

Volunteers needed



Are you passionate about improving the quality of life for Older People and want to make a meaningful difference in your community?

If the answer is yes, we would love to hear from you.

We have a range of flexible opportunities available.

COME AND HAVE A CHAT WITH US



01942 261753



contact@pensionerslink.org.uk



www.wiganandleighpensionerslink.org.uk

From all staff and volunteers
at **Pensioners Link**



What's on?

Reminiscing Together Workshops

what's going on within Wigan Borough?

Reminiscing Together workshops are here to assist people who have dementia to interact and converse in a natural way by stimulating their long-term memory. Tapping into long-term memory helps participants to enjoy interacting with others, through the sharing of stories.

According to the archives: Wigan & Leigh holds 800 years of history, and workshop leaders will share historical objects and photographs to support memory connections and spark conversations.

Sessions can take place at the Archives in Leigh Town Hall, or at the care home. All sessions delivered on site will also include a relaxed tour. People are invited to engage in the following activities at the workshop: Play retro games. Go on an imaginary journey, e.g. to the places they went to school. Touch, taste, smell, see and hear curious objects from the past. Handle historical photographs and share the memories they provoke. Engage in fun crafts

Sessions are free, but please book in advance. We accommodate group sizes of 8-15 participants. All groups must be accompanied by at least 2 carers.

Each session lasts one hour. Coach parking bay that can be booked ahead of time. All our public areas and learning spaces are accessible by wheelchairs. Inclusive – for any ability.

How to book a session - Contact archives@wigan.gov.uk to book a free session.

Forward, Together Wigan Borough 50th Anniversary Exhibition

Celebrating people, places and communities that have shaped the character of our borough over the past 50 years. Curated with Wigan & Leigh college students.

When? Thursday and Friday, 10am - 4pm, Saturday, 10am - 2pm. Venue: Archives, Wigan & Leigh. This is a free event. No booking necessary, just drop in.

Leigh Town Hall Tour

Join us for this exciting tour of Leigh Town Hall and see behind-the-scenes of the new Archives: Wigan & Leigh. Availability is limited so you must book in advance.

Each tour is held on the last Wednesday of the month, from 11am-12:30pm.

Venue: The Archives, Wigan & Leigh. The tour is a fee event.

Do I need to book? Booking essential: <https://www.eventbrite.co.uk/e/leigh-town-hall-tours-tickets>

Relaxed Mornings

This time is specially dedicated to visitors with special needs. What's special about it? It will be a SEND-friendly environment with low number of visitors, sensory resources to use during your visit and staff will be available to help with anything you need. When? Last Saturday of the month, 10am - 12pm.

Venue: Archives Wigan & Leigh. It's a Free event. Simply drop in.

The Archives Wigan & Leigh is based at Leigh Town Hall, Civic Square, Market St, Leigh, WN7 1DY



As part of our outreach services, residents at Elmridge Court, Lowton, also enjoyed their version of celebrations provided by Pensioners Link.

They had good quality food, entertainment which included a choir, and activities that were provided by their support workers.



A warm thank-you to the people who organised the party at Elmridge Court.

Pensioners Link's Annual Christmas Do

Our annual Christmas Party was an excellent opportunity for all our staff and volunteers to meet and rejoice in each other's company, to meet other volunteers of different roles and make new friends, to reflect with celebration upon all the good work they have all devoted on behalf of Pensioners Link all through the year.

There was entertainment, festive music and an interesting quiz based upon Yorkshire, where Mick lived and grew up. Santa Claus paid us a visit, and was made welcome. He handed out gifts to all our dedicated volunteers.

There was a buffet lunch produced to the highest quality with a plentiful variety of foods.



A raffle was held as a fundraising opportunity for charitable work.

The main prize was a Christmas cake, won by Peter Newton.

The cake was donated by one of our talented volunteers, Fred Brown.

Winter begins here: guide to keeping warm and save money

Eat well – have hot drinks and hearty warm foods.

Thermals, electric blankets and more

Warming foods, like soup and stews, and hot drinks like tea are good at keeping you warm. Aim to have at least one hot meal a day and as many hot drinks as you can. Have a variety of foods in your winter diet, from the hot pies, roast potatoes to fruit and vegetables each day. It's a good idea to keep your cupboards stocked with some basics just in case you can't get out to the shops – whether due to illness or bad weather.



