

CourtCIRCULAR

SUMMER 2024

KEEP YOUR COOL!



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Retirement
SECURITY

Welcome

Since our last issue I have had the opportunity to visit many of our Courts and will continue with these visits over the coming months.



Michelle Hackett - Managing Director

My time spent with Boards of Directors and Court Managers has been invaluable. I have actively listened to your encouraging feedback to ensure we deliver the best possible service to our Courts.

Retirement Security prides itself on its unique model. Courts operate on a not-for-profit basis and Owners, with the support of your own Board of Directors, are the decision makers. You have the control of your own destiny, and we will endeavour to always provide you with the support and guidance you need.

It has been very reassuring to hear from you that our model was one of the main reasons you decided to move into our Courts and that you are very passionate about retaining the model now and in the future.

Our Owners are at the heart of everything we do. We strive for our Owners to live an independent, happy and fulfilled life. Two of the main concerns for many of our Owners are financial and health & wellbeing. We have always provided support in these areas and are committed to continue to do so.

Following the recent departure of our CEO. I have acted upon your feedback, and I am delighted to announce that our very own

Michelle Hackett has accepted the interim position of Managing Director.

Michelle has a wealth of Business Management and Regulatory experience, a BA (Hons) in Business and 11 years operational experience within Retirement Security. She is a very well-respected member of staff both within the business and within our Courts.

Those who have had the pleasure of working with Michelle know that she is very much a 'hands-on' leader. She is therefore keen to visit all of our Courts as soon as possible, when it is intended for her to meet both the Boards of Directors and the Owners, who will have an opportunity to ask her views and let her know their opinions, both of what they value in the present arrangements and the changes they would recommend.

I am sure you will all join me in supporting Michelle in this challenging new role.

Best wishes

Bob

Bob Bessell
Chairman of the Board



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Stay Cool this Summer

It's lovely when summer gets into full swing, the days get warmer and sitting out in the sun is a good way to boost your vitamin D levels.

It's lovely when summer gets into full swing, the days get warmer and sitting out in the sun is a good way to boost your vitamin D levels. But remember to keep cool and drink water, wear a hat, use suncream – or sit in the shade.

If it gets really hot indoors, keep your curtains closed during the day and wear lightweight clothing so you don't overheat.

We all look forward to some sunshine over the summer but it is worth remembering that when the temperature goes up it can present health risks for everyone.

The importance of staying cool and keeping well in hot weather cannot be over-estimated; as we get older we become more susceptible to heat-related illnesses.

Heat exhaustion and heatstroke are both life-threatening conditions which can develop rapidly if left untreated.

Age UK recommends:

Your nutrition

- Keep thirst at bay - drinking little and often throughout the day
- Water based drinks and milk are particularly re-hydrating
- Using smaller drinking glasses can help – if you're not a big drinker
- Make sure you've got enough food supplies

- Eat as normal - even if you're not particularly hungry
- Fruit and vegetables contain a lot of water, so can be a cooling, refreshing, and hydrating
- Fruit and salads are high in much needed vitamins, minerals and fibre so are great for a good balanced diet
- Wash fruit and veg and store correctly in the fridge or freezer (as instructed on the packaging)



Staying hydrated helps to regulate our body temperature to stop us from over-heating

TOP TIP

Always carry a drink with you when out and about. An insulated flask will keep cold drinks cold for longer – much more refreshing and cooling than sipping from a plastic bottle that gets warm in the heat of the sun.

TOP SAFETY TIP

Speak to your GP or practice nurse if you're taking medication that affects water retention.



Protect Your Skin

Ensure your skin isn't exposed to the sun for long periods, as this can lead to sunburn and make you more susceptible to severe burning and skin cancer.



