



## Autumn edition

To all staff and volunteers

Welcome to the season of the maturing sun, when fruit is ripe and aplenty, and in which Halloween, Bonfire Night and the Pantomime season occurs



# Annual General Meeting 2025

Pensioners Link's AGM proved a good success and inspired all staff and volunteers, giving them every prompt to succeed in the goals, not only of Pensioners Link but of the community and welfare of local people.



First, Mick our Chairman opened the meeting with a speech of thanks regarding the efforts of staff and volunteers alike, of how their field of work has come into fruition.

Kirsty, the manager did an excellent speech concerning all the services and advice that Pensioners Link provide. She also mentioned about the groups and the success they have become. It was good to welcome Jo Platt MP as our guest speaker to the meeting. (below)



## Pensioners Link welcomes our MP Jo Platt to our AGM.



Jo Platt gave an update of the state of play in the town, and what she has planned to develop in the area.

Among the topics discussed was to improve the town centre with new shops and facilities.

Here was an opportunity for those present to voice their views on proceedings, and to raise any issues they have. Jo has our best interests at heart and was delighted to hear from anyone. She will work tirelessly on addressing the people's concerns.

## Pensioners Link welcomes a new team member. **Emma Smith**

Emma has joined the team as our new Homesafe Service Coordinator.

Emma brings with her a wealth of experience supporting older people within a hospital setting, and we're excited for the knowledge and compassion she'll bring to her new role.

Outside of work, Emma enjoys spending time with her family and friends and loves holidays abroad.



## Pensioners Link salute our Lionesses' European Championship success



They didn't just win Euro 2025; they conquered it, overcoming adversity, tactical challenges, and formidable opponents with a blend of resilience and sheer quality - notably as the path to glory was anything but smooth.

Their journey began with a stern wake-up call as a formidable France proved the better side on

our first assignment. England suffered a 2-1 defeat. On evidence of their performance, not many could have dreamt of them retaining the crown.

True champions, however, respond to adversity. Wiegman's tactical acumen shone through as England quickly regrouped. They delivered a commanding 4-0 victory against the Netherlands, with goals from Lauren James, Georgia Stanway, and Ella Toone, showcasing their attacking prowess. This was followed by a comprehensive 6-1 rout of Wales, securing their passage to the knockout stages.

The knockout phase truly tested the Lionesses' mettle. Their quarter-final against Sweden proved to be an epic encounter. 2-0 down after 25 mins, Sweden running riot, only last-ditch interventions saved England from a drubbing, keeping it 2-0 until the last 12 mins. Then all change: Lucy Bronze reduced arrears, soon for Michelle Agyemang to equalise and take the game to a penalty shootout. Goalkeeper Hannah Hampton emerged as an early hero, making crucial saves. We prevailed 3-2.

The semi-final clash against Italy proved another nail-biter. England once again had to dig deep. Behind on 90+6 mins, Agyemang pops up to equalise, and then late in extra-time period. Chloe Kelly secures a 2-1 victory. This pattern of responding in the face of adversity became a defining characteristic of their campaign.

The ultimate test would come in the final against World Champions Spain; a repeat of the 2023 World Cup final, this was set to be a clash of titans in Basel.

Spain took the lead. But England, true to their form, refused to yield. Alessia Russo equalised on the hour, heading in from a Chloe Kelly cross. After a tense 1-1 draw, the contest had to be decided from the spot. England's composure held firm.

Hannah Hampton saved two crucial penalties, and it was Chloe Kelly who once again stepped up to dispatch the decisive spot-kick, sealing a 3-1 shootout victory and confirming England as back-to-back European champions.

Under the astute guidance of Sarina Wiegman who tactically adapted her team throughout the tournament, England's journey was a testament to their resilience, depth and unwavering belief. The Lionesses demonstrated why they are truly the queens of European football.

# Our Poetry Group is doing great guns!

Testament to our volunteer Edith who has emerged as an excellent poet. Edith has inspired people to take up poetry, to discover the surprising benefits it brings.

Testament to our volunteer Edith who has emerged as an excellent poet. Edith has inspired people to take up poetry, to discover the surprising benefits it brings. What members of Edith's poetry group have discovered is that poetry is prompt to express admiration, gratitude and love for those who play a significant role in our lives. Poetry captures human emotions and experiences to inspire feelings of hope, resilience and determination. Poetry uplifts spirits, encouraging pursuit of passions, reminding us of our inner strengths and potential. Poems offer motivation and encouragement, helping us to overcome challenges to maintain a positive outlook. Poetry provides a platform for self-reflection, to explore thoughts and feelings, and ultimately development.