Be warm and comfortable in your home – save on energy costs as well.

Heat your home to a steady and comfortable temperature throughout the day, but only in the rooms you use most, such as the living room and bedroom – around 18°C (64°F) is ideal. Turn off the heating in rooms you don't often use. Close doors. Keep curtains open during the day. This can allow warmth from the sun into your home.

Exclude draughts. At dusk, close all curtains and keep the windows closed to block out draughts and help keep heat in during particularly cold weather. It can also help to keep doors closed around your home to stop draughts. If you have wood or laminate floors, you may want to consider putting rugs down to better insulate your home.

Wrap up well, using jumpers, hats, scarves and blankets can help you stay warm. Wear multiple thin layers (did you know: several thin layers will keep you warmer than wearing one thick layer, as layers trap warm air between them. Take some extra layers for outdoor activity– even if you don't need them immediately. It's a good idea to be prepared because the temperature can drop significantly when the sun goes in, notably so after sunset.

At nighttime and when in bed

Wear warm nightwear, thick socks and slippers to help you stay warm overnight.

Add extra layers of blanket, eiderdown or duvet on top of your bed. You feel well protected by the warm and comforting weight it adds.

You may use a hot water bottle – The hot water bottle is a cost-effective way to stay warm, especially if you put them under blankets or duvets to keep you warm while you're sleeping.

There are also electric blankets for another cost-saving measure to enjoy an inviting warm bed ready for you on a freezing night. Spread the blanket over the bed during the day and activate to warm it.

Important: you must turn off the blanket before you get in bed!

Prepare for winter ailments

Stock up on cold and sore throat remedies, as well as food, in case it's harder to leave the house. Your pharmacist can give advice if you're feeling under the weather. You might also want to get big bottle of water in case the water supply is interrupted.

When you must go outside the house to shop and do most common chores

It's important to be careful when out and about. Ice and snow make the ground very slippery, increasing the risk of falls. Boots with a good grip, or shoes with non-slip soles are effective here. Consider keeping salt and sand mixture handy to grit paths. You could ask your neighbours for help to clear paths or drive-ways in bad weather.

Having talked about us preparing yourselves adequately for the winter, however,

“If winter is here, can spring be far behind?” goes the saying.

While the brisk winds of the winter months bring in colder weather, there’s something magical in the air for seniors. The wait for spring need not drag abiding by this guide. It covers a variety of activities and safety tips, ensuring you can enjoy winter to its fullest.

Engaging in [winter activities](#) can lift your spirits and keep your body in shape. From board games and tai chi to outdoor activities like bird watching and ice skating, there are options for everyone. Staying active and [socially connected](#) during the winter season can greatly improve your mental well-being.

Getting outdoors and enjoying the Scenic Views

Getting outdoors on a fine winter’s day is superb for wellbeing. Understandably there’s an urge to stay inside and keep warm most of the time. Fair do’s if you are feeling under the weather, tired, or if it’s windy, raining or snowing. But if you’re feeling enthusiastic and lively, the outdoors is what you need. Going for a brisk walk on a crisp, sunny winter’s day is important as it gives you a boost of vitamin D.

Winter outings for seniors include walking in parks and nature trails. Both are a great way for older adults to soak in the beauty of cold weather. The fresh air and breathtaking landscapes provide a perfect time to stay close to nature.

Pensioners Link has a belting idea: How’s about enjoying the company of others on a walk? Our Walk-and-Talk group now meets every week, Thursdays at 11:00 am



There are indoor actions you can do that will give you a sense of reward, and boost your wellbeing

Engaging in [low-impact exercises](#) during the winter months is vital for older adults. Chair yoga and [stretching routines](#) are excellent ways to stay flexible and mobile. These exercises also reduce stress and anxiety. They promote enthusiasm towards your hobbies and pastimes.

Creative Pursuits

Winter is a great time to explore [artistic hobbies](#). Painting, crafting, and DIY projects can help you express yourself creatively. You might try making decorations or painting landscapes. Knitting or crocheting can be relaxing and result in cozy scarves and blankets.

