



WELCOME TO OUR

July Local Loop

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

Welcome to the July edition of our Local Loop –

Summer has finally arrived with some much needed sunshine!

We've so much to tell you this month, it's a packed edition.

Find out about what's been happening across the Charity, tips from how to save the planet one piece of paper at a time to saving you money this summer - read on to find out more.

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.**

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10 YEAR ANNIVERSARY

We rarely get 10-year anniversaries cropping up, but we've got two to tell you about for July! How lucky is the charity to have two wonderful volunteers who have been with us for this length of time.

Kate joined Age UK Notts after her father died. During the time she had cared for him, Kate realised the loneliness that vulnerable older people can experience and wanted to help reduce the sense of isolation and anxiety of an older person by visiting and passing on useful information about services as needs arose. This led her to volunteer as a volunteer visitor in our old befriending service which then led to telephone befriending as she started to move around a lot. Kate has developed many new and wonderful friendships through her volunteering. She says that:

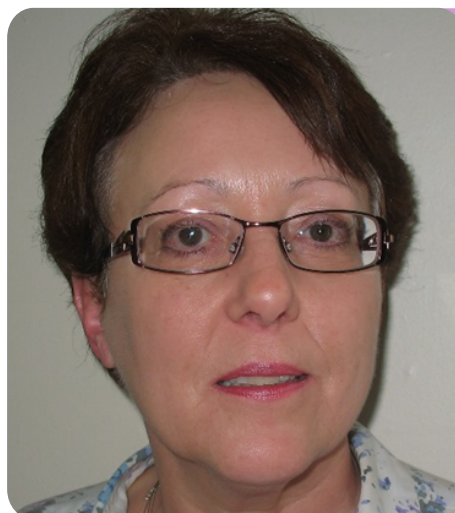
“Age UK Notts has a family-feel to it, and I've always found the staff easy to talk to and full of useful advice. Joining Age UK Notts has been really rewarding for me, and I definitely recommend it!”.

Thank you, Kate, we love having you on board and are very grateful for the support you have provided over the past 10 years to the people you have supported on our behalf.

Kate is pictured with her old dog and she particularly wanted us to use this photo which is a favourite of hers.



Anne is another wonderful volunteer who started in our befriending service and when I spoke to her couldn't believe that she has reached her 10-year anniversary as the time had gone so fast! During the 10 years she has volunteered with the charity, she told me she has supported 5 people, two of whom have sadly passed away. Although tinged with sadness, Anne says that "friendships have blossomed and left special memories and I consider it a privilege to have been able to help combat their loneliness".



Anne is also keen to express her thanks to the volunteering and companion service teams who work so hard to provide support and training and to match volunteers with the people who need support. Thank you, Anne, we are very grateful to you for your support!

5 YEAR ANNIVERSARY



“Before joining Age UK, I worked for an organisation which provided a day centre. My first experience of helping in the centre was when I was asked to show one of the patients how to set up his new laptop. I would regularly check in on him to see how he was getting on with his laptop and during my visits he would share stories and happy memories about his past which I enjoyed listening to. Helping someone else gives me a great feeling of satisfaction by knowing that I have made a difference to them; it also helps me by providing a release from the 'hum drum' of life. So win, win!”

Adam

Adam is one of our volunteers who can support people within the Companion Service who need some help with their digital skills. He also volunteered as a Digital Champion until this service closed and prior to that was an IT support volunteer. Adam also has a very busy full-time job and volunteers for another organisation too in a completely different capacity, so we are so grateful to him for engaging with the charity and people who need IT support for the last 5 years. I know there are lots of wonderful occasions where you've opened up people's horizons through digitally connecting them with others, which has made such a difference to their lives. Thank you!

Jaba – is one of our Companion Service volunteers who transferred from the old befriending service. Her reason for volunteering is to connect with people who may be house bound or experiencing social isolation. She likes talking to people, lending an ear to listen to their concerns or to reminisce with them. Jaba we are so grateful to you for offering your time so selflessly to support others!



BILL'S ON THE ROAD AGAIN!



(Isn't that the name of a song by Willie Nelson, or the name of the One Direction Tour back in 2015 😊)?
Actually, Bill's doing the hospital rounds again – this time with the Therapy Teams!