Here are photographs of people who attend Edith's Poetry Group.



# Groups and Activities at Pensioners Link, Leigh

**I/T Drop-in Group**  
10:00 – 12:00



**Exercise Class**  
11:00 – 12:00 and 1:00 – 2:00



**Monday**

**Coffee Club**



10:00 – 12:00

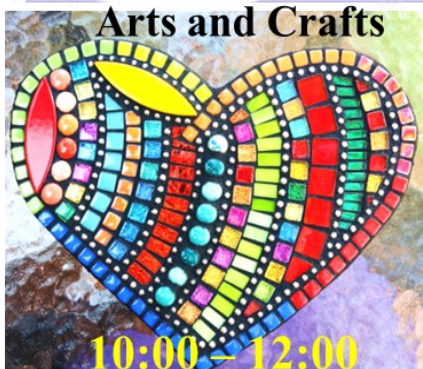
**Poetry Group**



1:00 – 3:00

**Tuesday**

**Arts and Crafts**



10:00 – 12:00

**Knit and Crochet**  
1:30 – 3:30



**Wednesday**

**Art Gang**

10:00 – 12:00



**Movement and Balance**

1:00 – 1:45



**Genealogy**

**Thursday**

1:30 – 3:30

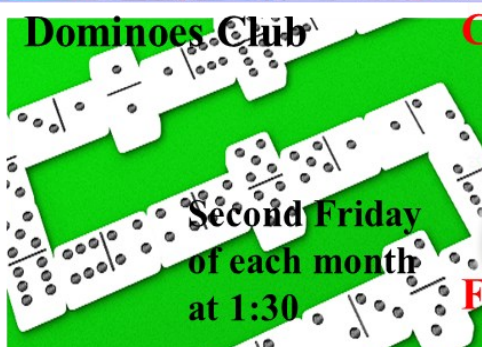


**Walk-and-Talk**  
Thursdays, 11:00



**Dominoes Club**

Second Friday  
of each month  
at 1:30



**Coffee mornings here**

**Fridays 10:00 – 12:00**



As evenings draw in, and cold winds blow, wouldn't you just love something hearty and warm to fill you?

## Bring on the brisket! The Good Food Guide inspires



Here is a superb suggestions for a meal using beef brisket.

First you can't beat a good old Pot Roast, done preferably in a slow cooker.

### Easy to make

Serves 6-8 people.

Preparation time: 25 – 35 minutes

Cooking time: from 2 hours 15 minutes to 3 hours depending on

**Ingredients:** 1 - 1¼ kg or 2¼ - 2¾ lb boned and rolled beef brisket  
5 tbsp vegetable oil, large knob of butter. 2 onions sliced.  
2-3 celery sticks finely chopped, 2 carrots chopped finely.  
200 – 250g (8-9 oz) large flat mushrooms, stems removed, heads thinly sliced.  
500ml of brown ale, stout or wine for flavour, a few fresh sprigs of thyme, 2 bay leaves.  
1-2 tsp light muscovado sugar. 500g of parsnips cut into wedges, 1 tbsp Dijon mustard.  
Chopped parsley / thyme to serve.

### Method:

- 1 Preheat the oven to 190C/Gas 5/fan oven 170C. Wash and dry brisket and season. Heat 2 tablespoons of oil in a deep casserole pot and brown beef all over. Remove from pan. Turn down heat, add butter and fry the onions, celery, carrots and mushroom stalks for 6-8 minutes.
- 2 Return beef to pan and add beer, thyme, bay leaves and sugar. Add water if necessary so the liquid comes about two-thirds up the beef. Season, bring to a simmer, cover tightly, and cook in the oven for 20 minutes. Reduce heat to 160C/Gas 3/fan oven 140C and cook for 2 hours, turning twice, until tender.
- 3 An hour before the beef is done, toss the parsnips in oil, season and roast on a baking tray above the beef for 50 mins - 1 hr until tender, turning once.
- 4 Turn oven up to 190C/Gas 5/fan oven 170C. Lift out the beef, tent with foil and keep warm. Stir the parsnips and mushroom caps into the beef juices. Check seasoning; add water if needed. Cover and cook in the oven for 20-25 minutes until mushrooms are tender.
- 5 To serve, use a slotted spoon to remove vegetables and arrange round the beef. Spoon off the excess fat from the juices, then whisk in the mustard and pour into a jug. Moisten the beef with a little juice and scatter with parsley or thyme. Serve with mash, if you like.

There are various dishes you can make using left-over brisket. Look up these hacks online to be amazed.

How's about a brisket chilli, or grilled brisket and cheese sandwich (see right).



