

Autumn 2024 edition

With gratitude and appreciation to our supporter The Worshipful Company of Innholders for making this newsletter possible.



Hospitality Action

Golden Friends Newsletter

Dear Golden Friends,

Welcome Autumn!

It has certainly been another busy few months here at HA HQ, as well as across the UK and further afield. A summer peppered with political change, highs and lows of ever-changeable weather patterns topped off with lots of sporting achievements along the way.

After such a busy period, I'm sure we are all now ready to welcome in the autumnal palette of deep burgundy, burnt orange, mustard yellow and olive greens and looking forward to evenings curled up on the sofa.

In our regular fundraising updates we share how we continue to be inspired by the people who do amazing things to raise money for the work we do.

Beginning on P6 we highlight the story of Alex Lewis who, through his unwavering determination, has been working hard to overcome a life changing event and how through his tremendous efforts found time to raise money for Hospitality Action. A true inspiration to us all.

So, why not draw the curtains, grab a comforting hot drink and sit back to enjoy this edition of the Golden Friends newsletter, which is teeming with news from around the charity, health updates as well as favoured recipes and our seasonally themed word search.

Until we meet again in December, stay safe and keep well.

Cathie

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

Scheme Co-ordinator: Cathie Brennan

For advice, support or to request a Grant Application form,
Tel: 0808 801 0466

Address: 62 Britton Street, London EC1M 5UY

Email: GF@hospitalityaction.org.uk

Follow us on [twitter.com @HospAction](https://twitter.com/HospAction)

Like us on [Facebook](https://www.facebook.com/HospitalityAction)
www.facebook.com/HospitalityAction

[Instagram @hospitalityaction](https://www.instagram.com/hospitalityaction)

[linkedin.com/company/hospitality-action](https://www.linkedin.com/company/hospitality-action)

News from HA

A message from CEO, Mark Lewis

I hope you all enjoyed the summer. There was at least a little sun, though if you blinked at the wrong moment, you might just have missed it.

And now we're back into Keats's season of mists and mellow fruitfulness, hence the cockles-warming recipes and Halloween competition in these pages.

Do take a read of our advice on immunisation for pneumonia and Covid in this edition. As someone who had the former in the spring and the latter in the summer, I'm here to tell you that both are best avoided!

On P4, it's our pleasure to introduce you to Suad, the newest member of the Hospitality Action family. Suad is our Welfare Benefit Advisor, and her arrival marks the start of an exciting new era for the charity, as we add benefits and income-maximisation advice to our grant-giving services.

Did you know that a mindboggling £23 billion of welfare entitlements go unclaimed each year, across the UK? If you've ever tried to access Government services or support on the phone, online, or in person, perhaps that might not surprise you.

Suad's role is to work with our beneficiaries and Golden Friends to ensure they aren't missing a penny of what's rightfully theirs. Lord knows, you've paid enough taxes through your careers in hospitality ... !

In future newsletters, Suad will be passing on good advice on how to make sure you're claiming your full State entitlements. And that could mean more precious pounds in your pocket, this winter.

Happy Autumn!



Also in this issue

P4 Introducing our Welfare Benefits advisor

P6 The inspirational Alex Lewis

P10 Enjoy our comforting autumn recipes

P12 Autumn vaccines

P16 Gardening - keeping the colour and texture alive

P19 Competition Time!

P20 Take a trip down memory lane

P24 Apply for HA's 2024/5 Winter Fuel Grant

Golden Friends News

Membership update

We are grateful to you all for the many warm comments received in appreciation for how this scheme benefits Golden Friends, and are delighted to be welcoming a growing number of new members to our GF community - welcome to you one and all! We look forward to getting to know a little about you all in the months and years ahead and offering support when needed.

Volunteer support

Across the summer months we have been delighted to welcome a group of volunteers who have given their time to help personalise and make ready for posting the many birthday and other cards sent from the charity to GFs throughout the year – a staggering 1357 so far.



During their time with us across the summer, it was a pleasure to be able to share with each of them not only the history and background to the scheme, but the impact that this type of support means to members. Each has left us with a greater understanding of the history and impact of the Golden Friends scheme as part of our wider scope of work.

Healthwatch

September is fast becoming the new January when it comes to setting goals for our health. With summer coming to a close it is certainly time to begin thinking about and taking action to ensure we maintain good health during the autumn.

Alongside our on-going seasonal advice on both mental and physical health matters, in this issue we take a look at immunisations being offered throughout the autumn to help older people maintain good health in the coming months. More on this beginning on P12.



Grants and Grant Giving

Latest news and information

With demand for our assistance continuing to be greater than at any time in the charity's history, we are constantly exploring ways of improving our support.

Our Grants & Advisory Team endeavour to stay up-to-date with changes to available sources of statutory and voluntary assistance and, with this in mind, we have taken steps to expand our advisory support, to complement the financial grants we offer to low-income households.

