



Radford Care Group

Nottingham independent Day Centre for elders



This history of the Radford Care Group is told by its elders, volunteers, staff and friends. They are well-known to each other. Roles can interchange over time.

Radford Care Group has offered care, support, friendship and fun for elders for over 30 years. Many have lived through huge changes in inner-city Radford, including demolition of terraced houses and building of high-rise flats. They have witnessed the growth and closure of local factories and often the exodus of their young families.



Local people started and run this Group. Needs have changed. For example, at one time, Radford Care Group included a Work Centre. It was popular with those who spent their employed years in local factories because there was a similar sense of camaraderie. Now facilities include care for the frail elderly. This history is co-ordinated by Anne Bott.

**RADFORD
CARE
GROUP**

Nottingham
independent
Day Centre
for elders

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Many photos of the elderly at Radford Care Group are by Dorothy Carlin, one of the Volunteers

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Radford Care Group
Prospect Street
Radford
Nottingham
NG7 5QE

The front cover of a Care Group leaflet, 1998.

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INTRODUCTION

by Alan Simpson, MP for Nottingham South

This book is more of a celebration than a record of achievement. It rightly sings the praises of those who helped set up, run and invigorate the life of the Radford Care Group for over 30 years. But even without the names, the book itself sings . . . of the richness of life, of a pride in community and of human worth and dignity. And so it should, for this was my first, and most lasting recollection of the Care Group.

It was 1972. My first job after leaving University was to run the Volunteer Bureau at the Nottingham Council for Voluntary Service. My boss, David Cheeseman, had sent me off on a tour of the City's voluntary sector 'high spots'. One of the few cautionary warnings I had been given was that no matter how many people came in offering to do voluntary work, I couldn't send them **all** to Radford Care Group. One visit to the group was enough to understand the warning.

The age of the Radford Primary School building belied the dynamism of what was going on inside. There seemed nothing incongruous about its effortless embrace of a primary school, the Rad-Y youth club and the Radford Day Centre. It wasn't the bustle of activity inside that surprised me but the singing. The Workshop had just opened and people in it were singing. As they sorted, packed and parcelled, the sounds of celebration and solidarity drifted around the building, drawing you into a sense of community which defied the poverty of their surroundings.

For the princely sum of £2 a week, many who had retired from full time employment were involved in various bits of work cajoled from local companies. The enthusiasm certainly didn't come from the pay but, as Pauleen Davies points out, from the escape route it offered from society's blanket dismissal of the old as being 'redundant'.

The Radford Care Group has always stood for something larger and more defiant than just another community activity. The struggles it has been through typify the competing tensions between centralism and localism, between the desire of the state to control and the demands of local communities for a degree of independence upon which their own creative identity depends. Its history is also a tapestry of the richness of life which older people bring with them, and the dignity of life which should not be stripped away with age.

I remember being shocked by the women who proudly told me that they had been strippers for most of their working life. Then, mischievously, they explained that this was as leaf strippers in the John Player factory whose sweet, claustrophobic smells clung to the district long after the factory had moved on.

This book is a tribute to the dignity of those lives and the determination of others to value them. It is a celebration of what can be done when we stand up (and work) for a society in which people matter because their humanity has no 'sell by' date to it.

Read on and enjoy.



Day Care Unit



Share The Care

Phone: 0115 9422766

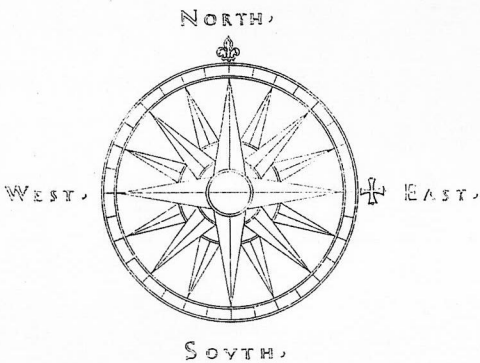
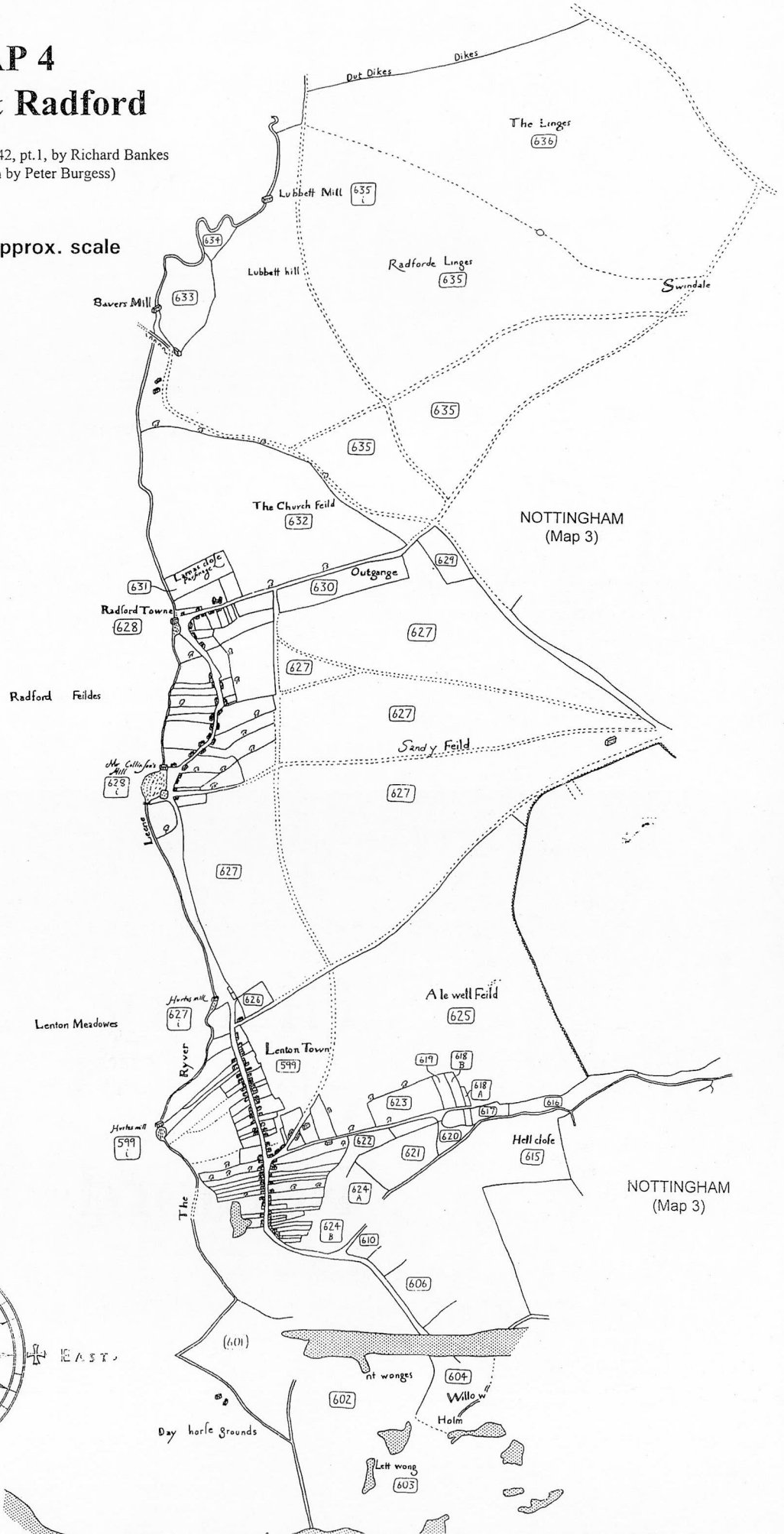
*The front cover of a leaflet for the Day Care Unit,
new name of the Special Care Unit, 2000.*

History
of
Radford

MAP 4 Lenton & Radford

(A portion of PRO, MR 1142, pt.1, by Richard Banks
traced and redrawn by Peter Burgess)

1:12,000 approx. scale



Radford 1609, map courtesy of Nottingham Local Studies Library. The numbers on the map are field numbers.

RADFORD MEMORIES

by Anne Parker*

“There is a spot of earth supremely blest,
A dear, a sweeter spot than all the rest”

This spot had delectable gardens, a lake filled with perch, the banks were inhabited by rare birds and there were ornamental bridges and temples.

Do you recognise this place – sounds like a little paradise, doesn't it? Well, in fact, it's a little nearer to your home than you might imagine because it was part of Radford, as described by Henry Sutton in his 1843 poem about Radford Grove (sometimes called The Folly) entitled *A Dream*. Clearly it was a somewhat different place to the Radford we know today and it must have been quite magnificent. Charles Blondin, the famous French tightrope walker who walked over the Niagara Falls in 1859, is reputed to have walked there. The beauty unfortunately faded, the lake was filled up, the structures removed and the delectable gardens became the approach to a colliery wharf!

Radford is historically very old. The name was probably derived from Red Ford, being associated with the mottled red sandstone in the high cliff, which was near where Alfreton Road crossed the River Leen by a ford, and is now largely removed. Redeford was already established as the name of the Manor at the time of the Domesday survey in the year 1086.

A map of Radford dated 1609 shows it to be a hamlet quite separated from Nottingham and only sparsely populated, with Mr Collinson's Mill and the Lamas Close Parsonage being the most important buildings. The old wattle and daub huts and most of the old houses have now gone. However, a local historian recently noted that the White Horse public house in St Peter's Street had a date of 1661 on it before it was rebuilt.

To give some idea of property values at that same time, according to records there was a Rectory and a Vicarage, both of which could be bought for only £35 – if only you had had the money in your wallet!

Outgange Lane, which we now know as Hartley Road, is also shown on the map of 1609. It was for 500 years the name of the lane from Old Radford village to The Linges (or The Forest), the place where the heather grew. The Forest, as we now call it, is a modern name.

The population of Radford was only about 2,000 in the year 1800, but there was a sudden increase in the 1820s due to the lace boom and the consequent

*Voluntary Helper at Radford Care Group 1973-78, Office Manager 1979-84, 1994-96, Management Committee member until 1999, Advisory Committee member.



Old Radford

Radford 1883. Where there are two numbers in a field, one is the field number, the other the size. Reproduced from the 1883 Ordnance Survey Map with the permission of Her Majesty's Stationery Office, © Crown Copyright, NC/00/1038, and of Nottingham Local Studies Library.

need for country folk to come to Radford to operate the lace-making machines. One of Radford's claims to fame is that John Leavers perfected his lace-making machine in a house in St Helen's Street.

By the time of the turn of the century, the wealth created principally by lace had swelled the population to 35,000 people. It is remarkable where they all lived, bearing in mind that today we think we are crowded and yet the 1991 census states that only 8,618 people now live in Radford! Yet, unbelievably, in spite of this population explosion, even up to the 1850s most of the now thickly populated part of Radford was green fields.

Bloomsgrove was particularly noted for its gardens and flowers from which it derived its name. At the top of Derby Road near to the Sir John Borlace Warren Inn, a local historian noted "there stood a quaint style and on the other side of which a footpath descended the hill through cowslip-decked fields, affording delightful views of rural scenery over the Vale of the Leen". Can you imagine that now?

This footpath had been the shortest route from Nottingham to Old Radford village for centuries and would have followed Denman Street for much of its route. Denman Street was later to become what was claimed to be the finest shopping street in the whole of Nottingham, with shops and fine buildings on both sides of the road all the way from Canning Circus to St Peter's Street. Yet another 'delectable' part of our area that has unfortunately faded with time and, on this occasion, within our lifespan.

Alongside the lace industry, one of the largest early workplaces in the Parish was the colliery situated on the other side of Churchfield Lane which employed more than 600 men and dates from 1819 when the original pit shaft was sunk. Radford Colliery was connected underground to Wollaton Colliery and this enabled when necessary Wollaton coal to be brought to the Radford pit entrance for transporting. All this has now gone and we probably wouldn't wish it back.

Later in the history of Radford tobacco products became another great industry of our Parish. John Player (1839-84) lived in Nottingham and in fact he used to have a home in Radford at Prospect Place, or what was known locally as Penny Pie Hall.

The John Player Castle Tobacco Factory opened in 1884 between Beckenham Road and Player Street, and by the turn of the century was so successful that other factories were required, employing more than 1,000 'Player's Angels'. Young lady hand rollers were each required to produce more than 2,000 cigarettes a day! Cigarette smoking gained further in popularity to the extent that by 1938 there were more than 7,000 employees and further factories were necessary.

One of these factories was situated on the site of the new retail park opposite



OLD RADFORD

Radford 1938. Reproduced from the 1938 revised Ordnance Survey Map with the permission of Her Majesty's Stationery Office, © Crown Copyright, NC/00/1038, and of Nottingham Local Studies Library.

the Care Group in Prospect Street. Player's has had a significant impact on the lives of the people of Radford and has been a major part of the wealth of Radford in recent times. *Player's Post* was a company newsletter that the Care Group helped to pack and address for distribution, thus helping to swell in a small way our Senior Citizens' pension.

Penny Pie Hall was a famous old Nottingham landmark for many years in Osborne Street just off Alfretton Road, near Player's factory. It was built in the early 1800s by a local character whose name cannot be ascertained, but he made his money from the sale of pies that cost one penny.

He did a roaring trade with the colliers who lived in that part of Radford and he made enough money to set up as an auctioneer, and thereby hangs a tale connected with the place. One day the builder of Penny Pie Hall, by then a prosperous member of the auctioneering fraternity, was taunted by one of his customers with the remark: "How long is it since you used to sell penny pies?"

"If I were such a fool as some people," was the quick response, "I should be selling them yet!"



Some of 'Player's Angels': strippers – women stripping the leaf from the stem at Player's No. 1 Factory, Radford, mid-1930s. Photo from Local Studies Library, Nottingham Central Library, courtesy of Imperial Tobacco Ltd. (See also Mary Ashmore, p. 50.)



Beaconsfield Terrace from Salisbury Street, Radford, 1976. In the background is the perimeter of Raleigh Industries' Cycle and Toy Works. The house in the east gable of the Terrace (right) was the childhood home of novelist Alan Sillitoe. Photo by Reg Baker, courtesy of Local Studies Library, Nottingham Central Library.

Prospect Street, Radford, 1975, looking west from the rear entrance of Player's Boulevard Factory. Player's built the car park for its employees. In 1975, a clubroom on the Pheasant Inn's upper floor was still being used by the Woodmakers' Union for branch meetings – the Union had met at the Pheasant for more than 100 years. The car park has now gone. Radford Care Group's entrance is just past the Pheasant. Photo by Reg Baker, courtesy of Nottingham Local Studies Library.



Later on the Hall is said to have been occupied by an eccentric gentleman who rode a pig around the grounds. Later still it was divided into two tenements and given the name Prospect House. Penny Pie Hall was demolished in 1905. What a pity to lose a building of such character!

There was an old fountain at the bottom of Prospect Terrace erected to the memory of Hugh Brace Campbell. The date of erection is not known, but it was demolished about 1885. It was thought that the reason was on account of burst pipes over many years and the need for constant repairs.

Much to the annoyance of residents, the burst water flooded the cellars and on one occasion some white angora rabbits which were kept there were all drowned! No repairs followed, either through lack of money or neglect, and the water was then turned off until the fountain was eventually removed.

The growing population of Radford and 'modernisation' of the transport system demanded reliable routes into Nottingham, but unfortunately the gradient up Ilkeston Road to Canning Circus would have been too steep for a horse-bus. This was in spite of Lord Middleton of Wollaton having lowered the gradient years earlier by removing sand and rock around Canning Circus for use at Wollaton Hall.

So, to provide a flatter route between Radford and the City, the Boulevards were opened in the 1880s, crossing what were then allotment gardens. It would now be possible to go in style to Nottingham the long way round and it must have really put Radford and Prospect Street on the map, so to speak.

Lenton Boulevard is linked to a milestone in the history of Radford Care Group. At the junction of Lenton Boulevard and Ilkeston Road stands the original school building where the Care Group was started in 1968 by Pauleen Davies and her first Committee.

They had the vision to realise that the lives of the elderly people of Radford would be enriched by a Day Centre for their care, along the lines of what happens now in Prospect Street, and also a Workshop where those retired people who were inclined and sufficiently able-bodied could do small tasks for local firms for payment. It was an immediate and huge success, and the Workshop was well supported by Player's, Raleigh, Speedo and many other local industries.

The Care Group used the rooms in the school at what is locally called 'Ations Corner'. This derived its name from the four buildings which faced on to it: Church (Salvation), School (Education), Pub (Temptation) and Pawnbroker (Ruination) – although the last one eventually became a butcher's shop! In 1979 the Care Group received a combination of grants, donations and fundraising results to enable it to move to Council-provided land and the purpose-built Centre where it now stands in Prospect Street.

Prospect Street and Churchfield Lane have seen many comings and goings over the years. The earliest maps merely show the area as Churchfielde, being one of six fields of the Manor, but by 1774 Churchfield Lane has come into being and by the early 1800s the hamlet of Prospect Place has emerged.

The area stretching from Churchfield Lane towards Nottingham adjacent to Prospect Street consisted of a deep depression used as a field in the early 1800s. This tended to become boggy or even a lake after heavy rain. The depression has now been filled in and the area is called Friesland. A local historian notes that the name was derived either from a district of Holland or from Freezeland, if you follow the popular notion that the winds are particularly biting!

Around the turn of the century Flower Shows were held in this field and it was known as 'Friesland Wakes'. This is not really so surprising because, as we have found out, the Radford area had an abundance of fields, groves and garden allotments on which to grow flowers. There used to be a Baptist Chapel which stood on the corner of Prospect Street with Churchfield Lane. This was built in 1868 and had a Sunday School. All this has gone now and was replaced by Player's new factory which was the extension of the Castle Tobacco works.

The creation of this factory also resulted in the demolition of Prospect Passage, which was an alley which ran parallel to Prospect Street and is now probably under the Aldi store and car park to the front. For many years a multi-storey car park was adjacent to the Care Group. It was certainly there when the Care Group first arrived in Prospect Street.

Today, of course, it's all change again. The tobacco industry has shrunk and the whole area between Churchfield Lane, Prospect Street and Radford Boulevard is now a shopping centre, and in my view probably affords a more pleasant outlook for us.

At the Millennium we look to the future with interest because, for sure, nothing stands still in Radford.

Acknowledgements:

Local Studies Library, Nottingham Central Library;
Radford and Hyson Green Then and Now, by R Mellors;
Radford Rambles by H Cobbett.

DOROTHY MOORE
by Ken Brand*

Dorothy Moore, one of the pioneers for the further education of girls and young women in the City of Nottingham, was born on 4 October 1887. By 1904 she was a pupil teacher with the Nottingham School Board and joined the staff of the Forster Street Elementary Council School, Radford, in 1913.

In the late spring of 1919 a group of senior girls in their last term wished to continue their education after they left school in midsummer. They approached their teacher, Miss Moore, and asked for guidance. She suggested rather automatically that they enrol at Evening School. The girls responded that what Radford Evening School offered was uninteresting and challenged Miss Moore: "Can you do anything to help us?"

Those few unnamed girls could never have imagined that they would set in motion an educational movement that would develop into Clarendon College of Further Education and then grow into New College Nottingham.

Miss Moore examined the Evening School's prospectus with the girls. They found that the young female school leaver could attend without charge, providing she attended three evenings a week. One evening was devoted to arithmetic, another to English – not our kind of English, said the girls – and the third to needlework, working on unbleached calico, hardly a tempting prospect. Enquiring at the Education Office, Miss Moore found that 200-300 school leavers enrolled but most soon dropped out. A number returned when older to learn typewriting.

Writing what was for the time a rather audacious letter to the Education Committee Miss Moore pointed out this glaring omission in their educational provision for girls. She proposed a Social Centre for girls aged 12-16, covering the last two years of schooling and the first two years out of school. This would prepare girls to move on to Evening Classes and give them a suitable environment for studying. Additionally it would help to point to more useful recreation than wandering along the streets or into cinemas.

The reply was surprisingly enthusiastic and stated that the Committee were prepared to establish a Centre as outlined, providing Miss Moore would be in charge as superintendent. After Miss Moore accepted they suggested she discuss the project with head teachers of schools in the Radford neighbourhood. In July 1919 five enthusiasts met for discussions. Besides Miss Moore there was a colleague from Forster Street, Miss Holland; from Old Radford Trust School there was the head Mr Harold Kirsten and the first mistress Miss

*This is a condensed extract from Ken Brand's unpublished manuscript, *The 'Advance' Club*. (See also Janet Lee, pp. xxiii-iv.)

Chilton, together with her friend, Miss Enderby. They decided the Centre would meet in the Douglas School, then the Ilkeston Road School, as it had two halls, and would open when the Evening Schools opened. The girls chose the subjects – Games, Physical Exercises, Choral Training, a Literary and Dramatic Group, Needlework. The Centre was called Radford Evening Social Centre – the “Advance” Club; “Advance” was the motto of the Australian Expeditionary Force, some of whose members were still recuperating in the City. The “Advance” Club was the name requested by the girls.

After fears about equipment (the Education Committee could pay the staff but not provide equipment because estimates for the year were in place), feelers were sent out to Radford employers, bringing cheques from Mr J D Player, Sir Harold Bowden (Raleigh), Mr Morris of Victoria Laundry, and Mr Lane of Manlove and Elliott, and the promise of yearly amounts on request.

So at 6.30 pm on Monday, 22nd September 1919, the “Advance” Club for Girls opened to provide for the 146 girls who had decided to sign on. Miss Moore explained it, “The girls ran the club, the staff and I simply carried out their wishes.”

Before long the insistence on the transfer at 16 to an Evening School was abolished and it was suggested that the existing Evening Schools might well consider the ideas of the “Advance” Club. Gradually the Club’s annual “Suggestions Week”, held in March, brought about the introduction of new subjects – Cookery, Dressmaking, Handicraft, Hairdressing, Tailoring, Typewriting, Woodwork and Violin lessons. Conversational French was added prior to the Club’s innovative first French holiday, in Paris, in 1926. The annual trip to the continent joined the existing recreational activities of tennis, swimming and rambling, and continued until 1936.

After a class in Citizenship was put on for mothers of members in 1926, the club could now really be called *The “Advance” Club for Women and Girls*. By 1930 it had almost 1,000 members.

In 1931 the City’s first Director of Education A H (Henry) Whipple, who had been appointed in 1924 and who had an intense interest in the education of women, restated his belief that Nottingham was big enough to support a college where women could receive training for business. Now he added his conviction that the “Advance” Club could become that college. In January 1932 the Club assembled in the Clarendon Street School buildings and became a full time educational institute, offering day and evening classes, with Miss Moore the full time Principal.

In November 1935 the *Nottingham Guardian* noted that the Club was said to be the only full time women’s institute in the Midlands. The change in name, to The Clarendon Institute, appears to have been decided about this time. The Clarendon Institute was recognised as a College of Further Education in 1948, although not named as such until 1950.

RADFORD '32**Anonymous**

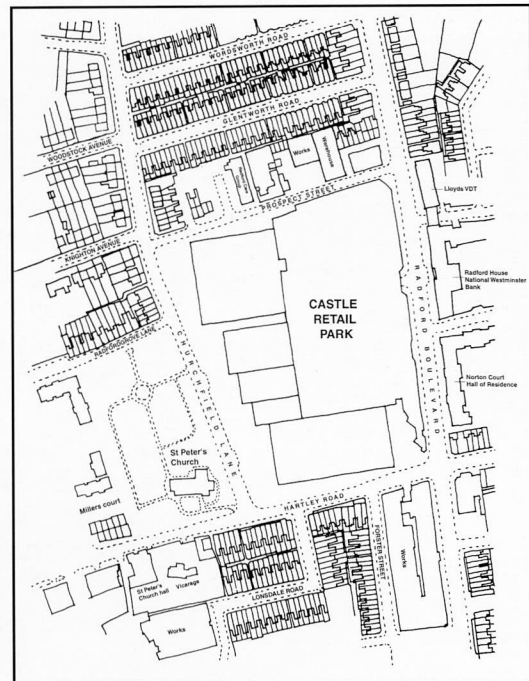
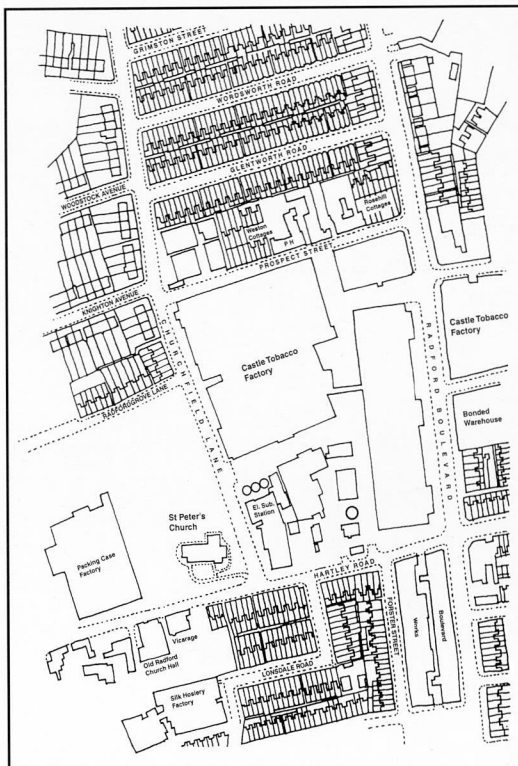
I remember Radford
Way back in '32
When the nearest place to Paradise
Was the Denman Street I knew.
We never mentioned holidays
Very few had seen the sea
As Dad was always unemployed
That's how it seemed to me.
And Johnny Whiting's Pawn Shop
It was like Aladdin's Store
With riches, rings and watches
All treasures of the poor.
But because of life's necessities
They didn't own no more.
The haunted Mill near Peter's Street
Close by the River Leen.
We never played there after dark
Nor ever a ghost was seen.
We scrumped apples in the gardens
That bordered Aspley Lane.
Played truant in the afternoon
And risked the teacher's cane.
The Raleigh smell was always there
And still with us, this day.
But the dreaded Player's Leaf Room
Has long since passed away.
Our Doctor had a Morris 8
The Midwife rode a bike.
I remember how upset they got
If you disturbed them in the night.
We all remember Charlie Chan
On a Saturday afternoon.
We sat wide-eyed in terror
As the baddies planned his doom.
We shouted: "Look behind you,
Watch out, he's got a knife!"
Those happy hours at the 'Lenos'
Gave excitement to our life.
But I remember Sundays
Perhaps the best of all.
To wake up in the morning
And hear the Church Bells toll.
St Peter's used to play a hymn
And the Army used to meet
To save our souls, and praise the Lord
In the Square, on Denman Street.

PLAYER'S A dominant force in Radford

Tobacco manufacturer Player's is an example of a major local industry which dominated the area around it.

It dominated job opportunities, able to offer thousands of people work in its factories. It dominated working practices, providing a companionable and disciplined environment which many missed when they retired. Its dominance was demonstrated physically, its massive buildings dwarfing the terrace houses built so close to its walls.

Player's is also an example of a Radford-based industry which has contracted. Factories that were built and extended with such confidence in the 1930s were being demolished just 50 years later in the 1980s. With them went a way of life, including working life. In their place is a greater diversity of usage, such as a bank, hall of residence, retail centre and car park. But some of the houses around the original factory remain, and so do the people, although with other job opportunities and different ways of life.



Maps, c 1953 (left) and c 1996 (above), drawn by Paul Rutter, showing the changes to the Player sites.

