

vintage

Published by **Vegetarian for Life**, the advocacy and educational charity working on behalf of older vegetarians and vegans

ISSUE #2

Len Till leads the way

[Watch and share our new veganimation](#)



[IF I GET DEMENTIA, WILL THEY SERVE ME MEAT?](#)

Your essential guide to protecting what matters to you

[VEGGIE CATERING STAR SHINES IN WEST MIDLANDS](#)

Winner of Care Catering Excellence Award revealed

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Welcome

Welcome to *Vintage* – Vegetarian for Life’s magazine exclusively for older vegetarians and vegans. This special edition contains an [advance care-planning supplement](#). We hope that it will help you protect your vegetarianism or veganism, maintain your independence, and plan for the future.

We recently produced a short veganimation ([see page 3](#)). It draws attention to how older vegans may be overlooked by care caterers. And it highlights the many ways in which the charity can help! If you’re online, please let us know what you think, and share it with your friends.

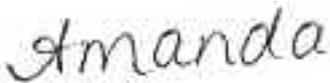
Speaking of all things techie, self-billed ‘vegan oldie’, Barbara Shaw, shares her experience of getting to grips with social media – to produce a hit vegan recipe blog. You can find out more on [page 6](#).

In an exclusive interview, award-winning graphic novelist, Paco Roca, tells us about his poignant creation, *Wrinkles* ([page 10](#)).

We have also put together some easy-to-use resources to support new and veteran veggies, and those catering for them (see pages [8](#) and [26](#)). And we reveal the winner of VfL’s first Award for Excellence in Vegetarian Care Catering ([page 4](#)).

VfL is of course a registered charity, and we’ve rounded up a range of easy ways to support our work (see pages [27](#) and [28](#)). If you’re proud of being ‘Vegetarian for Life’, why not wear your heart on your sleeve? We have an online shop offering attractive merchandise for sale – and all profits benefit our charity.

I hope that you enjoy the issue.



Amanda Woodvine, Editor

Vegetarian for Life is an advocacy and educational charity working on behalf of older vegetarians and vegans throughout the UK.



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Vegetarian for Life is a charity registered in England & Wales, number 1120687

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Design: The Ethical Graphic Design Company Ltd

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VfL merchandise and other ways to support our work



We're expanding...

We're pleased to have expanded our Roving Chef scheme, and we welcome new chefs Maggie Lister and Ollie Bragg.

VfL's Roving Chefs support and promote our work throughout the UK. Skilled in delivering cookery demonstrations for older people and those catering for them, they work locally and nationally, giving advice and information in support of vegan and vegetarian lifestyles.

So, if you can think of a lunch club, day centre, care home or other older people's group that would benefit from a Roving Chef visit, please do get in touch.



Len Till leads the way as vegan numbers surge

Vegetarian for Life (VfL) has produced a new veganimation that draws attention to how older vegans may be overlooked by caterers in the care sector. And it highlights the many ways in which the charity can help!

Len Till is the star of our feature: a well-liked older gentleman, a grandad, and a committed vegan. Len now has his meals provided for him and is facing a limited range of meals; often a sad and limp-looking salad.

However, help is at hand. Through support and advice, VfL makes the caterer more aware of how important veganism is to Len, and the wide range of food options that are now available.

Len is not alone. Recent figures

have shown a 360% rise in the number of vegans in Britain over the past decade. Here, there are already more than 70,000 vegans aged over 65, with this number set to rise rapidly in the coming years. This increase will be driven by the ageing of younger vegans, of which there are nearly half a million.

VfL is the only charity in the world dedicated to supporting older vegans and vegetarians. If you are planning for a future where your meals are provided by other people, we're firmly on your side.

Visit www.vegetarianforlife.org.uk/blog/post/len-till to see the veganimation in full. Please let us know what you think, and share it with your friends.



The beauty of Sunrise

Roving Chef, Maggie Lister, reports on meeting Vegetarian Care Catering Excellence Award winner, Annika James

Annika was first introduced to the catering industry through family at a young age, and is now in her seventh year working for Sunrise. Her enthusiasm for care catering is obvious: she is a caring and passionate individual who takes great pride in her work and in meeting the needs of others. Through being a vegetarian herself, Annika understands the requirements of those living a meat-free life.

Menus include a varied selection of veggie options that are enjoyed by all residents on site. Annika's food is a hit with meat-eaters and veggies alike, with residents proclaiming her food to be delicious, beautifully presented and nutritious.

Weekly meal plans are presented at the entrance of the dining area, showing residents a choice in food for each day. With hearty breakfasts, warming soups, delicious mains – and not forgetting tasty desserts – there's a lot on offer for those eating here.

As Annika accompanied us around the building, residents were more than happy to talk to us about their dietary

requirements. One guest exclaimed that Annika's food was far too good to be cooked in a residential home so it must have been bought pre-made!

In fact, that is the complete opposite. Everything provided is made on site by a team of dedicated cooks. Colour, texture, and taste are well-considered when developing menus. No bland, grey food is to be found on these premises; only a plethora of seasonal options and nutritious dishes, made fresh each day.

After receiving the award, Annika and her catering team prepared a tasty afternoon tea fit for the Queen. There was an array of meat-free culinary delights, which the staff and residents thoroughly enjoyed. It was a lovely experience, with residents discovering new foods such as vegan scones and fresh fruit tofu tarts. A new resident even proclaimed that the dairy-free versions were as good as the ones that she used to bake at home!

Because this was my first visit as VfL's new Roving Chef, it was a pleasure to meet such a caring and dedicated caterer whose passion really shone through. With an increase in the number of vegetarians and vegans in the UK, it is vital their needs are catered for, especially at a time when cooking for oneself may become a challenge.

A taste of Sunrise

Annika James, winner of VfL's 2016 Award for Excellence in Vegetarian Care Catering, shares two recipes for a stunning afternoon tea

Fluffy scone mix

Makes 10

- 300g self-raising flour (plus extra to roll with)
- 50g caster sugar
- 50g soya spread
- 1 tsp baking powder
- 300ml soya cream
- Pinch of salt
- 50g dried fruit (optional)

1 Mix all dry ingredients with soya spread to a crumb. The longer you mix it the more it will rise.

2 Mix in soya cream.

3 Roll out thickly on a floured surface. Then stamp out with desired cutter.

4 Place on baking parchment trays and cook for approx 10 mins at 200°C (add 20°C for non fan-assisted ovens) or until golden brown.

5 Best served with either jam and soya cream or jam and soya spread.



Veggie catering star shines in West Midlands

Annual Award for Excellence in Vegetarian Care Catering won by Sunrise Senior Living of Tettenhall

Strawberry tart

For the base:

- 250g cashews
- 250g desiccated coconut
- 150g dates

For the filling:

- 1 x silken tofu (approx 350g)
- 400g strawberries
- 50g icing sugar
- 25ml coconut milk

1 Prepare the base by blending the coconut and cashews in a food processor until it resembles a fine crumb.

2 Add dates and re-blend. The crust should stick together when pinched. If it doesn't, blend a bit longer.

3 Press the dough-like mixture into the case of choice, 8" tart tin, or approx 18 cupcake moulds. Then set aside.

4 Blend approx 50g of strawberries with coconut milk and tofu. Sweeten with icing sugar.

5 Chop remaining strawberries and stir into tofu mix and chill.

6 To ensure a firmer tart base, do not fill until service. When ready to serve spoon into tart case and garnish appropriately.

VfL's first ever care industry award was won by Annika James, the Dining Services Coordinator at Sunrise Senior Living of Tettenhall in Wolverhampton.

The VfL Award for Excellence in Vegetarian Care Catering is for the individual who has responded creatively and enthusiastically to the challenge of catering for vegetarians in a care home setting. It was presented to Annika at the Sunrise community in September 2016.

Receiving news of her success, Annika said: "Thank you so much for thinking of me for this amazing award. I'm so appreciative and honoured – and a little shocked!"

Our annual award highlights the importance of catering well for older vegetarians. VfL's 2014 survey suggests that around 6,500 older vegetarians and vegans live in care homes. With growing numbers of veggies being supported by the care sector, it is no surprise that news of the award, celebrating some

unsung catering heroes, has been positively received by care organisations.

Diane Moreton, Chair of VfL, said: "It is a great pleasure to bestow VfL's first Award for Excellence in Vegetarian Care Catering to Annika James. Annika impressed the judging panel with a varied and interesting set of menus, and a real commitment to providing tasty and well thought-out vegetarian meals for Sunrise's residents. Attention is being paid to nutritional needs as well as appetising presentation. Congratulations from all of us at Vegetarian for Life."