- Use sunscreen of at least SPF30 (sun protection factor 30) with four or five stars (UVA and UVB)
- Apply sunscreen generously
- Apply as you're getting dressed in the morning
- Apply again half an hour before going out into the sun
- Reapply at least every two hours and, if you've been in water, or sweating reapply when your skin is dry
- Apply it to your ears as well as your face, nose, neck, arms, back of the hands, any bald or thinning patches on your head and any other uncovered part of your body
- Putting your feet up in the garden? Don't forget to apply sunscreen to the soles of your feet
- Avoid spending long periods outside during the hottest time of the day, which is usually from 11am to 3pm

Protect Your Eyes

- UV rays can cause damage to your eyes, even in cool weather and on a cloudy day, so wear sunglasses that have a CE mark, British Standard BS EN ISO 12312-1, UV400 label or a statement that they provide 100 per cent UV (ultraviolet A and B) protection
- Speak to an optician about prescription sunglasses or special shades that fit over or clip onto your ordinary prescription glasses
- Wraparound styles offer protection from the front and sides

Take It Easy

- Avoid too much activity, especially at the hottest times of the day
- Save essential chores such as gardening, washing the car and housework for the coolest parts of the day – early morning or late evening

Cool Off

- If you become uncomfortably hot, place your hands in cool water, use a cool flannel to place of the back of your neck, behind your knees and in the folds of your arms
- Place your feet in a bowl of cool water
- Take cool baths or showers
- Keep after sun/moisturisers in the fridge

Keep Your Home Cool

- When inside, try to stay in the coolest parts of your home. It may be an idea to move rooms and sleep in the cooler part of your home
- Help keep the heat out by closing windows, curtains and blinds
- Turn off non-essential items when not in use. Lights and electronic items, such as ipads and kindles, can generate heat when plugged in
- Keep windows shut while it's cooler inside than outside
- Fans can help sweat evaporate but they don't cool the air itself, so don't rely on them to keep you well in the heat
- Check that your central heating is switched to off and that you know how to operate it, should you need to switch it on during the colder days of summer





What To Wear

- Light-coloured, light-weight, loose-fitting cotton clothing can help you stay cool in the heat
- Dark colours absorb the light and can make you feel even warmer
- Natural materials helps draw sweat away from your body, which helps to keep you cool
- Wearing cotton pyjamas is cooler than sleeping without clothes
- Wear sandals that fit your feet securely and offer good support – adjustable straps are ideal if your feet are prone to swelling

TOP TIPS: Wear a broad brimmed hat to protect your head, scalp, face, ears and eyes. Stay in the shade as much as possible



Your Medication

- If you're on medication that affects the amount of fluid you're allowed to drink, get advice from your GP on what to do in hot weather
- Some medications can make the effects of the heat worse. Talk to your GP or pharmacist about how best to manage this, especially if you're on a number of different medications and/or have a long-term health condition
- Keep taking your prescribed medication unless advised differently by your pharmacist/GP
- Make sure you've enough medication, in case it's too hot to go out

DID YOU KNOW?

If you were born on or before 2nd September 1929, and are a British national, you could be eligible for a free passport. Find out more and how to apply on the GOV.UK website, or speak to your Services Manager if you need some support.

Happiness is... finishing moving in!



A wise person once said: **“Eventually all the pieces fall into place. Until then, laugh at the confusion, live for the moment and know that everything happens for a reason”.**

After a six-week delay, we finally moved into our beautiful new premises on 28th May. Amid all the chaos our team worked exceptionally hard throughout. The endless packing and unpacking, living out of boxes, no wi-fi, no phone signal and countless trips to the local recycling centre – it all now seems like a distant memory.

Thank you to all the courts who have assisted with printing documentation during this time. To Margaret Court and Plymouth Court for the use of your facilities. To our local Costa Coffee, we could not have exchanged our post without you. To our Financial Controller, Mike Prince, the look on your face when your returned from your holiday into your new office was priceless!

Open House

We will be having an Open House on **Monday 5th August 2024, 11am - 3pm.** Do come and visit to look around the new office and meet the team. Refreshments and a buffet lunch will be provided. Contact michellehackett@retirementsecurity.co.uk by 22nd July to secure your place (all Owners, Directors and employees are very welcome).

