



WELCOME TO OUR

June Local Loop

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

Welcome to the June edition of our Local Loop – politics, sport, sunshine, showers – what a month June has been! We hope you can find a few minutes to relax with a cuppa and catch up on our news, including some impressive project achievements. As always, your feedback will be welcome.

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 JUNE

GENERAL ELECTION – 4TH JULY 2024

MEET THE ‘A’ TEAM

5 YEAR ANNIVERSARY

BUILDING RESILIENCE WORKS!

TAKING PRIDE IN SUPPORTING THE LGBTQI+ COMMUNITY

SHED NEWS

DEFINITELY WARMER AND WISER

LAST CHANCE FOR CHUNGS TICKETS

SAD NEWS

DATES FOR JULY

AND FINALLY...

HR

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

WWW.AGEUK.ORG.UK/NOTTS

GENERAL ELECTION – 4TH JULY 2024

In mid-June 54 different organisations (including Age UK and over 24,000 other individual signatories) sent the following letter to all Party Leaders for them to consider after the General Election:

Dear Party Leader,
Show Us You Care

We're writing to you to say for social care it's time for actions, not just words. Good care supports people to live their lives. To get up and out, work, see the people they love, be as independent as possible. Yet currently 2.6 million people go without the care they need. Social care provision has slipped far below an acceptable level and is having very real consequences for millions of older and disabled people and their unpaid carers.

Promise that you will make change happen in the new Parliament, come up with sustainable funding and support the social care workforce. Millions of older and working age disabled people and their carers desperately need a social care system that works, and a failure to act would be a betrayal.

Research recently conducted by Age UK identified that 75% of people aged 65+ thought the next government should do more to support the NHS.



Don't forget you will need voter ID to cast your vote at the polling station on 4th July.



[You can find a list of acceptable ID here](#)

Not sure who to vote for?

<https://manifesto.conservatives.com/>

<https://labour.org.uk/wp-content/uploads/2024/06/Labour-Party-manifesto-2024.pdf>

<https://www.libdems.org.uk/manifesto>

<https://greenparty.org.uk/about/our-manifesto/>

<https://www.reformparty.uk/policies>

You can find the full list of parties standing in this election here (although not every party will be fielding candidates everywhere):

<https://www.bbc.co.uk/news/articles/c3gg454qw15o>

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

WWW.AGEUK.ORG.UK/NOTTS

MEET THE 'A' TEAM

Did you know that our Advocacy Services are actually made up of several contracts?

We have advocates operating in hospital and care home settings providing independent support and representation to patients, residents and carers.

Advocates known as Patients' Representatives in hospital settings are working on the Health Care of the Older People Wards at Queen's Medical Centre and City Hospital (Karen Johnson and Bill Redhead) as well as at Lings Bar Hospital (Heather Benjamin); Residents' Representatives (Jo Pritchard and Bindi Kaur) operate in Nottingham City Care homes (supporting those aged 18+ in all settings), and the Worry Catcher Coordinator (Lindsey Shepherd), is supporting those on Mental Health Services for Older People Wards at Highbury Hospital and Blossomwood (formerly Millbrook Mental Health Unit).

[You can find out more about our services here](#)

Right - Lindsey at the Highbury Live event



Above you can see Bill above on the Bestwood ward of City Hospital – he's busy promoting all our services to those who need to know about them.



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

WWW.AGEUK.ORG.UK/NOTTS

5 YEAR ANNIVERSARY



The Volunteering Team
Nottingham & Nottinghamshire
ageUK



Meet Senna who is celebrating her 5 year anniversary with us this year. She can't believe the time has passed so quickly! Senna loves socialising, travelling, meeting new people, and especially learning about people's lives and dreams which makes her an ideal candidate for the role.

Senna's grandad was her best friend, and she knew he became extremely lonely when he lost her grandma, so she made sure to see him multiple times per week and got so much joy listening to his stories over shared fish and chips followed by apple pie! Her relationship with him reminded her that nobody should be lonely and that by volunteering she can help bring the joy of company back into people's lives.

We couldn't agree more, Senna, and we are grateful to you and all our volunteers who dedicate their time to relieving life's burdens for so many older people. We hope you enjoy your time in the new Companion Service.

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

WWW.AGEUK.ORG.UK/NOTTS



BUILDING RESILIENCE WORKS!

Since January 2021, our ISA teams have been delivering on the Age UK-funded Building Resilience project (one of a number of funding streams). The project covered giving benefits and energy efficiency advice and the results have been spectacular!

