

# Lancashire UNISON

## Retired Members Section

# Newsletter

EDITION NO. 91 - September 2007

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## Diary Dates 2007

### County Hall Talks - 2pm

**Friday 26th October**

*Gill Atherton* from the *Pension Service* on entitlement to benefits and form filling

**Friday November 30th**

*Mrs Irene Cottam* a first hand experience of *Christmas Day* in the Work house.

### Northern Sub-Group

#### New Seasons Talks - 2pm

**Tuesday 9th October**

guest speaker is *Mr David Guest*, of the *BBC* programme *North West News*

**Tuesday 13th November**

*Lizzie Jones* presenting a "dramalogue" entitled "*The Dark Lady*"

### Christmas Lunch

**Tuesday 6th December**

Festive lunch at the *Elms Hotel*

### Next Walks

**Wednesday 19th September**

Visiting the *Great Stone of Fourstones*

**Wednesday 17th October**

see the extensive views from the eighty foot high hill in *Preesall*

### Preston Health Branch

**Wednesday 19th September - at 9am**

Trip to *Lightwater Village Complex*

## Winter

*September* is the month when you usually notice that summer is disappearing. Since this year you might have had trouble noticing summer at all I thought I'd remind you. In particular our *winter programmes* start next month with two particularly good talks.

October 9<sup>th</sup> 2.00pm. at the *Headway Hotel* Morecambe the *Northern Sub-Group* have invited *Dave Guest, BBC North West Chief Reporter*. Dave has been persuaded to join us as he is the son in law of one of our members and, under the circumstances, a good attendance is courteous. I can recommend him as an entertaining speaker and his description of the workings of television news programmes should be worth a trip to the seaside. The *Headway Hotel* is on the promenade, going north round the bend after the old town hall.

Also in October, on the 26<sup>th</sup> the *Pension Service* will be giving a talk at *County Hall*, as usual, at 2.00pm. *Fran Francis* has received some specific queries which will be addressed, but, these days, almost anything to do with pensions needs explaining.

## National Issues

Anyone who remembers me from my days as a *NALGO/UNISON* activist may remember my aversion to *national conferences*. That being despite the occasional machinations of *Alban Bamber!* However, a look at the agenda for this year's *Retired*

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**Members' Annual Conference** demonstrates a concentration on the "nitty gritty" which seems an indication that our **Pension Service** talk on 26<sup>th</sup> October is in line with how many other people are thinking.

At the conference there will be many items about pensions and the affect of the cost of living bearing in mind that pensioners' cost of living index is higher than the general cost of living index. **Concessionary travel** will get a lot of attention including the national scheme which seems to be spluttering to get off the ground and transport to hospitals will get a specific mention. **Human rights** in rest homes and home care services obviously come under scrutiny and the **North Yorks Branch** have an item about toilets! However, I am personally pleased to see that **insurance costs** for the elderly are now getting aired because, in case you had not realised, when the **Age Discrimination Act** was passed it specifically excluded insurance. We will report back to you when our representatives return.

**Dave Sergeant**  
Chairman

**Executive Committee News**



I hope everyone is feeling refreshed after their summer holiday. Considering all the rain we had this year, I had two lovely weeks at **Croyde** – both the weather and the **Holiday Village** itself. It really is a pleasant spot.

Well we've just had the first meeting of the second part of our year. As well as making sure that

the talks are in place for the winter we had a look at the list of the motions and amendments which will be discussed at our **Conference** which takes place in **Plymouth** in October. They cover a variety of topics which affect us all from the cost of living, pensions, holiday insurance, free travel, health, elder abuse, cold weather deaths to the provision of public toilets. We are once again, sending **two delegates** although under the new rules on representation we could send up to **four**.

Your delegates will do a report for the **November** newsletter.

