

## A.O. Let's Go... To the community garden!



### Local company get stuck into corporate volunteering

In March, staff from local household electronics company AO (Appliances Online) have been rolling up their sleeves and mucking in at the community garden allotment run by our social prescribing partners.



The team sent by the online retail giants joined social prescribers as well as other volunteers from Public Health Bolton and from the Bolton GP Federation in facing the freezing temperatures at Rawlin Road, putting in a little bit of good old-fashioned graft to clear space, prepare boxes for raised planting beds and assist with a few minor repairs as well as giving parts of the garden a little bit of a facelift.

Age UK social prescriber Jayne Filio, who is heavily involved in the Community Garden project at Rawlin Road was on hand on the day and was impressed by the hard work put in by the



AO volunteers on the day, saying "They've literally cracked on and done loads of work." going on to tell us "They've done a fabulous job today."

The volunteers braved the cold and had a great time helping out with one of the group saying that the team had had "A great day" putting in some graft during their team building.



## Volunteer Spotlight



### Lynda Robertson

Starting with Age UK Bolton in 2011 after retiring from Bolton Council Lynda has worked at a number of venues in and around Bolton.

At present Lynda teaches 'Chair Based Exercise' and 'Strength and Balance' at Little Lever Library since it opened last year.

Lynda is also qualified in dance for older people and those with dementia, as well as holding a 7307 teaching qualification.

Strength & Balance Service Manager Niall Bradley told us;

"The ongoing commitment from Lynda and her infectious happy personality have made her a fantastic volunteer for our service."

Lynda has also sang in choirs, performing at the Bridgewater Hall, Disney Land Florida and the Royal Albert Hall



Bolton ageUK Bolton Council

53-55 Victoria Square,  
Bolton, BL1 1RZ

Gadgets and aids for anyone living with dementia or other long-term conditions

**Come and see us!**

Monday-Friday 10am-1pm



## Ramadan Mubarak

Ramadan is upon us, the holiest month in the Islamic Calendar. It is a month of fasting, prayer, reflection, charity, community service and engagement, all with the purpose of achieving greater god consciousness. Ramadan is due end on Friday 21 April, with the celebratory days of Eid al-Fitr (the festival of sweets), starting on Saturday 22 April or Sunday 23 April. We would like to wish everybody observing this holy time "Ramadan Mubarak", a blessed Ramadan.



## A Word from the Chief Executive

It seems that, at last, Spring is in the air, although the weather hasn't fully made its mind up, but when the sun does shine it has real warmth; the blossom is on the trees and lambs are in the fields with all the promise of new life and warmer days ahead. The days are lengthening week by week and that always cheers me up and puts a spring in my



step. In lots of cultures this time of year is seen as a time of renewal, hope and fresh starts and so it is for our charity with April heralding the start of the new financial year.

Looking back, it has been a busy few weeks here at Age UK Bolton as we have recently undergone a Charity Quality Standard inspection. Meeting this Charity Commission endorsed Quality assurance standard is really important as it gives older people, their families and friends, partner organisations, funders and donors the confidence that we are a well-run, fit for purpose organisation that listens to the needs and aspirations of older people and delivers responsive quality services to meet them. It is a key criterion for being part of the national network of Age UK charities so that whichever Age UK people contact, they can be assured of receiving a reliable and consistently high-quality service. It is also an opportunity to showcase our services and our people, staff and volunteers, and especially the difference we make to the lives of older people in the town. I wanted to thank those volunteers who stepped forward to be interviewed by the assessor last month. We received some really wonderful feedback about you and the work you and others do, but of course no surprises there for us.

As the new financial year begins we will be busy writing more funding bids and launching new services including: extra help for people to survive the cost of living crisis and manage their energy bills; an exciting new Age-friendly project in Little Lever to be based at the new Lever Gardens extra-care housing development and the HOPE project which will enable us to find new venues to deliver more activities and social events across Bolton. So, watch this space. We would also love to hear from you if you have any ideas for new projects and activities and of course if you, or someone you know, would be interested in volunteering for one of our existing or new services.