THE NEW EXTENSION TO PLAYER'S FACTORY AT NOTTINGHAM



*In this sunny,
modern* FACTORY

PLAYER'S are extending their manufacturing facilities to cope with the increasing demand from smokers who will have quality and quantity in



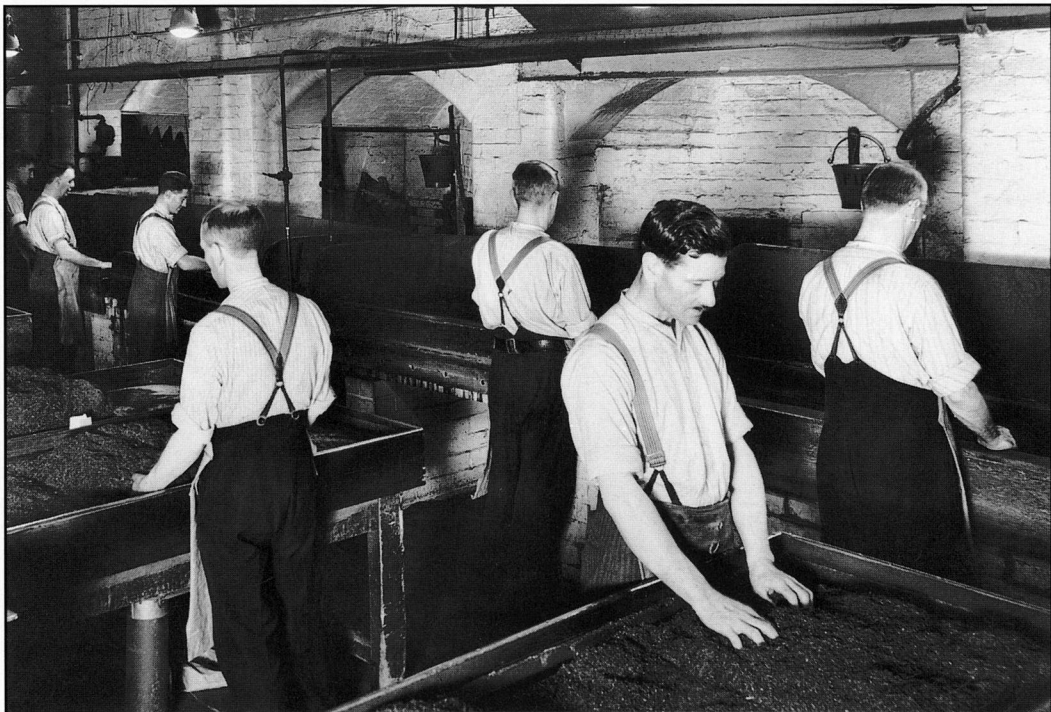
PLAYER'S

PLAYER'S "MEDIUM" NAVY CUT CIGARETTES 20 for 11½^d 50 for 2'6 (Flat Tins) 100 for 4'8 (Card Boxes)

Player's 1932 extension, linked to Castle Tobacco Factory and fronting Radford Boulevard. Illustration from Local Studies Library, Nottingham Central Library, courtesy of Imperial Tobacco Ltd.



Cigarette-making department, Player's No. 1 Factory, Radford, mid-1930s. Photo from Local Studies Library, Nottingham Central Library, courtesy of Imperial Tobacco Ltd.



Hand sorting in the basement cellars of Player's No. 1 Factory, Radford, late 1930s. Photo from Local Studies Library, Nottingham Central Library, courtesy of Imperial Tobacco Ltd.



Player's factory, from Radfordgrove Lane, 1985. Photo by John Birdsall, courtesy of Local Studies Library, Nottingham Central Library.



Demolition of Player's 1932 extension. Photo by Brian Thomas, courtesy of Local Studies Library, Nottingham Central Library. Information from Radford Library: Demolition of Player's premises where the shopping complex now stands took place 1984-87. The extension clock was reused in the shopping complex.



The Player's clock at the shopping complex in Radford. The building behind the clock is Brentwood Ltd, a factory on the other side of Hartley Road. Photo by Brian Thomas, 2000.

Radford
Care
Group



Radford Primary School, 1968-69, Radford Care Group's first home.

RADFORD CARE GROUP - HOW IT BEGAN

by Pauleen Davies*

It was in 1968 when a young man called David Cheeseman, the Organising Secretary of the Council for Voluntary Service in Nottingham, called a series of meetings all over the City in an attempt to start a network of Neighbourhood Care Groups.

At the time I was a member of the WVS (Women's Voluntary Service) delivering Meals on Wheels to housebound old people in the Radford and Hyson Green area of Nottingham. The isolation of many of these people had disturbed me very much, so I attended the inaugural meeting in Radford which was to set up a steering committee to form a Care Group. It was attended by people from the various local churches, businesses and other agencies.

By the end of the meeting I had been made 'acting Chairman', a role I remained in for several years. Although the group was held loosely together it worked. We decided as a group to concentrate our work on the elderly, rather than families or children, as we considered the elderly the least able at that time to help themselves. A local lady involved, Edna Turner, was also concerned about the many older people whose families had moved to the newer suburbs and as a consequence became our 'acting Secretary'. Our 'Liaison Officer' was Charles Reilly, a retired Policeman and amateur musician.

Right from the beginning we had decided that we needed people on our Committee who were prepared to do practical work as that was more important than protocol. We all undertook to visit those housebound people we were already aware of and publicise our availability to others who needed a friendly, helpful visitor, to help to make them feel that the community still cared about them even though they were confined to four walls. Gradually as time went on we built up our contacts with the Statutory services and other Voluntary groups in the City who, in their turn, referred people to us. We became a charity a year or so after setting up.

By courtesy of the Radford YMCA we were allowed the use of their canteen for a Lunch Club and it started early in December 1968. To begin with it was attended by local pensioners plus a few from further afield who were able to get in by bus or car. They would meet over a meal supplied through the Social Services' meal service. However, there were a number of very steep steps to the Radford YMCA building which made it very difficult for the less able elderly to get in. So we looked around for a more suitable venue in which we could start a Day Care Centre as well as a Lunch Club.

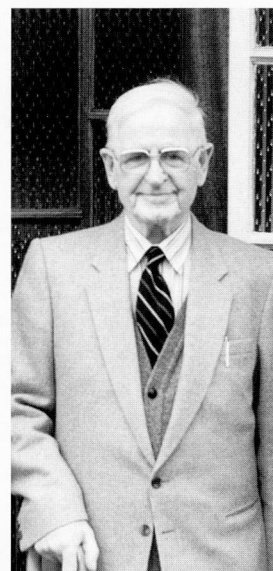
*Founder member 1968, Chairman 1968-79, Centre Administrator 1979-83, President 1983 - .

EDNA TURNER – A founder member and first Treasurer, then Secretary combining this job with Day Care Organiser. Edna was living in Stansfield Avenue in Radford and was surrounded by elderly people for whom she would shop and fetch prescriptions. She and Jack, her husband, helped and befriended anyone in need, particularly as the area was undergoing a massive demolition programme.

It was hard work in the early days getting the Care Group established and being recognised by the local authority as being a valuable amenity to the elderly people in the area. There were so many isolated old people whose families had moved to the outer suburbs and who really needed the care and concern of local people aware of their difficulties. Edna worked hard with all the Group members to raise money and finally to have her efforts rewarded by being there at the opening of the new Centre in 1979.

She worked there as Day Centre Organiser until her well-earned retirement in 1988. Twenty of her best years and of the Group's.

CHARLES REILLY – Another founder member of Radford Care Group in 1968. Charles came to represent the local Catholic Church of which he was a member. He was a military man all through. Born in Aldershot, he served as a boy Soldier and then an Army Bandsman. After that career he joined the Police and served for many years in Nottingham and finally for some years as a Prison Officer at Nottingham Jail. He organised us all with military precision! He started the Friday Lunch Club at the old 'Rad Y' and moved to the Radford Primary School premises when they became available to us. Together with Mr and Mrs Green he organised the Tuesday Over 60s and started the Olde Tyme Dancing at Forster Street School.



Charles Reilly.

Over the years Charles and his van provided some of the transport for the housebound, he was our Liaison Officer and even helped to serve the lunches at the Day Centre. He was father to a large devoted family and Frances, his wife, was a great help to the Group at all fundraising events. In later years Charles came as a client to the new Centre at Prospect Street, having been living alone after Frances died. Truly a valued member of the Radford Care Group.

After long negotiation the City Education Committee allowed us the use of the canteen area of the Youth Club's premises which were in part of the Radford Primary School building at 'Ations Corner'. There we had the use of the telephone, for which we paid, and in December 1970 we were able to open our first Day Centre – we were very concerned to try to get the housebound out of their homes regularly to have some kind of social life. It began with 10 elderly people, all of whom were housebound. Our transport fleet consisted of Charles Reilly's van, a Ford 8, and our family car, with my husband's kind permission of course.

Blind people, limbless people, the severely disabled and the just plain lonely have come to our Centre over the years, and all our lives have been enriched as a result.

Our first clients proved to be great characters. One lady, who was totally blind but blessed with a great sense of humour, often told us bawdy tales with total disregard for whether the Vicar was present or not!

One of our men had no legs. He had been a Miner and 6ft tall until diabetes and eventually gangrene had caused him to lose both legs, amputated above the knees. We used to heave him into the back of Charles' van, pack his wheelchair in beside him and whilst one of us would sit with him, Charles would drive carefully back to the Centre.

Jack had short pylons strapped to what was left of his limbs and could walk a few steps from his wheelchair to the toilet. But he had no fears of us handling him, though in retrospect I am amazed that we saw no difficulty at all in accepting anyone at the Centre who was willing to trust themselves to our tender loving care!

Gradually our housebound people were to be joined by other lonely men and women who lived locally and were able to make their own way to us and soon we were under pressure to open on other days. People in their 70s and 80s who had not met since their schooldays were renewing old acquaintances, as well as making new friends. We came up with ideas of our own for Occupational Therapy and brought in Instructors from Adult Education to do Music and Movement.

Miss Jean Downs, the Director of Social Services for the West area of the City, became very interested and supportive of our work and when we formed our properly constituted Management Committee she agreed to be our Chairman. I then became the Administrator, with Edna our Day Centre Organiser, and we were both to be paid the princely sum of 82 pence an hour as both of us had to give up more remunerative part time jobs.

In 1972, with encouragement by Neil Williamson, the then Development Officer for Age Concern, and the backing of the Employment Fellowship, a long-established national concern which worked closely with voluntary

organisations and Social Services, we explored the possibility of opening a sheltered Work Centre. The idea was to provide a real sense of purpose and working companionship for people who had retired and missed the atmosphere. The Local Authority, who were very generous in allowing us to use part of the school building rent free, kindly made available another old classroom.

Three months after the idea was put forward we opened the Work Centre with a grant of £50, which did not materialise for three months – by 1978 it was considered necessary to find £500 in order to start such a Centre! We began with 10 people and the job of sorting bicycle parts for reuse for Raleigh. We found a number of retired people who felt they were not yet ready to attend a Day Centre, but the idea of working for two hours a day in good company

PAULEEN DAVIES, founder member – I was born in a small village in Northamptonshire in 1926. My dad was a Bus Conductor and my mother a Tailoress. I have a younger sister and a brother. Times were hard in the late 1920s and '30s but life in the village was great. Mother played the organ at the local chapel and was a Parish Councillor. There was a bus every hour and if my dad was the Conductor we got a free ride down to the next stop, the village green.

When war started in 1939, my father was able to return to his real job of engineering and worked long and hard making war weapons. When I turned 14 I left school. I first worked in a clothing factory, which I hated, then trained in office skills and worked in various offices until I joined the WAAFS (Women's Auxiliary Air Force Service) when I was 18.

Shortly afterwards the war ended! On 'demob' I returned home as my father had died, aged 47, and Mother had to immediately get a job to eke out the 10 shillings (50p) a week widow's pension – which was all it was in those days – so one more wage earner was vital as my brother was still at grammar school.

I had always loved drama at school and it was through joining the local amateur dramatics group that I met my husband to be, Wyn, who was a Teacher of English at the Wellingborough Grammar School. In 1955 we moved to Birmingham, where Andrew, our elder son, was born, and in 1958 to Nottingham, where Julian decided to arrive two days after we got here!

When the boys were both at school I joined the WVS and began delivering meal on wheels in Radford and Hyson Green. I met so many really great elderly housebound people and felt I would like to become more involved in the area. The rest, as they say, is history!

and at the same time doing something worthwhile was very appealing. The Work Centre was strictly non-profitmaking and, after taking out the running expenses plus a modest salary for our Supervisor, Bertha Sewell, the 'workers' were paid a small amount allowable for those on State Pensions and Benefits. The first wage packets came from a loan – returned later – from Care Group funds. At no time were our workpeople exploited; in fact we often went around knocking on doors in order to get sufficient work to do.

By the time Mrs Sewell left at Christmas 1978 to take a well earned rest, it was considered to be one of the most successful Work Centres for the elderly in the country, the numbers attending had risen to 30 and the types of job increased in variety.

The school building, which we were lucky to start from and had enabled us to develop, was now classed as 'listed', very old and the facilities far from ideal. We applied for a building that Help the Aged was offering to groups such as ours and were fortunate in being chosen to receive it for use as a Day Centre. The City Council allowed us to have a piece of land in Prospect Street that had been designated for industrial use. We were lucky enough to be offered this at a peppercorn rent, which was a very generous and far sighted gesture by the Local Authority.

However, sadly, by the time we had obtained grants, planning permission, etc, the wooden Guinness building that had been offered by Help the Aged was in no fit state to be erected. Thankfully an Urban Aid grant was obtained for the bulk of the money needed and with the assistance of Help the Aged's Fundraiser, the Care Group itself raised £10,000, a great deal of money then – in fact one fifth of the cost of the present Centre.

The opening ceremony of the new building was kindly performed by Dame Anna Neagle, who was appearing in *My Fair Lady* at the Theatre Royal, on May 24th, 1979. That was surely the proudest day of our lives.

The Sheriff of Nottingham, Councillor George Howe, said during a visit with his wife to Radford Care Group at Prospect Street in March 1980: "We are very impressed by the Centre – there should be more like it. It fulfills a great need. It gives a focal point to the elderly. They get company, a chat, a cup of coffee and a meal, perhaps their only hot meal of the day."
– Adapted from *Nottingham Evening Post*, 5 March 1980.

An example of the Care Group's championship of the elderly over the years is this public comment of 1979:*

In my opinion the section of the Community worst hit by continuing inflation and Government cuts is the older generation. Many voices have expressed their indignation at the long wait for the Pension increase and though I share their views I also believe that old people face a great many problems that increased weekly income cannot solve.

The really frail 'old' elderly people, many of whom are housebound, are the ones badly affected by cuts in domiciliary services and these people are increasing in number all the time.

Before re-organisation the resources available to the Community were divided equally between the old 'Children's Department' and the 'Old People's Welfare'. Since these two sections were amalgamated to form Social Services, the Department has become increasingly 'child orientated'. Social Workers in the Department no longer have a case load of elderly people at risk. Cases are dealt with only when a real crisis occurs. This is often too late for effective help to be given.

Those of us working with the elderly in the Voluntary Sector are doing our utmost to keep elderly people living meaningful active lives in the Community for as long as ever possible but the resources available to us for this preventative work are extremely small.

'Old age' can be as long as thirty years of a person's life and the needs of the individual change greatly between early retirement and becoming largely dependent on Statutory and Voluntary services for one's existence. If more money was spent on the intermediary stage then less would need to be allocated to the very expensive business of providing Geriatric Hospitals and Homes for the last stage.

A disproportionate amount of public money has been spent in recent years on the problem of children and teenagers. The appeal is obvious – this is the 'Year of the Child' and the difference in the general public's attitude to giving to children's charities and the almost totally ineffective impact made by 'Age Action Year' two years ago is disheartening to say the least.

What is even more disheartening is how little there is to show in return for all the care and concern that has been poured into the younger generation. Are they better adjusted, more responsible, harder working and caring than

*By Pauleen Davies. In 2000 Pauleen pointed out that although she has often been the named spokesperson for Radford Care Group, the work has always been a team effort.

previous generations? Have we not, rather, by giving too much professional support too readily to young parents taken away their sense of responsibility for their own families? Countless previous generations of so called lower class people managed to raise their families quite creditably without the help of a small army of trained Social Workers. By today's standards many older people would have been classed as deprived when they were bringing up their families in the Twenties and Thirties but they survived, and with an independent spirit and self respect that many young people today seem to lack.

It has already been announced that the first cuts in spending by Social Services will fall on the 'Meals on Wheels' and 'Home Help' Departments – the two basic and vital needs of elderly housebound people. Transport to Day Centres and the Centres themselves will probably be the next to feel the effect. Surely it is time to stop and re-assess the needs and entitlements of the vulnerable people in our Society and decide to allocate resources fairly.

The older generation has earned the right to be considered at least as equals where Welfare rights are concerned. Let's have some long overdue 'Age Action' and protest strongly if the cuts fall on the elderly.

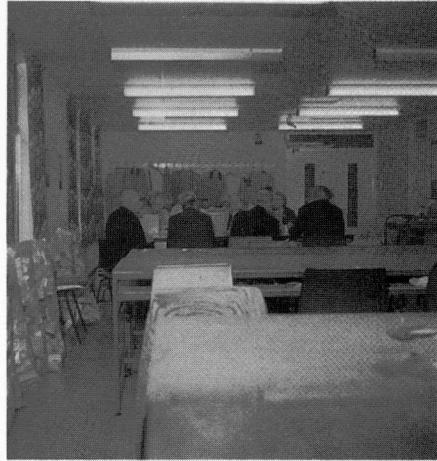


*Pauleen Davies (left) and Edna Turner take a spade to turn the first sod for the new Centre in 1978, watched by an appreciative audience.
Photo copyright – Nottingham Evening Post.*

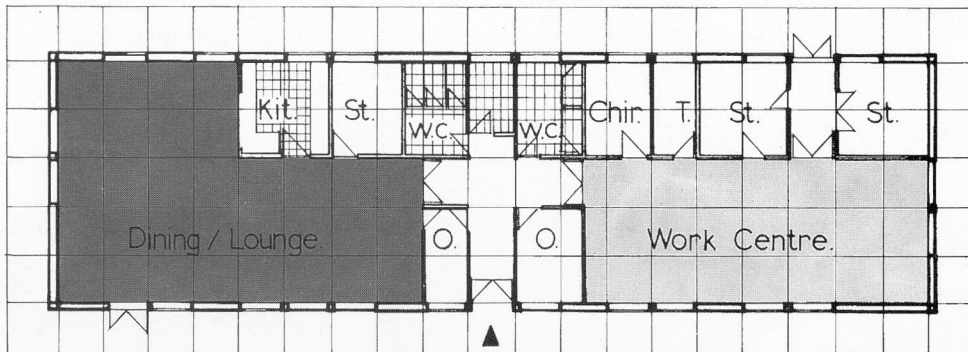
Radford Care Group



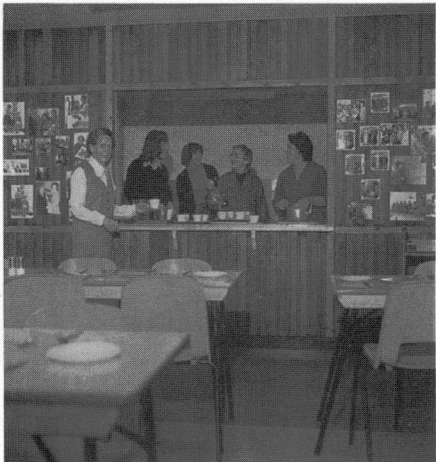
The system is ideally suited to very restricted sites and involves the use of minimal plant.



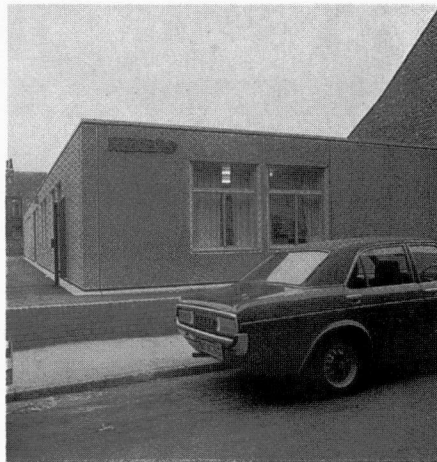
An interior can be produced to suit most uses and needs.



The EVANSWINSHEL system is based on a 1.8 metre grid. Internal planning is flexible to allow clients individual space requirements to be satisfied.



As shown above, a tight budget did not mean a low standard of finish.



Although constructed from pre-fabricated components the standard of finished building will complement most sites.

RCG's new Centre, built by Evanswinshel.

THE PROSPECT STREET OPENING 1979

Vote of thanks

Dame Anna, Mr Chairman, Ladies and Gentlemen – Giving this particular vote of thanks is probably the most difficult one I'll ever have to do, said Pauleen Davies on 24 May 1979.

There are so many people and organisations represented here today who have helped to bring about what is the realisation of a dream for those of us who have been part of the Radford Care Group from the beginning. I shall try to do it in order of sequence and not in order of priority.

To begin with the people on the platform – if we had one! First – Thank you to Dame Anna Neagle who has performed the opening ceremony with such grace and charm. Her presence here today has made this occasion an unforgettable one for us all. Dame Anna typifies all that's best in the Theatre. The glamour, style and high standard of performance. We are honoured that you came.

Secondly – To Brenda Borrett who has always taken a personal interest in the Radford Care Group. In her capacity as Chairman of Social Services Committee for Nottinghamshire she has encouraged us and other Voluntary groups to be ambitious on behalf of the people we serve. Jean Downs is the Chairman of our Management Committee, a tower of strength in that capacity and also as our West area Director of Social Services for the city. Thank you Jean for your help and encouragement. Thanks to Chris Gale, our local Vicar, for asking a blessing on the Centre and for serving on our Management Committee.

Edna Turner – what can I say about Edna without making her blush? She and I met at the meeting at which the Care Group was formed in the summer of 1968. She served as Secretary/Treasurer and I was Chairman for ten years. We have become close friends and partners and I hope we shall continue to work together for many more years in our new offices. A good partnership, like a good marriage, needs two people who complement each other. I'm bossy and she's good with money. I couldn't have coped without her and I hope she feels the same way about me. Neither of us could have coped without our husbands. They have backed us all the way, given practical help when needed, and never more so than in this past week, and what's more they've paid our phone bills! Thanks Jack and Wyn.

We are delighted that the Director of Social Services for Notts, Mr Edward Culham, and several of his officers could be with us today. The bulk of the money that we needed to build this Centre was obtained through an Urban Aid Grant backed by Social Services. We are extremely grateful both to the Committee and the officers who moved with a real sense of urgency



At the 24 May opening – Action Resource Centre (ARC) volunteers, on part-time secondment to RCG, John McGibbon, Thornton Baker and Co (left); Euan Temple, Ashton Hill and Co Solicitors (third left) and David Nicholson-Cole (self-seconded), architect (fifth left). With them, Pauleen Davies (second left), Dame Anna Neagle (centre), Edna Turner, and ARC Midlands Co-ordinator Gerald Pearce, IBM UK Ltd.



The newly opened Centre in 1979 featuring the bar where teas and coffees are served. The bar's cedar boarding is the only obvious part of the Guinness building. Pouring welcome cuppas are Edna Turner (left), Irene Krasinska, Helper (centre) and Anne Arey, Helper.

when we needed a supplementary grant in order to continue the work on the building. In 1977 when we were seriously looking for new premises in order to cope with the increasing number of elderly people wishing to attend our Day and Work Centre, Guinness offered to 'Help the Aged' a prefabricated building they no longer needed. This was advertised in (the Help the Aged publication) 'Yours' and applications invited.

Out of over 100 applicants the Care Group was chosen. This was the spur we needed. Land was obtained and an Urban Aid application made. All this took a very considerable time and unfortunately, because of storage problems, the Guinness building was not then able to be used in its entirety. It has, however, been incorporated into this building, the more obvious parts being the Cedar boarding you see around you. Thanks Guinness, you were good for us!

'Help the Aged' also offered us the services of their Fund Raiser, Martin Stroud, who with the help of the Group raised around £10,000 towards the total cost of the building and its equipment. Thanks Martin and 'Help the Aged'. We are extremely grateful also to 'Action Resource Centre' and its Director Ruth I Johns. This organisation provided all the professional help we needed. Through them we obtained the service of our very talented Architect, David Nicholson-Cole, who not only designed this Centre but was up until two o'clock this morning completing the carving of the magnificent mahogany sign on the front of the building.

Euan Temple,* our Solicitor, came to us through 'Action Resource Centre', as did John McGibbon, our Accountant. Their contribution in oiling the legal and financial wheels has been invaluable. We are so grateful for the services of these dynamic young men. We have also craftily roped them in on the Management Committee!

Thanks to all the local Business people and Charities who made such generous contributions to our Building Fund and specially to John Player and Sons, T I Raleigh, Robert Shaw and Company, Appledore Industries, UCCF and Marathon (Knitwear), who have provided work for our Work Centre. This is the kind of ongoing support we need.

The local help we have received has meant a great deal to all of us. Thanks to our friends at the 'Jolly Higglers' for raising the money to buy us some lovely new chairs. Those of you sitting on the hard ones may appreciate that we still need some more! To the Day and Work Centre people who put their spare coppers in the Coffee Jar each week, thanks a lot, that money was just as important to us as the bigger donations.

*Euan Temple, one of the part-time secondees found by Action Resource Centre, has helped Radford Care Group ever since with free legal advice, even though he has long moved out of the Nottingham area.

My personal and heartfelt thanks to Evanswinshel, the builders of this smashing Centre. They really have pulled out all the stops to get it finished by today. Thanks to the Directors of the firm, Eddie and Jeff, who kept faith even when the funds were running low, and to Alan, Joe and Steve who kept working through the worst winter weather for decades. You have all taken a personal interest in this project and we promise to reserve a place for you all in your old age.

Finally to the Helpers, past and present. In particular Charles Reilly and Elsie Hague, both founder members and still working for the elderly though they'll admit to being in that category themselves. Thanks too to Bertha Sewell and Laurie Ball, Organiser and Secretary of the Work Centre since 1972. It's impossible to mention every one by name but all these lovely ladies you see around you wearing carnations, the ones with the angelic faces and work-worn hands, these are the people that keep the Caring going year after year. This last week they have spent long hours cleaning up all the furniture to bring to the new Centre and today they are hardly recognisable as the 'right lot of scrubbers' someone described them as earlier this week!

Lastly, to the most important people of all. The elderly people of Radford who will use this place. We are full of admiration for this particular generation of Senior Citizens, many of whom were out working for a living at the age of thirteen. The generation who never expected, nor received, something for nothing, but despite the hardships have kept their self-respect, dignity and pride. This Centre is yours. The policy of this Group has always been to enable elderly people to help themselves, this we shall continue to do. The privilege is ours.



Agnes Walker (seated), the Centre's oldest member, presents a bouquet to Dame Anna Neagle. The three other people in the foreground of the photograph are Councillor Bernard Bateman, Lord Mayor of the year (left), Edna Turner (second right) and Pauleen Davies.



RCG's first vehicle, 1980, hired from Wadham Stringer for a yearly rental of £450, plus VAT, insurance and a servicing charge. A delighted Pauleen Davies is in the driving seat outside the Prospect Street building, with Dr David Arey, the Group's medical adviser and later Board member (right), and the Wadham Stringer representative. The vehicle had been suitably lettered for Care Group service as a 'Caremobile'. It proved invaluable for day-to-day transport and created considerable interest in Nottingham.



The Radford Care Group float brightening and enlivening Radford Carnival about 1981, with elders and Staff (left to right) Mary Ashmore, Lena Wildgoose, Harriet Hutton, an unidentified elder, George Mann, Pauleen Davies and Edna Turner.



Radford in 1969: a Police cadet training to be a Community Policeman as part of Police training went to RCG at least one day a week and is pictured with a Care Group elder.