## Greet the maturing sun with a pear strudel? Now there's a thought!

Sitting comfortably indoors, safe from the cold rain outside, pear strudel is an excellent dessert is sure to warm the cockles. It goes superb with your Sunday Roast too. Easy to prepare.



Preparation: 20min, Cooking 20min

Yield: 8 Servings

**Ingredients for filling:** 1½ pounds fresh figs, stemmed, each cut into 6 wedges - (755grams), 3½ cups (about 3 large) of firm, ripe pears, peeled, cored, cubed - (755grams), 1½ cup sugar - (125ml)

**Ingredients for the strudels:** ¼ cup dry breadcrumbs (60ml), 2 tablespoons and roasted filberts - (30ml), 4 tablespoons vanilla infused sugar - (60ml) (sugar with a vanilla bean stored in it), 1-½ teaspoons ground cinnamon - (7.5ml), 10 frozen Phyllo sheets, thawed. ¾ cup (1½ sticks) unsalted butter, melted - (175ml)

Method: Preheat oven to 375F. Place the filberts on baking tray. Toast and cool.

Generously butter a large baking sheet. Cut figs into wedges and place them and the pears on the baking sheet in a single layer. Sprinkle with sugar and take them to the oven to roast until tender and beginning to brown around edges, about 20minutes. Transfer the baked fruit and any juices to medium bowl and let cool.

Place the cooled toasted filberts to a mini processor and blend to obtain a coarsely chopped mix. Combine the chopped nuts with the breadcrumbs.

Add 3 tablespoons of vanilla infused sugar and 1 teaspoon of ground cinnamon. Set aside in a small bowl. For the phyllo pastry, first butter another large baking sheet.

Place kitchen towel on a work surface.

Lay one phyllo sheet on the towel, with the short side toward edge of the work surface.

Brush the sheet with melted butter and then sprinkle with 1/8 of the bread and nut mixture.

Place a second phyllo sheet on top and brush it with butter.

Sprinkle another layer of breadcrumbs and filberts.

Replicate process with 3 more phyllo sheets, creating a 5-layer structure.

For the top layer brush with melted butter but don't sprinkle with chopped nut mix.

With a spoon, spread a 3-inch strip of the fig/pear mixture from the short end to the far end of the phyllo stack.

Be sure to leave a 1-inch plain border on long sides.

Dust with ½ tablespoon sugar and ¼ teaspoon of cinnamon over fig/pear mixture. Fold the long sides of phyllo in over filling enclosing the filling completely.

Brush the exposed sides with melted butter. Starting at short side, roll up phyllo, folding it in completely. With melted butter brush all over. Repeat for other strudel.

Place the rolled strudels down on baking sheet, with the seam facing down and bake in the centre of the oven for about 20 minutes.

Let cool for 10 minutes. Sprinkle with confectioner's sugar, garnish with mint.

Serve and enjoy!

# What's on? Events throughout Wigan Borough coming up



## Date & Location

Sat, 22 November at  
03:00 to 08:00 pm

Venue: Popworld - Wigan

Calling all Dancing Queens and Super Troupers! 🎤

Get ready for a glitter-filled afternoon of pure pop perfection as we celebrate the iconic music of ABBA! Whether you're a lifelong fan or just love a bit of feel-good disco, this is your chance to sing, dance, and party like it's Eurovision '74!



## Rob Lamberti Presents Perfectly George

Friday 28<sup>th</sup> November 7:00 pm at  
The Edge, Riveredge, Wigan

This spectacular show has wowed audiences across the UK and Europe, earning standing ovations in a dynamic celebration of one of the most gifted performers of a generation: George Michael.

## The Wigan Little Theatre hosts **Goody Two Shoes**

Family entertainment galore with comedy, music, dance and surprises. Come along and cheer on Goody and protect her from the baddies. Matinees 2.15pm 29th /30th Nov and 6th/7th Dec. Suitable for audiences aged 3+.

When: 26th November - 13th December 2025 at Wigan Little Theatre

Tickets: £11 - £15 (plus fees).

Visit [www.visitwigan.com](http://www.visitwigan.com) for more information

## Autumn: the season of mists and mellow fruitfulness,



close bosom friend of the maturing sun

Some quotes to celebrate the magic of autumn

Autumn is the coziest time of year when the world outside gets cooler, and our hearts and homes get warmer.

These quotes are all about that soft, comforting, wrapped-in-a-blanket feeling.

