

Spring 2024 edition

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



Hospitality Action

Golden Friends Newsletter

Dear Golden Friends,

A warm welcome to the first edition of your newsletter of 2024! With the winter months almost behind us, we look forward to warmer days.

Spring is undoubtedly one of the most beautiful seasons, and to see the spring sunshine helps turn our thoughts to getting outside more, and to building some gentle exercise into our routine.

Exercise, in whatever form, is beneficial. Not just physically, but mentally too. On P17, we take a look at some already well established 'walking' sports. This type of sport has evolved and adapted to meet the needs of older players and we hope you will feel inspired to find out more.

As a charity, we rely on donations to make it possible for us to support beneficiaries in need. We are so very fortunate to have so many industry businesses and individuals raising funds in our name and all worthy of a mention.

So, beginning on P6 we shine the spotlight on the amazing efforts of Chris Mitchell and Robbie Laidlaw of the Genuine Dining Company, who took on the challenge to row the Atlantic Ocean to raise funds to support our work. A herculean effort for which we are incredibly grateful.

With all this, and so much more, we invite you to grab a cuppa and read on!

Until next time, keep well.

Cathie

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

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News from HA

A message from CEO, Mark Lewis

We're no strangers to weird and wonderful fundraising challenges at Hospitality Action. Over the years, we've had people parachute out of planes, swim the Channel, even host a dinner up Mount Everest. In 2014, HA superstar Troy Smith broke the Guinness World Record for holding the longest 'abdominal plank position' ever (think press-up, with a heavy pack on your back.)

But even we were flabbergasted when we heard that Chris Mitchell and Robbie Laidlaw from the Genuine Dining Company were planning to row the Atlantic to raise funds for us.

At a drinks reception in December to send them on their way, I regaled guests with some of the perils and terrors of the challenge Chris and Robbie were about to undertake.

I told of how marlins sometimes harpoon boats with their spear-like snouts, and how whales breaching beside a boat can cause it to capsize.

I talked about how sleep deprivation sometimes causes rowers to hallucinate. And I described how waves could at times reach ten metres high.

It was only when I'd finished speaking, that I looked down to see Chris's two young daughters staring wide-eyed at me, their faces white as sheets, and realised that I might have consigned them to weeks of ocean-going nightmares.

I'm pleased to report that Chris and Robbie's challenge was successful, and they reached land in Antigua, on 20 January. That means a huge amount of money raised in support of HA's work - and no more nightmares for Chris's little girls ...

Turn to P6 to read about Chris and Robbie's amazing feat.



Also in this issue

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Golden Friends News

Messages of appreciation

We were all so grateful to receive the many Christmas cards, emails and letters from members sharing how you are getting on and wishing the team a wonderful Christmas. Each and every message is appreciated. Thank you!

M&S Christmas gift

The charity's annual Christmas gift card was sent on its way in December to all those who had been in touch to 'opt-in' to continue receiving it.

Despite our best efforts, a few gift cards did not arrive. Throughout January we compiled a list of gift cards that did not arrive. Additional gift cards were purchased and were posted out in late February.



Befriending service support

Letters, together with a short form have been sent to Golden Friends who have expressed an interest in being supported through the charity's telephone befriending service. The form will enable us to create a brief profile that we will use to match our Golden Friend to a suitable volunteer.

If you receive one of these letters/forms and no longer require this type of support, do let us know. Alternatively, if you do not receive one of these letters/forms and would like to be considered for this type of support, get in touch using the contact details printed on the front cover.

National Volunteer Week – Monday 3rd- Sunday 9th June

National Volunteer Week gives us an opportunity to recognise our volunteers who each play an enormous role in supporting many of our Golden Friends. In preparation for this annual event, we'd like to invite those of you who receive this type of support to provide positive feedback on what this support means to you, so that we can shout loudly in the Summer edition of the newsletter about the noticeable difference our telephone befrienders make to the lives of those they support. If you'd like to contribute and share your feedback with us, turn to P4 to complete the simple form. Make sure you **return this to us no later than Friday 3rd May**.

Appreciating our Volunteers - Volunteer Befriending Feedback

We would be delighted to receive positive feedback from Golden Friends who are being supported by one of the charity's volunteer telephone befrienders, so that we can include positive comments in a planned feature on volunteers in the Summer edition of the newsletter. To provide feedback, simply complete the form below and return it to us. We look forward to hearing from you!

About you:

Your title Mr Ms Miss Mrs (please circle)

Your first name _____

Your address _____

Your postcode _____

Your telephone number _____ Your email address _____

About your telephone befriender:

What is the name of your HA telephone befriender? _____

How long has your telephone befriender been supporting you? _____

Please describe what having a telephone befriender means to you. _____

Can you share something specific that your volunteer has done that has made a positive impact on you/your life? _____

Please tell us if you are happy for us to share some or all of your positive feedback with your volunteer befriender? YES NO

Please tell us if you are happy to give consent for some or all of your feedback to be used in the feature on volunteers scheduled to appear in the summer edition of the GF newsletter? YES NO

Please return your positive feedback to 'GF Volunteer', Hospitality Action, 62 Britton Street, London, EC1M 5UY to reach us no later than Monday 3rd May 2024 to ensure your feedback can be included. Thank you!

