

### A Word from the Chief Executive

“Well, Spring has finally arrived! It has been a long, cold Winter but we’re finally on the other side and can look forward to the lighter mornings and evenings now that the clocks have changed. The beginning of Spring is always an exciting time as it highlights new beginnings with the Spring chicks, the leaves growing on the trees and the flowers starting to blossom. Positivity comes with Spring as well as the temperatures start to warm up and we see more blue skies in the mornings and evenings, which allows us to spend more time outdoors even if it’s just nipping to see a neighbour, going to the shop or just sitting in the garden.



I love this time of year personally as all the promise of things to come in the year ahead, which I especially love to welcome by helping my son out with lambing at the weekends when I get the chance.

The next few months are set to be very exciting at Age UK Bolton, we have been busy recruiting for three new members of staff for our office at The Square. David Leigh, who has started as a specialist energy advisor to strengthen our Information & Advice team, Jim Beardsworth who will join us as Paul Davies’ replacement as Corporate Services Manager at the end of April, plus we will be announcing our new Communications Officer very soon.

I hope you all had a wonderful and restful Easter weekend! “

*Suzanne*

### A message from the Volunteer Co-ordinator



Hello Everyone!

I hope you have all had a lovely Easter Break. As we get back into our routines, I wanted to take a minute to say thank you to you all for your continued support over the Winter months. We have had an exciting start to the year with two new projects, reading in schools and the digital befrienders.

We are also working hard behind the scenes planning for our annual volunteers event that will be held this year during volunteers week, which falls during the first week of June (full details will be circulated over the coming months).

Keep up all your wonderful work and thank you again.

*Tara Barker*

## Silver Sketchers celebrates 10 years of art

Age UK Bolton's community art group, Silver Sketchers, celebrated the impressive milestone of ten years bringing art to over 50s at Brightmet Library.



The group was set up in 2014 and has been going strong ever since, with a dedicated band of artists making their way to the library to get creative; with some group members having been part of the fun since the very first day the class put pen, pencil or paintbrush to paper!

Members of the group celebrated with an exhibition of their work, complete with cake and fizz, reflecting on the time spent in the group, the artistic improvements they had made and the all important social side of attending the group.

After attending the 10th anniversary celebrations, Age UK Bolton's Vicky Urmston told us, "the Silver Sketchers art workshop is a fantastic example of how people can make a difference in the lives of others. This class has been an amazing opportunity for people to enjoy art, whatever their ability, and stay social and connected to their local community, which can be a godsend to older people. The fact that it has been running for so long is an amazing achievement that everybody connected to the group is incredibly proud of."

The Silver Sketchers art workshop runs at Brightmet Library every Friday 10.30am-12 noon and includes refreshments.



## Bolton's Community Champions

Meet Lynda, our incredible Community Champion!

Every Tuesday, Lynda leads Chair Based Exercises and Strength & Balance sessions at Little Lever Library for Age UK Bolton, helping seniors stay healthy and active. But that's not all - Lynda also teaches CBE for stroke survivors at the Methodist church in Little Lever for the Charity Jigsaw. Her dedication to improving lives is truly inspiring!

### Michelle Profs Shell Wood

"Well done and thank you to Lynda. She is a joyful ray of sunshine Xxx"

### Lynda Robertson

"WOW thank you ever-so-much for the kind words from whoever put this notice on Facebook of me. I feel very privileged as I love teaching CBE and S&B and started volunteering with Age UK Bolton in 2011. Stay Safe and Supple"

"IT'S IMPORTANT THAT WE AS A COMMUNITY STAY AS ACTIVE AS POSSIBLE."

LYNDA, PHYSICAL HEALTH & ACTIVITY CHAMPION



COMMUNITY CHAMPIONS



Physical Health & Activity Champion



## Chris Green's Older Persons' Fair

On Friday 8th March we attended Chris Green's Older Persons fair in Westhoughton. There were a number of helpful companies in attendance, offering advice and services to the local older people of Westhoughton. It was great to meet so many of the local community and talk to them about the different services we offer, including Home Services, Information & Advice, Home from Hospital and Strength & Balance.



Thanks so much for having us Chris, we'll look forward to the next one!

## 'Reading in Schools' Project launch



We launched 'Reading in Schools' project on Wednesday 20th March. The project started at St. Peter's school in Farnworth where we had older volunteers going in to read to the pupils.

Wednesday 20th March was also Age Without Limits Action Day, which fitted wonderfully with the launch as the project will show the importance of intergenerational work.

Age Without Limits Action day is a day to celebrate the diversity across different ages and aims to show that there is no one way to grow old. "There is a lack of realistic representation of older age groups across society – and, where we do see older people, they are often portrayed in a way that reinforces negative stereotypes. These stereotypes drive ageist attitudes and a disconnect with being 'old'. The Centre for Ageing Better, supported by Age UK, are working to change this through the exhibition which celebrates the huge diversity that exists across older age groups." From the Age Without Limits website.

On March 20th we had three of our volunteers going into St Peter's school to read with the children. We're really looking forward to seeing this project roll out across different schools in Bolton with the help of our generous volunteers who are looking forward to meeting and helping out the younger generation in Bolton.



