

NEWS

From the North Hub

March and April 24

Follow us on Social Media!



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@ageukwf



@ageukwalthamforest

Hello!

In this issue we shrug off the Winter and welcome in the Spring with open arms!

We encourage those that can, to enjoy our green spaces and maybe start growing if you haven't before. You can read about this on page 6. We are holding a Plant Fayre this month, which may help to get you started, as well as lots of other activities, see page 5.

This year will be an Election year, so do make sure you are registered and ready to vote, see page 8 for more information.

As ever, we are only able to continue with the income we generate from grant applications and fundraising, so we are grateful for any support of our work- from buying our cute knitted chicks made by our volunteers, to giving a donation- thank you.

Best Wishes,

Emma Tozer
CEO Age UK
Waltham Forest



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Age UK Waltham Forest
Waltham Forest Resource Hub (North)
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Tel: 020 8558 5512 email: info@ageukwalthamforest.org.uk
www.ageukwalthamforest.org.uk



Registered with
**FUNDRAISING
REGULATOR**

Age UK Waltham Forest is a registered charity No: 1048212 and company limited by guarantee.
Registered in England and Wales No: 2334459.

Free Winter Warmth Packs

Sunnier days may be on the horizon but there may still be some colder days ahead. This year we have extended our Winter Warmth service.

If you are over 65 and would like to receive a Winter Warmth pack please complete an enclosed referral form.

The pack is designed to help with those colder days and can include hand warmers, hats, scarfs, gloves and a fleece, as well as ice grippers to help in the frostier months.

Please return the forms using the free post envelope or to info@ageukwalthamforest.org.uk



We are Hiring!

Befriending Co-ordinator (18 hours per week)
Salary £13,896 (£27,000 f.t.e.)
Fixed Term Contract until 31/3/2025 (to be extended subject to funding)

Join our busy Befriending Team to support our 200+ volunteers visiting isolated older people once a week. You will need: a deep understanding of the needs of older people of diverse backgrounds living in the community; previous experience of managing volunteers, or previous experience of managing people and extensive experience of having been a volunteer yourself.

Visit <https://www.ageuk.org.uk/walthamforest/about-us/work-for-us/> for more info and an application form

Closing date 14th March 2024

Volunteers of the Year

Congratulations to this year's Volunteers of the Year. We are thankful to all the help and support of all our volunteers but these three have made standout contributions!

Keith Cooper – 'Meet and Greet' volunteer who also took on the role as Quiz Master devising his own rounds.

Phil Roth- Digital Buddy volunteer who has been vital in providing tech support in peoples homes.

Christine Saunders- Craft Club, Knitting and Befriending volunteer, Chris willingly helps out at stalls across the borough helping us raise money.



Chris helping out at one of our stalls

Thank you Thank you

Our thanks go out to our volunteer knitters and crocheters, who have done a tremendous job, helping us get ready for the Easter markets and fairs. Adorable bunnies and cute chicks each filled with chocolate egg will be adorning our stalls in the next month.

Look out for us at St Anne's Tabletop Sale on 2 March, Love South Chingford Fayre on 24 March, Crate St James on 30 March and at our own Plant Fayre at The Hub on Friday 22 March.

We are grateful to trustee Richard Freitag and his helpers for organising a Ploughman and Quiz night last month. Teams had to really dig deep for the answers, but over £750 was raised for our work.

Big thanks go to our volunteers Chris Saunders and Pauline Martindale who ran a fundraising stall at the Hornbeam Centre in Walthamstow. While raising money for our work it also raised awareness about all our many services and activities.

Save our Paper Parking Permits!



The Council have, under pressure, put in place some things to make it easier but in practice they don't meet the need for older people:

The Council's parking permit phone line will operate Mon-Fri 9.00am – 5.30pm. But only 18 of the 81 Controlled Parking Zones (22%) operate just within those hours. Many operate until 6.30pm or later on weekdays; many operate on Saturdays; 12 operate 7 days a week. The time-limited phone line won't help people living in 78% of the CPZs.

The Council says that people will be able to book their parking permits up to 28 days in advance.