Grants and Grant Giving

With 2023 now behind us, the Grants & Advisory Team have been reflecting on another successful year supporting hospitality households, with financial support going to over 800 households, totalling over £915,000 in grants and other support services.

The early stages of 2024 suggest that the level of need in the hospitality community, and the demand for our support, is at an unprecedented level, with January 2024 being the busiest month for applications to our Main Grants programme in HA's history.

With the government's cost of living payment coming to an end in February '24, and with inflation continuing to stretch many household budgets, we anticipate more and more households turning to the charity sector for help this year.

Fortunately, for any of our Golden Friends who are struggling with the cost of living, we are here to offer our advice and support, whether you are struggling with your heating bill, or facing a significant, unexpected bill.



Winter Fuel Grants

Our annual Winter Fuel Grants scheme remains open for new applications until the 31st of March '24, so if you haven't already applied, please complete and return the slip (found on the back page of this newsletter), along with a recent, full month's bank statement.

Main Grant Applications

Unlike our annual Winter Fuel Grants scheme, HA's Main Grants programme is available all year round, and is able to consider more substantial support for anyone facing ongoing financial distress, or significant, one-off costs. This support can include grants to clear outstanding arrears of essential household bills - such as rent/mortgages, Council Tax or utilities, or unavoidable one-off costs, such as mobility equipment, funeral costs, to name just a few areas we can consider.

So, if you are struggling with the cost of living, are under any threat of eviction or court action due to unpaid debts, or if you face a significant bill that you cannot afford, please contact our grants team as soon as possible. One of our team will then endeavour to advise you on whether we can accept an application from you, and offer advice or guidance about any other sources of potential support.



#wevegotyou

Fundraising



In December 2023 Hospitality Action Ambassadors Chris Mitchell and Robbie Laidlaw faced a challenge like no other, as they embarked on the adventure of a lifetime to row the Atlantic Ocean in aid of Hospitality Action.

Known as “the world’s toughest row” the Atlantic Challenge is a 3,000 mile expedition from the Canary Islands to the Caribbean. Chris and Robbie, both from The Genuine Dining Co., set sail on Wednesday 13th December, and pushed their physical, mental, and emotional boundaries to the limit as they tackled enormous waves, sea valleys 5-miles deep, storms, and sleep deprivation in support of an industry facing its own raft of challenges.



FINISH

3,000 Miles



START

(4,800 km)

Their race got off to a challenging start as bad weather caused a capsizing early on. Chris said of the capsizing: “We were flying along, probably going too fast to keep our advantage and a wave blew up and nicked us on the side and pushed the boat up. Robbie ended up in the water and I ended up upside down in my cabin, Maria [the boat] was great – she flipped back over and we were all back on.”



They also experienced technical difficulties with their navigation system, and missed family birthdays, Robbie's son's first Christmas and celebrated New Year on the open seas. With only each other for support, they faced a gruelling rhythm. Eat, sleep, row repeat; 2 hours on the oars, 2 hours off, 24 hours a day non-stop until they reached the finish line.

Chris and Robbie charted their progress on social media, recording the pressures of rowing a small boat such a distance, along with the pleasures of beautiful sunsets, stunning night skies, and incredible nightlife, bringing them closer to Mother Nature. Chris said, "Before New Year's we saw whales and dolphins, amazing seabirds, and a leaping tuna, very impressive."

Thankfully their incredible efforts paid off and 38 days, 15 hours, and 3 minutes later, on Saturday 20th January at 20:10 local time, Chris and Robbie triumphantly crossed the finish line in Antigua!

Family from the UK came straight from the airport just in time, excited to see their loved ones arrive safe and sound. When asked about their experience, Robbie said, "The first ten days were WILD! I cannot put into words how crazy it was. 10-metre waves were the highest we have ever seen. The capsized on Day 6, it was pitch black and a massive wave loomed towards the bow of the boat, and we were suddenly upside down!"





From the start, Chris and Robbie were top of the leaderboard for those rowing in pairs, and despite the loss of power and a stuck daggerboard, they kept up a good pace. Their sterling efforts saw them come in as the fifth team overall to finish the race and winners of the pairs class!

Everyone at Hospitality Action and indeed, the entire industry, was captivated by their incredible feat. We were all united, inspired, and humbled by their efforts; they made the industry a warmer place in the dark of winter and have so far raised more than £200,000.

Three cheers for Chris and Robbie!



Health and Wellbeing

Inflammation - feeling the pain

Inflammation in simple terms can be described as heat, pain, redness, swelling, and/or loss of function resulting from acute or chronic pain.

Inflammation, which can also be described as acute or chronic, is the body's way of fighting illness, injury and infection, and is a necessary part of the healing process.

Inflammation is thought to be at the root of a number of chronic diseases, including auto-immune diseases such as lupus and rheumatoid arthritis, as well as cancer, heart disease, diabetes, bowel diseases, depression and Alzheimer's disease.

Even seasonal illnesses like the flu or viral infections cause an inflammatory response from our body, as it works hard to fight the source of the inflammation. The good news is that we can take steps to reduce inflammation occurring and leading to more serious and potentially long-term chronic illnesses.