New address:

Retirement Security Ltd,
Unit 3, Wellesbourne
Distribution Park,
Loxley Road, Warwick,
CV35 9JY





Celebrating In Style!

Bob's 90th Birthday



The 5th April 2023 began a four day birthday celebration for the Founder and Chairman of Retirement Security, Bob Bessell. Margaret Court was host to local dignitaries, owners, staff, family and friends.

Retirement Security marked this very special occasion with a wonderful party and outstanding entertainment by the Orchestra of the Swan. Special thanks to Diana Benfield and her team for organising such a memorable event.

Michelle Hackett, RS Managing Director spoke on the day; "What can I say about the infamous Bob Bessell? 'People' - People have

always been at the heart of everything he has done. Bob's early career as a probation officer, lecturer in social work at Keele University to his work as a Director in Social Services in Reading and Warwickshire.

It was 40 years ago when Bob had a vision to create a unique lifestyle for older people. He was passionate about ensuring people should be able to live independently, retain control and be the decision makers in their own home. He worked tirelessly on improved housing design, facilities and services. Bob has established over 30 developments across England and Wales, all designed to assist ease of living as we all get older.



40 years on and Bob is still being recognised for his work and dedication. I recently met with Government officials from the Department for Levelling Up, Housing & Communities and the Department for Health & Social Care. They have been researching suitable housing options for older people since May 2023 and have not been able to find a solution in the UK until now. They were beyond amazed with the concept and model that Bob created and are now considering ways in which they can scale-up nationally what Bob has so successfully achieved over the years.

I am not sure where Bob found the time, but I would like to add that he has been happily married to Margaret since 1969 has two children, Christopher and Ann and two lovely grandchildren, Sasha and Jack - who are all very proud of him.

....and we at Retirement Security are all so very, very proud of you Bob. You are an amazing individual and it has been a true honour to work alongside you. May your day be as exceptional as you are."

"Happy birthday Bob!"





Older People’s Housing Taskforce Are Full Of Praise For Retirement Security

Julienne Meyer, Professor Emerita of Nursing for Older People at City University, London and Chair of the Government-appointed independent Taskforce on Older People’s Housing, visited on 12th March. She met with our team, the Margaret Court Board of Directors and Owners to find out more about our unique model.

This independent Taskforce, led by Professor Meyer, includes directors from charities like Age UK and the chair of the Home Builders Federation, to local government leaders, CEOs of housing associations and professors on health and long-term care. The objective is to bring together independent experts who will help transform housing options for older people.

The Taskforce focus is to ensure the government is offering a range of housing options for older people. This will ensure the housing market works for older people, now and in the future, and gives them greater choice in where they choose to live.

Taskforce members meet regularly, focusing on three main priorities.

- **People**
Seeking to develop a deep understanding of the needs, preferences and concerns of older people, their families and carers.
- **Products**
Examining what “good” dedicated older

people’s housing should look like in future, in terms of the type of housing, the design and fabric of the home, and the application of technology. This includes looking at consumer protection.

- **Places**
Focusing on how to bring together the levers and partners in local systems to make change happen at the local level.

During her visit Professor Meyer informed us that she has had the opportunity to visit numerous retirement schemes within the UK and abroad, none of which none offer what we provide. What sets our model apart is that our Courts operate on a not-for-profit basis and have their own management company. She was thrilled to find that Retirement Security actively encourages Owners to make their own decisions and provides support services to the democratically elected Directors who live at the court.

Following a very successful day we were invited to meet with Government officials from the Department for Levelling Up, Housing & Communities and the Department for Health & Social Care, who are now considering ways in which they can scale-up nationally what we have so successfully achieved over many years.

Retirement Security will feature in the final report that the Taskforce will be submitting to Ministers this July.



Forum Court



Lynn Turns 90!

Lynn Welsh from Forum Court recently celebrated her 90th Birthday. Court Manager, Gail Hughes commented **“We had a lovely afternoon tea and the birthday cake was made by Frank Goldsmith who is our resident baker and Owner”**. Happy Birthday Lynn!



