



WELCOME TO OUR

# January Local Loop

t: 0115 844 0011 e: [info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk) info: [www.ageuk.org.uk/notts](http://www.ageuk.org.uk/notts)

Welcome to the January edition of our Local Loop.

Embracing the Cold and Warming Hearts - as winter settles in and the chill of January surrounds us, we're reminded of the power of community to bring warmth, even in the coldest of times.

In this January edition, we're excited to share updates on how we've been raising funds through Omaze, how we can raise extra funds of our own, the latest news on Warm Hubs, and the answers to our recent quiz. Plus, we'll fill you in on what's been happening with our teams out and about. It's a bumper edition to start to the year so stay warm, stay connected, and read on for all the exciting details!

**Maria Cooke**  
Innovations and Communications Director



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# VOLUNTEER ANNIVERSARIES

## Gold – 10 Year Volunteer Anniversary

Alan is one of our longest standing Men in Sheds volunteers and this month he celebrates his ten-year anniversary of volunteering with the charity. Hannah (the volunteer co-ordinator for the Men in Sheds project) met with Alan to present him with his gold 10-year anniversary certificate and pin badge.

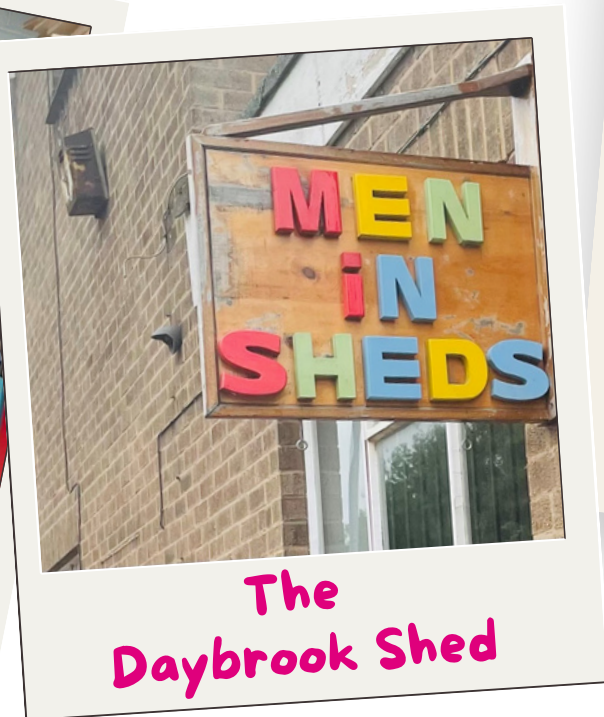
Alan who is a volunteer for the Daybrook shed (that closed late last year in its Daybrook location) is still volunteering by responding to queries on behalf of the shed, from members of the public and ensuring that all the Daybrook shed member records are up to date.

We are so grateful to Alan for all the support he has provided in the past at the Daybrook shed and for his continued support.

Thanks for all of your hard work Alan you're a star!



Alan



The Daybrook Shed

# 'Putting' Sybils on course



## HOLLINWELL

The Lady Captain for 2024 at Notts Golf Club - Hollinwell kindly chose us as her Charity of the year and raised £3,600 on her Charity Day, for our Sybil Levin Specialist Dementia Day Service, we're so grateful for their support. The donation will be spent on some new garden furniture for our Friends to enjoy and we'll bring you pictures once we have purchased the furniture and have sorted the garden



**Omaze-ing news:**  
**£5.25m**  
**raised to support older people**



**A record-breaking amount, the highest that an Omaze draw has ever raised! It's thanks to several factors. The prime Christmas draw slot and one of the highest value houses in Omaze's history. A really strong collective fundraising effort from all of us across the Age UK Network. The prominence of our well known and trusted brand. The compelling case that together we were able to make about loneliness and isolation among older people together, particularly at Christmas. And the support we offer locally and nationally across the Network to provide friendship and companionship to those who need it. As more money than hoped for was raised Age UK are working the details with Omaze and we'll let you know how much AGE UK Notts receives in a future edition.**



## Connect Stars

Our Connect teams in Mid and South Notts were busy busy busy in 2024.

In the 12 months to December the team dealt with **4,078** referrals, supported **3,791** individuals and made **691** Blue Badge applications.

