

Autumn
2022

contact

KEEPING IN TOUCH WITH OUR RETIRED BOC COLLEAGUES

In memory of Her Majesty The Queen

We share our memories of Queen Elizabeth II

Help with the cost of living

Find out more about this winter's Pensioner Cost of Living Payment

Not just any acquisition

M&S purchases Gist

A message from the Contact team

In this edition

Welcome to the autumn 2022 edition of Contact magazine

Her Late Majesty Queen Elizabeth II sadly passed away on 8 September 2022, leaving the nation reflecting on her 70 years of reign. As we welcome in the new King Charles III, we would like to reflect on how Contact readers Ted Freaney and Ted Brindley celebrated the Queen's reign at her Platinum Jubilee earlier in the year, and how Steve Digby met Her Late Majesty in 1993. Read more on pages 4 and 5.

Energy regulator Ofgem has announced that, from October this year, the price cap on how much energy providers can charge customers will be reviewed every three months instead of every six. This means we are facing more energy price hikes this winter.

Because of this, many households already struggling with the cost-of-living crisis could find themselves vulnerable to the rising number of scams pretending to offer rebates or refunds from energy companies, local councils or the government. On page 3, we outline how the genuine Pensioner Winter Fuel Payment and the Pensioner Cost of Living Payment work – along with how to spot a rebate scam.

To bring comfort as the colder, longer nights of autumn start drawing in, why not tuck in to a delicious Rösti fish pie – your stomach will thank you! You'll find the recipe and instructions on page 7.

In the Company news section, on page 6, you can find out more the recent acquisition of Gist by M&S, and what this means for the future of the two businesses.

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

Andrew Cox and Bexley Fisher
On behalf of BOC Pension Services and Gallagher
(the appointed Trustee communications provider)

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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.

Cost of Living Payment

The Department for Work and Pensions (DWP) has announced that 8 million pensioners who receive the Winter Fuel Payment will also be eligible for an additional Cost of Living Payment. But how much will it be and how do you apply for it? Let's take a look...

Who is eligible for the payment and how much is it?

The figures below show the total amount you'll receive – in other words, your Winter Fuel Payment and your Pensioner Cost of Living Payment together.

If you live alone, or with others who don't qualify

Born between 25 September, 1942 and 25 September, 1956	£500
Born on or before 25 September, 1942	£600

If you live with someone under 80 who also qualifies

Born between 25 September, 1942 and 25 September, 1956	£250
Born on or before 25 September, 1942	£350

If you live with someone over 80 who also qualifies

Born between 25 September, 1942 and 25 September, 1956	£250
Born on or before 25 September, 1942	£350

If you live with someone who gets Pension Credit, income-based Jobseeker's Allowance (JSA), income-related Employment Support Allowance (ESA), or Income Support

Born between 25 September, 1942 and 25 September, 1956	£500*
Born on or before 25 September, 1942	£600*

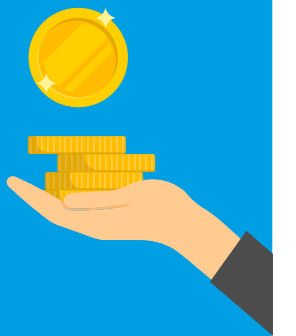
* only one of you will receive the Pensioner Cost of Living Payment.

If you live in a care home and do not get Pension Credit, income-based JSA, income-related ESA, or Income Support

Born between 25 September, 1942 and 25 September, 1956	£250
Born on or before 25 September, 1942	£300

How do you apply for the Pensioner Cost of Living Payment?

The good news is that you don't have to apply for this payment. If you're entitled to a Winter Fuel Payment for 2022/2023 and are eligible for the Pensioner Cost of Living Payment, it'll be applied to your Winter Fuel Payment from November 2022. You'll receive your payment automatically if you receive a State Pension or another social security benefit.



Other help and resources

Find out what other benefits and financial support you might be able to get on the government's Help for Households website at costoflivingsupport.campaign.gov.uk

Scams rise as cost-of-living crisis bites

Fraudsters are capitalising on the cost-of-living crisis by contacting people speculatively with offers of rebates, grants and support payments.

As we saw in the previous article, most legitimate rebates or payments are either made automatically or you have to apply for them.

Local councils, government departments, or energy providers will not call, text or email you to let you know about them. They will certainly not ask you to hand out sensitive personal identifying information (for example, your date of birth, National Insurance number, bank account details etc.).