Jean Turns 80!

Jean Delaney celebrated her 80th birthday with an afternoon tea and prosecco. Her birthday cake was once again made by Forum Court’s resident baker Frank Goldsmith.



A Celebration For Doreen

Cathedral Green Court

When Doreen Stevenson from Cathedral Green Court approached the Court Manager about her 90th birthday she said she wanted to celebrate with everyone. Doreen emphasised **“by everyone I mean all the Owners, Staff and my friends”**. On Wednesday 17th April everyone did indeed come to celebrate, with a wonderful afternoon tea, refreshments and a joyous rendition of **‘Happy Birthday’** to mark the occasion.



Thank You Linda!

Linda Morris has been a HKA at Forum Court since 2001. Upon her recent retirement Frank Goldsmith, Social Committee and Alan Buck, Director marked the occasion with a lovely presentation. We wish Linda well for the future.

Well Done Barry!

Marlborough Court



Retirement Security proudly sponsored Barry Fontyn, Chef at Marlborough Court, who recently ran the London Marathon in aid of VICTA UK

VICTA is a national charity that provides support to children and young adults from 0 to 29 who are blind or partially sighted and their families. VICTA believes that everyone has the right to an independent and fulfilling life. They provide support, advice, grants and activities to enable young people and their families to build skills, develop confidence and help each other toward a more positive future.

Congratulations Barry for raising upwards of £1,500 for this worthwhile cause.

70 Years Young!

Priory Court



Bernard McCoy celebrated his 70th birthday at Priory Court with a delicious buffet prepared by the wonderful team.

Owners and staff danced the night away to the live music. Court Manager, Lisa Jenkins, said:

“70 years of spreading joy, kindness, and inspiration. Your presence in our lives is a treasure, and today, we celebrate the jewel that is you”.

Fond Farewell To Lanita

Cathedral Green Court



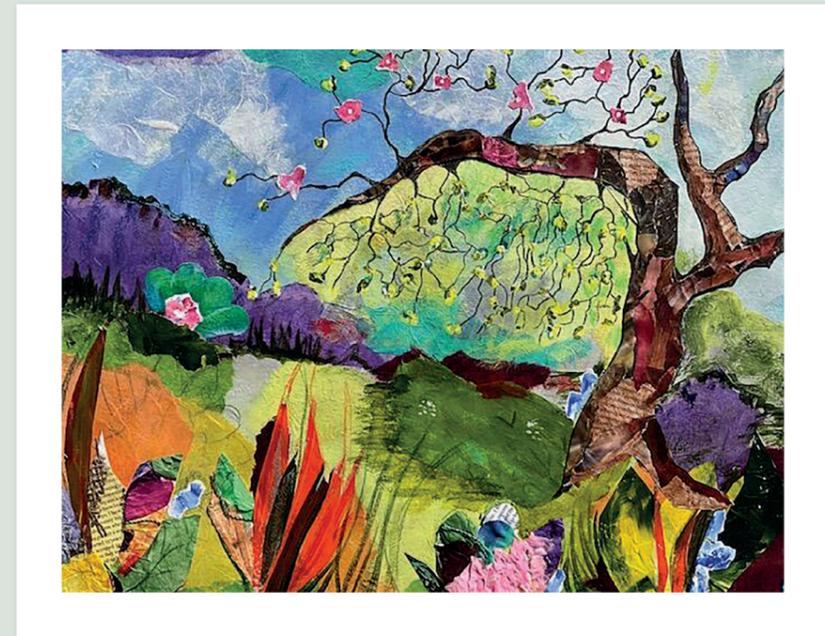
Lanita Clancey has been a Duty Manager at Cathedral Green Court for nearly 8 years. Following the announcement of her retirement the Staff and Owners wanted to make her last day special. When Lanita saw a rather large gathering of Owners to say goodbye she could not hold back her tears. Court Manager, Tracey Britton said:

“We had a fitting presentation in appreciation for Lanita’s hard work and commitment to the Court”.