Not only that, the team lobbied hard for improvements to the Blue Badge application system that have been rolled out this month and that will benefit everyone.

A total of **£2,215,390** in benefit and grant aid gains (actual and estimated) has been achieved – that's money recipients can spend on improving their quality of life and its money into the local economy directly because of our Connect team.

**We all know that people are struggling and its fantastic to know that our staff are ready, willing and able to make a huge difference to the people they help.**

**Great job, Connect!!**

## Colin's Story

Since January 2024, Colin has volunteered for our Restore, Sutton in Ashfield Shop as the volunteer stockroom assistant/relief van driver's mate

Colin shares with us his uplifting volunteering journey. From finding himself in unknown territory several years ago (which by his own admission Colin tells us sadly took a toll on his mental health) to today whereby in his own words having undergone a successful interview for a volunteer role, he was '**Absolutely over the moon when I got the opportunity**' and where he now regularly volunteers two days per week.

Within minutes of talking to Colin, it's clear how much volunteering means to him, how grateful he is for the opportunity but most importantly how passionate he is about the volunteer role he does and what he gives, and what being part of the team he belongs to means to him.

Colin's day to day tasks see him going out in the van, where he assists with the collections and deliveries of stock. He enthusiastically shared with me, "**I love it, I love going out in the van**", and quieter days he still goes out in the van delivering leaflets to promote the shop and the furniture collection service. Colin also works in the stock room sorting through the stock and helps serve customers in the shop where he enjoys recognising and chatting with the regulars.

Through volunteering, Colin started to find his 'old self', his mindset changed, and his confidence started to grow. He started to get to know the team and found a sense of acceptance and belonging and of feeling valued again, things that are importance to all of us, but where Colin for 2 or 3 years previously had not experienced these feelings. Being told he is valuable is so beneficial to Colin and he told me '**it's done me so much good**'.

Colin says amongst other things that '**I have never laughed so much in my entire life**', '**This volunteer role was a lifesaver**' and '**I feel wonderful**'.

**'This is what volunteering is about. Me giving myself to this and I couldn't ask for it to be better'**

And when I asked Colin if he would recommend volunteering to everyone, he replied '**Yes and knowing what it has done for me. I would recommend it to anyone**'

**We are so grateful you came to us, Colin, and that you have found you a role that you absolutely love, enjoy and where you feel you belong. Thank you!**



# Out & About



Great event at Police HQ Sherwood Lodge. John, Joe and Jackie flew the flag for our great services. They were very busy as it was well attended throughout the morning with professionals from all departments showing an interest. Lots of ongoing contacts were made and our literature has been shared via the Police internal intranet which has the capacity to reach 4300 people!

Thank you John, Joe and Jackie for your hard work and support on the day, not to mention resilience as they were based near an outside door and it was freezing!



Vicky was out at a volunteer and employability fayre in Worksop, recruiting for Men in Sheds volunteers and an admin volunteer for the Worksop shed. Look who turned up to help! A massive shout out and thanks to Steve Hambleton - one of our Trustees - for going along to show support and as all Trustees are being an Ambassador for the Charity.



Do you get out & about?

Have you got photo's or a story to share?

email:  
[sarah.elliott@ageuknotts.org.uk](mailto:sarah.elliott@ageuknotts.org.uk)

# Working Together

In November we were thrilled to launch our corporate partnerships initiative, Working Together. Local businesses from diverse sectors attended and Capital One generously hosted us. Thank you, Capital One!

Did you know that workers aged 50+ now make up a third of the UK workforce? This is an all-time high and growing. While workers aged 50+ may not necessarily need our services directly, many will have caring responsibilities. In fact, the emotional strain of providing care for an elder, plus age-related financial worry has raised reported mental health issues of the over 55's to a higher level than those aged 18-34. This is not OK.

We're now working with Nottinghamshire employers to raise awareness of the challenges and realities for older workers. We're helping spread good news, too! With the right support, older workers can greatly improve their wellbeing at work and their overall longevity, helping them stay roles they enjoy for longer and benefitting their organisations for longer.



