



WELCOME TO OUR

September Local Loop

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

Welcome to the September edition of our Inside Loop

Wow it definitely feels like the end of summer with this tirade of wind and rain. This months loop is full of news, hints, tips and even recipes! Why not pop the kettle on and take a look through.

A handwritten signature in black ink that reads 'Maria'.

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 **SEPTEMBER**

BRIGHTENING LIVES

BEST FOOT FORWARD

GET SET, KNIT!

WINTER HEALTH CAMPAIGN

CLIMB EVERY MOUNTAIN!

PENSION CREDIT

AGE IS JUST A NUMBER

GOOD TO KNOW

FREE ELECTRIC BLANKET TESTING

DATES FOR SEPTEMBER

AND FINALLY...

HR

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

WWW.AGEUK.ORG.UK/NOTTS



5 YEAR ANNIVERSARIES

Chris says:
“I am very proud to be part of such a successful organisation, as should everyone who helps make the lives of older people better”.



Chris

Chris is the Chair of our Board of Trustees and because we measure the way Trustees achieve their length of service awards, has been with the charity since 2018 meaning rather than having completed 5 years of voluntary service, he has actually completed 6.

Chris, first joined the charity in 2018 as a member of our Older People’s Advisory Group (now OPAP) so we’re celebrating his 5-and-a-bit anniversary! His interest in the welfare of older people was noticeable because of his personal experiences as a financial advisor who often helped older people plan for their later life. Although his professional experience was deep, his knowledge of the charity has developed over the years and especially since he became Vice and then Chair of the Board of Trustees.

Chris enjoyed making a practical difference to the charity in 2019 by running the London marathon and raising £2,500 for us! Our staff will have seen Chris at our recent Conference and he enjoyed joining in all our activities. You also may have seen him on various visits to our different services.

Ian, a volunteer at our Worksop Men in Sheds service reached his 5 year anniversary back in August.

After Ian retired, his wife (in Ian’s own words) wanted to get him from under her feet and found Men in Sheds and said he should try it out. Within a short time he was an invaluable ‘shedder’! Ian also believes that older men are the least provided for minority group and can’t praise Age UK Notts enough for providing Men in Sheds when there are little to no other services around for this demographic.

As well as working with wood and bits of metal, Ian feels that being at the shed restores a sense of his identity where instead of being Dad, Grandad (or in his own words Grumpy Old Man), he once again becomes Ian.

Huge congratulations on this fantastic achievement. Here’s to the next 5 years!



Ian

5 YEAR ANNIVERSARIES

Elaine currently volunteers at the charity as a Best Foot Forward Walk Leader, and previously as a befriender, she also regularly volunteers with 3 other charities.

Throughout covid she volunteered delivering parcels containing activities to the doorsteps of veterans and supported them with afternoon teas once restrictions were lifted.

Elaine is now a paid co-ordinator for Best Foot Forward and works part-time as our Community Fundraiser, but continues to volunteer where she covers walks when needed.

She gets to see first-hand what a difference it makes to those walkers, seeing them making new friends since joining the walks as well as improving their mobility – it has a huge impact on someone who was previously very lonely and unable to get out of the house much.

A highlight is delivering the Christmas hampers, seeing the reaction of some of the recipients who have not had a single Christmas present for years.



Elaine says:

“I always come back with the feel-good factor whenever I have been volunteering and have seen the real difference this charity makes”.



Elaine

Congratulations to all of you on your anniversaries!

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

BEST FOOT FORWARD

Sponsored Walk Week 2024

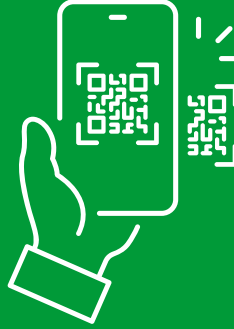


October will mark our annual sponsored walk week 2024. Join one of our 10 guided walks across the City & County during the week of 28th October and 1st November 2024 encourage Friends, Family and Neighbours to sponsor you to walk and raise funds to keep this vital service running.

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.

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.