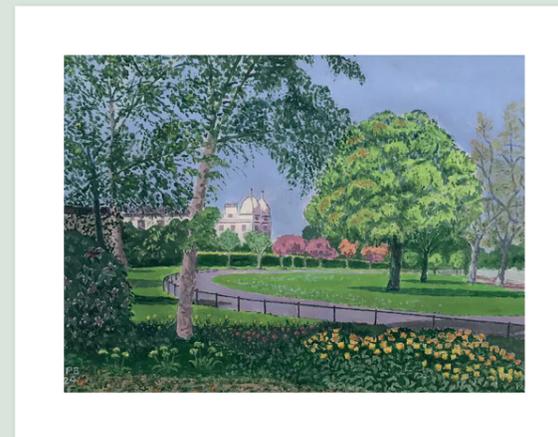


Spring Art Competition

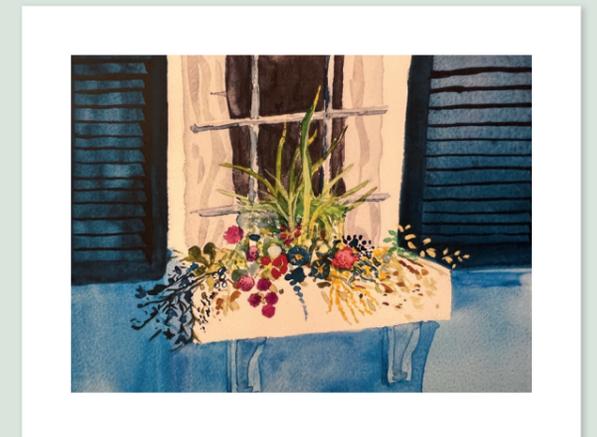
We would like to thank all the entrants, we received an overwhelming response. The artwork was certainly of a very high standard and we thoroughly enjoyed seeing them all. **Congratulations to our three winners!**



First place
‘Spring’. Mixed Media on Paper - A Collaborative Collage.
Gorselands Court Art Group.



Second Place
‘Spring in Regents Park’.
Peter Barnes, Blake Court



Third place
‘Shutters & Flowers’.
Ann Eustace, Boat Lane Court



A Pioneer In A Man's World

Cissie Goldberg (who turned 97 in April) has been recognised as an outstanding woman in the world of statistics and statisticians.

As a child Cissie loved 'sums' and has always had a natural flair for looking at data and recognising its validity.

She was very surprised when, out of the blue, she was invited to be one of this year's 'The Twenty Women in Data and Tech', an annual presentation at the O2 Centre in London. As she did not want to go to London, the production team, complete with internationally acclaimed photographers, came to Melton Court. They moved furniture and set up a studio in her living room; they rummaged in her wardrobe to find appropriate clothes to suit their theme and spent several

hours filming. The event took place in front of an audience of some 3,000 people at the O2 Centre on March 7th 2024. Nineteen women were present on stage at the event, with Cissie making an appearance and a statement on a giant screen.

Cissie gained her B.Sc. at Leeds University in 1949 and got her first job in research and development at British Nylon Spinners in Wales. She was looking into how the nylon, previously used for parachutes during the war, could be refined and used for making stockings and other fashion garments. She found that the

thickness of the nylon threads produced by the traditional method was uneven; she discovered why and this was remedied, and so started her career in quality control, and the publication of her first paper. She was allocated a male assistant, who earned more than her, as she was a mere female!

When Cissie's mother became ill she returned to Leeds to help to look after her, and also got a job in the Department of Physical Chemistry at the University, learning how to design a punch-card method for determining the structure of crystals. This involved

6-weeks training in Holerith card-sorting machines, the very first forerunners of modern computers. This proved to be very useful, leading to the next stage of her career.

Once her mother was better, because of her experience with punch-cards, Cissie was offered a job in the Sheffield University Department of Social and Preventive Medicine analysing the results of a very important survey on the 'Health and Welfare of the Elderly Living at Home', the data for which was on punch-cards. This research project was also published, including graphs and tables, showing the full analysis of the data collected.

