



WELCOME TO OUR

October Local Loop

t: 0115 844 0011 e: info@ageuknotts.org.uk info: www.ageuk.org.uk/notts

Welcome to the October edition of our Local Loop – it's a bit of a whopper! We're welcoming new staff, congratulating those with long service, reporting back of the intense activity Age UK are undertaking in response to cuts to the Winter Fuel Payment and a whole host of other topical issues.

You know the drill – pop the kettle on, grab a snack and enjoy a catch-up with Age UK Notts.

Maria Cooke
Innovations and Communications Director



Social Media -
We want to hear from you!
Help us by...

Liking, Saving, Sharing and
Commenting on our posts.

t: 0115 844 0011 | e: info@ageuknotts.org.uk

WWW.AGEUK.ORG.UK/NOTTS



CONTENTS **OCTOBER**

5 YEAR ANNIVERSARY

CONGRATULATIONS!

DEAR CHRISTMAS FRIEND 2024

TIPS FOR A SAFE AND HAPPY HALLOWEEN

BEST FOOT FORWARD - SPONSORED WALK WEEK

PIE & PEA QUIZ FUN

READY, STEADY, KNIT

GOOD TO KNOW

WINTER FUEL PAYMENT EQUALITY IMPACT ASSESSMENT

DATES FOR SEPTEMBER

AND FINALLY... RECIPE OF THE MONTH

HR

t: 0115 844 0011 | e: info@ageuknotts.org.uk

WWW.AGEUK.ORG.UK/NOTTS

5 YEAR ANNIVERSARY



Congratulations go this month to Sadat who celebrates his 5 year volunteering anniversary as a Companion Service volunteer telephone befriender.

Thanks for your commitment, Sadat

Sadat



Congratulations to you on your anniversary!
Thanks to you and all of our volunteers, our charity couldn't deliver the amazing services it provides without you and others like you.

CONGRATULATIONS!



John Bryan

Congratulations to our very own John Bryan who has been with the charity for 15 years. John's had many roles over the year but he's currently leading our successful Scams Awareness project which helps older people stay alert to the risk of scams and fraud and how to prevent it. John is a wonderful advocate for the charity and you can bet that many referrals you deal with originated in one of John's information sessions. Thanks for your commitment and enthusiasm, John – here's to the next 15!!

[For more information about Scams Awareness click here](#)

t: 0115 844 0011 | e: info@ageuknotts.org.uk

WWW.AGEUK.ORG.UK/NOTTS

Dear Christmas Friend 2024



We're so pleased to be able to bring back this lovely opportunity to add a little cheer to the life of an older person spending Christmas in their care home or in hospital. It's a wonderful way of letting people know they haven't been forgotten.

There are some very simple rules to follow so everyone can enjoy the experience:



DO:

- Get the younger generation involved. If you have children or grandchildren, encourage them to make a card, write a letter or do some drawing
- If writing a letter, share general information about yourself, such as your job, hobbies, seasonal anecdotes, Christmas traditions or your favourite things about winter
- If sending a card, remember that not everybody is religious or of the same religion, so choose or draw designs that are suitable for everyone
- Offer some reminiscence opportunities. You could mention favourite places or childhood memories, for example
- Postcards with pictures of gardens, animals, pets, art works, or coastal views can all help to stimulate conversations and memories
- Ask questions to encourage the patient to think about their own lives, for example, 'Christmas Pudding is my favourite part of the meal. What's your favourite?'
- Sign your card or letter with your first name only



DON'T:

- Don't stick anything onto your card. Glitter, sequins, twigs and cotton wool might fall off and make a patient uncomfortable or create extra work for the cleaning staff. Letters, paints, felt-tips, wax crayons or pencils only, please
- Don't add any details that will identify you specifically such as your address, date of birth or age
- Don't be political or share conspiracy theories
- We have 3 different venues for you to choose from and we recommend sending your card, letter or drawing (maybe all 3!) from late November onwards. We'll remind you in the next edition.



