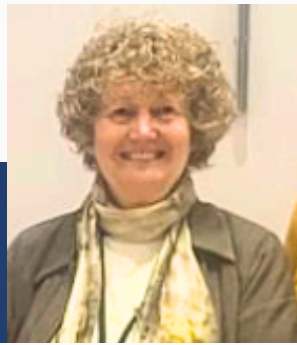


**A message from our
Chief Officer
Dorah May Hancock**



That Autumnal feeling is here and having had a very rainy week let's hope blue skies are with us again soon!

This is our 76th year supporting the older generation in our borough and as a small local charity we are very proud of all that we get up to and here are a few statistics when delivering our services in 2023/24:

- We dealt with 2,716 queries through our Information and Advice desk.
- 1009 drives were made by our volunteer drivers to get our clients safely to their medical appointments.
- 41 befrienders made that all important weekly visit to our lonely and isolated clients enjoying a cuppa and a chat.
- Our Home Visitor carried out 264 home visits supporting clients to obtain a Blue Badge or apply for benefits such as Attendance Allowance.

"To say that I am pleased is an understatement. The advice that I have been given is invaluable"

"A big thank you to the volunteer drivers, all such lovely, helpful people"

"Every time I visit, I am told that I am making their week – how many people tell you that?"

With quotes like this from clients and volunteers it makes me, as Chief Officer, realise that we have the most amazing team of staff, trustees and volunteers and I can't thank them enough.

Dare I mention the word 'Christmas?!' Here is a date for your diary: our third Candlelit Christmas Concert at Christ Church on Epsom Common, on Friday 6th December. Further details enclosed in this newsletter.

And during the week before Christmas we will be having a stall in the Ashley Centre selling Christmas crafts all knitted and sewn by our band of volunteers. They make great Christmas gifts so do come along as every sale raises vital funds to support our services.

Do remember that we are always here to support you whether you are from the older generation in our borough, a family member with concerns about an older loved one, a neighbour or friend. I do hope that you enjoy reading our newsletter and it is always good to remind ourselves that **"Alone we can do so little; together we can do so much"**



Sarah Prowse joins us as our new Giving Coordinator.

We give a warm welcome to Sarah Prowse who has recently joined to assist our charity with Wills, legacies and 'In Memory' giving.

Legacies are an essential part of how Age Concern Epsom & Ewell is funded and support the running of all our services. Sarah will be focused on championing the generosity of our supporters.

Should you have any queries about writing a Will, or if you want to find out more about how you can leave a lasting local legacy please contact

Sarah.Prowse@ageconcernepsom.org.uk

Tel: 01372 732 456



HELPING OLDER PEOPLE FEEL LESS ALONE

INFORMATION & ADVICE

Our Information & Advice line is open
9:30am - 1:00pm Monday - Friday
We provide free and confidential
information and advice on a wide range of
issues that affect older people.

HOME VISITING

Our Home Visitor can assist you with
applications for Blue Badges, Attendance
Allowance and much more in the comfort
of your own home.

IT SUPPORT

Would you like to get to grips with your
computer, phone or tablet, one of our IT
volunteers can help. All visits take place
in your home so that you can learn at
your own pace and with your device.

MEDICAL TRANSPORT

Do you need transport for your medical
appointments? Our team of volunteer
drivers will collect you from your home,
take you to your appointment and then
bring you home again.

SUNDAY TEAS

Sunday Teas are held on the second
Sunday of the month for older people in
the borough. We provide a full tea and
entertainment.

BEFRIENDING

Are you feeling lonely and/or isolated?
Do you know someone who may be
feeling lonely?

Our Befrienders are volunteers who spare
an hour or two a week to visit a lonely or
isolated older person.

MEN'S GROUP

Would you like to share activities and
interests with like-minded men, over the
age of 65, in Epsom and Ewell?
This social group organises and engages in
a range of activities and planned day trips.