Whilst she was there she also ran a course on statistics for fourth year medical students, who were several years older than herself, as they had served in the army. Some years later Cissie was invited to run a similar course for the Faculty of Social Services – David Blunkett was one of her students – sitting in the front row, along with his guide-dog. She also co-authored more than a dozen papers for medical journals, and the reputation she had earned as an expert on statistics led to many doctors

seeking her guidance in their research over the years.

Cissie married Basil in 1953, Jill was born in 1955, and once she was in nursery school Cissie was free to resume her career. Via a friend she was contacted by Bassetts to set up quality control programming for the production and automatic weighing of jelly babies – previously it was done by hand, the girls putting an extra couple of jellies into each box to make sure that they didn't contravene Weights & Measures regulations, as they lost moisture over time. Cissie's system saved the company many thousands of pounds a year. She was also responsible for making sure that sweet cigarettes did not fall out of their liquorice holders! As for the famous Basset's Liquorice Allsorts, she had to select how many of each variety to include in a box, balancing the cost of each type against customers' preferences, to keep the cost down.

Kate, Cissie's younger daughter, had problems with her immune system; her consultant paediatrician, Professor Victor Dubowitz and his wife Lil (also a paediatrician) became firm friends of Cissie,

so when they invited her to assist with their research in the neo-natal department at the Hammersmith Hospital Cissie jumped at the chance. This was ground-breaking research and the Dubowitz/Goldberg paper 'The Assessment of the Gestational Age of the New-born' achieved international acclaim. Premature babies need special treatment and this was a scoring system to determine whether a baby was premature, as weight alone is not accurate. This system was used for many years until it was superseded by the use of ultra-sound and the same team published another paper. Many years later, when Cissie & Basil were living on their boat in Spain, they met a retired midwife; they chatted about their former lives and their new friend asked **"are you that Goldberg?"** – fame indeed.

Over the years Cissie has been approached by people from all walks of life for her help in data analysis – a job she tackled with relish, enjoying the challenges presented, until she took early retirement in 1981. Quite an achievement for a girl who just loved sums!

Helena Greene

FEATURED GUEST SUITE

Margaret Court

Stratford Upon Avon, Warwickshire



The Local Area

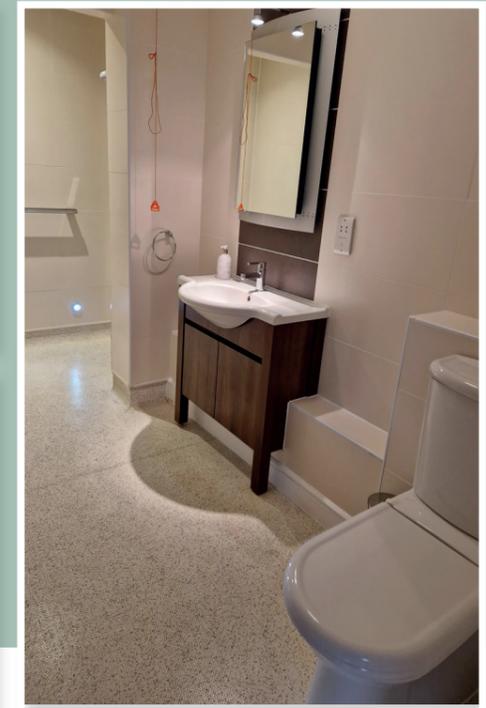
There are many interesting areas of Stratford Upon Avon to explore, which is why visitors flock back year after year to discover more. From quaint side streets with unique and independent shops, to open parklands along the river - there's something for everyone.

Visiting Stratford would not be complete without finding out more about the English poet and playwright who makes it famous. Shakespeare's Birthplace allows you to visit the house where the world's most famous playwright was born and grew up, to discover more about his early years.

A market town with more than 800 years of

history, containing not only many buildings that survive today and would have been familiar to Shakespeare, but also a thriving community offering a wide variety of leisure and shopping experiences.

