

contact

KEEPING IN TOUCH WITH OUR RETIRED BOC COLLEAGUES

Staying in touch with former colleagues

Bob Davenport's chilly Covid-friendly socials

Keeping safe from scammers

How to protect yourself from scams

Accelerating the green revolution

BOC announces two new green developments

A message from the Contact team

Welcome to the spring 2022 edition of Contact magazine

As we approach spring and the green shoots it brings with it, you'll notice some 'green' content in this issue!

In Company news on page 5, you'll find a couple of articles about BOC's commitment to green technologies and fuels in the shape of a hydrogen storage project and a biogas plant.

And Contact magazine is going greener too – you'll find a reminder of how to find the obituaries section now that it's moved online on page 3.

In Yesterday's news on page 4, you'll hear from retired trucker Bob and how he and his former BOC colleagues managed to keep in touch throughout the pandemic. Why not make a cup of tea and join Bob and his friends?

In more concerning news, we look at how criminal gangs have been quick to capitalise from the pandemic by tailoring scams to fit our changing lifestyles. On page 3, you can find out how to identify the signs of a scam and what to do if you've been a victim of one.

We hope you enjoy this magazine. If you have any feedback, ideas for future articles or you'd like to share your BOC-related stories, email us at hello@yourcontactmag.com

Bob Bryant and Bexley Fisher

On behalf of BOC Pension Services and Gallagher (the appointed Trustee communications provider)

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New HMRC tax codes – a reminder

In April 2021, HMRC issued new tax codes – you may have seen them on last year's pension payslips.

If you feel you've been allocated the wrong tax code, please get in touch with HMRC using the details at www.gov.uk/contact-hmrc or by calling 0300 200 330.

Remember, the BOC Pensions Team can't help you with queries about your tax code. They can only answer questions directly related to your pension.

State Pension increase announced for 2022

The Department for Work and Pensions confirmed in November 2021 that the State Pension will increase by 3.1%, coming into effect on 11 April 2022.

This will see the new State Pension rise from £179.60 per week to £185.15 per week.

Pension payment dates for 2022

You'll receive your pension on the 6th of every month this year – or on the next working day if the 6th falls on a Bank Holiday or a weekend.

Remember to let us know if you change your address or bank account details. You'll need to write to us using the details on the back page no later than the 24th of the month so we can process your payment by the 6th of the following month.

If you receive your pension in half-yearly instalments, we'll make those payments in April and October.

We'll also send you your payslip – P60 – in May.

Keeping your money safe

Since the start of the pandemic, we've grown increasingly comfortable conducting our lives online. But should we be?

In the first half of 2021, criminals stole a total of £753.9 million through fraud, an increase of 30% compared to the first half of 2020. However, the Government believes this figure could be far higher than this as many scams go unreported.

The shift from cash to digital transactions has proved a boon for scammers. UK Finance reports that impersonation fraud – where criminals pretend to be a legitimate company asking for personal information – has almost doubled to nearly 40,000 reported cases over the last year, so it's something we all need to watch out for.

Examples include text messages purporting to be from Royal Mail asking for your bank details so you can pay additional postage fees. You could be expecting an online delivery now – would you click that link?

Other links can install malware that can steal your passwords, giving criminals access to all areas of your life, including your bank account.

Online safety tips

1. Don't click on links in text messages or emails – google any URLs you get sent to see if they're genuine before you click on them
2. Contact companies directly using a known email or phone number
3. Forward suspicious emails to report@phishing.gov.uk
4. Forward suspicious texts to **7726** – this will report the message to your mobile network provider
5. Never give remote access to your computer following an unsolicited call or text
6. And finally, if you think you've been a victim of fraud, call your bank immediately and file a report with Action Fraud at www.actionfraud.police.uk



Don't forget – the obituaries section has moved online

We've moved the obituaries section of Contact magazine online as part of our drive towards more sustainable communications. You can now find them, along with past obituaries, at www.bocpensions.co.uk/boc/pensioner/magazine

Moving the obituaries online means that we can save over 12,000 sheets of paper each time we publish Contact! Thank you for helping us meet our sustainability goals.

Yesterday's news

Get the kettle on and wrap up!

Robert Davenport, or Bob, as most people know him, is a retired driver from Gist at Crewe. Not long before the pandemic struck, Bob started to organise regular meet-ups with other retired colleagues to help them keep in touch.

Bob's meet-ups began just over two years ago, when he and two other recently retired drivers would grab a coffee together each Tuesday morning.

