place but a terrible event occurred over 50 years ago when, during a new year's ball, a lamp was knocked over and the whole building burned to the ground with all trapped inside!"

The traveller argued with the landlord but to no avail. In frustration he demanded that the landlord accompany him to his sanctuary of the previous night to prove him mistaken.

Within 30 minutes both men stood, looking at the ruins of a mansion, covered in places with ivy and the timbers long-since burned. On the steps leading to what was once the servant's entrance lay, a shining gold coin.



"Call Me God"

A brief history of British Honours

By Peter Dixon



The British Honours System is one of the oldest and well-rounded processes of civic recognition of any nation on the planet. There are numerous layers of honours for worthy individuals who perform significant acts on behalf of others, or in recognition of long and meritorious services in professions, such as the military, the diplomatic service, medicine, the arts and many, many others. In fact, so complex is the honours system, that most, if not all citizens have only a very limited understanding of the medals and orders that they see published twice a year in the Queens Birthday and New Year Honours lists.

In this brief insight into some of the less common awards, we take a peek at some of the most exclusive orders and enjoy the beauty of the awards themselves, and a little of the history behind the symbols of monarchic gratitude.

The Most Noble Order of the Garter



Certainly the most widely known and respected award of all is The Most Noble Order of the Garter, a highly prestigious award, the Order was founded in 1348 by King Edward III and remains the highest order of chivalry available to all within the UK and the Commonwealth. It is awarded at the pleasure of the sovereign and is a personal gift between the monarch and the chosen subject. Recipients receive a symbolic garter belt, worn on ceremonial occasions on the lower leg, and a magnificent badge, known as breast 'star', which is pinned on the left side of the chest, amongst a number of other vestments and accoutrements which make up the formal 'uniform of a Knight or Lady of the Garter.

The Order is strictly limited to 24 living recipients, including many leviathans of history within their number, such as: Winston Churchill, Margaret Thatcher, General Montgomery, Edmund Hilary, David Lloyd George and The Duke of Wellington. The most recent entrant to the order being Lord Mervyn King (formerly Governor of the Bank of England). Who was installed as the 1007th knight of the Order of the Garter at the annual gathering of knights and Ladies, which takes place every June (known as Garter Day). The members meet with the Queen at Windsor Castle, prior to the investiture of new members, which is followed by a ceremonial procession through the streets of the historic town of Windsor.

Order of Merit



Somewhat newer on the scene, established by King Edward VII in 1901, is the Order of Merit, a dynastic order of the United Kingdom, which is also within the personal gift of the reigning sovereign, with eligibility extending to all citizens of the Commonwealth of Nations. Similar to the Order of Merit in a number of ways, including that membership is limited to a mere 24 living members; The Order of Merit has been described as "Quite possibly, the most prestigious honour one can receive on planet Earth", due to its exclusivity and also the fact that the Order carries no title, knighthood or other association with nobility or class, and is represented by a modest medallion, worn at the neck by its members with addition of the simple post nominal letters 'O. M.' added after their names.

Previous recipients have includes such luminaries as: Florence Nightingale, Lord Baden-Powell, Edward Elgar, T.S. Elliot and the ever-present Winston Churchill. As a group, members of the Order meet regularly for luncheon with the Queen, where one can only imagine the discussions that take place between the individuals who have been identified as the greatest citizens of their generation. Current membership include giants of the fields of politics, science and literature, such as; David Attenborough, Tom Stoppard, Betty Boothroyd, David Hockney and Tim Berners-Lee (inventor of the World Wide Web), who at age of 60, has been the youngest member of the elite group since his investiture in 2007.

Most Distinguished Order of Saint Michael and Saint George



Established in 1818 by the King George IV, the Most Distinguished order of St Michael and St George is named in honour of the military saints of divine origin, St Michael (general of the Christian God's armies) and Saint George (slayer of the dragon). The Order has traditionally been used to reward British citizens and other individuals, who have rendered important services in relation to Commonwealth or foreign nations. In practice, this usually means that many senior members of the diplomatic service will be appointed to the Order as they progress through the hierarchy of the careers. Frequently ambassadors and high commissioners will see their meritorious service rewarded with this distinguished honour.

