

Issue 1, July 2022



The Senior Press

A magazine made by older people

*Featuring memories, self-portraits & advice for
the younger generations*

InCommon

Hello!

Welcome to *The Senior Press* – a magazine made by older people who take part in InCommon’s programmes. In these pages, you’ll find memories, advice and even a few self-portraits from older people who are currently living in retirement housing. Let’s start with some introductions. On the right is Mavis, drawn by one of the InCommon team. Her favourite food is rice and peas with chicken – it’s her number #1 Jamaican dish, along with ackee and saltfish. Now to introduce you to a few more of our contributors...



When I was younger I was always asking questions and my Dad was very good with me. I had a very happy life and my brother was very good with me as he was 10 years older than me and I had a wonderful Mum as well I was a very lucky girl

from
Gwen

Hello I'm IRIS,

For 20 years I was a SCHOOL DINNER LADY

I really enjoyed doing it. I often see the children who I used to look after, all grown up now.

I am now 89. For many years I lived in Thamesmead, where I did lots of interesting things. I am most proud of the town shows I ran, with lots of stalls and entertainments. I also organised Christmas parties and Royal Wedding parties for the children. It was great fun to do.

I enjoy watching TV and listening to the radio and having a chat.

My name is Daphne and I am 93 years old.

When I was a child, life was hard. I had to assist my mother and father in completing chores. The best one was collecting the fresh eggs from our chickens; they tasted so lovely. When I got married and had my two children, they inspired me to make life better for them, so I took on working for other people. I did cleaning, scrubbing floors on my hands and knees and shopping to make extra money, but I also enjoyed it.

Now I enjoy a quiet life, completing my crosswords, colouring pictures and cross-stitching. I also compete in our scheme quiz. All these things help to keep my mind active.

Meet our older writers

Here, you'll meet more of the older people who have contributed to this magazine. The drawings are by older residents, staff at retirement housing and young people we work with.



Lorna

I like to cycle. My favourite instrument is the flute. One of my hobbies is crocheting.



Geraldine

I like fruits and I love to cook. I'm from the Caribbean.



Isadora

My favourite food is barbecue chicken. My favourite colour is pink. I love cats.

My name is Teresa

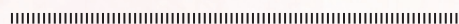
I have a nose
piercing!

I'm from
Portugal and I've
lived here for 10 years



Wilfred

I am a former professional boxer and I also used to be a laboratory assistant. I am from Nigeria, and I've lived in East London for 25 years. My favourite colour is blue and I love cooking.



Memory lane

We asked our contributors to take a trip down memory lane and tell us about when they were younger. In some cases, the young people from Spotlight interviewed older people and documented their responses.

Ken

I used to party a lot. I like to dance calypso with a steel band. We used to have a carnival every year. We chose a King and Queen of the carnival we picked each year and they got a crown and paraded around the town in Trinidad.

Robert

MY FIRST JOB WAS AS A TELEGRAM BOY

I left school when I was 14. That was in 1945. My first job was as a telegram boy. I had a bicycle which was owned by the Margate Post Office and I was in charge of cleaning it everyday when it got dirty. The Second World War was still on at this time. I'm sure someone you know can tell you what a telegram was. My first pay was the equivalent of 80p today! *By THE WAY I AM AGE 90*