Mind-Stimulating Games

Keeping your mind sharp is important, and playing games is a fun way to do it. Board games, puzzles and [brain teasers](#) offer mental stimulation and social interaction. Virtual games allow you to connect with family members who live far away. Friendly game nights in a senior living community can help combat the winter blues and bring people together.

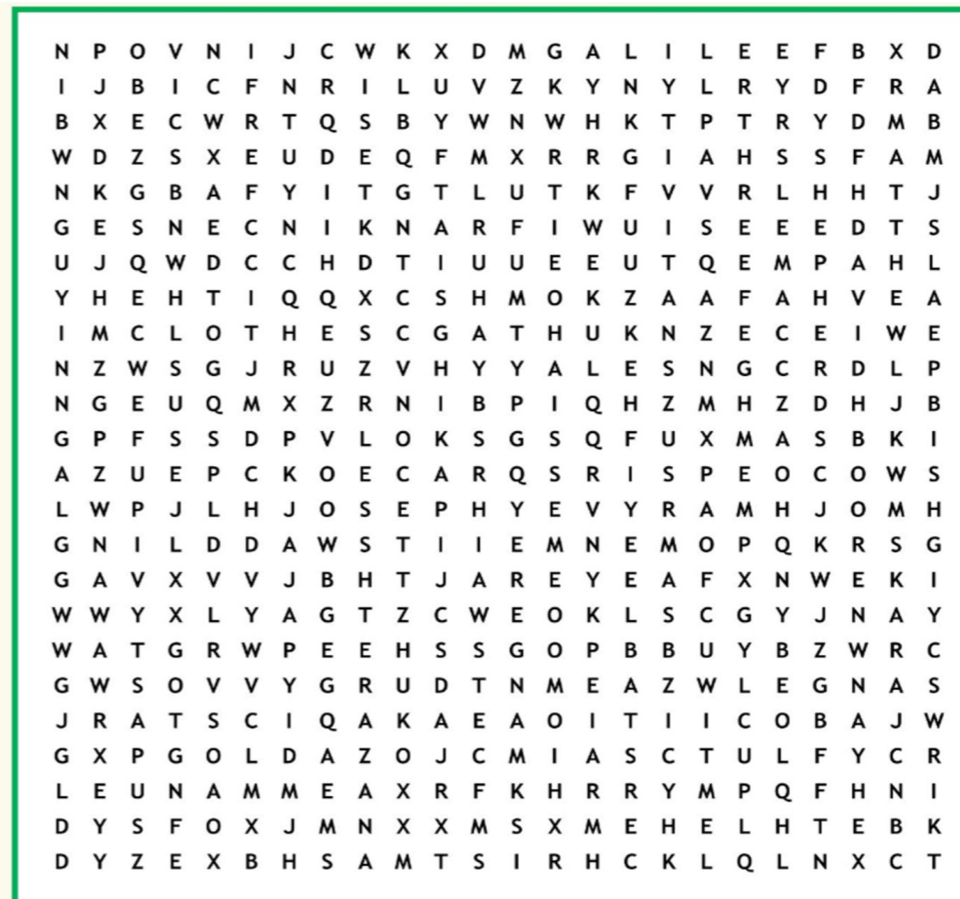
You are welcome to join our exercise groups to get in shape for spring. Come along to the Exercise Class that meets twice on Monday from 11:00—12:00, and 1:00—2:00.

There is Movement and Balance from 1:00—1:45 on a Thursday.

