

Summer
2022

contact

KEEPING IN TOUCH WITH OUR RETIRED BOC COLLEAGUES

The Queen's Platinum Jubilee

Share your Jubilee stories with us!

Cost of living increases

Get guidance to help make
your money go further

Aiming for net zero

BOC announce new
decarbonisation projects

Jurassic Coast, Dorset

A message from the Contact team

Welcome to the summer 2022 edition of Contact magazine

As the Met Office predicts the chances of hot weather over the next few months are double that of other years, it looks as if we could be in for a glorious summer in 2022.

This edition's recipe perfectly encapsulates the taste of that summer. On page 7, you'll find a simple but delicious strawberry pudding that takes no time at all to prepare, and which is perfect for an outdoor meal with friends or family on a sunny afternoon or a balmy evening.

Many of you will have celebrated The Queen's Platinum Jubilee this summer – and we'd love to hear how you marked the occasion. Send us your Platinum Jubilee stories and photographs and we'll share them in the next edition of Contact magazine. Turn to page 4 to find out how you can get involved!

While the weather might be improving, many people are finding that their standard of living is taking a turn for the worse. As inflation soars, you can find out where you can get guidance about how to make your money go further, and whether you're eligible for any grants or support, on page 3.

And finally, we'd like to thank so many of you for helping us meet our green targets by visiting the Obituaries section in its new home online. You can find the latest edition of the Obituaries at www.bocpensions.co.uk/boc/pensioner/magazine

We hope you enjoy this edition of Contact 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)

Your BOC stories and tributes

We love featuring your BOC stories in the 'Yesterday's News' section of Contact magazine. If you'd like to share your BOC experiences, or you'd like to let people know about a BOC colleague who helped you in some way or meant a lot to you, email us at hello@yourcontactmag.com

We've moved!

We recently sent you a postcard letting you know that the Pensions team has moved. If you have any queries about your BOC pension, you can now reach us using the details on the back page.

In this edition

Financial support Page 3	Balsamic strawberry dessert Page 7
Yesterday's news – Jubilee special Pages 4	Puzzle Back page
Company news Pages 5 and 6	

The rising cost of living

Data from the Office of National Statistics show that UK households are currently being hit by the steepest annual rise in inflation since the early 1980s.

The soaring cost of gas, electricity, groceries and petrol – combined with global supply-chain disruption caused first by COVID-19 and now the devastating war in Ukraine – means that living standards are being squeezed from every direction.

Make a budget

It might seem obvious, but knowing exactly how much money is coming into your household is the first step towards being able to budget accurately. You can then calculate your outgoings. Once you've done this, you'll be in a position to see whether you could cut back on any non-essential outgoings – even if it's just temporarily.

Get help if you're struggling

MoneyHelper offers free and impartial Government-backed guidance about money and pensions. Trained staff can give you help and advice about how to keep on top of your finances, including reducing your spending and how to make the most of your income. Visit www.moneyhelper.org.uk or call **0800 138 7777** to speak to an adviser. You can also use their web-chat facility.

Citizens Advice has a list of grants and schemes, including Government arrangements like the Warm Home Discount and the Winter Fuel Payment, that you may be able to use to help with your bills. They can also give you advice about how to reduce your living costs. Visit www.citizensadvice.org.uk or call **0800 144 8848** to speak to an adviser.

Could you be eligible for pension credit?

The Department for Work and Pensions has released an easy-read online guide that gives a summary of Pension Credit. It explains who can apply for Pension Credit, what the threshold for eligibility is, how you can apply, and how your claim would be assessed. Read the guide at www.gov.uk/government/publications/easy-read-pension-credit



Beware of scammers pretending to be family

Criminals are now pretending to be members of the family and trying to convince victims into transferring money to them.

What to watch out for

It can all start with a text, or a message on social media. A simple "Hi gran" may come from a number you don't recognise. The sender may try and justify this by saying that their phone has been lost or stolen so they're using a friend's.

If the scammer is calling and they don't sound like your family member, they may say that's because they've got a cold or even that they've broken their nose.

Next they'll ask you for money. This could be because they need to replace a lost or stolen phone, but often it will be to help settle an unpaid bill. Some even pretend that they've been arrested and need help to pay their bail.

The scammers will then provide you with bank account details so you can make a payment, and may come up with elaborate excuses to explain why the details are different from what you might recognise.

How to beat the scam

- If something doesn't look or feel right, always challenge it
- If you receive an unexpected payment request from anyone – even an apparent family member – contact them to check it's genuine
- Don't be taken in if the scammer knows lots of details about you and your family.

What to do if you think you've fallen victim to a scam

First, contact your bank to alert them, see if they can halt the payment, or help in any other way.

Get in touch with the Government-backed financial-guidance service, **MoneyHelper**, to see if they can help you get your money back. You can reach their financial crimes and scams unit on **0800 015 4402**.