Eileen

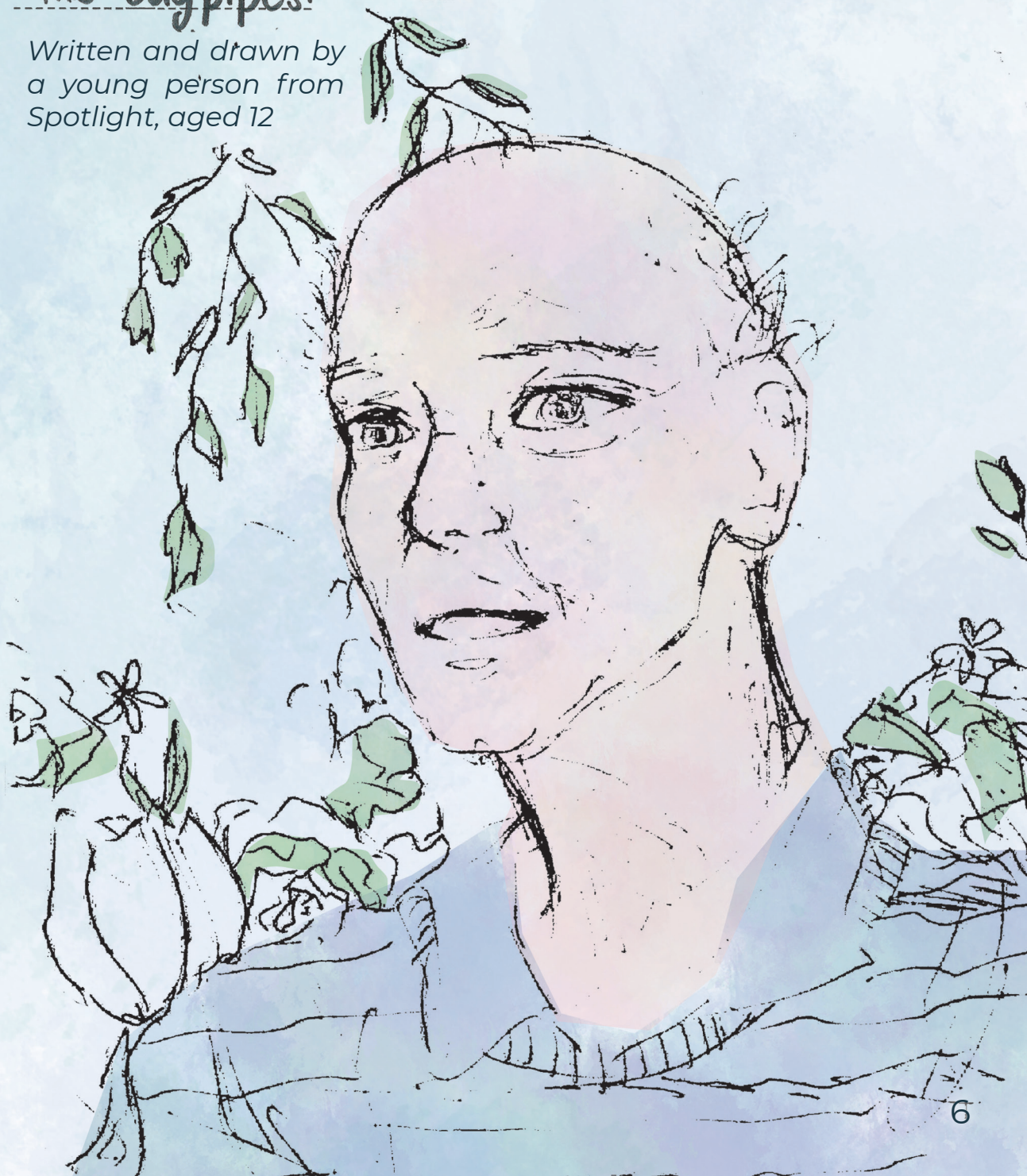
In there days when something bad
will happen a siren will be triggered and
everyone will need to go find shelter.

One of there good memories was fighting over
the radio with her brother.

Written by a young person from Spotlight, aged 13

George was inspired by his father who was in the army for 28 years. When George was three his mother passed away. George's father then looked after George and his four siblings. His dad played the bagpipes. When George joined the army he picked up the bagpipes.

*Written and drawn by
a young person from
Spotlight, aged 12*



Our favourite fashions

We asked our older contributors to tell us about their favourite fashions over the years...



Moni

I have always loved dressmaking and recently made two nice tops to wear with skirts or trousers.

Pamela

I love platform shoes - I'm not very tall so they're a Godsend and they're comfy to walk in. I still have a pair that I wore to my step daughter's wedding. Another one is denim - even to this day I always wear jeans! When I was younger I used to wear a denim bib and brace (dungarees) or my denim jacket. To have a denim jacket you were the bees knees! It was even better when they had emblems or jewels on them.

Maria

I used to wear a lace dress on the top, a long flower skirt, and a bow in my hair. It was my favourite dress, which I wore to any party.

Pat

I wore mini skirts, stiletto heels and thick black eye liner!