But older people, like everyone else, do have spontaneous visitors. Some people may need emergency visitors – such as a tradesperson to deal with a leaking pipe or whatever.

The Council have said that an older person can nominate one or more trusted people, who can book parking permits online for them. But, of course, a lot of older people have older friends who are not online, who do drive cars. Do we not get to visit our friends anymore?

The Council have said there is an automated service, whereby the older person can phone a number and book the parking permit by pressing the keys on the phone. But such systems are extremely complicated and off-putting to lots of younger people, let alone many older people! How is someone who is hard of hearing supposed to use that system?

How can the Council say that no-one will be disadvantaged by this new system?

We think the Borough's older people deserve better treatment from a Council which prides itself on taking equality seriously, and is committed to combating health inequalities.

You can raise your concerns by writing to the council:

Waltham Forest Town Hall, Forest Road,
Walthamstow E17 4JF or email

Cllr.clyde.loakes@walthamforest.gov.uk
Cllr.grace.williams@walthamforest.gov.uk

We were very concerned to hear that Waltham Forest Council is stopping the use of paper parking permits this year, with the only alternative to go online or phone to book a permit every time they have a visitor, which includes having to get the driver's details in advance. This clearly has an impact on people who don't have access to the internet or have difficulty with phoning. In particular, it will affect older, isolated people who are disabled or housebound. It could result in older people having fewer or no social visitors or difficulty with arranging their house maintenance.

Age UK Waltham Forest strongly believes that older residents should have straightforward and easy access to all council services. Research shows that 45% of Londoners over 75 don't use the internet at all. Age UK London published a report last year *Access Denied: Accessing Council Services without the Internet*. This report makes a number of recommendations which include ensuring that everyone can access council services without needing to rely on others, and offering non-digital options so that those who are not online can access their services, including claiming benefits such as Housing Benefit or Council Tax Support.

We have joined with Afro-Caribbean Elders Association, Alzheimers Society, Carers First, and CREST Waltham Forest in campaigning to get the Council to change their mind on this. So far we have had little success but we haven't stopped trying.

Can you help us raise funds for our work?

As you may know, Age UK Waltham Forest is an independent local charity. While we are affiliated with Age UK National, we are a separate organisation and self funded. This means that we need to raise money for all of our services, programmes and activities that we provide. We do this by applying for grants from trusts and companies, from the activities and services that we provide and from donations from individuals, most of whom are our service users.

So, in this issue, we are asking if you could help us raise funds for our work. It needn't be complicated or involve a lot of organising and it could be something you already do!

Can your hobby help us?

Maybe a hobby or an activity you take part in regularly could be an opportunity to raise some money. Here's some examples of those who have done this

Frances enjoys walking and decided to take on a walking challenge to mark her 70th birthday and raise money for us. She planned her own route and schedule to suit her own ability and enjoyment. The only bit of organising was to set up the Just Giving page and send it round to her family, friends and contacts. Frances raised over £1,500 for us.

Miles had decided to run the Leeds Marathon this year and decided to raise money for us, in memory of his friend for whom he was a befriender. While this challenged his fitness, it was a great way to raise over £1,000 for us.



Miles running the Leeds Marathon last year.

Catherinesings in a local choir that regularly holds events with a charity collection. She put our name forward to benefit which has raised over £400 in the last year.

So what could you do?

As long as it's something you enjoy, we'd be really glad to help you with ideas or helping to set up a Just Giving page. If you belong to a social club or group, please think about putting our name forward to benefit from charity events.

If you can hold your own event such as a small gathering, coffee morning or tea party, you can hold a small raffle or borrow one of our collection tins.



Raising money in song!

If you or someone you know is taking part in an organised event or challenge such as a sponsored run, walk or bike ride or a social event, we can help you set up your Just Giving page and promote your activity.

Please Support Lucas

Fundraiser Lucas Kelly is taking on the Spartan Race in Reading on May 10-11, tackling 45 gruelling obstacles over two days for us. Please support his race for Age UK Waltham Forest by following the link to donate now!