Dear Christmas Friend 2024



Where to send

Please remember to put a stamp on your envelope and send to any of the locations below:

Dear Christmas Friend - Age UK Notts
C/O Kerry
Acer Court Care Home
172 Nottingham Road
Nuthall
Nottingham
NG8 6AX

Dear Christmas Friend - Age UK Notts
C/O Hayley Wood
Alder House Care Home
Avery Place
172 Nottingham Road
NG8 6AX

Dear Christmas Friend - Age UK Notts
C/O Racheal
West Lodge Care Home
238 Hucknall Road
NG5 1FB

Dear Christmas Friend - Age UK Notts
C/O Bernice
Wollaton Park Care Home
2A Lambourne Drive
NG8 1GR

Dear Christmas Friend - Age UK Notts
C/O Charlotte
Acorn House Care Home
1 Oak Street
Nottingham
NG5 2AT

Dear Christmas Friend - Age UK Notts
C/O Tracey Cook Deputy Manager
Highfields Nursing Home
330 Highbury Road
Bulwell Nottingham
NG6 9AF

Dear Christmas Friend - Age UK Notts
C/O Anna Ellerton
Lings Bar Hospital
Beckside
Gamston
Nottingham
NG2 6PR

Dear Christmas Friend - Age UK Notts
C/O Louise Page
Modern Matron
Mental Health Services for Older People
Nottinghamshire Healthcare NHS Foundation Trust
Blossomwood
Sutton in Ashfield
Nottinghamshire
NG17 7JT



TIPS FOR A SAFE AND HAPPY HALLOWEEN

Halloween can be great fun, especially for kids and lots of us enjoy seeing local children out trick or treating in their costumes. However, for some people, it can be a worry – especially if they're home alone and concerned about callers after dark.

While none of us wants to spoil the fun, we also shouldn't have to feel scared or anxious in our own homes.

Here are some simple things we can all do to make sure Halloween remains good fun for everyone:

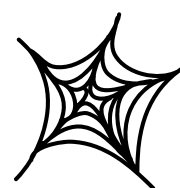
If you're concerned about staying safe:

- **Always put the door chain on and look out of the window or spy hole to see who's there before opening the door**
- **Take particular care if there's more than one person on your doorstep**
- **Only open the door if you feel safe to do so. If you're in any doubt or don't feel safe, don't – it's fine not to answer the door if you don't want to**
- **If you're really worried, invite a friend or relative around and spend the evening together**



If you're out trick or treating:

- **Remember that some older people and other members of your community might not want to be disturbed. A good rule of thumb is to look for a pumpkin outside the house – that's a sign the house is happy to receive trick or treaters.**
- **Be mindful of noise late at night.**
- **Don't persistently ring someone's doorbell, knock on their door or return to their house later. If they don't answer, it's best to move on.**



t: 0115 844 0011 | e: info@ageuknotts.org.uk

WWW.AGEUK.ORG.UK/NOTTS

SPOOKTACULAR EATS!

There are a number of theories about the origins of the carved Jack-O'-Lantern. One of the most popular stories is that it came from a 17th century Irish folktale about a man named Stingy Jack.

The story goes that Stingy Jack spent a lifetime tricking the Devil into changing his form using a number of cunning plans. As payback, the Devil punished Stingy Jack, forcing him to roam Earth with nothing but a small, glowing ember to light his way. Jack is said to have put the glowing coal into a carved-out turnip. He then became known as Jack of the Lantern, and then simply Jack O'Lantern.

There is no evidence to say that Jack was real, but it's a great spooky story to tell!

It wasn't until Irish immigrants arrived in America and discovered the pumpkin that a new Halloween ritual was born. Now pumpkins are commonly placed on doorsteps, ahead of Halloween night.

Why stop at a pumpkin?



Halloween has grown in popularity over recent years and you can join in the at home with your kids, grandchildren, friends and neighbours by throwing a 'spooky tea' - elevate a donut or jelly with googly eye's and sweetie teeth, add mozzarella and olives to turn a pizza into a ghoulish delight or serve 'deadmans' fingers hot dogs to screams of delight!



t: 0115 844 0011 | e: info@ageuknotts.org.uk

WWW.AGEUK.ORG.UK/NOTTS

BEST FOOT FORWARD

Sponsored Walk Week

PIE & PEA QUIZ FUN

October marks our annual sponsored walk week 2024. Join one of our 10 guided walks across the City & County during the week of 28th October and 1st November 2024 encourage Friends, Family and Neighbours to sponsor you to walk and raise funds to keep this vital service running.