For all enquiries please contact

Age Concern Epsom & Ewell on 01372 732 456

Our offices are open Monday- Friday 9:30am-1pm

info@ageconcernepsom.org.uk

www.ageconcernepsom.org.uk

Age Concern Epsom & Ewell, The Old Town Hall,

The Parade, Epsom, KT18 5AG

Registered Charity Number 1139652



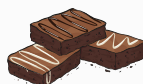


Music to our ears at our Sunday Teas!



A lovely time was had at our recent Sunday Teas. Epsom Male Voice Choir gave a wonderful performance in August and operatic recitals by Primrose Drake, Kasumi Brooker & Julie Chaplin enchanted all the following month.

Thank you to all involved for making these get-togethers so special for our clients.



Sunday Teas take place on the second Sunday of the month, between 2.30pm - 4.30pm at St Mary the Virgin Church, Worcester Park.



They offer the opportunity to enjoy sandwiches, tea, cakes and good company along with various types of entertainment each month.

For further information please call 01372 732 456

Men's Group



Our Men's Group enjoyed a lovely lunch recently at The Woodman in Ashted which has become one of their favourite venues.



A small group enjoyed a great day out at Mercedes Benz World in September including a nice lunch in the sunshine watching the cars on the skid track.

Are You Entitled to Pension Credit?

Pension Credit is a benefit to which people are entitled if their income does not meet the level of the full State pension which is currently £221 per week for a single person and £333 per week for a couple. 'Income' includes the State pension, any other pensions, and income from savings over £10k (counted as £1 per week of notional income for every £500 over £10k). Disability benefits are not included in the calculation.

For people receiving disability benefits the threshold is higher.

The easiest way to check eligibility is to call the **Pension Credit Helpline on 0800 99 1234** with the details of all your income to hand.

Pension Credit is a 'passport' to other benefits including the Winter Fuel Allowance, Warm Home Discount, Council Tax Support, free TV Licence for the over 75s and free dental and optical care, so we would definitely encourage you to make that telephone call.

about **Attendance Allowance**

If you (or a family member) live in the Borough of Epsom and Ewell and have reached state pension age and have long term physical or mental health issues or a disability that significantly affects your daily living, with care or supervision needs, which you have had for more than 6 months* and which are likely to be ongoing, you may be eligible to receive the **Attendance Allowance**. It's tax free and not means-tested and is based on the care you need, not what you're getting. *[You cannot claim Attendance Allowance if you already receive Disability Living Allowance or Personal Independence Payment]*

Eligibility

You can apply for Attendance Allowance for free, by downloading the forms from the GOV.UK website Attendance Allowance claim form - GOV.UK (www.gov.uk) or by requesting these from the Department of Work and Pensions (DWP) on 0800 731 0122.

If you need help with the application our Home Visitor will come out and complete the forms for you. This takes about 2 hours. There is a small charge for this service.

Attendance Allowance covers a range of conditions such as physical disabilities, illnesses, dementia and mental health issues and sensory impairments (more details on the DWP GOV.UK website).

There are some tasks you may find difficult and might need assistance with: personal care, washing and bathing, using the toilet; help with eating and drinking or cutting up food; help with dressing; assistance getting in and out of bed; help to keep yourself safe and to avoid accidents. Also note if things take you a long time or make you breathless or tired; and any equipment or aids you may need. All this information will help DWP with their decision - this takes about 12 weeks.

"She took all the worry away about filling in forms"



Increased needs or turned down previously?

If your previous application has been refused it doesn't mean that you can't make another application, especially if your needs have increased. The same applies if you receive the lower rate allowance and you now feel you should qualify for the higher rate (both day and night care needs). As long as you have had the condition or disability for more than 6 months*.

The allowance may help you to keep living independently



Contact us

If you'd like Age Concern Epsom and Ewell to help you with your application, please call our Information and Advice Helpdesk on **01372 732456**, between 9.30am - 1.00pm Monday to Friday, to ask any questions and to book and pay for your appointment.

We can also help with arranging a Home Visit to apply for a Blue Badge or Pension Credit. We can also support you with information and advice on issues you may need help with or with referring or signposting you to other services.