From afternoon tea to the finest restaurants, Stratford Upon Avon caters for every taste with a wealth of eating places throughout the town. No trip would be complete without visiting one of the wonderful tea and coffee shops. There is a huge range of places to choose from, so why not take a well-earned break from all the shopping and sightseeing and put your feet up for a while?



There's so much happening throughout the year; it's why visitors keep coming back again and again. The Royal Shakespeare Theatre offers its usual array of exciting, world renowned plays, but there's so much more on offer. A number of festivals run throughout the year; discover new authors at the Literary Festival, or sample the delights of local produce at the Food Festival.

Catch a film in the town cinema, take one of the many organised Walks and Tours on offer, or simply stroll the town taking in the atmosphere of the unique street entertainers. An event definitely not to miss is the Shakespeare Birthday Celebrations, every year in April. The highlight of the weekend is undoubtedly the Procession through the town and the unfurling of the flags.

Further afield you might want to test your luck and spend a day at Stratford Racecourse.

Margaret Court is a sophisticated, well-designed development situated in the village of Tiddington, in the historic town of Stratford upon Avon.

Guest Suite Prices (per night) from 1st April 2024

Owners'/ Guest - Single	£49.00
Owners'/ Guest - Double	£55.00
Extra Bed	£10.00

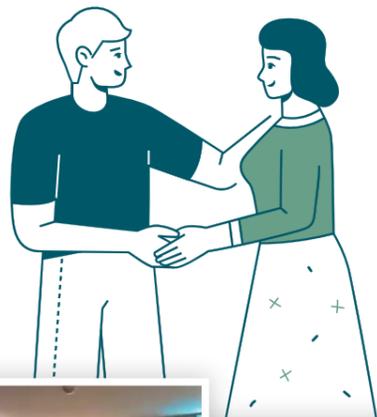
Contact Margaret Court on 01789 412900 to enquire about availability.

Boat Lane Court

It's How We Roll!

Carpet bowls has been a popular choice of physical activity at Boat Lane Court for many years, because of its relaxed pace and light physical demands.

Elizabeth Roberts commented "it's good for exercise, coordination, confidence and meeting socially".



The Magic Of Salsa

Saul Belmar is not only a Director at Boat Lane Court, but also a teacher of Latin dance. Saul recently established the BLC Salsa Group, teaching Owners the joy of dance and music. To everyone's delight the BLC Salsa Group put on a spectacular performance in the lounge. Saul beamed "It was an exciting event where Owners enjoyed delicious food, beautiful decoration of the dining room and great entertainment, which the audience enjoyed very much".



Margaret Court

We Have Our Own Easter bunny

Jean Alexander, a Director at Margaret Court, couldn't resist the temptation to dress up this Easter, she laughed "I always get very egg-cited at this time of year".

Oaktree Court

Messing About On The Water



On the 18th April Oaktree Court Owners, Staff and RS Services Manager, Jane Welch stepped aboard Electra, the new canal boat in Milton Keynes and enjoyed a peaceful and relaxing afternoon along the Grand Union Canal.

The boat is fully electric and is fully accessible to the public, making it the perfect community experience! Electra is run by a dedicated team of volunteers that are driven to promote the development of a new 26km waterway park all the way from Milton Keynes to Bedford.

The boat can take up to 12 guests per trip and

includes a disabled access, with a lift and a toilet that takes average sized wheelchairs.

Not only did we enjoy the beautiful scenery, but we were also provided with entertainment. Mike Miller one of our Owners had great fun dressing up as a sailor and bringing along his 'pet parrot' Polly for the day!

Tremendous thanks to all the Staff at Oaktree Court for organising such a memorable outing and for providing a beautiful fruit platter for all to enjoy.

Jane Welch

Oaktree Court

It's Showtime



The 8th May saw a few celebrities making their stage comebacks at Oaktree Court. Judy Garland with Fred Astaire, Flanders and Swann and even the KING himself, Elvis, rocked up to provide some light entertainment for our Owners and visitors!