More former colleagues began to hear about these meet-ups and, after a few weeks, five or six people would turn up to them to have a brew and watch the world go by. Then, of course, Covid arrived and lockdown restrictions were imposed, so for a short while, Bob and his former colleagues weren't able to meet.

When restrictions were eased, Bob and his merry band were able to meet each other again outdoors. Each member brought their fold-up chairs to the local park and were able to enjoy takeaway drinks from the park café.

As restrictions eased during the summer, the group was able to meet indoors again. Sadly, the situation changed as winter returned and restrictions were reintroduced, forcing Bob and his friends outdoors again to brave the cold weather. So, back to the park they went every week, with their folding chairs, and a few more layers!

Once again, more and more of Bob's former colleagues joined the meet-ups. Now there are a whopping 34 of them and they make sure they meet every couple of months for a big breakfast at a local venue.

It's a great way for the former staff at Bob's depot to keep in touch!

You can see Bob's photo on the right – the group includes two former office staff, one former electrician and 25 former drivers.

Cheers!



"It's a great way for the former staff at Bob's depot to keep in touch!"



Share your Royal story

Thank you, Bob, for sharing your story and photos. As the country starts celebrating the Platinum Jubilee of Queen Elizabeth II, we'd love to hear any memories you have of Royal visits to our sites or Company-based celebrations for either the Silver (1977) or Golden Jubilee (2002). Send your stories – and any photographs! – to us using the contact details on the back page before Friday 20th May to make sure it we receive them in time for the summer issue.

Company news

BOC awarded £10m for Scottish hydrogen storage project

The UK government has awarded £9.4 million to BOC and ITM Power to develop a trailblazing hydrogen-storage project just outside Glasgow.

BOC and ITM Power have received government funding of almost £10 million for a state-of-the-art hydrogen-storage facility at the UK's largest onshore windfarm at ScottishPower's Whitelee Windfarm.

The cash boost, announced in November 2021, will see the Whitelee green hydrogen project develop the UK's largest electrolyser, which converts water into hydrogen gas as a way to store energy. The move comes in support of Glasgow's commitment to become carbon net zero by 2030.

Working together, BOC, ITM Power and ScottishPower will build a state-of-the-art facility capable of producing enough green hydrogen to provide enough zero-carbon fuel for 225 buses travelling to and from Glasgow and Edinburgh each day (up to 4 tons!).

Green hydrogen is a zero-carbon gas that is produced by splitting water (using electrolysis) into hydrogen and oxygen using renewable power.

Jim Mercer, Business President, BOC UK & Ireland said that the project "demonstrates the value of hydrogen to Scotland's low-carbon economy."

Barry Carruthers, ScottishPower Hydrogen Director, said this blend of renewable electricity generation and green hydrogen production "highlight(s) the multiple ways in which society can decarbonise by using these technologies here and now."

The Government announced the award shortly after the COP26 climate change summit took place in Glasgow last November. Not only is the project set to bring a number of highly skilled jobs into the Glasgow and Whitelee areas, setting the groundwork for longer-term economic growth, but it also puts the UK at the forefront of this new international market.

Sustainable gas development announced

Linde is in the initial stages of a deal with Australian energy firm Optimal Group to develop a bioLNG facility at BOC's Westbury LNG plant in Tasmania at a cost of A\$55 million (nearly £30 million).

The new plant will use anaerobic digestion to break down organic waste matter (without using oxygen) to produce around 64,000m³ of bioLNG each day.

The Westbury plant is jointly owned by BOC and its Australian gas business Elgas and supplies LNG to industrial customers in Tasmania. It will provide biomethane to BOC's micro-LNG plant, which will then be processed into bioLNG for customers in the agricultural and food sectors.

Optimal Group's plan to develop another 10 biogas plants in the next 10 years will play a significant part in Tasmania's goal of reaching net zero greenhouse gas emissions by 2030.