Why not celebrate all things Best Foot Forward with our celebration walk around Wollaton park?

Starting at 11am, it's a circular walk around the park and you are invited to join us afterwards for coffee and cake at St Leonards Church Hall, Wollaton Road from 12noon.

To donate:
Scan the QR code



Encourage friends and family to sponsor you to walk and raise funds to keep this vital service running.

[Click here to donate](#)



Over 40 people enjoyed a social afternoon at our Pie & Pea quiz. Enjoying friends company, whilst exercising their brains, and finishing off with a pie and pea meal, followed by fruit skewers and after eight mints a great time was had by all!

The afternoon raised a fantastic amount which is brilliant!

Some of the comments received:

“Thoroughly enjoyed the afternoon, good food and good company”

“This beats spending Sunday afternoon on my own in front of the telly and the bonus is I don't have to make my tea”



“Will you be doing another one the pies were lovely”
Thanks to all those who supported and contributed to this brilliant event.



t: 0115 844 0011 | e: info@ageuknotts.org.uk

WWW.AGEUK.ORG.UK/NOTTS

READY, STEADY, KNIT

The much-loved innocent Big Knit campaign is back for another yarn-spinning year, and Age UK Notts, in partnership with Innocent drinks is calling on all knitters and crocheters in Nottinghamshire to join the fun and help make a big difference to the lives of older people, while being part of this infamous campaign.

Since 2003, Age UK and Innocent have teamed up to inspire the nation's crafters to knit little hats for innocent smoothie bottles. The campaign has raised an incredible £3.2 million for Age UK since it began. For every be-hatted smoothie sold, Age UK receives 30p, helping to provide crucial support to older people both nationally and locally. The 2024-25 campaign aims to knit 1.4 million little hats, with the smoothies hitting shelves in October 2025.

So why not grab your knitting needles, start stitching, and make a real difference? The funds raised will help Age UK Notts continue to provide older people with vital information, advice, and friendship.

Charlotte Wright, Brand Manager at Innocent drinks UK, said:

"The Big Knit is an amazing campaign that gets people throughout the country knitting, crocheting and buying little hats on smoothies for a cause that truly matters. We are so excited that the Big Knit is back, and we will be continuing our long-standing partnership with Age UK to help support older people as much as possible."



Let's get those needles clicking and create a real yarn to remember!

Crafters have until 1st July 2025 to send in their hats, so there's plenty of time to get involved.

For more information about where to drop off your hats contact: info@ageuknotts.org.uk

There are exciting hat designs, including a cheeky monkey, fox cub, sheepish sheep and a unicorn, available to download now, but feel free to come up with designs of your own as we love seeing your creations!

To find out more visit:
[Age UK Notts Big Knit 2024](https://www.ageuknotts.org.uk)

www.ageuk.org.uk/bigknit
www.thebigknit.co.uk/knittingpatterns

WINTER FUEL PAYMENT EQUALITY IMPACT ASSESSMENT

Age UK continue to fight hard for older people affected by the cut to the Winter Fuel Payment (WFP). They've recently released an Equality Impact Assessment.

AS a result of the Government's decision, the analysis finds that

82% (or 4 in every 5) of pensioners will lose WFP

Of those:

80% are aged **80+**

78% are have some form of disability

Age UK calls on the Government to address these issues in the October budget to avert potential disaster for many pensioners over the coming winter.

[You can read the full assessment here: see it here:](#)

In September, Age UK released their annual 'State of Health and Care of Older People in England 2024' which you can read below.

[You can see it here:](#)

Up to
880,000
pensioners could be missing out on this cash boost worth on average up to :



We can help you find out if you are eligible. You can access our information and advice service in a number of ways.