I do hope that you enjoy this latest edition of our volunteer newsletter, that you have a really lovely and enjoyable Easter and that the year ahead brings peace, health, happiness and some fun and, if we are really lucky, some sunshine too.

Warmest regards

Suzanne Hilton, Chief Executive



## Volunteers Wanted

*Some priority volunteer roles we need to fill*

### Befriending

### PALs

### Home from Hospital

*If you know anybody who may be interested in following in your footsteps and becoming an Age UK Bolton volunteer, tell them to get in touch or to visit <https://www.ageuk.org.uk/bolton/get-involved/volunteer/>*



Annual Report 2022  
Living Longer... Living Well in Bolton



## Annual Report

### 2022

### Out Now!

*Download digitally from [ageukbolton.org.uk](http://ageukbolton.org.uk)*

## Training & Development

*If you need any extra training for your volunteer role, please get in touch*

# A message from the Volunteer Co-ordinator



Hi everyone!

I hope you have been keeping warm over the cold spells we've been having. Hopefully, soon spring will have really sprung and we can all warm up a little!

Over the past quarter I have been visiting lots of the Lunch Clubs with our Communications Officer, Jim, as he gets video footage for a Lunch Clubs edition of our "Take A Look" series - the first in the second set of videos about the work we do in the community (you can see see them on our youtube channel). I have also been getting stuck into the less fun, but hugely important, DBS updates that we do every three years. We have recently been visited by Age UK National, for an audit, who have been checking what we do and I would like to thank the volunteers who came to speak to the auditor as part of this important process.

As always we have more volunteering opportunities available on page 2, if you are interested or know anybody that is, please get in touch. Lastly, and as always, if you have anything you need to get in touch with us about please do!

Tara Barker, Volunteer Coordinator



## New 30 Day Strength & Balance Calendars

Following the success of the Strength & Balance advent calendar we have decided to roll out another calendar to assist with getting people moving each day.

The new calendar covers 30 days with an exercise each day to help keep you strong and prevent falls.

Falls Prevention Programme Support Officer James Marrin told us "The falls prevention calendars are a brilliant way to get people regularly taking part in exercises to keep them strong and keep them moving."

"We had a great uptake on the advent calendar and this seemed like a good next step to help people exercise on a regular, or even daily, basis whether they are members of our Strength & Balance Classes or not."

Visit [ageukbolton.org.uk](http://ageukbolton.org.uk) to get your copy or pop into The Square, The Ageing Well Centre or one of our Strength & Balance classes around the Bolton area.



## Walking Champions Underway

A brand new walking group has started up led by one of our newest volunteers.



The walks run on Tuesdays in various locations around the Bolton area and will contain gentle walks of around an hour led by volunteer Walking Champion Niala.

Strength & Balance service manager Niall Bradley is pleased to see the walks up and running.

"We have wanted to organise some gentle walks in the local area for some time and it's great to see the Walking Champions programme up and running."

"Walking is fantastic with many health benefits; it is a mood booster and can improve cardiovascular function. Longer walks can also improve endurance."

If you want to sign up and do some walking call Naila on 07507 420105 or email [Nnnwtiih786@mail.com](mailto:Nnnwtiih786@mail.com)



**For any Volunteer enquiries call Tara on 01204 382411 or email [volunteering@ageukbolton.org.uk](mailto:volunteering@ageukbolton.org.uk)**

## Wellbeing Rendezvous a big hit in Farnworth

The run-up to the Easter period has also seen the return of Wellbeing Events at the Ageing Well Centre. Having previously being pleased with the success of "Wellbeing Wednesday", some time ago, the latest event has gone ahead as "The Wellbeing Rendezvous" and featured plenty of activities, information and fun as part of the day.