Jubilee tales



Send us your Jubilee stories

Many of you will have celebrated the Queen's Platinum Jubilee with your families, friends and colleagues over the extended bank-holiday weekend in June.

Maybe you took part in or helped to organise a street party, or a Jubilee-themed 'Big Lunch' for your wider community? Perhaps you went and watched the Jubilee beacons being lit, or planted trees for the Queen's Green Canopy? Or you may have taken part in some fundraising for another Jubilee-themed community activity?

However you celebrated, we'd love to share your stories and pictures in our autumn issue. Here's how you can share *your* Jubilee experience:

Your stories

Please send your stories in by email, or as a Word attachment, to hello@yourcontactmag.com

Your photos

Please send your images as separate files attached to your email and not pasted into your email or Word attachments. This means the quality should be high enough for us to print in the autumn edition.

Your deadline

Please send your contributions to us by **Monday 1 August 2022**.

We're looking forward to finding out how you celebrated!

A right royal visit!

As we're asking you to share your stories of The Queen's Platinum Jubilee, we felt it was only fair that we shared BOC's own royal experience.

On 19 May 1993, Queen Elizabeth II visited Immingham in North East Lincolnshire to officially open the site of BOC's new industry-leading acetylene gas plant.

Do any of our readers from BOC Immingham remember this event? If so, please share your memories by emailing us at hello@yourcontactmag.com



Company news

Considering carbon capture conversion

The Department for Business, Energy and Industrial Strategy (BEIS), has confirmed that BOC's Teesside Hydrogen CO₂ Capture submission is an eligible project for the Government's CCUS (carbon capture, utilisation and storage) Programme.

As part of this phase of the CCUS Programme, BOC will look at the viability of converting its Teesside plant into a low-carbon, blue hydrogen facility that captures 95% of the CO₂ it emits.

Blue hydrogen is made from non-renewable energy sources and the CCUS equipment aims to drastically

reduce the amount of CO₂ produced as a by-product of the process.

The Teesside CCUS is due to come online in the mid-2020s and will play a significant role in helping the industry decarbonise ahead of the Government's goal to reach net zero emissions by 2050.



Decarbonising isn't a pane in the glass

BOC and Pilkington UK are working in partnership to produce float (sheet) glass using 100% hydrogen in trials at Pilkington's St Helen's plant.

The Progressive Energy HyNet Industrial Fuel Switching project is just one of several decarbonisation projects currently running in the North West that could revolutionise the glass-making industry.

Another HyNet trial using BOC hydrogen is also underway at Unilever's nearby Port Sunlight facility.

David Parkin, Project Director HyNet North West said that, if successful, the projects have the potential to create over 6,000 new permanent jobs, bringing "employment and economic growth to the North West, [while] kick starting a low-carbon hydrogen economy."



Company news

Here comes the Sunswap

Gist and cleantech engineering firm Sunswap have partnered up to trial a zero-emission solar and battery powered transport refrigeration unit (TRU).

The trial, operating out of Gist's Chesterfield depot, forms part of Gist's commitment to reduce carbon emissions among its distribution fleet in line with the Government's goal of reaching net zero emissions by 2050.

By combining battery power and energy from solar panels, Sunswap's 'Endurance' TRUs can provide up to 80% of the charge needed to operate the TRU throughout the year.

Kate Brown, Gist's Communications and Sustainability director, said: "Gist is actively collaborating within the industry to understand new, developing technology that can minimise our impact on the environment. We are always looking to trial new innovations, such as Sunswap's TRU, as part of our commitment to creating a greener, more efficient distribution fleet."

Michael Lowe, Sunswap's CEO, said: "Sunswap is thrilled to be working with Gist. They operate one of the largest chilled distribution fleets in the UK and their commitment to reduce their emissions is perfectly aligned with our mission to decarbonise the cold chain."

"With diesel now more expensive for TRUs and emissions targets getting closer, the logistics sector has responded fantastically and is actively looking for innovative solutions to achieve net zero. We are excited to continue our customer deployments and help more fleet operators cut diesel from their temperature-controlled trailer fleet."



Very 'berry balsamic dessert

This simple and delicious pudding is one of our favourite ways to enjoy this summer's crop of strawberries

Nothing says summer quite like home-grown British strawberries. You don't need fancy puddings to showcase them, which is why this simple dish just combines balsamic vinegar to gently soften them and a bit of sugar or maple syrup to enhance the glorious sweet, summery taste of one of our best-loved fruits.

This recipe feeds four. Preparation time is around 20 minutes, and you can prepare it up to a day ahead.