A key development in this area has been the recent addition of an in-house Welfare Benefits Advisor, Suad Hersi, who specialises in ensuring that households have all appropriate benefits in place.

We are delighted to welcome Suad to our team and she will be offering regular updates in future editions of the newsletter, offering guidance on entitlement to benefits, and other ways to improve your household finances.



Did you know that in the last year, the UK government reported unclaimed benefits to the value of £23 billion? Many people are not aware of their full entitlement and miss out on essential income as a result.

Income-related benefits

If you're still under State Pension age, and are struggling with the cost of living, we can help as you might be able to claim certain benefits, even if you're employed, have savings, or own a home.

Universal Credit is the main benefit for most people of working age. There's no set amount of income where you stop being eligible for Universal Credit as it depends on your situation, including housing costs, disabilities, and family size.

Pension Credit

If you've reached State Pension age, you might be able to apply for Pension Credit. Pension Credit is a weekly benefit to boost your income, based on how much money you have coming in.

If you think you won't get much Pension Credit, it could still be worth applying, as if you get Pension Credit, you can usually get other benefits like Housing Benefit Payments or Council Tax Reduction. You can claim Pension Credit whilst working, as long as your income isn't too high.



Disability Benefits

Attendance Allowance

Attendance Allowance helps with extra costs if you also have a disability or illness that makes it hard for you to look after yourself. You need to have reached State Pension age to claim Attendance Allowance.



Many people are entitled to Attendance Allowance but don't know enough about it to claim. You could get **£72.65 or £108.55 a week** - the amount you get will depend on how much help you need.

It could help you stay independent in your own home for longer. Attendance Allowance isn't means tested so your income and savings do not affect your eligibility for this benefit. It won't affect your State Pension and you can claim it if you're still working. You could also get extra Pension Credit, Housing Benefit or Council Tax Reduction if you get Attendance Allowance.

Care needs assessment

If you're finding it hard to manage daily living tasks such as washing/bathing, preparing meals and staying safe at home, you may qualify for some support from your local authority.

A care needs assessment is the first step. The assessment determines the kind of social care that would meet your care needs, whether this means adapting your home or getting you a carer to help you around your home. This is a means tested service, so services might be provided for free if your income and savings are low. If your savings/income are above the threshold, you may have to meet some or all the cost yourself. If you are unable to arrange the care yourself, it is the council's duty to organise this on their behalf.

Please allow Suad time to contact you. If you feel your case is urgent, please explain this at point of contact.

You can contact Suad on **0208 187 9056** or **shersi@hospitalityaction.org.uk**

If you need advice on any of these matters, you can contact Suad by phone or email and she will discuss your potential entitlement with you and, if appropriate, offer advice and support on how to make a claim.



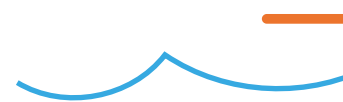
#wevegotyou

Fundraising and our Supporters

Every day we are inspired by the people we meet. From supporters across the UK going the extra mile to raise vital funds, to our beneficiaries who are often coming to terms with life-changing issues. Here we shine the spotlight on Alex Lewis and his remarkable story.

In November 2013, Pub landlord Alex Lewis's life took a dramatic turn when he developed septicaemia. To combat the condition, all four of Alex's limbs were amputated. Despite the difficulties he has faced, Alex's unwavering determination over the past decade has been a source of inspiration for many. In response to his experience, Alex established The Alex Lewis Trust, not only to help cover his future care costs but to give back to the establishments that supported him along the way.

This summer, Alex embarked upon the epic Pig 2 Pig challenge in aid of three charities, including Hospitality Action. Starting from The Pig - at Harlyn Bay, Alex hand-cycled to Falmouth Harbour, where he rowed 350 miles to Dover and then hand-cycled to The Pig - at Bridge Place, before hand-cycling the 649 miles back to The Pig - at Harlyn Bay!



We caught up with Alex back on dry land to learn more:

Why did you decide to fundraise for Hospitality Action?

My wife Lucy and I own The Greyhound on the Test in Stockbridge, but when I fell ill in 2013 we owned another pub just outside of Hampshire. I was a terrible landlord; I was a heavy drinker and not a great partner or father. Lucy had worked with Robin Hutson at Hotel du Vin and he was her mentor. When I became ill we had to let go of our second pub, but Robin did everything in his power to ensure we could keep The Greyhound open. Knowing that Lucy had that support was amazing. Fundraising for Hospitality Action, knowing what an advocate Robin is, is my way of thanking him.

How was the idea of the Pig 2 Pig challenge born?