The event opened up with songs from our Funtime Singing Group, based at the centre, whose performance on the day earned them a well-deserved encore. There were plenty of different stands and stalls for people to get information, and a few freebies, to help them with their wellbeing. Some of the organisations involved included Answer Cancer, Let's Keep Bolton Moving, Bolton Care and Repair and the Social Prescribing Team.

The event also included Age UK Bolton's Strength & Balance team who held a Tai-Chi class for attendees.



The day closed with a healthy park walk after a meal of hot soup and a roll. The event was very well attended and we hope that events of this nature can become a more regular occurrence at the centre.

Look out for news on the next Wellbeing Rendezvous, then come and join us!



## Five Stars for Ageing Well Centre

The Ageing Well Centre in Farnworth is proud to announce that it has come through its food hygiene inspection with flying colours and has once again attained a five-star rating for hygiene.

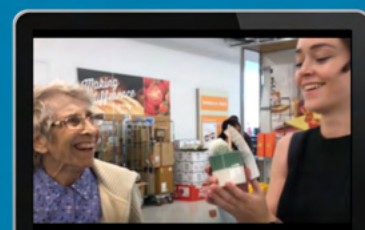
The kitchen at the centre provides both hot and cold food for various different events including Lads @ Lunch and afternoon tea, as well as for well-being events and volunteer parties. The centre also provides hot and cold drinks, available for all clubs and activities at the centre.

Chief Executive Suzanne Hilton wanted to thank those who helped keep the five-star rating, saying: "Well done and a big thank you to everyone involved in ensuring we maintain consistently high standards of quality, safety and cleanliness."



**Bolton**  
**ageUK TUBE** 

Subscribe to the Age UK Bolton YouTube channel for some great video content including Strength & Balance videos and examples of our work in the local area.



## Lunch Clubs Go Gaelic For Fun Festivities



Our lunch clubs have long been seen as a great fun way for people to get out and be social and have some good, nutritious grub! Since the last edition of "The Volunteer" there have been a couple of celebrations that we couldn't resist featuring in this month's edition, both of which carried a Celtic feel, and one of our lunch clubs is preparing for a big anniversary in the coming weeks!

Back in January the Windsor Road Lunch club in Bromley Cross celebrated Burns night with a Burns Supper at their weekly club.

The attendees were treated to a wee dram of Scotch Whiskey and not only was a glorious, traditional Burns meal served for dinner; haggis, neeps and tatties were served up with a splash of gravy (followed by a Scotch shortcake and ice cream dessert), but there was also the traditional addressing of the haggis. Volunteer, Pez, who runs the kitchen at Windsor Road performed the poem after parading the haggis through the room to the sounds of "Flower of Scotland" performed on a kazoo. Members of the lunch club enjoyed the Burns Night festivities before the usual rounds of Prize Bingo took centre stage.



Elsewhere, and more recently it was the turn of the St. Mary's lunch club over in Horwich to celebrate another red letter day for one of our fellow members of the British Isles as they headed up to Rivington Barn for an extra special St. Patricks Day celebration. A bumper turnout enjoyed a lovely hot meal and a sing-along with the musical entertainment as part of the annual event.



## Help for Houlton Lane

Our lunch club based at the Houlton Lane Community Centre in Daubhill are looking for volunteers to help out on Fridays between 10am and 1pm. Volunteers will help prepare food, and assist with the setting up, serving food and tidying, as well as helping to brighten the day for attendees. Food Hygiene training is available. If you would like to help call Tara on 01204 382411, or email [volunteering@ageukbolton.org.uk](mailto:volunteering@ageukbolton.org.uk)

MEANWHILE, IN DAUBHILL...

### LUNCH CLUB VOLUNTEERS NEEDED

HOULTON LANE COMMUNITY CENTRE ARE LOOKING FOR FRIENDLY, SOCIALBLE AND RELIABLE VOLUNTEERS TO HELP BRING FOOD, FUN AND JOY TO ATENDEES.