Things we can do to reduce inflammation

Alongside traditional modern medicines, it's also possible to reduce inflammation by making lifestyle changes, by:

- Eating a healthy diet containing anti-inflammatory foods
- Quitting smoking
- Limiting or avoiding alcohol
- Avoiding inflammatory foods
- Managing our levels of stress
- Maintaining a healthy weight
- Incorporating exercising into our daily routine



How diet can help

Inflammation is part of everyday life, in one form or another, and the level of inflammation and time needed for the body to heal increases with age. One modern solution focuses on improving diet. While scientists are still learning about the long term impact of anti-inflammatory foods on our bodies, they are in agreement that including anti-inflammatory foods in our diet can help keep us healthy and prevent or keep chronic inflammation in check. This is because a diet of processed meats, fried foods, sugar-sweetened drinks, refined carbohydrates, and oils containing trans fats are linked to increased levels of inflammation while anti-inflammatory foods provide plant chemicals (compounds produced by plants found in fruits, vegetables, grains, and beans) are believed to protect cells from damage that can lead to certain chronic diseases.

Eating anti-inflammatory foods can boost the immune system and help lower our chances of suffering inflammation, and with it, reduce the risk of being affected by chronic diseases such as pre-diabetes, type 2 diabetes, obesity, heart disease, some forms of cancer, arthritis, Alzheimer's disease and inflammatory bowel disease (including Crohn's disease and ulcerative colitis).



Foods with anti-inflammatory properties

Allium vegetables (garlic, onion, leeks, chives and scallions) which have anti-inflammatory properties such as quercetin, an antioxidant that naturally reduces histamine.

Avocados are a great source of healthy unsaturated fat and are packed with many key nutrients including potassium, magnesium, fibre, folate, vitamin C, and vitamin E. They also contain carotenoids and tocopherols, which are linked to a reduced risk of cancer. Avocados make a great addition to sandwiches and salads, and are also delicious on toast or in dips.

Berries. Although small, berries pack a serious punch when it comes to health. High in fibre, vitamins, and minerals, blueberries, raspberries, blackberries, and strawberries contain anthocyanins (a group of plant compounds that have powerful anti-inflammatory and antioxidant effects) that can help towards reducing the risk of suffering from neurodegenerative diseases such as Alzheimer's and Parkinson's disease. An easy way to introduce berries into your daily diet is to add them as a topping to breakfast cereal or porridge, or just eat them by themselves as a delicious and healthy snack.

Broccoli is especially high in sulforaphane (an antioxidant known to fight inflammation by reducing levels of cytokines and NF-kB, which cause inflammation). Like cauliflower, Brussels sprouts, and kale, broccoli is a cruciferous vegetable that is packed full of plant nutrients. Eating lots of cruciferous vegetables helps reduce the risk of heart disease and cancer.

(Dark) chocolate contains cacao, which is packed with flavonoids and antioxidants. Among the most beneficial is a flavonol called epicatechin. Flavonols are compounds found in plants that fight inflammation and protect against cell damage caused by 'free radicals' (a type of unstable molecule that is made during normal cell metabolism that can build up in cells in our bodies and cause damage to DNA, lipids, and proteins – which may increase the risk of cancer and other diseases).

The flavonoids found in dark chocolate give it its anti-inflammatory power, and research shows that they help to maintain the health of endothelial cells, which line our arteries. However, it's only certain types of dark chocolate that possess these anti-inflammatory benefits, so it is best to choose dark chocolate that's at least 70% cacao.

(Oily) Fish is a great source of omega-3 and essential fatty acids which have anti-inflammatory effects. Essential fatty acids (EPA and DHA) can't be made by our bodies, which means we have to get them through our diet. Salmon, sardines, herring, mackerel, tuna, striped bass and anchovies contain the highest amount of these important fatty acids and studies have shown that EPA and DHA help to reduce the inflammation that causes metabolic syndrome, heart disease, diabetes, and kidney disease.



Grapes contain anthocyanins and resveratrol. Anthocyanins help to reduce inflammation and may reduce the risk of several different diseases, including heart disease, diabetes, obesity, and Alzheimer's.



Mushrooms are high in many key nutrients including selenium, copper, and all of the B vitamins. Mushrooms are also one of the best plant-based sources of vitamin D, and also contain phenols and other antioxidants that act as anti-inflammatories.



Nuts contain safe fat and protein sources. Almost all nuts contain antioxidants, which are essential ingredients in helping the body combat inflammation.

Olive Oil is plant-based and heart-healthy. Olive oil constitutes a major component of the healthier "Mediterranean diet." The chief active components of olive oil include oleic acid, phenolic constituents, and squalene. Studies suggest oleic acid lowers inflammation and may also help reduce the risk of heart disease, brain cancer, and other serious health conditions. The antioxidant in oleic acid (oleocanthal) has even been compared to powerful anti-inflammatory drugs like ibuprofen.





Peppers. Both chilli and bell peppers are high in vitamin C and antioxidants that have significant anti-inflammatory effects. Chilli peppers are packed with sinapic acid and ferulic acid, which help reduce inflammation and help promote healthy ageing.

Bell peppers contain the antioxidant quercetin, which is thought to lower a certain marker of oxidative damage in people with sarcoidosis (an inflammatory disease that causes small patches of swollen tissue to develop on organs in the body).