Many years ago, myself and David Collinson set up the Wild Wheelchairs Project. We wanted to do something wheelchair-based on a mountain, across the desert, across an ocean/ sea, across snow and ice, and something in the air. Our first trip in 2019 was to Ethiopia where I hand-cycled through the Semien mountains to raise money to enhance wheelchair facilities in North Ethiopia. In 2022 I planned to hand-cycle across the Namibian desert but the bike didn't arrive in time, so I undertook the challenge on my mobility scooter, which was bumpy but incredible.



Next, it was time to do something on water. I emailed Charlie Pitcher at Rannoch Adventure who designs the world's fastest and most reliable boats and so began the Pig 2 Pig Challenge. We worked to adapt a donor sailing boat into a rowing boat and the project was all-consuming. I had originally planned to do the challenge in 2023, yet the boat wasn't ready. But thanks to Rannoch Adventures and Bath University, we got there.

How did the delays to the boat being ready make you feel?

I was in LA where my documentary 'Mountain' was being premiered. I was due to fly back and start the Pig 2 Pig a few weeks later. But the boat wasn't ready and we hadn't done any real testing. From a health and safety standpoint, it was too risky...even though I was still up for it! The delay gave us another year to meet the rowers and do some essential testing. In fact, come June 3rd when I started the Pig 2 Pig I still hadn't done any off-shore rowing! But the delay did give me a chance to get on the boat and see how it handled on the water.



THE PIG



at Bridge Place



Winchelsea





**What was going through your mind during the Pig 2 Pig?
Can you share any memorable moments?**

Undoubtedly the best bit was the row, I was terrified when I got in the boat on day one, but I was overcome with emotion. Also, the rough weather was the best thing ever! I was petrified but the fear made me focus so much and kept me so amazingly uncomfortable, it pushed me to a limit I'd never been to before. I was in incredible pain but every day I wanted to get back on the boat and be in the moment.

We also stopped at Winchester where they saved my life and at Salisbury where they kept me alive, stopping at both was very special to me.

Finally, we've never seen a quadruple amputee undertake offshore rowing, so none of us knew how it would work. There are many adjustments to make moving forward but we've made an incredible start and shown to all amputees that rowing is on, we can do it!

Needless to say, Alex's tremendous efforts have paid off as his epic challenge has currently raised close to £30,000 including a whopping donation of £11,485 from THE PIG who added £1 to the bill a month.

Huge thanks to Alex for his incredible and inspiring fundraising!



THE PIG



at Harlyn Bay

Comforting autumn recipes

Nourishing slow-cooker beef stew



Cooking time

4 hours on high setting
6-8 hours on low setting

Serves

2-3

Kcal	Fat	Saturates	Carbohydrates	Protein
348	6g/9%	21g	54g / 18%	24g/48%

Ingredients:

- 450g stewing beef
- 15g plain flour
- 175 ml beef stock
- 1.5 medium sized carrots, sliced
- 1.5 medium sized potatoes, diced
- 1.5 medium sized onion, chopped
- ½ celery stalk, chopped
- ½ tsp Worcestershire sauce
- ½ tsp ground Paprika
- ½ tsp ground Black Pepper
- 1 garlic clove, crushed
- ½ tsp salt
- 1 tsp Olive Oil

How to prepare:

1. Wash and dice the vegetables
2. Mix the flour, salt and pepper in a small bowl
3. Pour the flour mixture over the beef, and stir until the meat is completely coated OR choose to fry the beef in oil in small batches until the meat is browned
4. Tip the coated/fried beef into the slow cooker
5. Add the beef stock, diced vegetables, Worcestershire sauce, paprika, garlic and bay leaves and stir together to combine the contents of the slow cooker
6. Cover, and cook the stew mixture until the beef is tender enough to cut with a spoon – usually between 4-6 hours
7. Serve and enjoy!

Toffee apple bread and butter pudding

And, for a relaxing summer afternoon tea, why not try this recipe for a delicious spiced carrot cake, rich in beta-carotene - which converts in the body to vitamin A, creating an antioxidant effect to help boost immunity.

You will need:

- 3 red dessert apples
- 4 tbsp golden caster sugar
- 397g can of caramel
- 6 brioche finger rolls, sliced into rounds
- 3 medium sized eggs
- 400ml full-fat milk
- 200ml double cream
- 1 tsp of vanilla extract
- ice cream, to serve – optional



Prep time 20 mins
Cooking time 1 hr 10 minutes
Cooking time 6

Kcal	Fat	Saturates	Carbohydrates	Protein	Sugars	Fibre	Salt
831	37g	21g	105g	1.8g	70g	2g	1.3g

How to prepare:

1. Core the apples, before slicing into rings - about as thick as a 50p piece – before tossing through the lemon juice and 2 tbsp sugar. Spread about two thirds of the caramel over the base of a large baking dish (approx. 20cm x 30cm).
2. Layer the brioche and apple rings in the dish in overlapping lines. Using the leftover caramel, dot spoonfuls on the top of the broche and apple rings, but remember to leave bits of apple poking visible and uncovered. Using a jug, whisk the eggs, milk, cream, vanilla extract and 1 tbsp sugar. Pour the mixture over the brioche and apples, making sure the brioche and apples are well covered. Then, wrap in cling film before setting aside in the fridge for at least 30 mins, or overnight.
3. Heat the oven to 170C/150C fan/gas 3. Remove the pudding from the fridge and uncover. Sprinkle the top with the remaining 1 tbsp sugar. Place in the over to bake - for between 45-50 mins - until the top is golden and the custard has set. The caramel should be bubbling around the edges and the pudding should have risen slightly during the baking process.
4. Serve on its own or with a scoop of delicious vanilla ice cream.



Health and wellbeing

Seasonal wellness - vaccines

As we approach autumn, thoughts turn to ways to maintain physical and mental health over the autumn/winter period.

Vaccinations offer the best protection for those at risk, based on age or clinical condition, of serious illness.

Based on advice from the Joint Committee on Vaccination and Immunisation (JCVI), health authorities across all four nations of the UK (England, Scotland, Wales and Northern Ireland) have begun to promote the benefits of immunisation programmes to minimise the impact of seasonal respiratory and other diseases.

The Flu vaccine

Flu can be serious, and life-threatening in extreme cases, and which is why this vaccine is offered free to all vulnerable groups every year.

When does the flu vaccine become available?

Regional health authorities will begin offering the flu vaccine to the most vulnerable groups in September. From 3rd October, all other eligible adults will be invited to book their appointments to receive the flu vaccine.

If you think you need to be invited to receive the flu vaccine but have not received an invitation, contact your GP.



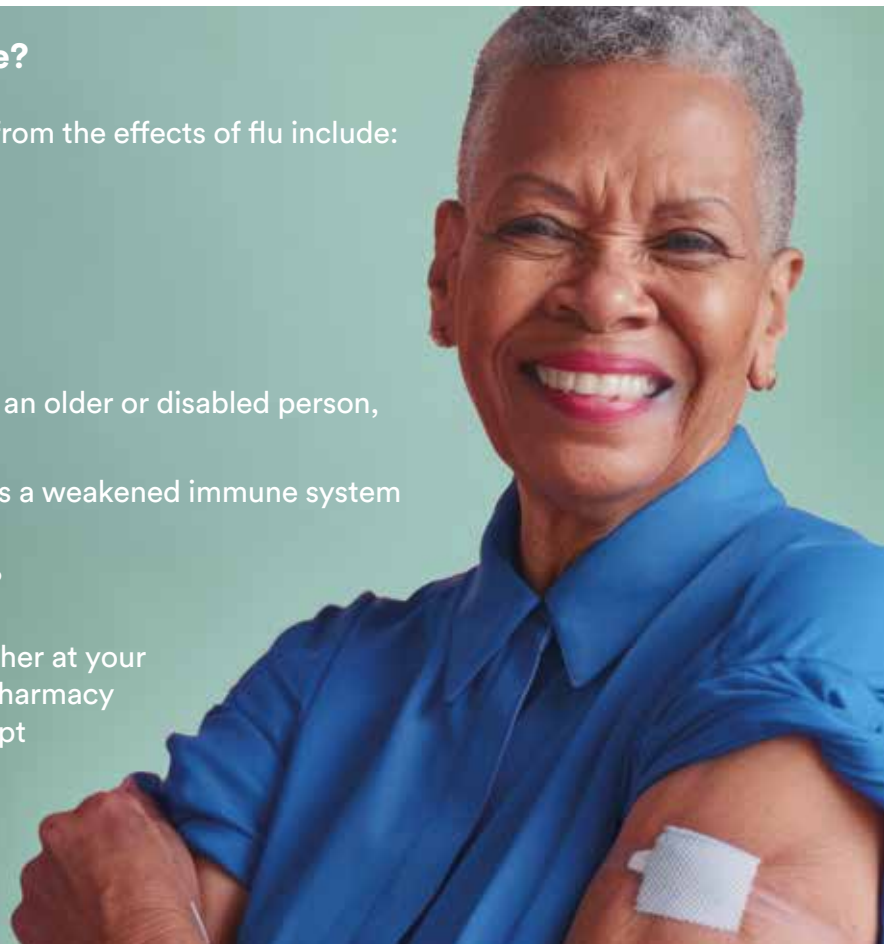
Who should have the flu vaccine?

Those at risk of becoming seriously ill from the effects of flu include:

- those aged 65 or over
- those living with certain long-term health conditions
- those living in care homes
- those identified as the main carer for an older or disabled person, or who receive a carer's allowance
- those who live with someone who has a weakened immune system

Where will I receive my flu vaccine?