<https://www.justgiving.com/page/lucas-kelly>



If you would like more ideas or help to get started, please get in touch with our fundraiser Helen Bigham on h.bigham@ageukwalthamforest.org.uk

Bereavement Group

The group now meets on the first Monday afternoon of the month at 2pm. Meetings are held at the Hub and led by Bridge Bereavement Support Group, formerly of the Margaret Centre. New attendees are welcome.

Due to the bank holidays in April and May. The May group will be held the last Monday in April at 2pm

History Walks

Livery Company Connections (City of London)

Tuesday 19th March at 2pm

Discover the history of some of the 110 Livery Companies via plaques, street names and street furniture on this walk around the City of London. Apart from passing a number of halls all with fascinating histories we will visit former churchyards and venture down a number of 'hidden' alleyways with surprises in store.

2 hours, £5 and booking is essential.

Visions, Values and Victories (Islington)

Tuesday 16th April at 2pm

On this walk we will uncover the remarkable lives of the famous and infamous, rich and poor, heroes and heroines all remembered for a good reason, and of course those unexpected secrets that help keep our history alive.

2 hours, £5 and booking is essential.

Special Interest talk

What we do when we sing

Phil one of our Silver Surfers and Opera singer will be giving a special interest talk on Thursday 4 April 10am - 12:30pm at the Hub.

He will explore speaking, singing and the voice - music, anatomy, phonetics, sound waves, acoustics.

Plant Fayre

Sprout your generosity and help our Plant Fayre bloom! We're rooting for green-fingered supporters to share any spare seedlings or plants for our fundraiser on Friday 22 March, 2024 Your contribution will turn our event into a blooming success.

Contact Helen, community fundraiser at h.bigham@ageukwalthamforest.org.uk.



Remember Together - Nuclear Test Veterans

After many years, the UK is awarding medals to the men and women who served in the military during Britain's nuclear testing programme in the 1950s and 60s. To mark this, we are hosting a special event at the Hub, with the Office of Veteran Affairs, to remember the Nuclear Test Veterans. We will show some films and encourage people to discover more about this fascinating chapter of British history.

The event is on Monday 25th March at 2pm. All are welcome.



A veteran meeting students of the project

Get Gardening

Join us for a FREE gardening tips and tricks talk from our volunteer gardener Helen at the Hub on Thursday 18th April at 2pm.

To book for any of our activities, please contact events@ageukwalthamforest.org.uk or 020 8558 5512.

Spring has sprung!

As we welcome in the Spring, it's a time many of us are getting outside into our gardens or out into green spaces. So in this issue we're encouraging you to consider the benefits of the great outdoors, even if it's just in Waltham Forest!



So what are the benefits?

You probably know that simply being in a natural environment can be a source of solace and can help to reset your mind when you have a lot going on. Scientists have termed this 'nature connectedness' and recognise the connection has deep and meaningful benefits.



Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. You can take a walk in a local park, or join a walking group or simply enjoy sitting in your garden. Growing food or flowers can have lots of positive effects. Being around the natural environment can improve your mood, reduce stress and anxiety and help you be more active.



Mindfulness: Three things

A helpful mindfulness trick is simply to notice what you are experiencing right now through three senses – sound, sight, touch. Take a few slow breaths and bring your attention to your senses and ask yourself:

- What are three things I can hear? If it's a very quiet place, this may include your breath
- What are three things I can see? This may be things moving or still
- What are three things I can feel? This can include the ground beneath your feet

These things can be anything around you, wherever you are. Notice the different depths in your senses - comparing those obvious, to those maybe only you can sense. Think of these answers to yourself slowly, one sense at a time. It's a great way to be present and mindful.

When your mind wanders, be aware that you've become distracted and then gently return your attention to one of your senses. Use your breath to stay connected to the moment, staying centred and grounded. Continue this practice for at least five minutes.

Watch something grow!

Why not grow something yourself and create a growing space. Even if you don't have a garden, you could have a window box or plant pot on a window sill. Salad leaves and herbs grow well from seed, but if you have the room you can try growing tomatoes or peppers or even carrots. If you don't have flower pots or seed trays, you can reuse plastic fruit or vegetable containers.