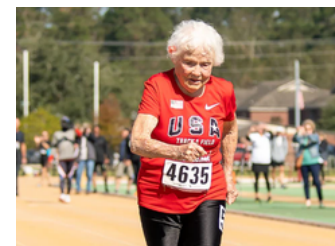
A special thank you goes to Nick Fairfax who, following a conversation at the staff conference, helped develop the content on improved health spans. Truth be told, we could all benefit from Nick's research on improved longevity! Thank you to Sarah Elliott, too, for helping create our brand-new Working Together literature.

**If you, or a local employer would like to learn more about our Working Together, please contact**

**[heather.griffin@ageuknotts.org.uk](mailto:heather.griffin@ageuknotts.org.uk)**



**Michael Kish**  
70yr old  
100m sprint in  
13.47s.  
(Usain Bolt: 9.58s)



**Julia "Hurricane" Hawkins**  
105yr old sprinter  
Setting world records

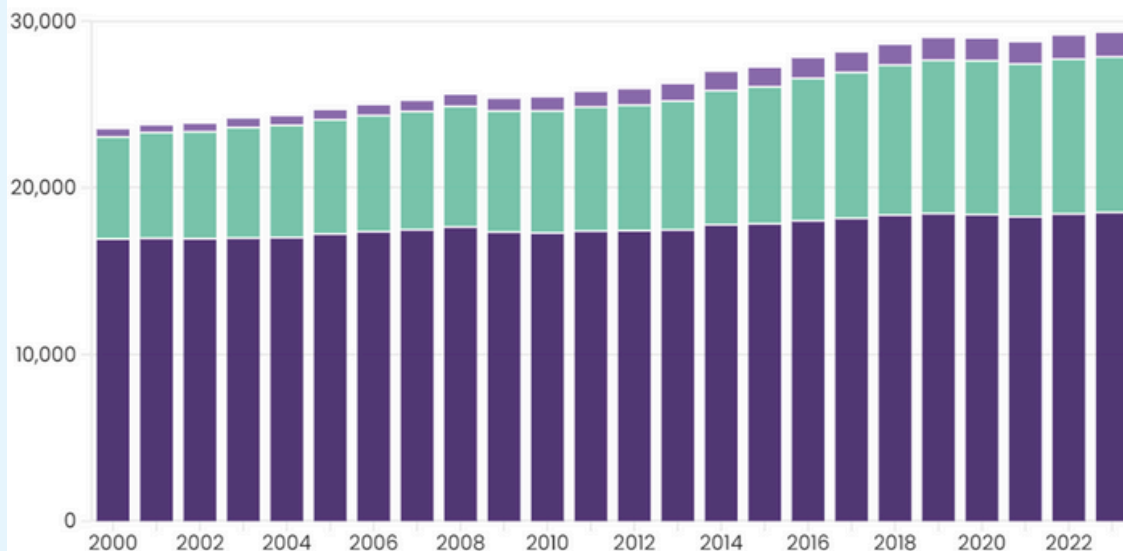


**Jack Hearn**  
101yr old earned his 10th dan in Judo at 97.

**Need inspiration? Here's proof of what is possible** 

**3.01 Number of people (in thousands) in employment, by age, UK, 2000 to 2023**

■ 25-49 ■ 50-64 ■ 65+



**Let's Come  
Together &  
Raise Funds**



## Offline and Overlooked

Age UK recently launched the Offline and Overlooked campaign and you can find out more details here:

<https://www.ageuk.org.uk/our-impact/campaigning/offline-overlooked/>

We all do so much more online these days and, for many, its very convenient. However, not everyone has access to online activity and Age UK wants public services to make offline access available to all who need it. Everyone should have fair and equal access to services. There's a petition to sign if you feel strongly about this.



If you or someone you know would like to sign the petition offline you can download a

paper copy or request that we send one out. Email [campaigns@ageuk.org.uk](mailto:campaigns@ageuk.org.uk) or write to Freepost Age UK campaigns (no stamp required).