BY, WITH AND FOR THE COMMUNITY
by Mary Eales*

In 1983 Pauleen Davies retired, ostensibly to devote time to family and hobbies, to pursue new interests. In fact, she became President and continued to work hard promoting and supporting the Care Group. The Centre felt her loss, many wondered if things would ever be the same again but foundations had been firmly laid and when I transferred to the office and Tim Preston took over the Workroom the Centre continued to develop and consolidate.

As our reputation spread more and more people were referred and our catchment area stretched to the limit. Friday eventually changed from a morning music and movement class followed by a lunch club to a full Day Centre and Southwold (over 60s') Club members, reluctantly at first, came along for the day. Previously they were a social club meeting on Wednesday afternoons at Southwold School enjoying bingo and outings. Then the school needed their classroom and despite efforts to find another venue in the area – they even tried meeting in the bar of a local pub for a few weeks, the obliging landlady providing cups of tea – they were forced to forego their independence.

Our teams of regular Volunteers in the Day Centre were supplemented by a steady stream of youngsters from many quarters – on day release from Basford Hall College (which runs courses for carers), on work experience projects with BESTCO (Better Employment Skills Training Company, a training agency for long-term unemployed wanting to work with older people), American students from Luther College, Iowa. Even Police Officers in training spent at least a day with us, learning about the needs and fears of the elderly, how the community works to support each other.

Members were stimulated by these various visitors and occasionally friendships ensued. Our then oldest member Lena Wildgoose enjoyed visits from and outings with a Policewoman who over the years had progressed from Constable to Inspector, from single girl to wife and mother. With the help of some of these able Volunteers we started a Visiting service again (this had lapsed because we tried to get them to come in to us instead), popping in on the lonely housebound, running errands, escorting them to shops perhaps and, all importantly, sitting talking and listening to them.

Our links with the community and statutory services strengthened, we worked hand in hand with social workers, domiciliary services especially, local health visitors, nurses, Age Concern, Radford Churches and community groups. Staff were ever busy attending meetings, case conferences, committees plus training sessions and fund raising – the ever constant and vital need to raise money to supplement the grant from Social Services.

*Centre Administrator 1983-90.



The early 1980s and love blooms in the Work Centre for Harold and Mabel Curtis. Photo copyright – Nottingham Evening Post.

RCG Staff and friends from the Work Centre at Mabel and Harold Curtis' wedding.



This was very necessary to keep the Centre going. We took every opportunity to run bric-a-brac stalls, Radford Carnival, Students' Carnival in the Market Square, in Wollaton Park at City events. Internally there were coffee mornings, jumble sales, raffles, etc. Everyone involved with the Centre, members, Volunteers and Staff, would contribute, would be involved in these activities, willingly giving of their time, their energy and their money. RCG has always operated by, with and for the community.

The use of a Social Services' mini-bus one evening a week enabled those interested to attend talks, concerts, whist drives, dances, demonstrations, all manner of activities. Later an indoor bowls club was formed. Most of these were discontinued when financial cut backs in Social Services required payment for transport, thereby making it unviable.

Celebrations were customary, an important part of the social calendar. With membership around 200 scarcely a week passed without toasting someone's birthday, glasses of sherry were raised and a chorus of 'Happy Birthday' sung, with the finale always wishing we would all be together one year on. An 80th birthday was celebrated with a fish and chip lunch, hot and fresh from the Skill family's well known 'Chippie' on Ilkeston Road, accompanied by bread and butter and wine, followed by birthday cake. Mrs Skill derived great pleasure organising her event, her health was failing but she achieved her goal – a memorable occasion shared with many friends.

20th birthday celebrations 6-10 June 1988:

Monday: 10.30 am Bring & Buy Cakes & Produce; Tuesday: 1.30 pm Music & Movement Demonstration; Wednesday: 1 pm Tea Dance; Thursday: 10.30 am Games; Friday: 10 am Bric a Brac Stall. We are aiming for an extra special week during these celebrations. All events are 'open house'. We need cakes etc for the Bring & Buy stall and in particular Bric a Brac.

Ninetieth birthdays were special, 100 years even more so – the Lord Mayor usually in attendance. Harriet Hutton, having lived independently well into her 90s, moved into residential care shortly before her century but returned to the Centre to celebrate her special day, to show off her royal telegram and receive a profusion of cards and congratulations, no doubt placing a bet on the likelihood of another 'do' next year! She loved a flutter, regularly took her chances at Ladbroke's and more often than not made a winning.

Lena Wildgoose still lived alone when she reached her 100th year. Later she moved to a residential home and she continued to notch up birthdays, reaching 102 in 1999; she died a couple of months later. Romances also blossomed and three couples who met within the Centre married at a local Church, then held their reception here – Harold Curtis and his wife Mabel, Eric Needham and Betty Stevenson, Vera Daykin and her husband Harold.



Radford Primary School harvest gifts distributed by pupils in the early 1970s. One of the recipients is novelist Alan Sillitoe's Aunt Em (fourth on left, front row). Photo copyright – Nottingham Evening Post.

Radford Care Group's 25th anniversary was celebrated with a Civic Reception and Cocktail Party given by the Lord Mayor at the Council House, Market 'Slab' Square, Nottingham, on 17 June 1993. This was to express Nottingham City Council's thanks to all the many Volunteers who had worked with the Group over the years.

The Lord Mayor, Councillor Mohammad Ibrahim, and his wife welcomed all those present. "Many of you have given much of your time," he said, noting that many of the Volunteers were pensioners themselves.

Maureen Allsopp, Centre Manager, responded, saying the Group was the only independent Day Centre in Nottingham and it was all due to Pauleen Davies, Edna Turner and the Volunteers who started the Lunch Club. It provided day care for some 250 people a week. The old formula was so good it still worked. A happy atmosphere was crucial – "You can be miserable at home, but not at the Care Group!"

LINKS WITH SCHOOLS*

The old building on 'Ations Corner' once housed both Junior and Secondary schools. At the time we were given permission to start a Day Care Centre in 1970, the area that had housed the Secondary school was used by the Youth Club in the evenings and by the Care Group in the day.

Down the corridor was the thriving Radford Primary school and we gradually built a very happy relationship between our older members and the young children at the school. At Christmas time they would come up to our end of the building and share with us their Carol Service in the large Hall. At Harvest time they would bring their gifts and sing their Harvest Hymns and recite their poems. We all looked forward to these occasions. Many of our people had themselves attended the schools as children and many memories were revived and friendships renewed.

The Headmaster was a very caring and imaginative teacher, and he suggested that we should get groups of children together with the elders and that way bring to life local history in an entertaining manner. The children would come along armed with their questions and a tape recorder. These sessions were very successful, the children learned what life was like in Radford many years ago and the 'reminiscence' therapy was excellent for the older people.

Over the years other schools have come along to the Prospect Street Centre and entertained at Festival times. The Primary department of Forest Fields Primary school brought their choir and made the most of the opportunity to talk to individual people and share their memories of school. Broadgate school came every year with their welcome Harvest gifts until the school sadly closed five years ago. St Peter's Nursery is just down the road from the Care Group and the young pupils often visit the Centre. The Margaret Glenn Bott school has had a long association with us and at one time the older pupils visited housebound people in their homes and performed little tasks for them.

Young people often have a real rapport with older members of society and this is beneficial to both.

*This book will be used in some local schools.

The rich and famous have similar problems to people in Radford. Actor Sir John Gielgud, then 95, said that loneliness was a huge problem for him (*Newsnight*, BBC2, November 1999).

PIONEERS IN CARE FOR THE ELDERLY

Radford Care Group has always had a pioneering approach to care for the elderly. From the start it looked at what older people in the community needed and set out to meet those requirements.

As pioneers often find, it takes time to convince other people that their way is the one to follow. When the Day Centre started it did so without much public support, quite a lot of suspicion and it took some years before those on the outside publicly recognised what those on the inside knew: that it worked.

Three decades on, the Group's 1997-98 *Business Plan* could boast: "Researchers have for years used RCG as a benchmark care group on which to base their work."

Care in the community

RCG was offering care in the community 25 years before Community Care became Government policy, although the latter was centrally determined and service led, the opposite of RCG's needs-led provision.

As Mary Eales, former Centre Administrator, puts it, RCG operates by, with and for the community (p. 37). By the end of 1980, almost 18 months after moving to Prospect Street, Pauleen Davies' *Annual Report* pointed to RCG's success in its new base, the many and varied evening activities having had the effect of establishing the Group as a sort of area Community Centre.

Local people in ever-increasing numbers supported their functions, thereby helping with fundraising, and generating local interest and goodwill. The Day Centre had been let for two golden weddings in the year.

Local, regional, national and global model

The Centre's pioneering achievements made it not only a model of local importance but also of regional, national and, indeed, global importance.

In 1980 several neighbouring local authorities sent groups of people to see how a Voluntary group organised itself to work with the local Statutory services in the care of the elderly. There were also visits from other Voluntary groups, Employment Fellowship Work Centre Organisers and many students doing research projects. The Central Office of Information arranged for Mr Mosala from South Africa to spend an afternoon with the Group and several of the Helpers stayed behind and joined in a discussion with him afterwards. In July the Group was visited by 20 PsychoGeriatric Specialists from all parts

of the world who were on a course at Nottingham University. The visit was arranged by Professor Tom Arie, who in the late 1970s had helped to set up a new University Department concerned with health care of the elderly. This soon established close links with RCG, which it considered a landmark of excellence.

However, the Care Group's importance had failed to get across to Social Services, whose lack of interest the *Annual Report* was forthright in criticising. Pauleen Davies wrote: "I am a member of the Advisory Committee to the Radford Community Project which is part of the larger Nottingham Community Project under Social Services. In Radford two Community workers are employed to help local people to organise their lives and leisure activities and, hopefully, form groups similar to our own.

"What disturbs me is that Social Services show so little interest in groups like ours once we are established. With the honourable exception of Miss Downs the hierarchy know little of what we do or bother to see how we can fit in to their overall scheme of care for the elderly. To get sufficient money to continue running at our present level is a constant battle."

Self-help independence

The Group was not cadging unjustified handouts. The January 1977 *Annual Report*, for example, was able to claim: "Our organisation is in every way a 'self-help' group. We are proud of the fact that half the finance needed to run the group is raised by the group itself." The 'young' retired, the Over 60s, organised their own activities, including outings and holidays, and over the years the Lunch Club members had virtually taken over the running of the Club themselves – by Christmas 1978 the Care Group was providing only the equipment and a small grant.

The self-help aspect of the Group, which an early 1980s' factsheet noted was in an inner-city area that had recently undergone a massive programme of demolition, highlights its independence, both in the matter of fighting spirit and in the literal sense of being independent of the statutory system.

Independence was as important as self-help. Pauleen Davies said in 2000: "We could take self-referrals. Whereas if we were completely tied to Social Services, we could only ever take the people *they* felt merited a place in a Day Care Centre."

Seven years earlier, in 1993, Maureen Allsopp had explained: "You can make your own rules. There is minimum bureaucracy. You can run it without being told you shouldn't do this, that and the other." In 2000 she was of the same opinion.

Pauleen Davies said: "Yes, and also, what's important, and why we've never been desperate for Volunteers, whereas other groups sometimes are, if you're

independent and you've got to raise 40 per cent of your own funding, which we've always had to do, that can motivate not only the people that use the Centre but the Volunteers, so they're involved as a group of friends in doing something besides caring for the elderly. They *mind* about this being independent."

Extended family

RCG's role, in fact, is more that of an extended family, underlined by the number of Staff and Volunteers who are related or are friends. Pauleen Davies said: "Maureen and I once tried to work out how everybody that is involved here became involved. It's like a spider's web. Friends of friends of friends of friends, or relatives, and it brings them all in."

In 2000 Pauleen Davies' daughter-in-law Jill was the Centre's Deputy Manager; Maureen Allsopp's Uncle Les had been the Centre's piano player; Social Services' minibus driver Kevin Sturdy, who had just retired from that job, was husband of Susan Sturdy, Centre Secretary; Anne Arey, former Day Centre Organiser, was daughter of former Volunteer Ethel Thornton; Volunteer Lucy McMaster was mother of Lillian Reeve, Day Centre Co-organiser, who was introduced to the Group by her friend Maureen Allsopp; Hairdresser Cath Hall's aunt Clarice Hall was a founder member of RCG; Day Centre Co-organiser Hazel Woodward first went to the Group to help her sister-in-law, the then Hairdresser.

Mary Eales was introduced to Pauleen Davies by Anne Arey, then a neighbour. Of the Volunteers Marjorie Rick was a friend of Lillian Reeve, and a friend and neighbour of Teresa Tunney, also a Volunteer; Lucy McMaster and Beryl Dilkes were friends; Freda Ward was a friend of someone who knew Pauleen Davies and also a neighbour of Mary Eales.

For such a family and community rooted group, said Pauleen Davies: "Independence matters to the area and it matters to the people running it. How else would you have got a Staff of basically four people to have run an enterprise like this, if they felt that the local authority was their boss? People here have worked so hard over the years, really on salaries that amount to very little. When Edna and I started we got 82 pence an hour, the same as a home help, and we worked for five years for nothing before that.

"But there's got to be a sense of purpose for everybody, the people that work here and the people that use it.

Preventive care

Part of this sense of purpose was the belief in the preventive care provided by the Centre, typified by the Work Centre.

Continued after Elders' profiles

Elders' profiles

Elders
(fore-
ground,
left to right)
Ethel
Davies,
Hazel
Derryk,
Edith
Stone,
Doris
Gleeson
and
Connie
Jennings,
1999.



Concentration on the cards for (foreground, left to right) Lily Sills,
Dorothy Needham and Betty Needham, 1999.

Left to
right:
Volunteer
Ruth
Roper,
with
elders
Ada
Cragg,
Gladys
Hill
and
Gladys
Hardy,
1999.



THE 1960s

My name is **GLADYS HARDY** and, in 1999, I am 93 years old. My home was in West Hallam, Derbyshire, but my work was in Nottingham in the Telephone Manager's Office. To cut down on travelling time I moved to a house in Woodborough Road. When that had to be demolished I was moved to a flat in Marchwood Close, Radford. After I retired I joined a pensioners' club at Radford YMCA, where the Care Group first began its activities in 1968 with the Lunch Club. The 'Rad Y' building was not really very convenient for older people and I had a nasty fall down the steep steps at the entrance, breaking my arm. The Care Group then moved into the old school building, practically next door, and I attended the Tuesday Club and the Day Centre.

That was more than 30 years ago so that makes me one of the oldest members, in both senses! I've enjoyed craft classes, music and movement, played whist and enjoyed many of the holidays and outings organised by the Staff and Volunteers. The Care Group has been, and I hope will continue to be, a big part of my life. Incidentally, I have been a widow for 66 years! That's longer than most people have been married.



Gladys Hardy (left), with Volunteer Teresa Tunney (centre) and elder Catherine Henry, 1999.

LENA WILDGOOSE, who started going to Radford Care Group in its early days at the school, was the oldest regular at the Group when she died in November 1999, aged 102. She was born in 1897, the second youngest of six children, and lived in Nottingham all her life.

She worked full time until she was 60 and then stayed for two more years part time. This last job was in Beach's Store on Radford Road, Hyson Green, where she worked for more than 17 years. She also worked for Lewis's, Haydn Road, for 17 years. A Brownie and Guide leader, she said in a 1993 interview that she had been a member of St Peter's Church for 90 years. She was in the award-winning William Turner Ladies' Choir (which was founded in 1902 when the girls of Devon Drive Methodist Church,



Lena Wildgoose greets a guest at her 100th birthday party, the Lord Mayor of Nottingham 1997-98, Councillor Roy Greensmith.

Souls' on Fridays. A visitor from the Care Group (a trainee from BESTCO) called on Tuesdays, fetched her pension and shopping, a prescription if necessary. Lena said of the Centre: "People need this sort of thing. I don't know what I would do without it. They are helpful and marvellous. I am glad enough to get out. I never see a soul on Saturdays and holidays. Sometimes I don't mind. I knit."

She won a Centre competition prize for a knitted scarf in 1992. A Volunteer said Lena was much fitter than many elders who were much younger and slightly resented not getting more 'help' in moving etc. They tried to give her plenty of time without making her 'helpless'. Lena read, played bingo, did exercises on two days, had her hair done. "Sometimes there's a whist drive in the evening. There's raffles and all sorts. We go on outings." There were trips to the cinema and a mystery tour. She had also been with the Group on holiday, to Yarmouth, Skegness in 1992, Butlins once. Lena was 99 when she was picked to meet the Queen during Nottingham Council's centenary year and it was only when she was 101, a year before she died, that she moved into Haddon House residential home, Nottingham.

Sherwood, got together for singsongs) and the Church Choir for more than three decades. When young she went to church three times on Sundays. She still liked to attend church in 1993, but had to be fetched. She had never married and she lived with her sister, who died in 1977, aged 82. Five cousins died in 1992; she no longer had any living relatives. A lot of old friends had also died.

Radford Care Group had meant so much to her for almost 25 years. Her sister had gone to the Group, "so I followed on". A Social Services' minibus took her although "I'm okay walking here (in the Centre) and at home but I've not been on a bus for a year now". She was living in a flat off Ilkeston Road and going to the Centre three days a week. She got meals on wheels at home on one day and went to lunch at All

WALTER HEIGHTON came to the notice of the Radford Care Group when he needed help with meals after being discharged from hospital. He and his dog Charlie had lived alone for many years. The house he and his late wife had lived in was due for demolition, as so many in the Radford area in the late 1960s. The high-rise flats and deck-access homes were being built, but Walter was determined not to move unless he could keep his dog, and this was not allowed in the high-rise. The Group helped him to move eventually to a ground-floor flat off Alfreton Road where both he and Charlie lived happily.



Walter Heighton in the Workroom, 1973.

Walter had fought in the First World War and, after recovering from the long march home in 1918, went to work in the mines. Like so many older Miners he was very proud of his calling and regaled his friends with hair-raising stories of rockfalls and explosions.

When no longer able to work at the coalface he retired temporarily, but was soon working again as Radford's local woodman. He would buy up the wooden crates in which the raw tobacco was brought to Player's Bonded Warehouse, just down the road. This he would chop, bundle up the sticks and sell them to all the many customers with open fires in the area. He had been going to the Day Centre at the old school for some time when the Workroom opened in 1972 and he began yet another career. He died some years ago.

Over 60s Club

OVER 60's CLUB

TUESDAYS 2 - 4 p.m.

Social get-together for tea and a chat with Bingo for those who like to play.

This club, run entirely by the members, organises —

**TRIPS
THEATRE BOOKINGS
PARTIES
HOLIDAYS**



Over 60s Club

Membership 5p Weekly contribution 3p

Friday Lunch Club

FRIDAY LUNCH CLUB 12 - 2 p.m.

For members able to walk to the Centre and enjoy a meal out with their friends.

Lunch, cup of tea 28p inclusive.

All hot meals are provided by Nottingham Social Services Department at concessionary prices.

At our Centre we provide a Library Service, Hairdressing and soon we hope to have a visiting Chiropodist. In addition we have a team of willing and sympathetic workers to help with day to day problems.



Friday Lunch Club

RADFORD CARE GROUP

Is a Voluntary organisation working in close collaboration with Social Services, Age Concern, Home Nursing, Medical Social Workers in Hospitals and local doctors.

RCG leaflet from the earlier 1970s highlighting the Over 60s Club and the Friday Lunch Club. The leaflet was still being used when the price of the Friday lunch was changed, from 8p to 28p.

THE 1970s

One of the ladies who attends Radford Care Group in 1999, Mrs **EDITH STONE**, has been doing so for more than 20 years. She first went to the Work Centre in 1974. When that Centre had to close in 1997, she joined those at the Day Centre, and now goes twice a week. At the age of three days Mrs Stone had polio, which left her partially crippled; she has worn a calliper on her leg ever since. She was first married in 1933, divorced in 1943 and remarried in 1945. Mrs Stone, who is 88 years old, is now a widow and lives alone. Although she now has to use a wheelchair, she still enjoys life and looks forward to her time spent at the Group.



*Edith Stone,
aged 20*

My name is **BEATRICE BEARDSLEY** and in 1999, although I am not a native of Radford, I have lived here for 62 years and have seen how much things have changed. I was married when I was 28 at St Peter's Church

at the corner of Hartley Road and Churchfield Lane where I still live. My husband and I joined the Radford Care Group in 1977. 'Care Group' is the right name for it because the people who run it are real carers. They put everything they can into seeing you are looked after. When my husband died they gave me support. My husband lived in Beresford Street until his parents moved to keep a grocer's shop at the corner of Wordsworth Road. On the other corner there was a cobbler's shop run by Jack Mills. The workers from Player's used to drop their shoes in on the way to work in the morning and then pick them up on their way home at night. Where the Capitol now stands there used to be a police house and on Prospect Street where the Care Group stands there used to be old cottages. The parties we had at Player's Rec and the Western Club (local social centres).

Sadly we have lost some friends, but we make new ones at Radford Care Group. Many thanks to Pauleen Davies and the rest of the carers for doing such good work. May it long carry on. Many thanks.



Beattie Beardsley, aged 18 (left) and aged 89 (below), with her great-grandson.



I am **ENID WALTERS**. I was born 76 years ago in Kingston, Jamaica, the only child of my parents. My father was a Corporal in the Police Force and my mother was an accountant. My mother died when I was 12, so I

lived with my grandparents and my aunts who made sure that I continued with my schooling. After leaving school, I worked as a dressmaker and designed hats too. I also discovered that I was good at cooking and I had a business making cakes and delivering them to the shops. I think I was about 20 when I married Harris Walters, a shoemaker. We had two daughters, who are Cloris and Angela. My husband went to work in America for a while and when he came back we decided to come to live in England.



Enid Walters and her grandchildren, 1978.

I had cousins who were living in Birmingham and Nottingham and it was they who encouraged us to join them. Cloris had trained as a teacher and she stayed in Jamaica, Angela came with us and trained in Nottingham as a nurse. She is now a Sister at Queen's Medical Centre.

I worked as a Nursing Auxiliary at both Highbury and Heathfield Hospitals and then moved to the newly opened H Block at the City Hospital, where I worked in the Isolation Ward with sick children. I loved working with children and I stayed there for more than 17 years until I retired. After that I did all kinds of voluntary work, including caring for the children of the visitors who came to see the inmates at Nottingham Prison. I once saw one of the notorious Kray twins there!

When my arthritis became worse I had to give up most of the voluntary work. Sadly my husband died and when I was feeling low my doctor and friend, Dr Taylor, found me a place at Radford Care Group's Day Centre. That was in June 1977, so in 2000 that is 23 years ago. Everyone is so friendly, there is a lovely welcoming atmosphere and the carers really do take good care of us, right from helping us off the minibus, listening to our problems and serving us with food and drink. There is never a dull day, there are quizzes to keep our brains working, bingo, crafts and, of course, lots of chat. I really enjoy quilling and now make all my own birthday cards. No-one here minds where you come from, we are just one big happy family. I keep busy at home baking and icing cakes with my daughter, we are always in demand to make wedding cakes, but I wouldn't miss my days at the Care Group for anything. No way!



Harry Bradshaw, a real character.

Social Services introduced **HIRAM (HARRY) BRADSHAW*** to the Radford Care Group in the early 1970s as in need of company and general care. He was a real character and his occupation after years in the Royal Navy was a street Barrow Boy. On many occasions he found himself remanded to Lincoln Prison for not having a trading licence. Sometimes he deliberately broke the law around Christmas time so he could spend a comfortable, warm and festive Christmas in prison – no home comforts in those days.

Meeting Pauleen Davies for the first time he was really very uncomfortable, saying he did not want to get mixed up with people like her, she being a Nottingham City Magistrate! Harry spent many years at the Care Group both at the old school

and the Prospect Street Centre and proved to everyone, despite past character references, to be a kind and generous old rogue with an enormous sense of humour and a Woodbine behind his tab (ear).

MABEL WESTERMAN – In the early days of the Care Group there were quite a lot of single ladies whose boyfriends had died in the First World War. Mabel, who came to us about 1975, was one of these and, as an only child, found it difficult to cope with life after her parents died. She had worked at Player's for many years but after retirement became isolated and very lonely. She was recommended to us by the Radford Health Centre and attended the Day Centre at both venues (the old school and Prospect Street) for many years. She was an inveterate letter writer and the Post Office revenue must have been badly hit when she died. At the Care Group she found friendship and a sense of belonging to a group which, in a way, replaced her family.

IVY BRADSHAW – Ivy was another of the single ladies of that era whose chances of marriage were affected by the enormous losses of young men in the First world War. She was all alone in the world and her isolation made her very wary of relationships. Her most precious possessions were carried

*Anne Arey, Volunteer and later Day Centre Organiser, wrote the profiles of Harry Bradshaw, Mabel Westerman, Ivy Bradshaw, Harriet Hutton and Michael Kelly.

everywhere by her in a large plastic carrier bag. When she first came to us, about 1975, she was obviously not eating enough but she began to appreciate the regular lunches and the care and concern she received at the Care Group. She very generously gave her beloved piano to the Group when she eventually had to go to warden-aided accommodation. That piano gave pleasure to countless people over the years.



Harriet Hutton receives 100th birthday wishes and a bouquet from Wyn Davies, Pauleen's husband.

HARRIET HUTTON – Harriet lived to the grand old age of 101 and we at the Care Group were privileged to know and love this exceptional lady for many years from about 1979. As a small child she was not expected to live but she defied all the odds and lived a long and very full life. As a young woman she delivered milk by the bucketful to the Park Estate, Nottingham. She then worked as a maid for a family in Mapperley Park and eventually became their housekeeper. Harriet loved the horses and was a gentle gambler. She would put small stakes on the horses every weekend and would take friends' bets also. She studied form and knew the names of trainers and owners, jockeys and horses. On Mondays we all queued up for our winnings! When she became too frail to walk to the bookies' she would phone in the bets, so she remained our 'bookies' runner' until finally having to go into a residential home. She came back to celebrate her 100th birthday with us.

MICHAEL KELLY – Michael was very disabled, having come to us after suffering an enormous stroke. He was completely wheelchair-bound and suffered from a bad speech impairment. To give his devoted family a break he came to the Day Centre several times a week from about 1979 and there endeared himself to all who knew him. Michael was Irish and father of a large and caring family. Despite his speech difficulties he was able to make us aware of his happy life and he always managed to attract the attention of our younger Volunteers by pinching an odd bottom or two!

HILDA RAGG* is 85 and living alone in a Council flat in Nottingham. She was born in the North East and came to this area to work during the war. Hilda has never married, she's outlived her brother and now has no living relatives at all.

Not a very happy situation you might think, but Hilda considers that since her retirement at sixty these have been the happiest years of her life. When she was young her father was mostly unemployed or sick. "I never liked Christmas as a child," she says. "There were no toys, only useful clothes, and richer relatives ignored our family, ashamed of our poverty."

In Nottingham she made friends and gradually managed to shake off the inferiority complex of her hard childhood, teens and twenties. When she got her first Council flat in Nottingham she felt nervous because she had always lived in bedsitters. Friends helped her to furnish the flat and her home is warm and very comfortable.

As the years went on several of her friends died or were unable to get to see her from the other side of the city. She herself suffered increasingly from arthritis and was unable to get around so easily. It was then that she heard about Radford Care Group's Day Centre and started coming one day a week (in 1971). The Centre at that time was being run in an old school building and transport was arranged to collect such people as Hilda who were unable to walk there.

At the Day Centre Hilda was able to meet and talk to other lonely elderly people and spend the day with them enjoying a variety of occupational and social activities. These included craft work, music and movement, which incidentally helped her arthritic joints to become more mobile, and bingo and cards for those who wished to play. Outings were arranged from time to time and lots of visitors were welcomed into the Centre, including young people from the adjoining school.