Between January 2021 and April 2024,

898 people benefitted from help and support from the team which exceeded project targets.

394 achieved an average of £2880 in financial improvements with an overall annualised benefit gain of over £1,135,000.

451 of those people had never accessed any help from Age UK Notts before and we're so glad they now know that support is available.

The average age of all support recipients was 76.

Here's what some of those people had to say about the project:

"Extremely helpful, you've been brilliant. I would have struggled without your help. You'll be the first port of call if I need anything else as you've been the helpful ones, other places don't help as much as you do, it's your suggestions that have helped me the most."

"Really useful, he [adviser] was very patient and took the time to explain everything to me in a way I understood. At the time I was in a right state as I'd lost my husband and I didn't know whether I was coming or going but the conversation was really good for me. I'm a lot more confident now, he was brilliant."

"I was simply amazed to be able to receive the benefits gains Age UK Notts staff obtained for me. This has transformed my outlook on life, being able to get out and socialise ... I cannot thank Age UK Notts enough for their care, time and patience. Their approach was very professional – both on benefits and energy efficiency."



TAKING PRIDE IN SUPPORTING THE LGBTQI+ COMMUNITY

With a particular focus on the LGBTQi+ community in June, we're pleased to highlight the various sources of help and support that Age UK can provide and its available all year round.

[Find out more here](#)



Notts Pride is a registered charity, they are run entirely by volunteers. They organise the East Midlands' biggest and all-embracing free Pride event, which takes place this year on **Saturday 27th July 2024.**

There to celebrate Nottinghamshire's vibrant LGBTQ+ community and ensure voices are heard. Why not join in the fun!

[Find out what's happening at Notts Pride here](#)

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

WWW.AGEUK.ORG.UK/NOTTS

SHED NEWS

The lease on our Daybrook Shed has run out and the Shed will close for the final time at the end of June. The search for new premises continues and we'll keep you posted with developments. Our thanks go to Gedling Borough Council for their support over the years. As part of the exit process, there's been a giant sort out and the team discovered 90 screwdrivers, 12 crowbars, untold hand sanders and even plans for a boat! Our thanks to everyone who has helped to sort out and pack up the Shed – you've been a huge help.

Our other Sheds will continue to operate in Blidworth and Worksop and the ex-Daybrook members are busy making plans to use the Blidworth Shed to enable them to continue to enjoy their woodworking and keep up with their friendships.

Shed members had a highly successful day at the Arnold Summer Fair on Saturday 22nd June – lots of interest, great sales and even all-day sunshine. There's a lot of love for the Shed and everyone is looking forward to the next chapter.



Daybrook



If you missed that event, there's another chance to see the Sheds in action at the Gedling Gala on Saturday 6th July at Willow Park (on the Nottingham City Transport 44 bus route). As well as the Shed stall, there will be a funfair, cake, face painting, live performances, cake, a raffle and cake (did I mention cake??).

Why not pop along between 12 noon and 4.30pm and enjoy a lovely afternoon out?

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

WWW.AGEUK.ORG.UK/NOTTS

DEFINITELY WARMER AND WISER

We recently completed phase one of the Warm and Wise project (from March 2022 to May 2024) and the results were amazing!

Targeted at people aged 50+ who wanted to understand how to use energy efficiently, maximise their income and reduce energy consumption, teams from Age UK Notts, Lincs and South Lincs and Leicester, Shire and Rutland,

7,959 households were supported through home visits, events, telephone calls and online activities.

14,908 small energy efficiency measures were fitted free of charge in people's homes and advice about energy consumption reduction and managing bills resulted in estimated savings of £848,727 across the areas covered.

240 households were supported to have new heating systems fitted, boilers fixed, lofts insulated and other sustainable activities to reduce consumption in the future.

People were supported to access over

£306,000 in benefit gains.

Those results are phenomenal and a credit to the teams involved who made all that work happen. The benefits will last long into the future for all those who accessed the service – they are very definitely Warmer and Wiser!



IF YOU KNOW SOMEONE AGED 50+ WHO WOULD BENEFIT FROM BEING WARM AND WISE IN THE FUTURE, WHY NOT REFER THEM TO THE CURRENT WARM AND WISE PROJECT?