Sophie Murray, Head of Nutrition and Hydration at Sunrise Senior Living, said: "We are delighted that Anni's creativity and dedication to providing exciting menu choices for all palates is being recognised. Congratulations, Anni, and we look forward to your next creation!"

Do you know of an unsung veggie catering hero? We'd love to hear your stories.

Blog of a vegan oldie



Hello. I'm Barbara, a very new vegan oldie! I was a vegetarian for many years, then in July 2016 I started a vegan diet for health reasons.

I thought that I would miss all my favourite foods, particularly eggs and milk and definitely cheese. But I have found that I absolutely love my new diet and would like to share what I eat with you. That way you can see how easy it is to cook nutritious meals, which not only look good, but are inexpensive, healthy and appetising too.

I am a textile artist so it is important to me that what's on my plate is colourful and attractive, just like the pictures I create.

My daughter is vegan and suggested I share what I eat on social media. It was with great trepidation that I started posting meals on Instagram. First I had to learn how to use my mobile phone! If you are not a great fan of IT, using all this technology can be daunting. If in doubt, don't be embarrassed – ask a younger person for help. Once you get going you won't look back. It's quite extraordinary to be part of a worldwide community of people of all ages who write to me and like what I post.

Now for the food! I am very much a haphazard cook and almost never measure quantities of ingredients. Because everyone's palate is different, I suggest you look at the components of the dish and add as much or as little as you like to get the flavour you prefer, starting



with a pinch of something like herbs and adding more until you are happy with the blend.

Here are a few of my recent meals to show you what I prepare. I try to use seasonal ingredients and include a mixture of fruit, vegetables,

grains, pulses, nuts and seeds and soya. All the meals can be scaled up or down depending on whether you are cooking for one or a group.

Smashed marrowfat peas with onions: gently cook chopped onions in a small amount of olive oil. Add the peas then mash with lots of mint and serve on sourdough toast.

Baked potato with chilli bean casserole: Tins of kidney

beans in chilli sauce are readily available and I added tomatoes, cumin, thyme and root vegetables, then cooked this mixture in the oven until the vegetables were tender.

Lentil soup: made with red lentils, carrots, celery, courgette, pumpkin, tomatoes, mixed herbs, stock powder. Boil until cooked then serve sprinkled with dulse seaweed.

Comfort food: sausage and mash. Mash is made from boiled potatoes and celeriac then mixed with margarine and mustard.

Pears and blackberries: cooked in the oven with cinnamon stick, star anise, a small amount of water and margarine and a sprinkle of brown sugar.

Stir fry with rice: red camargue and wild rice served with a mixture of leeks, courgettes, chickpeas, red pepper, chopped spring onion, marinated tofu, ginger and soya sauce cooked in a small amount of oil.

Rainbow salad: warm giant couscous, smoked tofu, grated carrot and beetroot, chopped walnuts, yellow pepper, spring onion, mustard vinaigrette.

Stuffed mushroom: half cook onion, celery, buckwheat and thyme in olive oil and a bit of water. Add to mushroom, sprinkle with yeast flakes then bake.

If you would like to see more of what I cook please visit Instagram, and for my textile art see artintextiles.co.uk or my Twitter or Facebook page.

Happy cooking!
Barbara Shaw





Care home's fun vegan festival

Hannah Mulholland is the activities co-ordinator at Harper Fields Care Home in Warwickshire. She recently won Activities Coordinator of the Year at the Barchester Care Awards 2016, and reports on a vegan event that went with a bang...

I have been vegetarian my whole life, and vegan for the last 2 years, so this is a subject that I feel extremely

passionate about. Our residents are always curious about what I eat on a daily basis, especially on celebratory occasions, such as Bonfire Night and Christmas.

Being one of VfL's UK List members, Harper Fields recently received a letter through the post from VfL, along with a free Vegan Rescue Pack.

It explained that more than 70,000 over 65-year-old vegans are living in the UK. This means that sooner or later care homes will have to start taking note of this. In fact, the vegan diet is the fastest growing current food trend. Vegan food sales have increased by 1500% over the last 12 months.

This inspired us to show that we take all of our current and future residents' dietary requirements seriously. So we had our very own outdoor autumn-themed vegan festival at Harper Fields, to coincide with World Vegan Day on 1 November!

We filled a large marquee with hay bales, scarecrows, pumpkins, blankets, cushions and hand-painted signs. Relaxing folk music played as the residents arrived wrapped in blankets, hats and scarves to enjoy the festival on the crisp and sunny autumn afternoon.

We served vegan hot dogs and onions, curried beans, jacket potatoes, mulled hot apple juice,

hot chocolate and toffee apples. And I made my signature pecan pie with soya pouring cream.

Everything served

was 100% plant-based, with no meat, fish or dairy to be seen.

The residents, staff and their families loved every mouthful, and there was not a morsel left at the end of the afternoon!

I'm pretty sure that we are the first care home in the UK to do this. I think it is important that we try new and exciting things. I like to ensure that our residents enjoy new experiences – not the same things they have done for the last 90 years. The vegan festival proved to be a huge success, as the photos show!

Hannah Mulholland
Activities Co-ordinator
Harper Fields Care Home

The Vegan Rescue Pack

Information, support and inspiration

Vegan Rescue Pack is our eagerly anticipated new guide. It is designed to support, encourage and empower those who cater for older vegans – chefs working in the care sector, community carers working in domiciliary care, or even people looking after older family members.

Through speaking regularly with the care sector we were conscious that many chefs are familiar with a vegetarian diet. But a request for vegan meals – using no animal products at all – can feel like a daunting challenge. So we have created the 'Vegan Rescue Pack' to offer support and information in a clear and encouraging format. It is a wonderful stepping-stone on the road to becoming an empowered and confident vegan cook.

The guide not only covers basic facts about the vegan diet, nutrition and store cupboard essentials, but also looks at how veganism is protected by law. And then there is a whole range of delicious and easy-to-prepare recipes, as well as a 4-week menu planner. From a rustic and heart-warming chunky ratatouille to a classic Indian saag aloo, and from a scrumptious strawberry cheesecake to an irresistible chocolate mousse – a plethora of no-fuss recipes can be made without eggs or dairy.

Order your free copy from our [website](#) or by calling 0161 257 0887.



Vegan Recipe Club's Chinese-style wraps

Serves 1

- 1 large wrap
- 1 spring onion, finely chopped
- ¼ small red pepper, finely chopped
- 1 or 2 cherry tomatoes, sliced thinly
- Small handful of beansprouts, washed and spun
- Shredded green lettuce
- Seitan or vegetarian chicken, sliced thinly
- ½ tbsps hoisin or black bean sauce

- 1** Place the onion, red pepper, tomato, beansprouts, lettuce and seitan/veggie chicken in a bowl and mix well.
- 2** Add the sauce and mix in well so everything has a light coating.
- 3** Add the ingredients to the wrap.
- 4** Wrap up tightly into a parcel and serve.

Vegan Recipe Club
www.veganrecipeclub.org.uk



Veggie pen- and phone-pals scheme

In recent months, many vegetarians and vegans have told us they would like to be in touch with more like-minded people. So in response to these requests we launched a pen and phone pals scheme.

Contact made through this scheme might lead to close friendships being formed, or offer reassurance that there is someone you could approach to discuss a particular topic or interest. Quite simply, the scheme is there for you to use as you wish.

The scheme works in a very straightforward way. If you choose to take part then the details you supply to us will be added to the scheme database and circulated to other participants.

In return, you will then receive details of the other participants. We can assure you that your details will not be used for any other purpose or circulated to any third party. Furthermore, your details will be deleted automatically after one year, or if you decide to leave the scheme.

If you decide to participate, it really is down to you how you use the scheme. Naturally the more information you supply leads to a greater chance of you being contacted by someone who shares the same interests. However, we recommend that you only provide information that you are comfortable about other people knowing.

We hope that you will find the scheme interesting, and if you decide to take part, that you will then enjoy being in touch with like-minded people throughout the UK.

For further details and an application form, email info@vegetarianforlife.org.uk or call 0161 257 0887.