When the Centre outgrew its original premises and moved to a new building in the area Hilda, of course, moved too and now attends on two days a week. A Home Help goes to her home one day a week to help with the housework and shopping, and a friend who lives nearby calls in on her at weekends. In spite of her advancing years and disability, perhaps you can understand why Hilda considers these the best years of her life.

TOM HILLIARD's father died when Tom was nine years old and, as his mother was not able to cope with a large family, some of the children, Tom among them, were sent to a children's home. After school he joined the Army and after demob spent a number of years travelling around with a circus, taking care of the elephants. When Tom turned up at the Centre he was living in a lodging house under very unhappy circumstances. He was not even allowed to make a cup of tea in his room and had to get all his food at tea bars and transport cafés.

*The profiles of Hilda Ragg, Tom Hilliard and George Mann were written at Radford Care Group in November 1983.

His landlord insisted that he stayed out of the house during the day, whatever the weather, and it was on one of these days (about 1973) when he was sheltering in the doorway of the old school that one of the Helpers from the Care Group's Work Centre invited him in. Tom was quite fit, just bored and miserably lonely. He began working in the Work Centre every morning for two hours and then would join the other people in the Day Centre for lunch.

Tom made many friends and when the Organisers learned of his living conditions they set about helping to make application to the local authority for a small flat of his own. After two or three months Tom turned up at the Centre waving a letter and telling everyone with great excitement that he had been offered the tenancy of a flat. This was on a Thursday morning, and after work Tom went off to the Housing Department to sign for the keys.

All his own possessions fitted into just one suitcase and he had very little money so there was the problem of how he could move straight into an unfurnished flat and start living there, without a cooker or even a bed. Immediately all the other old people got to know of the situation the offers started flowing in. Someone gave him a single bed, another sent a double boiling ring and a kettle, a table, four chairs, carpets, curtains, crockery, pots and pans, bedding – in fact all he needed to begin to live in his very own home appeared as if by magic and on the Saturday, just two days later, Tom was a householder for the first time.



Tom Hilliard (right) and Len Green pack gloves in the Work Centre, in the early 1980s. Len was also a Lunch Club organiser.

The flat was a ground floor one and with it went a small garden. This delighted Tom, who had always been interested in all growing things. Until he became too ill to cope with the garden, many years later, it was his pride and joy. His friends benefited from the cabbages, carrots and beautiful flowers that he grew. It was his way of saying thanks to all those who had helped him when he needed it most.

GEORGE MANN (who started with us in the late 1970s) has lived in Nottingham all his life. He is now 82 years old and has become rather confused in his mind. He can remember, in detail, things from long ago but has difficulty in remembering what day it is! He still lives alone and refuses to leave the house where he lived so happily with his wife, until she died some years ago. He has one daughter who lives twenty miles away and visits him at weekends. He walks to the Centre each day as his home is close by. In fact he is often seen walking there on days and at times when the Centre is not open because he has no idea what day it is or what time. George is very independent and keeps himself smart and clean, well fed, and his home is spotless. Physically he is quite fit.

George was transport manager for the local newspaper for many years. He remembers working for them when their newspapers were delivered to the shops by horse-drawn vehicles. Sometimes he gets very worried and depressed because he is unable to remember things. The Helpers at the Centre try to relieve him of as much responsibility as they can, for instance they pay the rent on his house when it is due, settle gas and electricity bills for him and make sure he keeps appointments. At the Centre he plays cards and dominoes with some of the other men, joins in the music and movement sessions and likes to play bingo after lunch. George is a very lovable person and has made lots of friends among the other old people and the Helpers. Having somewhere to go each day, and to take any problems he has with him, is helping George to live as he wants to, as independently as possible and in his own home.

At Christmas 1976 Centre member **THOMAS GUTTRIDGE** said: "The most important thing about Christmas is what's on the table. Decorations and things don't matter." He gets his priorities right by cooking Christmas dinner in easy stages – the chicken on Christmas Eve and the roast potatoes next day. Until two years ago he had always lived in rooming houses, but he got a Council flat in Connaught Gardens, Radford, because his last place in The Meadows was coming down. Luckily domesticity so late in life did not catch him on the hop. "I've worked in hotel kitchens," he said. "I've watched how they do the cooking."

They say you do not miss what you never have, which could explain Thomas' take-it-or-leave-it feeling about Christmas. As a child he never hung up his stocking and never had a present. He's had no brothers or sisters and never got married. So his only complaint is that the bakeries close down for so long his sliced bread is hard as iron before new supplies arrive. For company he goes to the pub or, if he is invited, to visit friends. "But I'd never push myself on them," he stressed. "I only go if I'm asked."

March 25 1976.

Dear Pauline Davis,

Many thanks for your kind letter. Forgive my late reply: I'm getting a novel ready for the press, and it's been taking every minute for months.

I'm glad my Aunt Em is enjoying your community. It must be very good for her, and others, to be able to go there.

I'm not often in Nottingham, but when I am, and when it's not a flying visit (as unfortunately it so often is) I'll call in.

All best wishes,
Yours Sincerely
Alan Sillitoe

Nottingham novelist Alan Sillitoe writing to Pauleen Davies about his Aunt Em's attendance at Radford Care Group.

I am **CONNIE GRETTON**. After my first visit to the Care Group in 1978 I was asked: "How did you go on?" My reply was: "It was all right but I won't be going again." How wrong I was!

They say the proof of the pudding is in the eating and donkeys years later I'm still attending twice a week in 1999 and hope I'll be around with all my friends for many more years.



Connie Gretton (left), with other Care Group elders Ethel Thornton (second left), Nellie Boothright (second right) and Rita Wilson, 1999.



Playing their cards right (left to right) are elders Betty Crowley, Nancy Maddick, Ethel Parnham and Tilly Cuttriss, 1999.

THE 1980s

I am **TILLY CUTTRISS** and I was born in New Basford/Hyson Green, Nottingham, in July 1921. I was married in St Stephen's Church, Bobbers Mill, in April 1941. The war was on and I lived with my mother-in-law for five years on Alfreton Road, the house is still there. We moved to Radford in 1960 because my husband worked at Raleigh and I was employed part time at Player's. I suffer from asthma so I moved away from the factory area and went to live in Forest Fields. Eventually I moved to live in Garfield Court, the complex in Radford, the factories no longer a problem, more having gone. Friends I met there introduced me to Radford Care Group.

I have been coming to the Centre for 10 years now, since 1989. For the first five I worked in the Occupational Centre. It used to be called the Workroom but that was not 'politically correct'. Now I attend the Day Centre and find all the Staff and Helpers are very kind to me.



*Bert
Guest
with
Volunteer
Barbara
Munro,
in
August,
1990.*

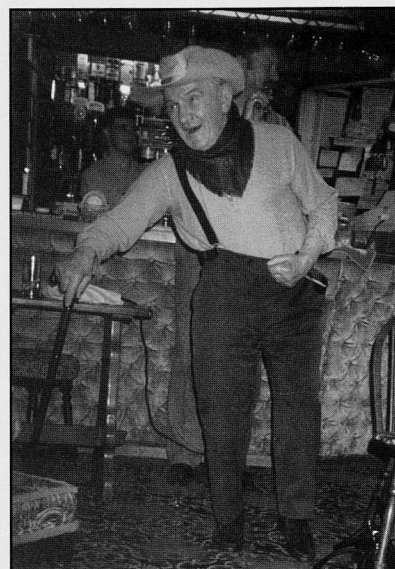
My name is Barbara Munro and I have helped at the Radford Care Group since 1980 and enjoyed it very much. Of the many colourful characters I have encountered during the years, I have good reason to remember Mr **BERT GUEST**, who was addicted to Trad Jazz.

This made the day of his funeral in 1995 an occasion not to be forgotten. An assembly of musicians belting out 'When the Saints go marching in' preceded the funeral procession from the bottom of Ilkeston Road to St Paul's Church. There was a little bit of trouble in getting the casket, the band and the entourage up the steep slope to the church, which is on the

first floor, above the community room, but it was managed and the service proceeded as normal. It was certainly a day to be remembered by the citizens of Radford, the admiring crowd outside the Jolly Higglers pub, to which establishment Bert was no stranger, and a rather embarrassed Maureen Allsopp and I who followed on behalf of his many friends at the Care Group.

I am Lillian Reeve and I've been working at the Care Group for 11 years, first as a Secretary and now, in 1999, as a Day Centre Organiser. There have been so many characters who have passed through the Centre and I know we should never have favourites, but I'll admit to having a soft spot for a certain gentleman, **BERNARD WOZNIAK.**

He was Polish and fought for the British Army in the Second World War. When the war ended, he and a number of friends settled in Nottingham and had digs in Long Eaton. They were young and high spirited and got very, very drunk one night – their landlady threw them all out on the street! Eventually he married an English girl and they had a daughter. He found a job in the building trade.



Bernard Wozniak.

Bernard joined the Care Group in 1989 after losing his wife and suffering a stroke. Despite his disabilities he remained a kind and gentle person. We took Bernard on a holiday to Skegness in 1990 with a party of around 30 members. His birthday happened to fall in May while we were there. We decided to have a party for him and we all donned fancy dress and a buffet was laid on for him. We dressed Bernard as Hopalong Cassidy and all had a wonderful time. Bernard was content with his newspaper to read and a glass of red wine in his hand, he was a half-a-bottle-a-day man. I'll always remember him fondly with his lovely accent and gentle manner.

FREDERICK PINFOLD – I was born on 2 June 1917, the youngest but one of 17 children, at 52 St Peter's Street, Radford. The house was on the corner of Denman Street and was attached to old shop premises next door and we had use of the garret rooms above the shop as extra bedrooms for the family. We slept four or five a bed! My father was a Deputy at Wollaton Pit but he walked out on the family when I was 10 years old and we never saw or heard of him again. The police were unable to trace him and he never contacted us. My mother was unable to claim a widow's pension because he was never declared dead.

Mum worked as a Lace Winder until retiring at the age of 65. She was a wonderful mother and cared for us all and fed us well on home-baked food. I started school, at Forster Street School, when I was four. At 11 I passed the scholarship to go to People's College but Mother could afford neither the uniform nor the books, so I went to Radford Boulevard School. I played

football for the school and was in the swimming team. I was a member of All England Schools Championship team coached by K B Martin, who now has a pool named after him in Bulwell. We lads learned our football skills on the Radford streets. The only traffic seemed to be bikes and we were often sent flying while concentrating on dribbling! Radford Station was near by, a fascinating place to young boys. The *Flying Scotsman* came through regularly, as did the Paddy trains (slang for trains taking miners to the Pit).

In the sidings at Radford they would unload pigs and cattle for slaughter. Pigs were driven up Denman Street, followed by the bloodthirsty kids of the neighbourhood, to meet their end at the slaughterhouse at the top of the road. Cattle and sheep took a different route up Ilkeston Road to Bulwer Road slaughterhouse. There was great excitement when animals broke free and had to be chased back to their destination.



Frederick Pinfold (second left) enjoying lunch and a laugh at the Centre, 1999.

I left school at 14 and got a job at Thomas Bow, Builders. Taken on as a 'mash lad', making the tea and generally dogsbodying! Eventually I took an apprenticeship as a Bricklayer and worked there until I was 21. At 17 I had joined the Territorial Army and at the outbreak of war was called up to the 8th Battalion, Sherwood Foresters. In May 1940 we were sent on the ill-fated expedition to Narvik, Norway. From that battle only 217 of us returned out of about 1,000 men. We were sent to Ireland to recuperate and eventually made up again to a full battalion. After two years we went back to England to Ramsgate on front-line defence. My final transfer was to Bradford where I was promoted from Corporal to Lance-Sergeant training new recruits, until I was demobbed in 1946.

I had been married to my wife Louisa for two weeks when I was called up. She stayed at home and brought up our two boys as well as working at

Raleigh Industries. On demob I went back to the building trade, but work was slack due to lack of materials so I too got a job at Raleigh. I worked there making packing cases for exported bicycles until I retired at 62. I had played football during all my time in the Army and joined the Raleigh team as soon as I started working there. I also played for their bowls team for 51 years until my eyesight began to fail.

Sadly I lost my wife in 1984 but I am happy to say I have two sons, four grandchildren and one great-grandson, all living fairly near. After Louisa died my brother, who was attending the Radford Care Group's Occupational Centre, encouraged me to join him in order to pass the time on and meet other people in the same position. I was happy there until it had to close and then I transferred to the Day Centre. I have made many friends and feel I belong as part of a caring community of people.

ANNIE JONES moved to Nottingham from London to be near the few remaining relatives she had left, her brother and his children, Radford Care Group wrote in November 1983.

She is nearly ninety years old and moving anywhere at that age is a very difficult thing to do. Her brother Michael Kelly is a little younger but has suffered several strokes and finds it difficult to communicate. He lives with his wife but to give her a break he attends the Day Centre on two days a week.

It was at his request that we went to see his sister in the early 1980s and arranged for her to attend on the same days. In this way two immobile old people are able to spend some time together and even though they can't talk very much, it gives them both satisfaction to see and be near each other.

Recently Annie had a very disturbing experience when a drunken man forced his way into her flat. She was unable to call for help as he was very threatening in his behaviour. He took her purse and some food from the pantry but luckily did not harm her. It takes her a long time to walk as far as the door and by the time she got outside and called her neighbour, he had disappeared.

Since then Annie has lost confidence and is very reluctant to leave the house and too scared to answer the door. We hope that in time she will get over the shock and can be persuaded to come to the Centre again to see her brother.

From time to time the Police come into the Centre to show the old people films about home security and the dangers of carrying much money around with them. No elderly person should answer the door without using a safety chain. Then they should check the caller's identity before admitting them.

THE 1990s



HILDA PALMER and **RON ELLIS** were one of several couples who married after meeting at RCG. Hilda and Ron's wedding was in 1991. A wedding lunch was laid on for them at All Souls' Church Hall, where they are pictured with Maureen Allsopp, Centre Manager (standing, left) and Lillian Reeve, a Day Centre Organiser.

SYLVIA WALDRAM – I was born at 7 Mosley Street on 28 August 1927. My parents were Len and Ivy Waldram, I was the oldest of five children. I was at school at Northgate, Forest Fields, Bentnick Road and Scotholme School. As a child I spent time in Harlow Wood Hospital as I had difficulty walking. I started work at 14 at Mayfair on Nottingham Road, elasticating



Sylvia Waldram (right) at a Claymar Works' Christmas Party.

ladies' knickers. I left there at 19 to work in Arnold for Claymar, making blouses and baby wear. Originally I was doing machining but later I did marking for buttons etc. I left Mosley Street to live at 3 Whitbread Street with my grandparents Joe and Eliza Bowskill, moving when the properties were being demolished to 4 Bobbers Mill Road, about 23 years ago.

I've been coming to Care Group about eight or nine years, I think, since 1991 or '92. I've always found the area very friendly – I enjoy Care Group and I really like quilting.



Sylvia Waldram (right) with friends at The Vine.

I am **AUDREY CRANE**, a comparative youngster of 73 in 1999. Originally I came from Kirkby-in-Ashfield, Nottinghamshire, and then moved to Bulwell, an area of Nottingham, when I was first married. I worked as an usherette at the Adelphi Cinema which was owned by Louis and Sybil Levin, a very kind and well-known couple locally. Sybil raised lots of money for good causes and now has a day care centre in Cinderhill, Nottingham, named after her. Sadly she died two years ago. I was promoted to Manageress of another of their cinemas, the Capitol in Radford, now a bingo hall. I have one son, and he and his wife and three children live in Hucknall. After my husband died life was very lonely, but happily I started coming to the Care Group's Day Centre about six years ago. I love the company, the quizzes, bingo and the outings. There's something to look forward to each week.



Audrey Crane (right), with Dot White (left) and Ellen Bailey, 1999.

Mrs **JANET LEE**, who in 2000 was 97 years old, attended Radford Care Group for about six months in 1995. She is talking below about Miss Dorothy Moore, the far-sighted Radford school teacher who did a great deal towards women's emancipation in the early 1900s and who went on to found Clarendon (now New) College in Nottingham (see pp. 11-12).

"I was working in Player's offices, when a friend took me along to join the 'Advance' Club, held in Douglas School. It had been set up by Miss Moore, and one evening she was talking about travel, and the etiquette required, and she offered to take about five of us to London for a weekend, to see how well we behaved! We saved up a small amount from our wages each week, and she made all the arrangements. She said young ladies must be chaperoned, and her brother came along to fill the position. It was so amazing for us to stay at the Russell Hotel, in Russell Square, London WC1,

and in the evening we were taken to a concert, another thrill. She said we had behaved so well, that if we would like to give her a small amount each week, for a year, perhaps we would like to go to Paris! It was such a wonderful event to look forward to. When Mr John Player heard about it, he offered to pay for us all to go to the opera. This all took place as planned. Again we saved, and the following year we went by boat and train to Switzerland, feeling very grand! And we stayed in a small hotel in Lucerne.”



Janet Lee and her granddaughter Ruth, about 1995. Ruth was a Volunteer at Radford Care Group for some time.

My name is **FLO BROOKES** and I was born in St Albans Street, St Ann's. I went to Bluebell Hill School until I was 13 and we moved to Ilkeston Road, Radford. When I was 14 my Mum kept me at home to look after my younger brothers and sisters while she ran the fruit shop where we lived. There were four boys and two girls. When I finally went out to work it was at a factory where they made ladies' underwear. When the war broke out I went on war work and finally left home at 30 to get married. He was a Radford man. We got a house on Garfield Road, where we lived for 10 years until he died. Then I went to live at Plimsoll Terrace, off Denman Street. It was a lovely place to live, there were plenty of shops all around and no need to go anywhere else. I've lived in Radford 58 years and never wanted to move away. I worked at Player's, part time for the last 19 years, and retired at 60.

I've been coming to the Care Group for four years, since 1995, and find everyone very helpful and friendly. There is plenty to do, which is nice for elderly people who can't get out much any more. We have outings in the summer and a lovely party at Christmas. I hope it continues for many more years to come. Radford has changed such a lot. New flats, and shops closing down. The boarded-up shops are the only thing that spoils the area.

I am **ALICE AKERS**, I was born in 1914 and in 1999 that makes me 85 years old. I came to Radford when I was 13 years old. I attended Forster Street school. We lived in a house on Denman Street that was 'knocked through' (the two downstairs rooms knocked into one). It was a back-to-back house. Before that we lived in a caravan on St Peter's Street which is now a play park. I have seen so many changes – Radford had a lovely shopping centre on Denman Street but now most of the shops are boarded up. When I first left school I worked in a laundry, doing everything, packing, sorting, folding. I was 18 when I married. I have four children. I've been coming to the Care Group for seven years. I find all the Staff and Volunteers very helpful and I'm happy here. We have plenty of activities, bingo, cards, and singsongs. I think it's great. So – keep going, thank you all.



Alice Akers (second left), with Kitty Fornan (left), Phyllis Wright (second right) and Tilly Cuttriss, 1999.

My name is **NELLIE BOOTHRIGHT** and I was born on 3 October 1915. I met my husband Charlie in Lincoln and we were married on 4 October 1936, the day after my 21st birthday. My husband found work in Shrewsbury so we moved there and our first son was born in 1938. That same year we moved to Nottingham where my husband found work at the Royal Ordnance factory and our second son was born in 1942. Charlie later moved to work in the engineers' department at Player's tobacco company in Radford.

We lived most of our married life at 176 Charlbury Road, Wollaton. When the boys were young we went on holiday to Great Yarmouth for a number of years, often with friends and neighbours. Our next-door neighbours on



Merry Christmas 1998 at the Day Centre for elders (above, left to right) Ethel Thornton, Nellie Boothright and Ethel Waddley, and (below, left to right) Tom Gee, Ted Mantle and Edith Stone.



Charlbury Road were Police Sergeant Doug Scott and his wife Joyce, whose son Doug was later to conquer Mount Everest. I remember how Doug used to have all the windows of the house open, no matter what the weather, to acclimatise himself for his adventures.

During the war Charlbury Road suffered a direct bomb hit – the railway ran at the bottom of the gardens – and Nos. 42-48 were demolished. During these war years I was at home with my two boys while Charlie was in Palestine with the Army.

We have three grandsons and one granddaughter and enjoyed some wonderful holidays with them at our caravan in Mablethorpe, Lincolnshire. When Charlie retired in 1971 at the age of 61, we moved to a warden-aided bungalow in Sutton House, Forster Street, Radford. Charlie attended the Radford Care Group Work Centre five afternoons per week and took on the duties of Secretary of the fundraising committee at Sutton House until bad health forced him to retire.

After Charlie's death in 1990, 10 years ago, I started to attend the Radford Care Group Day Centre, at first for two days and now for three. I really enjoy the help and companionship I get there. I celebrated my 80th birthday there with lots of friends. We all shared a fish and chip lunch, which was then followed by some entertainment. I am deeply grateful for everything the Care Group do for me. They do a fabulous job, taking us on lots of outings and meals out. We all benefit from the care and attention they give us. I treasure the marvellous memories.

Both of my sons have done well in business and both do a lot of charity work. One of them helps the Care Group with fundraising, undertakes work at the Centre and donates raffle prizes.

MAY WALTERS is my name and I'm 79 years of age. I have been attending Radford Care Group's Day Centre for six years, since 1993. I really enjoy the company, I've made lots of friends. We play bingo, cards, dominoes, and we have quizzes, which keep our minds active! I can get my hair done each week in the Hairdressing Salon. The Day Centre is a very interesting place and much better than sitting at home looking at the same four walls!



May Walters (right), Ivy Rowell, driver Chris Pykett (background), 1999.

Miss **EMILY BROSCHE** – I was born 9 September 1907 at 43 Woodborough Road, Nottingham. I had two brothers and a sister. They, as well as my mother and father, are all now deceased. The elementary school I attended was St Augustine's RC School, Woodborough Road, and I was also a boarder at St Xavier's Convent School in Grimsby from 1917-21.

I started work at Joseph Burton's Head Office, Talbot Street, Nottingham, filing, then invoicing, at 10 shillings a week. My second job was at W E F Dobson, Station Street, Nottingham, where I stayed 11 years, earning £2 a week. My third and last job was 30 years at the Ministry of Labour, in Nottingham, Loughborough, Mansfield and Peterborough. When I was working at W E F Dobson, I joined the British Red Cross as a VAD (Voluntary Aid Detachment) Nurse. During the war I volunteered to do nursing and the MoL let me go. I was in the Royal Navy from March 1943 to March 1946. I returned to the Civil Service and was sent to Peterborough. I've never liked Peterborough since.

I finished work when I was 58. My sister was ill at that time. As well as looking after my sister I took part-time work at The Cedars Hospital, Sherwood, as an Auxiliary Nurse. Later I helped out part time at the following homes: Seely Hirst House, Mapperley Road; Katherine House, Ebury Road; Derbyshire Haven, Wollaton. I learned to drive when I was 54 and used to drive to Eastbourne, Brighton, etc. I have been to Rome, Ireland, Malta, Isle of Man, Isle of Wight, and have been to Lourdes in the Pyrenees five times. In recent years I have been to Wales twice and Lourdes once and for long weekends to Lichfield and Sutton Coldfield. I have played Scrabble for a number of years and still, in 1999, play every day. I used to do a bit of dressmaking and a bit of patchwork but have no interest these days.

I lived on Woodborough Road for 86 years – 61 years at No. 97 (was No. 43), 25 years at No. 361 – so I never left home. I came to the John Jelley Homes, Derby Road, six years ago. It was after I came to the Jelley Homes that I reread an article written by my eldest brother. He wrote the article about my grandfather and I realised that the John Jelley he mentioned was the same Alderman Jelley who paid for the Jelley Homes to be built. He taught my grandfather French polishing and cabinet making and the craft was passed on to my father and then my brother. John Jelley was a philanthropist and a Builder by profession.

I heard about the Radford Care Group through one of the residents at the Jelley Homes and I applied and was accepted. I attend on Tuesday each week and I am collected by ambulance at about 8.45 am. I thoroughly enjoy my day. When I arrive along with the other passengers we are helped off the ambulance by the caring Staff, I am helped off with my coat etc, given a cup of tea or coffee plus biscuits, or toast if one prefers it. At 10 am I attend the quilting class. The teacher is Mrs Renee Guest. I thoroughly enjoy the lesson and have taken to the craft as well. We finish at 12 noon and then have lunch, which is always good. After lunch we play bingo and at about 3.15 pm we are collected by ambulance and taken home.

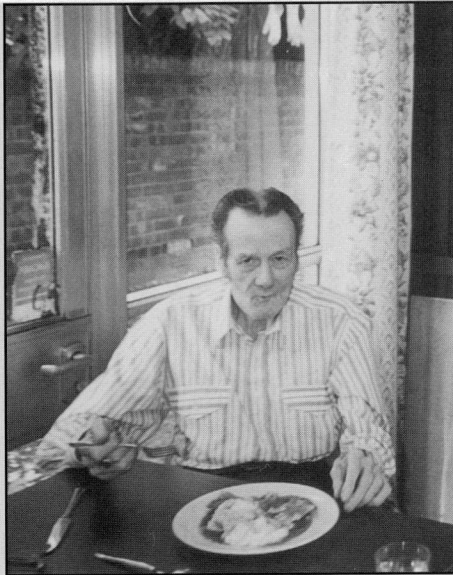
Ethel Brown celebrates her century at the Centre in 1996 and receives a card as well as a bouquet from Lillian Reeve (second left), Co-Organiser of the Day Centre, and Anne Parker, Management Committee member.



My name is **CATHERINE HENRY** and, in 1999, I'm 84. I was born in Tipperary, it's a long way away and it's a long time ago! During the war I came to Nottingham to do domestic work for a family named Randall in Wollaton Park. I met my husband here and we were married in St Paul's Catholic Church, on Radford Boulevard, where I still attend regularly. I have twin sons now aged 51 and one of them lives with me. I come to the Centre twice a week, I am so pleased to see the minibus arriving to collect me and I can't imagine life without my regular visits here to meet friends and join in with the activities.



Catherine Henry (centre), Jean Randall (left) and Gladys Fletcher, 1999.



Elders at the Day Centre in 1999 – Arthur Pearson at lunch (left) and (right) Brenda Cummings talks to Tom, a visitor. With them is Beattie Beardsley.



Lunch at the Centre, 1999. Serving the elders are Jill Davies (standing, left) and Maureen Allsopp.



Lucy McMaster, Volunteer and elder, with Chris Pykett, Social Services' driver, 1999.

Shaping up for a quilling class, 1999, are elders Olive Goddard (left), Ellen Savage (back), Sylvia Waldram (seated, centre), Winnie Hibbert (seated, foreground), with their teacher Renee Guest (right). Admiring the results is Cath Hall, hairdresser at the Centre.



Bingo calls for elders (foreground, left to right) Kate Attenborough; Margaret Cole; Beryl Dilkes, also a Volunteer; Nell Newham and Hazel Derryk, 1999.

Other activities at the Centre include cards (foreground) – the game is Hoy – and dominoes (at the back), 1999.





Table companions, left, Alice Akers (front), Hazel Derryk (centre) and Phyllis Wright; right, Beryl Dilkes, a Volunteer as well as an elder (front), and Nell Newham. 1999.

Taking time out for a bite to eat are elders (left to right) Irene Robinson, Tilly Cuttriss and Dot White. 1999.



More of the elders enjoying lunch, 1999.

THE WORK CENTRE

The reason we started the Work Centre, Pauleen Davies said in 2000, was because a lot of retired people came to me and said, "Look, we're not ready for day care. We want something practical to do".

Remember then there were a lot of people living in terrace houses that had worked on factory production lines and they were at a loss to know what to do with their time. People were retiring at 65 then and they didn't have many other interests because they had worked all their lives. Can't you find us something? So Raleigh found us all their scraps, which we sorted in lots of little margarine pots. And then we got work from various other local industries. And they felt this was something real. This was a Work Centre. And they *sang* as they worked, because they'd always done that in the factories and they loved it.