For some useful tips to get started visit:
www.rhs.org.uk/propagation/how-to-sow-see-indoors

If you do have a garden, you can grow vegetables or keep it simple with sunflowers or wildflowers, which in turn encourage bees and birds to your garden.



If you do have a garden, you can grow vegetables or keep it simple with sunflowers or wildflowers, which in turn encourage bees and birds to your garden.

If you want to join with others, you can apply to share an allotment or join a food growing project or one of the many community gardens in Waltham Forest.

Feel Good Walks in Waltham Forest:
www.walthamforest.gov.uk/parking-roads-and-travel/walking-and-cycling/walking

Organic lea open days
www.organiclea.org.uk/whats-on/open-days-at-hawkwood/

If you would like to get into nature and explore your creative side why not join Waltham Forest adult learning's Free painting inspired by nature course. Call 020 8496 2974 to find out more.

Want to learn more about gardening?

Join us for a FREE gardening talk from our volunteer gardener Helen. Helen is a gardener at Copped Hall and is working on making our garden at the Hub beautiful! Helen will be giving a talk at the Hub on tips and tricks for your garden on Thursday 18th April at 2pm.

Please email events@ageukwalthamforest.org.uk or call 020 8588 5512 to book

Year of Decision



2024 is Election year, with the Mayoral Election set for May and a General Election at some time this year. You now need to take valid Photographic Identification with you to vote in person at all local and national elections. If you don't have this, you will not be issued with a ballot paper and will be unable to vote. This includes those acting as a proxy on behalf of another individual.

Your vote counts! It's everyone's right to have their say in voting in local and national Government leaders. So to ensure you are able to vote, do make sure you have the correct ID.

Valid Photographic ID will include any of the following:

Travel ID:

- United Kingdom passport or EEA state or a Commonwealth country passport
- EEA state national identity card
- UK driving licence or Driving licence issued by the Channel Islands, the Isle of Man or an EEA state
- Biometric immigration document
- Identity card bearing the Proof of Age Standards Scheme hologram (a PASS card)
- Ministry of Defence Form 90 (Defence Identity Card)

Concessionary travel passes funded by the UK Government:

- Older Person's Bus Pass
- Disabled Person's Bus Pass
- Oyster 60+ Card
- Freedom Pass
- Blue Badge



Expired documents from this list can still be used as accepted photographic ID at the polling station or signing place, as long as the photograph is still a good likeness.



Voter Authority Certificate

If you do not have any of the photo ID documents outlined, you can apply for a free Voter Authority Certificate. This is a document containing your name and photograph which can be obtained free of charge.

To apply go to [gov.uk/apply-for-photo-id-voter-authority-certificate](https://www.gov.uk/apply-for-photo-id-voter-authority-certificate) for which you will need a recent digital photo of yourself and your national insurance number. If you don't have internet access you can apply by post. Just visit the library and ask them to download and print a paper form from the gov.uk site, for you to complete and post. Or you can contact Waltham Forest council on 020 8496 3000.

If you are not registered to vote, you can register by visiting [gov.uk/register-to-vote](https://www.gov.uk/register-to-vote)

For more information, visit [gov.uk/browse/citizenship/voting](https://www.gov.uk/browse/citizenship/voting).