Bill Redhead, Patients' Representative at QMC and City hospitals, who works on the Health Care of the Older People (HCOP) wards along with Karen Johnson, has continued his promotion of the Patient's Representative (Advocacy) Service this month; this time with the HCOP Occupational and Physiotherapy Teams at Nottingham University Hospitals.

I'm quite sure that Bill injected his infectious sense of humour as he's informed them about how our service can support both patients and their families/carers navigate hospital processes and the wider health and social care system, as well as access services out in the community to help people stay independent for as long as possible (amongst many other things). It certainly looks like it from the smiles on everyone's faces!



[More information about this service here](#)

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DIRECTORY DIVIDENDS

Who do you turn to when you need a small DIY job doing, maintenance around the house or need to find a trusted tradesperson?

Do you know we have all you need under one handy roof? (or on an easy to use website anyway!)

The Age UK Business Directory has been running in Nottingham and Nottinghamshire since 2008. It was designed to protect older people from rogue traders by connecting them with local reputable traders and businesses that have been checked by local Age UK staff.

Many different types of tradespeople and businesses are members of the scheme including:

- plumbers
- roofers
- joiners
- electricians
- painters and decorators
- tree surgeons
- removals companies
- mobility companies
- domiciliary care professionals
- cleaners
- solicitors
- and many more

The FREE service is open to all so what are you waiting for?
The next time you need a job doing think of AUBD!

Do you know a trustworthy trader?

If you know a trustworthy local trader or business who would like to hear more about the checking process and joining the scheme email info@aubd.co.uk



Nottingham & Nottinghamshire
ageUK Business directory



Whether you need a plumber, electrician or any other tradesperson or service the AGE UK Notts Business directory will help you.

It's a valuable FREE resource for anyone seeking reliable & trustworthy tradespeople or services.

CALL US FREE ON :

0800 011 4643

www.aubdnotts.co.uk

WALKING FOR HEALTH ON CARLTON HILL

Did you know we offer a new walk on Carlton Hill?

Meeting at Carlton Hill Recreation ground this walk will consist of a short walk around the recreation ground and then down to The Hope Community Hub for refreshments it will take 30 to 40 minutes depending on the mobility of the walkers. There is a local bus that returns to the car park if you don't want to walk up the hill. It's a varied walk mostly on pavements and paths and may include grassed areas.

Walks are held at 11am the final Tuesday of each month:

The next weeks are: 27th August, 24th September, 29th October & 26th November.

Walking is such a wonderful way of improving overall fitness, topping up your vitamin D levels (so important for bone health) in the sunshine and creating opportunities to make new friends and socialise.

Why not share details of the Carlton Hill and other walks with your family, friends and the people who use our services and help them to enjoy better health?



“I so look forward to coming to the walk on a Wednesdays, I'm now more mobile and have people to talk too, I'm getting my life back on track”.

Best Foot Forward Walker

For more information about this service:

t 0115 896 6906

bestfootforward@ageuknotts.org.uk

www.ageuknotts.org.uk

[Download our walks timetable part one here:](#)

[Download our walks timetable part two here:](#)





PAUSA MOMENT

Elaine & John have held drop in sessions at Dunelm's Pausa cafes in their Mansfield & Nottingham Stores as part of our collaboration with Dunelm. You can find them in the Cafe at the Mansfield store between 10 & 3pm on 1st August.

Don't forget that older people can also access one-to-one sessions to help them learn more about combatting scams.

For referrals and further details, contact John Bryan (our Scams Prevention and Wellbeing Adviser): john.bryan@ageuknotts.org.uk



Chungs

Fundraising evening for
of Mapperley

Nottingham & Nottinghamshire
ageUK



Elaine was busy earlier in July with her Chungs Fundraising event – what a fantastic time was had by all and Elaine (with support from Heather) raised a whopping amount!

Everyone enjoyed the meal, the raffle, the company and the chance to find out a little bit more about our work. We're so grateful to everyone who attended and we're currently busy planning other social events that help to create and sustain friendships as well as raise money for the charity.

Here's what some of our guests said:

“The food was delicious. A great evening.”

“That was excellent. I will definitely be coming next year.”

“I've had a lovely time. Thank you. I'd like to do that again.”