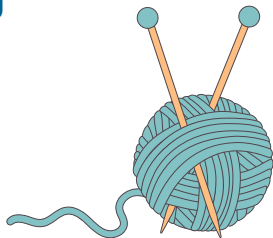
You can also visit the link below:

<https://www.justgiving.com/campaign/ageuknottsbffsponsoredwalkweek>



Do you know any knitting groups that may be interested?

Why not start your own!



GET SET, KNIT!

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.

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

[Find out more here](#)

The Big Knit campaign launches on 7th October 2024 so get knitting now!

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

WWW.AGEUK.ORG.UK/NOTTS

WINTER HEALTH CAMPAIGN



Ways to Keep Well This Winter

Winter can bring extra challenges to keeping well. It may be tough, but there are things we can do to help to keep us well.

1. Get your flu jab and check which other vaccines you are eligible for. Get your free flu vaccine if you are aged 65 and over, or a carer, from your GP or local pharmacy. Make sure you check which other winter vaccines you are eligible for
2. If you're worried about your health – get it checked out. If you have a health concern speak to a healthcare professional. You can also call 111 or go to your local pharmacy. Putting things off can make things worse - so if you have concerns, get it sorted.
3. Ask for help - Winter can be hard, don't be afraid to ask for help. Whether you reach out to friends, family, or Age UK, we are here to help.

Find out more ways you can get help here. For more tips, advice and ways to get support this winter, visit www.ageuk.org.uk/winter or call the Age UK Advice Line free on 0800 169 65 65 (8am-7pm, 365 days a year)

We're here to help you keep warm and well this winter.



4. Keep your spirits up - If you are struggling to keep your spirits up, you are not alone. Talking to friends and family about how you are coping can help, but if you've been feeling low for a while and are struggling to cope speak to a healthcare professional.
5. Keep moving and eat well - Try not to sit still for more than one hour at a time. Moving even a little bit can help you to keep strength and mobility. Eating and drinking enough is also important. If you are finding it difficult to prepare and eat three big meals, try smaller ones throughout the day. Age UK can give you advice if you are concerned about weight loss or mobility. If you are worried about filling your fridge, you can contact Age UK Notts or visit <https://www.ageuk.org.uk/notts/> for some support.
6. Make sure your home is warm enough - It is best to heat your home to a comfortable temperature throughout the day and you may be spending more time in your home this year, which may put an extra strain on your finance. If money worries are preventing you from heating your home properly, here at Age UK Notts we may be able to help make sure you are getting all the support you can.

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

WWW.AGEUK.ORG.UK/NOTTS

CLIMB EVERY MOUNTAIN!

Meet Charlotte, she took on the huge challenge of climbing to the summit of Mount Toubkal, the highest mountain in North Africa, it's 4 times higher than Scafell Pike, she was rewarded with the sunrise of a lifetime taking in the views from the Marrakech Plain and High Atlas peaks all the way to the Anti-Atlas and the Sahara beyond.

Before her trip Charlotte said:

"It'll be a very early, cold rise to get to the summit and then a gruelling 10-hour descent back to base."

Choosing to support AGE UK Nottingham and Nottinghamshire because of the work they do supporting those living with dementia in the city

"Living with dementia not only affects the person who has the disease but also their loved ones and carers"

Her Grandad lived with Dementia before he passed away and her Grandma is currently living with it, so she sees first-hand the challenges of living with dementia for all her family members.

"It's important to raise money for this great cause, the trip is self-financed, and I hope to get personal satisfaction from completing the challenge which I know will be very hard"



Charlotte got in touch to let us know - She did it!!

"We made it up and down in one piece!!! It was a wonderful experience and after a little time to rest my legs it is definitely something I'd do again!"

WOW - Charlotte what an achievement!!