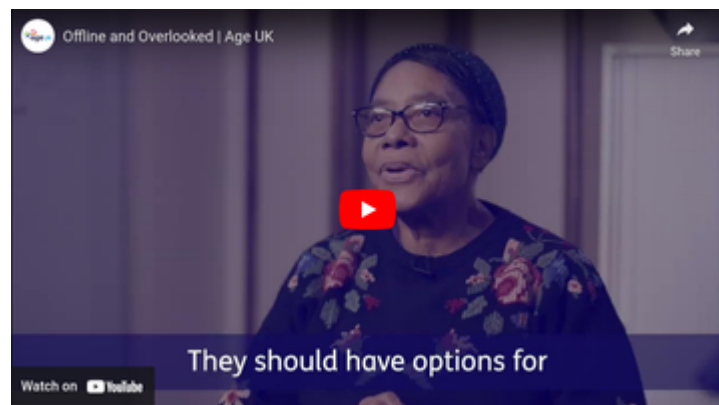
[Sign our petition!](#) | [Campaigns](#) | [Age UK](#)

Are you passionate about making a difference to older/vulnerable people within our community? Do you have a social or community group, have children at school, friends, family or neighbours that would like to raise vital funds for us?

Whether it's hosting a creative event like a bake off, something sporty like running a half or full marathon, by spreading the word, or donating your time and resources, your involvement can inspire others to join the cause.

Let's work together to make an even greater impact - your ideas and support matter more than you think! Every contribution, whether big or small, helps create lasting change and builds a strong, united community.

Get involved and help us to continue to support older people in Notts, and have fun whilst doing it! What's your next big fundraising idea? Share it and help us create something special!



[Click here to watch the video](#)

Email us: [fundraising@ageuknotts.org.uk](mailto:fundraising@ageuknotts.org.uk)

t: 0115 844 0011 | e: [info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk)

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## GET ACTIVE FROM YOUR S.O.F.A\* \*SIT ON FITNESS APPARATUS

Bill Bailey on keeping moving and growing older:

“Consistency is key.”

The multi-talented comedian and exercise enthusiast discusses his new workout video with We Are Undefeatable to help people with long-term health conditions get more active.

“There are so many people for whom the idea of exercise and physical activity is quite daunting. Something like 16 million people in Britain are living with long-term health conditions, of which I am one – I’ve been living with asthma since childhood. So, I know full well what it’s like to feel a bit worried about taking on physical activity. You might think, ‘is this going to exacerbate my condition? Am I going to get breathless? Will I be able to carry on with this?’. It can really dent your confidence and can become an obstacle. Some people might also find that they’ve lost a bit of strength because of their health condition.

For example, Tania, who features in one of the workout videos, has just come through treatment for cancer. She’s been in hospital for a while, which has meant she hasn’t been able to use her muscles as much, but she said that this workout has been a great way for her to get back into being more active.

“The other thing is that with so many long-term health conditions, whether it’s Parkinson’s or arthritis, you have good days and bad days. Days where you feel like you want to do something and days where you don’t.”

**“Staying healthy for me is paramount, because I want to still be able to do all the things I love to do.” - Bill Bailey**



**“What’s key with this campaign is that the exercises are primarily tailored to people who are finding it difficult to engage in any activity, but the workout’s something we can all benefit from. It’s a very achievable, sustainable set of exercises – and there’s no need to feel like you can’t get involved, because you can get involved from your own sofa! And let’s be honest, for the vast majority of us, the sofa is our happy place. But it’s also a bit of fitness apparatus! Who knew?”**



**[Get active from your SOFA here!](#)**

**If you would like to read the full article with Bill Bailey follow the link [here](#)**

# DEAR CHRISTMAS FRIENDS AND DUNELM DELIVERING JOY

Although we'll bring you a more detailed review of our Christmas activities in the February edition, we couldn't let this edition go by without saying thank you for the incredible response to Dear Christmas Friend, hampers and Dunelm Delivering Joy.

Letters, cards and pictures poured into the participating 8 venues in Dear Christmas Friend, some from as far afield as the Netherlands and France. It was truly heartwarming for staff, patients and residents alike.

Dunelm customers were overwhelmingly generous with their Delivering Joy support and they bought over 500 gifts which we were able to distribute to the 8 venues and it really made Christmas for a lot of people who may not have felt any Christmas cheer otherwise. We also had food donations which enabled us to provide much needed supplies and treats to people who often feel forgotten and isolated.

Thank you so much to everyone who gave so generously of their time and money to make this Christmas campaign such a huge success. Look out for more information in the February edition and enjoy the feedback you can see here – you made that happen.