Activities Timetable

March/April 24

All our activities are weekly unless stated otherwise

Monday	10:30-11:30am	Walking Football-Pastures E11 3DR	Donations
	11:30-12:30pm	Tai Chi- The Hub	£5
	1:30-2:30pm	Fitness Classes- Yonder E17 6DP	£4
	1:30-3:30pm	Monthly Digital Help and Support- The Hub (3rd Monday of the month)	Donations
	1:30-4:30pm	Veterans Coffee Club at the Hub- (2nd and 4th Monday of the month)	Donations
	1:30-4:30pm	Bereavement Support Group- The Hub (1st Monday of the month)	Donations
	2:15-3:00pm	Tai Chi- Priory Court E17 5NB	Donations
Tuesday	10:15-11:00am	Tai Chi- The Hub	£5
	11:00-12:00pm	Bollywood Dance- Crate E17 7FY	£4
	11:00-12:00pm	Walking Group- E17	Free
	11:15-12:15pm	Tai Chi- The Hub	£5
	2:00-3:00pm	Table Tennis- The Hub	£3
	3:15-4:15pm	Table Tennis- The Hub	£3
	4:30-5:30pm	Healthy Hearts- Winchester Road E4 9JP	£5
Wednesday	10:00-10:45am	Tai Chi- The Seddon Centre E10 5AS	Donations
	10:00-11:00am	Zumba- Crate E17 7FY	£4
	10:00-1:00pm	Coffee Time- The Hub	Donations
	11:15-12:45am	Tai Chi- Mornington Hall E4 7EN	Donations
	11:45-12:00pm	Tai Chi- Lea Bridge Library E10 7HU	Donations
	12:00-1:00pm	Veterans Lunch Club- Leyton Orient E10 5LG (Last Wednesday of the Month)	Donations
	2:00-3:00pm	Seated Yoga- The Hub	£5
	3:00-4:00pm	Ukulele Improvers- The Hub	£5
	4:15-5:15pm	Ukulele Beginners- The Hub	£30 course fee

Activities Timetable

March/April 24

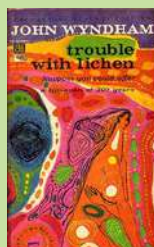
All our activities are weekly unless stated otherwise

Thursday	10:00-12:30pm	Silver Surfers Zoom/ The Hub	Donations
	10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£4
	1:45-2:15pm	Tai Chi- Zoom only	Donations
	2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£3
	2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations
Friday	9:30-10:15am	Tai Chi- Leyton Library E10 5QH	Donations
	10:00-10:45pm	Tai Chi- Zoom only	Donations
	10:30am-12:30pm	Bridge Beginners Class	£10
	11:30-12:15pm	Seated Yoga- Zoom only	Donations
	11:30-12:15pm	Tai Chi- Leytonstone Library E11 1GH	Donations
	2:00-3:00pm	Pilates- The Hub	Donations
	3:15-4:15pm	Pilates- The Hub	Donations
Saturday	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

Book Club

Books for March and April

14 March



Trouble With Lichen
By John Wyndham

11 April



An Italian Girl in Brooklyn
By Santa Montefiore

For more information about our book club, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk or call 020 8558 5512

New format for Silver Surfers. Monday tech support will no longer be available on Zoom.
All other classes will continue both in person and on zoom

7 March	<p>10:00am-12:00pm Online Storage What is cloud storage and would I find it useful? Cloud Storage can be used to store your files (data, music, photos & video) on the internet. It's ideal for sharing between your devices, and expanding their storage capacity. We also look at different providers and the costs (many are free).</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome!</p>
14 March	<p>10:00am-12:00pm Social media - how do I choose? Why would I use social media? If I don't am I missing anything important? What do they all do - Snapchat, WhatsApp, Instagram, Facebook, Twitter, periscope, Facebook live, messenger, YouTube? Are there any drawbacks? Can't I just use email? This session gives an overview, and examples from instagram and signal messenger</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome!</p>
18 March 	<p>1:30pm-3:30pm Digital Help and Support Session Need some one-to-one support? Stuck on an app? Microsoft word problems? Need to know how to send a text message on your phone? Come along and our volunteers will be on hand to work with you on a one-to-one basis to try and solve your issues. If your device is portable please bring it along with you.</p>
21 March	<p>10:00am-12:00pm Email refresher Suitable both for beginners and experienced users looking to refresh their knowledge about using email and how it works behind the scenes. Maybe hear some useful features and techniques that you may have overlooked. There will be plenty of opportunity to ask questions on topics of specific interest. Includes using email on Windows PCs, Android Tablets and Apple iPads.</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome!</p>
28 March	<p>10:00am-12:00pm Moving my things around the PC and to and from other devices Understanding the Basics of the iPad. How to get the most out of the device. Connecting to the internet. Installing and uninstalling Apps, voice operations via Siri, using FaceTime and Airdrop which are built into the devices.</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome!</p>

New format for Silver Surfers. Monday tech support will no longer be available on Zoom.
All other classes will continue both in person and on zoom