The order consists of three levels, or ranks; – Companion (**CMG**), Knight Commander (**KCMG**) and Knight Grand Cross (**GCMG**), each with a unique and distinctive insignia of office. Due to its association with the colonial era of the British Empire, the Order has acquired a non-politically correct alternate explanation for its post nominal letters – CMG - 'Call me God', KCMG - 'Kings call me God' and GCMG - 'God calls me God'.

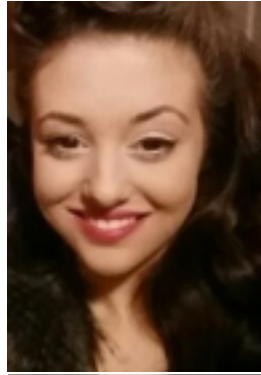
Well known recipients include many historical governors and men and women who have held high diplomatic office, but probably the most famous recipient is the Ian Fleming spy, James Bond CMG, who received his award for his actions in the novel 'From Russia With Love'. In a typical example of fiction following fact, this somewhat unknown and discreet order has actually long been used to reward 'spies' for activity overseas. One of the most recent recipients of the GCMG, was in fact Sir John Sawers in 2015, following his retirement as the head of The Secret Intelligence Service (MI6) – the position occupied by 'M' in the Bond novels.

In a future article we will explore the Order of the British Empire and how to nominate worthy individuals for recognition in the Honours List.

Did you know...The secret of M's real name was revealed in 'Skyfall' when the box containing the china Bulldog given to Bond at the end of the film has a label saying "From the estate of Olivia Mansfield, bequeathed to James Bond" visible on it!



5 minutes
with...



Rebecca Jenkins

We've had our new SCLT logo for around a year now. We are very proud of it and thought you might like to meet the young lady who designed it. We caught up with Rebecca for a 5 minute chat. Rebecca lives in the Forest of Dean, works as a designer for a building company after graduating from Hereford College, where she won the prestigious Graphic Design Award in 2015. Her boyfriend, Owen is currently on deployment with the RAF in the Falkland Islands. We asked her how she felt about the design commission.

"I was thrilled when I was asked to create the design for the SCLT. The team presented me with the basic ideas and it was fantastic to make it come alive. The golden oak leaf is so symbolic of character and strength that comes with age. The charity's signature colour, magenta, frames that icon amazingly well.

I have always felt that the image of ageing in the UK should reflect the many positive aspects of senior life and I think the logo represents that perfectly. I'm very proud to have been involved in the project!"

Rebecca has her own website showing the breadth of her style and work:

www.247-creative.com

Puzzle Answers



Missing Number

6 All rows and columns add up to 15

Who am I?

HRH Prince Phillip, Duke of Edinburgh

Get in touch with us



enquiries@sclt.us



[@scltuk](https://twitter.com/scltuk)



www.sclt.us

Polite Notice

I do not answer the door to unexpected callers. My nominated neighbour is at number



Please call there so that my nominated neighbour can check your identity



NO DOORSTEP TRADERS HERE.



The consumer protection from unfair trading regulations 2008.

The residents of this property do not want uninvited traders or doorstep callers to visit. If you do not leave and/or you return you will commit a criminal offence.

Some cut out signs for your door...

The Consumer Protection from Unfair Trading Regulations 2008

WARNING

We do not deal with uninvited traders

PLEASE LEAVE AND DO NOT RETURN

Failure to do so is a criminal offence

ts trading standards institute



And a little light-hearted thought until next time!





Our Design and Print Services



We offer you:

- Free quotations, competitive prices and a wide range of solutions for all your design and print needs.
- Products ranging from bespoke corporate and brand design, occasion and event services, large scale prints, calendars, business stationery and more.
- E-publications and variable data print services.
- An extensive range of quality materials including various sized and textured paper, card and canvas.
- A full range of quality print finishing services including folding, binding and laminating.
- Quality products completed to meet your deadlines.
- High-end digital and lithographic printing in either colour or black and white.

Contact:

Email: printunit@avonandsomerset.pnn.police.uk

Tel: 01275 816051/52

Web: www.southwestone.co.uk/welcome/our-services/design-and-print/

Offices: Portishead and Taunton