Peanut butter cookies

Makes 12 to 15

- 1 cup flour
- ¾ cup vegan margarine
- ½ cup peanut butter (crunchy or smooth)
- 1 cup sugar
- ¾ cup vegan chocolate chips (about 100g)
- ½ tsp salt

- 1** Heat the oven to 200°C/400°F/gas mark 6.
- 2** Mix the margarine and peanut butter together.
- 3** Stir in the sugar, then the flour and salt, then the chocolate chips.
- 4** Spoon large teaspoons of the mixture onto ungreased baking trays, making sure they are well spread out because they will expand as they cook.
- 5** Bake each tray for around 15 minutes, remove from the oven and leave to cool for around 5 minutes before transferring to a wire rack to finish cooling.





Comic strips and cartoons have long been the realm of legends or superheroes. But one Spanish artist has used the format to tackle the subject of old age and care homes. Paco Roca is the author of several graphic novels – a term used to describe stories told with both words and illustrations. Now published in an English translation, his book *Wrinkles* tells the tale of a former bank manager called Ernest, struggling with Alzheimer's. Ernest moves into residential care and meets a cast of characters, all with their own problems and life histories.

Roca explained to VfL at the Kendal Comic Arts Festival how the project began: "The starting point was really a reaction to my own parents ageing. They were still living at home, but that wasn't the scenario I wanted to portray. So putting a character into care gave the subject a more general interest."

Although he never worked in a care home, Roca visited many such establishments during 6 months of documentation and research. "The stories I came across were interesting enough that I didn't have to invent much," he said. "So the book was based on reality; on the troubles and problems that people have."

Roca's drawings in *Wrinkles* are full of compassion for his fictional troupe. Young people appear mainly in flashbacks, as their mature selves recall upsetting or moving childhood incidents. Then there's a couple called Georgette and Marcel who have been together for 60 years. Marcel is totally reliant on his wife's care, but their teenage courtship is beautifully depicted. Her nickname for him is 'The

"it's almost like we live in a society which is making the elderly invisible"

Trickster' but you'll have to read the book, or see the film version, to find out why.

Other residents have imagined new lives for themselves, including a woman who stares through a window all day and believes she's aboard the Orient Express. Another is convinced she's a target for alien invaders. And most of these residents are subtly exploited at first by Ernest's room-mate, the crafty Emile. But even he learns much about himself as *Wrinkles*

progresses, when his devious nature is put to good use.

Wrinkles was more recently turned into an award-winning animated film. Roca was part of the movie's creative team and various scenes were inserted that aren't in the original book. For the English language version, star Hollywood names such as Martin Sheen and George Coe were brought in to provide voice-overs. Clever use of

colouring offers a stark contrast between the care home's drab interior and the vivid internal lives of its individuals.

Most effective is the slow reveal of what lies on the care home's dreaded top floor. This is where 'the helpless' are taken when they can no longer fend for themselves.

Ernest is determined never to end up there and relies on Emile's quick thinking to prevent the doctors seeing how absent-minded he's getting. Despite being in denial about his failing condition, Ernest gradually faces up to the prospect of losing his grip on reality.

The subject of Alzheimer's is a constant thread in *Wrinkles* and results in several comic moments. Roca says that comedy was important to his narrative, given some of the bleakness elsewhere in

the work. He talked to relatives of those suffering with Alzheimer's and found they often needed humour to cope with their situations.

Memory and the creation of memories has been a theme in Roca's other published works. The author claims he wasn't really aware of this until the subject regularly came up when he was being interviewed. In his graphic novel, *The Furrows of Chance*, a young writer tracks down a surviving veteran of the Spanish infantry who fought with the French in World War Two. The book has its present-day frames drawn in grey tones, but the flashback scenes are in colour. By the story's end, the war veteran realises how happy he is to share his powerful memories with someone.

Roca believes that "there's a specific link between memory and identity, or the loss of one's identity. This can relate to a single person with Alzheimer's but also to a whole nation. Spain has had a case of collective amnesia over its role in World War Two. Our soldiers who fought and took part in the liberation of Paris were then left in exile; betrayed by both the French and Spanish authorities. We have almost blanked out many events that occurred in between the dictatorship of Franco and our present democracy."

The front cover of *Wrinkles* depicts Ernest with a trail of photographs flying from his head. Roca, however, doesn't believe that memories are just about nostalgia. "Memory can mean understanding who you are as a person, or



what defines you. For example, is it your genetics or the education in life that you received at home?"

If these sound like unusual subjects for a major book and film, then the success of *Wrinkles* also took Roca by surprise. "I didn't think it'd be a commercial hit," he said.

"But in the end, its non-commercial elements were those that made people buy into it."

The book won the National Comic Book Prize in Spain and dismissed certain prejudices against the genre. "*Wrinkles* helped take graphic novels out of the ghetto and make them more interesting to older adults and mature readers, where once they were seen as a thing just for young people."

To date, *Wrinkles* has sold more than 65,000 copies in Spain alone – remarkable figures for an illustrated work. Its creation made Roca reflect on what kind of a son he had been, and what kind of a father he'd known. "It felt like the right moment in my life to talk about these issues," he said. "I once drew an advert that featured older people, but the marketing team said it wasn't nice to look at. So it's almost like we live in a society which is making the elderly invisible."

Gareth Thompson

Wrinkles is published in the UK by Knockabout, price £12.99

www.pacoroca.com



Unique grant scheme improves lives of older veggies



VfL is renowned for its work with the care sector and the information and resources it provides to individuals. But the charity's grant scheme is also making a big difference to people's lives.

The charity has two charitable funds, the Vegan Fund and the Vegetarian Fund, that were launched in 2010. The first grant dramatically changed the life of a vegetarian woman. The grant was for a stairlift, and enabled her to move out of care, back to her own home and resume living independently.

Since then, grants have been awarded to help meet a wide range of needs, including mobility scooters, assistance with relocation, a replacement cooker, and fitting a downstairs shower room.

A recent grant was to Isobel S., a 70-year-old vegetarian woman living in Llanrhaeadr. Isobel initially contacted Care and Repair because she needed funds to repair the roof of her house. The roof was leaking and making her home damp and cold. Care and Repair and VfL have since worked together to achieve a successful result for Isobel.

Says Isobel: "The contractors have now completed the repair to the front and back of my roof.

They have done a lovely job – it is wonderful that this work has been done and I do not have to worry about the roof leaking any longer. The work has also made my home a lot warmer, which is an added bonus. I am really grateful for the help that I have received from VfL."

We were also pleased to help Peter D. – a 59-year-old vegan from Norfolk who suffered from osteoarthritis in his knees as well as arthritis in his hands. Food shopping was a daily struggle for him, and he contacted VfL. We were able to help with a grant for a mobility scooter and a shopping trolley.

Financial support, even if it is for a small project or purchase, can take the stress and worry out of many people's lives. We know that we are making a real difference through the grant schemes when we hear wonderful stories like those of Isobel and Peter. Our grants are a powerful way of supporting and empowering older vegetarians and vegans to live as fully and independently as they choose.