**Maureen Vass**  
Secretary

**Enduring Power of Attorney**

For anyone thinking about creating an **Enduring Power of Attorney (EPA)** this is just a reminder that you need to complete the necessary forms by **30 September 2007**. The law is changing from **1 October 2007**. From then onwards it will not be possible to create a **new Enduring Power of Attorney** although you will still be able to register an existing **EPA**. If you don't create one before the end of September you will have to complete a **"Lasting Power of Attorney (LPA)** of which there will be two – one to deal with your property and affairs and one to deal with your personal welfare. You can obtain the necessary forms for an **EPA** either from **WH Smiths** (or probably other reputable booksellers) or via the internet from [www.lawpack.co.uk](http://www.lawpack.co.uk) (price £9.99 plus postage). The creation

of an **EPA** is a sensible precaution for anyone to take; it does not need to be sent away for registration until it needs to be activated.

**Crime Prevention**

For those of you not in a **Neighbourhood Watch Scheme** here are a few helpful hints suggested by the Police.

- **To report** a crime anonymously, ring **Crimestoppers** on free-phone 0800 555111
- **For a free** fire safety check or free smoke alarms, ring 0800 1691125
- **Always** keep your car locked when not in a locked garage
- **Let neighbours** know when you are going away and leave a contact number for emergencies
- **Make sure** your house is secure when you are in the garden
- **Keep garden** sheds securely locked (a closed shackle padlock is recommended by the Police); shed windows should be covered.
- **Garden tools** should be locked away after use; note serial numbers of large items and consider marking with a postcode.

**Roger Rymer**  
Vice Chairman

**Talks at County Hall**

Those of you who came to the talk to see **Ken Dagger** the 'Chairman of the Society' and expressed an interest in the Society's production's would like

to know, that the *Publicity Officer* has written to inform our members that the next show is "*Princess Ida*", it's about a girls struggle to be better than a man" (WOWEE THAT MUST BE WORTH SEEING) It will be performed at *Lowther Pavillion Lytham* from Tuesday October 9th till Saturday the 13th starting at 7.30pm.

One of our members who used to regularly support our trips and talks, celebrated his *80<sup>th</sup> Birthday* on the 25<sup>th</sup> of August 2007. I would like to wish *Lou Vitali* who now lives in *Weymouth Dorset* a very happy belated birthday.

Also I would like to send everyone's get well wishes to him for a speedy recovery.

Lou's son *Steven* has asked me to thank everyone who sent cards and good wishes to his dad it meant a lot to him.

### Extra Talk

#### Friday October 26th

County Hall has undergone yet another restructure and The *Pension Service* has been included.

Therefore instead of *Gill Atherton* giving the October talk we will be welcoming *Elizabeth Barker* who will be taking her place. The arrangement will take on the same format.

*Elizabeth* will give advice on benefits, how to claim and form filling.

Make a note of your questions and let me have them, I will pass them on to *Elizabeth* and hopefully she will be able to get the answers ready in time for the talk.

#### PLEASE NOTE

*Elizabeth* will only be able to give advice on general questions, NOT individual problems.

As an extra *Liz Carberry* will be

at the talk to give information on the benefits of saving and taking out a loan with the *L.C.C. Credit Union*.

#### Friday November 30th

The welcome return of *Mrs Irene Cottam*. Irene's first hand experiences of *Christmas Day* in the *Workhouse*.

I am in the middle of trying to get speakers for the *2008* season of talks. I am hoping to get speakers that will accommodate all tastes, so please:- let me have your ideas on any speaker that you can recommend and would like to see again in our next years programme.

I hope to see many of our usual members at the talks and hopefully some of our new members would like to join us.

The usual reminders for our *new members*, the talks are on the *Last Friday* of the month starting at *2.00pm* finishing approx 3.15pm. With a complimentary *tea/coffee* and *biscuits* will be served. Again I would like to thank everyone who comes along to support the talks it couldn't continue without your support.

#### Derian House Stamp Appeal

Please keep sending your stamps to *Derian House*, many envelopes get thrown away, it only takes a minute to tear the stamp off the corner of an envelope (please leave 1 inch around the stamp.) Save the stamps in a container till you get a few to send on to the address below this is an on going stamp appeal for a worthwhile cause.