Christmas trivia games

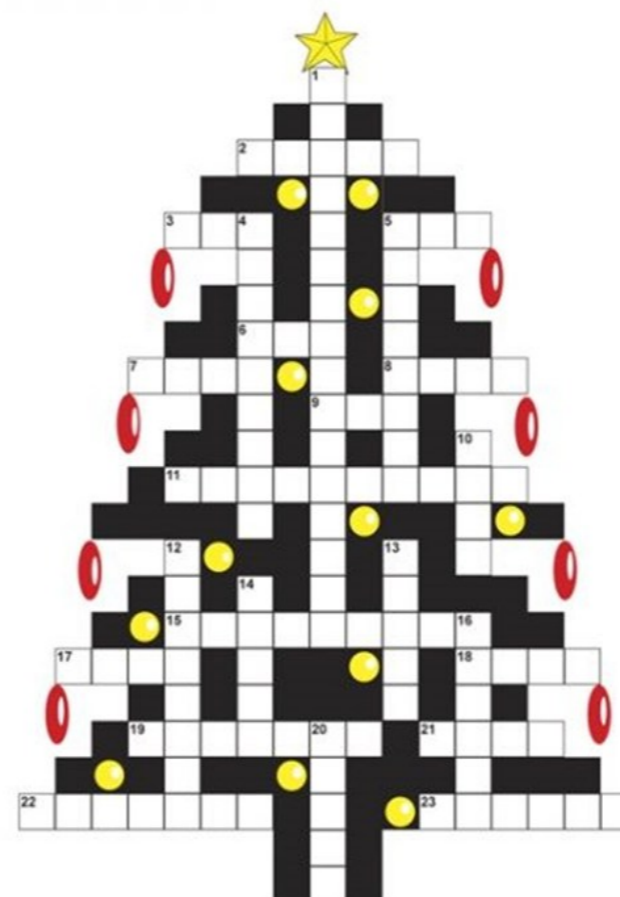
Word-Search

Can you seek out words associated with the Christmas story?



- | | |
|--------------|-----------|
| David | inn |
| Matthew | Luke |
| three | angel |
| frankincense | myrrh |
| cows | nativity |
| stable | Joseph |
| swaddling | Emmanuel |
| men | wise |
| Nazareth | Bethlehem |
| camels | sheep |
| Shepherds | manger |
| Christmas | Jesus |
| clothes | |
| Messiah | |
| Galilee | |
| gold | |
| star | |
| Mary | |

CHRISTMAS TREE CROSSWORD



ACROSS

- 2 the expressed juice of apples (5)
- 3 One of the rear quarters of a pig - a Christmas dinner delicacy (3)
- 5 A pear-shaped fruit eaten at Christmas (3)
- 6 One who does not believe like a gentleman at the party (3)
- 7 Auld Lang.....a song traditionally sung on New Years Eve (4)
- 8 Christmas Presents hoped for by children (4)
- 9 A Hebrew judge and High Priest (3)
- 11 Monday-Friday evenings (10)
- 15 What must be done to the house at Christmas (9)
- 17 That which is eaten on Christmas Day (4)
- 18 A person who is seen to be closest to an admired stereotype (4)
- 19 Stable troughs that cattle eat (7)
- 21 White flakes that fall at Christmas— more in other countries (4)
- 22 The writer of A Christmas Carol— Charles (7)
- 23 A spirit distilled from the fermented juice of grapes (6)

DOWN

- 1 Rudolph the (3,5,8)
- 4 covered tarts, filled with mincemeat (5,4)
- 5 That which is done on Christmas Day (8)
- 10 What the three Wise Men saw in the East (4)
- 12 Less than twenty-one (5,3)
- 13 What is done eagerly to the Christmas Pudding (5)
- 14 That which covers the Christmas cake (5)
- 16 It mostly takes place in the middle of Christmas Day (6)
- 20 A baked dinner (5)

Groups and activities at Pensioners Link, Leigh

I/T Drop-in Group
10:00—12:00



Coffee Club



10:00—12:00

Art and Crafts



10:00—12:00

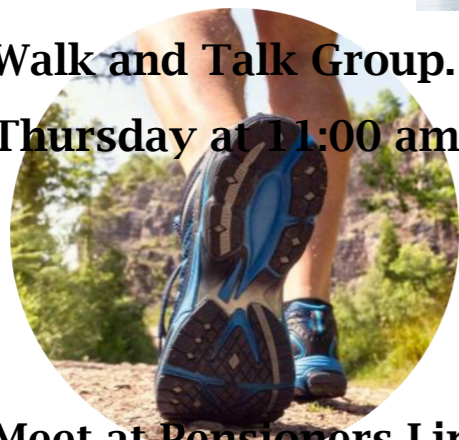
Art Gang



10:00—12:00

Walk and Talk Group.