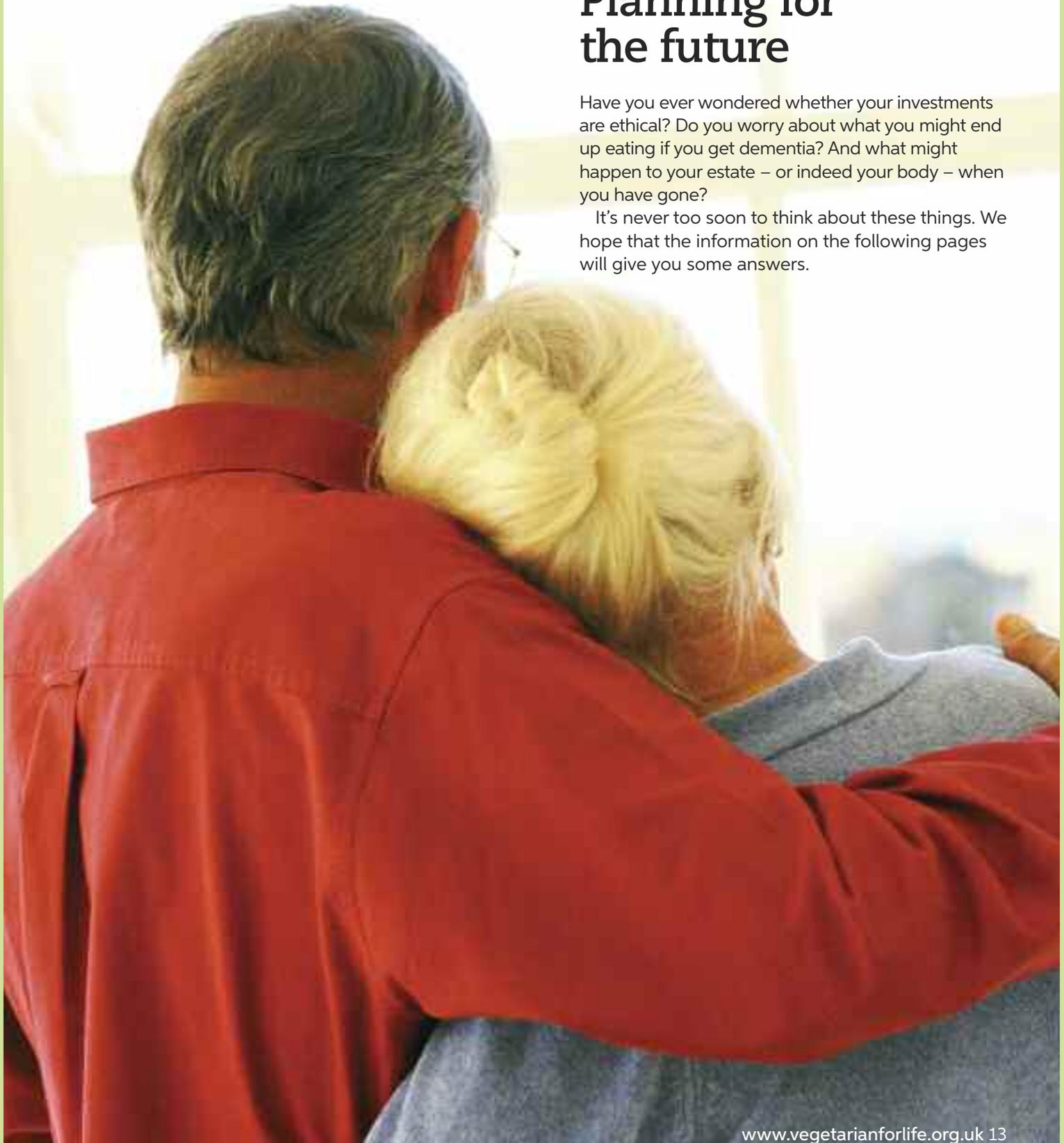
Full details of the grant scheme and information about how to apply can be found at www.vegetarianforlife.org.uk/resources/grants or by calling the charity on 0161 257 0887

Independent Living Supplement

Planning for the future

Have you ever wondered whether your investments are ethical? Do you worry about what you might end up eating if you get dementia? And what might happen to your estate – or indeed your body – when you have gone?

It's never too soon to think about these things. We hope that the information on the following pages will give you some answers.



Statement of your wishes and care preferences

Your preferred priorities for care (A non-legally binding document to represent your future hopes and wishes)

Ideally keep this document to hand, share it with anyone involved in your care, including your GP (they may wish to keep a copy for their own records) and let them know when it is changed.

Your name

Address

Postcode

Do you have a Legal Advance Decision (Living Will)

Yes No

If yes, where do you keep it and who has a copy?

Proxy/next of kin

Who else would you like to be involved if it ever becomes difficult to make decisions?

Contact 1 name

Relationship to you

Telephone

Address

Postcode

Do they have Lasting Power of Attorney?

Yes No (If yes, please state which type)

Type

Contact 2 name

Relationship to you

Telephone

Address

Postcode

Do they have Lasting Power of Attorney?

Yes No (If yes, please state which type)

Type

Do you have any special requests or preferences regarding your future care?

If your condition deteriorates where would you most like to be cared for?

Is there anything you would ideally like to avoid happening to you?

Do you have any comments or wishes that you would like to share with others?

Your name

_____ Date / /

Next of Kin/Carer Signature (if present)

_____ Date / /

Health/Social Care Professional

Details of any other family members involved in Advance Care Planning discussions

Details of any healthcare professionals involved in Advance Care Planning discussions

Are you happy for the information in this document to be shared with relevant healthcare professionals?

Yes No

Reviews

Signed _____ Date / /

Remember to regularly review (e.g. every 3–6 months) to ensure that this document still represents your wishes. Sign and date any changes you make.

If I get dementia will they serve me meat?

What does dementia mean for vegetarians and vegans, and those who care for them?



Older adults' uptake of meat-free meals appears to be rising. A survey conducted by the Vegetarian Society (2015) found that older people have cut back their meat consumption at a faster rate than the rest of the population. This trend reflects practical concerns, such as perceived health benefits, and saving money. On top of this, a study into the food preferences of general older adults found that fruits, vegetables and beans were a more popular choice than red meat, milk and dairy products.

People who are fully vegetarian or vegan are already found in at least one in every four care homes. Their decision to be vegetarian or vegan may reflect deeply-held ethical, environmental, or religious convictions. Some years ago an older woman, who had been a dedicated animal rights campaigner, went into care after developing dementia. While in care, she was given food containing meat products, a practice considered acceptable by staff because she 'wouldn't know any different'. Yet in spite of this she still identified herself as vegan. We would hope that something like this wouldn't happen today, but staff can still be daunted by the challenges of catering for vegetarians and vegans.

Many providers offer excellent meat-free dishes, with balance and variety. But some rely heavily on cheese and eggs. Nutritional balance is important because an unhealthy diet can affect a person's risk of developing many illnesses, including dementia. Someone with dementia who becomes undernourished is vulnerable to multiple complications and risks – such as infections, delirium, reduced muscle mass, falls,

and ulcers, to name a few. The balance of evidence suggests that a diet high in cereals, fruits, vegetables and pulses may be of benefit not only to vegetarians and vegans, but to others too.

Recently, care providers have highlighted instances where a vegetarian/vegan with dementia has demanded meat, or tried to take it from someone else's plate. In such circumstances, those who care for them are faced with a difficult ethical dilemma. For an older person whose convictions will have been at the core of their identity for many years, a move away from their vegetarian/vegan beliefs may further undermine a sense of identity already threatened by cognitive impairment.

People with dementia and their carers have the right to be able to enjoy human rights and fundamental freedoms in every part of their daily lives, and wherever they are. This includes full respect for their dignity, beliefs, and individual circumstances. Personal profiles, such as the 'This is me' document (Alzheimer's Society) help staff to know and understand a person's wishes. There is a challenge, however, if a person's current wishes come into conflict with their previously held convictions.

Many people would be reluctant to compromise religious beliefs. You would expect care providers to think twice before offering a bacon roll to a Rabbi with dementia, even if a refusal causes distress. A lifelong vegetarian or vegan's beliefs should be similarly respected. There is some degree of legal protection for this, too. Veganism is recognised as a way of life based on deep convictions and is specifically covered by Article 9 (Freedom of thought, conscience and religion) of the European Convention on Human Rights. Consequently, preventing or limiting the life choices of vegans through

indirect discrimination could be seen as acting unlawfully.

In addition to communication difficulties, people with dementia can experience specific issues around recognising food types, as well as sensory changes (including taste). It may be that someone desires the food that they see others eating, not realising that it is meat.

National 'fundamental standards' advocate a human rights and wellbeing approach, with care and support in a way that reflects the

“You would expect care providers to think twice before offering a bacon roll to a Rabbi with dementia, even if a refusal causes distress. A lifelong vegetarian or vegan's beliefs should be similarly respected.”

person's needs and circumstances. A challenge arises if a person's human rights to be vegetarian/vegan come into conflict with their current wellbeing. If someone loses the vegetarian/vegan aspect of themselves – perhaps especially if they have not been a lifelong vegetarian/vegan – then it is possible that they may be tempted to eat meat again on occasion. In this way, their needs and circumstances could keep changing. There is an argument for accommodating the person they are that day,

'wherever they are at', and perhaps in some circumstances this may mean eating meat.

But this should surely be the exception rather than the rule, and only if a failure to provide meat would impact on the person's human rights and dignity. Careful management may help minimise such eventualities. Clare Mills, Manager at Anam Cara Dementia Respite Unit, has spoken about the challenges inherent in managing such situations. She emphasises the importance of respecting a person's beliefs. A failure to do so is not only upsetting for the family, she says, but may distress the person with dementia if they experience periods of heightened cognition and realise they have eaten meat.

Furthermore, a vegetarian or vegan who has not consumed meat or fish – or, in the case of a vegan, dairy products – for perhaps 50 years or more, may well find such foods hard to digest. Possibly meals could be provided that look similar but which allow vegetarians/vegans to eat in accordance with their beliefs without feeling excluded. Vegetarian or vegan meat alternatives ('mock-meats') are an obvious example.

For those for whom being vegetarian or vegan is a deep-rooted belief and at the core of their identity it can be beneficial to consider Advance Care Planning.