OUR NEW MPS



You may have noticed there was a General Election at the beginning of July! Here's a list of the candidates voted in by their constituents:

- Bassetlaw – Jo White (Labour – NEW)**
- Mansfield – Steve Yemm (Labour – NEW)**
- Ashfield – Lee Anderson (Reform – RETURNING)**
- Gedling – Michael Payne (Labour – NEW)**
- Rushcliffe – James Naish (Labour – NEW)**
- Broxtowe – Juliet Campbell (Labour – NEW)**
- Newark – Robert Jenrick (Conservative – RETURNING)**
- Nottingham East – Nadia Whittome (Labour – RETURNING)**
- Nottingham North and Kimberley – Alex Norris (Labour – RETURNING and also a new constituency under boundary changes)**
- Nottingham South – Lilian Greenwood (Labour – RETURNING)**
- Sherwood – Michelle Walsh (Labour – NEW)**



Age UK nationally are doing a lot of work to keep new and returning up to date with issues facing older people and, here in Nottingham, we'll be adding our own local knowledge to that work.

SUMMER HOLIDAY SAVERS



The summer holidays are in full swing and parents with children will know food can be pretty pricey, especially if you're trying to keep kids entertained on the cheap.

There are plenty of places offering free or cheaper meals for kids this summer - and it could make a big difference to your budget.

There are several supermarkets and restaurants offering free kids' meal deals and offers with big discounts.

Whether you're planning an evening out or simply need somewhere to grab lunch when you're out and about there is something for everyone.



[Full list of restaurants & cafes here](#)

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DATES FOR AUGUST

I'M LEFT HANDED



WHAT'S YOUR SUPERPOWER?

13th August :

International Left Handers Day

August 13th is a chance to tell your family and friends how proud you are of being left-handed, and also raise awareness of the everyday issues that lefties face as we live in a world designed for right-handers.

26th August

National Dog Day

Celebrate National Dog day with your canine companions.



1st August:

Cycle to Work Day

Encouraging workers all around the country to get on their bikes and get into work the best way possible – on two wheels!

Are you visiting one of our Hubs?

Why not use pedal power to get there!



The Olympic and Paralympic Games will take place in Paris, France in 2024.

The Summer Olympic Games will be held from 26th July to 11th August 2024 while the 17th Summer Paralympics will be held from 28th August to 8th September 2024. Team GB are standing on the shoulders of giants, the United Kingdom is the only nation to be represented at every modern Olympic Games. Team GB have won a gold medal at every edition of the Summer Olympics stretching back to 1896, an unprecedented record. 327 athletes are taking part in the Paris Olympics 2024 for Team GB including 33 former Olympic champions.

[Find out about the Paris Olympics here](#)

[Find out about Team GB here](#)



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AND FINALLY...



LITTLE HATS, BIG DIFFERENCE

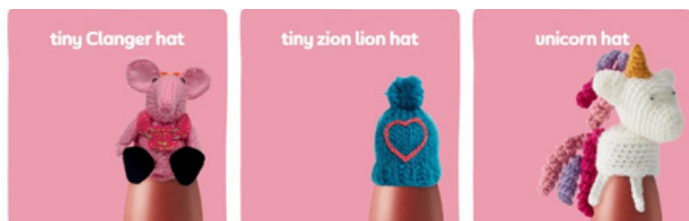
The Innocent Big Knit is coming back this year, join us to knit little hats for innocent smoothie bottles and help raise money to support older people! Whether you're crazy about crochet, a natural knitter or simply giving it a go, we'll need an army of woolly warriors to take up their knitting needles and crochet hooks as part of the Innocent Big Knit in partnership with Age UK.

Keep an eye out for the dates and the details of where to drop your hats off very soon.

Every hat knitted raises 30p to help Age UK Notts provide much-needed services and support to older/vulnerable people.

Need inspiration?

There are patterns for all skill levels from beginner, intermediate to expert!



[Download these cute patterns](#)

ARE YOU SMITTEN WITH KNITTING?

A small village in Leicestershire becomes a riot of colour & creativity throughout July with their annual 'Yarn Bomb*'. From 10th - 31st July the village of Cosby is transformed into a world of Fun and Games, Mischief and Mayhem. With everything from Computer Games to the Olympic Games all executed with the usual inspiring levels of creativity, comedy, community spirit and skill there are small stalls selling refreshments and community events so there really is something for everyone.

*A yarn bomb is a form of street art where yarn in any form (knit, crochet, latch hook, cross stitch, or simple wrapping) adorns an object in the public environment. Think of it as graffiti, just sweeter and kinder (yarn installations aren't permanent or destructive).



[Find out about the yarn bomb events here](#)

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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

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