ASSIST WITH FOOD PREPERATION, SETTING UP, PACKING UP AND HELPING TO BRING A SMILE TO THE FACES OF OLDER PEOPLE IN DAUBHILL

**IF YOU CAN HELP... CALL 01204 382411**

Be a Different Kind of Hero, Volunteer with Bolton age UK



## Footcare coming to Farnworth

Age UK Bolton and Bolton Footcare have teamed up to bring footcare to the Ageing Well Centre in Farnworth. The service will be run by Bolton Footcare and will be a paid for service.

for more details, and for pricing visit [boltonfootcare.co.uk](http://boltonfootcare.co.uk) or call 01204 263 136





**Thursdays**  
**Ageing Well Centre,**  
**Farnworth**

## Web changes for Age UK Bolton

Any volunteers that regularly use the Age UK Bolton website will notice some changes over the next few months to the way that our services, events and classes are displayed.



The changes, part of Age UK National's website integration project will allow for better synchronization between the national charity's website and those of the local Age UK Partners, such as ourselves at Age UK Bolton. This will give a much better overview of the services, events and classes offered here in Bolton, including details of each, and further details such as pricing and how, when and where to access each.

Age UK Bolton Communications Officer, Jim Bailey, who is coordinating the project from the Age UK Bolton side of things said. "Though this may make the website look a little less exciting in places, the upside is absolutely huge. This will give us the ability to have details of what we do properly accessible and accurate for people finding us or our services through the Age UK National website."

Jim went on to note that the smooth implementation of the integration wouldn't have been as smooth a journey as it has been without the help of volunteer Jane Crofts who has been assisting Jim on the data input side of the project.



## Growth for Popular I&A service

One of Age UK Bolton's busiest service has undergone an expansion over the past few months and is set to get even bigger.

The service, one of Age UK Bolton's core services assists older people in Bolton access advice on eligibility and applications for benefits such as Attendance Allowance, PIP and Pension Credit as well as offering advice on energy savings during the ongoing energy and cost of living crisis.

As part of the expansion we have seen the team grow to add a new Information & Advice Officer - Samantha Chadwick and Assistant Information & Advice Officer Shabnam Alma, while the previous Information & Advice Officer Chiara Knott has become the Information & Advice Manager.

On top of the changes recently seen, the team is set to grow even bigger with the charity currently in the process of recruiting a further Information & Advice Officer who will specialise in Energy advice.

Chiara shared her thoughts with The Volunteer about the changes.

"It's a very exciting time for the service. The impact of the cost of living crisis and the simultaneous pressure of soaring energy bills have had a huge impact on the local community and this expansion will increase our capacity to help more people and give us more energy-specific knowledge, which will be very important at the moment."



## Dream job for Volunteer Ethan!

Congratulations to our very valued volunteer Ethan Brown for securing his first proper job in Care. This a dream come true for Ethan as it is something he has been working towards for many years. In his lead-up to securing this job, Ethan volunteered initially for Age UK Salford helping out in both the café and the shop. Following on from his five year stint as a volunteer at Age UK Salford their loss was our gain when Ethan made the move to Age UK Bolton. In June 2022 Ethan started out volunteering initially as a snack bar assistant and on reception at our Ageing Well Centre.



Not being happy at sticking with just two roles Ethan soon became a very valued support to the rest of the Ageing Well Team, often helping Dave with some physical jobs or helping Lesley with admin or ringing around clients as and when needed. Always a friendly face at the Thursday afternoon events, when Ethan isn't in attendance everyone will often enquire as to how he is getting on and tell us what a lovely young man he is.

Alongside volunteering Ethan is currently an undergraduate at The University of Bolton completing a BSc in Health and Social Care, where he can use his real experience as an Age UK volunteer to enhance his learning. As part of his degree, Ethan is required to complete a work placement, and we are very lucky that he chose to do his placement with our Home from Hospital team. As part of his placement Ethan will support work in the office and is also getting out and about in the community with our Home from Hospital Coordinators which is great experience for him.