Thursday at 11:00 am



Meet at Pensioners Link



Exercise
Class

11:00—12:00
1:00—2:00pm

Poetry Group



1:00—3:00

Knit and crochet



1:30—3:30

Movement & Balance



1:00—1:45

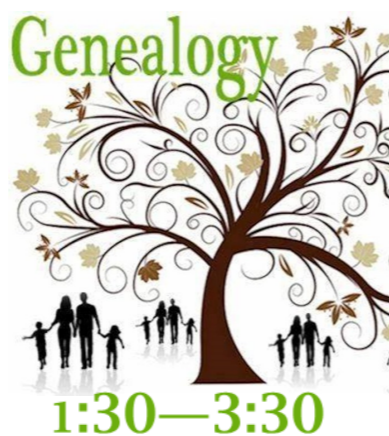
Coffee Mornings

at Elmridge Court,
Lowton

meet fortnightly.

Ring 01942

261753 for details



1:30—3:30



Coffee morning here
Fridays 10:00—12:00.

Suggestions for a hearty winter warming supper

Quality Steak Pie recipe—easy to make

Prepare the ingredients: For the filling, 500g 18oz Lean braising beef or stewing beef, 1 pint (570ml approx.) of beef stock, 1 & 1/2 tbsp beef gravy granules, 2 small bay leaves, sprinkling of black pepper, sprinkling thyme, 1 tbsp Worcester Sauce or Henderson's relish

For the pastry, 400g / 14oz Plain or All-purpose flour, 160g of water, 90g or 3+1/4oz lard or dripping. 1 tbsp of salt. Egg wash

Method: peel and chop one onion. Heat oil in pot, then add chopped onion. You may add some minced garlic (optional). Allow onions to brown before transferring them to a bowl.

The same pot will be used again to fry the steak. Add some more oil to the pot, and then just a few pieces of chopped steak for browning. When these pieces are nicely browned, remove them and put them in a separate bowl. Add new raw steak pieces to cooking pot, browning



them nicely then transfer to the bowl of browned beef. Add more raw steak to the pot. Repeat this until all diced beef is used. Put the rest of the steak back into the pot.

Add 2 tbsp plain flour or gravy granules to thicken the gravy. Add onions to the mix.

Give it all a good mix. Add sprinkling of salt, black pepper and thyme.

Add a tbsp of Worcester sauce or Henderson's relish, along with beef stock prepared from hot water and 1+1/2 cubes, or use a beef stockpot. Do enough to cover the meat.

Stir up the mix on moderate heat to thicken. As it does so, reduce heat, put a lid on.

Allow 1+1/2 hours to cook. Occasionally stir the mixture during cooking.

After 1 hour and 20 mins, the gravy should be thick and the meat tender. At this point, take the stew off the stove.

Time to prepare the pastry—using a large bowl, place 200g plain flour, 100g butter and a pinch of salt. Mix to form a crumble. Occasionally add cold water whilst pressing the mixture together form a dough to the right consistency. Let the pastry rest for up to an hour.

Roll the pastry. Next, carefully press the flat pastry firmly into a square bowl to form the pie basin. Fill in all corners, never to leave any air pockets. Add the beef in gravy.

Brush the outside of pastry with egg wash. Roll out a small area of pastry for the top of pie.

Place this over the surface of pie. Bind this with the pie basin, use your fingers to pinch and bind pastry ensuring there are no air pockets present.

Remove any surplus pastry from the side. Pierce the top of pie three times. Brush over with more egg wash.

Taken from YouTube—Cooking with Aunt Jay

Monday

Tuesday

Wednesday

Thursday

We wish you a merry Christmas song, and its link to a particular pudding we all love. **That is figgy pudding.**

We wish you a Merry Christmas, We wish you a Merry Christmas, We wish you a Merry Christmas and a Happy New Year.