Preventative care. And it worked. For example, one lady we had, who had retired, came to us at the old school and worked for practically the whole of the 25 years the Work Centre was open. Now that was preventative – she had no children, she was a widow, Mary Ashmore (see p. 50).



'Workers' in the Work Centre in one of the old Radford Primary School classrooms, about 1974 (left to right) Beattie Cropper, Eva Dennett (see p. 46), Linda Slack, May Stacey (The Duchess), Madge Gravener, Edith Stone, Mary Wright, Pat Wardle, Annie Taylor, Mary Ashmore and Clara Stacey. Photo copyright – Nottingham Evening Post.



Above and below: glove packing at the Work Centre in Prospect Street, about 1980, Freda Ward, Supervisory Helper, standing (above).



MONDAY, MONDAY . . .
by Ruth I Johns* (1974)

Two years ago, when the personnel department at Raleigh Industries, Nottingham, asked Jim Percival, manufacturing manager of its Toy and Pram Division, if he could suggest paid jobs which could be done by elderly people in a workroom, he didn't say "No", but he did ask for time to think. Jim knew such people would need work which was worthwhile, didn't have to be done to a deadline and which did not threaten anybody else's job – and he found it.

Hundreds of different small components were swept up off the assembly shop floors (where they'd fallen, and would otherwise have been thrown away), put into boxes and sent to a workroom for the elderly, to be sorted and returned to Raleigh for use.

So the Radford Workroom found its first customer and went into business. As Jim stresses, there is more to involving the neighbourhood elderly in useful work than just goodwill. The arrangement must genuinely have something in it for both sides and put no strain on either. The Radford Workroom now also distributes (by post) some 3,000 copies of the Player's house magazine every few weeks; other jobs include sewing on buttons, inspecting and packing knitwear (including examining string vests for holes!).

There are still very few opportunities for older people to work if they wish to. It is a harsh comment on our society that it is easier to find specialist help for someone in a definable crisis than it is to establish the simple necessary and valuable community links which not only prevent many personal crises but which also possess a positive creative value for all concerned.

Radford in Nottingham is a typical Victorian inner city area. Many of the houses are back-to-back, without baths or inside WCs. Many old people live on their own. They have worked hard all their lives; families have grown up and moved away. There are few gardens to be cultivated. But there is real human warmth to be found. It is not surprising that the Workroom succeeds. In Radford, old people would rather work than feel sorry for themselves.

The Workroom, supervised by Mrs Bertha Sewell, is open for two hours each morning, five days a week: it employs 28 men and women from retirement age onwards. The hourly rate is 20p. The oldest employee is 86. It is recognised that people work at different speeds but everyone is encouraged to do his or her best without being under pressure. There has to be tolerance towards those who slow down a bit as they get older.

*This article is reproduced by permission of *She* magazine, where it was first published in October 1974.

For Mrs Eva Dennett, of Denman Street, the Workroom has become the highlight of her week. Her children live in other parts of the country and when she was widowed she felt lost. A friend suggested the Workroom, and now she meets people, finds there is always a welcome, the work keeps her fingers and mind agile, there is satisfaction in doing a useful job and the extra £2 per week helps. Though Mrs Dennett feels strongly that the main point of the Workroom should not be money. People must not go "from a sense of greed".

"On Sunday night, I think 'Thank goodness, tomorrow is Monday'. There's time to do a few jobs before going to the Workroom at 10 o'clock and one isn't out all day."

The Workroom is part of the Radford Care Group for the Elderly which was started six years ago, thanks to the hard work of two women, both of whom have now given up better paid part-time jobs so that they have more time for the elderly. Mrs Pauleen Davies and Mrs Edna Turner enjoy their involvement.

To Mrs Dennett, Pauleen's approach to the Workroom has brought new hope. "She fights for us," said Mrs Dennett as she showed me a small advertisement in the local evening newspaper asking for more work. At 73, Mrs Dennett is smart and her terraced house neat. But like many others in the area she knows that she will soon have a compulsory purchase order served on her and the bulldozers will come. The house next door is already boarded up, an invitation to vandals and mischievous children. Living in a proposed clearance area brings added stress to those, especially the elderly, whose roots are local and who do not want to leave,

The Radford Care Group now caters for the social and many of the practical needs of over 200 local elderly men and women. There is a waiting list for the Workroom, which uses two rooms in the Radford Sports Centre. It is part of an old Victorian building, still partly used as a junior school. The Day Centre has an adjoining room and opens three days a week. Sixteen elderly folk come in by mini-bus. Others, including a 91-year-old, manage to walk there. Thirty-six lunches are served at 6p per head, washing up has to be done, and coffee and tea prepared, in a small kitchen area with one tiny sink.

The premises are hardly grand. But they are warm, free and handy: almost within a stone's throw of Raleigh and Player's where many worked until retirement. Mr Robert Mart, of Denman Gardens, who is over 70, worked for Raleigh for over 19 years. "On becoming full-time retired, I got quite bored," Mr Mart told me. Like his friends, he looks forward to the hours spent at the Workroom.

So here is a self-help scheme which really works. Will it be bulldozed away when the planners' vision of the new Radford comes to fruition? It is easy to

slaughter community spirit, hard to rebuild it. The Care Group and the Workroom succeed because they give local elderly people a continuing and dignified place in their community. They may need some help, but they are also able to offer help. Those who start by coming to the Workroom may then join in other activities. When no longer able to work, they will still find a welcome at the Day Centre. The few who become so housebound that even the mini-bus cannot help are still included and visited regularly.

Recently, a party from the Workroom went to London for the 25th Jubilee of the Employment Fellowship, Drayton House, Gordon Street, London WC1M 0BE, which offers initial assistance for the setting up of such workrooms. It is the parent body. If its other children are as healthy as the one in Radford, one wonders why there are still only 123 workrooms in Britain. Is it because people always wait for someone else to take the initiative? Any scheme needs one or two people with a pioneering spirit which can infect others, who enjoy working with the elderly and see them as people not problems.

Pauleen is often asked if she finds her work depressing. After all, old folk die and many people prefer to ignore death. Pauleen believes that people should be allowed to die with dignity. Often they cannot. Those who live alone cannot be left unattended; yet hospitals do not want people who come in to die. She fights many individual battles. Yet she finds the job far from depressing. On the contrary, the elderly often cheer her up. "You should have heard them singing on the bus going to London."

Money is always a struggle. Pauleen does not worry providing the books balance. They do, just – thanks to the efforts of the Group and to Edna's "business head". If you call in at the Day Centre, Mr Charles Reilly – himself a pensioner – will be able to supply you with any cards, stationery etc you may need; just one way of bringing in a little extra money. Nottingham students have helped from their carnival funds. The local Social Services Department now contributes a modest sum and provides the mini-bus transport – and, of course, the meals are subsidised.

But Pauleen is quick to point out that "people are needed more than money". There are always jobs to be done: as diverse as querying an electricity bill, fetching a prescription, cutting toe nails or writing a letter for a blind lady whose daughter is in Canada.

Elders so often need just a little practical help – worth a lot of sympathy. Maureen Allsopp recalled in 2000 that a Centre member who went on one of the RCG holidays had a false leg. To her fell the responsibility of attaching it to him in the morning and unscrewing it before he went to bed.



The Work Centre in the Prospect Street building – light, bright, warm and comfortable, and clearly delighted in by the ‘workers’. Photo copyright – Nottingham Evening Post.

<u>Work Centre income/expenditure account for year to 31 March 1992 (£)</u>					
<u>Income</u>	<u>1992</u>	<u>1991</u>	<u>Expenditure</u>	<u>1992</u>	<u>1991</u>
Work done	17,450	15,910	Salaries/casual labour	14,380	14,053
Interest	22	19	Rates	419	274
Donations		38	Electricity	607	197
			Gas	465	283
			Insurance	176	184
			Repairs, maintenance, cleaning	138	6
			Phone	153	152
			Food/drink	141	163
			Admin	88	150
			Outing		50
			Depreciation	250	250
			Profit/(Loss) to balance sheet	655	205
	<hr/>	<hr/>		<hr/>	<hr/>
	17,472	15,967		17,472	15,967

GOOD COMPANIONS

by Mary Eales*

Transferring the Work Centre into new premises was a delight; the cold, high ceiling school rooms reminiscent of a Victorian institution were left behind and now a light, bright, warm room comfortably accommodating a work force of 24, at last we could all be together. Plus a modern kitchen – such luxury! Sadly we said farewell to Bertha Sewell, who had run the Workroom for over seven years and now retired.

Our new establishment attracted interest from people passing along Prospect Street; as well as local residents came employees of John Player and Sons whose huge factory complex was immediately opposite and multi-storey car park adjacent. Many were invited to look around, thereby we recruited new members. Several Player's pensioners joined our ranks and in time we had a two-hourly shift each morning and afternoon. Numbers fluctuated, at best 24 worked each shift.

Large local firms provided the mainstay of our work – we dispatched the regular *Player's Post* newspaper and sorted their 'promotions' mail with mail bags constantly emptied, then filled and dragged to and from collection vans. Raleigh initially supplied nuts, bolts, washers, screws and other small parts for us to separate, later we had crates of cycle inner tubes to check, fold and box individually. A C Gill continued sending hairdressing gloves for pairing and packing.

Over the years work ebbed and flowed, different companies learned of our service and used us either regularly or occasionally. Hartz – later Thomas Cork – became an important customer with their various packing jobs. We always looked forward to filling Christmas stockings for dogs with a flea collar, packets of treats, chews, playthings. Soft furry mice arrived in their thousand for blister packaging! (The item is seen through the clear blister surrounding it and attached to cardboard at the back, like battery packs).

When times were hard Staff made sorties locally to sell our service and try to obtain more work. Trailing around old Textile Mills now converted to house small businesses was exhausting with numerous steps to climb in warren-like buildings. However, when the firm on the top floor offered a small task of labelling (and became a steady supporter of RCG), it was all worthwhile.

Variety was always the spice of life, the workers enjoyed the challenge of new tasks, even fiddly jobs like threading beads on wire to make ear-rings. They worked at their own pace proudly giving their best, enjoying the teamwork and happy atmosphere.

*Work Centre Helper 1975-79, Work Centre Organiser 1979-83.

They were paid a small hourly sum and, if the end-of-year finances allowed, a Christmas or birthday bonus. Money was never the prime reason for them coming – a useful supplement to their pensions without doubt – but the companionship, the fun, the sense of satisfaction and achievement.

It became their centre and they all pulled together to make it work. At no time was this more apparent than in bad weather when the Day Centre bus was forced to cancel its run and housebound members remained thus. Workroom members who always had to make their own way in would arrive on time, having braved the snow, ice, cold or rain.

The standard of work returned to customers was maintained by a team of dedicated, hardworking Supervisory Helpers, on their feet all the time, up and down the large room checking, counting, lifting and carrying heavy boxes whilst sustaining their good humour and care which ensured that workers had time for a laugh and joke, a cup of tea and access to a listening ear for any problems or concerns.

We had numerous delightful, interesting members. Our first gentleman of Caribbean origin would humorously regale everyone with his full name – Albert Edward Christian George Andrew Patrick David – obviously his mother was an admirer of the Duke of Windsor! We knew him simply as Albert, a friendly, popular chap always ready with a laugh and joke. Another long-serving and popular member was ‘Old Tom’ (Hilliard). He spent a lifetime travelling with fairs and working on farms (see Elders’ profiles).

Adapted from *Player’s Post*, November 1981, p. 8 –

Player’s 4,500 pensioners each receive a copy of *Player’s Post* every month, and some of these pensioners live in such far-flung places as Tasmania, Zimbabwe, and Canada. The job of mailing out each edition is done by the Radford Care Group from their centre in Prospect Street, Nottingham.

Mary Ashmore, 70, one of the first people to attend the work group nine years ago, worked for Player’s for 28 years full time, starting as a leaf stripper when she was 15. She said: “It takes me out of my flat each day and I have a very enjoyable time seeing all my friends for a couple of hours. We are a happy little crowd and often have a singsong while we are working.”

Len Green, 77, who was a railway foreman until his retirement and was also one of the first to work on the scheme, agrees that it is an opportunity to get out.

CARRY ON WORKING

A justification for Work Centres for the Elderly* (1970s)

The suggestion most often put forward for helping to reduce the high unemployment figure is to retire men at the age of 60 to bring them in line with women, thus making more jobs available for younger people.

Not, it would seem, a very good time for pressing for more opportunities for people to carry on working in retirement if they wish to.

'Age Action Year' came and went without making any noticeable difference to the old people in our midst. However, as most of the money raised went into research on ageing maybe future generations will benefit. Perhaps by the turn of the century they will have succeeded, as the dog food advert used to claim, in 'prolonging active life' to the extent that most of us will have thirty years of active life to live out after retirement.

In Vilcabamba in Ecuador and in remote parts of Russia where longevity is common the old people never retire from work. They may slow down a little but they never stop. In the Western world work is often looked on as a necessary evil, a penance we serve in order to earn enough to meet our needs. We seem to have little respect or admiration for people who work with their hands. Those of us who lack manual dexterity and earn a living with our brains tend to under-rate those whose skills lie in their fingers and imagine that little mental effort goes into manual work. It is possible to derive real satisfaction from manual work and stretch one's mental powers in leisure activities, and it is to help to achieve this balance that we should make it possible for elderly people to continue working on a part-time basis, if they wish to, in sheltered Work Centres.

The Radford Care Group was approached in 1972 to consider setting up a Work Centre. A Management Committee was formed, a Supervisor appointed, and we opened about three months after the idea was first mooted. We started with 10 elderly people, men and women, and one job, sorting components for re-use in industry. We now have more than 40 people doing a variety of jobs. Collating, packing and posting, handling promotions, examining and packing, and sorting components. Much of this work would be boring if anyone were doing it for eight hours a day in a factory, but for two-hour sessions with a break for tea the Work Centre members find it pleasant and satisfying.

It is most important to choose a Work Centre Supervisor who is sympathetic and tactful as well as having the ability to run the Centre efficiently. She will

*Written by Pauleen Davies towards the end of the decade.

also need assistants as the numbers increase. We pay the workers 25p an hour, they are paid for all holidays, if we have the money, and they benefit from many other services that the Care Group's Centre offers, such as Hairdressing, Chiropody, Outings and Social events. The Work Centre, being a registered charity, is non-profitmaking. We charge the industrial firms that supply the work sufficient to cover the payments to the old people and Supervisors and to cover part of the overheads.

The critics of Work Centres accuse us of creating a pool of cheap labour for industry. This is far from the truth. We give an efficient service but no pressure is put on to our elderly people and inevitably some work at a much slower rate than others. Ages range from the early 60s to the mid-80s so this is not surprising. As a result we are obliged to charge an economical price for the work done. It is not easy to find suitable work to keep us occupied all the year round and we are always on the look out for more work. If the cheap labour accusation were true then industry would be queueing at our door.

Work is not a dirty word but 'redundancy' is. It means no longer necessary. Too often elderly people are made to feel they are redundant rather than just retired. Whatever our age we all need to be able to make a meaningful contribution to society. We all need to be needed. Unless we do something positive towards making it possible for retired people to continue working if they wish to, then we could see the extra years of life become a burden rather than a blessing.

Work Centre Report – RCG Management Committee, minutes of meeting Tuesday, 3 July 1979.

Mrs Eales reported that the Work Centre was now busy, with two new sources secured as a result of circulation to local business concerns; business representatives had been invited to visit the premises, but the option had not so far been taken up, which was disappointing.

There was not yet sufficient work to justify an afternoon session; Mrs Davies said publicity had gone out on Radio Trent, but no further work had as yet resulted, only more applications to join the Centre.

It was agreed that the proposed annual outing go ahead; the suggested venue was Cambridge, at a cost of approx. £80.

Mrs Davies outlined the ARC (Action Resource Centre) scheme to recruit a redundant businessman to co-ordinate two sessions in the Work Centre, and she had the necessary application form; it was agreed an application be sent.

RADFORD WORK CENTRE

by Tim Preston*

The Workshop was already very well established when I arrived as a placement from one of the many schemes that has changed its name many times over the decades – a Government scheme to help the unemployed. I had been made redundant after 22 years at a local engineering company. I was very pleased to get the opportunity. I had previously given a talk at an evening club at the Centre and I knew Pauleen Davies from another activity. (It's strange that everything starts at RCG with Pauleen!)

I started afternoons only, working in both Day and Work rooms after being interviewed by Pauleen and Mary Eales who was then the Organiser of the Work Centre. I found myself spending more and more time in the Workroom, which I found fascinating. The work was very varied – packing rubber gloves; mailing for Player's and others; packing items such as jewellery, dog and cat flea collars, baby care products, cycle inner tubes for Raleigh; making Subuteo goal nets – in fact anything that was simple to do and easy to handle we did it! Nothing was refused and we were nearly always busy.

Those who did the work were great! Twenty-four places for the morning shift, 10 am to 12 noon, and the same for the afternoon from 1 pm to 3 pm. So in total 48 men and women could come and enjoy the company, keep warm, and earn, well just a little bit extra. They only came for two hours a day, but in a sense it took all day and gave them a purpose in life. They mainly came from a factory environment, so they all arrived far too early, but at the finishing times of 12 or 3 the room was completely empty!

We did a lot of work but mainly we had a lot of fun. I remember one occasion when a man came in wearing a rather colourful brash tie. I threatened him (in fun) that if he wore it again the next day I would cut it off. The next day he wore it again with a smile and a glint in his eye. I cut it off, much to the amusement of everyone, including him!

I usually had two female Helpers and we would entertain the 'workers', often doing acrobatic feats. We had fish and chip lunches if we had any money to spare, and the highlight of the year was the Christmas Party at the Western Club, when all the Centre Staff would perform. We spent half the year in rehearsal!! The pinnacle of my acting prowess was ballet dancing with Hazel Woodward. The biggest flop was when with Lillian Reeve we were miming to the song 'Sisters' with me in drag. We had just started our act when a lady in the audience collapsed and nobody was watching us on stage. But there you are, you can't win them all!

*Work Centre Organiser 1983-90.

PROPOSED LENTON SCHEME

The Lenton scheme of 1993 was a further example of Radford Care Group's pioneering vision. The new centre was planned for the disused Radford Day Nursery in the recreation ground at Lenton Boulevard to cater for the Wollaton Park and Lenton areas.

Pauleen Davies said in 2000: "We've never been empire builders but there was such a *need*, particularly from people from Wollaton Park, where all the bungalows are. They just had nowhere to go. And we didn't have any more room."

1993 plan

In 1993, Maureen Allsopp set out their objective:

Working every day here at the Care Group, we become more and more frustrated at the number of people we are not able to have. We now have 250 members each week and with limited transport we are not able to go outside Radford, and we are always full and have a waiting list.

Lenton and Middleton Boulevard area only have a Day Centre or Lunch Club one day a week and a survey we did with local Doctors shows an increasing number of elderly and disabled people in that area. We also get more and more referrals for elderly people with Mental Health problems. This is a very neglected group of people as far as centres in the community are concerned.

Our aim is to set up a Day Centre in Lenton, one side for the elderly and disabled, and one side for elderly people with Mental Health problems in conjunction with all the Groups in the area. This must be from the start for everyone whatever race or colour. It could pioneer the future of the elderly in a multi racial society. I would like this centre to be able to offer day care seven days a week to help and give support to carers who are often forgotten on a Saturday or Sunday.

Talking to different people about this project I have been amazed at the encouragement and enthusiasm and of the offers of help to find the money. Help the Aged have offered to fund raise for us and Paul Watts (Director, Nottingham Council for Voluntary Service) is meeting us to discuss various ways of channelling money. I have also been told of money being available through grants from the Common Market and joint finances so there is money about for new and pioneering projects. I have been very grateful to Rob Burrell (local authority officer) for earmarking a building for us.

Why us, the Radford Care Group, and why now when we are in a recession and everyone is making cut backs? This is the year of the elderly, we feel

after 25 years being the only independent Day Centre in Nottingham that we have the experience to set it up. Twenty-five years ago when Pauleen and a group of Volunteers decided a Day Centre was needed in Radford, money was short and everyone said they would not succeed. But with drive and determination, and knowing the need was there, they won.

The Radford Care Group do not plan to run the Centre as there are not enough hours in a day, but once it is running to pass it over to the Staff and be managed by a separate Management Committee. Trained Staff must run the Mental Health side and Volunteers recruited to help run the Day Centre and help fund raise for the ongoing costs.

Anger over sale

On the front page of its May & June 1994 issue, *Radford Crossroads* church and community newspaper ran a story headlined 'Anger over sale'. This was:

The recent sale of a building belonging to the County Council has prompted angry questions from community groups in Radford. The old Radford Day Nursery is at the centre of the controversy and Radford Care Group want to know why the sale went ahead without any publicity. The building has not been used since it was damaged by snow and the Health & Safety Executive declared it a health hazard because of asbestos.

Last September the Care Group put in an offer for the building, The Group had plans to use it as a Day Centre for housebound and elderly people in the area. After putting in the bid to the County Council, they heard nothing till November. Then a letter came telling them the building had been sold. A local Neighbourhood Association has written to the County Council asking who the building has been sold to, and to what use it will be put. They also asked in their letter whether the authority's intention to sell the building was made public.

What is puzzling many people is how the building can be used when it is inside the recreation ground. If the building is going to be used, why not let the local community benefit from it? The County Council are not telling us the answer to any of these questions.

Seven years on

Seven years on, in 2000, the building was unused and derelict. By then local authority thinking had finally got to the stage RCG was at years earlier (the Care Group is always ahead of its time, as Jill Davies notes, p. 86), Social Services having suggested that the Occupational (Work) Centre close, opening in its place a Care Unit on the lines of the one RCG had originally proposed.

A Care Group *Business Plan* of 1997-98 noted that the service at RCG would encourage cultural diversity, again echoing the aims of 1993.

SPECIAL CARE UNIT (DAY CARE UNIT)

In January 1997 the Management Committee decided the Occupational Centre (formerly called the Work Centre) would be closed. RCG's 1997-98 *Business Plan* noted that the need for it had decreased. Numbers had dropped. At the same time the need for day care for the frail and elderly had increased, especially for those with mental and physical disabilities.

The Occupational Centre closed in March 1997. Many older people, the *Business Plan* said, wished to stay in their own homes rather than go into residential care and RCG saw the Occupational Centre's closure as an opportunity to extend their day care facilities, to offer even better support to the most vulnerable elderly.

The Occupational section would be converted, to reopen as a special care unit. About the same size as the Day Care section, the Occupational section comprised a large open area, hairdressing salon, small kitchen and two good-sized storerooms. The hairdressing salon and kitchen would remain, while the storerooms would be converted into bathing facilities, toilets, small medical room and office area.

The cost of equipment was estimated at £23,900. This covered a shower and two toilets (one disabled) £13,000; medical room equipment £3,000; office £2,000; six comfortable chairs £1,500; extra kitchen equipment £1,000; decoration £1,000; computer £1,000; two occasional tables £600; two large cupboards £500; two desks £300.

People retiring earlier on bigger pensions

Commenting in 2000, Pauleen Davies said:

For many years, both at the old building and the new Centre, we struggled to find sufficient work for the retired people in the Occupational Centre to do. However, by 1995 the position was almost reversed. There was plenty of work as we had built up a good reputation for efficiency and standards but were now not attracting so many workers. People were retiring earlier, had wider interests, bigger pensions and very few had been working on factory production lines as was the case when we first opened in the early 1970s. More factories had closed in this area.

Years ago people used to think they were the younger element if they were in the Work Centre, and they used to say the old people were up the other end. And when we once got out some statistics and we did an average age, it was the same! Exactly the same. – Pauleen Davies, April 2000.

Social Services, who partly funded the salary of the Occupational Centre Organiser, advised us that money would no longer be available for what they call 'preventative care' but that all resources must go to the very frail elderly. It was on their advice that we very reluctantly agreed to close the 'Work' side of the Care Group's activities and adapt the unit but, at the same time, it had had its day, in a way.

When Jill Davies was appointed Assistant Administrator in July 1997 part of her remit was to raise funds for the conversion of the unit and fundraising began in earnest. Our plans were held up even when most of the money was raised because the City Council became a Unitary Authority and thus took over responsibility for Social Services from Nottinghamshire County Council. Though we had a beautifully appointed department, including a Medical Room, Bathing facilities and Disabled toilet, we could not open without some guarantee of funding for prospective users.

It's all very well trying to motivate people once they are in residential care but the damage has been done then. You need to motivate them for the thirty years they could live after retirement.
– Pauleen Davies, 2000.

Care for carers

The Special Care Unit (Day Care Unit) is for the frail and elderly who have mental health issues, have suffered a stroke or have physical disabilities, and it includes some who are slightly younger than 'retirement' age because of their health problems. The aim is to help them stay independent and living in their own homes for as long as possible, while giving carers a necessary break. It is open about the same hours as the Day Centre, 9 am to 3.30 pm, and a pick-up service to and from the Unit is provided, for a small charge.

In April 2000 Maureen Allsopp said that the numbers going to the Unit changed every week. "The most we've got at the moment is six. And there's only two in today. People go into respite and then they come out again. People go into hospital. We're building it up. It's slow, but we're negotiating a new contract with the City Council. There's one or two pay private. But mostly it's what they call spot contracts. They say, will you have this old lady or gentleman who no other day centre can cope with because they haven't the facilities and we'll give you £24 a day, for having them. And that's how it is at the moment.

"We're negotiating, we're hoping to get what they call a block contract, so that two days will guarantee having 10 people a day here and they will pay for those 10 people, whether they come or not. Well, they'll fill the places once they're paying for them. It will do well." There was only one Volunteer in the Unit; trained people were needed rather than Volunteers.

LYNN SHIELDS, Care Unit Manager, a former nurse who has worked at Nottingham's St Francis' EMI Unit and the Queen's Medical Centre – The Special Care Unit was officially opened in February 1998 after its conversion from an Occupational Centre and the raising by the Care Group of £56,000. This was more money than the whole building cost in 1979!

I was employed in July 1998 as the Unit Co-ordinator but things did not go exactly to plan and for the first year we had just one service user! At the time Social Services were being transferred to the City from the County, when the City became a Unitary Authority, so it was difficult for decisions to be made and for Social Services to be convinced that the Unit was of the standard they would expect to cope with their referred clients.

However, after many meetings and negotiations, Social Services were prepared to offer individual contracts and the number of service users is gradually increasing in 2000. Two Care Assistants are now employed to assist me and there is the possibility that the Unit will become a training centre for BESTCO who already send Trainees to the Day Centre. The long-term objectives are for the Unit to be open seven days a week and run at capacity with 20 service users and be as successful as the Day Centre.



The Special Care Unit was officially opened in 1998 by local BBC TV celebrity Lisa Dransfield (left). With her (left to right) are Volunteers Lucy McMaster and Winnie Leavesley, Centre Manager Maureen Allsopp and Assistant Manager Jill Davies.



June 1999 at the Centre: Volunteers providing the crucial happy atmosphere are (left to right) Dorothy Carlin, Teresa Tunney, Ellen Purdy, Marjorie Rick.

Have-Half-A-Grand: RCG was one of two community groups awarded hundreds of pounds in November 1999 as part of a *Nottingham Evening Post*/British Gas scheme offering £500 each to four organisations which came up with the most environmentally friendly or novel ways to spend the money. RCG's idea was a water heater for hot drinks, to replace two large industrial kettles which were very heavy for the Volunteers – all aged more than 70 – to use.



Enjoying a day at the Centre in 1999 are elders (left to right) Mary Hunt, Iris Miller, Emma Stevenson and Beryl Withey,

Day Centre

Workroom

DAY CENTRE

open MONDAYS, WEDNESDAYS,
THURSDAYS 10.30 - 3 p.m.

The Social Services Mini-bus provides transport for disabled housebound people. Others, able to walk to the Centre, are also welcome.