Spices. Two of the main spices with anti-inflammatory properties are ginger and turmeric. Turmeric contains curcumin, an anti-inflammatory agent and is known to have many health benefits, including helping to prevent heart disease, Alzheimer's disease and cancer. Consuming turmeric has been shown to reduce inflammation linked to arthritis, diabetes, and other diseases and research shows that consuming just one gram of curcumin every day helps decrease inflammatory markers in people with metabolic syndrome (when combined with piperine, an alkaloid present in black pepper, as this helps your body absorb curcumin better).



Teas. Even teas are known to have anti-inflammatory properties - phytonutrients and flavonoids - which helps minimize inflammation. 'White', green, and oolong teas are good choices. Both green and black tea leaves possess a marked anti-inflammatory effect in breaking down of protein. Green tea is packed with antioxidants and anti-inflammatory properties, in particular, a substance called epigallocatechin-3-gallate (EGCG), which studies have shown helps to prevent inflammation by reducing the production of pro-inflammatory cells and protects the cells from damage thereby reducing risk of heart disease, cancer, Alzheimer's disease, obesity, and many other chronic health conditions.



Tomatoes. Tomatoes aren't only high in vitamin C (which acts as an antioxidant and can help give our immune system a boost), but they also contain a powerful antioxidant called lycopene. Studies suggest that lycopene may be especially helpful for reducing pro-inflammatory compounds that are linked to several types of cancer.

Because tomatoes release more lycopene when they're cooked, it's better to cook tomatoes rather than eat them raw if you want to take full advantage of their anti-inflammatory properties. Cooking them in olive oil is best, as this helps us absorb even more lycopene (lycopene is a carotenoid, a nutrient that's absorbed more easily alongside a source of fat).

Vegetables. All leafy green and collard vegetables contain a wealth of healthy compounds including vitamin E, calcium, iron, and phytochemicals that help combat inflammation. Collard vegetables such as mustards, turnips, and cabbage along with lettuce, swiss chard, spinach and kale are in the leafy green category of vegetables.

Vitamin C (ascorbic acid) is a powerful antioxidant which can be found in citrus fruits and vegetables. Antioxidants help reduce cellular wear and tear which can set off inflammation.

Whole grains like oatmeal, brown rice, barley, quinoa, bulgur wheat, and whole wheat bread contain high levels of fibre, magnesium, zinc, B vitamins, vitamin E, and polyphenols - all of which help to control inflammation. If you don't currently eat many whole grains, one easy way to introduce whole grains into your diet would be to swap white bread for wholewheat brown bread, white pasta for brown pasta, and white rice for brown rice, quinoa, or bulgur wheat.

By introducing anti-inflammatory foods into our diet, like oily fish and unsalted nuts that contain omega-3 fatty acids we may start to feel the benefit of lower levels of inflammation, especially as we age. This type of diet also aims to stabilise blood sugar. This is important because insulin may influence the control mechanisms that manage the inflammatory process.



Making small changes

It is certainly a challenge to avoid the commercially branded foods known to exacerbate inflammation, but small changes made over time can turn into lasting healthier habits. Nutritionists advise making a few simple changes, rather than embarking on a restrictive 'diet' and adopting an anti-inflammatory eating plan to help manage and reduce the effects of inflammation.

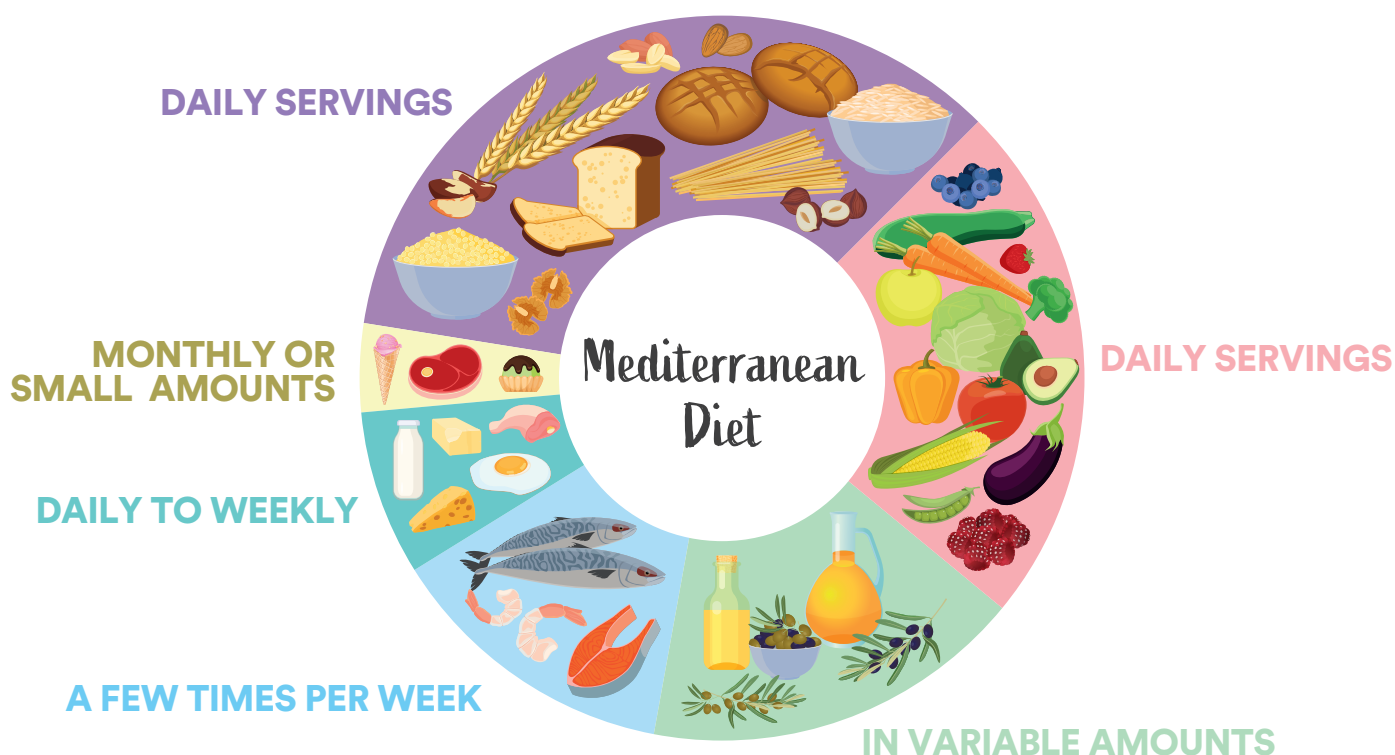
An anti-inflammatory diet is set to make us think about how we select, prepare and eat food. The aim is to replace, or at least reduce, fast and processed foods high in fat, sugar and salt and introduce 'whole foods' – foods that have not been processed - such as colourful fruit, vegetables, fish, lean proteins and wholegrains into our diet.