Most excitingly Ethan has just received a job offer from Bolton Cares and will soon be working as an Extra Care Support Worker at a sheltered accommodation in Halliwell. Ethan wanted to express a special thanks to our Home from Hospital manager Pip Edwards for her support with the preparation for his interview

“Pip has been amazing, her advice for me before my interview really helped me to get the job, please tell her thank you.”

Despite his soon to be very busy schedule with both University and now a paid job Ethan plans to continue to volunteer for us here at Age UK Bolton.

We all wish Ethan the very best of luck in his new job role.

## Get prepared ahead of the Easter bank holiday

With lots going on in the run up to Easter it's easy to forget the smaller things like making sure you are well stocked up in your medicine cabinet or getting your repeat prescription into the pharmacy in good time. Many will be open over the bank holiday, but some will operate with reduced hours.



However, your local NHS is urging us all to not leave it too late ahead of the upcoming bank holiday and days following where industrial action will again see significant pressure on our NHS services.

By re-stocking medicine cabinets, knowing when your GP practice is open and planning ahead for repeat prescriptions, people can ensure they make the most of Easter and are well-prepared for the busy period.

People are also reminded that: The local pharmacy can offer advice and treatment for lots of minor illnesses and ailments - without the need for an appointment.



## Eileen's Cooking Corner

### Soft Flapjacks

Normally, when I make flapjacks, they are often just a bit too firm and, as I get older, I am mindful of my teeth (all still my own and want to keep it that way!). I heard from a friend about adding condensed milk into the mix to produce a slightly softer flapjack ... here's the recipe. You could also add a few dried fruits to this mix – sultanas, raisins, cranberries, cherries, figs etc. You're only limited by your imagination!

#### Method

Pre-heat the oven to 170°C (150°C fan) gas mark 3.

Line a 23cm x 23cm square tin (or 27cm x 21cm oblong tin) with baking parchment  
In a medium sized pan, melt the butter, light brown sugar, condensed milk and golden syrup on a very low heat until the sugar has melted.

Weigh the porridge oats into a large bowl. Then add the melted butter mixture into the oats and mix until fully combined.

Put the oat mixture into the tin, flatten (with either a palette knife or the back of a dessert spoon), then bake for 20 minutes until the edges go slightly brown. The middle will still be very pale but it will set as it cools.  
Leave to set in the tin then cool it in the fridge (makes it easier to cut) and cut into oblongs / squares.

#### Ingredients

- 225g Butter
- 180g Light brown sugar
- 150g Condensed milk
- 65g Golden syrup
- 375g Porridge oats



## Voter ID Changes



Dont miss out on your right to vote in this May's local elections!

For the first time ever in the UK people will need to show photographic ID before being allowed to cast your vote.

There are many forms of photo ID that are valid including a Driving Licence, Passport or concessionary bus pass. For a full list you can give us a call, or pop into our main office at the Square. If you don't have any you can apply for a Voter Certificate online or via post. If you vote via a postal vote, no ID is required.

## Pension Credit Still I&A Priority

One of the biggest challenges for our Information & Advice team is Pension Credit or, more specifically, alerting many people in Bolton to the fact that they are eligible to receive this entitlement.

In Bolton alone, there over £8 million in Pension Credit that went unclaimed according to the 21/22 statistics. Money unclaimed doesn't go towards other programs or boost benefit entitlement for other people, it simply sits unclaimed. As we continue to live in this time of economic turbulence, having that extra income in your pocket can be all the more important.

Information & Advice Officer at Age UK Bolton, Samantha Chadwick, is currently working on a Pension Credit project for the Charity, telling us;

"The amount of unclaimed money in the Pension Credit system is crazy. It's simple to apply and we can help take people through the process of applying for the entitlement. It's never a bad thing to have a little extra income, especially at the moment. So I would urge anybody who thinks they may be entitled to Pension Credit to get in touch."