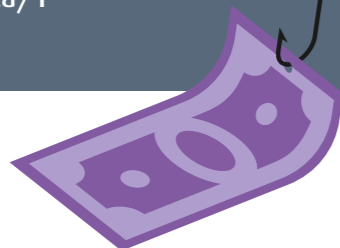
What to do if you think you've been scammed



Follow Citizens Advice's guidance at www.citizensadvice.org.uk/consumer/scams/what-to-do-if-youve-been-scammed

Stay scam aware

Sign up for Which? Magazine's free Scam Alerts service to find out which scams are doing the rounds. Go to act.which.co.uk/page/103781/data/1



In memory of Her Majesty The Queen

In the summer issue of Contact Magazine, we asked you to let us know how you celebrated The Queen's Platinum Jubilee.

We would like to take this opportunity to share some of our readers' stories from the Jubilee to remember Her Late Majesty Queen Elizabeth II.

Platinum piper

Pipe Major Stuart Liddell was commissioned by the Queen to write a special composition for the pipes called *Diu Regnare – Long to Reign – which was played at every Lighting of the Beacon ceremony across the UK on the evening of 2 June, 2022.*

Ted Freaney – a piper with the Chorley Croft and Culcheth Pipe Band – was one of the lucky pipers who got to play the uplifting tune across the country that evening and performed it at the lighting ceremony for the South Ribble Council. He said, "I was honoured to play on such a special occasion."

It didn't stop there for Ted, though He and his neighbours held a street party a couple of days later and he played *Diu Regnare* again there "the weather was awful, but in the Great British tradition, we just carried on!"

Ted performs for his neighbours at their Jubilee street party



A royal visit

We'd like to say a special thank you to Steve Digby for sending in his treasured photograph of the Queen's visit to BOC Immingham on 19 May 1993, along with his memories of the day. Steve was Northern Area Special Gases Sales Manager at the time and based at Immingham.

Steve remembers that senior BOC staff, along with key suppliers and customers, all gathered in a giant marquee while the Queen toured the plant.

One of those suppliers was du Pont, which was represented on the day by its European Sales Manager, Gerhard Arnold. The site tour would have included much talk of the new range of refrigerants BOC was handling on the site, which du Pont supplied to BOC.

"Once the tour was finished, the Queen joined us in the marquee and seemed to make a bee-line towards me. To say my knees were knocking is an understatement! When she was about three yards away, someone guided her towards my neighbour, Gerhard, and she exchanged a few words with him."

"While Gerhard and the Queen were talking, a photographer lingered close by so I made sure I got into shot and the result is the photograph you see below."

Steve remembers that some local primary school children were lined up outside the marquee and the Queen went on to meet them afterwards. "You could see how much she enjoyed their presence" he said.



Jubilee bunting and birthday balloons – Ted graciously shares his big day with Her Majesty. Happy 80th, Ted!

(L-R) John Austin Davies (Barker Refrigeration), Ian Gostling (Lumonics), Gerhard Arnold (du Pont), Steve Digby (BOC), Queen Elizabeth II, Philip Aiken (back to camera, MD of BOC Gases)

Twice the celebrations

Ted Brindley, who used to work as a driver delivering industrial gases out of BOC Crawley and Morden, also got in touch.

Ted and his neighbours decided to hold a street party on Sunday 5 July. They closed the street to traffic for the day and, on the Sunday morning, residents awoke to houses festooned with flags, bunting and other Jubilee decorations. Ted and his wife even decorated their motor home!

It was an extra special day for Ted because it was also his 80th birthday. He was delighted to be sharing such a special day with the Queen "it was a memorable occasion," said Ted.

While Ted misses his BOC colleagues, he's especially proud that his son has followed in his footsteps and has been a driver working out of BOC Crawley for the last 20 years.



Company news

Not just any acquisition

In July, M&S Group announced their acquisition of Gist Ltd in the UK and Republic of Ireland. Whilst the ownership of Gist will be changing, the Gist brand will remain in place and the business will continue its normal operations.

The acquisition aims to enhance M&S's plans to modernise its food supply chain, allowing for a more efficient and cost-effective distribution network to its stores across the UK and ROI through revitalised technology and the phased introduction of greater levels of automation throughout the supply process. The deal will ultimately be worth £255 million, with M&S paying an initial £145m in cash and the remainder paid via cash plus interest by the 3rd anniversary of the completion of the acquisition.