You can choose to have your flu jab either at your GP surgery or at a local participating pharmacy offering NHS flu vaccinations. If you opt to have your jab at a local pharmacy, the pharmacy will update your GP to ensure your records are updated.

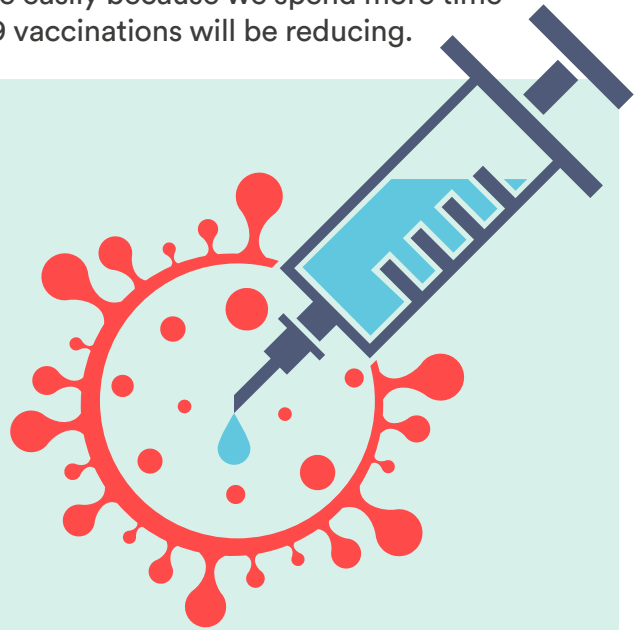


The COVID-19 (autumn booster) vaccine

As we move into autumn, COVID-19, like flu, spreads more easily because we spend more time indoors with others, and protection from earlier COVID-19 vaccinations will be reducing.

Who can get a COVID-19 vaccine?

- those aged 65 or over
- those living with certain long-term health conditions
- those living in care homes
- those identified as the main carer for an older or disabled person, or who receive a carer's allowance
- those who live with someone who has a weakened immune system



How soon can I get the COVID-19 autumn vaccine?

Beginning in early autumn, GPs will begin inviting eligible people to take up the free vaccine.

The COVID-19 vaccine will usually be offered no earlier than 6 months after the last vaccine dose was given. If you are eligible, you can still get protection from an autumn COVID-19 vaccination even if you have not taken up an offer to have the vaccine in the past.

Where can I get the COVID-19 vaccine?

Those eligible for the free vaccine will be contacted by their GP surgery inviting them to make an appointment.



The Pneumococcal vaccine

The pneumococcal vaccine helps protect against serious illnesses in those at higher risk, including adults 65 and over.

What is the pneumococcal vaccine?

The pneumococcal vaccine helps protect against some types of bacterial infections that can cause serious illnesses such as meningitis, sepsis and pneumonia and can also help protect against other illnesses such as sinusitis and ear infections.

Who CANNOT have the pneumococcal vaccine?

Those who experienced a serious allergic reaction (anaphylaxis) to a previous dose of the vaccine may be allergic to the vaccine ingredients are advised not to have the pneumococcal vaccine.

How do I know if I am eligible for the pneumococcal vaccine?

Your GP surgery will usually contact you if you are eligible for the pneumococcal vaccine, inviting you to make an appointment to have the vaccine.

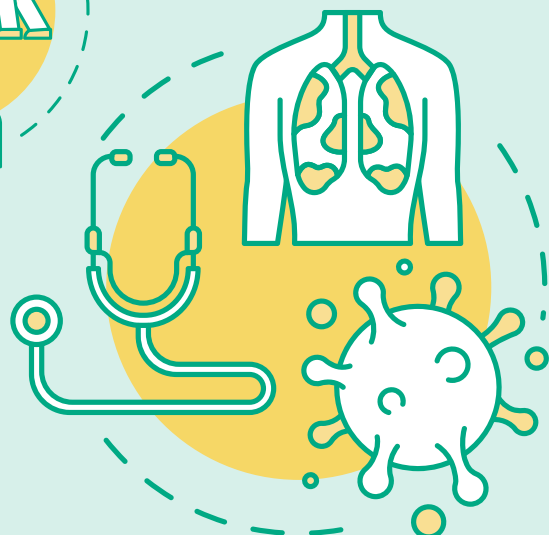
Can I have the pneumococcal vaccine at the same time as other vaccines?

You can get the pneumococcal vaccine at the same time as other vaccines, such as the flu vaccine.

Are there any side effects of the pneumococcal vaccine?

Your GP will advise you of the possible common side effects of the vaccine, which include:

- swelling or pain where the injection was given
- a high temperature
- feeling tired
- loss of appetite



The Shingles vaccine

What is shingles?

Shingles is caused by the same virus that causes chickenpox and is a viral infection which causes a tingling feeling on the skin as well as a general feeling of being unwell. These symptoms are followed by a rash which usually forms on one side of the body.