To find out if you are entitled to Pension Credit call 01204 382411 and book a chat with our Information and Advice team. For more information, you can also pick up our Pension Credit booklet from our main office in Victoria Square.





# The Wright Way to Celebrate!

Another of our lunch clubs has been celebrating lately, with The Wright Place, based at Horwich Evangelical Church on Wright Street in Horwich have celebrated their 25th birthday!

That's a quarter of a century of serving nutritious warm meals to older people in Horwich!



To celebrate this milestone, the club held a special birthday themed lunch on the 3rd of April, complete with balloons, cake, sparklers and entertainment. On top of that there were also speeches from Eric Kent and Age UK Bolton's Ageing Well Manager Lesley Simm. The event was also attended by our Volunteer Coordinator Tara Barker and communications Officer Jim Bailey.



The Wright Place Lunch Club was set up in 1998 by Carol Clarke and Joan Southern, who's daughter, Ann Pike, has been volunteering with the club for 24 of the 25 years.

Volunteer Coordinator, Tara Barker said "It is hugely impressive that the Wright Place has been running for so long, helping so many people over the years. It is a wonderful lunch club with a brilliant set of friendly, welcoming, volunteers. It has been an honour to be celebrating with volunteers and attendees alike today."



## Volunteers' Week

Before the next edition of The Volunteer, Volunteers' Week will have been and gone. The week, which runs between the first and seventh of June, celebrates the work of volunteers around the country and Age UK Bolton is no exception.

Look out for news and information about Volunteers' Week and how you can get involved in our efforts to celebrate the work you do. We know that Age UK Bolton simply wouldn't be able to deliver the vital work across the Bolton community without your tremendous effort and commitment to the volunteering roles you do.



## Volunteers for Big Bolton Event



One of our Volunteers down at The Square, Dennis Hobson, also volunteers helping out the incredibly impressive sporting event, the epic Iron Man weekend. The weekend comprises of one of the most impressive athletic feats there is. An ultra triathlon, and has become a staple of the Bolton events calendar over the past few years.

Iron Man is looking for volunteers to assist with the Iron Kids event for a few hours to help facilitate the event that involves 4000 local children taking part in a smaller version of the Iron Man triathlon. You can volunteer at [britishtriathlon.co.uk](http://britishtriathlon.co.uk) to get involved in the event.

# Staff Super Focus: Dave Boardman

## Favorites:

### Food?

Curry & Chinese

### Drink?

Water

### Book?

Not a book person

### Record?

Ultravox - Vienna (First ever 7" Single I ever bought!)

### Sport?

Rugby



## Work:

### What does the premises manager do?

Making sure that the Ageing Well Centre is open, safe and secure for staff, volunteers and clients.

### What do you love about being part of the Age UK Team?

Everyone is friendly and happy to help. However, it is the clients and volunteers that make Age UK Bolton!

If you had to do something else for a job, but it could be anything, what would it be?

Back in the building trade, but I always wanted to be a policeman or a fireman when I was young.

## Away from Work:

### Any pets?

2 cats!

### Any hobbies?

DIY and chilling out!

### Tell us an interesting fact about you.

I have conquered the three peaks of Snowdon, Ben Nevis and Scafell!



## Befriending Coffee Morning

We will be holding another coffee morning event for our volunteers who befriend! This is not only open to our actual befrienders, but is open to any volunteer who has a social aspect to their volunteering role with Age UK Bolton.

The event will be a chance to share stories, tips and ideas as well as being able to meet other Age UK Bolton volunteers and get some new skills to add to your current set.

To get involved call 01204 701525



## Stay In Touch

The Square: 01204 382411

Ageing Well Centre: 01204 701525

[volunteering@ageukbolton.org.uk](mailto:volunteering@ageukbolton.org.uk)

[www.ageukbolton.org.uk](http://www.ageukbolton.org.uk)



## We hope you enjoyed this quarter's edition of The Volunteer!

See you in July for the Summer edition!