Thank you so much for your support. You can support Charlotte by donating to:

Charlotte Bakewell is fundraising for Age UK Nottingham And Nottinghamshire ([justgiving.com](https://www.justgiving.com))

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

WWW.AGEUK.ORG.UK/NOTTS

PENSION CREDIT

The Department for Work and Pensions is urging pensioners to check their eligibility for Pension Credit in order to secure this year's Winter Fuel Payment. It comes as the government has had to make some difficult decisions to fix the foundations of the economy due to the dire state of the public finances, with the Winter Fuel Payment – worth up to £300 - set to be means-tested and delivered to those on Pension Credit to ensure it is targeted towards those in most need.



Around
1.3 million

households in England and Wales will continue to receive Winter Fuel Payments, but the government is determined to boost take-up of Pension Credit to ensure low-income pensioners continue to get this help.

Claiming Pension Credit can also passport pensioners to additional help with housing costs, council tax, and heating bills.

Families, friends and neighbours are being encouraged to reach out to retired family members to encourage them to check their eligibility and apply. [21st December](#) is the last possible date to make a successful backdated claim in order to receive the Winter Fuel Payment.



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


£3,900
per year

Find out if you are eligible Applications for Pension Credit can be made:



[On the How to Claim page here](#)



Over the phone by calling
0800 99 1234
(Monday to Friday 8am to 6pm)



By printing out and filling in a paper application form

[For more information visit the Pension Credit GOV.UK page here](#)

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

WWW.AGEUK.ORG.UK/NOTTS

AGE IS JUST A NUMBER

As part of our Impact Report this year, we've been looking at representation across different areas of the charity.

We've analysed our staff team (with 2 years+ service) and discovered some interesting facts:

Our oldest staff member is over



11 of our staff are 65+



The average age of our staff is



Our youngest is under



It's great to be within a charity supporting older people but also employing people of all ages – we value the skills, experience and knowledge that everyone of any age brings to their working life. Look out for more stats in the future as we focus more on Equality, Diversity and Inclusion over the coming months.

FREE ELECTRIC BLANKET TESTING AVAILABLE FOR NOTTINGHAMSHIRE RESIDENTS

FREE
safety
tests

Nottinghamshire residents are being offered the chance to replace their old or damaged electric mattress blankets free of charge in October.

Faulty or damaged electric blankets cause countless fires across the UK every year, so it's vital to check them regularly.

The county council's Trading Standards team advises that blankets displaying scorch marks, fraying fabric, exposed elements, damp patches loose connections, tie tapes that are damaged or missing and creasing and folding are of particular concern and should be brought along for testing. Even without any of these warning signs, it is recommended that electric blankets are replaced every ten years.

Councillor Gordon Wheeler, Deputy Cabinet Member for Communities and Public Health at Nottinghamshire County Council, said:

“With temperatures cooling, we know that many people across Nottinghamshire will be turning to appliances such as electric blankets. It is not worth the risk of using an older blanket which may be unsafe so I would urge anyone who owns an electric mattress blanket to consider booking to come along to one of our free events.”

Tom Archer, Head of Prevention, Protection and Partnerships at Nottinghamshire Fire and Rescue Service, said:

“We know that with the colder weather approaching, and the ongoing cost of living crisis, many people across the county are going to be reaching for their electric blankets as another way to stay warm this winter. Thankfully Nottinghamshire Fire and Rescue Service haven't attended a significant number of electric blanket fires in recent years, but they are still a fire hazard, and we want to prevent incidents from happening here in Nottinghamshire.”

At last year's testing events,
over **69%**

of electric blankets were found to be unsafe, including one blanket that was **43** years old!



Free appointments are available at:

**Newark Library –
Wednesday 23 October
Retford Fire Station –
Thursday 24 October
Cotgrave Futures –
Friday 25 October**

**Book an
appointment
0115 804 4555**

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

WWW.AGEUK.ORG.UK/NOTTS

DATES FOR OCTOBER

Black History Month

A month-long observance throughout October, devoted to education about the history of Black people and the celebration of their contributions to history. Celebrating arts in all forms there's so much to discover - check out:

Nottingham -

Saturday 23

November 2024

Mo Gilligan: In The Moment World Tour Triple BAFTA winning stand-up sensation, Mo Gilligan, returns with his highly anticipated World Tour... In the Moment.