4 April	<p>10:00am-12:00pm Special Interest Talk: "What we do when we sing" Speaking, singing and the voice - music, anatomy, phonetics, sound waves, acoustics</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome!</p>
11 April	<p>10:00am-12:00pm iPads/iPhone Advanced Features The advance features of the latest update of the operating system. Multitasking Emails, Backing up, Security and Word Processing along with various hidden features that are available and how to use them.</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome!</p>
15 April	<p>1:30pm-3:30pm Digital Help and Support Session Need some one-to-one support? Stuck on an app? Microsoft word problems? Need to know how to send a text message on your phone? Come along and our volunteers will be on hand to work with you on a one-to-one basis to try and solve your issues. If your device is portable please bring it along with you.</p>
18 April	<p>10:00am-12:00pm Online Maps How to get maps, take them with you anywhere, use them and find out what's happening around you (location services - like when's the next bus?) Satnav: how to use a map to navigate to your destination - on foot, or 2 wheels or four, or bus/train. Ordnance survey maps. Maps when you've got no signal?</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome!</p>
25 April	<p>10:00am-12:00pm Smart meters (& the electricity grid of the future) There's more to smart meters than just automatically sending in your meter readings. How do they work? How will they and the "smart grid" help save the planet? What's the big plan? How will the grid cope with everyone charging cars at the same time? What's the future of power?</p> <p>12:00-12:30pm Tech Q&A and open discussion- all welcome!</p>



Puzzle Corner

Can you solve these dingbats? Each image depicts a well known phrase or saying.
Answers over the page.

<p>ALL EARTH</p>	<p>e r e r KIDS q i u</p>	<p>Fe</p>
<p>1 CCCCCCC</p>	<p>2 PPPPPP BU</p>	<p>3 r o b n i</p>
<p>4 boy → yob</p>	<p>5 ccrreeaamm</p>	<p>6 ever ever Thursday ever ever</p>
<p>7 Henry bored</p>	<p>8 Read Read Read IT Read Read Read</p>	<p>9 EACK</p>
<p>10 BUS BUS</p>	<p>11 Dust Dust Dust</p>	<p>12 CHESS</p>
<p>13 MOTHER</p>	<p>14 Lounge</p>	<p>15 gluttony greed gluttony pride ANGER pride anger greed greed sloth envy sloth envy anger pride</p>
<p>16</p>	<p>17</p>	<p>18</p>

Information and Advice team

can help with benefits advice, benefit calculations, form filling, as well as advice on housing issues, energy saving, care and support, social prescribing, health and wellbeing.

Call us on 020 8558 3404 or email contact@ageukwalthamforest.org.uk

Information and Advice Drop-in service at Priory Court, Walthamstow
Wednesday from 9:30am-12:30pm



Befriending team

matches volunteers with individuals over 60 who live alone for companionship and friendship. For more information call us on 020 8558 8716 or email info@ageukwalthamforest.org.uk

Veterans Club Waltham Forest

for information about our activities or to join call us on 020 8558 5512 or email veterans@ageukwalthamforest.org.uk



Footcare

every Tuesday and Wednesday, with appointments from 10am to 4pm at The Hub. Cost is £22 for toenail cutting. A telephone assessment is required before your first appointment. To book an appointment, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk

Shopping Service

we can take your shopping order by phone and it will be delivered to you, with an admin fee of £2 per shop. To find out how it works, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Prescriptions

we pick up your prescription for you. To find out more, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Handyperson

we can help with basic jobs like putting up a shelf, assembling flat-pack furniture, simple plumbing and electrical repairs and simple gardening work. Cost is £25 an hour. For more information call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk

Help at Home

we can help with cleaning, laundry, ironing and other light housework. Cost is £21 an hour. For more information call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Puzzle answers

1. All over the world 2. Children in need 3. Flat Iron 4. High Seas 5. Peace be with you 6. Round Robin 7. Altar boy [Alter boy!!] 8. Double Cream 9. Forever and a day 10. Man overboard 11. Read all about it 12. Cake mix 13. Double decker bus 14. Dust to dust 15. The game is up 16. Maximum [Maxi Mum] 17. Room at the top 18. A multitude of sins