**"The letters are fab! They're great for staff, too. We've learned lots about difference cultures."**

**"This has lifted our hearts no end. Thank you"**

**"These gifts are incredible! Many of our residents have no Christmas visitors or gifts. This will mean the world to them. Thank you"**

Thank you also to Sandra and Elaine who collected, stored and sorted all the gifts and everyone who helped deliver the goody bags – it was a massive, logistical team effort and proves what a fantastic team spirit we have within our charity. You could not have done more to spread the warm and fuzzies around Nottinghamshire in 2024.



**Elaine presenting Mandy Degg from Dunelm with a Certificate of Appreciation**

# NOTTINGHAM CITY WARM HUBS

Many residents may be struggling this winter to deal with increasing household bills, as the cost-of-living crisis continues, and the days become colder. Nottingham City Council, partners, community and voluntary organisations, have opened up a number of buildings as warm spaces for any resident to freely access and stay warm during their opening hours.

## NORTH LOCALITY

### Basford

Renew Community Café  
Basford Road Baptist Church Basford Road,  
NG6 0JL

Wednesday Morning, 11am - 1pm  
A range of Hot and Cold Drinks, Cakes & Pastries available for a small donation. We also have board games and craft activities to take part in. We aim to make this space somewhere for you to be comfortable where it's ok not to be ok.

Nicola Darlington  
07790276892  
enquiries@basfordroadbaptist.org.uk

### Bestwood

Arnold Rd Evangelical Church  
Arnold Road NG5 5HN

Tuesdays 10am- 11:30am  
Coffee morning  
pastor@arnoldroad.org  
0115 920 1788

### Bilborough

Beechdale Community Centre  
Ambergate Road, NG8 3GD  
Monday to Friday 6pm – 8pm  
Warm space  
0115 915 0285  
07889662637

### Bilborough

Beechdale Community Centre  
Ambergate Road NG8 3GD  
Monday to Friday 10am-4pm  
Games, Hot Meals, Hot drinks, Advice, Support, Food bank, various group activities  
01159150285  
07889662637

### Sherwood

#Well Café, The Pillar Box  
566 Mansfield Road NG5 2FS  
2nd & 4th Thursday of the month 3pm – 5pm  
Our cafes are designed to connect individuals to like-minded people in the community, sharing well-being tips, interests and skills. There is offer of tea, coffee and biscuits.  
katie.hale@nottinghamshiremind.org.uk

## CENTRAL LOCALITY

### Aspley

St Martha's Church 137-139 Frinton Road NG8 6GR  
Wednesdays 10am- 12pm  
Community Café  
0115 9298899  
Info@wearewoven.church

### Aspley

St. Marthas Vicarage  
135 Frinton Road NG8 6GR  
Wednesdays 10am- 12pm  
Free community cafe  
0115 929 8899  
Info@wearewoven.church

### City Centre

Emmanuel House Support Centre  
53-61 Goosegate, NG1 1FE  
Monday, Tuesday, Thursday and Friday, 12.30pm – 1.15pm.  
Food and company. Community members can use the centre as a warm safe place to help reduce fuel bills at home.  
Charging £2 for meal or £10 for 10 meals when ordered in advance.  
0115 950 7140  
E-mail  
admin@emmanuelhouse.org.uk

# NOTTINGHAM CITY WARM HUBS

## City Centre

Grace Church

1 Castle Boulevard NG7 1FT

Tuesday 10am- 11:30

Family Foundations sessions - free play, support parcels for young families (including food parcels if needed), befriending and signposting  
hello@gracechurchnottingham.org

## City Centre

#Well Café, National Ice Centre,

Bolero Square NG1 1LA

Mondays 10:45am - 12:30pm

Our cafes are designed to connect individuals to like-minded people in the community, sharing well-being tips, interests and skills  
katie.hale@nottinghamshiremind.org.uk

## Hyson Green

Salaam Shalom Kitchen; The Bridge Centre,

49a, Gregory Boulevard NG7 5JA Every

Wednesday, 5pm - 6.30pm

Warm space and hot meals ; also take away meals and groceries

07729288460

info@salaamshalomkitchen.co.uk

## Hyson Green

SFiCE House; 75a, Raleigh Street

Arboretum, NG7 4DL

Tuesdays, Wednesdays & Thursdays, 4pm- 5.30pm

Hot meals for the homeless and communities in need. Free, or small donation if one can afford it

0115 978 9256

07941378265

info@sfice.org

## Wollaton

Wollaton Park Community Coffee Shop, Harrow Road NG8 1FG

Thursdays 8:45am- 11:45am

A warm safe place to help reduce fuel bills at home. We run a coffee shop and offer subsidised hot drinks and food.