## Volunteers Wanted

*Some priority volunteer roles we need to fill*

**Befriender**

**Digital Befriender**

**Walking Champions**

**Readers in schools**

*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/>*

## Training & Development

If you need any extra training for your volunteer role, please get in touch with Tara to talk about what we can offer.

# Claiming Volunteer Expenses

As a volunteer with Age UK Bolton, you are entitled to claim out-of-pocket expenses incurred whilst carrying out your volunteering role with us.

## Public Transport

If you travel by public transport, we will reimburse the cost of travel tickets or, in exceptional circumstances, taxi fares.

## Travel by car

If you travel by car, then we will reimburse you, at the current HMRC rate per mile, for journeys to and from your place of volunteering.

## Lunch Expenses

If you are volunteering for a period of over 3 hours and the period spans lunchtime, then we can reimburse the cost of lunch up to an agreed value (see expenses policy).

To claim your expenses, fill in the [volunteer expenses form](#) and return this to your supervisor, making sure to attach any relevant receipts with your form.

Please claim expenses within two months of being incurred.

**Every time you put in a new expense, do make sure you include your account number and sort code. This will help speed up the processing of your expense payment.**

## Eileen's Cooking Corner: Squishy Chocolate Chip Cookies

Admit it, who really doesn't like a lovely gooey, squishy mouthful of deliciousness in the form of a home-made chocolate chip cookie? This simple recipe will allow you to make and enjoy them whenever you get the urge. They really are moreish!

### Method

1. Heat your oven to 150°C / 300°F / Gas 2.
2. Prepare your baking tray by lining with baking paper.
3. Mix the sugar and softened butter, beating together until light and fluffy.
4. Add the beaten egg, mixing it well (don't worry if it curdles at this stage).
5. Mix in the vanilla essence (or other flavour of choice).
6. Blend the flour with the baking powder and salt and add slowly to the mixture, beating well between each additional spoonful.
7. Add the chopped chocolate pieces and blend well.
8. If the mix is a bit 'wet', add more flour, a spoonful at a time, to give it a less 'tacky' feel.
9. Form into small balls and press down gently onto the baking paper on your tray (make sure there is a good inch or so between each piece) – you should get about 12 from this mixture.
10. Bake for 12 – 15 minutes.
11. Remove and leave to cool slightly before transferring them to a cooling rack to firm up.

### Ingredients

- 200g milk and white chocolate mixed (you can substitute dark chocolate if you prefer)
- 170g caster or granulated sugar
- 1 egg, beaten to within an inch of its life!
- 10g baking powder
- 200g plain flour
- 110g butter, melted until very soft
- 30g vanilla essence (you can also use mint or orange flavouring if you prefer)
- Salt – a generous pinch

# Staff Super Focus: Eileen Debenham

## Favourites:

### **Food?**

I enjoy all types of cuisine, but particularly Italian, Greek and Indian food. I prefer chicken and fish or shellfish to pork or lamb and I also like a richly flavoured lasagne or beouf bourguignon. If we're talking sweet flavours, I adore white chocolate.

### **Drink?**

My poison of choice is a whiskey and dry ginger or a good red wine, such as a Barolo or Chilean Merlot. My step-daughter works for Taittinger champagne, so I have developed a taste for that too but, sadly, I don't get to drink it as much as I would like!

### **Book?**

I'll gladly read any book by Dean Koontz, or any biography (I love finding out about people). Recently I have come across Vex King, who writes self-awareness / self-help books and I thoroughly enjoyed the ones I've already read. His new one is out shortly and I look forward to reading it.

### **Record?**

Hotel California by The Eagles, followed closely by Born to Run by Bruce Springsteen.

### **Sport?**

If I am playing, then it has to be tennis; however, if it is watching a sport, it will most definitely be International Rugby Union, particularly the Six Nations (comes from years of standing at the touch-line cheering on my sons as they played on a muddy school field in the pouring rain). I should say that watching motorbike racing used to be my favourite (Brands Hatch was my local venue), but those days are long gone.

## Work

### **What does the Administration Officer do?**

In essence, my role is to support the smooth and efficient running of the office environment, from answering the phones, to managing the stationery supplies and dealing with our IT support company. Alongside this, I also help our CEO manage her diary and prepare any required documentation for meetings. I am also responsible for the Reception volunteers who welcome visitors to the Reception area at The Square between 10am and 1pm each day. No two days are ever the same, which I really enjoy.

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

The best parts about working for Age UK Bolton include the people I work alongside and recognising that sometimes, that the best thing you can do for a caller is simply to listen because so many older people have nobody that they are able to just talk to. I enjoy the feeling when you know that you've made a difference to someone's life, however small that may have been.

## Away from Work

### **Any pets?**

I have no pets, but my husband and I often take a friend's dog for a walk or look after the dog over a weekend when she goes away. We both work so do not have the time to devote to an animal. Once we both retire, I'd love to have an Irish Wolfhound .. but that would depend upon the size of the property we retire to!

### **Any hobbies?**

I love to read and do crosswords. I also enjoy upcycling (developed an interest during lockdown), sewing and cooking.

### **Tell us an interesting fact about you.**

I used to competitively shoot handguns alongside the Metropolitan Police.



**We hope you enjoyed this quarter's edition of The Volunteer!**  
See you in July for the Summer edition!