If you want to ensure that your wishes are respected in the future, please heed the advice in this supplement.





Planning ahead...

Having the freedom to make our own informed choices is a truly wonderful thing. Being able to weigh up our options and decide for ourselves what is important, and what our values and beliefs are, is what defines us.

Sadly, as we age, things can happen to prevent us being able to communicate and enforce – or sometimes even remember – those choices. And so it is important that we plan for the future.

It is not always pleasant to think about the consequences of getting older. But it is an inevitability that needs to be confronted.

As a population we are living longer. Unfortunately, illnesses such as dementia are a reality of longer life expectancy – although incapacity can affect anybody, at any stage in life.

By making arrangements now, you can safeguard your wishes and

make things that little bit easier for your loved ones.

A DIETARY WHIM?

As we're well aware, the decision to become and remain a vegan or vegetarian is not simply a dietary whim. Rather, it is motivated by many factors and considerations. It is likely to reflect deeply-held convictions, and may have been a cornerstone of your identity for decades.

However, situations such as the loss of mental capacity and a move into residential care can result in your requirements not being known, implemented, or even valued.

This can be particularly difficult to police if loss of capacity results in you asking for food you have previously avoided. Family members and carers can be left conflicted about whether to respect the choices you are expressing now, or those made

when you were mentally competent.

Happily, it is straightforward to make arrangements to help solve this problem. This process is called advance care planning, and has a few parts.

ADVANCE STATEMENTS

To be 'belt and braces' in documenting your vegetarianism or veganism, we'd encourage you to make an advance statement of your wishes (pages 14 and 15).

An advance statement is not legally binding. But anyone who is making decisions about your care must take it into account.

An advance statement is a written statement that sets down your preferences, wishes, beliefs, and values regarding your future care. This will give everyone – Attorneys appointed under a Lasting Power of Attorney (see 19), family, carers and professionals – a

clear idea of the things that are important to you, if you can't make your wishes and preferences known yourself, for any reason.

An advance statement can cover any aspect of your future health or social care. For example:

- how you want your vegetarianism, and any religious or spiritual beliefs you hold, to be reflected in your care
- where you would like to be cared for – e.g. at home or in a hospital, a nursing home, or a hospice
- what might help you feel relaxed and comfortable should you need to receive care or treatment at home or in hospital
- how you like to do things – e.g. if you prefer a shower instead of a bath
- concerns about practical issues – e.g. who will look after your pets if you become ill.

You can make sure people know about your wishes by talking about them. By writing your advance statement down, you can help to make things clear to your family, carers and anybody involved in your care. We have provided a sample template on pages 14 and 15.

WHO MAKES AN ADVANCE STATEMENT?

You write an advance statement yourself, as long as you have the mental capacity to make these statements. You can write it with support from relatives, carers, or health and social care professionals.

It will let everyone involved in your care know about your wishes, feelings and preferences if you are not able to tell them.

You don't have to sign an advance statement, but your signature makes it clear that it is your wishes that have been written down.

WHO SHOULD SEE IT?

You have the final say in who sees it. Keep it somewhere safe, and tell

people where it is, in case they need to find it in the future. You can keep a copy in your medical notes.

WHAT IS A LASTING POWER OF ATTORNEY?

As a second part to the advance care planning process, if there is someone that you trust to make decisions for you – such as being an advocate for your vegetarianism or veganism – you might like to consider making a Lasting Power of Attorney, or LPA.

An LPA is a legal document that enables you to nominate people you trust (known as your Attorneys) to make decisions for you.

There are two types of LPA. The first type enables your Attorneys to manage your property and money. The second type allows them to make decisions regarding your health and care.

The latter covers a broad range of issues regarding your personal care and medical treatment. It would give your Attorneys the authority to speak up for you and enforce your choices. If there was any confusion about what foods you should eat, the LPA would give them the power to set things straight.

The document has other benefits, too. For example, should your health take a turn for the worse, you may have strong opinions on the type of medical treatment you would want to receive.

Under the 'health and care' LPA your Attorneys would be able to enforce your wishes if you were no longer able to. Without an LPA, the doctors can overrule those wishes expressed on your behalf by your family, if they believe this to be in your best interests. And if conflict arises, this may result in your family having to make a costly and time-

How to make a Lasting Power of Attorney

You can make an LPA online or using paper forms. Either way, you must get other people to sign the forms, including the Attorneys and witnesses. You can get someone else to use the online service or fill in the paper forms for you, such as a family member, friend, or solicitor. You must also register your LPA or your Attorney won't be able to make decisions for you.

To make an LPA online, visit www.gov.uk/power-of-attorney/make-lasting-power Alternatively, ask the Office of the Public Guardian about help you can get if you don't have a computer or internet access. Contact them on 0300 456 0300.

In short: making an LPA is appointing someone that you trust to act as an advocate on your behalf in the future. Of course, it is also important to make your wishes clear to your Attorneys while you have capacity. This is where other parts of the Advance Care Planning process come in – such as advance statements (pages 14 and 15) and living Wills.

consuming application to the Court of Protection to resolve the matter.

LIVING WILLS (OR 'ADVANCE DECISIONS')

Additionally, as part of the Advance Care Planning process, you could consider making an Advance Decision (often referred to as a 'living Will').

This is not the same as the advance statement on pages 14 and 15. Rather, it is a set of comprehensive and legally binding instructions on how you would want to be cared for in certain situations. It is specific, meaning that you can set out what should happen if particular issues occur.

For many people, the priority tends to be detailing the

circumstances in which life-sustaining treatment should be provided or refused. But other statements in an Advance Decision document might include your thoughts on receiving sedation or pain relief, being artificially fed or hydrated, or receiving antibiotics.

Healthcare professionals have to follow an Advance Decision if they are aware of its existence, it is valid, and it is applicable to the situation in hand.

It may be appropriate to make both a lasting Power of Attorney and also an Advance Decision. However, it is important to take proper advice on the order of drafting and how the two interact so as to ensure that one does not invalidate or overrule the other.

PROTECTING CONTROL OF YOUR FINANCES

Of course, there are many other important issues that planning ahead can generally help with. Making an LPA to cover your financial affairs is essential. If you were to lose your mental capacity in the future, who would manage your bank accounts and ensure your bills are paid? Who would safeguard you from possible abuse when you are most vulnerable?

Without an LPA nominating the people you trust to deal with these things, your loved ones again may be left with no option but to make an application to the Court of Protection. The costs associated with these applications far exceed those for making a Lasting Power of Attorney. It is important to note that the Court process can take many months to complete and you do not get to choose who makes the application. Making a Lasting Power of Attorney gives you control over what happens to you and who is involved.

AFTER YOU'VE GONE

It is not just planning for your own lifetime that is important; you should also consider what will happen when you die. It will be your family and loved ones who are left to sort out your affairs and leaving a comprehensive Will can make this process so much easier for them. Even if you have made a Will previously, it is still necessary to review the document regularly to check that it continues to achieve

“It is important to take proper advice on the order of drafting a Lasting Power of Attorney and an Advance Decision, and how the two interact so as to ensure that one does not invalidate or overrule the other.”

your objectives. Family dynamics may change over time, people may predecease you, and additional beneficiaries may be born. Your financial position could change, meaning that you may want to alter the gifts people are to receive.

If you do not have a Will, or your Will is poorly drafted, this potentially results in your assets passing to distant family members (or even to the state) under the rules of intestacy.

For this reason, many people will benefit from having a properly qualified solicitor assist with the drafting of the Will. They will know

Find a legal adviser or solicitor in your area through:

- The Law Society if you live in England or Wales
www.lawsociety.org.uk/find-a-solicitor or call 020 7320 5650
- The Law Society of Scotland
www.lawsocot.org.uk/find-a-solicitor or call 0131 226 7411
- The Law Society of Northern Ireland
www.lawsoc-ni.org/solicitors or call 028 9023 1614

what questions to ask and how best to achieve your aims. They will also be able to advise you on whether there are any wider issues you should be considering, such as estate planning or tax mitigation.

Of course, the main purpose of making a Will is to ensure that your family are taken care of and that the administration of your estate runs as smoothly as possible for them. If you have a number of beneficiaries and your finances are complicated, it may be especially important that you get a qualified solicitor to draft your Will.

You may have concerns that your estate will have to pay inheritance tax when you die – broadly, anything you own over £325,000 at the date of your death will be

subject to tax at a rate of 40%, unless you leave assets to exempt beneficiaries. Often there are legitimate means by which to mitigate tax and taking advice from your solicitor and independent financial adviser could help maximise the amount that is left for your chosen beneficiaries.

