



## Christmas is a Clause for Celebration

For a unique treat this Christmas why not indulge yourself and join us at The Bistro for Festive Afternoon Tea throughout December. Enjoy a host of seasonal sweet treats including mince pies, Christmas pudding, assorted pastries and cakes and a selection of sandwiches, served with a warming glass of mulled wine. On selected dates our guests can also enjoy Christmas Carols from our resident pianist.



The Bistro also offers special festive menus throughout December, it is a month of wonderful dining and Christmas cheer. For further details, please contact 01495 769264

### Coming in January 2017

Keep an eye out for our Pudding Club; a unique club tasting some classic British Puddings and introducing you to an array of traditional puddings from across the pond.



**CHRISTMAS**  
afternoon tea

**Assortment of finger sandwiches:-**

- Smoked Salmon & Cucumber
- Turkey, Stuffing & Cranberry Jelly
- Baked Ham Salad
- Egg Mayonaise
- ...
- Warm Scones with Cream
- ...
- Christmas Pudding & Brandy Sauce
- ...
- Selection of Mini Cakes
- ...
- Pot of Tea/Coffee
- Warming Glass of mulled wine on arrival.

**12.00 per person**  
(Mondays, Wednesdays & Fridays throughout December)  
Musical entertainment on selected dates

**To book, please call 01495 769264**



@ageconnectstorf

**We believe we have a strong history and a bright future.**

Age Connects Torfaen, Widdershins Centre, East Avenue, Sebastopol, Torfaen NP4 5AB  
Charity Number: 1037278

[www.ageconnectstorfaen.org](http://www.ageconnectstorfaen.org)



## Keep warm this Winter

Keeping warm and well is very important during the winter months. That's why the government are offering financial and practical support with heating your home.

Were you born before 5th May 1953? You may be entitled to Cold Weather Benefits. You could get between £100 and £300 tax-free to help pay your heating bills. There are different grants depending on your financial circumstances.

You will receive the Winter Fuel Payment automatically if you receive a State Pension, or other social security benefit (not including Housing, Council Tax Reduction, Child or Universal Credit benefit). This is usually paid between November and December.

Other grants such as the Cold Weather Payment may be available to you if your local temperature is recorded or forecasted to be at an average of 0C or below over seven consecutive days.

You will receive a payment of £25 for each 7-day cold weather period between November and 31st March.

The 2016/2017 Cold Weather Payment scheme is due to start on 1st November 2016. You'll be able to check if your area is due a payment from November 2016.

**To ensure that you are receiving all your entitlements, contact Age Connects Torfaen Information & Advice Service on: 01495 769264 for an individual benefit assessment.**



## Having trouble heating your home? Call Nest

If your home is hard to heat, the Welsh Government Homes Nest scheme is here to help. The scheme is open to all householders in Wales and provides free advice on saving energy, money management, energy tariffs and benefit entitlement.



Furthermore, if you, or someone you with receives a means tested benefit, and you own/ privately rent your home, you may be eligible for home improvements at no additional cost.

To see if you're entitled to energy saving home improvements, contact Nest, free on **0808 808 2244**. Or, visit **[www.nestwales.org.uk](http://www.nestwales.org.uk)** for more information.

# Be good to GO this winter

It's that time of year again; dark nights, rain and snow. Keep safe on the road using this simple check list:

- 1.) Check your tyres. Is there a good tread across the width of the tyre? If this is less than 1.6mm, change them immediately.
- 2.) Check all of your lights are working effectively for all weather conditions.
- 3.) Always keep a can of de-icer at hand for those frosty mornings. Never use hot water as this can cause your glass to shatter.
- 4.) Do your wipers leave streaks on your windscreen? If so, replace them!
- 5.) Always use anti-freeze to keep your engine from freezing in low temperatures, which can be costly to rectify. Never use water.
- 6.) Keep your screen wash bottle topped up with a commercial screen wash product, as water alone will not do the trick!
- 7.) Has your car been serviced within the last 10 000-12 000 miles? Don't risk breaking down in winter because of the inclement weather.
- 8.) Check your driving conditions. Is it raining, snowing or just dark? It's good practice to drive with your lights on.



## Did you know?

- It's against the law to drive your car without clearing all snow and frost from the windows and lights.
- Even new tyres will not stop you from skidding on icy roads.
- Front wheel drive does not guarantee you will be able to drive in snow.
- It is an offence to use fog lights unless visibility is less than 100 metres!

## The Importance of Making a Will



From time to time we all give thought to making a Will, but somehow it gets put on the 'back-burner'. Some people think it will 'tempt fate'. Others think there is no point, or it is too complicated.