For the prevention of cardiovascular diseases, increasing lifespan, and healthy aging, research supports a more Mediterranean style diet, which is built around a higher consumption of fish, olive oil, vegetables and fruit and by a lower consumption of meat and animal fat, as an ideal healthy eating pattern.



However, an anti-inflammatory diet in itself should not be considered a miracle cure-all. But, in developing our knowledge and understanding of foods, their properties and how these impact on our physical health, and by making small changes over time, we can begin to make informed decisions around ways we can help ourselves manage the natural process of pain and healing.

The information in this article is not intended as medical advice so if you are thinking of making changes to your diet to help towards pain management, you should first speak with your GP to get personalised advice on a suitable healthy eating plan to meet your individual health needs.



Walking Sports

Walking sports are just what they sound like – ‘walking’ sports derived from high-intensity energetic sports like football, cricket, netball, rounders, tennis and others, following rules of the standard game, but where the players walk instead of engaging in strenuous contact.

And, for older adults in particular, walking sports are not only a great way to engage in a fun-filled activity, they also provide opportunities to enjoy the camaraderie of socialising, boost mental wellbeing, and help to reduce loneliness and isolation.



Walking sports offer an enjoyable, gentler way for people of all ages and all abilities to get active, which is perfect if you are recovering from an injury or illness or are not as sprightly as you once were and are a great way of doing regular exercise at a slower pace.

Walking football was originally developed as a means of getting the over 50s active again through a sport but at a slower and less physically intense pace. From very humble beginnings the game of walking football has developed to a significant level.

Over the past 10 years other walking sports have emerged and grown in popularity, with each model having been adapted to create a slower-paced version of the original activity. The aim is to make these individual walking sports accessible to people of all ages and all abilities, including those with disabilities.

Walking sports are not only beneficial for

improving and building muscle but also for improving mobility, aiding positive mental wellbeing and mental agility, as players need to think strategically during the game.

For more information on the range of walking sports available across the UK, and to find your local walking sport clubs, venues, and events, visit <https://www.walkingsports.com>

Fun Fact File

Celebrating the weather!

Whether the weather be fine or whether the weather be not, whether the weather be cold or whether the weather be hot, we' ll weather the weather whatever the weather, whether we like it or not.

Many of you, we're sure, will remember this rhyme from times past. As our thoughts turn to Spring, and Summer beyond, we thought you might like to know about a few special anniversaries that took place earlier this year, specifically related to our national obsession – the weather!

January saw the 70th anniversary of the first ever UK televised weather forecast, and in February, The Met Office celebrated its 170th anniversary! In recognition of these two significant anniversaries, Royal Mail have issued a set of stamps to commemorate and celebrate. To find out more, visit <https://shop.royalmail.com/special-stamp-issues/weather-forecasting>.

Early innovation

Having been founded in 1854 by Vice-Admiral Robert Fitzroy, The Met Office has occupied a proud position in UK history because, as an island nation, we are often at the mercy of the weather.

Vice-Admiral Fitzroy was well known as the captain of HMS Beagle, from her famous journey around the globe, and would go on to establish the science of weather forecasting, the foundation of which we still use today.

The Met Office was established to learn about marine climatology to help improve the safety of life and property at sea. When the Royal Charter sank in October 1859, Vice-Admiral Fitzroy argued for a supply of coastal observations to provide storm warnings in a co-ordinated way. This service later developed into the shipping forecast we are familiar with today, and is thought to be the longest running national forecasting service in the world.



Vice-Admiral Fitzroy was aware that the general public, and farmers in particular, were also interested in the weather and so established the first public weather forecast service in August 1861.