“Life starts all over again when it gets crisp in the fall.” - **F. Scott Fitzgerald**

“And all at once, summer collapsed into fall.” - **Oscar Wilde**

“Fall has always been my favourite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.”- **Lauren DeStefano**

“Now Autumn’s fire burns slowly along the woods and day by day the dead leaves fall and melt.” — **William Allingham**

“There is no better time than the autumn to begin forgetting the things that trouble us, allowing them to fall away like dried leaves.” — **Paulo Coelho**

“Autumn mornings: sunshine and crisp air, birds and calmness, year’s end and day’s beginnings.” - **Terri Guillemets**

“Don’t you love New York in the fall? It makes me want to buy school supplies. I would send you a bouquet of newly sharpened pencils if I knew your name and address.”- **Nora Ephron**

“It is a real chill out. The fall crisp comes...”- **Gwendolyn Brooks**

“Use what you have, use what the world gives you. Use the first day of fall: bright flame before winter’s deadness; harvest; orange, gold, amber; cool nights and the smell of fire.” - **Shauna Niequist**

“Another fall, another turned page: there was something of jubilee in that annual autumnal beginning, as if last year’s mistakes had been wiped clean by summer.”- **Wallace Stegner**

“Uneasily the leaves fall at this season, forgetting what to do or where to go; the red amnesiacs of autumn drifting through the graveyard forest.” — **Al Purdy**

“I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves.” — **Ann Drake**

“There is something so special in the early leaves drifting from the trees - as if we are all to be allowed a chance to peel, to refresh, to start again.” — **Ruth Ahmed**

“Autumn is the mellower season, and what we lose in flowers we more than gain in fruits.” - **Samuel Butler**

“Every leaf speaks bliss to me, fluttering from the autumn tree.” - **Emily Brontë**



...And now for a piece of autumnal trivia for you!

### How's about St Michael, Michaelmas, and the Michaelmas Daisy



Michaelmas, the Feast of Michael and All Angels, is celebrated on [29th September](#). As it falls just after the autumnal equinox, the day is associated with the autumn and the shortening of days; in England, it is one of the “quarter days” (others are Lady Day ([25th March](#)), Midsummer ([24th June](#)), and, of course, Christmas ([25th December](#))). These were the four dates on which new servants were hired, or land was exchanged, debts were paid, or leases begun. Once, harvest had to be completed by Michaelmas, marking the end of the productive season and the beginning of the new cycle of farming. Michaelmas is how it came to be how

schools and colleges began their new year around September, along electing magistrates and the beginning of legal and university terms.

St Michael is one of the principal angelic warriors, protector against the dark of the night and the Archangel who fought against Satan's powers. As Michaelmas is the time that the darker nights and colder days begin - the edge into winter - the celebration of Michaelmas links to our protection from negative forces at work during these dark months, believed to thrive on the darkness. Families would require stronger defences during the later months of the year.

Traditionally, in the [British Isles](#), a well fattened goose, fed on the stubble from the fields after the harvest, is eaten to protect against financial need in the family for the next year; and as the saying goes:

*“Eat a goose on Michaelmas Day, Want not for money all the year”.*

The day was also known as “Goose Day” and goose fairs were held. Even now, the famous Nottingham Goose Fair is still held in early October. Part of the reason goose is eaten is the belief that when [Queen Elizabeth I](#) learned of the defeat of [the Armada](#), she was dining on goose. She resolved to eat it on Michaelmas Day. The people then followed suit. It could also have developed through the role of Michaelmas Day as the debts were due; tenants requiring delay to payment may have tried to persuade their landlords with gifts of geese!

#### **The Michaelmas Daisy**

The Michaelmas Daisy, which flowers late in the growing season between late August and early October, provides colour and warmth to gardens at a time when most flowers are coming to an end. As suggested by the saying below, the daisy is probably associated with this celebration because, as mentioned previously, St Michael is celebrated as a protector from darkness and evil, just as the daisy fights against the advancing gloom of Autumn and Winter.

“The Michaelmas Daisies, among dede weeds, Bloom for St Michael's valorous deeds. And seems the last of flowers that stood, Till the feast of St. Simon and St. Jude.”

*(The Feast of St. Simon and Jude is 28 October)*

Note how harvest festivals are staged around Michaelmas, ceasing to be the production phase to become the season for giving.

# RECEPTION SHOPPING TELEPHONE CONTACTS

**VOLUNTEERS NEEDED**



*Giving a small amount of your time can make a big difference*

Come along to join our friendly team of volunteers.

Be it, one hour, or a couple of days, you would make a valuable contribution to our services and activities.

You can register your interest by calling Pensioners Link on 01942 261753, or complete the online form that can be found on our website:  
[www.pensionerslink.org](http://www.pensionerslink.org)

**BOOKS & MORE**  
**AND MUCH MORE**