ADHD Awareness month

Although the month of October is designated as ADHD Awareness Month, learning and sharing information about ADHD is beneficial all year long! In keeping with the 2024 theme, Awareness is Key! It's encouraged that the ADHD community increase awareness and understanding by sharing ADHD information and support with all who could benefit. If you would like information or support contact click on the link above or contact: 01623 488217 connect@ageuknotts.org.uk

1st October: International Day of Older Persons

The number of people aged 65 years or older worldwide is projected to more than double, rising from 761 million in 2021 to 1.6 billion in 2050. The number of people aged 80 years or older is growing even faster.

Remember - Everything we do, we do to make a positive difference to everybody that we interact with. We show integrity and treat each other with respect, kindness, and compassion, celebrating our differences and our diverse community. Let us help!



2nd to 4th October :

Rosh Hashanah

Rosh HaShanah is the Jewish New Year festival. It is marked by the blowing of the shofar, a ram's horn, and begins the ten days of penitence culminating in Yom Kippur. It is celebrated by eating festive meals and the lighting of candles.



6th October - Grandparents Day UK



Did you know nearly 60 percent of grandparents are either providing child care for their grandchildren or have in the past? This is the UK's celebration of grandmothers, grandfathers and all grandparents. It's a day to appreciate and show your love for your grandparents.

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

WWW.AGEUK.ORG.UK/NOTTS

AND FINALLY... BRING MORE JOY

At our staff conference we talked about creating space to share common interests in the Inside Loop! So this month Maria is sharing one of hers - cooking! So why not try (and share) these great recipes.

Chocolate Crazy Cake

(Found on the internet – can't recall the source)

1 ½ cups plain flour
3 tablespoons cocoa powder to boost the chocolate taste
1 pinch of espresso powder
1 cup sugar
1 teaspoon baking powder
½ teaspoon salt
1 teaspoon vinegar (white or cider vinegar – not chippy style!)
1 teaspoon vanilla extract
5 tablespoons vegetable oil
1 cup water
180c / 350f / gas mark 4

Mix all the dry ingredients in a bowl
Make 3 dents, one each for the vinegar, extract and oil and add them
Pour over the cup of water and mix really thoroughly
Pour into a lined or greased tin (or mould)

Bake in the middle of the oven for about 35-40 minutes until a toothpick comes out clean – if you're making tiny ones like I did, reduce the time and check after about 25 minutes

To make the icing, I used some cocoa powder and icing sugar and added enough water to make a fudgy consistency but you can ice it or not – whatever suits you)

The original recipe says it was possible to make and cook the cake in the same dish but I've never had success with that – I just end up mopping cocoa powder from every available surface. I use a normal baking bowl and a separate baking tin!



Cheese flapjacks

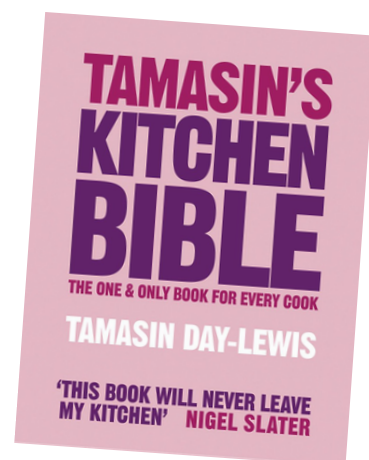
(from Tamasin Day-Lewis' Tamasin's Kitchen Bible)

55g butter
1 tsp rosemary leaves, finely chopped (or dried but use half a teaspoon)
140g rolled oats
170g cheddar or other strong melting cheese, grated
1 egg, beaten
180c / 350f / gas mark 4

Mix the oats and cheese in a big bowl
Melt the butter and add the rosemary about 30 seconds from the end
Pour the melted butter into the oats and cheese and add the beaten egg
Mix well together and press the mixture into a greased and/or lined baking tray (not too thick, and not too thin – I go for at least ½ inch)

Bake for about 30-40 minutes until golden brown
Cool slightly and cut into slices while still a little warm because it's easier to manage that way

(It will look very foamy when it comes out of the oven but it soon settles down).



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)

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