The shingles vaccine helps protect against shingles and is recommended for adults in the high risk categories.

Reasons for having the shingles jab

Having the shingles vaccine helps the body create a strong defence against shingles occurring.

Who is eligible for a free NHS shingles vaccine?

- those 65 years and over - up to the age of 80.
- those aged 50 years and over diagnosed with a severely weakened immune system.

When should I have the shingles jab?

The shingles vaccine is available year-round.

The vaccine is usually delivered in 2 doses, 6-12 months apart. Those with a severely weakened immune system will likely be offered the 2 doses closer together – 8 weeks and 6 months apart.

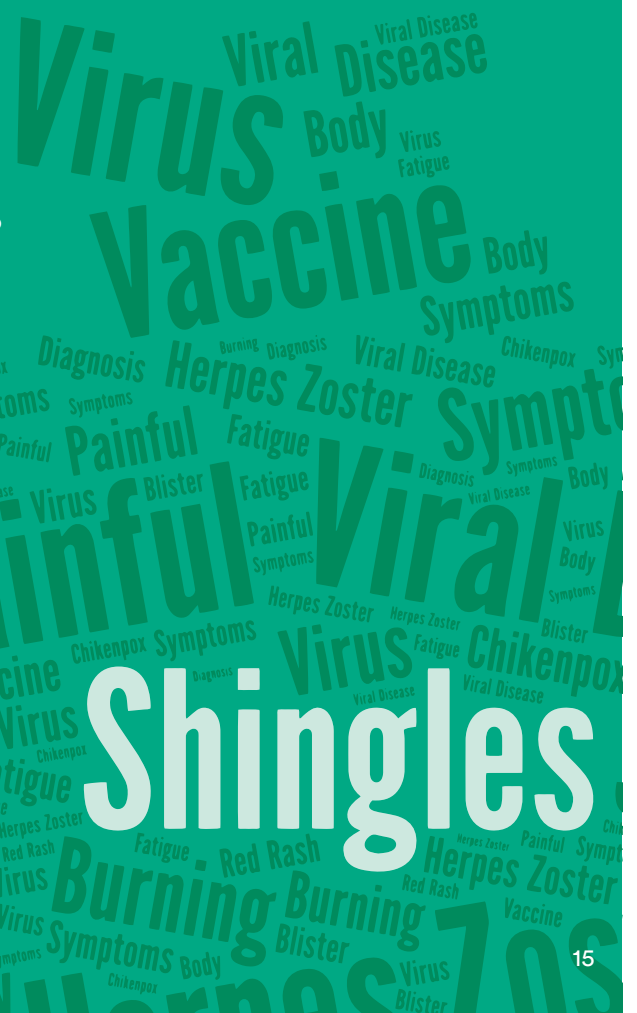
Where can I get my shingles jab?

Your GP will usually contact eligible patients to invite them to arrange an appointment to have the vaccine. If you think you are eligible but haven't heard from your GP practice, get in touch with your GP.

What are the side effect of the shingles vaccine?

Side effects are likely to be temporary lasting for between 2 to 3 days, and can include some or all of the following:

- swelling, itchiness, bruising or pain where the injection was given
- headache
- aching body
- tiredness
- high temperature
- shivering/chills



Autumn Gardening

Keeping the colour alive with autumn bedding schemes

As the days shorten and the nights draw in, there are still plenty of vibrant textured plants that will provide a blaze of colour in the garden, and with the arrival of autumn a whole new palette of plants comes to the fore.

Colourful, tough and guaranteed to provide seasonal cheer, there really is no reason to 'put the garden to bed' just yet. Here we list a selection of plants suitable for autumn bedding schemes, whether in the ground or in pots and containers.



Brilliant blooms

Coming originally from the eastern Mediterranean, the much-loved Cyclamen characterised by downward-pointing heart-shaped leaves with silvery markings and upward-facing petals, produces delightful flowers up until the first hard frosts, and will continue blooming into the winter in sheltered gardens or in protected positions, such as a porch.

Decorative plants

Using herbs as a bedding plant is not something we might ordinarily think of doing, but purple sage *Salvia officinalis* 'Purpurescens' makes an ideal ornamental plant for the garden, with its semi-evergreen metallic leaves. This dwarf shrub looks good all year round, and smells great too.





Adding year-round colour

Heavenly bamboo *Nandina domestica* 'Fire Power' gives vibrant year-round colour - with leaves of yellow-green in summer and becoming orange and red in autumn and winter as the temperature cools.

Ensuring long-lasting displays

Ornamental cabbages give a long-lasting display are available in an enormous range of colours and leaf shapes. With their coloration changing as the weather cools, these attractive plants provide an ever-changing spectacle of colour. Works well when combined with fine-textured grasses.