What this means

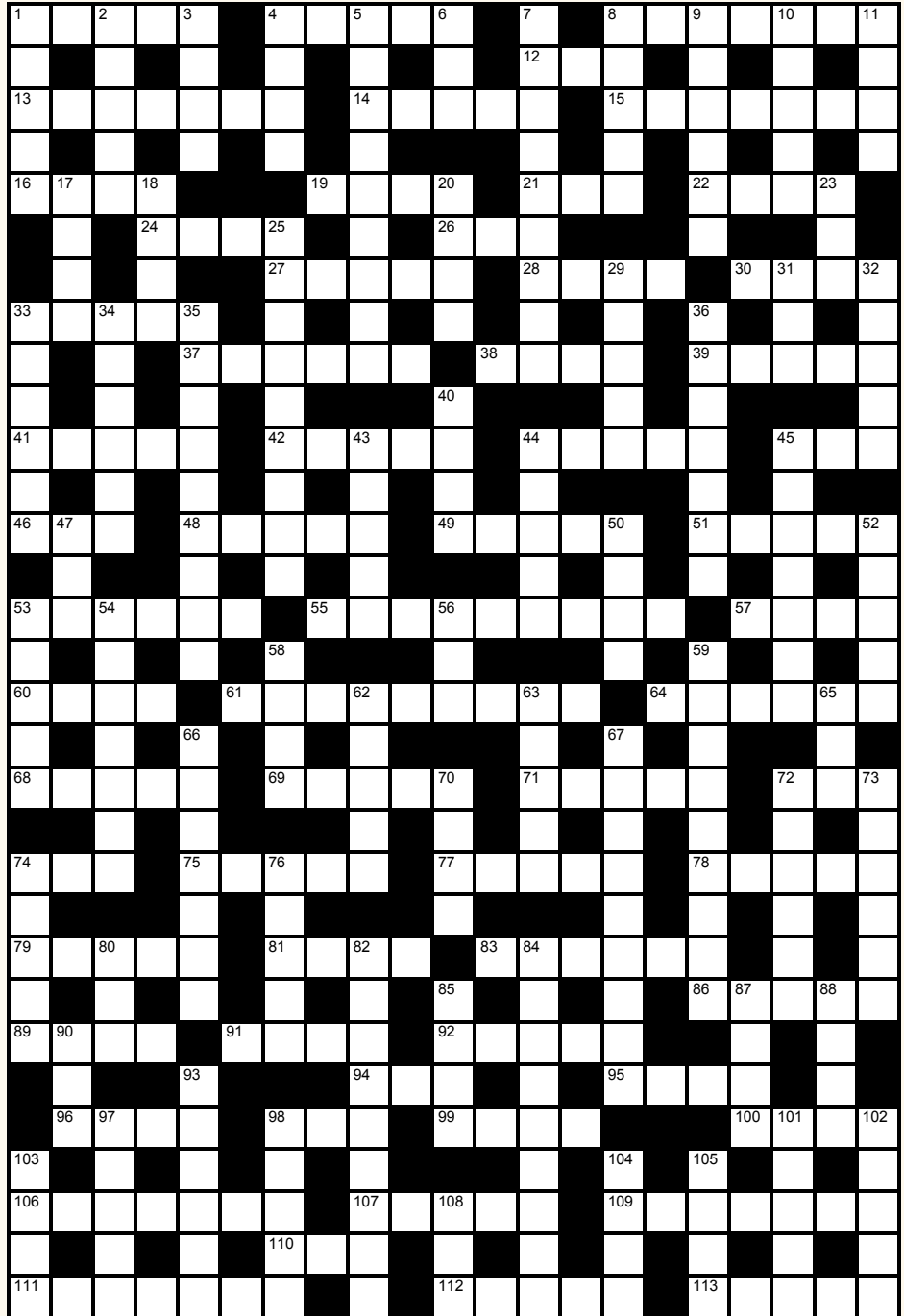
- **LNG** – liquefied natural gas, a clear, colourless and non-toxic liquid that forms when natural gas is cooled to -162°C.
- **BioLNG** – a sustainable version of LNG, this biofuel is made by processing organic household, agricultural and industrial waste in an oxygen-free tank.



The Contact crossword

Across

- 1 Pulse vegetables (5)
- 4 Draws in by a vacuum (5)
- 8 Corridor (7)
- 12 Vehicle from another world (inits) (3)
- 13 Outer covering (7)
- 14 Give form to (5)
- 15 Maybe (7)
- 16 Yellow part of an egg (4)
- 19 Celebration of the Eucharist (4)
- 21 Beam of light (3)
- 22 Pavement (4)
- 24 Metallic element, symbol Fe (4)
- 26 Hawaiian wreath (3)
- 27 Structure for open-air sports (5)
- 28 Fewer (4)
- 30 Departed (4)
- 33 Save up for future use (5)
- 37 Admittance (6)
- 38 Molten rock (4)
- 39 Pandemonium (5)
- 41 Elevate (5)
- 42 Apportion (5)
- 44 Ms Minogue (5)
- 45 Hardy annual cereal grass (3)
- 46 Purchase (3)
- 48 Aqualung (5)
- 49 Holds fast (5)
- 51 Prices (5)
- 53 Tenure of office of a pope (6)
- 55 Infectious liver disease (9)
- 57 Become less clearly visible (4)
- 60 Ancient Greek harp (4)
- 61 Unpaid worker (9)
- 64 Become more distant (6)
- 68 Make parallel (5)
- 69 Phoney (5)
- 71 Plant grass as a lawn (5)
- 72 Having negative qualities (3)
- 74 Occupied a chair (3)
- 75 Picture puzzle (5)
- 77 Sibling's daughter (5)
- 78 Use water to remove soap (5)
- 79 Tying cords (5)
- 81 Snatch (4)
- 83 Fluid in the mouth (6)
- 86 Impurities left in the final drops of a liquid (5)
- 89 Palm fruit (4)