Volunteering Update



We had a great turnout at our recent AGM held at the Comrades Club. This was followed by a special Thank You Party for all our volunteers. It was a lovely evening, a chance to get together and for Age Concern Epsom & Ewell to say a very big **THANK YOU!**

Thank you!



Ambassadors for Age Concern Epsom & Ewell

We would like to recruit ambassadors for our charity. It would entail ad hoc support which can be done flexibly in your own time to fit in with your lifestyle.

Thank you to all those who have come on board so far. There's still plenty of scope to get involved. So, if you would like to be the eyes and ears for opportunities to promote our services, in areas near you, then please get in touch.

Key aspects include: Checking that our brochures (and posters where applicable) are on display at your local GP surgery, in healthcare settings, pharmacies, community halls, libraries, and seeking new opportunities in your neighbourhood.

We are currently seeking a **Fundraising & Marketing Volunteer** to support our **Fundraising & Marketing Coordinator**.

This role would suit someone who enjoys working on a variety of projects and has a couple of hours to spare each week. For further information about this role please email: Sue.Brinsden@ageconcernepsom.org.uk

Getting creative for Christmas!

Do you knit, crochet or craft? Would you like to raise funds for Age Concern Epsom & Ewell? If so we would love to hear from you. We hope to sell festive gifts and decorations this Christmas to raise funds for our cause.

We have lots of festive patterns available. For further details please contact: **Marie Thackwell**
marie.thackwell@ageconcernepsom.org.uk
Tel: 01372 732 451





Volunteering Update

Focus on Information & Advice

We are extremely grateful for the help and invaluable support we receive in the office by a group of wonderful volunteers. For this newsletter, we would like to shine the spotlight on Paul Tame, who helps with Information and Advice and who also gives talks in the community for our charity.

We asked Paul, who has been with us for almost two years, what made him decide to volunteer with Age Concern Epsom and Ewell?

"It was a case of seeing a social media post at the right time. It was an advertisement requesting help with running the Information and Advice service. I had been retired for one year, having sold the local business Home Instead, and I was ready to start giving back to the local community".

Why did this role appeal to you?

"Over the years I have accumulated a great deal of knowledge on aspects that affect older people, not just through Home Instead and working closely with Age Concern Epsom and Ewell, but also from 30 years of volunteering with the Samaritans. I know how important it is to be a good listener and so from previous volunteering and social care I have developed great listening skills too".

What do you enjoy the most about your role?

"I like giving advice and feeling that I can help people. To find solutions, which may lead to practical improvements for various situations, gives me a great sense of achievement – as well as helping the clients. I also like being a part of a great team which is striving to make a difference".

Paul also gives talks in the community to help spread awareness about our services.

Paul:

"It's always nice to meet new groups and they are usually a receptive and engaged audience who want to hear about everything that we do. I have given talks in residential homes, churches, WIs and local libraries".



We asked Paul what kind of feedback he receives from these sessions?

"Many are unaware of all the services that we offer and so they find these talks very informative. In most cases, we are still confused with Age UK and so it comes as a surprise when I explain that we are not affiliated to that national organisation, that we are an independent self-supporting charity. It is always an enjoyable and positive experience giving talks, and the help works both ways. People want to hear about how they can get involved and I share news of our enjoyable fundraising events and other ways they can support us".

Thank you, Paul, for that all that you do for our cause. It is wonderful to hear that the benefits of volunteering work both ways and that it is so rewarding helping others to empower themselves.

*Picture taken from a recent visit to Greenwood Court.
Thank you for having us!*



Invite us for a chat. We love visiting local community groups, retirement homes, care homes or housing associations to talk all about our charity's fantastic services and support.



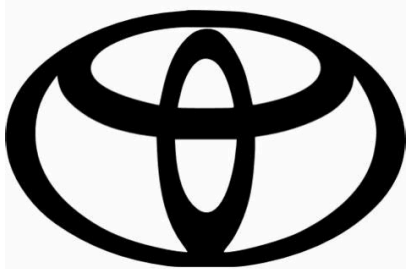
Drivers Wanted!