*Derian House Children's Hospice,*

*The Appeals Office,*

*Derian House, Chancery Road,*

*Astley Village, Chorley,*

*Lancs. PR7 1DH.*

**THANK YOU** to everyone who sent bedding for the *German Shepherd Rescue*.

Due to a mammoth response from the many animal lovers out there, the appeal is now closed until

further notice. Ted will get round to collect the items from everyone in due course.

Fran Francis"

Talk Organiser - 01772 742459

## Northern Sub Group

#### Talk 2pm Headway Hotel Tuesday 9th October

Our *2007/8* season commences with a *Talk* by *David Guest* describing some of his experiences as the *Chief Reporter of the BBC Television Programme, North West News*.

*David* will be a familiar face to all of us; and we are indeed fortunate that he is willing and able to come and talk to us.

Please support this opening event at the *Headway Hotel, Morecambe* (2.00pm Tuesday October 9) - bring your friends and enjoy free *coffee/tea* and *biscuits*.

#### Talk 2pm Headway Hotel Tuesday 13th November

"*Talk*" is a misnomer - we will have the pleasure of listening to *Lizzie Jones* presenting a "*dramalogue*" entitled "*The Dark Lady*" *Lizzie* dresses with the appropriate costume and acts the part she is portraying. She came to *Preston* a year or two ago and was a great success.

#### Christmas Lunch

#### 12:30pm Tuesday 6th December Elms Hotel, Bare, Morecambe

We are repeating our very successful *Christmas Lunch* in a private room at the *Elms Hotel*. There is a choice of four *Starters*, four *Main Courses* and four *Sweets* together with *coffee and mints*, all for a very reasonable price of **£13.95**.

Afterwards **Ray Rudge** will play on his keyboard seasonal and other popular music.

A **Form** is enclosed with this **Newsletter** to be returned to **Ron Clement** at the address shown.

Please book early - there is a possibility we may be over-subscribed!!

Ray Rudge”

Treasurer

## Retired Members Walking Group

### Lancashire County Branch of Unison

**Walking Group Correspondent:**  
**Don Windle**, 25 The Howgills,  
Fulwood, Preston, Lancashire PR2  
9LX. Telephone (01772) 713820.



The full **Programme Briefing** is the **February** edition of the Newsletter on the web at: -

<http://www.unisonlancs.org.uk/retired.asp>

**Diary Dates for the 2007 programme are:- 19th September, 17th October, and in 2008 the 9th January.**

There will be a **Programme Meeting** at 25 The Howgills, Fulwood, Preston at **2.00pm** on Wednesday **7th November 2008**.

### Wednesday 19th September

**Walk leader** is **Joan Booth** you can contact her on 01772 732177 walk starts at **11am**.

Meet in the **Butts Lane** car park at **HIGH BENTHAM** this is adjacent to the **B6480** Clapham Road some 280 metres east of the offset cross roads in the town centre.

**Ordnance Survey Outdoor Leisure 41.**

### Grid Reference 670 693.

A walk of approximately 7 miles. There are toilets 280 metres west of **Butts Lane**.

Go over **Cowslip Hill** across the River Wenning up yet another steep bank to visit the **Great Stone of Fourstones** then return via natural pastures and the River Bank to **High Bentham**.

### Wednesday 17th October

**Walk leader** is **Bill Poole** you can contact him on 01253 761519 walk starts at **11am**.

Meet at **KNOTT END on SEA** in the public car park immediately south of the ferry ramp at the west end of the promenade minor road B5270. Next to River Wyre. North of the Golf Club House with a private car park.