- 91 Part of a necklace (4)
- 92 Relating to them (5)
- 94 Fish eggs (3)
- 95 Location (4)
- 96 Long detailed story (4)
- 98 Alcoholic beverage (3)
- 99 Period of seven consecutive days (4)
- 100 At liberty (4)
- 106 Capital of Lithuania (7)
- 107 Left over, superfluous (5)
- 109 Unwanted discharge of a fluid (7)
- 110 To stretch out (3)
- 111 Pudding (7)
- 112 Repeated theme (5)
- 113 Substance used to secure panes of glass (5)

Down

- 1 Growing thickly (5)
- 2 Spring month (5)
- 3 Submerge in a liquid (4)
- 4 Small hard fruit (4)
- 5 Percussion instrument consisting of a pair of hollow pieces of wood (9)
- 6 Large body of water (3)
- 7 Member of an irregular armed resistance force (9)
- 8 Plant from which opium is obtained (5)
- 9 Line of contrasting colour (6)
- 10 At a distance (5)
- 11 Direction of the rising sun (4)
- 17 Fail to include (4)
- 18 Osculate (4)
- 20 Thin strip of wood or metal (4)
- 23 Adult female bird (3)
- 25 Bulbous spring-flowering plant (9)
- 29 Common gastropod (5)
- 31 Time period (3)
- 32 Discernment (5)
- 33 Insect considered divine by ancient Egyptians (6)
- 34 In a flippant manner (6)
- 35 Bag carried by a strap on one's back or shoulder (9)
- 36 Shrill scream or cry (7)
- 40 Drum, pound (4)
- 43 With the mouth wide open, as in wonder or awe (5)
- 44 Twilled cloth used especially for military uniforms (5)
- 45 Say again, repeat (7)
- 47 Large nation (inits) (3)
- 50 Gaffe (4)
- 52 Subdivision of an act of a play (5)
- 53 Bohemian dance (5)
- 54 Persevere, endure (7)
- 56 Social insect (3)
- 58 Explosive device dropped from a plane (4)
- 59 Counterpane (9)
- 62 Inner drives (5)
- 63 Large bird of prey (5)
- 65 Chemical that carries genetic information (inits) (3)
- 66 Commit to the care of someone (7)
- 67 Range oneself with one party or another (4,5)
- 70 Grains on the beach (4)
- 72 Package of several things tied together for carrying or storing (6)
- 73 Mental images and emotions occurring during sleep (6)
- 74 Dish of cold vegetables (5)
- 76 Brass instrument without valves (5)
- 80 Baby's bed (3)
- 82 Person to whom an envelope is written (9)
- 84 Expiation (9)
- 85 Cook slowly in liquid (4)
- 87 Ridge of rock, coral, etc (4)
- 88 Contribute, donate (4)
- 90 Beast of burden (3)
- 93 Doglike (6)
- 97 Book of maps (5)
- 98 Valuable quality (5)
- 101 Show a response (5)
- 102 Each one, without exception (5)
- 103 Zealous (4)
- 104 Musical notation written on a stave (4)
- 105 Army's temporary living quarters (4)
- 108 Provide with weapons (3)