[Good tidings we bring to you and your kin, we wish you a Merry Christmas and a Happy New Year.](#)

Now, bring us some figgy pudding, Now, bring us some figgy pudding, Now, bring us some figgy pudding, and bring it out here! [Good tidings we bring to you and your kin...](#)
For we all like figgy pudding, For we all like figgy pudding, For we all like figgy pudding, so bring it out here! [Good tidings we bring to you and your kin.....](#)

We won't go until we get some, We won't go until we get some, We won't go until we get some, so bring some out here! [Good tidings we bring to you and your kin.....](#)

We wish you a Merry Christmas, We wish you a Merry Christmas, We wish you a Merry Christmas and a Happy New Year.

So, Let's make some figgy pudding and bring it out there!

Figgy Pudding recipe

allrecipes.com



1 + 3/4 cups of buttermilk
12 oz of dried Calimyrna figs, coarsely chopped
1 + 1/2 white wholewheat flour
1 cup White Sugar
2 + 1/2 teaspoons of baking powder
1 teaspoon of ground nutmeg
1 teaspoon of ground cinnamon , 1 tsp of salt
3 large Eggs, (optional) 2 tablespoons Dark Rum
1 + 1/2 cups of dried breadcrumbs
half a cup of butter, melted,
1 package (2.45 oz) of sliced almonds
3 tablespoons of orange marmalade
1 tablespoon of grated orange zest

For toffee sauce, half a cup Butter, melted, 1 cup Dark Brown Sugar, 2/3 cup Dark Rum *(for flambe)*

Directions: gather together ingredients, Gently heat buttermilk and figs in a saucepan over medium to low heat until softened, 10 to 15 minutes; set aside until cool.

Preheat oven to 350. Grease both a tube pan and a sheet of aluminium foil.

Sift the flour, sugar, baking powder, nutmeg, cinnamon, and salt together into a bowl.

Beat eggs in a separate, large bowl with an electric mixer on high speed for 1 minute.

Add the cooled fig and buttermilk mixture, bread crumbs, melted butter, almonds, marmalade, orange zest, and orange-vanilla flavouring; beat on low speed until blended.

Gradually mix in the sifted flour mixture until just incorporated.

Spoon batter into the prepared pan and cover with the greased foil.

Bake in the preheated oven until firm and pulling away from sides of the pan, about 1 hour 15 minutes to 2 hours.

Remove from the oven and let cool in the pan for 10 minutes. Turn out onto a wire rack.

Remember the dynamic comedy duo of Hale and Pace from bygone times? You may recall their commercial on cold and flu remedies: “those horrible, nasty niffs!” The pair would be proud of this natural and cost-saving selection of goodies!

The symptoms of the cold and flu are numerous: fever, chills, sore throat, runny nose, body aches. However, there are various natural remedies to combat these symptoms in your home. Here are some examples that work brilliantly.

Consuming enough fluids and drinking water is essential. Water with lemon is a fine choice to ease pesky stuffiness and congestion. Boost the flavour with your favourite Spirulina powder or Chlorella for welcome enjoyment. The drink provides you with plentiful vitamin C. Enjoy!



Bone broth

Along with plenty of water, drinking bone broth is one of the easiest, nourishing, and natural cold and flu remedies you should also try. Research shows that bone broth is rich in amino acids, fats, minerals, vitamins, and collagen, among other nutrients that support healing. Sip bone broth on its own or add to soups for a warm and hearty meal. Collagen comes in multiple forms. Read about Marine Collagen Peptides and vegan collagen options here.

Drinking warm herbal tea, like slippery elm, and echinacea helps to soothe a sore throat. For the perfect homemade, immune-boosting tea, add one part fire cider to three parts hot water. Enjoy!

Add a tablespoon of raw honey for even more antimicrobial and antibacterial benefits, or a drop of oregano oil can reduce infections, clear sinuses, and boost the immune system.

Elderberry syrup is a holistic tonic shown to have potent healing properties. Elderberry syrup is rich in flavonoids, copper, zinc, potassium, and iron. It provides vitamins A, C, and E, easy to add to your diet thanks in part to its delicious flavour.

Eucalyptus oil helps to open airways when put through a diffuser, for example, and calming oils like lavender may help you find some comfort⁷.

Rest is key to healing the body from the cold and flu. Aim for at least seven to eight hours of uninterrupted sleep a night. Refrain from Netflix and get some much-needed pillow time.



Herbal tea