0115 928 8860

wpccommunitycentre@googlemail.com

## Wollaton West

St Thomas More's Church Hall

2 Glenwood Avenue NG8 2GA

Fridays, 12.30pm - 2pm

Food and company. Community members can use the centre as a warm safe place to help reduce fuel bills at home.

0115 929 5907

st.thomasmore.wollaton@outlook.com

## SOUTH LOCALITY

### Clifton

Holy Trinity with St Francis Church Farnborough Road, NG11 9DG

Wednesdays 9 - 11am

Drop-In Cafe with tea, coffee, toast and biscuits. Have a chat and make new friends. All free.

DROP IN CAFÉ with prayer time at 11am (all welcome, no pressure to take part in prayers)

074591382105

juleshilton@outlook.com

# NOTTINGHAM CITY WARM HUBS

## Dales

Oliver Hind Youth Club  
Edale Road, NG2 4HT  
Mondays, Tuesdays, Thursdays: 12 - 3pm  
Wednesdays, Fridays: 10am - 3pm  
Come relax, chat, or simply take a break from your day. You can sip on tea or coffee, savour fresh fruit, and perhaps indulge in a biscuit or two. Plus, feel free to make the most of our facilities - enjoy a game of table tennis, pool air hockey, or table football.  
0115 837 2021

## Sneinton

Sneinton Hermitage Community Centre  
51 Sneinton Boulevard NG2 4FD  
Tuesday 10-1pm Warm Hub  
Thursday 11-1.30pm Noor Project  
Warm Hub is a drop in session run by social prescribers offering advice, health & finance etc. various activities i.e board games/quizzes/card games. refreshments available  
Noor Project offer a hot meal and pudding, social interaction with other people  
Yoga and various other arts/crafts activities  
sneintonhermitagecc@gmail.com  
07974394042

For more information visit:

<https://www.placesforpeople.co.uk>

[Find a Space](#)

## St Ann's

Chayah Development Project  
26 Robin Hood Chase NG3 4EZ  
Wednesdays, 9am - 2.30pm from November 2024  
Community members can use the centre as a warm safe place to help reduce fuel bills at home. Hot meals for £1.00, free hot drinks  
Hya@chayahgroup.co.uk

## St Ann's

Open Kitchen  
207 Mansfield Road NG1 3FS  
Mondays to Thursdays 11am-2pm  
Fridays 11am- 1pm  
mail@muslimhands.org.uk  
People are able to pop into the café without booking  
Muslim Hands  
01159117222



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

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# YOUR VOICE YOUR DECISION

A lasting power of attorney gives you a voice and protects your decisions.

They are helpful for everyone over the age of 18. This legal document makes it easier for the people you trust to support you when you need it most. It means you keep control of certain decisions by choosing who you want to make them if you lose the power to make certain decisions. It could be to help with decisions about finances during a short hospital stay, or support to manage decisions about your health and care in the longer-term.

## How it works

There are two different types of lasting power of attorney, also known as LPAs.

One covers property and finance, such as paying bills or managing bank accounts. The other covers health and care, such as medical treatment or living conditions.

When you make a lasting power of attorney you, known as the “donor”, name people you trust, known as “attorneys”.

Attorneys make decisions on your behalf if you’re not able to.

The Office of the Public Guardian is responsible for registering lasting powers of attorney. Once in place the people you trust can quickly and easily step in.

## WHO WILL SPEAK FOR YOU IF YOU CAN'T SPEAK FOR YOURSELF?



### What you need to know

- Close family or friends would not be able to make decisions on your behalf if you lose the power to make certain decisions without an LPA
- Registering a lasting power of attorney is probably easier and cheaper than you think. Depending on your circumstances, there even may not be a charge
- Making a lasting power of attorney helps plan for your future on your own terms



**[Learn more about lasting powers of attorney click here](#)**



# LITTLE HATS, BIG DIFFERENCE

Join us to knit little hats for Innocent smoothie bottles and help raise money to support older people!