**Landranger Sheet 102. Grid Ref 345 484. A walk of approximately 8 miles.** There are toilets at the car park.

An almost level walk through countryside once marshland but now well protected against the **River Wyre** and the sea. Past **Hackensall Hall** the haunt of a spectral horse which gave everyone a quiet night providing a warm fire was left burning in the kitchen all night. Sounds like a cover for smuggling or possibly the horse was searching for its mistress as a **female skeleton** was found bricked up in one of the walls during renovation work. There are extensive views from the eighty feet high hill in **Preesall** the site of an ancient tumulus left by early Lancastrians.

### Flo & Don Windle”

Walk Coordinators

### 15th August - Scorton Walk

Being as the weather forecast for the day wasn't good and the amount of rain which we had for

the previous few days I was surprised to see **21 members** turn up at the car park.

We set off down by the **river Wyre** which was very high and in full spate, and it was as we came to the gateway that led into the field to cross over the bridge of the motorway that we had our first hurdle. It was **very** muddy! I put my walking stick into it to test the depth and it disappeared several inches into the mud. I could see a wooden fence further down, but with barbed wire over it. **Don** waded through the mud (as per usual) along with **Bill** and **Peter**. The rest of us went to the fence and our three gallant walkers helped the rest over the fence. (**Who said chivalry had died!!**)



All safely over we proceeded over the motorway bridge and along to **Guy's Farm**, which now belongs to the **Guide Association** who had large **“Welcome”** signs at either side of the road in colourful letters. Also in the grounds a very intricate willow woven deer stood looking at us. On towards the fishing lakes at **Sunnyside Farm** but not many fishing which was unusual considering the amount of rain we had (I thought that was the best time to fish!)

On up towards **Harris End Fell** and what a lovely sight greeted us with the heather in full bloom and the weather was really clear. We could see right over **Morecambe Bay** and even **Black Combe** in the distance. A perfect spot for lunch.

After lunch we walked along the edge of the fell and onto **Grizedale Bridge**. Just as we approached the entrance to the woodland we were stopped by a

forest worker as they were felling trees. (*our second hurdle*). If I kept my party together (and in control!!) we could go through as they would stop the felling for us.

We had to watch our steps going through the woodland as it was very *slippy* with several streams to cross over but we got through without any mishaps.

We then went on with a short climb over *Nicky Nook* up to the trig point and down to *Wyresdale Park* and back to the car park.

A good walk and we didn't get *wet!!* – *just muddy !!*

Flo Windle"

Walk Leader

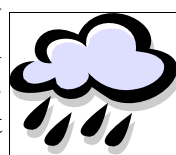
### The Delayed Long Walk

*Roy's long walk* finally got underway on the *31<sup>st</sup> August* after two postponements due to the poor summer weather. The starting point was in *Appleby* in the old *County of Westmorland*, and the route was described as a difficult circular walk over *15 miles*. This it proved to be for the *three participants!*

The route started at the *Railway Station* and then followed a green lane towards *Murton* and then on to *Flakebridge Wood* and then *Brackenthwaite*, where the first finger post denoting the destination of *High Cup Nick* was located. From then it was a steady climb up onto the *Moor* across increasingly difficult terrain of boulders and scree. Whilst the weather was dry the large boulders were slippy and not easy to traverse. The path was not well marked on the ground and frequent references to the joint maps were required as height was gained through the narrow valley. The weather then took a turn for the worse and mist began to form making keeping on the correct path a problem.

Keeping left of a rocky outcrop, following *High Cup Gill's* valley for nearly two miles, the head of the *Beck* was reached. There was then a steep climb, then a scramble past the main scree and finally on *hands and knees* climbing the last 100 yards up yet more boulders alongside a waterfall to at last reach the top of *High Cup Nick* feeling exhausted, but exhilarated at our achievement in such poor conditions.