**It doesn't have to be!** Making a Will need not be complicated at all – as long as you obtain proper help.

By making a Will you are able to set out in black-and-white **what your wishes are**, and you can have confidence that your wishes will be respected. **You can choose** who you want to inherit, how much each of your children or grandchildren will be left, or even who will look after the cat! Especially if your family circumstances are complicated (for example, a second or third marriage) a Will can be a great way of ensuring that an inheritance is received by those who **YOU want** to receive it.

Wills are also a great way of **protecting vulnerable loved ones** – for example, children with learning difficulties. They can be drawn up to prevent an inheritance from affecting their benefit entitlements and ensuring that someone is able to look after the money for them if they are unable to do so themselves.

Wills can also be a useful tool to reduce our liability to tax and a number of other financial considerations.

**Without a Will**, a law made in 1925 sets out who gets what – and **it is often not as we would all expect!**

For a **FREE No Obligation Quote** contact Damian Lines or Laura Selby (both pictured above) at your local QualitySolicitors Rubin Lewis O'Brien on 01633 867000. Or call into our offices with a copy of this article.



**Address:** Gwent House  
Gwent Square  
Cwmbran  
Torfaen NP44 1PL  
Tel: 01633 867000  
Email: law@rlob.co.uk

### Office hours:

Our office in Cwmbran is open from 9am to 5:30pm Monday to Friday and 10am to 2pm on Saturdays



## Warm Golden Vegetable Soup

There's nothing like a bowl of comforting homemade soup on a cold day. Try this simple recipe:

### Ingredients (serves 2-3):

- 1 small butternut squash
- 2 carrots
- 1 medium onion
- 1 clove garlic
- 1 tablespoon oil
- 600ml hot water
- 1 vegetable stock
- Black pepper
- Low fat yogurt or cream, freshly snipped chives to garnish



1.) Peel the squash, cut in half, scoop out seeds and cut into 3cm chunks. Peel and slice the carrots, as well as the onions and garlic.

2.) Heat the oil in a saucepan and gently fry the onion and garlic until softened and lightly coloured, stirring occasionally. Add the squash and the carrots.

3.) Crumble the stock cube into the water and pour over the vegetables, bringing them to the boil. Turn down the heat and simmer for 25-30 minutes until tender, stirring occasionally.

4.) Blend soup until smooth using a stick or countertop blender. Or, if you prefer a chunkier consistency, use a potato masher. Season the soup with salt and pepper to taste.

5.) Reheat the soup and ladle into bowls. Top with swirls of yogurt/ cream and a few snipped chives. Grated cheese is another great alternative!

6.) Serve with crusty bread or a cheesy flatbread.

## Aids to independent living

Would you like to stay independent in your own home, but are struggling with mobility and taking on daily chores? We offer a variety of Independent Living Aids which are available to purchase at the Widdershins Centre, Sebastopol. From Grabbers, to tri walkers and shoe horns, we can help. Call in and see our selection of Living Aids, or give us a call on 01495 769264 to order your items by telephone.

We also provide 10% off selected Independent Living Aids each month.

Special offer: Rollators NOW £99.00.

## Dear Kim

**I'm a 64 year old lady and I'm struggling to pay my water bill arrears. Is there anyone who can help me?**



Thank you for your contact.

There is a Customer Assistance fund that is designed to help those in severe financial hardships and clear their debt with Welsh Water.

You will be eligible if: Your water account is for a domestic property

- You owe more than £150.00
- You have a low credit score with credit agencies.

If you are successful, they will set up a payment plan to help you pay your current year's charges. All you have to do is make payments for six months, and they will pay off 50% of the arrears. Following another six months, they will pay off a further 50% of the arrears until you are clear of debt.

You can apply by completing a secure online Customer Assistance Fund form. You will know if your application has been successful within five working days. If you require assistance when applying online, come to one of our computer classes on a Tuesday morning where we can assist you, or call: **01495 769264**.

## DATES FOR THE DIARY

### **An Introduction to computers and the internet**

Wednesday 23rd November 10:00am - 12.00pm

Widdershins Centre

**£1.50**

### **Festive Afternoon Tea with traditional Christmas Carols**

12th December Widdershins Centre

**£12.00pp**

### **Love Is All Around**

**We will be joined by Strike A Chord and Cwmbran High School Deaf Choir.**

15th February 2017 Widdershins Centre

**£5.00 inclusive of tea and cake**

### **Employee Training at Widdershins, Age Connects Torfaen**

#### **Line Manager's Briefings**

**£25 per delegate**

#### **Managing Underperformance**

**3rd November 2016 9.30am - 1.00 pm**

#### **Time off Work**

**12th January 2017 9.30am - 1.00 pm**

**To book your place, telephone 01633 960197 / 07467 258778 or email [jane@heardhrsolutions.co.uk](mailto:jane@heardhrsolutions.co.uk)**