

# WINTER 2013 NEWSLETTER



## COMMUNITY ALARMS SOUTH LAKELAND

**Welcome** to our winter newsletter. We hope you enjoy reading it.

- **Did you know** that we can now provide extra sensors linked to your Community Alarm? If your situation has changed since your unit was installed and you feel you might need extra features (for example a smoke detector), call us to discuss your needs.

- **Great news** for people living in and around Barrow and Ulverston – we are now working in partnership with the Community Response Service. If you are struggling to find friends or helpers to respond if you press your pendant Paula Palmer and her team can be on standby. Call us, or Paula (07871 167981) for more information.

- **Do you have a keysafe?** Please ensure that your emergency contacts have the code number. Our Control Centre are only allowed to divulge your keysafe number to the emergency services.

With very best wishes from us all.

### Some recent comments from our clients.

'Never mind me – if this gives my family peace of mind, it is worth every penny.'

**Mrs L, Kendal**

'Thank you very much for the alarm box. I've never had to use it but it makes me feel much safer.'

**Mrs T, Levens**

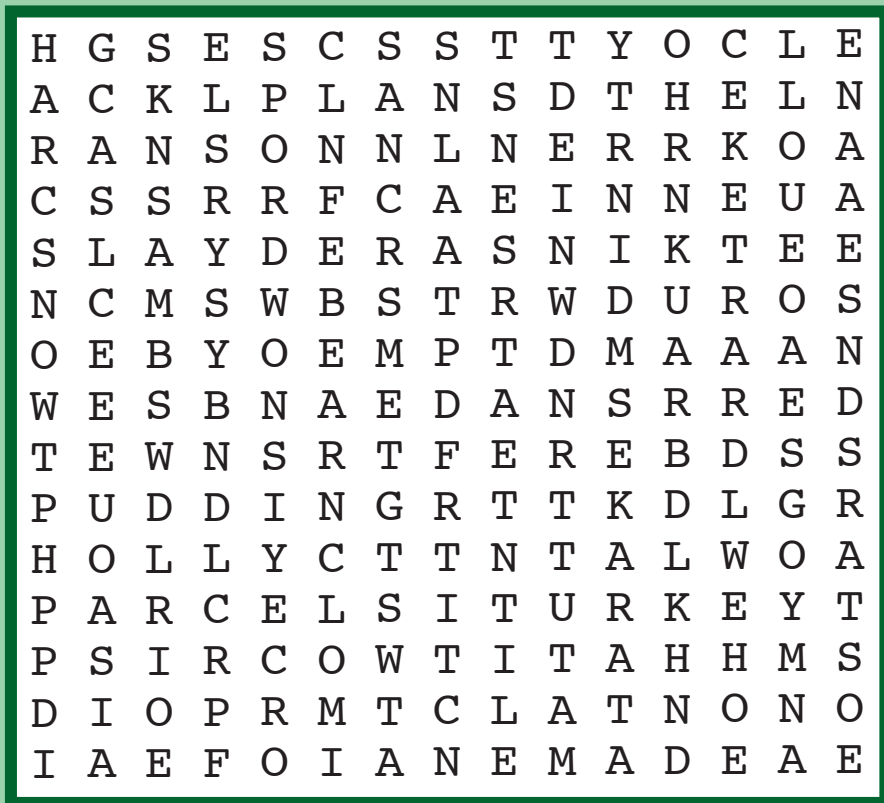
We have produced a new pack which includes information about your alarm unit and the service we provide to you. During the coming year we will visit everyone and give you a copy. In the meantime the information will be available on our website.

[www.lakelandalarms.co.uk](http://www.lakelandalarms.co.uk)

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# WORDSEARCH - AUTUMN AND WINTER



Find the following 21 words that are hidden in the grid.

They could be hidden in any direction!

CRISP, SPARKLE, FROST, TREES, DARKNESS, SNOWDROPS,  
CHRISTMAS, AUTUMN, WINTER, PUDDING, CAKE, TURKEY,  
CARDS, CALENDARS, BRANDY, HOLLY, PARCELS, STARS, SNOW,  
TWINKLE, CAROLS.

## REMEMBER!

- Please test your equipment once a month. Press your pendant.
- Make sure your contacts are up to date – this is very important.
- Do not unplug your alarm unit.
- Please ensure your contacts have your keysafe number.



## A WEED TOO FAR

Mrs Bailey was pottering in her garden, enjoying the autumn sunshine. She'd done a bit of tidying up and was just heading back to the house when she spotted a straggly weed at the back of the border, tangling its way up through the hedge. If she could just reach it... She leaned across, planting one foot on the soil and -

'Oh heck!' Mrs Bailey gasped as she overbalanced and found herself sitting in the middle of her flowerbed surrounded by marigolds.

'Oh good heavens. Now what do I do?' she thought, doing a quick check to make sure there was nothing broken. Luckily her landing had been soft and there didn't seem to be any damage, but she couldn't manage to get up without something to grab hold of. She felt pretty shaken and rather panicky.

'Deep breaths, she thought, 'That's what they tell you to do. Deep breaths and try to relax.' She gathered her wits and suddenly remembered; 'I'll press that dratted button the girls make me wear. Let's see if it works. I don't suppose it'll be any use when I'm in the garden though.' She fished her pendant out from inside her cardigan and pressed the red button. Nothing happened.

'There,' she thought grumpily, 'The one time I need it and it doesn't work.'

'Help!' shouted Mrs B, 'Help! I'm stuck!'

In the distance she heard her telephone ring. What a to do. How was she going to get up? Jane wasn't coming for another few hours and although the marigolds were pretty, she didn't much fancy sitting in them for that long. What on earth was she going to do?

A few minutes later the garden gate opened and in came Jane.

"Mum!" she called, "Mum, where are you?"

"Over here, love. Amongst the marigolds. I'm stuck!"

Jane helped her mum to her feet and they went inside to put the kettle on.

"Why did you come so early?" asked Mrs Bailey.

"You pressed your button. A lady from the monitoring centre rang me. She said they were worried about you as you'd pressed your pendant and they couldn't hear you or get you to answer the 'phone. I came straight away. Good job I did!"

"Eeeh," said Mrs B, "Fancy that. I could've been sitting in that flower bed for hours."

"Well you did look a picture," smiled Jane, "but I'm very glad you didn't have to sit there for too long. Perhaps you should leave the extreme weeding to me, in future?"



## RECOMMEND A FRIEND SPECIAL OFFER

If you like our service why not recommend us to your friends? For every person you refer we'll give you a £20 M&S voucher. Fill in the form and return it to us. If your friend decides to have an alarm we'll give you an M&S voucher to spend on a little of what you fancy.

If you need more forms, give us a call.

My name .....

My address .....

.....

Post code .....

Friend's name .....

Address .....

.....

Post code .....

Telephone .....

(Please don't send this back without checking that your friend would like an alarm. We certainly don't want to be a nuisance!)

Voucher code CASL02



## JOAN'S TEA BREAD



This is a very easy recipe. Just use a standard sized tea cup for the measure.

### INGREDIENTS

1 cup of mixed dried fruit

1 cup of sugar

1 cup of water

2 oz butter or margarine

1 tsp bicard

Put into a pan, stir and bring to the boil  
- simmer for 15 minutes

Cool the mixture a little, then mix in -  
1 beaten egg  
2 cups of sifted SR flour

Put into a greased 2lb loaf tin and cook  
for 45-50 minutes, gas 4 (350°C)

Delicious sliced and buttered with a cup  
of tea on an autumn afternoon.