MOVEMENT TO MUSIC OCCUPATIONAL THERAPY

DOMINOES, CARDS and a chance to meet old friends and make new ones.

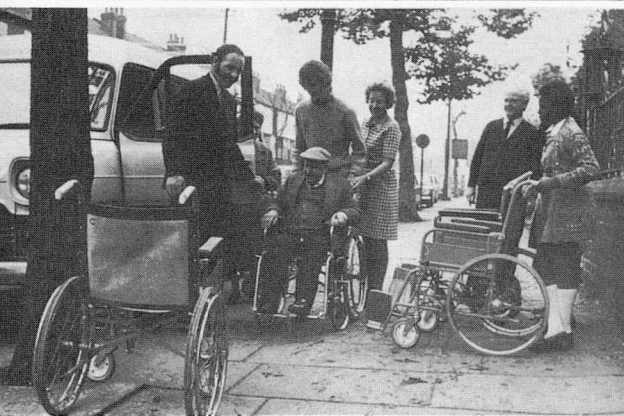
WORK CENTRE

Open Monday to Friday 10 - 12 noon

This is some of the work we do for local industry.

LIGHT ASSEMBLY WORK COLLATING EXAMINING PACKING & POSTING

The Work Centre provides companionship, a useful occupation and a modest financial reward.



Collecting of the housebound

Morning coffee — lunch — cup of tea —

10p inclusive.

33



Workroom (Sewing)

Supervisor: Mrs. B. Sewell.

Part of a Care Group leaflet of the early 1970s, when RCG was at the old school, highlighting the features of the Day Centre and Workroom.

SUMMARY OF CHANGES OVER THE DECADES

1960s

In **1968** Radford Care Group began, visiting people in their own homes. "We found that so many never got out. And that inspired us," said Pauleen Davies in 2000, "first to start a Lunch Club (in December) and then a Day Care Centre. But we continued visiting. All the years I was here I always had under my wing at least one or two people with no relatives of any sort that I visited regularly and did all their paperwork, if they had forms to fill in and everything."

Even in the Group's early stages Community Police cadets helped out at least one day a week as part of their Police training.

1970s

In December **1970** the Day Care Centre opened in the old Radford Primary School, on the corner of Ilkeston Road and Lenton Boulevard, with 10 housebound elderly people.

In **1972** the Workroom opened.

In the earlier years of the decade the Care Group described itself as being a Centre for Senior Citizens. A leaflet of the time setting out what the Centre offered said that the Workroom, or Work Centre, provided companionship, a useful occupation and a modest financial reward. It was open Monday to Friday 10 am to noon and work included light assembly work, collating, examining, posting and packing.

The Day Centre was open on Monday, Wednesday and Thursday from 10.30 am to 3 pm. Transport for those who were disabled housebound was by Social Services' minibus; those able to walk to the Centre were also welcome. It offered movement to music, occupational therapy, dominoes, cards, a chance to meet old friends and make new ones. Also provided were a library service and hairdressing, while it hoped soon to have a visiting chiroprapist.

It's very difficult to put across how much we all did in the early years (late 1960s, 1970s). Helping Radford Care Group was a way of life. We did fundraising as a group and we formed strong and lasting friendships. It was a social thing as well – for all who joined in. We had a lot of determination that Radford Care Group would succeed, and a lot of fun on the way. Our families sometimes got involved. – Anne Parker, after reading the first complete draft of this book, 2000.

Morning coffee, lunch and a cup of tea cost 10p inclusive. The Over 60s Club met on Tuesday from 2 to 4 pm. It provided a social get-together for tea and a chat, with bingo for those who liked to play. Run entirely by the members, the club organised trips, theatre bookings, parties and holidays. Membership was 5p, weekly contribution 3p.

The Friday Lunch Club, held noon to 2 pm, was for members able to walk to the Centre and enjoy a meal out with friends. Lunch and a cup of tea were 8p inclusive. All hot meals were provided by Nottingham Social Services Department at concessionary prices.

By **1977**, more than 250 elderly people attended the Centre for one or other of the activities each week. The Workroom was still open each weekday from 10 am to noon. Thirty pensioners, 20 ladies and 10 men, did light assembly work, sorting and recycling metal washers, posting and packing, etc. They were paid 20p an hour. The oldest was approaching 77. A Raleigh strike meant the Workroom faced short time in December but it was lucky in having several work sources.

The Day Centre was still open on Monday, Wednesday and Thursday, but half an hour earlier at 10 am, until 3 pm. Sixteen people were transported from their homes by Social Services' minibus and were joined by around 20 more who were able to walk to the Centre or have relatives take them. Activities included music and movement, occupational therapy and games. Cost, including coffee, main meal and tea, was 18p.

Tuesday afternoon was the Over 60s Club, run by the members and self-supporting. Wednesday was Old Tyme and Modern Sequence Dancing. This class had around 60 members and met at 7.30 pm at the Sydney Pearson Hill School, Forster Street. Friday was the Lunch Club, which had 40 members and met from noon to 2 pm. There was hairdressing, and chiropody monthly.

About 25 old people who were unable to attend the Day Centre were visited in their homes and shopping was done by pupils of the Margaret Glenn Bott Comprehensive School.

In the year 1976-77 RCG received £400 grant aid from Nottinghamshire Social Services Department as well as payment of £2,288.97, including expenses, to two Day Centre Organisers.

The **1978** Christmas Newsletter said that regular visiting of the housebound is arguably one of the most important sections of our work.

1979 – The Management Committee was told at its April meeting that the Work Centre was going through a slack period and was having to stand off on certain days. This was partly due to two of the mainstay firms being temporarily short of materials. Value of work completed over the last period was: January £423.94; February £397.79; March £426.27.

RCG's new building in Prospect Street was opened 24 May.

Work done for local industry included: for Raleigh, sorting components for reuse, string cutting, small assembly and packing; for Player's, packing and dispatching *Player's Post*; for Robert Shaw and Co, examining and packing; for Appledore Industries, packing plastics; also, tagging, draw threading and handsewing for the needle trade. By the beginning of July the Work Centre was busy, with two new sources, and by October an afternoon session had started. By the end of the year the workforce numbers were 27 in the morning and 16 in the afternoon.

In the last quarter, as usual, the supply of work lessened, although full working was maintained with the help of Centre Administrator Pauleen Davies' car to fetch and carry when transport proved difficult for firms; in December the Work Centre was entirely dependent on Raleigh, Speedo and *Player's Post*. In November a job of hanking cable for Tuda Components ended – that had been hard work. Another firm offered work counting and packing screws into little plastic bags but was prepared to pay only outworker price and after a trial run the work was rejected as unviable.

Also in the last quarter the Work Centre had the help and support of Keith Dove, seconded from Player's through Action Resource Centre. He helped enormously with costing and chasing bad debtors, and was responsible for a new job from Player's, negotiating a very good price for the Work Centre.

In the Day Centre, worried that members were not having enough to do and might be getting bored, Day Centre Organiser Edna Turner and a Volunteer visited Social Services' Long Meadow Day Centre and came back with ideas for occupational work. Pauleen Davies invited someone from Hyson Green Craft Centre to visit and possibly suggest other ideas.

Music and movement classes were helpful but since the cuts these could be held only when the instructor was available. The Centre paid £3 a session, which covered the pianist and instructor. The Friday class was open to all-comers and was going better. The charge, 30p per person, was given to the instructor. Meals were Ross Frozen Foods, defrosted at Social Services' kitchens, and very good value for money. The Centre now had to make its own custard and had been provided with the necessary equipment.

The Southwold School Project started in November at the request of the headmaster who had found from the number of elderly people attending school functions that there was a real need for a club for pensioners. It met on Wednesdays afternoons and was run by Ruth Needham and Wendy Savage (student). Average attendance was 18. Nottingham Holiday Homes for the Disabled asked if they could have their monthly meetings in the RCG building as they could no longer afford school letting fees; they applied for three sessions at £5 a session. Local tenants' group POWA booked from time to time.

1980s

In the earlier years of the decade the Work Centre was open Monday to Friday with two sessions, one 10 am to noon, the other 1 to 3 pm. The aim, a Radford Care Group factsheet said, was to give people a sense of purpose in the knowledge that they still had a useful contribution to make to society, and in addition, to provide companionship. Useful contribution now took precedence over companionship, although the emphasis was on sense of purpose. The workforce numbered up to 48, 24 at each session. The pay rate had gone up to 30p an hour, and whenever possible was continued during holiday periods.

The Day Centre was now open four weekdays, Monday to Thursday, and for longer, from 9 am to 3.30 pm. The numbers taken by Social Services' minibus had increased to around 25, the majority attending two days a week, while the numbers capable of walking in had decreased to about a dozen. Coffee and biscuits, with a midday meal and tea, cost 60p. Meals were delivered from Social Services' meals kitchen at a subsidised price.

Activities still included music and movement, and occupational therapy; now there were also talks and discussions, and occasional film shows and entertainments. There was bingo if there was time at the end of the day. The Over 60s met on Wednesday afternoon at Southwold School; the number of members was about 25. An emphasis on keeping mentally active was highlighted by Talking Point, a debating group for people of all ages which met at the Centre every other Wednesday evening to discuss topical issues. The elderly were especially encouraged to take advantage of this opportunity for mental stimulation. Attendance averaged 25.

On Friday there was a drop-in coffee session, then a music and movement class, also open to all ages, followed by the Lunch Club for over 60s at 12.30 pm. The hairdressing salon was for both ladies and gentlemen, and doubled as a chiropody clinic once a month. Advice on welfare rights and personal matters was there if required.

In September 1981 45 members had a very successful holiday in Yarmouth, looked after by two of the Centre's Helpers and their husbands. They stayed at three adjoining boarding houses.

Also in 1981, numbers were so large that it was impossible to include everyone at a Christmas party at the Centre and Player's were asked for use of their Recreation Centre in Aspley Lane. In the event the party had to be postponed until January 1982 because of snow and ice but it was a great success. Entertainment was by Helpers, Community Police and local 'artistes'.

1990s

At the start of the decade the RCG name stood alone on the front cover of a Group leaflet, omitting the description of Day and Work Centre (1979) or

Centre for Senior Citizens (earlier '70s). The Work Centre was still open Monday to Friday for two hours each morning and afternoon, enabling active retired people to spend some of their time in useful occupation and companionship, with modest financial reward – useful occupation again taking precedence over companionship. Work still included examining, packing, collating, labelling, cutting and mailing.

The Day Centre was open 9.30 am to 3 pm Monday to Friday for the disabled, housebound and others able to walk in. Features were a warm and friendly atmosphere – a new emphasis; a hot midday lunch; movement to music sessions; occupational therapy; dominoes, cards and bingo; a chance to meet old friends and make new ones.

Foot care, hairdressing and a barber were by appointment; confidential advice was given in private on all matters. On Tuesday evening at 7 o'clock there was bowls; on Wednesday at 7.45 pm there was a whist drive with occasional dances, concerts, bingo, etc. There was no mention of the debating group or talks of the 1980s or the library service of the 1970s. Visiting was highlighted again, encompassing home visits to the housebound, lonely and distressed for a chat, shopping or small jobs.

The 1990-91 County Council grant to RCG was £38,650, plus an additional non-recurring grant of £500. The Social Services Committee noted in August 1990 that the Centre Administrator was leaving shortly and the Centre wanted help with the £770 cost of the handover while the old (Mary Eales) and the new (Maureen Allsopp) Administrators worked together for a month. Assistance had been given in 1983 for a similar arrangement.

In **1993** the Work Centre had become the Occupational Centre. It was still providing work for 48 people, aged between 60 and 85, in two sessions each weekday; they had been 'laid off' for only two days in the last three years. Earnings had increased to 45p an hour, £4.50 a week – pensioners could earn £5 without their state pension being affected – but the camaraderie and feeling of 'doing something' were stressed as being of paramount importance. The designation as Occupational Centre reflected the fact that over the years the notion that work was important for people who had worked hard all their lives had changed to one of keeping occupied for interest and health.

It was also done to be 'politically correct', Pauleen Davies said in 2000. "Whenever we liaised with anyone about fundraising or anything like that, when work began to become more scarce as the years went on and young people were out of work, it was thought reprehensible to be finding work for elderly people. But the kind of work we found was the type that no young people would have wanted to do. It was the sort of work that people working at home used to do."

The ratio of women to men 'workers' was 7/3 and most were from the local area, although they also came from as far as Clifton on two buses. Takings

had to cover the wages of two Supervisors, heating and lighting. Anything over and above that was legally divided between the 'workers' as a gift at Christmas. At Christmas 1992 'profits' had been £25.

At the Day Centre, open 9.30 am to 3 pm Monday to Friday, most people went for two days a week, as in the 1980s. There were about 40 a day aged between 65 and 95. The great majority of them, 32, were fetched by Social Services' transport, an increase from the 1980s, while the number of those capable of walking in had decreased again, to eight from a dozen. They had lunch, tea and coffee breaks, chatted, made things, had competitions, music and exercises. The cost of a day had gone up to £1.20, of which 95p was for the Meals on Wheels-provided lunch; coffee cost 20p and tea 15p. Gray as well as custard were made at the Centre.

A hairdresser was there three times a week, offering reduced rates, and a chiropodist called every three weeks, a greater frequency than in the 1970s and '80s, while an optician and a dentist visited when needed, the latter for denture repairs and fits. District nurses would call to see patients. The Centre was open two evenings a week for a whist drive and the bowls club; about 60 attended the evening activities. There were outings and holidays.

The 20 or so who were no longer able to go to the Day Centre or who could not attend for other reasons, such as agoraphobia, were visited by four trainees from BESTCO. There had been 10 trainees over the year. Trainees were attached for a year and the jobs they undertook were things such as shopping; RCG's record of finding employment for trainees was very good.

Help and advice were there for the asking, as from the start. Maureen Allsopp, Centre Administrator, said in 1993: "We help sort out problems when they arise. It may be about personal matters, housing benefit, income support, Council tax, shopping, doctors or nurses. We have moved people. And found warden-aided flats for them." There were other personal touches. Pauleen Davies visited Lena Wildgoose at home on her birthday. In 1993 Lena was 95, housebound and the sole remaining member of her family.

Maureen Allsopp expressed concern in a year-end letter that heating costs were likely to escalate in the next year with VAT. The accountant was looking at ways to make them exempt. The 1992-93 County Council grant was £43,820; in 1993-94 it was £45,130, a 3% increase.

*RCG advert in the
May & June 1994
edition of Radford
Crossroads
newspaper.*

RADFORD CARE GROUP
Prospect Street ■ 786133
Bowls: Tues. 7.00 pm Whist Drives: Weds 7.45pm.
Barber: 9.30am

In **1997** the Occupational Centre closed in March. RCG's oldest member, Lena Wildgoose, celebrated her 100th birthday in September. Over Christmas members with no immediate family attended Nottingham University; they were cared for by students, who gave up their time.

In **1998** a Group leaflet highlighted the care aspect of RCG with a front cover picture of an elder being assisted from her chair by a smiling helper. Inside, the Group stressed that it was there to give support to people who were disabled, had mental health problems, lived alone or needed other help.

Average attendance was 30-35 a day, said the *Annual Report 1997-98*; 12 clients had died or moved over the year but 20 new ones had joined the Group. Services offered were a hot meal, tea or coffee and biscuits, occupational therapy, hairdressing, bathing, visits from an optician and a dentist when required, quizzes, bingo, and transport to and from the Centre; a register was taken daily to monitor members. A footwear specialist from Keyworth visited and supplied some members with specialised shoes and slippers.

The Group was made into a limited company by guarantee with charitable status, with a board of five directors. There was also an advisory group made up of existing Management, Volunteers and representatives of those going to the Centre.

A special £300 award given by the Victoria Centre Charity has enabled us to have a nostalgia week to celebrate 30 years in business which will take place week commencing Monday 19th October 1998. – RCG *Annual Report 1997-98*.

County Council annual grant aid had been cut by 8% to £44,130 and transport and meal costs had risen (RCG subsidised transport), making it more difficult to raise the required amounts for running costs and making even more important the never-ending fundraising of Staff and Volunteers with coffee mornings, stalls at various Nottingham markets, quiz evenings, etc; many donations were received from trust funds and local businesses, and the President's fashion shows provided a regular income, so RCG managed to stay afloat.

The Special Care Unit for the more frail elderly, especially those with mental and physical disabilities, was officially opened in the old Occupational Centre and a minibus was bought from the Radford Visiting Scheme, mainly for referrals for the new unit. In the meantime it was being let out to cover the cost of tax and insurance.

There were many students during the year from Basford Hall College, Clarendon College, Nurses and the Police – they all spent the day as part of their training – as well as BESTCO trainees. A health and wellbeing day had been very

The Day Centre

The
Radford

Care Group is a charity that provides a day centre for the elderly in the Radford area. It is there to give support to the people that are disabled, have mental health problems, live alone, or need other help. The centre is a place where the elderly can come and meet old and new friends, have a cup of tea or coffee, and a warm meal. Those people that are housebound are picked up by the Social Services Mini-Bus from their homes and those that are able to get there on their own are also welcome to join the activities of the Day Centre.



Radford Care Group

0115 9786 133

Part of a Radford Care Group leaflet of 1998, showing laughing faces, emphasising the friendly and happy atmosphere at the Day Centre.

successful. There were stalls with advice on healthy living and a number of nurses were on hand to offer mini health checks. Up to 100 people attended, including a group from the Muslim Women's Centre. Future aims included raising money to buy land next to RCG, when the City Council had removed derelict garages, as well as the land that RCG's building stood on.

Nottingham City Council became a Unitary Authority and took over responsibility for the City's social services. The 1997-98 *Business Plan* noted that grant aid would possibly cease, replaced by a contract obtained only after bidding. RCG planned to look for other contracts so as not to depend on one funder as "it is well understood that budgets are under constant threat".

The training of workers with the elderly and research work were seen as an expansion of RCG's service. RCG was talking to two further education colleges with a view to becoming an assessment centre for training different sectors dealing with the elderly, including volunteers. It was looking into attracting funding as a franchise under the Learn as You Care scheme. It also hoped to formalise its working relationship with local universities and hospitals into a contractual arrangement for the research of some diseases seen primarily within the elderly.

2000

The Day Centre was open Monday to Friday between 9 am and 3.30 pm. The numbers had remained constant over the years, said Maureen Allsopp in April, at 30, 35, 40, and on average elders attended two days a week. Some attended one day and some, if they had no family, three days. There was a younger set who walked in, although over the years Centre members as a whole had become older and more frail; about 24 came in by Social Services' ambulance, in two trips, There used to be two ambulances a day, said Pauleen Davies, now there was only one. "And that's a handicap because it means a shorter time for them [the elderly] here." Some also came by private car and some were brought by Social Services' voluntary drivers.

The ambulance driver, Chris Pykett, would contact Maureen Allsopp to ask who was not going to the Centre the following day. He had a full list in his bus and had a card for each person.

Social Services required a daily breakdown of attendance figures by age range. Maureen Allsopp said: "Now we're having to do a monitoring scheme every day and say how many are here under 60, how many come 60 to 70 and how many are over 80. Social Services give you more and more of this monitoring and best value and all sorts of things."

There was less home visiting than there used to be. "Mainly because there is a visiting scheme in the local church, All Souls'," said Maureen Allsopp. "And I'm the chairman of the visiting scheme actually, so we liaise quite a lot. They visit some of ours and if they've got someone that needs day care,

we all sort of work together.” BESTCO trainees no longer visited since the All Souls’ scheme started. It was also felt that, as the trainees were with RCG for only a year, it was a drawback for the housebound, who annually had to get used to someone new.

Who did visiting now depended on the need, said Maureen. “If an elderly person needed somebody this week or today, I’d be there. Or someone from here would be. But if it was long term, a friend now and again, I’d refer them to All Souls’.”

Pauleen said: “Another thing we’ve always done here, if any of our members have to go into hospital, we always visit them. There’s a very personal relationship with the clients here, always has been.”

Value for money over the years

RCG-assessed comparative costs 1980-81:

Daily cost of day care per person: adult training centre £9.80; psychiatric day care £10.34; Social Services’ day care £5.50; Radford Care Group less than £1.

Business Plan 1997-98: The private sector charges between £20-30 per day depending on the day care requirement. RCG can easily match this, although not offering a cheap alternative to the private sector. It will rely on its reputation and quality service provision as well as good management to provide a cost effective service which need not make a profit as it is run as a charity, but must not of course make a loss.

From old folk to service users

Ruth I Johns, in a 2000 conversation with Pauleen Davies and Maureen Allsopp, noted the change over the decades in the way people using the Centre were referred to, partly reflecting wider cultural changes. Initially they were old folk but “today old folk have become clients and customers”. Maureen said: “They’re service users now.”

Pauleen said: “Ever since I first started in this business social workers have been looking for a name to call them. They didn’t like elderly, they didn’t like senior citizens, they didn’t like clients, they didn’t like customers. And they’ve never come up with one that’s successful. The old people themselves don’t give a damn. They just say: ‘We’re old!’ I’m old myself and I don’t give a damn!”

Maureen said: “They howl if you tell them you’re one of our service users.” Pauleen said: “Or you’re a senior citizen.” They had to use such terms as far as official documents were concerned.

RCG PERSONNEL

1968

Pauleen Davies was the Chairman, Edna Turner was the Secretary/Treasurer, Charles Reilly was the Liaison Officer.

1972

The Workroom Supervisor was Mrs Bertha Sewell.

1977

Pauleen Davies and Edna Turner organised the Day Centres and assisted at the Friday Lunch Club. Workroom Supervisor Mrs Sewell's Assistants were Mrs Mary Eales and Mrs J Mason. It was difficult to differentiate between Helper members and others: of the 18 Helpers who regularly worked at the Centre organising the Workroom, Day Centre, Lunch Club, Over 60s Club and the visiting service to the housebound, nine were themselves pensioners. As Pauleen said: "Too often we ask what we can do for the elderly when in fact there is much they can do for themselves."

Day Centre Assistants were Mrs Anne Arey, Mrs Anne Parker, Mrs D Cooper, Miss D Ebling, Mrs B Bullen, Miss F Offiler, Mrs Irene Krasinska, Mrs S Mellor and Mrs E Williamson. The Over 60s Club Chairman was Mrs Edna Hallam. Old Tyme and Modern Sequence Dancing Instructors were Mr and Mrs Grebby. Lunch Club Organisers were Charles Reilly, and Mr and Mrs Len Green.

1979

The Group saw the formation of a properly constituted Management Committee, of which Miss Jean Downs, West area Director of Social Services for the City, became Chairman and Mr Laurie Ball Secretary. Other Committee members were: Dr David Arey; Mrs Pauleen Davies; Mrs Edna Turner; Mrs Mary Eales; Mrs Anne Parker; Mrs Anne Arey; Mrs G Edwards; Mrs H Fry, a Personnel Manager at Raleigh Industries; Mrs Bertha Sewell; Mr Gerry Baker, from the Employment Fellowship; Mrs B Akers, Head of Social Services' Home Help Department; Mr Euan Temple; Rev Christopher Gale; Mr John McGibbon; Mr Martin Stroud, from Help the Aged; Miss D Ebling, Volunteer and former Headteacher; Dr J Wattis and Professor Tom Arie, both from the Department of Health Care of the Elderly, Nottingham University. Professor Arie retired as a member later in the year.

Pauleen Davies became the Centre Administrator, Edna Turner the Day Centre Organiser, Mary Eales the Work Centre Organiser and Anne Parker the Office Manager.

1980

At the Management Committee's July meeting Pauleen Davies raised the question of trade union representation on the Committee. On the previous Committee there had been a Trades Council delegate. Euan Temple supported

the proposal, as he felt the Care Group's charitable registration from time to time would involve political implications. A possible contact was Brian Crosland, of the Transport and General Workers' Union which covered locally such firms as TI Raleigh, Player's and Plessey. It was agreed to invite Mr Crosland to be a full member of the Management Committee.

1981

Jean Wand was leader of the Southwold Club and also helped at the Centre on Friday.

In June it was agreed that the four paid workers' salaries should be tied to local government pay scales and paid pro rata according to hours worked. Manpower Services were applied to for a worker when the Centre's application for a further member of staff was turned down by the local authority. Alan Stephenson started work in December, the appalling weather giving him an immediate insight into the needs of the elderly under such circumstances; the fact that he could drive the Caremobile proved invaluable.

1983

Pauleen Davies retired as Administrator, becoming President. Mary Eales became the Administrator and Tim Preston the Work Centre Organiser. More than half the Helpers were themselves pensioners.

1990

Maureen Allsopp became Centre Administrator. Anne Arey was the Day Centre Organiser, Harry Mannion the Work Centre Manager and Lillian Reeve the Office Manager.

1993

The paid staff were: Maureen Allsopp, Administrator; Lillian Reeve, Secretary; Anne Arey, Day Centre Organiser; Harry Mannion, Occupational Centre Organiser; Stan Eaton, Caretaker. The number of Helpers – now referred to as Volunteers – had increased to 30 regular Volunteers, three of them men, each working one day a week. Most were themselves retired people. A County Council grant paid the five salaries; other necessary funding, about £11,500 in 1992, was raised by the Group itself.

1998

The Management Committee comprised: Mrs Anne Arey, Mrs Pauleen Davies, Mrs Mary Eales, Dr Robert Jones, Mrs Barbara Martin, Mrs Sandra Warzynska, Mrs Barbara Munro, Mrs Anne Parker, Mr Tim Preston, Mr Chris Steele, Mr Mike Spratt, Mrs Edna Turner and Rev Howard Worsley.

Staff were: Mrs Maureen Allsopp, Administrator; Mrs Lillian Reeve, Day Centre Organiser; Mrs Jill Davies, Assistant Administrator; Mrs Susan Sturdy, Secretary; Mr Stan Eaton, Caretaker. Proposals were supported to bring salaries in line with local Council rates and scales. The number of Volunteers remained at 30 a week.

Equal opportunities implementation

We have this year given all new and existing employees and volunteers a "Welcome Pack". For paid staff this also includes their terms of employment and job description plus a professional induction to the Radford Care Group. Regular support and supervision is now being set up for professional paid staff/carers and volunteers. We are offering a training scheme under the New Deal for Employees and already have one trainee in place. One of our aims is to become an Accredited Training Scheme. –
RCG Annual Report 1997-98.

2000

Nine Staff, including two job sharing: Maureen Allsopp, Centre Manager; Jill Davies, Deputy Manager; Lillian Reeve and Hazel Woodward, Day Centre Organisers, job share; Sue Sturdy, Secretary; Lynn Shields, Care Unit Manager; Cindy McQuillan and Liz Murphy, Care Assistants; Stan Eaton, Caretaker.

Board of Directors: Chair Mike Spratt, Vice-Chair Sandra Warzynska, Dr David Arey, Company Secretary Barbara Martin, Dr Robert Jones, Rev Howard Worsley.

Mary Eales (centre) at her retirement as Centre Administrator in August 1990, with Maureen Allsopp (right), the new Administrator, and Pauleen Davies.



SOME THINGS STAY THE SAME

A two-page Radford Care Group response was made to issues raised in a Government Discussion Document, *A Happier Old Age*, October 1978, when Radford was undergoing major redevelopment. The response was based on discussions with the elderly people who attended RCG's Day and Work Centres.

Much of what was said was still relevant more than 20 years later, in 2000.

Changes needed in attitudes to the elderly. (1978) In the Foreword to the Discussion Document (para 4) the belief is expressed that "There is as much that old people can do for society as society can do for them". This is true, but only if they are allowed, and properly organised to do so. With the emphasis on earlier retirement much talent is being wasted. Retired people can feel redundant in the real sense of the word – "no longer necessary to requirements". Voluntary Groups should be helped and encouraged to run Retirement Job Agencies, Sheltered Work Centres (such as our own at Radford) and Skill sharing schemes. The newly-retired people should be encouraged to offer their services to groups caring for the very frail 'old' elderly. In our own group, where this happens, it seems to have a rejuvenating effect on the helpers.