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 behatted 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 or crochet hooks, 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.

Our target is 10,000 hats so let's get those needles & hooks 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. We'll update you next month on how it's going.

Share your efforts with us and spread the crafting joy on our social channels.

[#innocentbigknit](#) [#getknitting](#) [#ageuknotts](#)



## Big Knit drop points:

**Re:Store**  
**Age UK Notts**  
**29 Forest Street**  
**Sutton in Ashfield**  
**Notts**  
**NG17 1DA**

**Advantage Mobility**  
**16-18 The Bridgeway Centre**  
**The Meadows**  
**Nottingham**  
**NG2 2JD**

**You can also post your completed hats to:**

**Age UK Notts**  
**16-18 The Bridgeway Centre**  
**The Meadows**  
**Nottingham**  
**NG2 2JD**

[For more information click here](#)



# DATES FOR FEBRUARY

## Starts 1st February - Black History Month



Also known as African American History Month, begins on February 1st and lasts throughout the month. Celebrate Black History Month to honour the long historical achievements and contributions of African Americans. It began almost 100 years ago and lasted for a week. Slowly, it became a month-long celebration to honour the influence of black culture across the globe.

## 6th February - Time to talk Day

Time to Talk Day is the nation's biggest mental health conversation. It's a day for friends, families, communities and workplaces to come together to talk, listen and change lives. Time to Talk Day is taking place 6 February 2025 and is run by [Mind](#) and [Rethink Mental Illness](#), in partnership with [Co-op](#) and delivered by [See Me with SAMH](#) (Scottish Action for Mental Health), [Inspire](#) and [Time to Change Wales](#).

If you need to talk why not call us?  
**0115 844 0011**



## 17th February - Random Acts of Kindness Day

Have you been the recipient of an act of kindness that changed your life? Think about a moment that impacted you - maybe it was something as simple as someone letting you into traffic on a difficult morning, and it turned your mood around. Perhaps it was a friend reaching out to schedule time together when you really needed someone to talk to. Why not pass the kindness on?



## 20th February - National Love Your Pet Day

National Love Your Pet Day is celebrated on February 20th for pet lovers to show their affection for their best friends. Although pet lovers do that every day, this day is just an excuse for them to do that even more.

For pet owners, they are not only our pets but our best friends and our family.

The bond between pets and their humans is one of the strongest to exist on this planet. Pets love us unconditionally, so today is all about doing the same for them.



## 13th February - Galentine's Day

Galentine's Day is similar to Valentine's Day but for female friendships. It is a day to celebrate your women friends and shower them with gifts and appreciation.



## 14th February - Valentine's Day

The day of love or as we call it Valentine's Day is celebrated every year on February 14th and it is also known as Saint Valentine's Day or Feast of Saint Valentine. February has also been known as the month of love and romance for centuries and on the 14th lovers exchange special gifts among themselves like roses, chocolates, or even jewellery.



t: 0115 844 0011 | e: [info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk)

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**AND FINALLY...**

**Say no to scams!**



Although fraud and cybercrime comes in many forms, there are some simple steps you can take to protect yourself.

1. Do not give any personal information (name, address, bank details, email or phone number) to organisations or people before verifying their credentials. Always question unsolicited calls, texts or emails requesting your personal or financial information (name, address, bank details, email or phone number). Instead, contact the company directly using a known email or phone number.

2. Make sure your computer has up-to-date anti-virus software and a firewall installed. Ensure your browser is set to the highest level of security and monitoring to prevent malware issues and computer crimes. Always install the latest software and app updates on all of your devices. Protect your email account with a strong, separate password and enable two-factor authentication (2FA) where possible.

3. Many frauds start with a phishing email. Remember that banks and financial institutions will not send you an email asking you to click on a link and confirm your bank details.

You can always call your bank using the phone number on a genuine piece of correspondence, website (typed directly into the address bar) or the phone book to check if you're not sure.

Never automatically click on a link in an unexpected email or text.

The best way to get in touch with a company is to use a known email or phone number, such as the one on the back of your bank card.

4. Sign-up to Verified by Visa or MasterCard Secure Code whenever you are given the option while shopping online. This involves you registering a password with your card company and adds an additional layer of security to online transactions with signed-up retailers.