Ingredients

- 600g fresh strawberries
- 4 tbsp of balsamic vinegar
- 2 tbsp of brown sugar – you can substitute the brown sugar for maple syrup for a bit of nutty, smoky flavouring – or use 1 tbsp of each
- Freshly ground black pepper
- 300ml crème fraîche
- 1 vanilla pod – you can substitute this for vanilla essence

Method

1. Husk your strawberries then halve them lengthways.
2. Set the strawberries aside in a bowl and add a couple of twists of freshly ground black pepper.
3. Make the 'dressing' by mixing the balsamic vinegar with the sugar or maple syrup.
4. Pour the 'dressing' over the strawberries and leave them to macerate – preferably overnight but for at least an hour – in a covered bowl in your fridge. You can return to the bowl every now and again to 'baste' the strawberries with the 'dressing' to make sure they're all covered.
5. Take a paring (or small) knife, slice the vanilla pod lengthways from top to bottom. Then use the back of your knife to scrape the seeds out.
6. Add your vanilla seeds (or vanilla essence to taste) to the crème fraîche, fold in, and allow to steep – again, preferably overnight but for at least an hour – in the fridge.

The beauty of this pudding is that you can just serve it simply in a salad bowl, or you can arrange the strawberries in a pattern (for example, concentric circles) on a serving platter to give your table a bit of a pop. Serve the vanilla crème fraîche in a separate bowl so you can take as little or as much as you like.

You could serve your strawberries with ice cream instead of crème fraîche – pecan, salted caramel or even liquorice flavoured ice creams works particularly well with the balsamic 'dressing'.

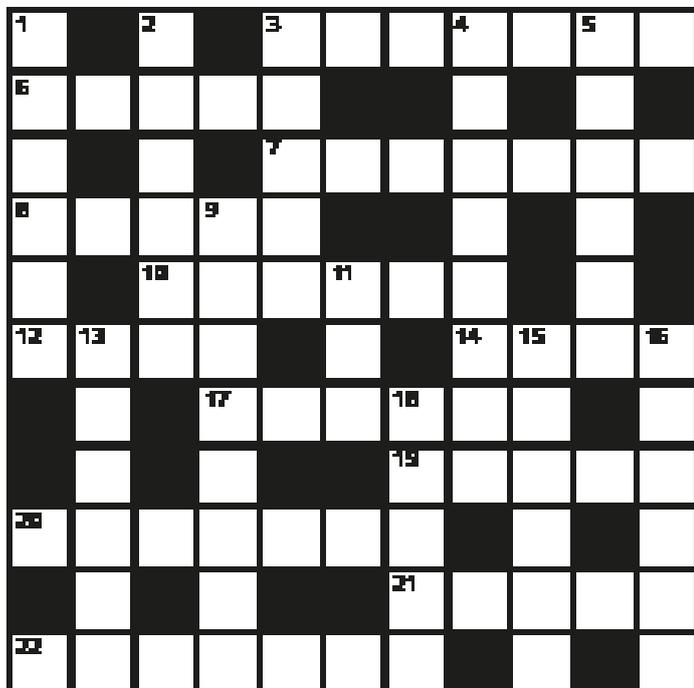
Waste not want not!

If you're using vanilla pods rather than essence, save your discarded pods and make vanilla sugar – it's great for baking with! Simply put your empty pods into a jar that has an airtight lid, then fill it with white caster sugar and put the lid on. After a few days, your sugar will take on the flavour of the vanilla. Delicious!

Crossword answers



The Contact crossword



Across

- 3 Stomach (7)
- 6 Fathers (5)
- 7 Cross-brace that supports a rail on a railway track (7)
- 8 Dame Nellie ____, Australian operatic soprano (5)
- 10 Detailed plan or design (6)
- 12 Change course (4)
- 14 Prayer-ending word (4)
- 17 Offensively bold (6)
- 19 Repeated programme (5)
- 20 South American river fish with very sharp teeth (7)
- 21 Less than the correct amount (5)
- 22 Metric land measure (7)

Down

- 1 Isaac ____, science fiction author (6)
- 2 Framework of metal bars used as a partition (6)
- 3 Put to the test (5)
- 4 Travel past (8)
- 5 Come into view (6)
- 9 Graph with rectangular blocks of varying proportional height (3,5)
- 11 Cardinal number (3)
- 13 Full in quantity or extent (6)
- 15 Large indefinite number (6)
- 16 Four score and ten (6)
- 18 Remove by rubbing (5)

GET IN TOUCH

We always love to hear from you. We can help you more quickly and efficiently if you contact us in the following ways:

To send us your BOC or Jubilee stories, your tributes to former colleagues, or your feedback about Contact magazine

✉ hello@yourcontactmag.com

For general information about your BOC pension

🌐 www.bocpensions.co.uk

To view Contact Magazine or the obituaries section online

🌐 www.bocpensions.co.uk/boc/pensioner/magazine

For queries about your BOC pension

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

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