If you have a few hours to spare and like chatting to people this may be an ideal volunteering role for you. We need medical transport drivers and also drivers for our monthly Sunday teas.

For further information please contact our Volunteer Coordinator, Sue Brinsden at Sue.Brinsden@ageconcernepsom.org.uk
Tel: 01372 732 458

- * Mileage is paid at 50p per mile
- * DBS check is required



We would like to acknowledge Toyota (GB) PLC who have kindly awarded our charity **£1750** this year to help to sustain our services.

This vital support will help a great deal with our volunteer recruitment and in turn aid us in our mission to help older people, in the borough of Epsom & Ewell, to stay connected with their wider community.

From all at Age Concern Epsom & Ewell
we send a very big
THANK YOU!

Do you eat bread?

Or other bakery products that come in bags?
If so then you can help raise funds for
Age Concern Epsom & Ewell.

The Warburtons Bakery Recycling Programme



yes

- Any brand plastic bread bags and closure tags.
- *Any brand bakery plastic packaging.*

no

- Any other forms of plastic packaging or mixed types (paper with windows)
- *No Paper bags*

When in doubt, leave it out.

Learn more at terracycle.com/warburtons-uk or scan QR code



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One of our volunteers has kindly offered to collect these on behalf of our charity.

A drop-off bin can be found at **72 Hookfield, Epsom, KT19 8JG.**

There's a wheelie bin in front of the garage clearly labelled. Please make sure the bags are free of crumbs then fold them up.

You can use one of the bags to store the others.

Bags can also be dropped into the Age Concern Epsom & Ewell office during our opening hours, Mon - Fri 9.30am - 1pm. The Old Town Hall, The Parade, Epsom, KT18 5AG

Please check the photos to see what items are collected. Please no other plastic food bags - Terracycle will not accept them and may reject the entire parcel.

Thank you for your support!



Fundraising News



Thank you to **St Christopher's School** of Downs Road, Epsom, who have raised **£207** for our charity at their summer end of year concerts.



Thanks also to **Epsom & Ewell Housing Association** who kindly fundraised for our cause at their summer party & BBQ: they donated **£206** to support our services.

THANK YOU

Epsom and Ewell
HOUSING ASSOCIATION

QUIZ NIGHT



Congratulations to team Densa, the winners of our recent quiz night.

We had a lovely full house and a great night was enjoyed by all. Thank you to all those who took part - you helped us raise a staggering £1770!



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Our professionally trained team of maids will make your home sparkle. We tailor our cleans to your individual needs, schedule and budget.

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or email: jenny-adamthwaite@mollymaid.co.uk

www.mollymaid.co.uk MOLLYMAIDinUK



Thank you Molly Maid for sponsoring our recent quiz night!

CANDLELIT CHRISTMAS CONCERT



FRI 6th DEC

Book early to avoid disappointment!

A magical evening of music and festivities at
the beautiful Christ Church, Epsom.

Guaranteed to get you into the Christmas spirit!

For further details please visit:

<https://www.jumblebee.co.uk/candlelitchristmasconcertepsom>



Tickets : £12 / £10

Tel : 01372 732 451

Sponsored by

A fundraising event in aid of Age Concern Epsom & Ewell.

Registered Charity: 1139652

THE
FAMILY
BUILDING
SOCIETY



COULD YOU RISE TO A CHALLENGE FOR OUR CHARITY?

Fun challenges provide the opportunity to experience something new whilst supporting a worthy cause.

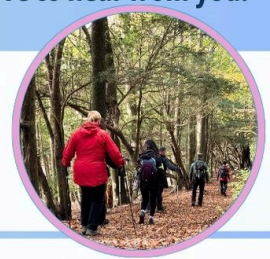
Whether you like to bike or hike, keep your feet firmly on the ground or flying through the air - if you would like to support Age Concern Epsom & Ewell then we would love to hear from you!

Here are just a few ideas...