When, in 1965, Vice-Admiral Fitzroy died, management of the Met Office passed to and remained with the Royal Society until 1905. During this time, the observation network and weather forecasting developed significantly. There was even an observatory established on the summit of Ben Nevis, which was manned year-round until 1904.

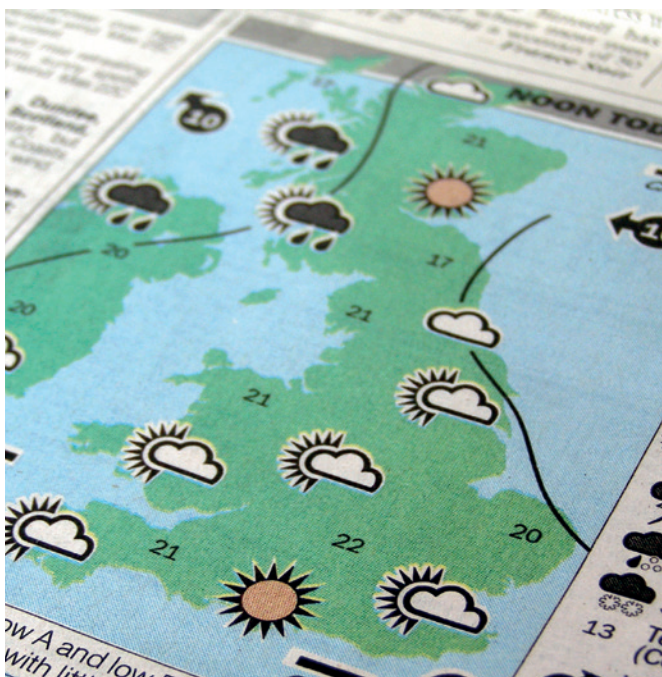
24th October 1916 marks the date of the first operational military forecast – the most important forecasts were those used in the days leading up to the D-Day landings in June 1944. Today, the Mobile Meteorological Unit continues to support UK armed forces, wherever they are in the world.

Forecasting techniques took a major leap forward in 1922 when Met Office scientist Lewis Fry Richardson published a ground-breaking piece of work looking at how to use maths and physics to make weather forecasts which laid the foundations for Numerical Weather Prediction (NWP). In 1959 The Met Office purchased its first computer and on 2nd November 1965 operational weather forecasts, driven by NWP, began.

In the modern age of supercomputers, these have further advances in weather and climate science. The Unified Model, which allows seamless weather and climate modelling, was implemented in 1991, one year after the Hadley Centre for Climate Science and Services first opened.

In the 21st century, the Met Office continued to innovate and in 2007 established the Flood Forecasting Centre and The Met Office Space Weather Operations Centre in 2014.

But, weather forecasting and shipping forecasts are not necessarily something we think too deeply about – unless, that is, we need to prepare for the weather predicted!



The age of the weather presenter - engaging the audience

Today, when we think of televised weather forecasts, we tend to think of a bubbly engaging presenter standing in front of a digitalised weather map – a far cry from the pre-war era when BBC weather forecasts were televised featuring hand-drawn maps, accompanied by an off-screen narration – delivered in typical ‘BBC English’.

From humble beginnings in the early 19th century, when a British Royal Navy officer named Sir Francis Beaufort developed the wind force scale to classify wind speeds, to today, weather forecasting has become a daily feature in our lives.



Force (Beaufort)	Wind speed			Description	Observed conditions	
	mph	km/h	knots		Sea	Land
0	<1	<1	<1	Calm	Like a mirror	Smoke rises vertically
1	1-3	1-5	1-3	Light air	Ripples	Wind motion visible in smoke
2	4-7	6-11	4-6	Light breeze	Small wavelets	Wind felt on exposed skin
3	8-12	12-19	7-10	Gentle breeze	Large wavelets	Leaves in constant motion
4	13-18	20-28	11-16	Moderate breeze	Small waves	Small branches begin to move
5	19-24	29-38	17-21	Fresh breeze	Moderate waves	Small trees begin to sway
6	25-31	39-49	22-27	Strong breeze	Large waves	Large branches in motion
7	32-38	50-61	28-33	Moderate gale	Sea heaps up	Whole trees in motion
8	39-46	62-74	34-40	Fresh gale	Moderately high waves	Small branches break
9	47-54	75-88	41-47	Strong gale	High waves	Larger branches break
10	55-63	89-102	48-55	Whole gale	Very high waves	Trees broken or uprooted
11	64-72	103-117	56-63	Storm	Exceptionally high waves	Widespread damage
12	>73	>118	>64	Hurricane	Sea completely white	Violence

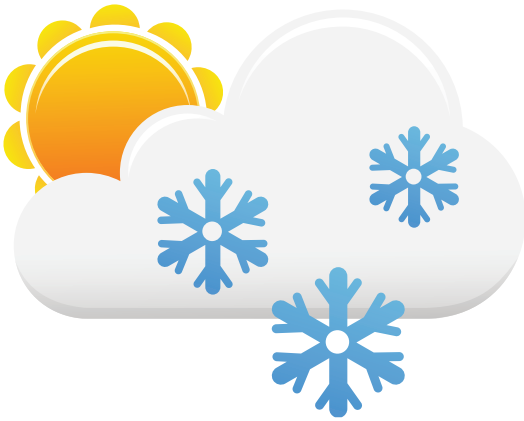
It wasn't until 26th April 1921, academic, cleric and president of St Louis University, Rev William F Robison, made history by being the first person in the world to broadcast a weather report by giving a 500-word meteorological bulletin when launching the university's own radio station (WEW). That began the era of weather broadcasting. Later, in 1954, the age of the weather presenter was born when The Met Office's meteorologist, George Cowling, was offered a job presenting regular televised weather updates.