There are many things to consider and the task of forward planning may seem daunting. However, with the right advice and assistance, you can formulate an effective plan of action. It is your future, so why not take charge of what happens?

My home

OLDER PEOPLE AND HOME

Housing is an important issue for the growing population of older people in the UK – for the simple reason that the vast majority of us are homeowners.

In England, an amazing 73% of over-65s are homeowners, and the majority own their home outright with no mortgage. In many ways this situation brings advantages, such as security, or knowing that through selling your house you could free up a significant sum of money.

However, our homes can also cause difficulties as we age. Regular maintenance can become challenging, and older properties can be expensive to heat. Furthermore, a change in personal circumstances, such as children moving out, or bereavement, can lead to you living in a home that feels too large for your needs, especially if you are now living alone.

If you feel isolated, you are certainly not alone. Loneliness is a major problem, with an estimated 3.5 million over-65s living alone. Of these, 70% are women.

While the obvious solution may be to downsize or move to a different type of home, these decisions are



never straightforward. You are likely to have strong personal memories connected to your home and may be attached to the area in which you live. Another drawback, which affects everyone, is that moving house can be stressful.

The good news is that there are now more housing alternatives available for older people than ever before. And many organisations offer advice and a helping hand when making your decision. Here are just some of the options available.

I WANT TO STAY IN MY HOME

If you want to stay in your own home, then a number of steps can make your life easier. How about sharing your home with a friend or a lodger? Not only could this help with bills, but there is the added benefit of company and knowing that help is at hand should you need it.

If your worries are solely financial then you might be tempted to consider a scheme known as equity release. Through this scheme you effectively release money from your home by taking out a mortgage secured on your property, while you retain ownership. Detailed guidance on equity release can be found through the Government's Money Advice Service www.moneyadvice.service.org.uk/en/articles/equity-release (or call free on 0800 138 7777).

A number of organisations might also be able to help with home maintenance and repairs. An excellent starting point is Foundations (www.foundations.uk.com or call 0300 124 0315). Foundations is an organisation appointed by the Department of Communities and Local Government. It oversees a network of nearly 200 home



improvement agencies and handyman providers across England.

And don't forget that Vegetarian for Life offers grants to help older veggies and vegans with independent living, e.g. to help with a stairlift, repairs, or even double-glazing ([see page 12](#)).

If you require care to make it possible for you to remain in your home, then an increasing range of services are available. Local councils are focussed on supporting people in their own homes. Your first step would be to have an assessment by the Social Services team from your local authority. If they decide that you do need care, a decision will also be made regarding how much you can afford to pay towards the cost of services, while still having enough money to live on.

If you are going to be funding your care privately, then you can search for a local home care provider through the UK Homecare Association (www.ukhca.co.uk or phone 020 8881 8188). VfL's online Community Noticeboard is at your disposal, too. It's free to use, and many have used it to advertise for a veggie live-in carer. Contact VfL on 0161 257 0887 or via www.vegetarianforlife.org.uk to discuss your needs.

If you are unsure about whether to stay in your current home, then there is an exceptional range of advice available through www.ageuk.org.uk (or call 0800 678 1174). There is also an excellent resource called 'Housing Options

for Older People', which has been put together by the Elderly Accommodation Council. You can access it online at <http://hoop.eac.org.uk> (or call the FirstStop Advice Line on 0800 377 7070).

I WOULD LIKE TO DOWNSIZE

Downsizing is a difficult decision for many people to make. In part this is because we are recognising our age and situation, and it can also make us think about the memories we are leaving behind in our old homes. If entering a more sheltered setting, we might also be anxious about whether or not our dietary beliefs will be understood and respected. For this reason, many people are tempted to delay this decision, and miss out on the opportunity to live in more comfortable and more suitable accommodation.

For anyone choosing to downsize, an important point to consider is that while health may benefit from a move to more suitable housing, the move must be an informed choice, and you must remain in control.

WHAT SORT OF HOMES ARE AVAILABLE TO ME?

If you would like to move to a home where you can live more comfortably and receive suitable support, then there are three broad options available to you. These are sheltered/retirement housing, retirement villages, or care homes.

A good resource to use to begin looking at these types of homes is www.housingcare.org/index.aspx, which has over 40,000 facilities listed online. Alternatively, contact the FirstStop Advice Line on 0800 377 7070.

WHAT IS THE DIFFERENCE BETWEEN SHELTERED ACCOMMODATION AND A RETIREMENT VILLAGE?

In sheltered accommodation, people have their own flat, bungalow or small house. You have your own privacy – and cooking facilities – and



the reassurance of knowing there is usually a warden on site to respond to any emergency.

Retirement villages tend to be larger than sheltered accommodation, often having 100 or more homes. Just as with sheltered accommodation, you have your own privacy and on site warden. However, there are usually more opportunities for activities and a social life so you can lead as active a life as you would like within the village – while maintaining your outside interests.

Some retirement villages also incorporate a care home. This means that if your circumstances change, you can receive extra care and support while remaining within the community that you are familiar with. In early 2016, there were an estimated 120 retirement villages in the UK.

If you have access to the internet you will find a great deal of information about retirement villages. A good way to approach this might be by looking at a provider, such as the Anchor Group (www.anchor.org.uk or call 0808 115 6251). The Anchor Group is a not-for-profit charitable organisation.

You could also look at general advice about retirement housing provided by Age UK (www.ageuk.org.uk or call 0800 678 1174).

CARE AND NURSING HOMES

Care homes are residential accommodation for people who need 24-hour support for personal

care. If the care and support required needs to be provided by a qualified nurse, then accommodation in a nursing home would be more suitable.

You can see how individual care and nursing homes are performing by visiting the website of the relevant national care regulator. For example, see the Care Quality Commission in England (www.cqc.org.uk or call 03000 616161), the Care Inspectorate in Scotland (www.careinspectorate.com or call 0345 600 9527), or the Care and Social Services Inspectorate in Wales (www.cssiw.org.uk or call 0300 7900 126).

If you prefer looking at personal reviews of care nursing homes from people who have relatives staying there, then www.carehome.co.uk is becoming an increasingly valuable resource.

Last but not least, don't forget Vegetarian for Life's UK List. This is a searchable directory of hundreds of care homes that have pledged to cater well and ethically for older vegetarians and vegans. Some even hold VFL's Premium Accredited Membership status – willing to go the extra mile, and have their menus reviewed and published on our website.

To search the UK List, visit www.vegetarianforlife.org.uk/UK-list or call 0161 257 0887 for a print-out for your county.



The 5 most important things to know about ethical investing

by Investing Ethically Ltd

"It makes no sense to invest in companies that undermine our future."
Archbishop Desmond Tutu

Responsible investment has a long history dating back to the 19th century. Its roots can be found among religious movements such as Methodists and Quakers. The first 'modern' ethical fund – the Pax fund – was launched in 1971 to avoid investments in the Vietnam War. And the first UK fund – the Stewardship fund – was launched in 1984 by Friends Provident.

1 ETHICAL INVESTMENTS WERE ONCE SEEN AS 'WACKY' BUT ARE NOW MUCH MORE MAINSTREAM

Over the last 20 years, ethical investment funds have grown from £792 million to over £15 billion invested across 83 different funds.

From starting out by avoiding 'negative' activities such as the arms trade, tobacco and testing on animals for cosmetic purposes, investors can now invest in funds that offer active shareholder voting and high-impact investing. These include social housing, education, and training.

The focus has shifted from avoidance to bringing about change, transparency, and greater sustainability in how companies operate.

Fundamentally, there are four mega trends within ethical investment funds today. These can be either seen as a threat or an opportunity.

Population growth – consumption, housing, transport, education, health.
Ageing population – health, changing habits, housing.

Resource constraints – energy, water, recycling, energy efficiency/consumption, renewables.
Climate change – reducing the impact of climate change on people and the planet.

2 YOU CAN HAVE YOUR CAKE AND EAT IT!

The myth that you cannot make money from investing your money ethically is well and truly busted. Ethical funds deliver top quartile returns and you do not have to compromise on your financial security. There are now almost 100 green and ethical funds available to UK investors, out of 2,000+ funds available. Therefore, it may be harder to spot them. Many mainstream financial advisers don't necessarily understand how funds are screened and the implications of this.

3 IT'S NOT ONE SIZE FITS ALL

With the growth of ethical investment, ethical funds have adopted different approaches. There are vegan funds, renewable energy funds, environmental funds, and funds including social housing and micro-finance investments.