**Call:
0115 8599 209**



[CLICK HERE FOR MORE DETAILS:](#)

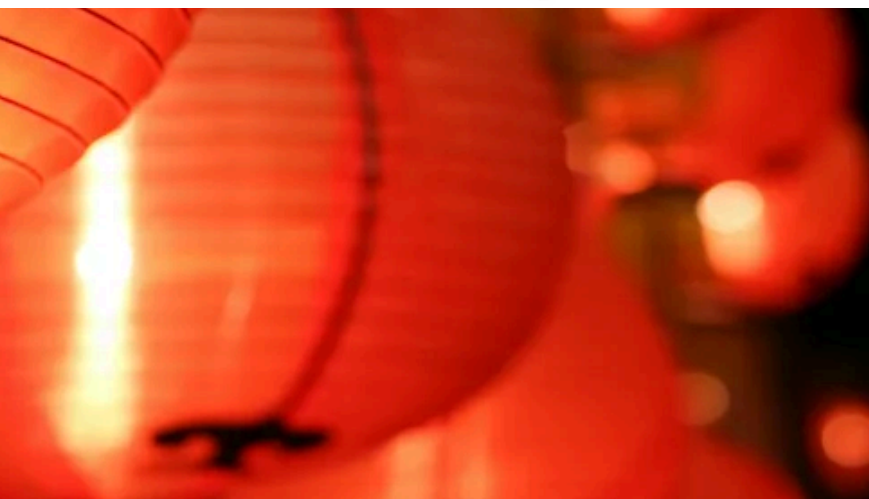
We'd love to help more people feel the benefits of the project and our team is ready and waiting for the calls.

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

WWW.AGEUK.ORG.UK/NOTTS

LAST CHANCE FOR CHUNGS TICKETS

Chungs
of Mapperley



We have very few tickets left for our Chungs fundraising event on Sunday 7th July so please act now if you'd like to attend. You can obtain tickets from:

elaine.hopkins@ageuknotts.co.uk
or call

Finance on 0115 896 6907

have your debit card ready to pay by card.
(Leave your name and number and the team will call you back if the line is busy).

**THANKS TO EVERYONE WHO HAS
PURCHASED TICKETS SO FAR AND WE
HOPE YOU HAVE A FABULOUS
EVENING.**

SAD NEWS

We're sorry to bring you the sad news that Brian Burdus passed away on June 26th. Brian was one of our Trustees for 19 years and devoted countless hours to the success of Age UK Notts

Brian was very friendly man who would always consider how staff and volunteers were affected by any Board decisions. If anyone who had contact with Brian would like to pass on a message to his family, please email: michelle.elliott@ageuknotts.org.uk

We send our condolences to his family and our thanks for Brian's service to our charity.

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

WWW.AGEUK.ORG.UK/NOTTS

DATES FOR JULY

7th July - World Chocolate Day

I mean, come on who's not celebrating this one?



15th July - St Swithins Day

According to tradition, whatever the weather is like on St Swithins Day - whether rainy or sunny - it will continue for the next 40 days and 40 nights. Let's all pray for Sun!



All month - Disability Pride Month

The Disability Pride Flag was created by Ann Magill in 2019. The coloured stripes are placed diagonally across the flag to show how disabled people have to cut across barriers in society.

The colours represent:

Red - Physical disabilities

Gold - Neurodivergence like autism and ADHD

White - Invisible and undiagnosed disabilities

Blue - mental illnesses

Green - Sensory disabilities



14th July - Disability Awareness Day

[Find out more here](#)

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

WWW.AGEUK.ORG.UK/NOTTS

AND FINALLY...

Are you ok? We have been talking a lot about communication recently, and the importance of communicating with others especially when working from home.

Nicola Hemmings is a workplace scientist at mental healthcare provider Koa Health. She says that the lack of human connection that people struggle with is a common complaint. She points out that the pandemic in 2020 sparked a “rapidly growing mental health crisis”, and that even those who have fully embraced a move to remote work might not be exempt.

“When working remotely, we miss out on the social cues of a busy office and much needed social-interactions – catching up in the corridor, or making a drink in the kitchen while checking in and asking about the weekend,” she says. “These seemingly small moments can collectively have a large impact on our wellbeing.”

So whether you want offload the day’s issues, chat about future workloads, catch up with your colleagues or line manager or want to simply take a break from your screen it’s so important to talk to people.

No-one can help or support you if they don’t know what’s going on.



Sometimes it’s not okay to say you’re okay when you’re not, whether that’s to an independent person, a colleague, line manager or your closest friends or family. It can make the world of difference to your mental wellbeing.

In the summer months whilst the weather allows maybe take your lunch or take a stroll outside, soak up the vitamin D and come back to your desk refreshed!

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

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)

Community 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

If we can make it better, we will. If you like what you see, please tell us.

Maria & Sarah