Cowling was required to present factual information on weather predictions following the Corporation's strict presentation style while giving his predictions from weather fronts drawn – with charcoal - on maps pinned onto a blackboard.

To show changes in the weather patterns, Cowling would scribble on the charcoal drawn weather fronts. Not surprisingly, the charcoal would flake off and damage the forecasters' clothes, so an allowance had to be provided by the BBC to cover the cost of any damage to clothing.

Cowling, a man of science, was unaccustomed to and uncomfortable with the limelight that appearing on television brought and so, in 1957, he joined the RAF as a military meteorologist.





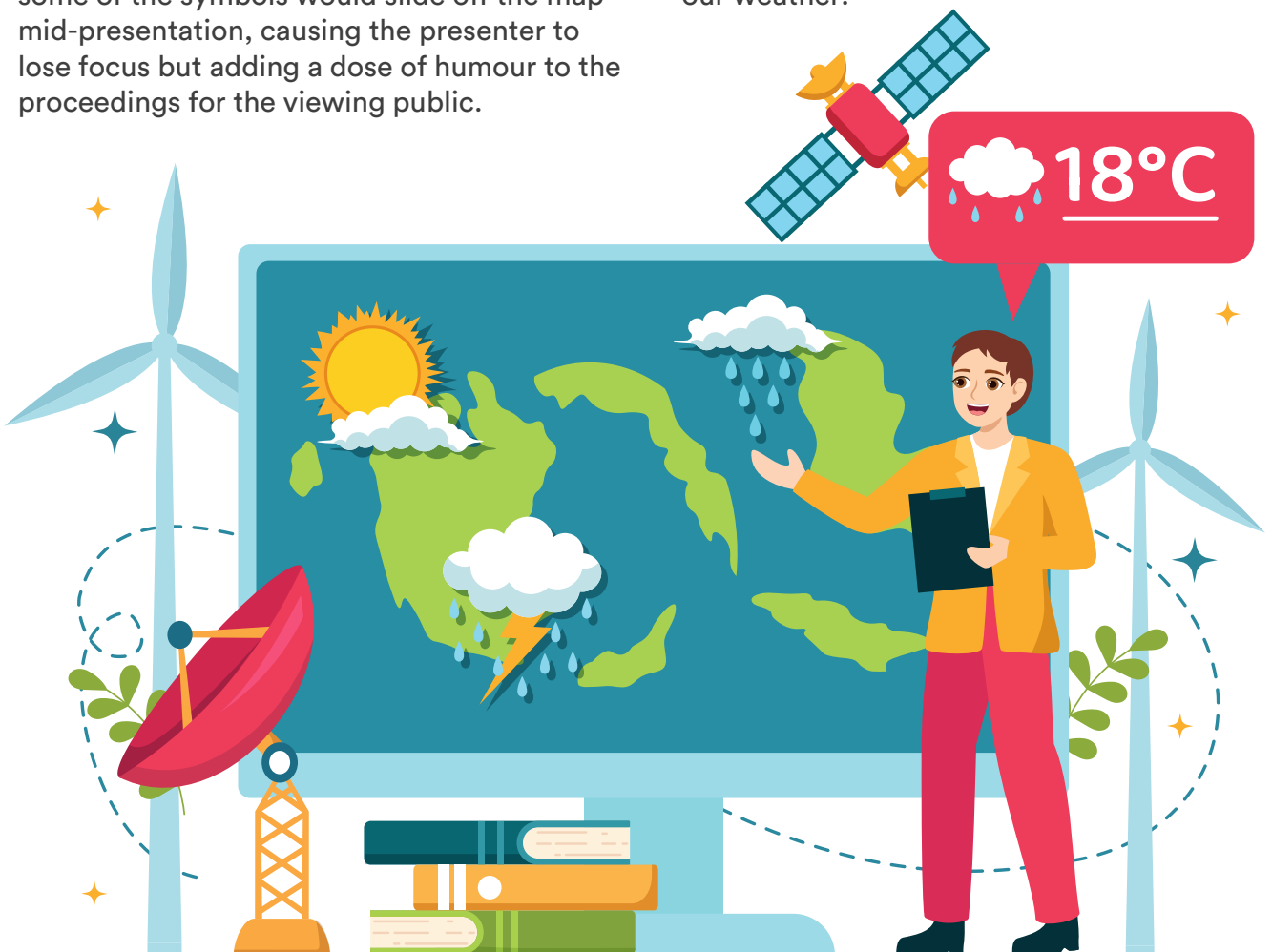
In 1974, Barbara Edwards became the Corporation's first female forecaster. In later years, she didn't enjoy being in the public eye and in 1978 she not only left her presenting job with the BBC, but even changed her hair colour so that she wouldn't be recognised when out shopping!