In 2000 changes were still needed in attitudes to the elderly, especially among employers, as the waste of talent continued to be deplored. The emphasis now was on encouraging over-50s to stay working and employers to hire them, and the Government launched New Deal 50plus to do just that. The reason was a falling birth rate and a growing older population. More than 18.5 million people were over 50 and this figure was set to rise by 5 million over the next 16 years, said the *Nottingham Evening Post* of 8 April 2000 in an article about more mature employees in the week that the Government launched its initiative nationally. Yet 90% of people over 50 were not in work, according to Age Concern figures.

In Nottinghamshire almost half the population was more than 40, while 2% of the 359,000 workforce was over the official retirement age of 65 for men and 60 for women. Some companies were happy to choose older workers, one being Radford-based tour operator Skills Motor Coaches. Its management accountant was in his late 70s and about threequarters of its 60 drivers were 50 and above. Others valuing older workers were supermarkets Asda and Sainsbury's, and DIY chain B & Q. BT was one among companies considering raising their retirement age from 60 to 70.

Len Simmonds, director of business services at Greater Nottingham Training and Enterprise Council, said over-50s were particularly invaluable in the

service industry, which made up about 80% of the Nottinghamshire business sector. New Deal 50plus aimed to get back to work those over-50s who had been unemployed for at least six months. Trish Newton, district manager for the Employment Service, said that in Greater Nottingham there were more than 1,200 people who qualified. "This represents a great source of untapped potential skills and experience."

An Age Concern Policy Paper said that in 1996 18.1% of the UK population (10.668 million people) was over pensionable age. Two decades earlier, in an *Evening Post* article of 12 December 1977 on RCG's Work Centre, the projection was that by 1981 nearly one-fifth of the population would be pensioners and that unless something was done immediately the working population would not be earning enough to support state services.

Pensions. (1978) The feeling among younger pensioners is that their allowances should be increased while the older, house-bound elderly would prefer increased services. Resentment and confusion is caused when Local Authorities make a charge for Home Help to those on Supplementary Pension. The cost of collecting 50 pence a week must be almost as much as the scheme brings in. It is difficult to explain that this amount represents only a 'token' payment, particularly when their precious 'Home Help' has to waste half an hour of her limited time in going to the Post Office to pay the charge. Many of the elderly in most need of Domiciliary Services are physically disabled and mentally confused and every effort should be made to simplify rather than complicate payments made to them and by them.

In 2000 pensions remained an issue. The basic state pension for a single person had gone up in line with inflation by just 75p a week, an amount that caused intense anger among pensioners. There were differences between those who wanted greater benefits and those who wanted pension increases so they had the choice of how to spend their money. Many wanted restored a pensions link to rises in earnings that had been broken by the Conservative Government 20 years earlier.

The tendency of payments was to become more, not less, complicated, while help costs continued to be a concern. An Audit Commission report, *Charging with Care*, published on 10 May 2000, found a huge variation in the cost of council home help services ranging from cleaning and shopping to help with getting dressed. According to the Commission Controller Andrew Foster, writing in *Society*, *The Guardian*, of the same date, charges for people in similar circumstances (similar incomes and similar services) could vary from nothing to more than £100 a week. One in 20 councils provided home care services free but two-thirds exempted only people on the lowest incomes. Pensioners on income support of £78.45 a week could lose £10 to pay for three hours' care.

Housing, Planning & Transport. (1978) Flats and Bungalows specially designed for the elderly should have corridors and doorways big enough to allow for

the passage of a wheel chair. If we intend to keep old people in their own homes for as long as possible we should have the foresight to realise that the time may come when they may no longer be able to walk around. Windows should be low enough to see out of. Electric sockets should not be placed near to the floor. Heating systems should have instructions in simple language and large letters attached to them. Buses should have lower steps. Hundreds of Pensioners in this area are unable to use their free bus passes because they simply cannot get up the first step.

In inner-city areas, where there is a higher proportion of elderly people than in the newer suburbs, special consideration should be given to maintaining local services during re-development. Local Shopkeepers should be supported financially and Post Offices kept open. Perhaps 'Inner City' money could be used for this purpose.

The Post Office is the most vital service for the elderly. It is at the Post Office that they receive their Pension, pay their Gas and Electricity bills, do their banking, pay for their Home Help and in some areas are now being asked to pay their Council property rents by Giro.

In 2000 Pauleen Davies saw changes for the better with regard to buses and buildings. "We do have some easy-access buses now. That has improved. Buildings have to have specifications that will include or accommodate wheelchairs. And handrails and things like that."

Post offices were still a pressing issue, however. Government plans for compulsory Automated Credit Transfer from 2003, paying pensions and benefits direct to bank accounts instead of in cash over post office counters, were seen as a threat to the viability of thousands of sub-post offices despite their remaining a vital service to pensioners and others. In Radford, two post offices near the Care Group had already closed. One was in Hartley Road – whose future Lena Wildgoose had feared for in 1993 – and the other in Ilkeston Road. The nearest one was near the top of Ilkeston Road, "a long way".

Collaboration between Professional Social Workers and Voluntary Groups. (1978) More financial help should be given to established Voluntary Groups working in the Community. New organisations with excellent intentions lose heart when they have to work to provide their own finances as well as coping with the practical work of caring for the elderly. Professional Social Workers should be encouraged to help with the formation of groups in local areas and work in collaboration with them, liaising with the Statutory Services and Hospitals.

Few people can afford to work for nothing in the day time. It should be recognised that some small 'honorarium' should be paid to those anxious to work for the elderly but not in a position to give their services absolutely free. In our own area there is no pool of middle-class ladies who have traditionally in the past formed the bulk of the voluntary movement. It should

also be recognised that it is not necessary to be professionally trained in order to cope with the problems of the vast majority of the elderly. Local part-time training courses should be available to all volunteers wishing to avail themselves of them.

In many cases it is possible to finance a large self-help group caring for the elderly for less than it costs to pay one professional salary for a year.

The increasing numbers of elderly people needing hospital and residential homes accommodation, and the services that go with it, mean that there is less money available for resources in the community. It is in this field that Voluntary Groups, with the help of Local Authorities, should be encouraged to open Day Centres, Social Clubs and Drop-in Centres, in order that the elderly continue to enjoy a social life and feel part of the community. Isolation and the depression that follows usually lead to physical illness and the need for residential care.

'Old age' can be longer than 'Teen-age' or 'Middle-age'. All of us should be constantly encouraged to plan for this period in our lives. The thrifty should not be penalised, making suitable financial provision should be made attractive during working life. Retirement should be a time when responsibilities are fewer and opportunities greater. – Conclusion of the 1978 response.

In 2000 Pauleen Davies said: "It's always been a bone of contention that there should be better collaboration between professional social workers and voluntary groups. We're not in competition with them. Why don't they recognise that and use us? They should see us as a real asset."

*Elders
Irene
Robinson
(left) and
Doris Martin
(right) study
the cards
after lunch,
while
Wyn Pit
relaxes,
1999.*



FUTURE PLANS

In Radford Care Group's 1997-98 *Business Plan* long-term objectives, to be achieved within three to five years, were set out. They included:

- * To open seven days per week which is not currently offered by any other centre in Nottingham.
- * To increase the range of new facilities as and when required in consultation with others.
- * To continue to be a model care group for the elderly to which others can turn for guidance.

In 2000 Radford Care Group plans were for a large extension to serve several purposes, adaptable for training, craft activities and a meeting room, particularly for the directors who, said Pauleen Davies, "now have to meet in their own homes or one another's homes because there's nowhere here, there isn't a quiet room anywhere during the day". They were having to raise the £150,000 cost themselves – "We've always had to. Three applications to the Lottery, all rejected!"

Other plans were to fill the Special Care Unit to capacity each day to make it viable and to have a link with a College of Further Education to be able to offer NVQ in Care.

In 2000, reflecting on the past three decades, Pauleen Davies said that people from all walks of life had come to the Care Group, but they all fitted in and got on well together.

Maureen Allsopp said that doctors and social workers tended to refer Asian elders to an Asian Centre and Afro-Caribbeans to the Afro-Caribbean Centre, but more from these groups were coming to the new Day Care Unit.

Staff profiles

ANNE AREY, Volunteer, Day Centre Organiser – Anne first came to the Care Group as a Volunteer in 1973. She and her husband, David, a doctor working at a practice in Derby Road, had just arrived in Nottingham after working in Uganda. Not only did the Group get a first-class Volunteer in Anne, but David was persuaded to serve on the Management Committee. Anne had been trained as a Cookery Demonstrator with the Gas Board and her culinary skills were invaluable at catering and fundraising events. After the move to Prospect Street Anne would do demonstrations of cooking appetising meals for one. These were much appreciated, especially by men living alone! When Edna Turner retired in 1988 Anne took over as Day Centre Organiser and continued to put all her enthusiasm into the job until she retired in 1998. In 1997 Nottingham City Council gave her a Citizen of Honour award for her work with the elderly. No-one deserved it more.



Anne Arey (right) enjoying a get-together with her mother Ethel Thornton, Volunteer and later Centre elder (left), and Dorothy Needham, Centre elder.

ANNE PARKER, Volunteer, Office Manager, Committee member – Anne came as a Volunteer to the Day Centre at the old school, first for one day a week, then two, then three! Like all the other Volunteers Anne took under her wing at least one old person who had no family in the area. Anne had been a Home Service Adviser with the Gas Board, so she and Anne Arey had lots in common. Together with her commitments to the Day Centre and help in fundraising the Care Group took up a large part of her life, as it does with so many of us. After doing a Secretarial Training Course at Beeston College, Nottinghamshire, Anne came to the new Centre as Group Secretary, a post she held for five years initially and then, after a break when her husband's job took them to Paris, she returned for a further two years. Like most of the former Volunteers Anne still takes a very vital interest in all the Group does and in 2000 is serving on the Advisory Committee.

MARY EALES, Work Centre Supervisory Helper and Organiser, Centre Administrator – I was born in London and served several years in the Metropolitan Police before marrying and being enticed away from the big city to Yorkshire where our two sons spent their early years in Barnsley.

Twenty-eight years ago in 1972 my husband's employment, as a Wine Merchant, necessitated a move to Nottingham and we settled in Wollaton. Within a couple of months I was filling a vacancy on a school crossing nearby and became known by the children as 'Mary Lollipop'. Anne Arey, then a neighbour, introduced me to Pauleen Davies and in 1975 I was drafted into the Radford Care Group as a Helper in the Work Centre. Later, in 1979, I became the Organiser and then in 1983 the Centre Administrator, retiring in 1990.

Part-time employment in Customer Services with Anchor Housing Trust followed until I retired fully in 1998. I kept my links with the Care Group and now am a regular Volunteer in the Day Centre.



An evening out during a holiday at Hemsby, Norfolk, in the early 1990s for (foreground, left to right) Barbara Martin, Maureen Allsopp, Marjorie Rick, Lillian Reeve, Grace McCall and May.

Holidays became an annual event in the 1980s inspired by an eager Voluntary Helper who began organising groups of able-bodied members to join coach trips to the Isle of Wight. Many people who previously were unable or reluctant to take a holiday on their own found these communal holidays very enjoyable and looked forward to them keenly. Soon it was apparent that less able members, especially those with mobility problems, were missing out. So, encouraged by enthusiastic Volunteers who offered to go as carers, we

embarked upon planning and arranging our own holidays. Not an easy task! Many aspects needed consideration: a suitable resort within a comfortable journey distance, coach and hotels with wheelchair access, suitable facilities and entertainment, etc.

Each holiday highlighted snags, which we strove to overcome the following year and thus we tried new places ranging from Blackpool to Skegness, to Mundesley and Great Yarmouth. Staff and Helpers worked hard to provide the level of care necessary to make the holiday a success and on their return all had tales to relate of the fun enjoyed, gripes of dissatisfaction sometimes but always plenty of happy memories.

The only occasion I accompanied such a holiday was in May 1990, we chose Butlins Holiday Camp, Skegness, as it had much to offer – en suite chalets, no stairs and a variety of day and evening activities. What we had not reckoned with was the distance between the chalet block and the dining room; at least a quarter of a mile walk and far too arduous for many members. Each mealtime would find Helpers pushing wheelchairs back and forth, running very often to get everyone there in time. We soon realised the carers themselves would need caring for if this continued. Luckily we were able to negotiate for the little camp train to pick us up and take us back every mealtime.

Helpers had to be out of bed at the crack of dawn to attend those needing assistance with washing and dressing, to check on others, sort out any problems and have everyone ready for the train. The multiple choices of the camp meant escorting people in every direction to whatever they wanted to do and some wanted to do everything. Fortunately the weather was fine and sunny and a lot of time was spent outdoors with ice creams.

Late afternoon, with everyone back in their chalets preparing for the evening, we Helpers met together, sitting on beds, debriefing over a much-needed drink – usually something strong and fortifying!

Entertainments lasted late into the night and although I and many Helpers were ready for bed by 10 pm, our charges were not. They loved playing bingo, socialising in lounges and bars, watching the dancing and shows, and it was often midnight before we could persuade everyone to call it a day.

Ill health and accidents were an ever present risk whilst away, we tried to minimise these by prior consultation with families and GPs where necessary and by making everyone aware of all the implications. Inevitably some holidays were marred by illness and hospitalisation, but at the end of the day we believed that provided everyone recognised their own situation and was able to understand and make a decision, they should not be denied a choice.

Sadly, holidays were discontinued later as the Helpers became older and the members frailer.

LILLIAN REEVE, Volunteer, Secretary, Day Centre Organiser three days a week – I was introduced to the Care Group by my friend Maureen Allsopp, who was Secretary at that time and is now, in 1999, Manager of the Centre. I first attended fundraising events and on one occasion my husband and I were waiter and waitress for a dinner that was laid on to say thank you to all the Voluntary Helpers and their partners for their dedicated work.

When the job of Secretary was advertised I applied and was successful. I thoroughly enjoyed that job for seven years. I moved to the Day Centre to job share with Anne Arey, who was then the Day Centre Organiser. Anne was so good at her job I was worried that I wouldn't come up to scratch, but I learned from Anne and we got on well. I have been doing the job now for four and a half years and have loved every minute. I've met all sorts of characters from every walk of life, all with a tale to tell. It's a very worthwhile job and I feel privileged to work here.

My first holiday with the Care Group began in May 1990 with a holiday to Butlins Holiday Camp, Skegness – Care Group annual holidays had started in the 1980s with visits to Yarmouth and Blackpool.

In Skegness we also stayed at the Chatsworth Hotel, which was run by Bob Raynor, a former Nottingham Forest goalkeeper, and his wife, Rosie. They were wonderful hosts to our 30 members and five Volunteers. Transport miracles happened the first day when we ferried most of them, in wheelchairs, to the beach. Some of the Volunteers made three journeys!

We would find somewhere for lunch, several journeys with wheelchairs necessary again, then off to the park to feed the ducks. The Raynors also organised day trips with a sandwich lunch. Back to the hotel to dress for dinner.

After dinner we had a room with a bar and music and after a few alcoholic drinks, lo and behold! All those poor old souls we had pushed around all day were on their feet, dancing and singing. The poor tired Volunteers were slumped in chairs! We also had bingo and other entertainment. The night usually ended with everyone singing 'Land of Hope and Glory', waving their Union Jacks, it was brilliant!

After three successful holidays there, Bob and Rosie sold the Chatsworth Hotel and it was time for us to move on. At Pontins Holiday Camp near Yarmouth the food and entertainment were excellent. We entered Fancy Dress Competitions and Glamorous Granny Contests and I won! Ellen Newham, who was 93 at the time, won the Great-Granny Competition.

There was dancing around the pool in the afternoons. Lucy McMaster, one of our Volunteers, had made a lot of olde tyme bathing costumes for our ladies, in red, white and blue. They looked sensational and I don't think Pontins had ever seen anything like it!

Eventually we had to call a halt to our annual holidays because our Voluntary Helpers were getting older and found it hard to give the members the increasing physical assistance they needed to enjoy themselves.

Who knows, however, what the future may bring? Holidays latterly were almost always taken at the beginning of May and it seemed we were always blessed with plenty of sunshine and warm weather. Many of our members have benefited from those holidays with the Care Group and we are all left with many happy memories.

MAUREEN ALLSOPP, Volunteer Visitor, Secretary, Centre Manager – I was born in Nottingham in 1940. My father was an engineer at Player's and, following in the family tradition, on leaving school I worked at Player's in the sales office, thus becoming a Player's Angel. I married Brian in 1961 and had two sons. We spent 35 years living in Wollaton. On returning to work once the boys were at school I worked three hours a day in a school office. In my spare time I was introduced to the Care Group and became a Volunteer Visitor.

Once a week I would go to see an elderly lady, now long passed on, who was a real character (mostly rude) and during these visits she educated me more than 15 years of marriage had ever done. I learned a lot about old Radford and how to get along with older people who were not always sweet and gentle! Ellen often stopped the traffic when I took her out in her wheelchair. She was too heavy for me to get her up and down the kerb but she would hail any handy driver to give us a hand! We had a lot of laughs together.

When a vacancy arose of Secretary at the Care Group I was appointed and after a few years I took charge of running the Day Centre, eventually moving to Administrator, now called Manager. It's a warm and caring place to work and over the years there have been some really unforgettable characters. One lady, confined to a wheelchair, brought us much pleasure and an equal amount of frustration over the years she was with us. She informed us regularly that she was 'looking for a man'. He would have been a brave soul to have coped with her! A very independent lady, she cooked, cleaned and even decorated from her wheelchair.

When she got frustrated with her confined existence or fell out with her family, she did something outrageous. She would dye her hair bright red or some other bright colour and on one occasion shaved part of it off! During the war she had been a window cleaner and would regale us with incredible stories of the sights she'd seen. No wonder she found being wheelchair-bound totally frustrating.

Another of our members had been attending the Centre for a number of years before we found out that she could not read or write, despite having brought up four children. Dyslexia was not heard of when she was young. We managed to get her lessons at home and this made a world of difference to her.

We had a worrying couple of years after the Occupational Section had to close. There was always plenty of work in the latter years, but people's lifestyles had changed. The factories that used to surround Prospect Street had gone, men and women were retiring earlier and the need for meaningful occupation to counter boredom was not as pressing.

Fewer people were coming forward and the emphasis had to be on the needs of the very frail elderly, particularly those with mental health problems, so the decision was taken by the Management Committee to dedicate that section of the building to day care for the very frail elderly and give respite to their carers.

We needed to raise a great deal of money to adapt the building for its new purpose, to install a medical room, bathing facilities and an office for our newly appointed Care Unit Manager. All this was eventually achieved and Lisa Dransfield from BBC Nottingham kindly performed the opening ceremony. Thus opened a new chapter in the life of the Radford Care Group.

I have really enjoyed my time at the Care Group and will miss everybody when I retire later this year, 2000.



Maureen Allsopp (left) and Jill Davies at one of Radford Care Group's special occasions in 1998.

JILL DAVIES, Deputy Manager – With a service of just over two years, from 1997, I am one of the newcomers to Radford Care Group and believe you me, if I had been there 10 years I'd still be a newcomer!

To my mind the secret of the Care Group is their Volunteers; around 30 of them join us each week to make the Day Centre what it is, caring, stimulating, warm, friendly and extremely efficiently run. The Co-organisers Lillian Reeve and Hazel Woodward make sure that everyone's needs are catered for and that games, entertainment and outings are always on the agenda.

I joined the Centre with the post title of Assistant Manager. This, of course, also means floor cleaner, coffee maker, bingo caller, dinner server and entertainer. Not that I mind – some of these are my best qualities.

During my first few weeks I got very involved with the opening of our new Care Unit. This had once been our Occupational Centre, but on the advice of Social Services we decided to cater for the needs of the more frail elderly and also people with mental health issues or disabilities. What followed was a year of intense fundraising, a positive approach, a professional touch (our first business plan) and the result – £56,000! A BBC celebrity opened the Special Care Unit for us in February 1998 and everyone was on cloud nine.

This lasted approximately one week as Radford Care Group were, as usual, ahead of their time. Social Services were still busy deciding who controlled what in the City and County divide. We used the empty Care Unit for our arts and crafts days, meetings and activities, but in the end made the decision to take the bull by the horns. We appointed Lynn Shields as Unit Manager to run the empty room. She and I put our heads together and got to work on promoting our services to Social Workers, Clinics and Hospitals.

The support that we got from local businesses and trusts, banks and larger companies meant that we had a good leverage to support our plea for contracts from Social Services. After many meetings, and to and fro faxing to our solicitor in Birmingham, a deal was struck and we started spot contracts on 5 July 1999.

Since then, the calls have been constant, if we had ever had a grain of doubt as to whether there was a need for even more care in the community and respite for all the home carers in Nottingham it was dispelled that first week. We have already had to employ two more respite carers to help Lynn and need student placement (trainees) to help too.

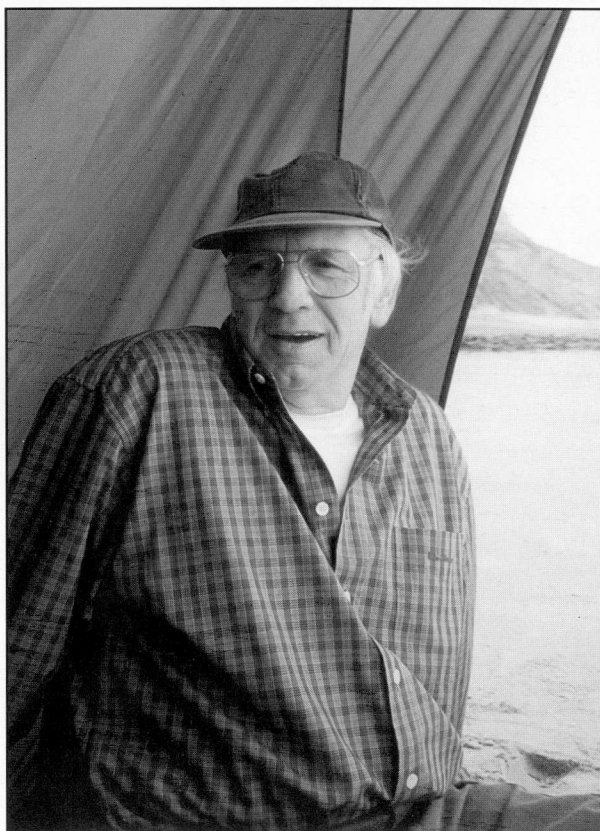
One home carer came back after the first day of leaving his wife with us. He had been into Nottingham and bought her some new clothes, had lunch and browsed around the City. He had tears in his eyes when he told us this, as it had been many years since he had spent any time on his own or even been out.

His wife now visits us twice a week. She has a bath, has her hair and nails done, and enjoys her day. Her husband probably does the same.

A funny story concerned our hypochondriac who came in every day with her list of ailments. One day she looked at me quite seriously and said: "The Hospital have tried to take a blood sample today and couldn't. Do you know, I haven't got one drop of blood in my body, it's a wonder I'm here at all." !!

STAN EATON – The Centre Caretaker since 1980 and a vital and valued member of Staff. The emphasis with Stan has always been on the 'Care' part of his title. He has cared for the building and its contents loyally and efficiently, knowing how much we all value the place and what a struggle it was to get it in the beginning. He manages to combine his job with the window cleaning round he has had in the immediate area for the same length of time. He knows, and is known to, all of the older people who are in the neighbourhood.

He's done so many good deeds over the years it's impossible to list them! He has even organised holidays for people who would not otherwise have considered going away on their own. This is a neighbourhood Care Group and no-one cares more than Stan.



Stan Eaton, RCG Caretaker.

SUSAN STURDY, Secretary of Radford Care Group – I first became involved with the Care Group around five years ago, in 1994, through my husband Kevin, who was their Driver. Kevin mentioned that they could do with more Voluntary help at the Centre and asked if I would like to work there. I enjoyed it so much that I returned later to help at the Christmas parties. After that I became a regular Helper on Fridays.

When I was made redundant as a Shop Manager I decided to retrain in Business Administration and was successful in gaining my NVQI and II. Shortly after this the position of Clerk at RCG was advertised and I applied for the vacancy. The position required that the successful applicant held a

driving licence. This gave me the incentive to take driving lessons and pass my test. The gods were good to me and I was appointed on 1 January 1997. Although in 1999 my job is still 75% clerical work, the rest of my time is spent in the Day Centre with the service users, which I enjoy immensely.

KEVIN STURDY, Social Services' Driver for RCG 1983-99 – For 16 years I was the Driver for Radford Care Group, collecting the housebound elderly from their homes and taking them to and from the Day Centre. I enjoyed my job immensely. During those years both talking to and listening to them I got to know a lot about their lives and experiences. Some of the tales they told me made me blush! It makes you stop and think that on most days there are on average 1,000-plus years of life experience aboard.

I was very sorry to leave the RCG, as I had come to think of the service users not as passengers but as friends.



Kevin Sturdy assisting Joan Armitage aboard, 1997.

Professional development is about developing skills, attitudes, concepts and knowledge which are related to individuals' areas of work. It takes place mainly through organised training courses, on job training (such as shadowing, mentoring, individual learning/progress, the induction process for new employees) and attending conferences and seminars. – *Business Plan 1997-98.*

CATH HALL – I am the resident Hairdresser at the Care Group. In 2000 I have been here about 10 years. My aunt, Clarice Hall, was one of the founder members of the Group in 1968 and she asked me if I would take over the Salon when the previous person left.

I thoroughly enjoy working here. It is very satisfying, the clients take such pride in their appearance, no matter what their age. There are some real characters among them and some of the things they say make my hair curl!

Why is professional development important?

Individuals are able to make personal progress in developing skills and abilities, so that they do their job well and understand that the Care Group recognises people are its most important resource. The Care Group benefits from planned professional development activities which ensure that resources are focused on areas of training which directly contribute to fulfilling the Group's objectives. – *RCG Business Plan 1997-98.*

HAZEL WOODWARD, Hairdresser, Work Centre Helper, Day Centre Organiser – It all began when my sister-in-law Avril Shaw, who was the Hairdresser at the Radford Care Group's Day Centre, invited me to help her in the Salon. That was 19 years ago and, in 2000, I'm still here!

The Salon provided a service for the ladies of the Day Centre, Work Centre and for pensioners in the local area. It was a happy place to be and we had so much fun. One incident in particular comes to mind. The local Community Policeman, who visited the Centre regularly, decided one day that he would like to have curly hair. There he sat with bright pink curlers in his hair when we heard the 'boss', Pauleen, showing some guests around the Centre and heard her say: "And this is the Hairdressing Salon."

Panic stations! Avril and I stood in front of the young Copper but, as we glanced in the mirror opposite, we could see a pair of size 11 boots sticking out from under the chair. We never knew whether the guests had noticed!

Some time later Mary Eales, then Work Centre Organiser, asked if I could work there four mornings a week. I was working with Freda Ward and Winnie Leavesley, and all three of us are still here. Many years later, when the Work Centre closed, I was asked to transfer to the Day Centre.

There's a happy, relaxed atmosphere here. On Tuesdays I have John Bestwick, Barbara Munro, Pam Eckold and Rita Barnett, all Voluntary Helpers, to assist me and on Thursdays, in addition to John, we have Kit Pearson and Betty Bates. It is good to see people from the old Work Centre now attending the Day Centre and I sincerely hope that the RCG will continue to progress and give pleasure to many elderly people for years to come.



Hazel Woodward (right) and her sister-in-law Avril Shaw at work in the hairdressing salon about 1980. Self-employed, they charged low prices.