Getting older

how I feel about getting older

Well, some people may say getting older is scary. But I don't feel like that. I made a choice to live in independent living as I am 65 years old now. I love being with older people than myself as I look to them as inspiration.

Getting old doesn't have to stop
you doing the things you like

We do a lot of activities here and also have entertainment. A lot of the residents here are much older than me but that helps me to see that getting old doesn't have to stop you doing the things you like. In fact, it gives you more enthusiasm to carry on.

So I am not afraid of getting old. I just carry on every day and am thankful for every day too. I hope you enjoy reading this and take note of it cos getting old is not so bad.

Sending all my love
Pam

Kenneth

The most rewarding thing about getting older is that you become wiser. The mistakes you made when you were younger... you learn from them and grow from them, so that you learn not to make them again!

Advice for the younger generations

Bett

One of the most important lessons to learn is kindness, to other people, especially to people who may seem different to yourself.

When we are little, we have lots of friends. Sometimes it is nice to look around you and maybe you'll see someone who is shy... it's nice to include them with something you're doing.

It's also important to learn good manners. It costs nothing and is very nice for the people around you. Although it might be boring, try to listen to the advice given to you by your parents and teachers. It really helps as you get older. Work hard at school because having a good education is a real privilege which will never be wasted. So many children all over the world don't have a chance to go to school and learn the things you do.

Most of all, make the most of the opportunities you get along the way. Try new things, meet different people and have a happy life.

Michael

Always talk to other people
Enjoy yourself
Find a spot that you like
Stick to it
Look after your mum and dad

Puzzle corner

In this wordsearch, Brian has listed 13 things which he didn't have as an 8-year-old, but which most 8-year-olds today would recognise! Can you find them all?

A	B	D	E	E	Q	Y	S	P	Q	P	L	FIND 13 THINGS I DID NOT HAVE WHEN I WAS 8
S	E	P	T	A	L	T	T	K	Y	E	T	
Q	P	I	Z	I	C	E	C	R	E	A	M	— 4 —
P	Z	Q	O	T	O	L	G	P	T	C	Q	COCOPOPS
L	U	N	P	S	C	Z	L	T	N	H	W	COMPUTERS
B	U	T	G	Z	O	R	A	N	G	E	S	E. MAIL
W	A	T	S	A	P	Z	P	Q	W	S	L	ICECREAM
H	P	A	Q	Y	O	G	T	Z	L	U	P	LAPTOP
I	L	B	Z	N	P	G	O	Q	T	Z	T	MOBILES
T	Z	L	C	L	S	Z	P	Q	G	A	B	NHS
E	G	E	W	Y	L	Z	T	D	Z	C	G	ORANGES
B	Y	T	E	L	E	V	I	S	I	O	N	PEACHES
O	L	S	T	Q	M	D	L	D	Q	M	D	TABLETS
A	D	P	L	T	A	Q	D	T	Z	P	D	TELEVISION
R	G	M	O	B	I	L	E	S	K	U	P	WATSAP
D	Z	G	G	Q	L	P	N	G	P	T	T	WHITEBOARDS
S	G	Q	N	H	S	G	U	Z	Z	E	G	
L	L	A	T	D	T	Q	S	L	N	R	L	

Thank you

Thank you to Brian for suggesting that we create this magazine. We were taking part in an intergenerational call, during which a child was surprised to learn that Brian had had a job at the age of 15. After the call ended, Brian suggested that we might compile a collection of older people's memories and experiences, so that the children we work with could read about them in one place.

Thanks to all the contributors to the magazine: Bett, Brian, Daphne, Pamela, Eileen, Evelyn, George, Geraldine, Gwen, Iris, Isadora, Ken, Kenneth, Lorna, Maria, Mavis, Michael, Teresa & Wilfred, and to all the young people, staff and volunteers who interviewed and drew older people for the magazine.

Thank you to our housing partners: Clarion Housing Group, Guinness Care, Mercers Almshouses, Orbit Homes, Peabody, Sovereign Housing Association & Wandle Housing Association.

If you'd like to get in touch with InCommon, you can reach us at [**hello@incommon.org.uk**](mailto:hello@incommon.org.uk).