A SPONSORED HIKE OR RUN

The Surrey Three Peaks Challenge takes place twice a year. Please visit: www.threepeakschallenge.uk

There are many local 5k & 10K park runs that take place in London & Surrey. Some can be found by visiting: <https://findarace.com>



A MUDDY CHALLENGE

The Nuts Challenge is a fun mud obstacle race over 7k-14k in Surrey. It's suitable for all levels of fitness. In addition to their annual events they host corporate days where 10 - 100 people can take part in a fun team-building day whilst helping a good cause.

Please visit : <https://thenutschallenge.co.uk>

A FIREWALK

For confidence-building, corporate team-building days, you could consider a fire or glass walk?

Full training is given and you could raise funds for a good cause in the process. Visit: www.ukfirewalk.com



A SKYDIVE

Is a skydive on your bucket list? If so, why not jump from a plane all for a good cause? UK Sky Diving Adventures run these ventures throughout the year.

Please visit: www.ukskydivingadventures.com



If you would like to raise funds and awareness for Age Concern Epsom & Ewell then we will support you every step of the way. We can help set up your fundraising page, your social media comms and we will help to spread the word.

Please contact: **Fundraising and Marketing Coordinator, Marie Thackwell** on **01372 732 451**. Email: marie.thackwell@ageconcernepsom.org.uk



EPSOM & EWELL VETERANS FRIENDSHIP GROUPS



Come and join us at Epsom and Ewell Veterans Community Hub for a friendly cuppa, natter and a biscuit or two!

Where: The Army Reserve Centre Welbeck Close, Ewell KT17 2BG
When: The first Tuesday of every month Time: 10:30 - 12:30

Please contact:

Maggie Rowell Epsom Rotary
Email: maggie.rowell@hotmail.co.uk

Barbara Warwick Epsom and Ewell Royal British Legion
Email: barb.warwick@virginmedia.com



MODELS FOR HEROES

Model making sessions for veterans and armed forces personnel, also painting and table games.

Come and join us:

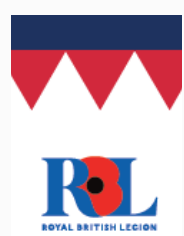
Where: The Kings Church, Longmead Road, Epsom KT19 9BU
When: the **3rd Tuesday** of every month
Time: 14:00 - 16:00

INDOOR ARCHERY

Why not learn a new skill, join a group of people with shared experiences in a relaxed friendly environment? We are currently doing indoor archery.

Come and join us:

Where: The United Reformed Church, London Road, Ewell KT17 2BB
When: the **2nd Tuesday** of every month
Time: 10:30 - 12:30



Client Story

I recently had the pleasure of visiting one of our clients, Susanne, who has a remarkable talent of working with glass to create wonderful pieces of art. Vibrant work fills her home and makes for a wonderful welcome. I asked Susanne if she had always loved art.

Susanne recalled:

I have been fascinated by all kinds of art forms since I was a little girl. I loved to draw, and I took great pride in my work. I would sculpt with plasticine and spent a great deal of time creating. I also loved to write, and I had a flare for languages."

Originally from Switzerland, Susanne came to England when she was 19 years old in 1963, to study languages, it was meant to be for 1 year, but since that day England has become her home.

"I found Switzerland to be such an orderly country at that time, everything was so structured and rigid. I loved the freedom in England, people were able to express themselves freely."

I am sure arriving in London in the sixties would have been a very exciting time, especially for a creative person, with its explosion of youth culture, fashion, music, and art. Susanne studied the History of Art and German at the University of London, taking a MA in the latter. She then went on to teach both subjects at Esher 6th Form College.

I asked Susanne what attracted her to the medium of glass.

"Once my children started school, I found I had a little more time. I accidentally fell into working with glass. One day I was holding a piece and realized it had great potential. I was drawn to it and so I took classes to learn the skills of intricate glass cutting"

Susanne went on to explain that once she'd learnt the difficult technique she was then able to apply her own ideas, vision, and styles.