Across the generations since, there have been a number of memorable weather presenters delivering both good and bad weather updates, including Jake Scott - credited in 1975 introducing magnetic weather symbols that helped to illustrate rain clouds and a bright yellow sun, but which are remembered because some of the symbols would slide off the map mid-presentation, causing the presenter to lose focus but adding a dose of humour to the proceedings for the viewing public.

And, of course, how many of us will remember Michael Fish? Michael Fish joined the BBC meteorological team in 1974 and perhaps most famous for dismissing a viewer reported hurricane in a broadcast in 1987. Perhaps, in part, it was this mistake that helped to make Michael Fish one among an emerging new breed of celebrity weather forecasters as, in contrast to their fore-runners, the current generation of TV Meteorologists all now enjoy a level of celebrity status.

Archive footage of weather forecasts, and presenters, throughout the years is available to view through the BBC archives at <https://www.bbc.com/historyofthebbc/research/television-weather> or for a wealth of information on all things weather related, why not visit The Met Office's own website at <https://www.metoffice.gov.uk>

As we welcome in the first flowers of spring, and look forward to warmer days ahead, let's take a moment to appreciate all that has been achieved by meteorologists across the years to keep us up-to-date with what is happening with our weather.



Competition Time

Thank you all for your entries for our Winter edition wordsearch competition. Congratulations go to **FIRST PRIZE** winner, **Mrs S. Dawes (Surrey)**, who receives a £30 M&S gift and to our two **SECOND PRIZE** winners, **Mrs MB Wright (Hertfordshire)** and **Ms S Sayce (Essex)**, who each receive an M&S gift worth £15.

- STRATUS
- ALTOSTRATUS
- VERTICAL DEVELOPMENT
- STRATOCUMULUS
- ALTOCUMULUS
- CLOUDS
- NIMBOSTATUS
- CIRROSTRATUS
- LOW CLOUDS
- CUMULUS
- CIRROCUMULUS
- MIDDLE CLOUDS
- CUMULONIMBUS
- CIRRUS
- HIGH CLOUDS

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

Entries should be returned marked 'GF competitions', Hospitality Action, 62 Britton Street, London, EC1M 5UY to reach us no later than 17th April 2023. Good luck everyone!

Your full name _____

Your address _____

Spring recipe treat



Delicious gingernut and rhubarb cheesecake.

A delicious spring dessert to complete any lunch or supper dish. Another easy to make recipe suitable for vegetarians.

You will need:

- 500g of fresh rhubarb, cut into 4cm lengths
- 500g of mascarpone or soft cheese
- 200g of gingernut biscuits
- 150g of caster sugar
- 100g of melted butter, plus extra for the tin
- 100g of thick natural yogurt
- 1 blood orange, zested and juiced

Prep time 20 mins
Cooking time 25 mins
Chilling period Overnight
Serves 8-10

How to prepare:

First... heat the oven to 200C/180C fan/gas mark 6. Line a large baking tray with baking parchment and fill with the rhubarb. Scatter the sugar and orange zest over the rhubarb, and then pour over the juice. Cover with foil and place in the oven for 20 mins. Once removed from the oven, purée a third of the rhubarb, and hold the rest in reserve for the top.

Next... butter a 20cm springform cake tin before lining with baking parchment. Put the biscuits in a bag and crush them using either a rolling pin or a food processor to create crumbs to make the base. Tip the biscuit crumb into a mixing bowl. Pour the melted butter over the biscuit crumb and mix together until the butter is absorbed. Then decant the mixture into the tin. Tap the side of the tin to ensure the biscuit crumb is evenly distributed in the base, before gently compressing the biscuit butter mixture with the back of a large spoon until it is packed in and level (to ensure the base holds together). Then place in the fridge to chill.

Then... make the filling by putting the cheese and natural yogurt into a mixing bowl, and beating together. Mix until combined and thickened, then fold in the rhubarb purée, before piling the mixture on top of the biscuit base and smooth down. Then cover the cheesecake with cling film and leave to chill overnight until set.

Finally... remove the 'reserved' rhubarb from its syrup using a slotted spoon, before tipping the syrup into a pan and bring to the boil and then reduce the heat for about 3-5 mins until the syrup is more concentrated. Allow to cool. Remove the cheesecake from the tin carefully. Pile the 'reserved' rhubarb on top and drizzle with some of the cooled syrup before serving.

Enjoy!



Kcal	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
466	34g	21g	33g	24g	2g	6g	0.5g

HA's Winter Fuel Grant

Applications for our annual Winter Fuel Grant; a one-off payment of £200 per household to help Golden Friends on low incomes with money towards their winter fuel bills, will remain open until 31 March 2024. To apply, simply complete and return the cut-off slip below along with a recent full month's copy of bank statements for all accounts you hold.

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

To qualify for a Winter Fuel Grant you must:

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

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

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

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



The Winter Fuel Grant is again kindly sponsored by the Worshipful Company of Innholders. You will be notified once your application has been assessed and, if you qualify for a Winter Fuel Grant, the award will be paid into your bank account.

Please tick each of the statements below to confirm your eligibility and complete your name and address in the section below. Send this slip, together with a recent full month's bank statement to:

Hospitality Action Grants Team, 62 Britton Street, London, EC1M 5UY

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

Name (BLOCK CAPITALS) _____ Signature _____

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

Address _____

Post Code _____

Telephone number _____ Email _____ Date _____