Volunteers' profiles

Lillian Reeve, Day Centre Co-Organiser, wrote in 1999:

It is difficult to praise the Voluntary Helpers highly enough. They include the following ladies who over the years have given their valuable time to help at the Radford Care Group. Without them we would not be able to give our members those little extra comforts and the few words that mean so much and cost so little.

On Mondays we have **WINNIE LEAVESLEY**. Win is 83 years young and came here first as a Supervisory Helper in the Occupational Centre and then came into the Day Centre as a Volunteer. She is always full of zing and vitality, has a cheerful smile for everyone and when the Occupational Centre closed, she volunteered to come on Thursdays as well.

FREDA WARD was also a Supervisory Helper in the Occupational Centre and, like Winnie, decided to volunteer for the Day Centre. She is a great organiser and with the help of **RUTH ROPER**, a newcomer to the Care Group, she organises quizzes, exercise sessions and bingo.

AUDREY TUCKER, another Volunteer, has been with us for eight years. Audrey has a very gentle and caring manner and is also a quick and efficient member of the team. All these ladies have become very good friends.

On Wednesdays we have **MARJORIE RICK** and **TERESA TUNNEY**, who are both friends and neighbours. Marjorie loves to dance and is a great mover, she is the first on the floor at Christmas parties. She also doubles, as do Winnie and Lucy McMaster, as a model for the Clothes Show. Teresa is originally from Ireland and still speaks with a lovely lilt in her voice. She has recently undergone a triple bypass operation but still manages to pop in for a chat and has every intention of coming back on Wednesdays when she is fully fit.

DOROTHY CARLIN was a Supervisory Helper in the Occupational Centre who came as a Volunteer to the Day Centre. We call her 'Flash Lightning' because she's so quick and efficient in everything she does. It's an apt title because she is also a very good photographer and many of the pictures of the elderly people in this book were taken by her. Since her husband John retired, they have tried to get away on holiday every two months. They must know just about every part of the British Isles and have beautiful photographs to prove it!

ELLEN PURDY is another Volunteer who has a gentle manner. She has worked with us for a very long time. Despite her petite frame she is a very hard worker. Together they make a great team.

Friday is **JOSIE BUNTING's** day. She has a lovely Scots accent and she works so hard that we have to insist on her sitting down occasionally! **ANNA TAYLOR** used to be in the Occupational Centre and now comes as a Volunteer.

She scouts around the local supermarket, comes and tells us all about the best offers and then goes and shops for anyone who needs things.

Finally, but by no means least, there is **LUCY McMASTER**, my mother, known as the 'Jumble Lady' because she organises the Nearly New sale on Fridays. Everyone says she could sell ice to Eskimos! In addition to helping one day a week she and **BERYL DILKES** raise hundreds of pounds over the year for the Centre by making and selling pies, pickles and cakes (see p. 102). Lucy is also a great entertainer and gives us a song most Fridays.



Lucy McMaster, the smiling winner of a competition in 1996.

MARJORIE RICK – I was first introduced to the Radford Care Group by my friend Lillian Reeve who, on my retirement, asked me if I would like to do some voluntary work. I said I would and started to go on Tuesdays. I enjoyed it very much; the ladies I worked with were very friendly and helped me to settle in.

I found it such a rewarding job; the ladies and gentlemen were so grateful for a kind word and a helping hand. However, I had to leave the Tuesday people because Lillian took over the day care on Wednesdays, so I had to change my day to Wednesday as Lillian gives me a lift. I was sorry to leave the Tuesday people, but I love going on Wednesdays and, in 1999, I hope I will be able to help for a few more years to come; it keeps me 'feeling young'.

There are a group of people, mainly able-bodied pensioners themselves, who attend the Care Group once or twice a week as Voluntary Helpers. They help

to make and serve tea and coffee and toast in the mornings when the Social Services bring in our members. At lunchtime they set tables and serve the meals. Between times they help in every way to ensure our elderly clients are kept warm, comfortable and motivated during the day. Without these wonderful, generous people, it would be impossible to keep up the high standard of care we offer.

Volunteers are mainly ladies, but we also have several gentlemen who help in various ways. **FRED PINFOLD**, who is really a client, doubles as a Helper at lunchtime. **JOHN BESTWICK** volunteered several years ago and he runs our little in-house shop selling small-size items of food and household goods, and confectionery. This he manages between wheeling people around the Centre. His calm manner belies an inner strength and he's a friend to everyone.

WINNIE LEAVESLEY – I have worked as a Helper and Volunteer at the Radford Care Group for over 20 years and have enjoyed every minute. I was in the Work Centre until it closed over two years ago. I am now, in 2000, in the Care side. I have met so many interesting people who told me of their way of life. There was one lady in particular who bought 'Compo', a washing powder, for 2d [less than 1p] before the war and had sufficient to last her into the 1990s! How's that for thrift?

DOROTHY CARLIN – Up to a few years ago I was content to stay at home to look after my husband and family. Then one day in September 1982 I was persuaded by a neighbour to go along with her to Radford Care Group as a Volunteer. I was apprehensive at first, but over the next few weeks I began to enjoy it. The weeks turned into months, months turned into years. After four years went by I was involved in the Occupational Centre on a temporary basis, but it turned out to be permanent. Sadly the Occupational Centre is no more.

Over the years I have been involved in many things at the Care Group – holidays, outings, Christmas entertainment and many other events. I have seen lots of new faces come to the Group, some of them quite characters, and many friends pass away. What started as a month's trial turned out to be 17 years and still going strong in 1999.

My name is **FREDA WARD** and I was born in Hucknall, Nottinghamshire. In 1958 I married Denis, who worked for the National Coal Board. In 1964 he was offered a post as Under-manager at Clifton Colliery, Nottingham. We moved to Wollaton (next area to Radford) in February 1964 where we lived with our three daughters, Debra, Vicki and Kerry. After our youngest daughter, Kerry, started nursery school, I was able to think about part-time work.

One day at the shops I was telling a friend that I was interested in helping somewhere in the mornings. She mentioned that Pauleen Davies had started up a Care Group for the elderly, with the help of Edna Turner, and that I might like to work there. A few days later Pauleen invited me to go and have

a look around. Straightaway I liked the people and felt at home. Mary Eales was a near neighbour and supervised the work done by the elderly people at the Workshop. So I joined the following week as a Helper.

It was January 1979 and the 'workers' came in five mornings a week to the schoolroom at the old Radford Primary School. They sat at long tables and did outwork for local firms like Raleigh, Player's and knitwear factories. The work was very light, everyone worked at their own pace, with lots of singing, laughter and, of course, the morning tea break.

They looked forward to the companionship, as some of them had lived in Radford all their lives in small terrace back-to-back houses. They were used to not locking their doors, neighbours popping in whenever and borrowing the odd cup of sugar etc. Then the houses were demolished and replaced by high-rise flats. It was a different world – no backyards to hang the washing out, no front doorstep to stand and chat on, so they became very lonely. It was, and still is, a brilliant idea that Pauleen had.

The Care Group needed bigger premises as there was now a waiting list of people wanting to join. A single-storey building was built on Prospect Street, Radford, and opposite stood one of the Player's buildings, which has since been demolished to make way for a shopping precinct and bingo hall! All that is left of Player's is the clock tower. The Care Group building was officially opened in May 1979.

At one end of it was the Work Centre, with a Day Centre at the other. As we grew, we opened mornings and afternoons. We were offered more work: packing hairdressing gloves into boxes, university mail, Speedo, and much more. The elderly people said it gave them a purpose in life, and an opportunity to make new friends. We even had a few courtships and marriages!

The Centres were treated to a day's outing in summer, usually to the seaside, and a Christmas party. We had dance nights, concerts, whist drives, bowls evenings, etc, enjoyed by all. We had, and still have, a resident Hairdresser, the ladies took great pride in their hair looking nice. A Barber was there, every few weeks, to cut the men's hair.

Friends said to me: "I couldn't work with the elderly, I'd find it depressing." Not so, they are very proud people with a sense of humour (although a few haven't) and some very interesting stories to tell.

Sadly the Work Centre closed in 1997, two years ago. Times change and there was less suitable work and fewer people were able to travel to the Work Centre. We still have the Day Centre and some of those who were in the Work Centre now enjoy coming there. They are brought in by Social Services' transport to spend the day with us. They have tea and toast on arrival, then some of them choose to do craft work. The rest join in a quiz, gentle exercises, dominoes, card games, and then it's time for dinner.

Before they go home they have a game of bingo. We also have a small shop which sells, amongst other things, birthday and Christmas cards, wrapping paper and sweets. Unwanted clothes and bric-a-brac can be purchased for a small price and we regularly hold coffee mornings, where we sell lots of lovely cakes, jams, pickles and soft toys.

I am 61 years old now and my daughter has long since left nursery! I am far too young to finish helping out as some of my colleagues still turn in a good day's work at over 80! Pauleen Davies is still doing her good work, with the help and support of many others. Long may it continue!

My name is **ELLEN PURDY**. I was born in 1920 in a lovely little market town, Thirsk, in what used to be the North Riding of Yorkshire, James Herriot's home when he started practising as a vet. My niece Joan has worked at the practice since leaving school in 1959, still working there on market day and one or two days in the week.

I have gradually moved southwards. Leeds during the war then, when my husband came home from the Forces, we lived in Sheffield for the rest of our married life. After a very busy life, bringing up a family and managing a DIY shop, my husband was a painter and decorator so the two went together, my life was drastically altered.

My husband and I had just retired and were looking forward to relaxing and enjoying life together, but it wasn't to be. My husband died very suddenly



Ellen Purdy (left) with fellow Volunteer Barbara Munro (second left), and Centre elders Beattie Beardsley and Bert Guest.

from a massive coronary. My daughter, who had always lived at home, married and went to live just outside Nottingham. My younger son left school and went to Bristol University. So there I was alone in a big house, feeling very depressed and sorry for myself. My daughter persuaded me to come to Nottingham. Having no means of transport I didn't want to become dependent on her, so I insisted on being central. So I came to Radford!

My son-in-law had a music centre, which he was changing for a new one. Having noticed the Radford Care Group sign at the end of Prospect Street, he asked, did I think they would be interested? I said I would ask. I saw Mary Eales, who was in charge of the Centre at that time. She said they would be pleased to have it and arranged to collect it from my flat. Mary obviously spotted a potential Volunteer and her powers of persuasion were such that 15 years ago, in 1984, I became a Wednesday lady.

And what a blessing that was for me. Instead of being a lonely person in a strange city, I was immediately among friends. I had never met so many sincere and dedicated people. From a rather retiring and self-conscious person, they have almost succeeded in making me an extrovert! I have loved my time with the Care Group. The fun, the activities and the helping of people who so badly need care and company. I have given my time gladly, but I know that I have had infinitely more back from Radford Care Group than I have ever given. My only hope is that I will be able to continue helping for many years to come.

I am **BETTY BATES**. I was born in 1931 and lived in Aspley, Nottingham, the next area to Radford. I worked at Player's as a Shorthand-typist until I married and then we moved to Radford. I brought up a son and went back to work when he was nine years old; I worked part time. My husband worked at Player's and when he retired, I left work too. After four months I wanted to do something useful so I started as a Volunteer at the Radford Care Group's Centre. I help with making tea and coffee, mixing the custard for puddings and then serving the dinners. I get quite a lot of satisfaction from helping the older people and from talking to them.

I am **PHYLLIS FISHER**, now resident in the Isle of Wight. I am 84 years old now, in 1999, and registered blind. I was connected with the Radford Care Group for 10 years as a Volunteer and thereby learned so much about the wonderful care that was given to all the older clients. I am now in need of a little care myself! My late husband Ken appreciated very much the wonderful work that the Care Group Staff and Helpers did and we made lasting friendships. I wish the Group all success in the future.

ETHEL THORNTON – I was born and brought up in Norfolk, where I lived until 12 years ago. My daughter Anne (Arey) was Day Centre Organiser at Radford Care Group and I visited the Centre every time I came to stay with her and the family. When I moved to Nottingham in 1988 I became a Volunteer and went twice a week, taking part in all the

activities. At one time I was a 'mature model' for the Clothes Show group! Now, 90 years of age in 2000, I attend as a 'client' and thoroughly enjoy the company of the friends I have made over the years.

TERESA TUNNEY – I moved to Nottingham in 1988 from Northampton, had time on my hands, and I met Marjorie Rick at the bus stop. We started talking and she told me about the Care Group. I asked her to talk to Maureen for me, she phoned me the next day and I started the week after. I have enjoyed being a Volunteer there. This August, 1999, I had a coronary bypass. I am getting on fine and hope to get back soon.

I am **ANNA TAYLOR**. I was born Anna Tonelli. My parents were Italian, my mother being born in Naples and my father also in Italy. I was born on 20 March 1923 down Narrow Marsh; the Broad Marsh shopping centre stands in its place.

When I was four I remember playing down by the canal on Canal Street. My little friend and I were looking at our reflections in the water, but I must have leaned over too far and I fell in. It appears I was going down for the third time when a man on top of one of the open-decked buses saw me, jumped in and saved me. After that he used to come every week to collect money to pay for a new suit.

After that we went to live down Hyson Green. There were three girls in the family, I was in the middle. I went to Scotholme School in Beaconsfield Street. I left at 14 and went to work at Boots, Beeston. I only stayed four months as I did not like it, so I went to work at Hitchin's, Lindsay Street, Hyson Green. I was a smocker and embroiderer on babies' clothes. I was only there one

*Anna
Taylor
(then
Tonelli)
at the
seaside
in 1938.*

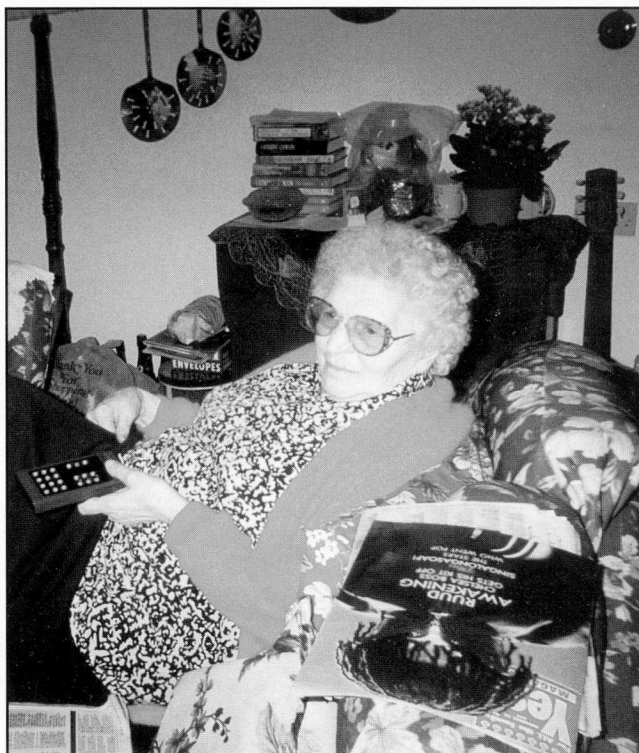


week and then was put on my own time (piece rate) because I had earned more than my set wage, which was 10 shillings a week. I used to earn £1 a week, working 8 am till 6 pm Monday to Friday, Saturday morning 8 am to 12 noon. I got 1 shilling a week spending money. I stayed until I was 17, when I got married. My husband used to be in lodgings next door, but I had to leave work as he did not believe in women going out to work.

So I became an outdoor worker, which was you went to the factory to fetch your work. When it was done you took it in. We only lived in the next street, called Terrace Street. We were surrounded by factories. It was a very old house, it was on the condemned list. We lived there 18 years. We never needed to lock doors when we went shopping. It was a continual fight to keep the bugs away, you could never let up or they would beat you.

Asda's shopping centre is on the ground of the streets where I lived and worked. St Paul's Church was at the top of the street. It has now been turned into flats. My four children were all christened there, my daughter was married there. I used to go to it before my marriage, I used to take the small children in the Sunday class. I used to love the Tuesday nights I used to go, it was called 'Scripture Union'.

When I married that all ended as the war was on, the hall was taken over by volunteers and once a week you could go and have a cheap but good dinner. My husband was in the Royal Navy. It was a horrible time. I had my daughter but when the sirens went I was too frightened to get out of bed so we never went in the shelter – there was one in the street. After the war and years later, and after lots of things had happened to me, I went to live on Oakland Street, Radford.



Anna Taylor in 1999.

Then a friend of mine, Gerty Oswin, said I ought to go with her to Radford Care Group to the work. I went to see what it was all about, I did not even know where it was. You worked two hours morning or afternoon. I chose morning. You got £5 a week. I stayed eight or nine years till it closed. It was such a happy time. It got you up and out, with a bit of spending

money with it. We had work from all sorts of places, There were six to a table and there were four lots, making 24 workers a time. We always did the jewellery, I used to love doing it. There were earrings, necklaces. We put them on cards and then in boxes, you sometimes had to have nimble fingers as they were delicate. We had work from the Raleigh works, Speedo swimwear and Christmas stockings for cats and dogs. Also we packed baby mugs, bottles and bibs. It was all very interesting.

Sadly it had to close two years ago, in 1997. We were asked if we would like to go in the other room. I ummed and aahed but finally gave in. But I can say I love it. I go Monday and Friday, and Friday I do the toast for the folk that come in, so once more have made many more friends. We have coffee mornings, raffles, days out, and a lovely Christmas party when all the Staff join in.

What I don't like about Radford and Hyson Green, all the lovely shops have gone. The saying was, if the Green has not got it, nobody has. I used to love every day to walk up one side, down the other. Another good shopping area was Denman Street.

There were three picture houses on the Green, 'The Grand', 'The Boulevard' – that was at the top of the street where I lived but the nickname was 'The Bug Hole' as you always came out with more than you went in. But Mr White was the manager, he was a lovely man, so kind if you had not much money. The third was 'Lenos', the only one still there but now it is a warehouse for pine furniture. I think Hyson Green was the salt of the earth but now I live at Bulwell. But Wednesday still finds me down on the market, back to my old haunts.

IRENE KRASINSKA, aged 91 and living in Bridport, Dorset – In 1999 it is eight years since I left Nottingham and the Radford Care Group to live near to my daughter down South, but I often sit and reminisce about the past and my happy 17 years as a Volunteer, helping others and myself. I was introduced to the Group by one of its members and I couldn't have found a better place to fill the emptiness of my retirement. The place was unique in understanding the needs, the problems and the dreams of old people, often feeling neglected and unwanted by society.

All the Staff and Helpers at the Care Group have just one object in mind – to make the elderly in their care feel welcomed at the Centre. To offer them friendship, advice and help when needed and to keep their minds alive and alert by providing stimulation. My life suddenly became more interesting and fulfilled, I had friends there with whom I could share sorrows and joys, memories and experiences. I discovered that old age is not too bad after all and it's still possible to have a lot of fun. Long life to those who started the Care Group and to those who have continued to develop and expand its activities into the new Millennium. God bless you all.

JOYCE WRIGHT, now living in Mablethorpe, Lincolnshire, in 1999 – Dame Anna Neagle was coming to open Radford Care Group's new Day Centre for the Elderly on Prospect Street, and my friend and I went along to the opening. I volunteered to help and so my association with the Care Group began. The Staff and other Volunteers became my friends and I loved working there.

I trod the boards in the Christmas show as Carmen Miranda and, looking like Marlene Dietrich, sang 'Lili Marlene'. In the early years the Staff always provided the entertainment and we had a great time rehearsing. They bring in professional outsiders now – the Staff have no time to rehearse! During my years at the Centre I organised holidays each year in March and October, and we had some wonderful day trips too. Now that I am retired I miss Nottingham, but mostly the Care Group.

I'm **RENEE GUEST** and, in 1999, I've been coming to the Radford Care Group two mornings a week, from 10 am until 12 noon, for over a year now. I work with a small group of ladies, usually five or six, teaching them quilling. Quilling is the art of curling strips of paper into small shapes, glueing them and then making the shapes into imaginative designs. By combining colours and shapes, many designs can be created with a variety of artistic possibilities – making greetings cards, pictures, jewellery, Christmas tree decorations or decorating small boxes are just a few examples.

As I keep to the same days each week, I work with the same group of ladies. The Monday group are Olive, Helen, Edna, Sylvia and Winnie, the Tuesday group are Enid, Brenda, Mary, Win (who is blind but still manages to quill with a little help from me) and Emily, who is my oldest lady at 92 years young! We have concentrated on making cards and all the ladies feel great satisfaction when they have completed one. At first it took them a while to make all the necessary shapes for a card, so they took more than one session to finish their particular design. However, they are all now quite competent and sometimes can complete two cards per session.

What pleases me about my contribution to the Care Group is that several of the ladies have bought their own quilling tools and paper, the glue and the cards, and now quill at home. This must surely be a very positive interest for them, many of whom are alone, with perhaps only the TV for company. Quilling is such an absorbing hobby that it is ideal for the ladies, especially in the dark winter evenings. They tell me they send their cards to family and friends near and far, and I love to see their faces when they say that someone has rung them up to say how thrilled they were to receive such a special card.

I feel privileged to be part of Radford Care Group and am lucky to be doing something I enjoy with such lovely people.



UNCLE LES, Volunteer entertainer Les Parker. He was Maureen Allsopp's uncle. In 1999 she said:

Uncle Les was a very good musician and after he was widowed I persuaded him to come along to the Care Group and play for the clients. At least once a week we had a good old singalong and he always attended the Christmas parties where he was a great asset. He gave his old organ to the Centre when he decided to buy himself a new one. Sadly Uncle Les died recently, but he made lots of friends through coming here and we miss him very much.

Les Parker (left) at the keyboard in 1997.

FUNDRAISING. Over the years many ways of raising money have been pursued by Radford Care Group with varying degrees of success. It began with jumble sales, raffles and coffee mornings, and progressed to auctions, quiz evenings and concerts. The most consistent fundraising has come from those attending the Group. They have contributed to cake stalls, bric-a-brac and furniture sales.

For example, Volunteers and members Lucy McMaster and her friend, Beryl Dilkes, who are 80-plus, both have extraordinary energy and it is always channelled towards helping others. Their passion is helping the Centre to raise money. Between them they make pies, cakes, jams, marmalades and pickles of every kind. They also fashion the most beautiful crafts, all hand knitted or sewn, many of which have won prizes in Age Concern exhibitions. Although the Group helps with some ingredients or stores pieces of fabric for them, they do the rest. They willingly put in hours of voluntary work, at home and the Centre, and have raised many hundreds of pounds.

Other Voluntary Helpers are just as keen to give their time to all manner of fundraising ideas, while the Staff are always willing to take turns in manning stalls at many of the Nottingham City events that take place throughout the year.

The Clothes Show: The latest enterprise is a 'Clothes Service' for smart older ladies in residential and nursing homes and complexes and, of course, day centres, said Pauleen Davies in 2000. We go along to places all over the county with our mature models Lucy McMaster, Marjorie Rick and Winnie Leavesley.



Stepping out with pride in 2000 after learning that they have raised £10,000 in four years, the Clothes Show team (left to right) Winnie Leavesley, Marjorie Rick, Pauleen Davies and Lucy McMaster. Photo copyright – Nottingham Evening Post.

We put on a parade of fashions and are usually offered coffee, as well as the opportunity to sell our wares and make money for our Centre. We meet lots of thoroughly nice people and really enjoy our trips.

I buy the clothes. I go to a warehouse in Basford, Nottingham, and I also buy from a lady friend who manufactures blouses. Then one of our Helper's friends in the Lace Market was having to stop manufacturing for women and go over to children's wear because there was no money in it any more, so I bought a whole lot from him, *lovely* clothes, that had been samples. And wherever I can pick up something that's really good, I do.

We put a small profit on them, nothing like the shops do, and we buy only things suitable for older ladies, but *smart* older ladies. And we sell tops and skirts, trousers, sweaters, cardigans. Some underwear. We can't really include men, we haven't got enough of them to make it worthwhile.

When we first started Anne Arey and myself had this idea that so many people can't get out to shop and if they can, they hate changing in little changing rooms, so she put a hundred pounds in and I put a hundred pounds and that was our capital. So when we finally have to give it up because we're all too old to manage it, well I've paid Anne off now so the business is mine if you like, all the profits, everything, goes to the Group. There are no running costs because I do it from home or the Centre.

We sell them here. We go around to other clubs and other day centres and to anyone that asks us to do it. We go up as far as Worksop. Our name has spread. We once put an advert in the *Age Concern News* and we've got regular people. But my models, two of them are 80-plus and one's 73, the same as me, and they're getting a little bit tired. I mean if you change from what you're wearing and you change five or six times, you're whacked. And sometimes we go to big halls like the one we go to at Kimberley and it's enormous! They've got such a long walk.

We take the clothes with us in the car, the three of them and me, and a clothes rail, and a bag of scarves, we all crowd into this one car. Sometimes I'm helped by Mary Eales, our former Administrator. When she's available she'll come and she's a godsend, because that makes two cars and we can take more stuff with us.

In the last month or so I've paid £300 over in profits. So when I get another hundred and I don't need it to buy more goods, I pay it in. How much have we earned? Over the past four years £10,000!

The above section does not include all of the many Voluntary Helpers who have sustained the Radford Care Group. All their efforts have been and are appreciated. The Group would like to hear from anyone not mentioned.

Members of the **Board of Directors** of Radford Care Group, at March 2000, all voluntary:

MIKE SPRATT, Chair – Mike is a local private hotel proprietor who became interested in the Care Group through providing voluntary transport for the Occupational Centre. He was invited to be a member of the Management Committee and then to the Board when RCG became a registered company.

SANDRA WARZYNSKA, Vice-Chair – Self-employed business consultant with a degree in Business Studies. Sandra was born and bred in Radford and is very concerned for the elderly people in the area and also in the wider area. She is also Vice-Chair of Age Concern Nottingham and Nottinghamshire.

DR DAVID AREY – David has been medical adviser to the Group since he first arrived in Nottingham in the early 1970s as a local GP. His wife Anne came to the Care Group first as a Volunteer and later as Day Centre Organiser. After retiring from general practice, he agreed to be a member of the Board.

BARBARA MARTIN, Company Secretary – Barbara held this post with the former Management Committee and she agreed to continue when the company was formed. Her late husband, Ken, also made a valuable contribution to the Care Group, as a Volunteer over many years.

DR ROBERT JONES – Head of section of Old Age Psychiatry at the School of Community Health Sciences at the University Med School, Queen's Medical Centre, Nottingham. He served on the previous Management Committee from the early 1980s and he is now a valued member of the Board.

REV HOWARD WORSLEY – Vicar of St Peter's, Radford, our local Parish Church, with which we have always had strong links. Howard is very busily involved in all aspects of the local community and his interest is very much appreciated by our older members.

On a Thursday we have two Volunteers, Winnie and Kit, both in their 80s, and they're taking some of the others out to the bus, holding their arms, carrying their bags, and the others are younger than them. – Maureen Allsopp, April 2000.

*We are the Radford Care Unit
based in Nottingham*



Our Service

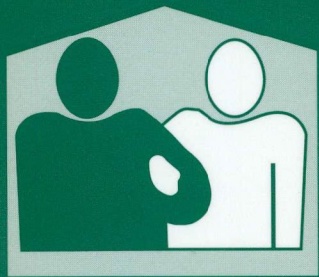
We have opened a day care unit for the frail and younger elderly who have mental health issues, have suffered a stroke or have physical disabilities, we aim to help them to keep their independence and living in their own homes for as long as possible, whilst giving valuable respite to their carers.



We are already established as a Day Centre for the elderly and have been running successfully for over 30 years.

Our new day care unit will pick up the service users and bring them to the Centre where they will enjoy a day of stimulation in a warm and friendly atmosphere.

Part of a Radford Care Group leaflet of 2000 featuring the Day Care Unit, the new name for the Special Care Unit. The goal of full capacity each day was being realised by mid-year.



Radford Care Group

Nottingham independent Day Centre for elders



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