Many of our clients want to invest in co-operatives and small social enterprises. The options here are slowly increasing, although it is important to remember that companies have to be investable. And for ethical investment funds, investments have to be 'liquid-able' so that investors can withdraw their money when they need it.

Crowdfunding and venture capital is a much higher risk option for investors, but can be rewarding from an ethical point of view.

4 ACCESSING ETHICAL INVESTMENTS IS NOT DIFFICULT

Most ethical funds are available through investment platforms. So even if you have existing investments that are not ethically screened, they can be easily switched. There is a wealth of information about ethical funds on the internet. You may wish to seek financial advice before you invest, and make sure the funds are in line with both your ethical concerns and your attitude to risk.

5 ETHICAL INVESTMENTS REALLY WORK AND THEY MAKE A DIFFERENCE

Most of the clients we advise have a starting point that they don't want the money to do harm. They want to encourage businesses to become more sustainable and transparent at every level (environmental, corporate governance, labour relations, and others).

Fund managers and analysts of ethical funds will spend much time meeting with the companies they invest in. They will vote at company AGMs (annual general meetings) and they will lobby across the industry on certain issues. Examples include human rights, democracy and development in Burma and the recent Modern Slavery Act in the UK.

WHAT YOU DO WITH YOUR MONEY MATTERS!

Investing Ethically Ltd are ethical investment specialists and are always happy to have an initial chat on the phone without charge. Please call 01603 309020.

Alternatively contact debbie@investing-ethically.co.uk for a free brochure, or visit www.investing-ethically.co.uk

An audience with...

Fran Hall, CEO of The Good Funeral Guide talks to Mike Ashbridge about matters of life and death

Q When arranging a funeral, what are the main questions that I should ask a funeral director?

Firstly, it is important to take your time – not only in choosing a funeral director to help you, but to think about what you want from the funeral. Making decisions when someone close to you has just died can be overwhelming, and people often find themselves making funeral arrangements quickly because they feel they need to get things sorted. But there is no rush.

There is a great free download available from the Natural Death Centre called 'Questions to ask a Funeral Director'. It covers the most important questions that will help you make a decision and determine what matters to you most. Visit www.naturaldeath.org.uk or call 01962 712 690.

Q What decisions make the most difference to the cost of a funeral?

The most important decision is

choosing the funeral director to help you. A few minutes looking on price comparison websites such as

www.yourfuneralchoice.com (or call 01983 754 387) will show you comparative prices for the same service from all the local funeral directors. Shopping around could save you £1,500+ for exactly the same end-result.

You can purchase a coffin directly from a supplier and have it delivered to the funeral director, saving the mark up. You can meet the funeral director at the crematorium or place of worship rather than using a limousine to travel. Or you could arrange for the coffin to be in place when you arrive so that you don't pay for a hearse to transport it.

There are also companies that offer direct cremation for less than £1,000, rather than the £3,000–£4,000 cost of a more traditional funeral ceremony.



Q How much can I do myself?

Absolutely everything – there is no need to enlist the services of a funeral director at all if you don't wish to.

Some families feel strongly that they want to care for the person who has died, and this is perfectly legal. The law simply requires that the death must be registered and the body be disposed of (by burial, cremation or any other means).

In this case, families may need some help with logistics such as collecting the person who has died from the place of death and/or keeping the body cool until the funeral. Many undertakers are happy to offer as much or as little assistance as you require and will only charge for the services they provide. Often they will be able to offer advice free of charge.

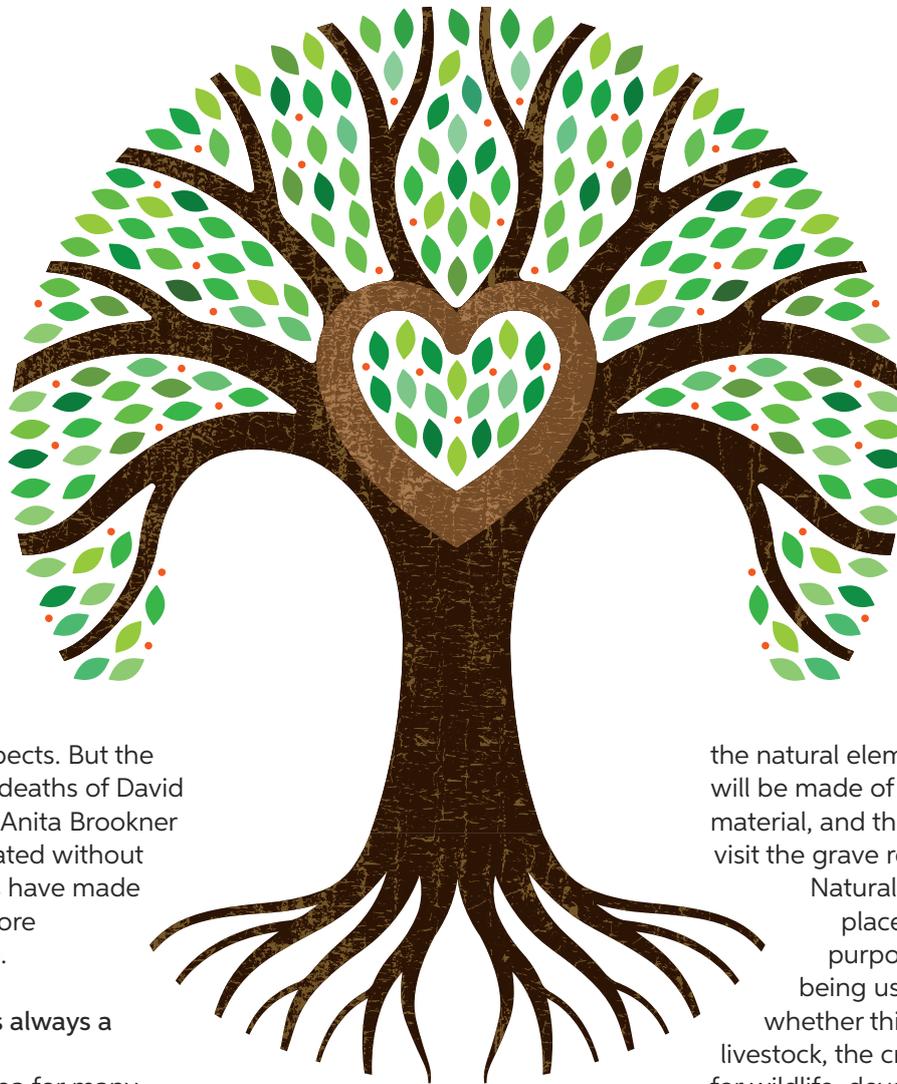
For a list of helpful funeral directors, see The Good Funeral Guide www.goodfuneralguide.co.uk (or call 07557 684 515), and The Natural Death Centre Charity www.naturaldeath.org.uk (or call 01962 712 690).

Q Does there need to be a funeral ceremony?

No. In a word.

Many people feel that a funeral ceremony is necessary to honour the life that has ended, to provide ritual and comfort for the bereaved, and to assist with the grieving process. And that it is something





that our society expects. But the recent high profile deaths of David Bowie, Prince, and Anita Brookner who were all cremated without funeral ceremonies have made direct cremation more publicly acceptable.

Q Are funeral plans always a good idea?

They are a good idea for many people who have been alarmed by reports about the rising cost of funerals. However funeral plans are part of a profit-making business and so there are many reasons why a funeral plan might not be a good idea:

- The Financial Conduct Authority (FCA) does not regulate the funeral planning industry.
- The full cost of the funeral is rarely completely covered. While the funeral director's costs are covered by a funeral plan, third-party costs such as cemetery or crematorium fees may need to be paid at the time of death at the current rate.
- A funeral plan ties a family into using a specified funeral director rather than selecting a low cost, often cheaper, independent undertaker.
- A funeral that is covered by a funeral plan can leave little or no involvement for the bereaved family, because they are presented with a chosen plan.

There is however, one exceptionally good funeral plan available on the market in my opinion – the Good Funeral Guide Funeral Plan. Created in partnership with Open PrePaid Funerals Ltd, there is nothing else like it. Think of it as a pot into which you can put up to £20,000 for a funeral, your own or anyone else's. Up to four other people can share the pot, each contributing up to £20,000. Currently the growth rate is 4% pa. Read all about it here: www.gfgplan.co.uk

Q What are green funerals?