At the top wet weather gear was donned and quickly the visibility closed in to 100 yards making it difficult to pick up the



*Pennine Way*, which was to be followed for four miles back to *Duften*. A quick lunch was taken at the high point of *1,550 feet* taking shelter in a small rocky outcrop. As we emerged from the mist to continue our descent we were met by six other walkers doing the *Pennine Way*, who we felt were glad of our company in this desolate environment. With the weather changing every few minutes we were glad to reach the village of *Duften* and to be able to shed some of our wet gear for the final four miles back into *Appleby* via *Brampton* along another green lane. The walk took seven and a half hours at a good pace despite the difficult conditions. Not having been able to complete a reconnoitre before hand because of the lack of dry days, I was very glad of the support of *Keith* and *Roger*, and their combined map reading skills. Thanks for a great walk, which for me compared with *Striding Edge* and *Scarfell* in terms of difficulty and achievement.

**Roy Rich"**

Walk Leader

## Membership Secretary's Report



Since our last report we have had *14 new members*. We offer them a warm welcome.

They are:

*Mrs C Ashworth*  
Colne;

*Mrs C Bancroft*  
Colne;

*Mrs S M Barras*  
Worsthorne;

*L Bracewell*  
Rawtenstall;

*M/s I Cooney*  
Nelson;

*B L Cooper*  
*Kirkham;*

*Mrs M Cross*  
Bamber Bridge;

*K L Forshaw*  
Skelmersdale;

*Mrs E Kenny*  
Blackburn;

*Mrs M Livesey*  
Blackburn;

*Mrs A M MacDonald*  
Whittle-le-Woods;

*Mrs M K Robinson*  
Preston;

*Mrs R W Rushton*  
Accrington;

*Mrs S Shaw*  
Preston.

## Deaths of Members

Sadly 1 of our members has died; we offer our condolences to her family and friends.

*Mrs Mary Joanne Clarkson*  
(Environment)  
Leyland.

Our membership is 1869  
(including 31 associate members)

**UNISON RETIRED MEMBERS NORTHERN SUB GROUP CHRISTMAS LUNCH**

**THE ELMS HOTEL BARE MORECAMBE**

**Thursday 6th December 2007 - 12.00 for 12.30**

**MENU**

**STARTERS**

- a. **VEGETABLE & BASIL BROTH** - Freshly prepared and scented with basil
- b. **MELON, ORANGE & KIWI COCKTAIL** - Pearls of honeydew melon, orange segments & kiwi fruit macerated in fruit juice and presented in a chilled glass
- c. **EGG & PRAWNS MARIE-ROSE** - Chilled Icelandic prawns and cooked egg halves on a crisp salad napped with Marie-Rose sauce.
- d. **CHILLED FRUIT JUICE**



**MAIN COURSES**

- 1. **ROAST FYLDE TURKEY** - Traditionally roasted and served with bacon, chipolata, seasoning and cranberry sauce
- 2. **BRAISED PORK NORMANDY** - Tender pork escalope cooked in a cider, apple and cream sauce scented with tarragon
- 3. **HADDOCK FLORENTINE** - Steamed fillet of haddock wrapped with spinach and napped by a creamy cheese sauce
- 4. **MUSHROOM STROGANOFF WITH RICE** - Fresh button mushrooms cooked with paprika and shallots finished with cream and accompanied by rice.

***All served with fresh seasonal vegetables and potatoes***



**SWEETS**

- W. STEAMED CHRISTMAS PUDDING WITH RUM SAUCE**
- X. FRESH FRUIT SALAD**
- Y. PANNA COTTA**
- Z. STRAWBERRY GATEAU**

***Freshly brewed coffee with mint confection***

**Northern Sub Group**

**Christmas Lunch - Thursday 7th December 2006**

**I/We wish to attend the above I enclose *my/our* meal selections & cheque for £.....(at £13.95 per meal)**

**Enter your Name & Address:**

Name .....

Address .....

Tel No. ....

Signature .....

<u>Starter letter</u>	<u>Main Meal number</u>	<u>Sweet letter</u>

Please return bottom part of this sheet with meal requirement's to:-  
**R Clement, 2 Leycester Drive, Lancaster. LA1 5HP.** (Telephone:- 01524 35860)  
Make cheques payable to - **Lancashire UNISON Retired Member Section**