Traditionally, intricate glass cutting was a technique applied to doors and stained-glass windows. In these cases, lead would be used so that the imagery or patterns can be viewed clearly on both sides. Susanne's work lets the light flood through, but the image is not seen on the reverse. It is a form of mosaic art, and her style is unique and beautiful. The pictures shown do not do justice to how stunning they are when viewed firsthand. The way the light shines through or is reflected from the mirrored glass makes such an impact – it adds another level to the beautiful imagery.

Over the years Susanne has taken part in many exhibitions, and she has undertaken commissions for community halls. These days she is happy to surround herself with her creations and birds, flowers, and scenes from nature fill her home. I also had the pleasure of viewing her gallery of work by her five grandchildren and it was lovely to discuss their portrayals of the world. They may not go on to pursue careers in art but how wonderful to see them on display and appreciated by their very talented Grandma.

Many thanks to Susanne for allowing me to view her work and for these lovely insights.

Interview with Marie Thackwell



Pass on something wonderful

Remember A Charity Week September 2024

During September's Remember A Charity Week, Age Concern Epsom & Ewell came together with almost 200 charities, hundreds of legal firms and partners to celebrate the phenomenal impact of gifts in Wills in funding vital charitable services for future generations.

Raising £4 billion for good causes across the UK each year, charitable gifts in Wills have never been more needed or more valued. A record number of people donated from their Wills in 2023 – over 38,000 in England and Wales alone – and almost 11,000 charities and community-based organisations were named in those Wills. [1]

Funding the future of charitable and community services, gifts in Wills are enabling organisations like Age Concern Epsom & Ewell to provide invaluable help and support.



**REMEMBER A CHARITY
IN YOUR WILL**
Help the work live on...

Figures released to coincide with Remember A Charity Week showed that over a third (35%) of UK adults [2] are likely to give in this way, joining a growing generation of individuals who hope to leave the world a better place.

Age Concern Epsom & Ewell knows first-hand how important donations in Wills are to charities. As an independent charity funded through our supporters' giving, gifts in Wills mean we can continue to offer our services, so older people can live socially active and independent lives. All donations we receive are used here in the local community. Without the generosity, compassion and kindness of our legacy supporters our charity simply wouldn't be able to continue. So, after providing for family and friends, please consider leaving a gift to Age Concern Epsom & Ewell.

[1] Smee & Ford Legacy Trends Report 2024 [2] Censuwide, poll of 2004 UK adults, Jan/Feb 2024

Thank you

A big thank you to our supporters who have pledged a gift in their Will. Even the smallest donation makes a huge impact.

When we think about leaving a legacy it doesn't have to be something grand or unattainable - every little bit means so much. Leaving a legacy makes a difference, not only to our charity, but to the people we help.

Find out more

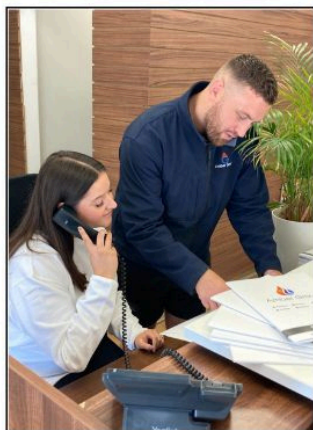
If you'd like to find out more about leaving a lasting local legacy request our 'Will Writing & Legacy Pack'



Age Concern Epsom & Ewell
01372 732 456 (Mon-Fri, 9.30am-1pm)
info@ageconcernepsom.org.uk
www.ageconcernepsom.org.uk
Charity No.1139652

Age Concern Epsom & Ewell Advertising Disclaimer

Advertisements placed within this newsletter are in no way intended as Age Concern endorsements of the advertised products, services or related advertiser claims.



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We are an established family run local company committed to providing a personable and reliable service **24/7**
Our team are experienced, fully insured & DBS verified.

Emergency call outs & routine maintenance

- Plumbing & heating
- **Boiler services offer £96.00 incl VAT (normally £118.80 inc VAT)**
- Electrical issues
- Blocked toilets and sinks
- Heating
- Renewables
- Property Maintenance



Visit our friendly office and showroom (5 min walk from Epsom train station)

15 West Street, Epsom KT18 7RL 020 8395 5555



**DISABILITY
EQUIPMENT
SERVICE (DES)**

Do you need disability equipment?