Layer up your protection. When shopping online, always check the web address to make sure you are on the correct site and sign-up to Verified by Visa or MasterCard Secure Code whenever you are given the option.

5. Destroy and preferably shred receipts with your card details on and post with your name and address on. Identity fraudsters don't need much information in order to be able to clone your identity.

6. If you have been a victim of fraud, be aware of fraud recovery fraud. This is when fraudsters pretend to be a lawyer or a law enforcement officer and tell you they can help you recover the money you've already lost.

If you need advice about fraud or cyber crime contact

If you are aged 50 or over please call:

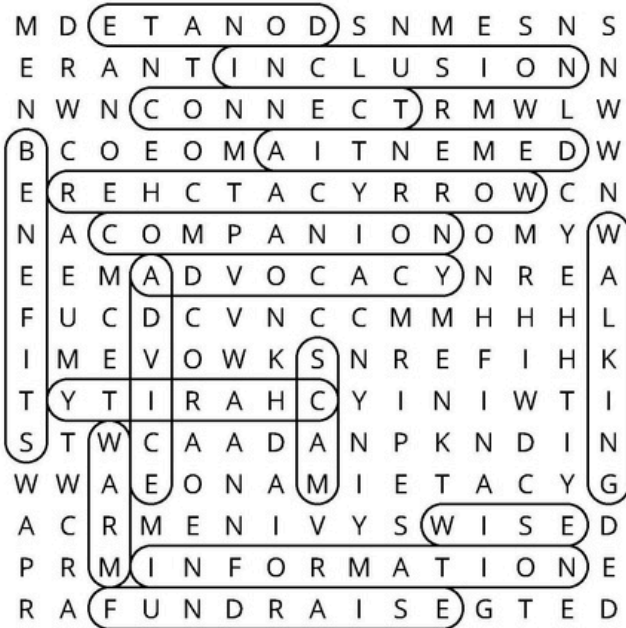
**Age UK Notts**  
**0115 855 3388**

email: [scamsawareness@ageuknotts.org.uk](mailto:scamsawareness@ageuknotts.org.uk)



# FESTIVE FUN! ANSWERS FROM OUR FESTIVE EDITION

## Word Search Puzzle



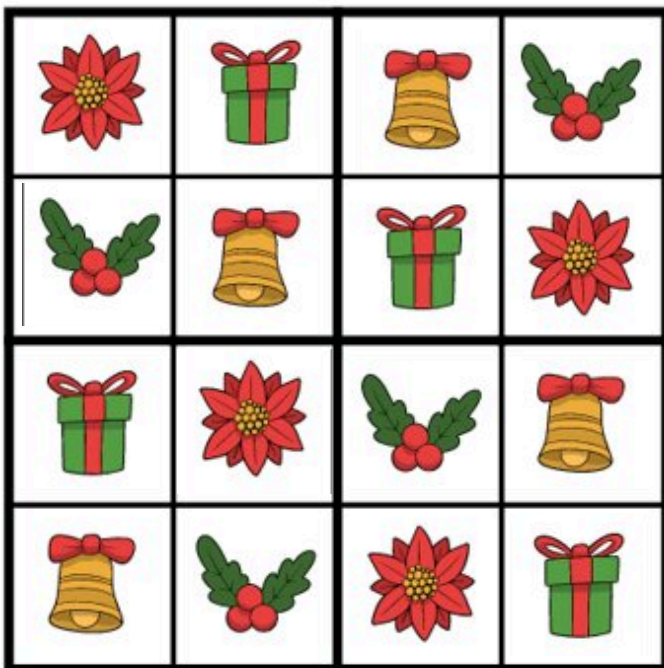
connect  
fundraise  
scam  
dementia

advocacy  
donate  
warm  
benefits

advice  
companion  
wise  
worry catcher

charity  
information  
inclusion  
walking

## Sudoku



## Spot the Difference

Can you spot the 5 differences in the photo below?



## Funny?

1. Which of Santa's reindeer can you see from space?

Comet!



2. Why don't Christmas trees knit?

Because they keep dropping their needles!



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

[WWW.AGEUK.ORG.UK/NOTTS](http://WWW.AGEUK.ORG.UK/NOTTS)

# 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)**

**SPECIAL 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](mailto: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](mailto:info@ageuknotts.org.uk)

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