Crossword Answers

DOWN 1 Bushy 2 April 3 Soak 4 Seed
 5 Castanets 6 Sea 7 Guerrilla 8 Poppy
 9 Stripe 10 Apart 11 East 17 Omit
 18 Kiss 20 Slat 23 Hen 25 Narcissus
 29 Snail 31 Era 32 Taste 33 Scarab
 34 Airily 35 Haversack 36 Scream
 40 Beat 43 Agape 44 Khaki 45 Restate
 47 USA 50 Slip 52 Scene 53 Polka
 54 Persist 56 Ant 58 Bomb 59 Bedspread
 62 Urges 63 Eagle 65 DNA 66 Entrust
 67 Take sides 70 Sand 72 Bundle
 73 Dreams 74 Salad 76 Bugle 80 Cot
 82 Addressed 84 Atone 85 Stew
 87 Reel 88 Give 90 Ass 93 Canine
 97 Atlas 98 Asset 101 React 102 Every
 103 Avid 104 Clef 105 Camp 108 Arm
ACROSS 1 Beans 4 Sucks 8 Passage
 12 UFO 13 Surface 14 Shape 15 Perhaps
 16 Yolk 19 Mass 21 Ray 22 Path 24 Iron
 26 Lei 27 Arena 28 Less 30 Went 33 Stash
 37 Access 38 Lava 39 Chaos 41 Raise
 42 Share 44 Kyle 45 Rye 46 Buy 48 Scuba
 49 Traps 51 Costs 53 Papacy 55 Hepatitis
 57 Fade 60 Lyre 61 Volunteer 64 Recede
 68 Align 69 Bogus 71 Grass 72 Bad
 74 Sat 75 Rebus 77 Nice 78 Rinse
 79 Laces 81 Grab 83 Saliva 86 Dregs
 89 Date 91 Bead 92 Those 94 Roe 95 Site
 96 Saga 98 Ale 99 Week 100 Free
 106 Villinus 107 Spare 109 Leakage
 110 Eke 111 Dessert 112 Motif 113 Putty

Tributes – Please share your memories

Please nominate your former colleagues for a spotlight obituary.

Maybe you have fond memories of your former colleagues – or perhaps they made a difference during their time at the Company.

Please nominate anyone from our obituary pages who you'd like to recognise in a spotlight feature by contacting the editorial team at hello@yourcontactmag.com

Peri peri portobello pitta with sweet potato wedges

Step into spring with a healthy peri peri dinner that packs a real flavour punch!

This healthy veggie meal with stuffed mushrooms served in wholemeal pittas with lettuce, yoghurt and tomatoes is full of goodness and fibre, and only takes 30 minutes to make. Enjoy with sweet potato wedges to get four of your five a day.

Ingredients to serve two people

- 1 lemon
- 2 red onions
- 1 tomato
- 1 gem lettuce
- 2 garlic cloves
- 2 tsp soy sauce
- 1 tsp smoked paprika
- 1 tsp dried oregano
- ½ tsp dried chilli flakes
- 1 sweet potato
- 300g portobello mushrooms
- 80g natural yoghurt
- 2 wholemeal pittas

You'll also need salt, sugar and olive oil.

Method

1. Preheat the oven to 220°C/200°C (fan)/gas mark 7). Peel and slice the red onions, then heat a large, wide-based pan with ½ tbsp of olive oil over a medium heat. Once hot, add the sliced red onion with a pinch of salt and 1 tsp of sugar and cook for 10-12 minutes or until softened and caramelised.
2. Cut the sweet potato (skin on) into wedges and add to a large bowl with 1 tbsp of olive oil and a generous pinch of salt and give everything a good mix up. Put the sweet potato wedges on to a baking tray and place them in the oven for 20-25 minutes, or until the wedges are tender and starting to crisp.
3. Meanwhile, peel and finely chop (or grate) the garlic and cut the lemon in half. Combine the smoked paprika, dried oregano, chopped garlic and chilli flakes (can't handle the heat? Just go easy on the chilli!) in a small bowl. Add the juice of the lemon, soy sauce and ½ tbsp of olive oil and mix to form a paste.
4. Brush the peri peri paste evenly over your portobello mushrooms.
5. Once the caramelised onions are done, remove them from the pan and set aside. Return the pan to a medium-high heat. Once hot, add the coated mushrooms to the pan and cover. Cook for 3-4 minutes on each side or until cooked through.
6. While the mushrooms are cooking, wash the gem lettuce, then pat it dry with kitchen paper and finely shred, then slice the tomatoes.
7. Add the wholemeal pittas to the tray in the oven with the sweet potato wedges and cook for 1-2 minutes or until warmed through.
8. Finally, cut the warmed pittas in half and spread the inside with a dollop of natural yoghurt. Stuff each pitta half with a peri peri portobello mushroom, some caramelised onions, shredded lettuce and sliced tomato. Serve your peri peri portobello pittas with the sweet potato wedges and place any remaining lettuce and tomato on the side.



GET IN TOUCH



Contact magazine

BOC Pension Services, Forge, 43 Church Street West, Woking, Surrey, GU21 6HT



Freephone: 0800 096 3214

Overseas: +44 (0)1483 244 747



Web: www.bocpensions.co.uk

Email: hello@yourcontactmag.com