The newly formed "M & M Productions" includes our Owners, assisted by Duty Manager, Braco Dawson, have now put on two shows at the Court.

The shows are a mixture of songs, poems and sketches, complemented by homemade costumes and props. Judging by the audience reactions, a fantastic time was had by all.

Mike Miller, Maureen Gerrish, Diana Briggs, Sean & Doreen Landers and Margaret Atkins are now planning their next event. Perhaps even a tour of other RS Courts? Look out for them in a lounge near you!

Priory Court

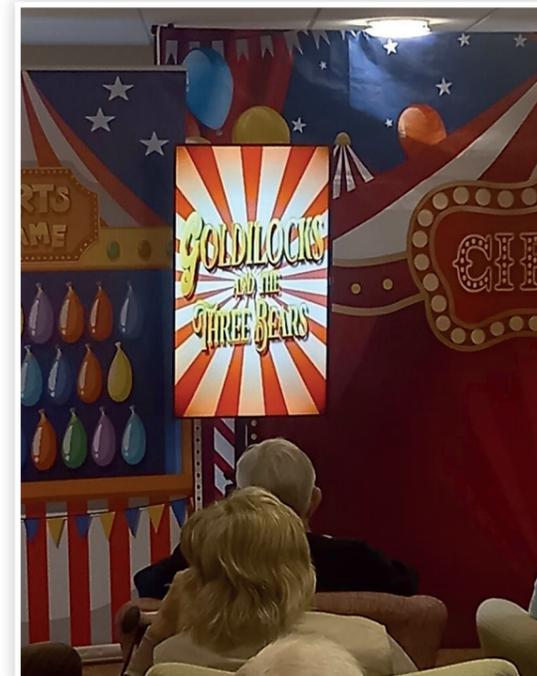
Celebrating Easter In Style

The Priory Court Craft Club began the celebrations by making some very creative Easter bonnets. To show off their talents they held an Easter themed afternoon tea, with a delicious selection of sandwiches, cakes and jam with cream scones. Mrs Tildsley commented "The feast was fit for a king and a good time was had by all".



St George's Court

"It's Behind You!"



After much anticipation on the 23rd May 2024, St George's Court welcomed Funtime Theatre with their production of Goldilocks and the Three Bears for our yearly pantomime. The Black Country based company, fronted by Will and Rachel, lit up the room with roars of laughter, encouraging all our Owners to participate, even if some were a little apprehensive to begin with.

By the end of the show it was clear all Owners had thoroughly enjoyed the afternoon, singing the praises of the actors involved and sharing with them how much they enjoyed the experience. One of our new Owners described the experience "I really didn't know what to expect, but I was amazed, it was a really entertaining show and it was nice to see everyone getting involved." St George's Court will certainly be welcoming the Funtime Theatre Company back soon.

Michelle Thompson

Tannery Court

Remembering D-Day

The D-Day landings of 6 June 1944 was the largest seaborne invasion in history.



Along with the associated airborne operations, it marked the beginning of the liberation of France and western Europe.

Along with Tannery Court many Owners and Staff commemorated the 80th anniversary of the Normandy Landings.



Summer Craft Competition

“I love how summer just wraps its arms around you like a warm blanket” Kellie Elmore

Summer allows us to do nothing and have it count for something. To lie in the grass and count the stars. To sit on a bench and study the clouds.

To celebrate the sunshine, we welcome you to showcase your skills and share your craft creations.

- 1st Prize £75
- 2nd Prize £50
- 3rd Prize £25

Take a good clear photograph of your work and send your entry to michellehackett@retirementsecurity.co.uk or post via your Court Manager.

Deadline for entries is **Friday 23rd August 2024**



CourtCIRCULAR

SUMMER 2024

Summer Time

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1. Parrot 2. Watermelon 3. Whale
4. Bird 5. Palm 6. Airplane 7. Sunscreen
8. Cocktail 9. Skydiving 10. Sun