Pollinator friendly

In a sunny spot, the hardy plumbago *Ceratostigma plumbaginoides* will provide a dazzling display of sky-blue flowers encased in leaves that develop attractive wine-coloured tints, will bloom throughout September and October. A plant that is favoured by pollinating insects at this time of year.



Adding texture

Imperata cylindrica 'Rubra', with its narrow leaves shining rich red in low sunlight will add texture to any autumn bedding scheme. This plant dies back to ground level over the winter.



Containers favourites

Hardy and colourful, winter pansies provide a dazzling display of colour from autumn through to mid-spring, whether planted in beds or in containers. Smaller-flowered varieties are more weather resistant and easier to combine with other plants than those with big flowers.



And finally, for contrast

Heuchera 'Sugar Plum', a hardy plant, provides long-lasting colour and a contrast to other plants with its bright pink leaves, particularly when planted near grasses.

Competition Time



Thanks to all who entered our summer wordsearch competition. Congratulations on this occasion go to **FIRST PRIZE** winner **Mrs J Hart (Welwyn Garden City)** who receives £30 worth of M&S gift cards and to **SECOND PRIZE** winners, **Mr J Pervez (Swansea)** and **Mr M Sinclair (Wakefield)** who each receive a £15 M&S gift card.

For your chance to win one of two prizes on offer, why not enter our autumn Halloween themed competition by completing the grid and returning your completed entry to us by **FRIDAY 1st NOVEMBER**. Best of luck!



- AFTERLIFE
- AUTUMN
- BAT
- BLACK
- BLOOD
- BOO
- BROOMSTICK
- CACKLE
- CADAVER
- CANDY
- CASKET
- CAT
- CAULDRON
- COBWEB
- COFFIN
- CREEPY
- DEMON
- EERIE
- GHOST
- GHOUL
- GRIM REAPER
- HAUNT
- HOWL
- MASK
- MIDNIGHT
- MOON
- MUMMY
- OCTOBER
- OGRE
- OWL
- PHANTOM
- PRANK
- SKELETON
- SPIDER
- TOMBSTONE
- TRICK
- VAMPIRE
- WEREWOLF
- WITCH

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



Entries should be marked GF competition, Hospitality Action, 62 Britton Street, London, EC1M 5UY and returned to us no later than **FRIDAY 1st NOVEMBER 2024**.

Your full name _____

Your address _____



Taking a look back

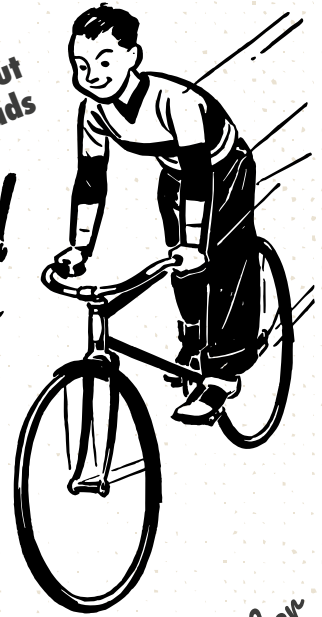
...to a time when....

We walked
to school,
and back,
ON OUR OWN



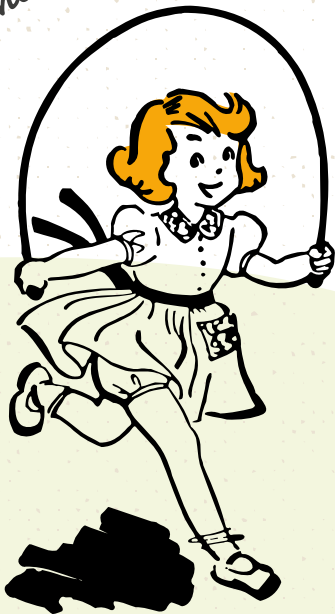
We rode our bikes without
protective helmet or pads

WHEEEEE!



We spent our free time outdoors playing with friends, regardless of the weather

We played out-of-sight for hours without
being supervised, and only returned
home the street lights came on



WE SPENT HOURS PLAYING HOPSCOTCH AND WITH YOYOS, HULA HOOPS, BALL & JACKS AND MARBLES



THAT FEELING OF JOY collecting and returning empty bottles to the corner shop to get a penny back to spend on sweets

*We played vinyl records
on a record player*



RECORDS

*WE USED A ROTARY DIAL PHONE IF WE
HAD ONE, OR A PHONE BOX AT THE END
OF THE STREET TO MAKE A CALL*

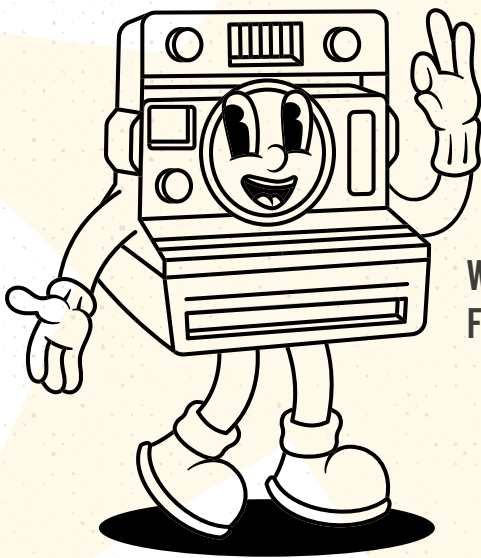


*We had to get off
the sofa and press a
switch on the TV to
change channels* !