Gist has been a long-serving supplier of M&S food logistics, after commencing six-day deliveries to M&S Food stores in 1980. This service expanded to supplying clothing and other general merchandise in 1986 and went on to secure a contract to supply all food operations (including frozen foods and extending operations into the ROI) in 2009. Since then it has played a vital role in the continued operations of M&S.

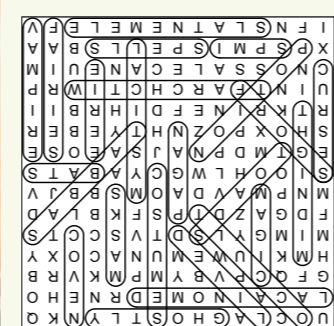
This deal replaces the existing Gist-M&S contract which was due to expire in 2027 and M&S expects to see immediate growth as a result. This is due to the elimination of contractual fees and more closely aligned operational procedures.

Stuart Manchin, M&S CEO

M&S has been tied to a higher-cost legacy contract, limiting both our incentive to invest and our growth. The last two years have shown what can be achieved by working collaboratively alongside our partners at Gist. This has given me confidence that now is the time to take action and remove an impediment to our growth. We have therefore acted decisively to acquire Gist, taking control of our food supply chain for the first time in our history. This is the first step in a multi-year plan which will transform the entire supply chain.

“The acquisition aims to enhance M&S's plans to modernise its food supply chain, allowing for a more efficient and cost-effective distribution network to its stores across the UK and ROI.”

Autumn puzzle answers



Röstie fish pie

As the nights begin to draw in and the mercury dips, we instinctively start to turn to comfort dishes. This hearty fish pie, with its rösti-topped twist, is the culinary equivalent of snuggling up in your favourite cosy jumper on a chilly, autumnal evening.

SERVES: 2 | PREP: 5 minutes | COOK: 25 minutes

Ingredients

- 300g waxy potatoes, halved
- 250g of fish-pie mix (or make up your own with cod or coley, smoked haddock and some juicy king prawns) – make sure it's defrosted before you start cooking if you're using frozen
- 300ml milk
- 50g butter
- 1 leek, finely chopped
- 2 tbsp parsley, chopped
- 2 tsp mustard – we prefer Dijon for this recipe
- 1 bay leaf
- Salt and pepper
- Handful of garden peas (fresh or frozen) or broad beans
- Handful of grated cheese for the topping – mature Cheddar works really well for this dish!

Method

1. Boil the potatoes for around 5-7mins in salted water – they should be tender, but firm enough to grate – then drain and refresh them under cold water and set aside.
2. Put the fish into a saucepan, add the milk, the bay leaf and then salt and pepper to taste – bring to a simmer and cook for 5mins.
3. Drain the fish and keep the milk to one side.
4. Heat half of the butter in a saucepan, add the leek and cook until soft – around 5-6mins – then gradually stir in the flour for 1min and remove from heat.
5. Remove the bay leaf from the milk, then gradually add it to the flour, butter and leek mixture – make sure you stir as you go to avoid lumps.
6. Return the mixture to the boil and simmer for 2mins.
7. Stir in the parsley and mustard.
8. Turn your grill up to high and, as you wait, fold the fish mix into the sauce (flake it first if you've made your own mix) and place into a small oven-proof dish.
9. Coarsely grate the potatoes, toss them with the remaining butter adding salt and pepper to taste – then add them to the oven-proof dish to make the rösti-topping, pressing it down lightly.
10. Sprinkle the grated cheese on top – add a dash more salt and pepper if you want to – then place under the grill for 5-10mins until the potatoes are golden and the cheese starts to brown.
11. Serve with buttered garden peas or broad beans.

The Contact puzzle



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|------------|------------|
| BATS | MAGIC |
| COSTUMES | MASKS |
| COVEN | MIDNIGHT |
| CURSES | MYSTICAL |
| DEMONIACAL | OCCULT |
| DEVIL | PAGAN |
| EERIE | POTION |
| ELEMENTALS | SABBAT |
| FAIRIES | SPELLS |
| FROGS | TOADS |
| GHOSTLY | VAMPIRE |
| IMPS | WITCHCRAFT |

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

📞 Freephone: 0800 096 3214
Overseas: +44 (0)1483 244 747

✉ pensions.uk@bc.com