A green funeral is a funeral that has minimal impact on the environment. This can be interpreted in many ways, but a green funeral is generally accepted to be the burial of an unembalmed body in a shallow grave in a natural burial ground, with a coffin or shroud made of biodegradable material to enable the body to swiftly return to

the natural elements. Any memorial will be made of biodegradable material, and there is no need to visit the grave regularly to tend to it.

Natural burial grounds are places that have a purpose other than just being used for burials, whether this is the grazing of livestock, the creation of habitat for wildlife, development of nationally scarce wildflower meadows or the establishment or improvement of woodland.

Q Are green funerals available everywhere in the UK?

With around 300 natural burial grounds now open in the UK there is probably one within reach of most people. Although, if you have to travel a long distance to carry out the burial this would make it less 'green' as an option.

Q And finally, what is the Good Funeral Guide?

It's a not-for-profit social enterprise company. It's a website, a book and a blog – a completely brilliant concept created by Charles Cowling.

It is a guide to arranging a good funeral, and it covers every aspect of organising a funeral with intelligent, no nonsense advice.

It is wholly independent of the funeral industry and is dedicated to supporting, empowering and representing the interests of dying and bereaved people living in the UK.

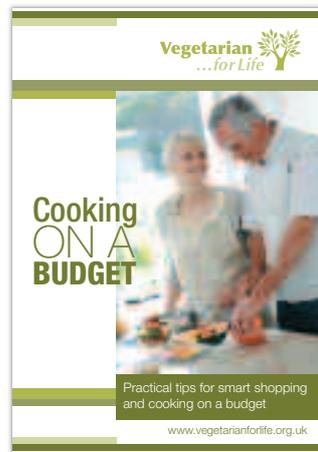
We're coming to your rescue...

VfL publishes guides and recipe booklets for every occasion, from Burns Night and Valentine's Day to Diwali and Christmas. You – or your veggie service users – need never feel left out of the celebrations. Here is just a selection...



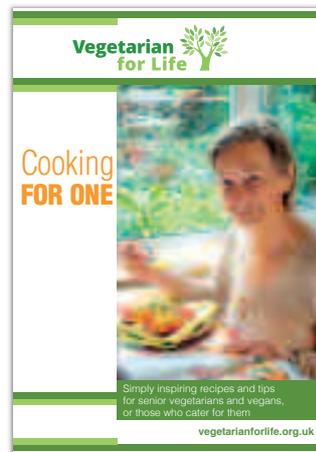
Dinners to your Door

Having ready meals delivered directly to your home has become an increasingly popular choice for many people across the UK – particularly those who are more frail. Dinners to your Door shows it's possible to enjoy the convenience of these meals without having to compromise your vegetarian or vegan principles.



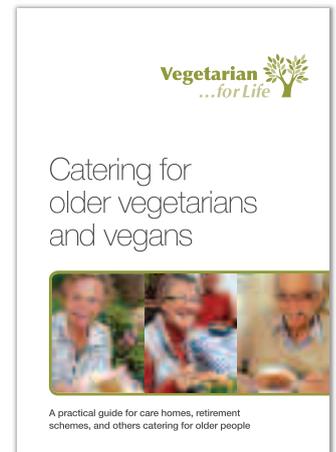
Cooking on a Budget

Our 32-page guide for older adults who are adjusting to living on a pension or who are just money-saving scimpers! Packed with practical tips for smart shopping and cooking on a budget, the guide explains how to make real savings by planning, savvy shopping and cooking, and sensible storage. Whatever your reason for reading the guide, you can still have fun while saving money.



Cooking for One

Cooking for one is often the reality for many older people. So we have developed a recipe booklet especially for senior vegetarians who cook for themselves. Most of the recipes are easy to make. The ingredient quantities are mostly for one or two servings. But it's easy to double the quantities if you are cooking for more people.



Catering for Older Vegetarians and Vegans

Our Catering for Older Vegetarians and Vegans guide makes it easier to make meals an enjoyable experience for vegetarian and vegan diners. It outlines why anyone becomes vegetarian or vegan and contains catering tips for busy cooks and a 4-week menu planner. Written especially for establishments that provide meals for older adults.

Festive Recipe Selection

Stuck for inspiration? Our festive recipe pack will see you through any occasion.



For a free copy of any of our guides, please visit our [website](http://www.vegetarianforlife.org.uk) or call 0161 257 0887

With a little help from my friends...

If you don't need support right now, could you spare a little time to help someone who does?

Friends of Vegetarian for Life are vegetarian or vegan people who work voluntarily to help raise awareness of the charity and its work. Their brief is wide and interesting because they will be in contact with both individuals and care establishments. The very positive impact of supporters who believe strongly in the charity's objectives cannot be overestimated. You can really help us to make a difference to someone's life!

Here are just a few examples of the ways in which Friends can help the charity:

- Visiting local care homes and encouraging them to become UK List members.
- Alerting Vfl head office to local news stories that concern the diet of older people or relate to good and bad examples of how care establishments cater for older vegetarians and vegans.
- Distributing Vfl posters and flyers to places where they will be noticed e.g. doctors' surgeries, farmers markets, health food shops and lunch clubs.
- Speaking to local groups and organisations to find out if they would like to have a Vfl staff member come and talk to them about the charity's work.
- Helping us to man stands at exhibitions, fêtes and fairs.
- If you visit a hotel or eatery and find they are veggie friendly you could always write about your experience on our blog.
- We are always looking for fresh

ideas as to how to promote our work – if you have an idea, no matter how crazy it seems we would love to hear from you.

- Do your local papers have a food or community section for which we could submit an article?

HOW TO BECOME ONE OF OUR FRIENDS

If you are interested in becoming a Friend please get in touch. You can either fill in the application form on our website or we'll send you a paper copy in the post.

The form is easy to complete and asks you some very basic questions, such as your name and contact details. It also asks you about what particular areas of our work interest you. This can help us to get you involved in ways that really appeal to you.

After we have received your form you will be phoned by the relevant regional Director. This call will explain all aspects of the charity's work and answer any questions that you may have. It's also a personal welcome to the Vfl team!

The Vfl Friends support pack

If you decide to become a Vfl Friend then we want you to feel you are becoming part of our team. We also want to let you know just how much we value your work.

So to get you started, you will receive:

- A funky Vfl Friend lanyard.
- A full set of our printed publications.
- Contact details for the Vfl Director for your region so you can quickly get an answer to any query you might have.
- A free Vegetarian for Life cotton shopper bag.

We also offer Friends a discount on all Vfl merchandise. Why not treat yourself to one of our Vfl cotton bags and really get noticed?

For more information, visit www.vegetarianforlife.org.uk/friends or call us on 0161 257 0887.



Shop for Life

Vegetarian for Life is a registered charity and you can support our work by making a donation or leaving us a legacy in your will. There are other ways you can support what we do, and we have some suggestions on this page.

Vegetarian for Life apron

£19.99 plus P&P. Available in purple or aubergine

- 65% polyester, 35% cotton
- Machine washable up to 60°C
- Tumble-drier safe
- Design will survive being ironed!



Vegetarian for Life cotton/organic cotton shopper bags

£3.99/£5.99 plus P&P



ebay

VfL is on ebay for charity. If you sell or buy on ebay you could consider making a donation via ebay. We'd also be happy to accept small items to sell on ebay to raise money directly for our charity. Please contact us if you would like any further information.



Everyclick

You can also help us by using Everyclick. Everyclick is a search engine that gives half of the revenue it generates to charity. Use it to raise money for Vegetarian for Life whenever you search the web. There's absolutely no charge to you or to us. Make Everyclick your favourite search engine and use Everyclick for all your searches. www.everyclick.com/vegetarian-for-life/1120687/0



Give as you Live

You can help Vegetarian for Life by using Give as you Live to make online purchases from a variety of online stores, such as Amazon, M&S, Argos, John Lewis and more. It won't cost you more but we will get a referral fee every time you use it.

www.giveasyoulive.com/join/vegetarian-for-life/1120687/0



Giveacar

Do you own a vehicle that you want to dispose of? Then you can make a real difference to our charity this year! Giveacar is a UK based fundraising organisation that organises car donation for good causes in the UK, including our own. To arrange donation of a car visit Giveacar or call 020 0011 1664, quoting Vegetarian for Life as your preferred charity.

www.giveacar.co.uk/charities/vegetarian-life



ecotricity

Switch your energy supply to Ecotricity and not only will you be using green energy at a fair price but as a thank you they will donate up to £60 to Vegetarian for Life.



Quote reference **VFL1** if you call them on **08000 302 302**

Vegetarian for Life shop
www.vegetarianforlife.org.uk/shop