Or do you have disability equipment you would like to sell or donate?

We operate a national website dedicated to the donating, buying and selling of new and used disability equipment for use by individuals, carers & organisations.

Need equipment? - You can search for items or post a wanted listing if you can't find what you need.

Have equipment to sell or donate? - It's free to list items on the website.

If you prefer, you can donate your items for us to sell, this helps keep the website running and we give 25% of all proceeds to raising funds for Support Dogs, our current chosen charity.

We also purchase used equipment ourselves so please contact us if you would prefer this option.

To find out more please visit :
<http://disabilityequipmentservice.co.uk>

 team@disabilityequipmentservice.co.uk
 07845 041678 / 0758 7690773

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- Personal assistants
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Or visit our website to see more: www.extra-help.co.uk



Our Local Lottery for Local People

Our Lottery Club is a fabulous fundraising activity that gives YOU the opportunity to win cash prizes every month.

40% of all money raised is paid out in prizes
60% supports our work in the community

For as little as **£2** per month, you can help to support our work with older people in Epsom & Ewell and be in with a chance to win one of three cash prizes.

The easiest way to join is to set up a bank transfer or to contact the office to make a card payment. You can also set up an annual standing order.

Just **£24** a year buys you one ticket to win each month!
Why not buy an annual ticket as a special gift?

Your contribution supports all the vital services that we provide for the older generation in our borough including Information and Advice support and befriending those who live alone in the community.

Remember - you've got to be in it, to win it!

Contact: info@ageconcernepsom.org.uk

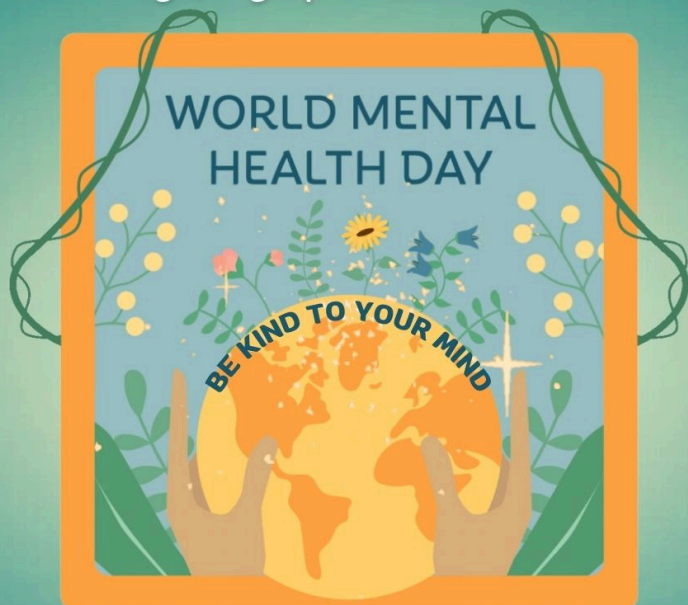
Tel: 01372 732 451

Age Concern Epsom & Ewell
The Old Town Hall, The Parade,
Epsom, KT18 5AG
Registered Charity No 1139652



Join us in the Epsom market place on Thurs 10th Oct.

Free hugs, high fives or a handshake!



DELICIOUS CAKE SALE & AN OPPORTUNITY TO CHAT TO TWO LOCAL CHARITIES.

Love me Love my mind



Message in a bottle

This scheme supplies FREE bottles to be kept in the fridge containing medical details that can be found quickly by the emergency services.

Let the emergency services know your medical history



Pick up a bottle from Age Concern Epsom & Ewell

Autumn Word Search



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

- autumn
- autumnal foliage
- back to school
- birds fly south
- cornucopia
- fall
- Halloween
- harvest
- leaves change color
- mellow fruitfulness
- nights grow darker
- picking apples
- pumpkins
- squirrels gather nuts
- Thanksgiving
- winter approaches



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Our office and telephone lines are open Mon- Fri; 9.30am - 1pm

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