 By phone:- Telephone 0115 844 0011
Monday to Thursday 9am – 5pm & Fridays. 9am – 4.30pm

 By email: info@ageuknotts.org.uk

 **Face to face help:**
If you prefer to talk to someone face to face, you can drop into our Lifestyle Centre advice sessions on Mondays from 10am – 3pm.
You can find The Lifestyle Centre at:
16-18 Bridgeway Centre
The Meadows
Nottingham
NG2 2JD

 [For more information click here & download the I & A leaflet](#)

[Save the Winter Fuel Payment Sign the petition here!](#)

t: 0115 844 0011 | e: info@ageuknotts.org.uk

WWW.AGEUK.ORG.UK/NOTTS

DATES FOR NOVEMBER

All month - Movember - Men's Health Awareness Month

Movember exists to help men live happier, healthier, longer lives – this is what drives every single one of their 1,250 men's health projects. In everything they do, they strive to be transparent and accountable. so they report thoroughly on each project so that you can see how their support is changing the lives of men around the world.

[Movember info click here](#)



MOVEMBER.COM

1st November -

World Vegan Day

World Vegan Day is celebrated around the world to recognise how far the vegan movement has come and to highlight how accessible and good for you, a vegan lifestyle is.



10th November - Remembrance Sunday

Remembrance Day is commemorated on November 11th each year and marks the end of World War I in 1918. The intention of the day is to remember the fallen on both sides in the 'Great War'. In the UK, the official commemoration was moved to the Sunday closest to November in 11th 1939, to avoid any disruption to production in factories supporting the war effort. This Sunday observance has remained since, though November 11th may also be marked with a moment of silence at 11am.



1st Nov 2024 - Diwali

Diwali is the Hindu, Sikh and Jain festival of Lights, which is celebrated with fireworks, dancing, music, the decoration of homes and feasting. The most important aspect is decorating with lights, especially the traditional Diwa candles.



27th November - Fuel Poverty Awareness Day

As the UK enters colder weather, Fuel Poverty Awareness Day aims to highlight the issues caused by fuel poverty.

[Find out about Warm & Wise here](#)

24th November - Stir Up Sunday

Stir-up Sunday started back in Victorian times, and was a tradition where families would come together to get their fruit puddings stirred up, steamed and stored ahead of Christmas.



t: 0115 844 0011 | e: info@ageuknotts.org.uk

WWW.AGEUK.ORG.UK/NOTTS

AND FINALLY... RECIPE OF THE MONTH

We are continuing to share our loved recipes - this month Elaine Hopkins our Community Fundraiser is sharing her go to Autumn dish.

Bean and Butternut Squash Chilli

- 4 sprays calorie controlled cooking spray
- 2 cloves Garlic - crushed
- ½ level tablespoon ground Cumin
- ½ level tablespoon ground Coriander (dried)
- 1 & 1/4 level tablespoons Smoked Paprika (¾ tablespoon to serve)
- 3 grams Onion granules
- 20 grams Chipotle paste
- 600 grams Butternut Squash (cubed)
- 1 Vegetable stock cube (with 500 mls hot water)
- 1 large can chopped tinned Tomatoes
- 1 large can Kidney Beans
- 100 grams Fat Free Natural Yoghurt

Method

1. Mist a large, lidded, non-stick pan with cooking spray and cook the onion for 6-8 minutes over a medium heat until soft.
2. Add the garlic, cumin, ground coriander, smoked paprika and onion granules and cook for another minute, stirring constantly.
3. Add the chipotle paste, and butternut squash and cook for another two minutes, then add the stock and chopped tomatoes. Season to taste, then cover and gently simmer for 30 minutes.
4. Add the beans and cook uncovered for another 15 minutes.
5. Serve the chilli with either rice or jacket potato topped with yogurt and a sprinkling of smoked paprika.
6. The chilli can be frozen in an airtight container for up to 2 months.



Why not share your favourite recipes with us too?

Do you have an interest you'd like to share with us in next month's loop?

email: sarah.elliott@ageuknotts.org.uk

HR

Make a lasting impact on the lives of older people in Nottingham and Nottinghamshire -
Join our team!



Bank Support Worker
(Specialist Dementia Day Service)

Benefits Advisor

SPECAL Support Worker

A MESSAGE FROM COMMUNICATIONS



Tell us what you think of this month's Loop!

If you have any news or information you would like to see included please forward onto to us.

Send any comments to
maria.cooke@ageuknotts.org.uk

If we can make it better, we will. If you like what you see, please tell us.

Maria & Sarah

t: 0115 844 0011 | e: info@ageuknotts.org.uk

WWW.AGEUK.ORG.UK/NOTTS