We wrote letters and cherished those we received



We had pen pals, not social media friends

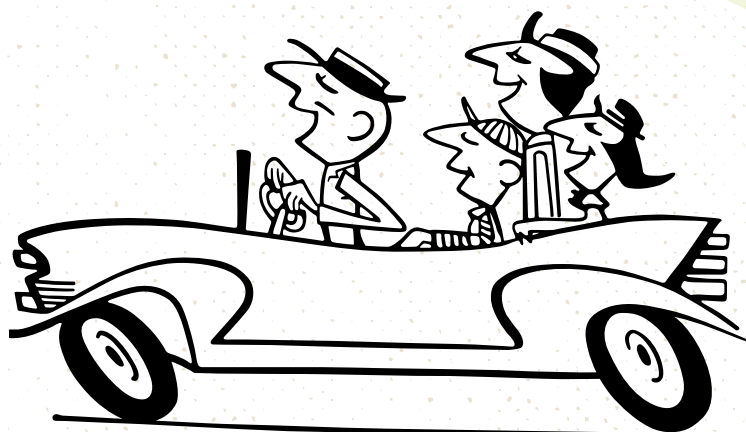


WE ENJOYED THE ANTICIPATION OF WAITING FOR THE IMAGE TO APPEAR ON A POLAROID

We didn't know what gluten-free, sugar-free, fat-free, dairy-free was



WE ENJOYED THE THRILL
OF FEARLESSLY CLIMBING TREES, JUMPING OFF
AND MAKING DENS OUT OF ANY
MATERIALS WE COULD FIND



Seatbelts were not worn
when travelling in a car

We did our homework alone

Google was called an
encyclopaedia – and we went to
the library to look things up



Ah, the 'good old days', or were they?

HA's Winter Fuel Grant

We are delighted to open applications for our annual Winter Fuel Grant; a one-off payment of **£200** per household to help Golden Friends on low incomes with money towards their winter fuel bills. Applications can be submitted from 1 November 2024. To apply, simply complete and return the cut-off slip below.

PLEASE NOTE: If you are currently in receipt of a regular bi-monthly grant from Hospitality Action you **do not** need to apply for the Winter Fuel Grant as you are automatically eligible and your grant will be released in January 2025.

To qualify for a Winter Fuel Grant you must:

- live in your own home (owned or rented) - not a nursing home/ residential care home or with family) and be responsible for paying the fuel bill.
- have no non-dependant members of your family living with you (other than your spouse/partner).
- have a total weekly income of no more than £213.85/week (single) or £307.45/week (couple), OR receive an income-related benefit, such as Pension Credit or Universal Credit.
- have limited savings—below £5,000 if you are single and below £8,000 if you are a couple.

If you meet all of the above criteria and would like to apply for this grant please complete and return the cut off slip below and send with a recent full month's bank statement/s showing all your income and any savings.

Please note, if you do not provide a recent statement for your bank account(s) when you apply this will delay your application.

The Winter Fuel Grant is again kindly sponsored by the Worshipful Company of Innholders.



Applications for the Winter Fuel Grant can be accepted from 1 November 2024 and until 31st March 2025. You will be notified once your application has been assessed and, if you qualify for a Winter Fuel Grant, the award will be paid into your bank account in **January 2025**.



Please tick each of the statements below to confirm your eligibility and complete your name and address in the section below. Send this slip, together with a recent full month's bank statement to: **Hospitality Action Grants Team, 62 Britton Street, London, EC1M 5UY**

- I/we live in our own home (owned or rented - not a nursing home/residential care home with family) and pay the fuel bill.
- I/we have no non-dependant members of our family living with us (other than my spouse/partner).
- I/we have a total weekly income of no more than £213.85/week (single) or £307.45/week (couple), **OR** receive an income-related benefit, such as Pension Credit or Universal Credit.
- I/we have savings below £5,000 (single)/£8,000 (couple).

Name (BLOCK CAPITALS) _____ Signature _____

Spouse/Partner Name (BLOCK CAPITALS) _____ Spouse/Partner Signature _____

Address _____ Post Code _____

Telephone number _____ Email _____ Date _____